



## Sankatmochan Hanuman Ashtak English

Baal samai ravi bhakshi liyo tab, teenahu loka bhayo andhiyaro I

Taahi so traas bhayo jag ko, yah sankat kaahu so jaat na taaro I

Dewan aani kari bintee tab, chaadhi diyo ravi kasht niwaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tihaaro II1II

Meaning: O Bajrangbali Hanuman ji! In your childhood, you swallowed the sun thinking it to be a red fruit, due to which darkness was created in all the three worlds. Due to this, there was a terrible disaster in the whole world. But no one could solve this crisis. All the gods came and requested you, then you took the sun out of your mouth and in this form the sufferings of the entire world went away. O monkey-like Hanuman ji, who in this world does not know that you are the one who is said to remove all troubles.

Baali ki traas kapees basai giri, jaat mahaaprabhu panth nihaaro I

Chownki mahaa muni saap diyo tab, chahiy kaun bichaar bichaaro I

Kai dwij roop liwaay mahaa prabhu, so tum daas ke sok niwaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo II2II

Meaning: Due to fear of his elder brother Bali, Maharaj Sugriva lived on Kishkindha mountain. When Mahaprabhu was leaving from there with Shri Ram and Lakshman, Sugriva sent Hanuman ji to locate him. Hanuman ji disguised himself as a Brahmin and met Lord Shri Ram and brought him with him. This helped Maharaj Sugriva to come out of his troubles and his sorrow went away. Oh Bajrangbali, who is there in this world who does not know that you are said to be the destroyer of all troubles?

Angad ke sang lain gaye siya, khoj kapees yah baain uchaaro I

jeevat na bachihau hum son ju, bina sudhi laay ehaan pagu dhaaro I

Hayri thake tatt sindhu sabaai tab, laay siya-sudhi praan ubaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo II3II

Meaning: Maharaj Sugriva, while sending the monkeys along with Angad to search for Sita Mata, had said that if they did not return after finding Sita Mata, they would be killed. All the monkeys searched and tried their best to find Mother Sita, but they did not get success. Then Hanuman ji crossed the vast ocean and went to Lanka and found Sita Mata. This saved the lives of all the monkeys. O Bajrangbali, you are the destroyer of all troubles. Who is there in this world who does not know this?

Raavan traas dayee siya ko sab, raakshashi so kahi sok nivaaro |

Taahi samay hanuman mahaprabhu, Jaay mahaa rajneechar maaro |

Chaahat seeya asoka so aagi su, dai prabhu mudrika soka nivaaro |

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo ||4||

Meaning: Ravana tortured Sita ji and showed her fear in the garden of sorrow. He asked all the demons to convince Sita ji. Then Hanuman ji reached there and killed the demons. When Mother Sita requested fire from the Ashoka tree to burn herself to ashes, then Hanuman ji put Lord Shri Ram's ring in her lap from the top of the Ashoka tree. Due to this Sita Mata became free from grief. O Bajrangbali, you are the destroyer of all troubles. Who is there in this world who does not know this?

Baan lagyo ur lakshiman ke tab, praan taje sut raavan maaro |

Lai griha baidya sushen samet, tabai giri dron su beer upaaro |

Aani sajeewan hath dayee taba, lakshiman ke tum praan upaaro |

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo ||5||

Meaning: When Meghnath made Lakshmana unconscious by shooting an arrow in his chest, thereby putting his life in danger, then you, the great Hanuman, came with Vaidya Sushen and the mountain containing the life-saving Sanjivani herb. This action revived Lakshman and saved his life. O Mahavir Hanuman, who in this world does not know that you are called the destroyer of all difficulties and adversities.

Raavan yudh ajaan kiyo tab, naag ki phaas sabhi sir daaro I

Sri Raghunath samet sabai dal, moh bhayo yah sankat bhaaro I

Aani khagesh tabai hanumaan ju, bandhan kaati sutraas nivaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo II6II

Meaning: Ravana trapped all the warriors along with Lord Shri Ram and Lakshman in a fierce snake loop while they were fighting a terrible battle. Due to this, the entire monkey army including Shri Ram got trapped in trouble, but you brought Garuddev and freed everyone from the snake's trap. O Mahavir Hanuman ji, who in this world does not know that you are called the destroyer of all troubles.

Bandhu samet jabai ahiraavan, lai raghunath pataal sidhaaro I

Devhi puji bhalee vidhi so bali, deu sabai mili mantra vichaaro I

Jaay sahaay bhayo tab hi, ahiraavan sainya samet sanhaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo II7II

Meaning: When Ahiravana took Lord Shri Ram and Lakshman to the underworld, after reaching there, he worshiped the Goddess thoroughly and after listening to all the advice, he decided to sacrifice these two brothers. At the same time, you reached there and helped Lord Shri Ram and killed Ahiravan along with his army. O Bajrangbali Hanuman ji, who in this world does not know that you are called the destroyer of all troubles.

Kaaj kiye barh dewan kei tum, beer mahaaprabhu dekhi bichaaro I

Kaun so sankat mohin gareeb ko, jo tumso nahin jaat hai taaro I

Begi haro hanumaan mahaprabhu, jo kuch sankat hoya hamaaro I

Ko nahin jaanat hai jag mein kapi, sankat mochan naam tiharo II8II

Meaning: O brave master of warriors, you have done great deeds for the gods. Now you look at me and listen carefully to my problem, which has befallen poor me, and which I am unable to solve. O Lord Hanuman, please remove the trouble that has come upon me. Hey Bajrangbali, who in this world does not know that you are called the destroyer of all troubles.

### Doha

Laal deh laalee lase, aru dhari laal langoor I

Bajra deh daanavdalan, jai jai jai kapi soor II

Meaning: They repeatedly pay homage to Lord Hanuman, whose body is adorned with red vermilion, whose long tail is as strong as a diamond, and who possesses the strength to vanquish demons.

---