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#Hanuman Chalisa - devotional hymn composed by Goswami Tulsidas in praise of Hanuman in Awadhi language.

#Thread

#DoYouKnow - Tulasidas was captured &jailed as he refused to bow down to Mugal Emperor Akbar.Tulasidas composed Hanuman Chalisa in 40 days in Jail.



Chalis means 40. There are 40 couplets, 2 dohas in the Hanuman Chalisa that give it its name.

Akbar came know from his ministers about the miracle of reviving a dead man by Tulasi das. So Akbar had summoned Tulsi Das to his court. He was asked to perform a miracle there.

Tulasi Das told he doesn't know to perform any miracle,he only knows Bhagwan Shri Ram. So,Akbar imprisoned Tulasi Das at Fatehpur Sikhri.He composed Hanuman Chalisa for forty days & on 40th day, suddenly an army of giant monkeys descended upon Fatehpur Sikhri.

Monkeys made a ruckus there. They entered each home as well as Akbar's harem, scratching people and created a havoc in all nook & corner of the city. Guards informed Akbar about all the happenings. He immediately released Tulasi das ji & requested him to stop the monkey menace.

Tulasi Das stopped the menace of monkeys & told Akbar to leave the place.

It is believed that chanting Hanuman Chalisa helps remove negative vibrations. Many couplets in Hanuuman chalisa are said to help us stay safe from negative energies & thoughts.

Totally it has 45 verses –2 Dohas in intro ,40 Chaupais(stanza)& 1 Doha in end.The first intro Doha

[illegible]

Various qualities of Hanuman are described in first 10 Chaupais.11-20 describes Hanuman's service to Shri Rama, also efforts of Hanuman to save Lakshma.Lastly abt Hanuman Bhakti & requests him to reside in his heart& in the heart of devotees,along with Rama, Lakshman,& Sita.

Reciting Hanuman Chalisa helps us to channelize our energy & gives a total focus of mind & body. It also has a calming effect.

Believe in Shri Ram -all our problems & stress will go away.

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#JaiShriRam ■