2021
HANUMAN
JAYANTI
DEDICATION TO OUR BELOVED SATGURU

As we begin this ebook, we give all praises to our beloved Satguru, Paramahamsa Sri Swami Vishwananda. By His Grace, we are inspired to deepen our Divine Love relationship with God, and even more, helped to realise that our true purpose in life is to become an eternal servant of that Love.

In the two first dohas of the Hanuman Chalisa, Goswami Tulsidas starts by praising the Guru, the spiritual Teacher, because the Grace of the Guru is absolutely necessary for one to be successful in all life endeavours.

In the same way, it is only by the Grace of the Guru that we can reach a higher level of understanding, far beyond what the limited human mind allows us to perceive. Paramahamsa Vishwananda gave His precious commentary of the Sri Hanuman Chalisa.

You can get your copy [here](#).
WHO IS HANUMAN?

Most people know Lord Hanuman in the familiar form of the monkey-god. An incarnation of Shiva Himself and son of the wind-god, Vayu. He stands for power, strength and the ocean of knowledge. The embodiment of humility, He is ever the servant and is always at the feet of Lord Rama awaiting His command.

He is well known as a model of Bhakti, surrender and humility. His exploits are celebrated in the epic Ramayana, the life of Lord Rama. Furthermore, during the Kurukshetra War, Hanuman was present on the flagstaff of Arjuna’s chariot to strike terror into the Kaurava troops.

“\nThe top devotee of Rama is Hanuman – Hanuman’s single-pointed minded devotion to Lord Rama was such that even when Krishna gave him His darshan during the Mahabharata, Hanuman didn’t bow down to Krishna. He said, ‘I do recognise You as the Lord, but I prefer the form of my Beloved Lord Sri Rama.’

Paramahamsa Vishwananda

LEARNING FROM THE GREAT BHAKTA: HANUMAN

Wherever the name of Rama is being read, He is the first one to come and the last one to leave. Hanuman is immortal and He travelled around the world, protecting, giving His blessing to Rama’s devotees and whoever prays to Lord Rama.
SRIMAD BHAGAVATAM

Hanuman is considered to be the model of bhakti. He represents how one has to be in one’s spiritual path and how devotional one has to be. In this aspect of Hanuman, He is bestowing wisdom and also showing that one doesn’t need to fear anything when he is around.

As you know, Hanuman is an incarnation of Lord Shiva. When Rama came down, all the deities manifested themselves in the form of monkeys - vanara-sena. Hanuman is Shiva Himself, actually. That’s why it is said: when you pray to Hanuman, you receive the grace of Gauri-Shankar. And as I explained during Rama Navami, the Name Rama is a mixture of ‘Om Namo Narayanaya and Om Namah Shivaya. The first syllable of Rama is in: Om Namo Narayanaya, which is ‘Ra’, and the second is in Om Namo Shivaya, which is ‘ma’.

The Name of Rama is infused in Hanuman through his devotion. He was initiated into the Name of Rama from childhood and his devotion had no limit. Even till now, it is said: wherever the Name of Rama is being read, He is the first one to come and the last one to leave. Hanuman is immortal and He travelled around the world, protecting, giving his blessing to Rama devotees, to whoever prays to Lord Rama.

Hanuman – let’s observe Hanumanji. Do you think that there is a single moment, when Hanuman is not taking the Name of Rama? Each breath of Hanuman is chanting Rama’s Name, continuously - even if he is talking, Ram Nam carries on inside of his heart.

Paramahamsa Vishwananda

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When the time came to finish the Lord’s manifestation as Rama Avatar, He placed His sons on the throne to rule the kingdom. Then, He went into the Sarayu river and said, “Now, it is time that all of you who have incarnated for this Rama Leela to return to heaven. The Rama Leela is finishing, so all of you can come with Me.” Everybody replied happily, “Yes, Lord.” They all remembered their Divine Self. Hanuman was also going with Rama, but Rama turned to Hanuman and said, “Hanuman, you don’t come! You stay here permanently. Live in this world and serve My bhaktas. Serve whoever is looking for Me. Give them the Love and the strength. Protect them! The same way you protected Me, protect whoever chants My Name. Wherever Ramakatha is being done, be present there, and know that I’m there!” With a heavy heart, Hanuman bowed down to Rama and said, “I shall always be here protecting Your devotees.”

‘Whoever chants the Name of Hanuman, because He is so pure, because He is so humble, because He is so surrendered to the Lord, the demons fear to come near Him. Because nothing can shake His faith, nothing can move Him!’

