

Hanuman Hridaya Malika

Sri Hanuman is regarded as the biggest devotee of Lord Shri Ram, He is the Parama Vaishnava. By his blessings one gets devotion towards Shri Hari as well as immense powers and opulence. All desires get fulfilled of the one who chants **Hanuman Hridaya Malika** regularly. One also gets free from all crises and difficulties by seeking the grace of Hanuman.

प्रेमभक्तिं मुक्तिं शक्तिं सर्वसिद्धिं प्रदायकम्
शिवरूपं परमशिवं सर्वशिवं जयो जयः

Premabhaktim muktim shaktim sarvasiddhim pradaayakam
Shivaroopam paramashivam sarvashivam jayo jayah

You are the giver of love, devotion, liberation, power and all the siddhis. You are the form of Lord Shiva, you are all auspicious, glory to you!

पवन पुत्र हनुमान विचित्र
कृपा कटाक्ष अत्र तत्र सर्वत्र ||१||

Pavanaputra hanumaana vichitra
Krupaa kataaksha atra tatra sarvatra ||1||

O son of Pawan Deva, Hanuman, you are truly unique and your grace is here, there and everywhere! (1)

परम वैष्णव राम शुद्ध भक्त
विशाल देह तुम अतीव शक्त ||२||

Parama vaishnava Raama suddha bhakta
Vishaala deha tuma ateva shakta ||2||

You are the supreme Vaishnava, the biggest and purest devotee of Lord Ram. Your body is huge and your power is immense! (2)

करि अंजनी माता कठिन तप
पवनाहार देहे दिव्य उत्ताप ||३||

Kari anjaneer maataa kathina tapa
Pavanaahaara dehe divya uttaapa ||3||

Mata Anjani performed severe penance by consuming wind (without eating anything) and conceived you in her womb which gave her the divine beaming glow! (3)

सप्त चिरंजीवी नामे तुम ख्यात
रुद्र दिव्य अंशु होइ तुमे जात||४||

Sapta chiranjeevee naame tuma khyaata
Rudra divya anshu hoyi tume jaata ||4||

Your name is renowned among the seven Cheeranjivis and you were born from the divine part of Rudra! (4)

तुमे हि सदा सदा श्रीराम दास
भजुछ राम तुमे प्रत्येक श्वास ||५||

Tume hi sadaa sadaa Shri Rama daasa
Bhajucha Rama tume pratyeka swaasa ||5||

You are an eternal devotee of Lord Ram and you sing His praises with every breath you take! (5)

राम लक्ष्मण माता सीता सहित
धारण करि तुमे हृदय नित ||६||

Rama lakshmana maataa seetaa sahita
Dhaarana kari tume hridaya nita ||6||

You always have Lord Rama, Lakshman ji and Mata Sita in your heart! (6)

**हृदय फाड़ि तुम देल प्रमाण
करइ तुम हृदे राम धारण ||७||**

Hridaya phaadi tuma dela pramaana
Karayi tuma hride Rama dhaarana ||7||

You always keep Lord Rama in your heart and you proved this by tearing your chest yourself (and revealing the presence of Lord Rama, Lakshman ji and Mata Sita)! (7)

**अशोक बने तुमे कल उत्पात
वृक्ष ताडि पूणि असुर संतप्त ||८||**

Ashoka vane tume kala utpaata
Vruksha taadi puni asura santapta ||8||

You caused a lot of havoc in the Ashoka forest and angered the demons by breaking the trees! (8)

**सीता मातान्कु कल तुमे दरशन
प्रभुन्क अंगूठि देइ देल प्रमाण ||९||**

Seetaa maataanku kala tume darshana
Prabhunka angoothi deyi dela pramaana ||9||

After seeing Mata Sita, you gave her Lord Rama's ring as a proof! (9)

**करुणानिधान नाम मुखे उचारइ
जानकी माता नयनु लोतक झरइ ||१०||**

Karunaanidhaana naama mukhe uchaarayi
Janakee maataa nayanu lotaka jharayi ||10||

And then as soon as you uttered the name "Karuna Nidhaan" (Meaning the ocean of kindness, Mata Sita addresses Lord Shri Rama by this name), torrents of tears started flowing from the eyes of Mata Sita on hearing it! (10)

करिल पूणि तुमे लंका दहन
तुम प्रकोपे धरणी प्रकंपन ||११||

Karila puni tume lankaa dahana
Tuma prakope dharanee prakampana ||11||

You set the whole Lanka on fire and even the earth trembled with your wrath! (11)

स्वर्णर लंका हेल छारखार
रावण सेना भये थरहर ||१२||

Swarnara lankaa helaa chaarakhaara
Raavana sena bhaye tharahara ||12||

You destroyed Lanka which was made of gold into pieces and the army of Lanka was terrified! (12)

