

BASIC ZOROASTRIAN PRAYERS¹

Compiled by Dr. Kersey H. Antia

Acknowledgements.

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THE KUSHTI PRAYERS AND ITS RITUAL

Recite the kushti prayers at least first thing in the morning after taking a bath, and last thing at night. Wash hands and face before starting the prayers. During the day, pray facing the sun and at night, facing a light.²

Start the kushti prayers by bowing the head respectfully as you say:

Khshnaothra Ahurahe Mazdao!
Ashem Vohu – 1.

Pleased be the Lord (through this prayer of mine)!

Untie the kushti after reciting Kem Na Mazda. Hold the center of the kushti in the thumb of the left hand, the right hand holding the ends up, making sure it does not touch the floor.

KEM NA MAZDA

Kemna Mazda! Mavaite payum dadat, Hyat ma dregvao didareshata aenanghe anyem Thwahmat Athrascha Mananghascha yayao shyaothnaish ashem thraoshta. Ahura! Tam moi dastvam daenyai fravaocha.

Ke verehtrem-ja Thwa poi sengha

KEMNA MAZDA. MAZDA ALONE IS MY SAVIOR.

Who will, O! Wise One, lend me protection if the wicked one threatens to hurt me. (Who) other than Your Fire (God's eternal, cosmic energy) and Your (Good) Mind? (It is) through the actions of these two that, O Lord,

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2 These prayers are generally used by Shenshai Zarathushtis. Kadmis follow slightly different prayers.

yoi henti chithra moi dam ahumbish
ratum chizhdi, at hoi vohu seraosho
jantu manangha, Mazda ahmai
yahmai vashi kahmai-chit.

the truth (righteousness) thrives. Do
reveal unto me that (beautiful)
knowledge of this religion.

Of those who exist, who is the
victor who protects the world with
Your teachings? (Zarathushtra, of
course). Reveal unto me a world-
healing prophet so that obedience (to
God) comes to him through Good
Mind as well as to whomsoever You,
O Wise One, wish!

Pata-no tbishyantat pairi
Mazdaoscha Armaitishcha
spentascha. Nase daevo-druksh, nase
daevo-chithre, nase daevo-frakarshte,
nase daevo-fradaite, apa druksh nase,
apa druksh dvara, apa druksh vinase,
apakhedhre apa-nasyehe, ma
merenchainish gaethao astavaitish
ashahe.

Protect us from those that do us
harm, O! All-wise Lord and Spenta
Armaiti (the beneficent holy men-
tality). Perish thou, evil wickedness.
Perish thou, the source of evil. Perish
thou O! progeny of evil. Perish thou,
product of evil. Utterly perish O!
wickedness! Vanish O! wickedness.
Utterly disappear O! wickedness.
Utterly disappear and perish in the
North. Do not destroy the living
creation of Asha.

Nemascha ya Armaitish izacha.
Ashem Vohu - 1.

We praise the Lord Ahura Mazda
with humility and worshipful prayer.

HORMAZD KHODAE

HORMAZD KHODAE

Hormazd Khodae, ahreman
awadashan dur avazdashtar; zad
shekasteh bad. Ahreman, devan,
darujan, jadian, darvandan, kikan,
karafan, sastaran, gunehgaran,
ashmogan, darvandan, dushmana
frian, zad shekasteh bad! Dush-
padashahan awadashan bad;
dushmanan stoh bad; dushmanan
awadashan bad.

. **HORMAZD IS THE LORD,
MAY AHRIMAN BE OVERCOME.**
(This prayer is a loose Pahlavi
translation of Kem Na Mazda.)

Hormazd (is) the Lord. May
Ahriman (the evil mind or the evil
tendencies within us) be kept under
control; may it be kept far back; may
it be defeated and totally overcome.

May the wicked mind, wicked

spirits, wicked people, those practicing (black) magic, wicked ones, those willfully blind (kiks), those willfully deaf (karaps), tyrants, criminals, heretics, impious ones, enemies, witches - all be smitten and defeated! May the wicked rulers cease to exist! May the evil enemies be counfounded! May the evil enemies be non-existent!

Hormazd Khodae, az hama gunah patet pashemanum, az harvastin

Whip the kushti with the right hand from right front to left back, three times at the next three words, to keep away all evil.

dushmata, duzukhta, duzvarshta, mem pa get manid, oim goft, oim kard, oem just, oem bun bud ested.

Make two equal loops in the kushti, one in each hand.

Azan gunah manashni, gavashni, kunashni tani ravani, geti minoani, okhe awaksh pasheman, pa se gavashni pa patet hom.

Bow respectfully, touching the kushti to the forehead.

