

## **Weekly Zoroastrian Scripture Extract # 171 – Prayers to be recited during Muktaḍ - Fraamraot Ha - Yasna 20**

Hello all Tele Class friends:

For our Shehenshahi Humdins, the 10 Holy Days of Muktaḍ started on last Sunday August 7th, Asfandaard Mahino and Aastaad Roj to the 5th and the last Vahishtoish Gatha, August 16th Tuesday. We wish you all a very joyous and meaningful 10 days of Muktaḍ.

My very good friend, Dr. Ervad Ramiyar Karanjia, Principal of Dadar Athornan Institute, has written [a very nice article – Making Muktaḍ More Meaningful – which I have attached](#) in my [last WZSE #170](#) and I am repeating it in this WZSE #171, for your reading. It gives a very good explanation of why, what and how to perform Muktaḍ. Thank you Ramiyar Bhai for your article.

Many of you have asked me what prayers to pray during these 10 days of Muktaḍ. Once again, Ramiyar Bhai in his August 2nd 2015 Jame Jamshed, in his very popular series – Ask Me Why? – has given a list of 6 prayers to pray during Muktaḍ. I have attached the file – Ramiyar Karanjia Muktaḍ 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 – Muktaḍ 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 Muktaḍ, 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.

Today and continuing in the next two days, in WZSEs 171, 172 and 173, 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 Muktaad Days, we will cover this whole prayer starting today.

There are three parts to *Fraamraot Haa*: the first part is the *Ardaafravash Khshnuman* – beginning prayer in the name of Asho Farohars, then the actual *Fraamraot Haa* and then the ending of the *Ardaafravash Khshnuman*. I have recorded all three segments, but due to the length of the corresponding MP3 files, we will present only [the first part of the prayer today](#), covering the other two parts in the next two days so as to complete the *Fraamraot Haa* prayer before Friday so you can pray it during the first 5 Muktaad Days.

The first part of this prayer is given in the file: [Ramiyar Karanjia Muktaad Prayers To Recite.pdf](#) – and [its audio file recited by me is attached as an .mp3 file](#).

Tomorrow, we will present the actual *Fraamraot Haa* prayer with its translation and audio file, and the next day we will give the ending of the prayer.

## 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.

**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 Jamyat, Yatha Aafrinaamahi! (May it be so as we wish?)**

Love and Tandoorasti, Soli