

Hello all Tele Class friends:

Gathas in our Farajyaat (Daily Prayers)

Many of our good and faithful Zarathushtris pray every day their Farajyaat (Daily Prayers) prescribed in our religion. E.g. we are supposed to start all our prayers with the Kushti prayers, followed by 101 Ahura Mazda's names, Sarosh Baaj, appropriate Geh, and Khorshed/Meher Nyaayeshes in Haavan, Rapithwan and Uziran Gehs, ending up with Atash Nyayesh, Doaa Naam Setaayashneh and Tandoorasti.

As we have discussed in our Weekly Extracts, most of these Khordeh Avesta prayers were compiled by Dastur-e-Dasturaan Aadarbaad Maahrespand in the reign of Sassanian Emperor Shahpur II (309 – 379 AD).

Our Prophet, Vakhshur-e-Vakhshuraan Zarathushtra Spitamaan composed 17 songs in 5 Gathas. So what happened to these words of our Prophet in our daily prayers? Sure many of our daily prayers do have verses from Gathas sprinkled here and there; e. g. First two verses of Kemnaa Mazdaa, the famous Atash Nyayesh Us Moi Uzaareshwaa Ahuraa, etc.

But what about the whole Gathas?

Well many of you will say: We are supposed to pray each one of them with our daily prayers during the five Gatha days. That's it? Once a year?

This is a sad commentary of our daily prayers – pray daily prayers compiled in Sassanian times but forget about our own Prophet's words!

So, let us all from now on reverse this trend – let us pray Zarathushtra's Gathas every day, at least some of its verses, with our daily prayers if you wish! Some people assumed that I am requesting to pray only the Gathas and not our daily prayers! This is absolutely not what I meant to say. If I confused anyone, I apologize.

In this presentation, I am requesting all of us to at least pray with meaning just the first verse of each Gatha and the famous Aa Airyemaa Ishyo prayer **with our daily prayers if you wish!** We have covered all of these 6 verses in our weekly extracts.

Last week, I have attached a WORD file: Gathas as our Farajyaat (Daily Prayers), containing all of these 6 verses in English together with their translations to be of help to all.

Since I do not have a way to link the recitations of all 6 verses in this WORD file, I am going to present the recitation of each one of them separately in the next Weekly Extracts.

We started with the first Gatha Ahunavaiti Yasna 28 Verse 1 last week.

Today, we will present the second Gatha Ushtavaiti Yasna 43 Verse 1.

So, let us present the second Gatha Verse 1 today:

I am presenting them below together with their recitations and translations to be of help to all.

So, let us start these 6 verses (please note that each one of these verses has to be recited twice):

Since I do not have a way to link the recitations of all 6 verses in this WORD file, I am going to present the recitation of each one of them separately in the next 6 Weekly Extracts starting with the first Gatha Ahunavaiti Yasna 28 Verse 1 today.

So, let us start with the first Gatha Verse 1 today:

Weekly Extract #52:

Ushtavaiti Gatha Yasna 43 Verse 1:

On the occasion of the 52nd week for these weekly extracts, we want to revert back to our prophet Vakhshur-e-Vakhshuran Zarathushtra Spitaman!

His second Gatha Ushtavaiti starts with a beautiful and profound teaching! He teaches us how to get happiness in our lives so succinctly in one sentence!

In his second Ushtavaiti Gatha, Yasna 43 Verse 1, he proclaims:
“Happiness to him who gives happiness to others!”

What a profound statement made 3500+ years ago by an amazing prophet!

So let us hear his first verse from Ushtavaiti Gatha Yasna 43 Verse 1:

Gatha Ushtavaiti Yasna Ha 43 Verse 1:

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

**(1) Ushtaa ahmaai ýahmaai ushtaa kahmaaichît!
Vasê-khshayaans mazdaao daayaat ahurô;
Utayûitî tevîshîm gat tõi vasemî,
Ashem deryaai tat môi daao aarmaitê,
Raayô ashîsh vanghêush gaêm mananghô!
(to be recited two times)**

Gatha Ushtavaiti Yasna Ha 43 Verse 1 Translation:

(1) May happiness be unto that person

**Through whom happiness may reach others!
May Ahura Mazda, ruling at will,
Grant health and vigor to that benevolent man.
In order to hold fast to Truth, Oh Ahura Mazda!
I verily ask of Thee that health and vigor.
Owing to Armaiti O Ahura Mazda!
Do Thou grant me wealth, good blessings and the life
of Good Mind!**

(From Ervad Kangaji [Gatha Baa Maaeni](#) translated in English Page 117)

SPD Comments

According to Kangaji: “

“After the death of the good and virtuous man,
What his soul near his cushion chants in excessive joy,
The sacred verse of the Gathas in order to attain Heaven in the world
beyond,

Is simply nothing but the two lines of the First Strophe from Ushtaa upto
the end of Ahuro,

Which is quoted in the second paragraph of the Haadokht Nask.”

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