Kshsnaothra ahurahe mazdao!

Taroidite, anghrahe mainyeush. Haithya varshtam hyat vasna ferashotemem. Staomi ashem.

O Lord Hormazd! I repent and turn away from all sins: bad thoughts I have thought, bad words I have spoken, bad deeds I have committed in this world and which have occurred through me, and which have been initiated by me.

From all these sins above, relating to thought, to word, and to deed, pertaining to (my own) body, pertaining to (my own) soul, pertaining to this world, pertaining to the world beyond - I repent three times, and turn away from them forthright.

Pleased be the Lord Mazda (by this prayer of mine)!

Afflictions unto Angra Mainyu (the evil spirit). Righteous actions (promote) Frashokereti the most, as is God's desire. I adore Asha.

chinahmi, aesha asti daenayao
Mazdayasnoish astuistish.

Ashem Vohu - 1.

*The short kushti prayers end here. This
may be followed by Sarosh Baj prayers.*

SAROSH BAJ

Bow reverently.

Khshnaothra Ahurahe Mazdao!
Ashem Vohu - 1.

Pa name yazdan Hormazd Khodae
awazuni, gorje khoreh awazayad.
Sraosh asho, tagi, tan-fareman,
shekaftzin, zin-awazar, salare damane
Ahura Mazda berasad.

Az hama gunah patet
pashemanum, az harvastin dushmata,
duzokhta, dushuvarshta, mem pa get
manid, oem goft, oem kard, oem jast,
oem bun bud ested, azan gunah
manashni, gavashni, kunashni, tani
ravani, geti minoani, okhe avakhsh
pasheman pa se gavashni pa patet
hom.

beautiful - (which is the religion of)
Ahura revealed by Zarathushtra.

I attribute to Ahura Mazda all
goodness (in this world). Such is my
adoration of (my) Mazda-wor-
shipping, (monotheistic) religion.

SAROSH BAJ (PRAYER TO SRAOSH - LISTENING AND FOLLOWING GOD'S COMMITMENT

Pleased be the Lord Mazda (by
this prayer of mine)! Ashem Vohu....

In the name of Lord Hormazd, the
self-created and munificent. May His
splendor and glory increase! May
Sraosh the holy, strong, embodiment
of the holy manthra, possessor of
efficacious (spiritual) weapons,
possessor of victorious (spiritual)
weapons, and chieftain over the
creations of Hormazd, come to my
help!

I turn away and repent from all
sins. All bad thoughts I have
conceived, bad words I have spoken,
bad deeds I have committed (and)
which have been caused by me, and
whose origin lies in me - from all
these sins pertaining to thought, word
and deed, relating to my body, my
soul, in this material world, and in the
spiritual world - of these I repent
thrice, I tum away from them
forthright.

Yatha Ahu Vairyo - 5.

Ashem Vohu - 3.

Fravarāne Mazdayasnō
Zarathushtrish vidaevo Ahura-tkaesho
(gah according to the time of day: havan, rapithwan, uziran, aiwisruthrem, ushahin)

Sraoshahe ashyehe, takhmahe,
tanu manthrahe, darshi-draosh,
ahuiryehe, khshnaothra yasnaicha,
vahmaicha, khshnaothraicha
frasastayeche, yatha ahu vairyo zaota
frame mrute, atha rathush ashat chit
hacha fra ashava vidhvao mraotu.

I forthrightly choose the
Mazdayasni (monotheist) Zarathushti
religion (which is) opposed to daevas
(false gods) and follows the Law of
Ahura *(recite Gah here)* for the worship,
veneration, propitiation and
glorification, with formula for
invoking *(khshnuman)* Sraosha the
holy, powerful, embodiment of the
holy word *(manthra)*, possessor of
powerful (spiritual) weapons and
following (the Law of) Ahura. Let the
Zaotar (officiating priest) declare to
me: “Just as we choose (to worship)
God, so do we (choose) to venerate
the Prophet on account of his holi-
ness,” declares the righteous and
learned Rathwi (assistant priest).

Sraoshem, Ashim, huraodhem,
verethranjem, fradat-gaethem
ashavanem ashahe ratum yazamaide

Ahunem vairim tanum paiti,

Ahunem vairim tanum paiti,

Ahunem vairim tanum paiti.

We praise Sraosha the Holy, well-
shaped, the victorious, bringing
prosperity to the world, the Righteous
one, the Lord of Righteousness.

Ahunavar protects the body (3).

Yatha Ahu Vairyo - 1.

Kemna Mazda.... *(recite Kemna Mazda once).*

Yatha Ahu Vairyo - 2.

