

Weekly Zoroastrian Scripture Extract # 119 – Prayers to be recited during Muktdad - Fraamraot Ha - Yasna 20 - Verses 4 -5 and Ending Khshnuman

Hello all Tele Class Friends:

Let me take the liberty to share a very personal moment in my life with you today.

On August 5th in 1960, 55 years ago, my very good friend Lovji Cama, ZAGNY, and I together with some 20 J. N. Tata Endowment Scholars left Bombay on P&O S.S. Oronsay boat to come to US of A for higher studies! On the way through Suez Canal and Mediterranean Sea, we read in the ship's daily news flash that Dr. Bhabha selected Tarapur in Maharashtra State, my own birth place, as the first Atomic Power Station of India! After reaching Tilbury Docks in London and spending a few days, we took another S.S. Le France boat from Southampton to come to New York and what a glorious early morning it was with the sun rising behind that amazing Statue of Liberty! However, we the Boat People were not detained at the Ellis Island!!

Now on with this last segment of the three on Fraamraot Haa. The audio file for it is in the previous WZSE #118 sent yesterday.

For our Shehenshahi Humdins, the 10 Holy Days of Muktdad will start on this Saturday August 8th, Asfandaard Mahino and Aastaad Roj to the 5th and the last Vahishtoish Gatha. We wish you all a very joyous and meaningful 10 days of Muktdad.

My very good friend, Dr. Ervad Ramiyar Karanjia, Principal of Dadar Athornan Institute, has written a very nice article – Making Muktdad More Meaningful – which I have attached for your reading. It gives a very good explanation of why, what and how to perform Muktdad. Thank you Ramiyar Bhai for your article.

Many of you have asked me what prayers to pray during these 10 days of Muktdad. Once again, Ramiyar Bhai in his August 2nd Jame Jamshed, in his very popular series – Ask Me Why? – has given a list of 6 prayers to pray during Muktdad. I have attached the file – [Ramiyar Karanjia Muktdad Prayers To Recite.pdf](#) – which contains his article from Jame Jamshed as well as the actual prayers he is talking about from our [Kangaji's English Khordeh Avesta](#) with word by word translation. It contains various Namaskaar prayers, including Homage Unto Fravartikaan – Muktdad No Namaskaar – given verbatim by Ramiyar Bhai as Item 3 in his Jame article.

It also contains 1200 Ashem Vohu prayer, Fraamraot Haa and 1200 Yatha Ahu prayer and also Satum No Kardo – prayer for the departed ones, all mentioned in Ramiyar Bhai's Jame article.

For the first five days of Muktdad, one can recite Fraamraot Haa – Yasna 20. If they cannot, they can recite the 1200 Ashem Vohu prayer.

During the five Gatha Days, one can recite each of the five Gathas of Prophet Zarathushtra. Once again, Ramiyar Bhai has recorded these 5 Gathas which can be accessed as well as downloaded from [the website](#):

Gatha Prayers

<http://on-lyne.biz/gathas/>

If one cannot pray the Gathas, one can pray 1200 Yatha Ahu Vairyo prayer given in the above PDF file.

Starting with WZSE #117 presented two days ago and continuing with WZSE #118 yesterday and presenting #119 today, we will cover the complete prayer of Fraamraot Ha – Yasna 20.

In this Haa, there occurs the commentary of Ashem Vohu. [Kangaji in his English Khordeh Avesta](#), Page 1, says:

“These two prayers Ashem Vohu and Yathaa Ahu Vairyo are pre-Zarathushtra in age and are the sacred verses of the Creator Hormazd Himself. (See Yasna Ha XIX, paras 1 – 4; Yasna Ha XX, 3). Yenghe Haataam is the sacred Verse of the Prophet Zarathushtra (See Yasna Haa XXI, Para 1). These three well-known prayers are adored with their specific names. Yasna Haa XIX is an Avestan Commentary on the Yathaa Ahu Vairyo; Yasna Haa XX gives the Commentary on Ashem Vohu and Yasna Haa XXI gives the Commentary of the Yenghe Haataam. These three Haas-Chapters are known as Baghaan Yasht. These three prayers, specially “Yathaa” and “Ashem” are frequently recited in our holy Avestan Scriptures. Those Zoroastrians who do not know any other prayer are enjoined to recite “Yathaa” and “Ashem” with a view to gaining a share of meritorious deeds.”

Since we are required to pray Fraamraot Haa – Yasna XX – during the first 5 Muktaf Days, we will cover this whole prayer ending today.

