

# **The 12 Miraculous Names of Lord Hanuman English PDF**

## **The 12 Miraculous Names of Lord Hanuman – Meaning, Benefits & Chanting Guide**

**Inspired by the devotion of Goswami Tulsidas**

### **Why Are Hanuman Ji's 12 Names Considered Powerful?**

The 12 names of Lord Hanuman, also known as Dwadash Naam, are revered across Hindu traditions for their spiritual potency, protective energy, and miraculous power to remove obstacles.

These names are considered sacred mantras, inspired by Goswami Tulsidas, the 16th-century saint and author of Hanuman Chalisa and Ramcharitmanas. Chanting them regularly is believed to bring divine protection, mental strength, and victory in life.

### **The 12 Names of Lord Hanuman in English and Their Meaning in English**

- 1. Om Hanumanaya Namah – The powerful and courageous Hanuman**
- 2. Om Anjanisutaya Namah – Son of Mata Anjani**
- 3. Om Vayuputraya Namah – Son of the Wind God**
- 4. Om Mahabalaaya Namah – One with immense strength**
- 5. Om Ramadootaya Namah – The divine messenger of Lord Rama**

6. Om Pingakshaya Namah – He who has reddish-brown eyes
7. Om Amitavikramaya Namah – The one with limitless valor
8. Om Uddhikramanaya Namah – He who leaped across the ocean
9. Om Sita-shoka-vinashanaya Namah – He who destroyed Sita's sorrow
10. Om Lakshmana-pranadata Namah – He who revived Lakshman's life
11. Om Dashagriva-darpaha Namah – The destroyer of Ravana's pride
12. Om Ramabhaktaya Namah – The eternal devotee of Lord Rama

## Benefits of Chanting Hanuman's 12 Names

### Benefit Description

Protection from Evil Shields from black magic, negative energy, and fear

Mental Clarity Reduces anxiety, boosts confidence and willpower

Spiritual Strength Invokes divine courage in daily life

Success and Victory Supports success in exams, interviews, legal matters

Divine Connection Deepens devotion toward Lord Rama and Hanuman Ji

## How to Chant the 12 Names (Best Practices)

### Step Method

Time Sunrise or sunset; best on Tuesdays and Saturdays

Place Clean, peaceful space, home altar or temple

### Ritual

- Take a bath and wear clean clothes
- Light a ghee lamp and incense
- Sit calmly and focus on Hanuman Ji

- Chant the 12 names 11 or 21 times
- End with “Om Hanumate Namah” and Aarti

## **When to Chant Hanuman’s 12 Names**

Before exams, interviews, or important events

During illness, fear, or financial stress

Every Tuesday and Saturday

For children’s protection and family wellbeing

## **Frequently Asked Questions (FAQs)**

### **Who revealed the 12 names of Lord Hanuman?**

These names are traditionally found in saint literature and are attributed to Goswami Tulsidas, the devotee who composed Hanuman Chalisa.

### **Can I chant these 12 names daily?**

Yes, they are highly beneficial for daily recitation, especially 5, 11, or 21 times in the morning.

### **Are Hanuman’s 12 names useful in removing fear or negativity?**

Absolutely. These names are mantras of protection and courage against evil influences and mental unrest.

### **How many times should I chant these names?**

You may chant 11, 21, or 108 times, based on your time and devotion.

### **Can children learn and chant Hanuman’s 12 names?**

Yes. Teaching children these names helps instill spiritual strength, values, and divine blessings.

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English**