Yasnemacha vahmemcha aojascha
zavarecha afrinami, sraoshahe,
ashyehe, takhmahe, tanu manthrahe,
darshi-draosh, ahuiryehe.

Ashem Vohu - 1.

I celebrate and worship the glory
and strenght of Sraosh Yazata, the
holy, strong, the embodiment of the
holy word, possessed of powerful
(spiritual) weapons.

The following four prayers, Ahmai Raeshcha, Hazanghrem, Jasa me Avanghahe

Mazda and Kerfeh Mozd are recited after Sarosh Baj and also after Niyashes and Yashts.

AHMAI RAESHCHA

Ahmai raeshcha, khvarenascha, ahmai tanvo dravatatem, ahmai tanvo vazdvare, ahmai tanvo verethrem, ahmai ishtiin pourush-khvathram, ahmai asnam chit frazantim, ahmai daregham daregho-jitim, ahmai vahistem-ahum ashaonam raochanghem, vispo khvathrem.

Atha jamyat, yatha afrinami.
Ashem Vohu -1.

AHMAI RAESHCHA (INVOKING BLESSINGS)

(May God grant) splendor and glory unto him/her (as well as) soundness of body, physical happiness, wealth, abundance and progeny blessed with innate wisdom. (Grant) unto him a long, continuous life (and) the best existence (in heaven) of the righteous, bright (and) full of happiness.

May it be so as I wish. (May my blessings be fulfilled!)

HAZANGHREM

Hazanghrem baeshazanam, baevare baeshazanam. *(Repeat three times).*

Ashem Vohu -1.

HAZANGHREM (BLESSINGS OF GOOD HEALTH)

(Grant) a thousand times health (unto you), ten thousand times health (unto you)!

JASA ME AVANGHAHE MAZDA

Jasa me avanghahe mazda! *(Three times)*

Amahe hutashtahe huraodhahe verethraghnahe, ahuradhatahe, vanaintyaoscha uparatato ramano khvastrahe, vayaosh uparo-kairyeh taradhato anyaish daman, aetat te vayo yat te asti spentomaiyaom

JASA ME AVANGHAHE MAZDA (COME TO MY AID, O MAZDA).

Come to my help, O Mazda! *(Three times).*

Help me secure the blessings of Ama (Yazata) (who is) well-built and well-designed, (and of) God-created Behram (Yazata), (and of) Vanant (Yazata) who confers the best success (on us), (and of) Ram (Yazata) who

thwashahe khvadhatahe, zrvanahe makes food taste better, (and of) the
akaranahe, zrvanahe daregho- efficient Vayu (wind) who is created
khvadhatahe. higher (by God) than any of His other
creations. O! Vayu! That function of
thine which pertains to Spenta
Mainyu (may come to my help). The
firmament that follows the laws of
nature (as well as) Limitless (Eternal)
Time and long but limited Time (may
also come to my help)!

Ashem Vohu - 1.

KERFEH MOZD

KERFEH MOZD (REDEMPTION FROM SINS BY A LIFE OF RIGHTEOUSNESS).

Kerfeh mozd gunah guzareshnera For redemption from my sins, I
kunam, ashahi ravan dusharamra ham (promise) to carry out meritorious
kerfeh hama vehane haft-keshvar deeds, and for the sake of the love of
zamin, zamin-pahana, rud-drana, the soul, may complete righteousness
khorshid-bala, bundehad berasad. reach all the doers of good deeds and
Asho bed derzi! all the faithful (residing) on the seven
regions of the earth, as wide as the
earth, as long as the river, and as high
as the sun. May the righteous enjoy
long life!

Atha jamyat yatha afrinami!

May it be so as I wish!

Ashem Vohu - 1.

BAJ (PRAYER) FOR GRACE BEFORE MEALS

Ba name Yazad, bakhshayandeh bakhshayashgar meherban! Hormazd
Khodae

Itha at yazmaide. Ahurem Mazdam, ye gamcha ashemcha dat apascha dat
urvaraoscha vanguish, raochaoscha dat bumimcha, vispacha vohu. Ashem
Vohu -1.

In the name of the Lord Ahura Mazda (who is so) the bestower of all good
things, the forgiver of sins, and loving. Here we revere Ahura Mazda who

created the animals and grains, who created the waters and vegetation, who created lights (of the sky), and the earth and all (other) good things. Ashem Vohu - 1.

**CHAR DISA NO HOMAGE IN FOUR
NAMASKAR DIRECTIONS TO ALL
OF CREATION**

*(To be prayed after Doa Nam Setayashne
and at other appropriate times)*

Az hama gunah patet I turn away and sincerely repent
pashemanum. of all my sins.