कणरि कुंडल तुम कुंचित केश
मने तुम चिन्तन सदा श्रीनिवास ||१३||

Karnare kundala tuma kunchita kesha
Mane tuma chintana sadaa Shrinivaasa ||13||

You have divine earrings in your ears and your hairs are curly. You constantly are absorbed in thoughts of Shrinivasa (meaning, the abode of Mata Lakshmi or Mata Sita, i.e. Lord Rama)! (13)

हस्ते दिशे गदा अत्यन्त सुशोभित
सिंदूर मुख तुम दिशइ प्रशांत ||१४||

Haste dishe gadaa atyanta sushobhita
Sindoora mukha tuma dishayi prashaanta ||14||

The mace in your hand looks very beautiful. Your face, which is smeared with vermilion, looks very peaceful! (14)

बाल काले तुमे भानु पाशे जाई
बाल सुलभ मन खाद भाबई ||१५||

Baala kaale tume bhaanu paashe jaayi
Baala sulabha mana khaada bhaavayi ||15||

In your childhood, you flew towards the Sun (Suryadeva) and mistook him to be a fruit and wanted to eat the 'fruit'! (15)

एकशत अष्ट धरा व्यास जाहिं
चक्षु पलके तुमे पार करइ ||१६||

Ekashata ashta dharaa vyaasa jaahi
Chakshu palake tume paara karayi ||16||

You travelled an enormous distance equal to 108 times the diameter of the Earth in the blink of an eye! (16)

शनि होइ तुम प्रिय मित्र हनुमान
तुम नाम नेले जेहे हुअइ प्रसन्न ||१७||

Shani hoyi tuma priya mitra hanumana
Tuma naama nele jenhe huayi prasanna ||17||

O Hanuman, Shani Deva is your dear friend and he is pleased when one takes your name! (17)

उठाइल पर्वत गंधमार्धन
ओषधे पोषणे जीवित लक्ष्मण ॥१८॥

Uthaayila parvata gandhamaardhana
Oshadhe poshane jeevita lakshmana ॥18॥

You brought the Gandhamaardhana mountain by lifting it and due to the medicine made by herbs growing on it, Lakshman Ji regained his consciousness! (18)

अर्जुन रथ उर्धे तुमे बिराजील
राम नाम तुमे सदा हृदे धरिल ॥१९॥

Arjuna ratha oordhe tume viraajeela
Rama naama tume sadaa hride dharila ॥19॥

You were present on the top of Arjuna's chariot (in the Mahabharata war). You always bear the name of Lord Ram in your heart! (19)

अंजनी पुत्र केशरी सुनन्दन
तुम कृपे मिलइ राम मोहन ॥२०॥

Anjaneer putra kesaree sunanda
Tuma krupee milayi Rama mohana ॥20॥

O son of mata Anjani, O son of Kesari, by your grace we can find a place in the lotus feet of Lord Rama! (20)

तुमरि नाम नेले सबु संकट दूर
जय जय जय हनुमान महावीर ॥२१॥

Tumari naama nele sabu sankata doora
Jaya jaya jaya hanumana mahaveera ॥21॥

O mighty warrior Hanuman, all troubles go away by taking your name, glory to you, glory to you, glory to you! (21)

तुम स्तुति कले हुए आत्म उन्नति
हृदये प्रष्पुटित सदा प्रभुभक्ति ||२२||

Tuma stuti kale huye aatma unnati
Hridaye prashputita sadaa prabhubhakti ||22||

Singing your praises leads to self-progress and devotion towards the Supreme Lord blossoms in the heart! (22)

भूत असुर सबु जेते मंद शक्ति
तुम नामे नेले टले महा विपत्ति ||२३||

Bhoota asura sabu jete manda shakti
Tuma naame nele tale mahaa vipatti ||23||

Ghosts, demons and all evil forces go away by taking your name and even great calamities are dispelled by taking your name! (23)

तुम कृपारे हरि भक्ति हुए प्राप्ति
अनन्त जनम कलेसू हुए मुक्ति ||२४||

Tuma krupaare Hari bhakti huye praapti
Ananta janama kalesu huye mukti ||24||

By your grace one attains devotion towards Shri Hari and is liberated from all the sufferings of infinite births! (24)

संकट मोचन जय हनुमान
बजरंगबली महा बलवान ||२५||

Sankata mochana jaya hanumana
Bajrangabalee mahaa balavaana ||25||

O Sankat Mochan, O Hanuman, O Bajrangabali, O Mahabalvan, glory to you! (25)

भक्ति मुक्ति तुमे महाप्रीति दाता
तुम कृपे तरे भक्त महारास्ता ||२६||

Bhakti mukti tume mahaapreeti daataa
Tume krupe tare bhakta mahaaraastaa ||26||

You are the giver of devotion, salvation and divine love, and by your grace the devotee passes through this difficult path easily! (26)

हिमालय गिरी होइ तुम तपभूमि
राम प्रीत योगे लीन हनुमन्त स्वामी ||२७||

Himalaya giree hoyi tuma tapabhoomi
Rama preeta yogee leena hanumanta swamee ||27||

The Himalayan mountains are your austerity ground where you remain absorbed in the love of your master Shri Rama! (27)

