

# BASIC ZOROASTRIAN PRAYERS<sup>1</sup>

Compiled by Dr. Kersey H. Antia

## Acknowledgements.

Compiled by Roshan Rivetna from Avestan prayers and English translations provided by Ervad Dr. Kersey H. Antia. The following reference is gratefully acknowledged: M. F. Kanga, *Khordeh Avesta*, transliterated and translated into English from the Gujarati original Khordeh Avesta Ba Mayeni by K.E. Kanga, Mumbai, 1995.

## THE KUSHTI PRAYERS AND ITS RITUAL

Recite the kushti prayers at least first thing in the morning after taking a bath, and last thing at night. Wash hands and face before starting the prayers. During the day, pray facing the sun and at night, facing a light.<sup>2</sup>

*Start the kushti prayers by bowing the head respectfully as you say:*

Khshnaoitra Ahurahe Mazdao!  
Ashem Vohu – 1.

Pleased be the Lord (through this prayer of mine)!

*Untie the kushti after reciting Kem Na Mazda. Hold the center of the kushti in the thumb of the left hand, the right hand holding the ends up, making sure it does not touch the floor.*

## KEM NA MAZDA

Kemna Mazda! Mavaite payum dadat, Hyat ma dregvao didareshata aenanghe anyem Thwahmat Athrascha Mananghascha yayao shyaothnaish ashem thraoshta. Ahura! Tam moi dastvam daenyai fravaocha.

Ke verehtrem-ja Thwa poi sengha

## KEMNA MAZDA. MAZDA ALONE IS MY SAVIOR.

Who will, O! Wise One, lend me protection if the wicked one threatens to hurt me. (Who) other than Your Fire (God's eternal, cosmic energy) and Your (Good) Mind? (It is) through the actions of these two that, O Lord,

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2 These prayers are generally used by Shenshai Zarathushtis. Kadmis follow slightly different prayers.

yoi henti chithra moi dam ahumbish  
ratum chizhdi, at hoi vohu seraosho  
jantu manangha, Mazda ahmai  
yahmai vashi kahmai-chit.

the truth (righteousness) thrives. Do  
reveal unto me that (beautiful)  
knowledge of this religion.

Of those who exist, who is the  
victor who protects the world with  
Your teachings? (Zarathushtra, of  
course). Reveal unto me a world-  
healing prophet so that obedience (to  
God) comes to him through Good  
Mind as well as to whomsoever You,  
O Wise One, wish!

Pata-no tbishyantat pairo  
Mazdaoscha Armaitishcha  
spentascha. Nase daevo-druksh, nase  
daevo-chithre, nase daevo-frakarshte,  
nase daevo-fradaite, apa druksh nase,  
apa druksh dvara, apa druksh vinase,  
apakhedhre apa-nasyehe, ma  
merenchainish gaethao astavaitish  
ashahe.

Protect us from those that do us  
harm, O! All-wise Lord and Spenta  
Armaiti (the beneficent holy men-  
tality). Perish thou, evil wickedness.  
Perish thou, the source of evil. Perish  
thou O! progeny of evil. Perish thou,  
product of evil. Utterly perish O!  
wickedness! Vanish O! wickedness.  
Utterly disappear O! wickedness.  
Utterly disappear and perish in the  
North. Do not destroy the living  
creation of Asha.

Nemascha ya Armaitish izacha.  
Ashem Vohu - 1.

We praise the Lord Ahura Mazda  
with humility and worshipful prayer.

## **HORMAZD KHODAE**

## ***HORMAZD KHODAE***

Hormazd Khodae, ahreman  
awadashan dur avazdashtar; zad  
shekasteh bad. Ahreman, devan,  
darujan, jadian, darvandan, kikan,  
karafan, sastaran, gunehgaran,  
ashmogan, darvandan, dushmana  
frian, zad shekasteh bad! Dush-  
padashahan awadashan bad;  
dushmanan stoh bad; dushmanan  
awadashan bad.

. **HORMAZD IS THE LORD,  
MAY AHRIMAN BE OVERCOME.**  
(This prayer is a loose Pahlavi  
translation of Kem Na Mazda.)

Hormazd (is) the Lord. May  
Ahriman (the evil mind or the evil  
tendencies within us) be kept under  
control; may it be kept far back; may  
it be defeated and totally overcome.

May the wicked mind, wicked

spirits, wicked people, those practicing (black) magic, wicked ones, those willfully blind (kiks), those willfully deaf (karaps), tyrants, criminals, heretics, impious ones, enemies, witches - all be smitten and defeated! May the wicked rulers cease to exist! May the evil enemies be counfounded! May the evil enemies be non-existent!