Ashem Vohu - 1.

Nemo aongham asanghamcha, Homage unto (all) these places,
shoithranamcha, gayaoitinamcha the cities, pasture-lands, dwellings,
maethananamcha, avo- the storage of drinking water, (other)
khvarenanamcha, apamcha, waters, the lands, unto the trees, this
zemamcha, urvaranamcha, angaoscha earth and yonder sky, unto the holy
zemo, avanghecha ashno vatahecha wind, the stars, the moon, the sun,
ashaono stram, maongho huro unto the boundless natural lights, unto
anaghranam raochangham all the creations of Spenta Mainyu,
khvadhatanam, vispanamcha the lords of holiness, all righteous
spentahe-mainyeush damanam, men and all righteous women.
ashaonam ashaoninamcha ashahe
rathwam.

Ashem Vohu -1.

(Recite:) Ahmai raeshcha....;
Hazanghrem....; Jasa me Avange
Mazda....; Kerfeh Mozd....

**DIN NO KALMO DIN NO KALMO -
DECLARATION OF
FAITH.**

Ba name Yazade, bakhshayandeh In the name of the Lord (who is
bakhshayashgare meherban! so) benevolent, forgiving and loving!

Razishtayao chistayao, Mazda-
dhatayao ashaonyao, Daenayao
vanghuyao Mazdayasnoish.

Din beh rast va dorost, ke khodae
bar khalk ferastadeh, in hast, ke
Zarhosht avordeh hast; din dine
Zarhosht, dine Ahura Mazda dadeh
Zarhosht Spitaman Ashaone.

Ashem Vohu - 1.

The most truthful knowledge
created by Mazda is the holy, good
Mazdayasni religion.

The good, true and perfect
religion, which God has sent for the
people of this world, is the one that
Zarathushtra has brought. (That)
religion (is) Zarathushtra's religion
(and) the religion of Ahura Mazda
given to Zarathushtra Spitaman.

DOA-TANDAROSTI

*To be recited at any time. Every navjote
and wedding ceremony concludes with this
prayer.*

Ba name Yazade, bakhshayandeh
bakhshayashgare meherban!

Tan darosti derzivashni avayad.

Khoreh anghad ashahidar.

Yazdane minoan, Yazdane getian,
haft Ameshaspandan myazd roshan
hame beresad.

In doayan bad, in khoahan bad,
hame andar kasanra Zarathushti din
shah bad.

Aedun bad. Ya bari, Khoda!
Khodavandi alamra, hame anjumanra

*(recite names of persons for whom the
prayer is specially offered)*

ba farsandan hazar sal der bedar,
shad bedar, tandarost bedar, aedun

DOA-TANDAROSTI - A PRAYER FOR HEALTH OF THE BODY

In the name of the Lord (who is
so) benevolent, forgiving and loving!

To lead a long life (may God bless
you with) health. May the glory be
always associated with righteousness
everlasting. May the yazatas of Mino
(this world) and Geti (spiritual world)
and the seven Ameshaspands all come
to this notable offering.

May this prayer and wish be
fulfilled. May the religion of
Zarathushtra bring joy unto all
mortals. May it be so. O God! Lord of
the whole universe, please grant unto
the entire anjuman and unto:

(names of persons)

and their future progeny, longest
of long life, happiness and physical

bedar, bar sare arzanian. Salhae well being lasting for a thousand besyar va karnahae bishumar, baki va years. May it be so. May you protect payandeh dar. the leadership of the worthy ruler for his sake, for many years and for many ages.

Hazaran hazar afrin bad, sal May (here be thousands and khojasteh bad, roz farrokh bad, mail thousands of benedictions May the mubarak bad, chand sal, chand roz, year be auspicious, the day victorious chand mah, besyar sal arzanidar and the month full of good luck. For yazashne, va niyaeshne, va radi va zor several years, for several days, for barashne, ashahidar avare hama karo several months, for many years, (may kerfeha. they be able to perform) the functions of yasna rituals, niyaeshe prayers, and may acts of charity be appropriately performed. May all acts of goodness be for the furtherance of righteousness.

Tan darosti bad, neki bad, khub Health be unto them, goodness be bad, aedun bad, aedun tarazbad! Pa unto them, excellence be unto them! yazdan va Ameshaspandan kame bad! May it be so. May it be exactly so! Ashem Vohu - 1.

May God and the Ameshaspands (succeed) in their plans.

Future articles

Other prayers such as Patet Pashemani (which is recited at the Navjote), Farajyat prayers, Yashts, Niyaeshe and other prayers for special occasions, will be covered in future issues of FEZANA Journal.