भविष्य कल्परे तुम सृष्टि कर्ता होइ
चतुरानन रूपे सृजन करइ ||२८||

Bhavishya kalpare tuma srushti kartaa hoyi
Chaturaana roope srujana karayi ||28||

In the future Kalpa you will be the creator of the universe and you will carry out the works of creation in the form of the four-headed Brahma Deva! (28)

मुक्त पुरुष रुद्र जय हनुमन्त
पारुनि कही तुम लीला अनन्त ||२९||

Mukta purusha rudra jaya hanumanta
Paaruni kahee tuma leelaa ananta ||29||

O liberated one, Hanuman, O the part of Rudra glory to you! your pastimes are endless! (29)

जय हनुमान दिव्य मारुती
करूअछि मुहिं तुमर आरती || ३०||

Jaya hanumana divya maarutee
Karuachi muhi tumara aaratee ||30||

Glories to you O Hanuman. O divine son of Pawan Deva, I worship you! (30)

कहते कृष्णदास तुम दिव्य गाथा
हरि शरणे सदा रखी मूढ़ मथा ||३१||

Kahate Krishnadasa tuma divya gaatha
Hari sharane sadaa rakhee moodha mathaa ||31||

Krishnadaasa narrates your divine story and prays to you that this foolish mind remains focused on the lotus feet of Shri Hari! (31)

हरि दर्शन मिलन प्रेम आशा
तुम दयारे पूरे सर्व पिपासा ||३२||

Hari darshana milana prema aashaa
Tuma dayaare poore sarva pipaasa ||32||

I have the desire to get the vision of Shri Hari, meet him and have love towards Him in my heart, all my thirst is fulfilled by your grace! (32)

सद्गुरु रूपे तुमे होइण प्रकट
दिअ ज्ञान दूर कर महासंकट ॥३३॥

Sadguru roope tume hoyina prakata
Dia gyaana doora kara mahaasankata ॥33॥

You appeared in the form of a Sadguru and relieved me of my great trouble! (33)

जेउँ नारी करइ पाठ एहा नित
संसार सुखमय स्वामी प्रीति प्राप्त ॥३४॥

Jeun naaree karayi paatha yehaa nita
Sansaara sukhamaya swamee preeti praapta ॥34॥

The woman who recites it (Hanuman Hridaya Maalika) daily, gets the blissful affection of her husband in this world! (34)

विद्यार्थी जन करि एहा अध्ययन
सफल सिद्धि प्राप्त सुखी जीवन ॥३५॥

Vidyarthee jana kari yehaa adhyayana
Saphala siddhi praapata sukhee jeevana ॥35॥

The students who chant it regularly achieve a successful, accomplished life! (35)

संत साधव कले एहा पठन
हुए अविलम्बे हरि दरशन ॥३६॥

Santa saadhava kale yehaa pathana
Huye avilambe Hari darshana ॥36॥

The saints and sages who read this get the vision of Shri Hari without any delay! (36)

तरुणी कन्या पढी हनुमान मालिका
मिले दिव्य ज्ञानी पति हुअइ सेविका ||३७||

Tarunee kanyaa padhee hanumana maalika
Mile divya gyanee pati huayi sevika ||37||

Young girls who read this get the opportunity to serve divinely knowledgeable husbands! (37)

श्रीराम जय राम जय जय राम
संकट मोचन जय सीताराम ||३८||

Shri Rama jaya Rama jaya jaya Rama
Sankata mochana jaya SeetaaRama ||38||

Glory to Shri Rama, Glory to Lord Rama, glory to Lord Rama, glory to sankata mochan, glory to Shri Sita-Rama! (38)

श्रीमालिका हनुमान हृदय
कहे कृष्णदास भक्त तनय ||३९||

Shrimaalika hanumana hridaya
Kahe Krishnadasa bhakta tanaya ||39||

Devotee Krishnadasa is describing the divine pastimes of Hanuman ji just like stringing pearls together in the form of a beautiful garland! (39)

प्रभु चरणे रहु सदा ता मन
प्रभु चिन्तने जाउ पुरा जीवन ||४०||

Prabhu charane rahoo sadaa taa mana
Prabhu chintane jaau puraa jeevana ||40||

May my mind always remain at the lotus feet of Lord Shri Ram and may my entire life be spent in thinking about Him! (40)

**हनुमंतं रामभक्तं रुद्रअंशं ब्रह्मचारीम्
पवनसुतं मारुतीं तवपदौ नमामि ॥०॥**

Hanumantam Ramabhaktam rudraansham brahmachaareem
Pavanasutam maaruteem tavapadau namaami ॥०॥

O Hanuman, O the devotee of Lord Shri Ram, O the part of Rudra, O Brahmachari, O son of Pawan Deva, O'Maruti, I bow at your feet! (0)

इति श्री कृष्णदासः विरचित श्री हनुमान हृदय मालिका सम्पूर्णम् ॥

Iti Shri Krishnadasah Virachita Shri Hanuman Hridaya Maalika Sampooranam