Hormazd Khodae, az hama gunah patet pashemanum, az harvastin

*Whip the kushti with the right hand from right front to left back, three times at the next three words, to keep away all evil.*

dushmata, duzukhta, duzvarshta, mem pa get manid, oim goft, oim kard, oem just, oem bun bud ested.

*Make two equal loops in the kushti, one in each hand.*

Azan gunah manashni, gavashni, kunashni tani ravani, geti minoani, okhe awaksh pasheman, pa se gavashni pa patet hom.

*Bow respectfully, touching the kushti to the forehead.*

Kshsnaothra ahurahe mazdao!

Taroidite, anghrahe mainyeush. Haithya varshtam hyat vasna ferashotemem. Staomi ashem.

O Lord Hormazd! I repent and turn away from all sins: bad thoughts I have thought, bad words I have spoken, bad deeds I have committed in this world and which have occurred through me, and which have been initiated by me.

From all these sins above, relating to thought, to word, and to deed, pertaining to (my own) body, pertaining to (my own) soul, pertaining to this world, pertaining to the world beyond - I repent three times, and turn away from them forthright.

Pleased be the Lord Mazda (by this prayer of mine)!

Afflictions unto Angra Mainyu (the evil spirit). Righteous actions (promote) Frashokereti the most, as is God's desire. I adore Asha.

*Circle the kushti once around the waist,  
and bring the ends to the front.*

Ashem Vohu - 1.

*At the word shyaothnanam tie the first  
knot, in front, with the right hand:*

Yatha Ahu Vairyo - 1.

*At the word shyaothnanam tie the second  
knot, in front, with the left hand:*

Yatha Ahu Vairyo - 1.

*Take the two ends to the back, and tie a double  
knot with the ends of the kushti.*

Ashem Vohu - 1.

## **JASA ME AVANGHAHE MAZDA JASA ME AVANGHAHE MAZDA MAZDA – DECLARATION OF FAITH.**

Jasa me avanghahe Mazda!

O Mazda! Come to my help!

Jasa me avanghahe Mazda!

O Mazda! Come to my help!

Jasa me avanghahe Mazda!

O Mazda! Come to my help!

Mazdayasni ahmi Mazdayasno  
Zarathushtrish. Fravarane astutascha  
fravaretascha.

I am a Mazda worshipper; a  
Mazda-worshipping follower of  
Zarathushtra, an ardent devotee and  
very willing believer.

Astuye humatem mano Astuye  
hukhthem vacho Astuye hvarshtem  
shyaothnem.

I praise the well-conceived  
thought I praise the well-spoken word  
I praise the well-done deed.

Astuye daenam vanghuhim  
mazdayasnim, fraspayaokhedhram,  
nidhasnaithishem, khaetvadatham  
ashaonim, ya haintinamcha,  
bushyeintinamcha, mazeshtacha,  
vahishtacha, sraeshtacha, ya Ahuirish,  
Zarathushtrish.

I praise the excellent religion of  
Mazda-worship, which is quarrel-  
removing, not believing in weapons,  
self-dedicating (and) holy, which, of  
those religions that are, and of those  
that shall be (hereafter), is the  
greatest, and the best, and the most

Ahurai Mazdai vispa vohu

chinahmi, aesha asti daenayao  
Mazdayasnoish astuistish.

Ashem Vohu - 1.

*The short kushti prayers end here. This  
may be followed by Sarosh Baj prayers.*

## **SAROSH BAJ**

*Bow reverently.*

Khshnaothra Ahurahe Mazdao!  
Ashem Vohu - 1.

Pa name yazdan Hormazd Khodae  
awazuni, gorje khoreh awazayad.  
Sraosh asho, tagi, tan-fareman,  
shekaftzin, zin-awazar, salare damane  
Ahura Mazda berasad.

Az hama gunah patet  
pashemanum, az harvastin dushmata,  
duzokhta, dushuvarshta, mem pa get  
manid, oem goft, oem kard, oem jast,  
oem bun bud ested, azan gunah  
manashni, gavashni, kunashni, tani  
ravani, geti minoani, okhe avakhsh  
pasheman pa se gavashni pa patet  
hom.

beautiful - (which is the religion of)  
Ahura revealed by Zarathushtra.

I attribute to Ahura Mazda all  
goodness (in this world). Such is my  
adoration of (my) Mazda-wor-  
shipping, (monotheistic) religion.

## **SAROSH BAJ (PRAYER TO SRAOSH - LISTENING AND FOLLOWING GOD'S COMMITMENT**

Pleased be the Lord Mazda (by  
this prayer of mine)! Ashem Vohu....

