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॥ हनुमानाष्टक ॥

बाल समय रवि भक्षी लियो तब,
तीनहुं लोक भयो अंधियारों ।
ताहि सों त्रास भयो जग को,
यह संकट काहु सों जात न टारो ।
देवन आनि करी बिनती तब,
छाड़ी दियो रवि कष्ट निवारो ।
को नहीं जानत है जग में कपि,
संकटमोचन नाम तिहारो ॥ १ ॥

बालि की त्रास कपीस बसैं गिरि,
जात महाप्रभु पंथ निहारो ।
चौंकि महामुनि साप दियो तब,
चाहिए कौन बिचार बिचारो ।
कैद्विज रूप लिवाय महाप्रभु,
सो तुम दास के सोक निवारो ॥ २ ॥

अंगद के संग लेन गए सिय,
खोज कपीस यह बैन उचारो ।
जीवत ना बचिहौ हम सो जु,
बिना सुधि लाये इहाँ पगु धारो ।
हेरी थके तट सिन्धु सबै तब,
लाए सिया-सुधि प्राण उबारो ॥ ३ ॥

रावण त्रास दई सिय को सब,
राक्षसी सों कही सोक निवारो ।
ताहि समय हनुमान महाप्रभु,
जाए महा रजनीचर मारो ।
चाहत सीय असोक सों आगि सु,
दै प्रभुमुद्रिका सोक निवारो ॥ ४ ॥

बान लग्यो उर लछिमन के तब,
प्राण तजे सुत रावन मारो ।
लै गृह बैद्य सुषेन समेत,
तबै गिरि द्रोण सु बीर उपारो ।
आनि सजीवन हाथ दर्ई तब,
लछिमन के तुम प्रान उबारो ॥ ५ ॥

रावन युद्ध अजान कियो तब,
नाग कि फाँस सबै सिर डारो ।
श्रीरघुनाथ समेत सबै दल,
मोह भयो यह संकट भारो ।
आनि खगेस तबै हनुमान जु,
बंधन काटि सुत्रास निवारो ॥ ६ ॥

बंधु समेत जबै अहिरावन,
लै रघुनाथ पताल सिधारो ।
देबिहिं पूजि भलि विधि सों बलि,
देउ सबै मिलि मन्त्र विचारो ।
जाय सहाय भयो तब ही,
अहिरावन सैन्य समेत संहारो ॥ ७ ॥

काज किये बड़ देवन के तुम,
बीर महाप्रभु देखि बिचारो ।
कौन सो संकट मोर गरीब को,
जो तुमसे नहीं जात है टारो ।
बेगि हरो हनुमान महाप्रभु,
जो कछु संकट होय हमारो ॥ ८ ॥

॥ दोहा ॥

लाल देह लाली लसे,
अरु धरि लाल लंगूर ।
वज्र देह दानव दलन,
जय जय जय कपि सूर ॥

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English Translation

- 1. When, in your childhood, you swallowed the sun,**
All three worlds were enveloped in darkness.
The whole world trembled in fear,
But you removed the suffering when the gods prayed to you.
Who doesn't know in this world, O Hanuman,
You are the remover of all troubles!
- 2. When Bali threatened you, O Lord of Monkeys,**
And you gazed at the distant path with concern,
The great sage's curse brought great trouble,
But you took the form of a Brahmin and freed your devotee
from sorrow.
- 3. With Angad, you set out to find Sita,**
O Lord of Monkeys, proclaiming this:
"We won't return alive unless we find her whereabouts."
Tired, you finally found Sita and saved everyone's life.
- 4. Ravana caused Sita great distress,**
All the demonesses increased her sorrow.
At that time, O mighty Hanuman,
You went and killed the great demon,
And with your ring, you removed Sita's sorrow.
- 5. When the arrow struck Lakshman in the chest,**
He lost consciousness, and you rushed to save him.
You brought the physician Sushena and carried the Dronagiri
mountain.
With the Sanjeevani herb, you restored Lakshman's life.
- 6. When Ravana fought a fierce battle,**
The entire army was captured by the serpent noose.
You brought Garuda, who freed everyone from the bonds and
removed their fear.

7. **When Ahiravan kidnapped Rama and Lakshman,**
And took them to the underworld,
You worshiped the deities and, with great strength,
Killed Ahiravan and his army.
8. **You have always done great deeds for the gods,**
O mighty Lord Hanuman, please think of me.
Which of my troubles will you not remove?
Quickly remove my sorrows, O Hanuman,
Whatever troubles may come my way!

Hinglish Translation

1. **Bachpan mein tumne Ravi ko nigal liya tha,**
Teenon lok andheron mein chhup gaye.
Sabhi logon mein bhay tha,
Tumne devtaon ki prarthana se yeh sankat mita diya.
Kaun nahi jaanta hai jag mein, O Hanuman,
Tum sankat ke sabse bade mochak ho!
2. **Jab Bali tumhe dhamkaya, O Kapeeshwar,**
Tumne door ka rasta dekha chintit ho kar,
Mahan muni ka shraap tumpe bhaari pada,
Lekin tumne Brahman ka roop dharan kar apne bhakt ka dukh
dur kiya.
3. **Angad ke saath tum Sita ko dhoondne nikle,**
O Kapeesh, yeh vachan diye:
"Hum tab tak zinda nahi lautenge jab tak Sita ka pata na chale."
Thake haare tumne ant mein Sita ko dhoond nikala aur sabhi ki
jaan bacha di.
4. **Ravana ne Sita ko bahut pareshaan kiya,**
Sabhi rakshasiyon ne unka dukh aur badha diya.
Us samay, O maha Hanuman,
Tumne jaakar bade rakshas ka vinaash kiya,
Aur apni anguthi se Sita ka dukh mita diya.

5. **Jab baan Laxman ke seene mein laga,**
Unhone hosh kho diya, aur tum unki madad ko daude.
Tumne vaidya Sushena ko lekar Dronagiri parvat ko uthaya.
Sanjeevani se tumne Laxman ki jaan bachayi.
6. **Jab Ravana ne prachand yudh kiya,**
Pura sena nagfani ke jaal mein bandh gaya.
Tum Garuda ko lekar aaye, jisne sabko bandhano se azaad kiya
aur unka bhay mita diya.
7. **Jab Ahiravan ne Rama aur Laxman ka apaharan kiya,**
Aur unhe Patal le gaya,
Tumne devtaon ki pooja ki aur apne bal ke saath,
Ahiravan aur uski sena ka vinaash kiya.
8. **Tumne devtaon ke liye hamesha bade kaam kiye hain,**
O maha Hanuman, kripya mujhe yaad karo.
Kaunsa sankat mera hai jo tum door nahi karoge?
Jaldi se mere dukhon ko door karo, O Hanuman,
Jo bhi sankat aayega usse bachao!

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