



SHRI HANUMAN ASHTAK || श्री हनुमान अष्टक ||

Shri Hanuman Ashtak

**Bal Samay Ravi Bhakshi Liyo Tab, Teenhun Lok Bhayo Andhiyaaron.
Taahi Son Traas Bhayo Jag Ko, Yah Sankat Kaahu Son Jaat Na Taaro.
Devan Aani Kari Binati Tab, Chaadi Diyo Ravi Kasht Nivaaro.
Devan Aani Kari Binati Tab, Chaadi Diyo Ravi Kasht Nivaaro. || 1 ||**

Meaning: O Hanuman ji (Ashtak), when you were a child, you had kept the sun in your mouth due to which there was darkness in all the three worlds, due to which there was disaster all over the world and no one could remove that crisis. The gods came and requested you and you freed the sun. In this way the crisis was resolved. Hey Hanuman ji, who is there in the world who does not know your name of trouble-shooter.

**Bali Ki Traas Kapish Basain Giri, Jaat Mahaprabhu Panth Nihaaro.
Chaunki Mahaamuni Saap Diyo Tab, Chaahiye Kaun Bichaar Bichaaro.
Kaidvij Roop Livaaye Mahaprabhu, So Tum Daas Ke Sok Nivaaro. || 2 ||**

Meaning: Bali lived on the mountain, while Sugriva dwelt in fear. Spotting Shri Ramchandra Ji's arrival, Sugriva sent you to investigate. Disguised as a Brahmin, you met Shri Ramchandra Ji, brought him to yourself, and relieved Sugriva's sorrow. O Hanuman Ji, who in this world does not know your name as the remover of afflictions

**Angad Ke Sang Len Gaye Siya, Khoj Kapish Yeh Bain Uchaaro.
Jeevat Na Bachihau Hum So Ju, Bina Sudhi Laaye Ihaan Pagu Dhaaro.
Heri Thake Tat Sindhu Sabe Tab, Laaye Siya-Sudhi Praan Ubaaro. || 3 ||**

Meaning: When Sugriva sent his army with Angad to search for Sita, he had declared, "If you do not find Sita and return, I will kill all of you." Despite their efforts, they were unsuccessful. Then you leaped across the ocean and found Sita, saving

everyone's lives. O Hanuman Ji, who in this world does not know your name as the remover of afflictions

**Raavan Traas Dai Siya Ko Sab, Raakshasi Son Kaahi Sok Nivaaro.
Taahi Samay Hanuman Mahaprabhu, Jaaye Maha Rajnihar Maro.
Chaahat Siya Asok Son Aagi Su, Dai Prabhu Mudrika Sok Nivaaro. II 4 II**

Meaning: When Ravana showed fear to Sita and caused her distress, instructing all the demons to convince her, you arrived there and alleviated Sita's sorrow. You defeated the mighty demons present there. When Sita sought fire from the Ashoka tree (to turn herself into ashes), you caused the ring given by Shri Ramchandra Ji to fall from that very tree, relieving Sita's worries. O Hanuman Ji, who in this world does not know your name as the remover of afflictions

**Baana Laagyo Ur Lachhiman Ke Tab, Praan Taje Soot Ravan Maaro.
Lai Grih Baidya Susheen Samet, Tabai Giri Dron Su Veer Upaara.
Aani Sajeevan Haath Diye Tab, Lachhiman Ke Tum Praan Ubaara. II 5 II**

Meaning: When Ravana's son Meghanada struck Laxman with a fatal arrow, causing him to fall into a perilous state, you alone brought Sushena the physician along with his home, and brought the Sanjeevani herb from the Dronagiri mountain. This restored Laxman's life. O Hanuman Ji (Ashtak), who in this world does not know your name as the remover of afflictions

**Raavan Judh Ajaan Kiyo Tab, Naag Ki Faas Sabai Sir Daaro.
Shree Raghunath Samet Sabai Dal, Moh Bhayo Yah Sankat Bhaaro.
Aani Khages Tabai Hanuman Ju, Bandhan Kaati Sutraas Nivaaro. II 6 II**

Meaning: During the intense battle, Ravana ensnared everyone in his serpent noose. At that moment, an illusion of great distress spread throughout the entire army of Shri Raghunath. Bringing Garuda swiftly, the bondage was severed, thereby dispelling the dire crisis. O Hanuman Ji (Ashtak), who in this world does not know your name as the remover of afflictions

**Bandhu Samet Jab Ahiravan, Lai Raghunath Pataal Sidhaaro.
Debini Puji Bhali Vidhi Son Bali, Deu Sabai Mili Mantra Vichaaro.
Jaaye Sahaaye Bhayo Tab Hi, Ahiravan Sena Samet Samhaaro. II 7 II**

Meaning: When Ahiravan took Shri Raghunath along with Lakshman to the netherworld and after worshiping Goddess Durga properly, he decided with the consultation of all that he would sacrifice both of these brothers, at the same time you reached there and killed Ahiravan along with his army

**Kaaj Kiye Bade Devan Ke Tum, Veer Mahaprabhu Dekhi Bichaaro.
Kaun So Sankat Mor Garib Ko, Jo Tumse Nahin Jaat Hai Taaro.
Begi Haro Hanuman Mahaprabhu, Jo Kachu Sankat Hoye Humaro. II 8 II**

Meaning: O Hanuman Ji, you have resolved the tasks of mighty gods. Now, please see and consider: what sort of distress of mine, being poor and helpless, is there that you cannot alleviate? O Great Hero Hanuman Ji, please swiftly remove any difficulties or troubles that we may face. O Hanuman Ji, who in this world does not know your name as the remover of afflictions

|| Doha ||

**Laal Deh Laali Lase, Aru Dhari Laal Langur. I
Vajra Deh Daanav Dalan, Jay Jay Jay Kapir Suur. II**

Meaning: Your body is red, your tail is red, and you wear vermilion (red) on your forehead. Your clothes are also red. Your body is as strong as a thunderbolt, and you destroy the wicked. Hail Hanuman (Ashtak), victory to you, victory to you, victory to you

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