

Selected Z Quote # 10 – [Kemnaa Mazdaa - first two paras](#)

Today's quote is from the first two Paras of the famous *Kemnaa Mazdaa* prayer of our Kusti Prayer.

**Kêm naa Mazdaa mavaite paayum dadaat.
Hyat maa dregvaao dîdareshataa aênanghe.
Anyêm thwahmaat aathraschaa mananghaschaa.
Yayaa shyaothanaaish ashem thraoshtaa Ahuraa.
Taam môi daastvaam daênaya frâvaochaa.**

**Ke vêrethrem-jaa thwaa pôî sêñghaa yôî hêñti.
Chithraa môi daam ahubish ratum chizhdi.
At hôî vôhu sraoshô jañtu mananghaa.
Mazdaa ahmaai yahmaai vashi kahmaai-chit.**

Free Explanation of these two Paras Given by Ervad Kaawasji E. Kaangaaji in his [Khordeh Avesta Baa Maanee](#) translated in English:

“O Hormazd! When wicked persons torment me and my followers, who is our protector from such a torment?

There is none other than Thee, who will grant family happiness and peace of mind.

The possession of body and mind in healthy condition increases righteousness.

There is no protector other than Thee, O Hormazd!

Do Thou evoke, give rise to such a thought in my mind so that I may get courage and strength in executing any work.”

Please note that this entire hymn Kem-na-Mazda is assembled from four parts from Gathas and Vendidad:

- (1) The first portion consisting of lines 1-5 from the beginning to the word fravaocha is taken from Gatha Ushtvaiti-Yasna Ha 46.7 known as 'Kam Nemoi Zam'.
- (2) The second part commencing from 'Ke verethrem-ja' to the words 'vashi kahmai-chit' is borrowed from Yasna Ha 44.16, known as Tatthwa-peres.
- (3) The third part beginning from 'pâta-no tbishyantat' upto the words 'Astvaitish ashahê' is taken from Vendidad Fragard VIII para 21.

(4) The fourth and the last part viz. 'nemaschā ya Ārmaitish izhāchā' is taken from the Gatha Spenta Mainyu Ha 49.10.