

## WZSE – Weekly Zoroastrian Scripture Extract # 70.

Hello all Tele Class friends:

At age 20, Zarathushtra travelled to Mount Ushi Darena “the Mount holding divine intellect.”

He stayed there for ten years, and devoted his time in *prayer*, meditation and communion with Divine Beings.

Dr. Ervad J. J. Modi writes:

“Ushidarena Mountain (Hormuzd Yasht) is where Zarathushtra acquired his Ush = Revelation.

His meetings with Ameshashpands may have also occurred on this mountain Not only our scriptures, but also Ean Haokal (10th CE), and Kaazvini (1262 CE), Mirkhond (1474 CE) according to Prof. Jackson have mentioned that this

is the mountain where Zarathushtra got his revelation from Ahura Mazda! One day, when he was walking through the Veh Daaiti river, Zarathushtra was blessed with divine knowledge.

His struggle, revelation and the message from Ahura Mazda are *recorded* in his own words in the Five Gathas.”

So, today we will quote our own Vakhshur-e-Vakhshuraan Zarathushtra Spitaman from his own Ushtavaiti Gatha, Yasna 43 Verse 15 on Tushnaa-maiti –

Silent Meditation:

### **Zarathushtra preaches Tushnaa Maitish - Silent Meditation – Ushtavaiti Gatha Yasna 43 Verse 15:**

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

Spentem at thwaa Mazdaa menghi Ahuraa,  
Hyat maa vohu pairi-jasat mananghaa,  
Dakhshat ushyaai tushnaa-maitish vahishtaa,  
Noit naa pourush dregvato khyaat chikhshnusho,  
At toi vispeng angreng ashaauno aadareh.

### **Zarathushtra preaches Tushnaa-Maiti - Silent Meditation – Ushtavaiti Gatha Yasna 43 Verse 15 English**

## **Translation:**

**As divine and sacred have I recognized Thee, O Lord of Life and wisdom,  
When Vohuman entered within me  
And light of Truth and knowledge brightened my heart;  
Then I realized that **silent and deep meditation**  
Is the best means of acquiring knowledge and spiritual insight!  
And that is not fit for any leader to make peace with the followers of untruth,  
Because they regard righteous and truthful persons as their enemies.**

**(Translation of Gathas the Holy Song of Zarathustra, from Persian into English by Mobed Firouz Azargoshasb, March 1988, San Diego, California!)**

### **SPD Explanation:**

1. Different scholars have translated Tushnaa-maiti different ways as: “a quiet submissive mind”, “a contended mind”.
2. In Farvardin Yasht, Yasht 13 Verse 139, a holy woman, Tushnaa-maiti is mentioned. Kangaji says that this name signifies that the lady possessed “a contended mind.”
3. Taraporewala affirms that it is a compound word and translates it as “silent meditation”. He further states:  
“The idea of inner growth of the Soul through silent meditation seems to me to be quite appropriate here.”
4. I found an article in Internet at:

[http://www.tenets.zoroastrian-fire-temple.com/meditation\\_in\\_the\\_gathas.html](http://www.tenets.zoroastrian-fire-temple.com/meditation_in_the_gathas.html)

It teaches you a way to perform Silent Meditation.

**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