Hanuman’s connection with Sri Rama – He has transformed himself completely into Rama only. As an individual He is still there, but He perceives his Rama in everything: wherever He looks, He sees Rama only.

Paramahamsa Vishwananda

THE ETERNAL SERVANT
THE DEVOTION OF HANUMAN

Are you moved by Hanuman’s devotion? He is the embodiment of humility and service, and is an ocean of wisdom and virtue. Hanuman’s service was so loving, so perfect and selfless, that Lord Rama considered Hanuman to be as dear as His own brothers. Because of his service, Lord Rama asked Hanuman to stay on earth to protect all His bhaktas. Of all the protectors on the path of bhakti, there is none greater than Hanuman.

For Hanuman that divine consciousness is Sri Rama, and for Mirabai it was Giridhari. For that deeper relationship, your mind has to transform into them, then you’ll see how it is very easy.

 Paramahamsa Vishwananda

HANUMAN CHALISA

The Sri Hanuman Chalisa is considered one of the most popular Hindu devotional hymns, chanted daily by millions of people all over the world. People usually chant these praises of Hanuman seeking for His protection, strength, help and assistance during their life struggles.

However, the deeper significance and value of knowing about Hanuman is that He is the ultimate model of Bhakti, humility and surrender. He is an example of how our lower animal qualities can be transcended by true devotion and total surrender to the Lord.
ŚRĪ HANUMĀN CĀLĪSĀ

(maṅgala mūrti maruta nandana sakala amaṅgala mula nikandana) Embodiment of happiness, Oh Son of the Wind. You remove all unhappiness at its root.

(dohā) śrī guru caraṇa saroja raja nija manu mukura sudhārī baranaūṁ raghuvara vimala jasu jo dāyaka phala cārī Having polished the mirror of my heart with the dust of my Guru’s Lotus Feet. I sing the pure fame of the Raghus, which bestows the four fruits of life.

buddhi hīna tanu jāni-ke sumirauṁ pavana kumara bala buddhi vidyā dehu mohi harahu kaleśa vikāra I know that this body of mine has no intelligence, so I recall You, Son of the Wind. Grant me strength, wit and wisdom and remove my sorrows and shortcomings.

(siyā vara rāmacandra pada jai śaraṇam) I take refuge at the feet of Sita’s husband, Rama.

(rāmaji se rāma rāma kahiyo kahiyo-ji hanumāna-ji) Hanumanji, please request Rama to accept the greetings of the devotees.

jaya hanumān jñāna guna sāgara jaya kapīsa tihuṁ loka ujāgara rāma dūta atulita bala dhāmā añjani putra pavana suta nāmā Hail to Hanuman, the ocean of wisdom and virtue, hail monkey Lord, illuminator of the three worlds. You are Rama’s emissary, and the abode of matchless power Anjani’s son, named the ‘Son of the Wind.’

mahāvīra vikrama bajaraṅgi kumati nivāra sumati ke saṅgī kaṅcana varana virāja subesā kāṅhana kuṇḍala kuṇčita kesā Great hero, You are as mighty as a thunderbolt. You remove evil thoughts and are the companion of the good. Golden hued and splendidly adorned with heavy earrings and curly locks.

hātha vajra ṭvajā bīrājai kāndhe mūnija jaiu sājai ṣāṅkara suvāna kesiṁi nandana teja pratāpa mahā jaga vandana In Your hands shine mace and banner and a sacred thread adorns Your shoulder. You are Shiva’s son and Kesari’s joy and Your glory is revered throughout the world.

vidyāvāna guṇi ati cātura rāma kāja karibe ko ātura prabhu caritra sunibe ko rasiyā rāma lākhana sītā mana basiyā You are the wisest of the wise, virtuous and clever and ever intent on doing Rama’s work. You delight in hearing of the Lord’s deeds. Rama, Sita and Lakshman dwell in Your heart.

sūkṣma rūpa dhari siyahiṁ dikhāvā vikaṭa rūpa dhari lanka jarāvā bhīma rūpa dhari asura saṁ(g)hare rāma-candra ke kāja saṁvāre Assuming a tiny form You appeared to Sita, and in an awesome form You burned Lanka. Taking a dreadful form You slaughtered the demons and completed Lord Rama’s mission.
śāhā saṅgita kanta laṅgāvai
sānktādikā brahmādī munśā
nārada sārada sahitā ahīśā
May the thousand-mouthed serpent sing
Your fame! So saying, Lakshmi’s Lord drew
You to Himself. Sanak and the sages, Brahma
gods and the great saints, Narada, Saraswati
and the King of Serpents.

