

## WZSE – Weekly Zoroastrian Scripture Extract # 74.

Hello all Tele Class friends:

Many of our Humdins are given some Nirangs, Prayers, etc. by various people to pray in time of difficulties in their lives. Some of these prayers are neither understood by the people who give them nor the Humdins who pray!

Yes there are some very good Nirangs and the best ones are from Ervad Phiroze Masani's Pazand Nirang Book. However, many of the other Nirangs (!) are put together from disjointed sentences compiled from various sources.

But if you want to know a real Nirang (!) from our scriptures, from the mouth of none other than our own Dadar Ahura Mazda, you have to look for the same in our longest Yasht, Farvardin Yasht, Yasht 13, Karda 2, Verses 20 – 25.

These are 6 verses which presents this Nirang. We will cover these 6 verses in our next two WZSE weeklies.

These verses start with Dadar Ahura Mazda instructing Zarathushtra that when he faces terror and bodily harm, then he should recite these sacred verses to remove these obstacles.

### Dadar Ahura Mazda instructs Asho Zarathushtra to Recite this Nirang in Times of Difficulties - Farvardin Yasht - Yasht 13 Verses 20 - 25

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

(20) Mraot Ahuro Mazdaao Spitamaai Zarathushtraai!  
Aa-at yase-thvaa aetahmi anghvo yat astvainti, Spitama Zarathushtra!  
Pathaam jasaaiti vithvaeso  
Boivranaanm duzitanaamcha  
Thvayangu-hataanm Zarathushtra!

Yezicha thvaeshaao tanvo,  
Atha imaa vacho drenjajoish,  
Atha imaa vacho framruyaaoo,  
Vaarethraghnish Zarathushtra.

(21) Ashaunaanm vanguhish suraao spentaao fravashayo,

Staomi zbayemi ufyemi.  
Yazamaidé nmaanyaa visyaa zantumaao  
Dakhyumaao Zarathushtrotemaao.

Haaitish haataanm, haaitish aaonghushaanm,  
Haaitish bushyantaaanm ashaonaam.  
Vispaa vispanaam dakhyunaam,  
Zevishtayaa zevishtyanaam dakhyunaam.

(22) Yaa asmanem vidhaarayen,  
Yaa aapem vidhaarayen,  
Yaa zaanm vidhaarayen,  
Yaa gaanm vidhaarayen,

Yaa barethrishva puthre vidhaarayen,  
Paiti-vereté apara-irithento aadaatat vidhaataot.

Vyaahva urvat-chayen  
Asticha gaonacha drevdacha  
Uruthvaascha paidhyaaoscha fravaakhshascha.

## Dadar Ahura Mazda instructs Asho Zarathushtra to Recite this Nirang in Times of Difficulties - Farvardin Yasht - Yasht 13 Verses 20 - 25

(20) Ahura Mazda spoke unto Spitaman Zarathushtra:  
O Spitman Zarathushtra!

If in this corporeal world, the terror of the dangerous, zigzag and terrible paths comes upon thee,  
And if, O Zarathushtra! if thou hast fear of coming upon any injury,  
Then recite thou these sacred verses of Avesta mentioned below, O Zarathushtra!

Do thou recite aloud these obstacles removing sacred verses of Avesta:

(21) I praise and I invoke the excellent, heroic and beneficent Fravashis of the righteous people,  
And I sing their glory.

We worship those Fravashis belonging to the house, to the clan, to the town, to the country

And belonging to the highest priest.

We worship the existing Fravashis of the righteous men that have been,  
And will be hereafter.

We worship the Fravashis of the people of all countries,  
And the Fravashis of the people of friendly countries!

(22) Who (i.e. Fravashis) maintain the sky, water, the earth, the cattle,  
And children in the wombs of the mothers,  
Saved and undying from the assaults of the demon Vidhotu.

Besides, those Fravashis form the bones, the model, sinew,  
Intestines, feet and the genital organs of the children.

### SPD Explanation:

1. Many Zoroastrians recite “Nirangs” given to them by some Mobeds which neither the Mobed nor the reciter understands.
2. May be these 5 paras are a better substitute under such conditions.
3. It is interesting to know all the work holy Fravashis does to support the work of Ahura Mazda including the protection and formation of all organs of a child in his/her mother’s womb!
4. Zarathushtra in his Gathas many times ask questions to Ahura Mazda but Ahura Mazda never answers them, Instead, with his Vohu Mana and Asha Vahishta, Zarathushtra figures the answers out himself.
5. In these 6 verses of Farvardin Yasht, Ahura Mazda Himself speaks to Zarathushtra and gives him this “Nirang” in Avesta to recite loud during the times of his difficulties. This is quite different manner than the normal one when Zarathushtra asks questions to Ahura Mazda and Ahura Mazda answers them, mostly in Vendidad and many Yashts.
6. We will complete the last three verses of this “Nirang” next week. Hold your breath!

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