

CHANTING THE HANUMAN CHALISA



Learning to chant the *Hanuman Chalisa* takes a tremendous amount of effort and dedication. Once you are familiar with it, you can begin to use the *Chalisa* as a devotional practice. This will develop naturally over time if you are sincere about connecting to a deeper place within. Your practice will mature and change from within as your center of gravity deepens, which of course, is a result of doing the practice. You can sing the *Chalisa* to a picture of Hanuman or your Guru—whatever it is that helps you to connect, that enables you to make it an offering rather than a mechanical recitation. It is not necessary to understand every word, but keep in mind the general meaning of what is being sung.

I recorded the versions of the *Hanuman Chalisa* on the accompanying CDs in a simple way in order to help people learn it. The *Chalisa* does not have to be sung with a melody. It can be chanted quietly at any comfortable speed. You don't have to memorize it; you can read the words and sing along with the CDs at the same time.

I think the best way to approach learning it is to work first with the pronunciation guide on Disc 2. Once you get in the habit of mispronouncing