yama kubera digāpāla jāhāṁ te
kavi kobida kahi sake kahāṁ te
tuma upākāra sugrīvahiṁ kīṁā
Yama, Kubera and the guardians of the
districts, poets and scholars, none can
express Your glory. You did great service for
Sugrīva presenting him to Rāma, You gave
him the kingship.

tumharo mantra vibhīṣaṇa māṁ
sanakādika brahmādi munīsā
rāma milāya rāja pada dīṁāṅā
Sanak and the sages, Brahma
gods and the great saints, Narada, Saraswati
and the King of Serpents.

prabhu mudrīkā meli mukha māṁṁ
jāladi lāṁghī gaye acarāṇa nāṁṁ
durgama kārā jagata ke jete
The Lord’s ring in Your mouth it’s no
surprise that You leapt over the ocean. Every
difficult task in this world becomes easy by
Your grace.

rāma duṁvāre tumā rakhavāre
hotā na aṁṭā bin paṁśāre
sabā sukha laṁghī tumāṁhī sārāṇā
tumā rākṣaka kāhū ko ḍaranā
You are the guardian at Rāma’s door. No one
to enter without Your leave. Those who take
refuge in You find all happiness and those
who You protect know no fear.

āpaṇa teja samhāro āpaṇ
tīnō lōka hāṁka ten kāṁpaṇ
bhūtā piṁśā nīkanṭā avā
You alone can withstand Your own splendour.
The three worlds tremble at Your roar. Ghosts
and goblins cannot come near You Great
Hero, when Your name is uttered.

nāsai roga hare sabā piṁrā
japata nīrantara hanumata vīrā
saṁkṣaṭa teṁ hanumāṇa chūṁvāvai
You grant the eight powers and the nine
treasures by the boon You received from
mother Janaki. You hold the elixir of Rāma’s
name and remain eternally His servant.

tumhare bhājana rāmā ko pāṁvā
tumā naṁmāṅa ke duḥkha baisāvai
anta kāla rāghuvāra purā jā-ī
Singing Your praise, one finds Rāma and
eapes the sorrows of countless lives. At
death one goes to Rāma’s own city or is born
on the earth as God’s devotee.

aurā devatā cīta na dhara-ī
cāreṇ yuga paratāpā tumhārā
hai parasidha jagata ujyārā
sādhu santa ko tumā rakhavāre
asura nikandana rāmā dulāre
Your splendour fills the four ages. Your
glory is renowned throughout the world.
You are the guardian of saints and sages, the
destroyer of demons and the darling of
Rāma.

aṣṭā siddhi nava nidhi ke dāṁtā
asā vara dīna jānāki māṁ
rāmā rasāyana tumhare pāsā
sādā raho rāghupati ke dāsā
tumā rakhavāre tumhārī śaranā
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to enter without Your leave. Those who take
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āpaṇa teja samhāro āpaṇ
Tulasi Das, who always remains Hari’s servant,
says: ‘Lord, make Your home in my heart.’

(aḥō)
pavana-tanaya saṁkṣaṭa harana
maṁgala mūrati rūpa
rāmā lāṁghā sitā sahitā
Śrī varā mahādevī kī... jai!

Glory to Hanuman, the son of wind God
Glory to Parvati / Śiva
Glory to Sita / Ramachandra
Glory to Tulasi Das, who always remains Hari’s servant,
says: ‘Lord, make Your home in my heart.’

(bolo)
hṛdaya basahurā sura būpā
Son of the wind, destroyer of sorrow,
embodiment of blessings, live in my heart,
King of Gods, together with Rāma, Lakshman
and Sita.

(sītā)
jaṁna janama ke duḥkha baisāvai
anta kāla rāghuvāra purā jā-ī
jaṁna janama hari bhakta kahā-ī
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THANK YOU!

We hope you enjoy and treasure this small booklet that contains a brief insight to Hanuman and prayers in praise of Hanuman. By concentrating on the stories of Lord Rama, Sita and Hanuman, we are inspired by Their incomparable example of serving humanity.

Paramahamsa Vishwananda encourages us to direct our senses and mind in service of the Lord. Creatively capturing the Lord in colour, music, and movement allows you to enjoy the full spectrum of divine beauty. Art manifests divine beauty.

Painting or colouring deities or sacred images helps you connect with the Divine in that form. We have a painting mediation card for you. Before you begin, take a moment to close your eyes and drop into your heart. Feel your breath and let yourself relax. Perhaps say a little prayer and invite Hanuman to join you in your meditation, and to guide you as you colour in the image. When you are ready, open your eyes.

Then... go for it! All you need to do is activate your creativity and paint with love!