

Lord Hanuman

Lord Hanuman: Strength, Devotion & Complete Guide

Explore Hanuman's divine powers, stotras, mantras, and benefits of daily worship

Who is Lord Hanuman?

Lord Hanuman, also known as Bajrangbali, Anjaneya, Maruti, and Mahaveer, is one of the most powerful and revered deities in Hinduism. He is worshipped as the embodiment of strength, courage, wisdom, devotion, and selfless service. A central figure in the Ramayana, Hanuman is the greatest devotee of Lord Rama and is considered an eternal protector in Kaliyug.

□ Important Facts About Lord Hanuman

Attribute Description

Birth Parents: Anjani (mother), Kesari (father), and blessings of Vayu (wind god)

Avatara: 11th Rudra avatar of Lord Shiva

Core Qualities: Strength, wisdom, devotion, humility, fearlessness

Famous Names: Sankat Mochan, Maruti Nandan, Pavanputra, Ram Bhakt

Worship Days: Tuesday & Saturday

Mentioned In: Ramayana, Mahabharata, Skanda Purana, and Hanuman Natakam

□ Why Worship Hanuman Ji?

Worshipping Lord Hanuman is believed to:

- Remove fear, negativity, and evil energies
- Enhance physical and mental strength
- Increase confidence, courage, and self-discipline
- Offer divine protection from planetary doshas (Shani, Mangal)
- Help devotees stay focused in spiritual practice

□ Hanumanji Content Hub: Related Texts, Stotras, and Devotions

This pillar page serves as a central guide linking to all Hanuman-related resources:

□ 1. Hanuman Chalisa

Complete 40-verse hymn with Hindi meaning, benefits, audio, and downloadable PDF.

□ 2. Bajrang Baan

Powerful hymn for protection from enemies and evil forces.

□□ 3. Hanuman Kavach

A divine armor prayer to invoke Hanuman's protection.

□ 4. Hanuman Aarti

Devotional song for daily prayers and puja rituals.

□ 5. Hanuman Mantras

Chants to awaken strength, courage, and focus.

□ 6. Hanuman Ashtak

Devotional verses that offer praise and surrender to Lord Hanuman.

□ 7. Hanuman Jayanti Specials

Festival rituals, fasting methods, and Hanuman worship guide.

□ Benefits of Worshiping Hanuman Ji

□ 1. Freedom from fear & anxiety

Chanting Hanuman Chalisa helps overcome mental blocks, fear, and negative emotions.

□ 2. Boosts inner strength & resilience

Known as the strongest being in scriptures, Hanuman blesses his devotees with unmatched stamina and bravery.

□ 3. Protects from black magic & evil spirits

He is invoked as Sankat Mochan – the remover of obstacles and destroyer of negative forces.

□ 4. Improves focus and spiritual discipline

Daily worship brings clarity, devotion, and a sense of divine support in challenges.

□□ How to Worship Lord Hanuman (Step-by-Step)

- Take a bath and wear clean clothes.
- Light a lamp and offer red flowers, sindoor, and bananas.
- Chant “ॐ नमो भगवते वासुदेवाय” or Hanuman Chalisa with focus.
- Offer jaggery and roasted gram (prasad).
- Perform Hanuman Aarti and pray for strength and protection.

☐ Most Asked Questions About Hanuman Ji (FAQs)

Q1: Is Lord Hanuman still alive?

Yes, he is one of the 8 Chiranjivis (immortals) and believed to reside on earth, continuing to guide his devotees.

Q2: Can women worship Lord Hanuman?

Yes, absolutely. Devotion is genderless, and women can freely recite Hanuman Chalisa and do puja.

Q3: What is the best time to chant Hanuman Chalisa?

Brahma Muhurat (4–6 AM) and evenings on Tuesdays or Saturdays are considered highly auspicious.

Q4: Why is sindoor offered to Hanuman?

Because he once covered his entire body in sindoor for Lord Rama's long life. This act symbolizes total devotion.

Q5: Does Hanuman worship help remove Shani Dosha?

Yes. According to scriptures, worshiping Hanuman reduces the malefic effects of Saturn (Shani).

Q6: What are Lord Hanuman's favorite offerings?

Red flowers, jasmine oil, sindoor, betel leaves, and jaggery are considered dear to him.

Q7: What is the significance of Tuesday and Saturday?

Tuesdays represent courage (linked to Mars), and Saturdays are effective for protection against Saturn's influence. Devotees observe fasts and recite Chalisa on these days.

☐ Downloads & Resources

- [Download Hanuman Chalisa PDF](#)
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- [Share Devotional Images on WhatsApp](#)
- [Watch Hanuman Aarti Video](#)