



## WHY CHANT THE HANUMAN CHALISA?



In 1996, I visited Maharaj-ji's temple at Kainchi. At the time, one of his very old great devotees, Shri Kehar Singh, was also staying there. I spent many hours talking and sitting with "Poppa," as he was called. As I was getting ready to leave for America, he gave me his blessings and a bit of advice. He asked me if I knew why we sing the *Chalisa*. I said, "To praise Hanuman." He asked me if I thought that Hanuman needed me to praise him. "Of course not," I said.

Then he explained, "Even as a child, Hanuman had such strength and was so mischievous that he would cause havoc all around. One day, his playfulness had been disturbing a saint during his worship. The saint lived many miles away in the jungle, but Hanuman was throwing things around, as a child will do, and something landed in the saint's hermitage. So he cursed Hanuman that he would not remember his strength unless he was reminded."

We sing the *Chalisa* to remind Hanuman of who he is. In the very last verse, we ask him to come live in our hearts. It's not necessary to ask Hanuman for anything, for he knows all. But as human beings, we honor