

Benefits of dwelling on Lord Hanuman

बुद्धिर् बलम् यशो धैर्यम् निर्भयत्वम् अरोगता ।
अजाद्यम् वाक्पटुत्वम् च हनुमत् स्मरनात् भवेत् ॥

*buddhir balam yaśo dhairyam nirbhayatvam arogatā |
ajādyam vākpaṭutvam ca hanumat smaranāt bhavet ||*

buddhi, right-thinking; *balam*, physical strength; *yaśas*, fame; *dhairyam*, courage; *nirbhayatvam*, fearlessness; *arogatā*, freedom from disease; *ajādyam*, vigilance; *vākpaṭutvam*, eloquence; *ca*, and; *hanumat*, Lord Hanuman; *smaranāt*, those remembering (dwelling on); *bhavet*, come to

Right-thinking, physical strength, fame, courage, fearlessness, vigilance, eloquence and freedom from disease come to those remembering (dwelling on) Lord Hanuman.