There are three parts to Fraamraot Haa: the first part is the Ardaafraavash Khshnuman – beginning prayer in the name of Asho Farohars, then the actual Fraamraot Haa and then the ending of the Ardaafraavash Khshnuman. I have recorded all three segments but due to the length of the corresponding MP3 files, we presented the Beginning Khshnuman in WZSE #117 two days ago, the first 3 verses of Fraamraot Haa yesterday and today we will present the last verses of the Haa as well as the Ending Khshnuman, so as to complete the Fraamraot Haa prayer before Saturday so you can pray it during the first 5 Muktaf Days.

In WZSE #117, the first part of this prayer was given in the file: [Ramiyar Karanjia Muktaf Prayers To Recite.pdf](#) – and its audio file recited by me was attached as an .mp3 file.

Yesterday, we presented the first 3 Verses of the actual Fraamraot Haa prayer with its translation and audio file, and the today we will give the last verses of the prayer as well as the ending ending Khshnuman of the prayer.

So, here are the last verses of the Fraamraot Haa – Yasna XX:

**Please note that [the attached audio file yesterday in WZSE #118](#) contained the complete Fraamraot Haa and should be referred to also for today's last part of the Haa.**

**Fraamraot Haa – Yasna XX – Verses 4 – 5:**

**(Please hear the [attached complete Fraamraot Haa .mp3 file for its recitation from yesterday's WZSE #118](#))**

(4) Mazdaao fraamraot : chîm fraamraot,  
Ashavanem mainyaomcha gaéthîmcha,

Chvaans fraamraot fravaakem,  
Vahishto khshayamno.  
Chvantem;  
Ashvanem vahishtemcha avaso-khshathremcha.  
(5) Baghaanm Ashahé vahishtahé yazamaidé;  
Ashahé vahishtahé yazamaidé  
Frasraothremcha, framarethremcha,  
Fragaathremcha fraayashtîmcha.

Yenghé haataanm aa-at yesne paiti vangho  
Mazdaao Ahuro vaethaa ashaat hachaa,  
Yaaonghaanmchaa taanschaa taaoschaa yazamaide.  
Ashem Vohu 1.

(Note: The portion from Fraamraot up to Ashem Vohu 1 should be recited seven times. When it is recited the seventh time, Ashem Vohu need not be recited. – [Kangaji English Khordeh Avesta](#))

Fraamraot Haa – Yasna XX – Verses 4 – 5 Translation:

(4) The Creator Hormazd proclaimed the hymn of Ashem Vohu.

Whom did He proclaim?

(Reply): to the righteous man belonging to the spiritual and the material world.

In what capacity did He proclaim the hymn of that Ashem Vohu?

(Reply): as to the supreme Rulers.

Whom did He proclaim?

(Reply): to the righteous and the best man not acting according to his own whims.

(5) We adore the portion of Asha Vahishta.

Of the Asha Vahishta, we adore its chanting, remembrance, singing-aloud and glorification.

Among the living beings whoever is better in acts of worship, of which Ahura Mazda Himself is aware, on account of His Holiness, all such men and women we revere.

## SPD Comments

1. Ashem Vohu, Yathaa Ahu Vairyo and Yenghe Haataam are three pillars of our religion. In our subsequent weeklies, we will cover the commentaries of Yathaa and Yenghe Haataam.

2. As mentioned by Kangaji above, Ashem and Yatha are by Dadar Ahura Mazda; whereas, Yenghe Haataam is by Zarathushtra himself. Actually, as presented in our WZSE #20: <http://www.avesta.org/wzse/wzse20.pdf>

Yenghe Haataam is a later version of Zarathushtra's own Vohukhshathra Gatha Yasna 51 Verse 22.

3. Dr. Irach Taraporewala writes: "This verse is the original of the Yenghe Haataam verse. The main difference between the two is that in the Gatha verse the holy men both past and present are spoken of, while in the later Yenghe Haataam verse the Righteous ones both men and women have been mentioned. The first half of the Gatha verse has been reproduced almost word for word, with only the later changes of grammar and spelling. The second half of the Yenghe Haataam is entirely different. The idea of bringing in both men and women is a decided improvement. On the other hand the last two sentences have been practically omitted and so the later verse Yenghe Haataam has lost a great deal of the force and beauty of the original."

This whole paraphrasing of Gatha verse brings up an interesting question:

How many other Gatha verses were paraphrased like the above?

And we count Yenghe Haataam as one of our three prayer pillars together with Yathaa and Ashem.

Then why can't we recite Zarathushtra's own words Yasna 51.22 instead of Yenghe Haataam sometimes in our Hum Bandagis?

Let me leave this thought with you all!

May the Flame of Fellowship, Love, Charity and Respect for all burn ever eternal in our hearts

so we can do HIS work with humility, diligence and eternal enthusiasm!

Atha Janyaat, Yatha Aafrinaamaha! (May it be so as we wish!)

Love and Tandoorasti, Soli