

WZSE – Weekly Zoroastrian Scripture Extract # 31.

Hello all Tele Class friends:

In our Daily Farajiaat prayers during the Aiwisruthrem Geh in the night, Sarosh Yasht Vadi is one of the prayers many of us pray after Kusti Prayers, Sarosh Baaj and Aiwisruthrem Geh. This Yasht is taken from Yasna Haa 57, may be composed during the fifth century BCE.

“The import of reciting this Yasht at night is that Sarosha Yazata protects that reciter in sleep from the attacks of wicked creations.” (Kangaji)

Like many other Yashts, Sarosha Yasht Vadi also has a Nirang at its end. When I was a little boy growing up in our Tarapur village, my dear mom taught us to pray this Nirang each night before going to bed. I religiously do so even now. Many of you have also informed me that you do the same.

So, today, let us present Sarosha Yasht Vadi Nirang:

(Please hear the attached .mp3 file for its recitation)

Sarosha Yasht Vadi Nirang:

**Gorje khoreh awazaayaad,
Sarosh asho, tagi, pirozgar baad,
Dastagire ravaan, hamaa tan paasbaan,
Ashoan asho negehdaar;
Roz maah o shabaan, hame Iraaniaan,
O paoiryo-dakeshaan gehaan daamaan,
Behdinaan, taaziaane bastekushtiaan,
Zarathushtiaan nikaan o paakaane
Haft keshvar zamin,
Sarosh yazad panaah baad.
Ashem Vohu 1.**

(Recite three times)

English Translation:

May the splendor and glory
Of the holy Sarosh Yazad increase!
And may he be strong and victorious!
Sarosh Yazad is the helper of the souls,
Protector of all men
And the pious guardian of righteous men;
May there be protection of Sarosh Yazad
During day and night and months (i.e. for ever):
Unto all Iranians, unto all the creatures of the world,
Unto the Poryodakeshas, unto the faithful,
Unto the people girding the sacred thread
(i.e. those who have accepted the Zoroastrian Religion),
Unto the Zoroastrians,
And unto good and holy men
Of the seven regions of the earth!

(from Ervad Kawasji E. Kangaji *Khordeh Avesta* English Translation!)

SPD Comments:

Reciting this Nirang each day before going to sleep gives me a calm feeling,
preparing me for the sleep!

May it give you the same calm feeling!

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 Jamyaat, Yatha Aafrinaamahi! (May it be so as we wish!)

Love and Tandoorasti, Soli