In the name of Lord Hormazd, the  
self-created and munificent. May His  
splendor and glory increase! May  
Sraosh the holy, strong, embodiment  
of the holy manthra, possessor of  
efficacious (spiritual) weapons,  
possessor of victorious (spiritual)  
weapons, and chieftain over the  
creations of Hormazd, come to my  
help!

I turn away and repent from all  
sins. All bad thoughts I have  
conceived, bad words I have spoken,  
bad deeds I have committed (and)  
which have been caused by me, and  
whose origin lies in me - from all  
these sins pertaining to thought, word  
and deed, relating to my body, my  
soul, in this material world, and in the  
spiritual world - of these I repent  
thrice, I turn away from them  
forthright.

Yatha Ahu Vairyo - 5.

Ashem Vohu - 3.

Fravarāne Mazdayasnō  
Zarathushtrish vidaevo Ahura-tkaesho  
*(gah according to the time of day: havan, rapithwan, uziran, aiwisruthrem, ushahin)*

Sraoshahe ashyehe, takhmahe,  
tanu manthrahe, darshi-draosh,  
ahuiryehe, khshnaothra yasnaicha,  
vahmaicha, khshnaothraicha  
frasastayeche, yatha ahu vairyo zaota  
frame mrute, atha rathush ashat chit  
hacha fra ashava vidhvao mraotu.

I forthrightly choose the  
Mazdayasni (monotheist) Zarathushti  
religion (which is) opposed to daevas  
(false gods) and follows the Law of  
Ahura *(recite Gah here)* for the worship,  
veneration, propitiation and  
glorification, with formula for  
invoking *(khshnuman)* Sraosha the  
holy, powerful, embodiment of the  
holy word *(manthra)*, possessor of  
powerful (spiritual) weapons and  
following (the Law of) Ahura. Let the  
Zaotar (officiating priest) declare to  
me: “Just as we choose (to worship)  
God, so do we (choose) to venerate  
the Prophet on account of his holi-  
ness,” declares the righteous and  
learned Rathwi (assistant priest).

Sraoshem, Ashim, huraodhem,  
verethrajanem, fradat-gaethem  
ashavanem ashahe ratum yazamaide

Ahunem vairim tanum paiti,

Ahunem vairim tanum paiti,

Ahunem vairim tanum paiti.

We praise Sraosha the Holy, well-  
shaped, the victorious, bringing  
prosperity to the world, the Righteous  
one, the Lord of Righteousness.

Ahunavar protects the body (3).

Yatha Ahu Vairyo - 1.

Kemna Mazda.... *(recite Kemna  
Mazda once).*

Yatha Ahu Vairyo - 2.

Yasnemacha vahmemcha aojascha  
zavarecha afrinami, sraoshahe,  
ashyehe, takhmahe, tanu manthrahe,  
darshi-draosh, ahuiryehe.

Ashem Vohu - 1.

I celebrate and worship the glory  
and strenght of Sraosh Yazata, the  
holy, strong, the embodiment of the  
holy word, possessed of powerful  
(spiritual) weapons.

*The following four prayers, Ahmai  
Raeshcha, Hazanghrem, Jasa me Avanghahe*

*Mazda and Kerfeh Mozd are recited after Sarosh Baj and also after Niyashes and Yashts.*

## **AHMAI RAESHCHA**

Ahmai raeshcha, khvarenascha, ahmai tanvo dravatatem, ahmai tanvo vazdvare, ahmai tanvo verethrem, ahmai ishtiin pourush-khvathram, ahmai asnam chit frazantim, ahmai daregham daregho-jitim, ahmai vahistem-ahum ashaonam raochanghem, vispo khvathrem.

Atha jamyat, yatha afrinami.  
Ashem Vohu -1.

## **AHMAI RAESHCHA (INVOKING BLESSINGS)**

(May God grant) splendor and glory unto him/her (as well as) soundness of body, physical happiness, wealth, abundance and progeny blessed with innate wisdom. (Grant) unto him a long, continuous life (and) the best existence (in heaven) of the righteous, bright (and) full of happiness.

May it be so as I wish. (May my blessings be fulfilled!)

## **HAZANGHREM**

Hazanghrem baeshazanam, baevare baeshazanam. *(Repeat three times).*

Ashem Vohu -1.

## **HAZANGHREM (BLESSINGS OF GOOD HEALTH)**

(Grant) a thousand times health (unto you), ten thousand times health (unto you)!

## **JASA ME AVANGHAHE MAZDA**

Jasa me avanghahe mazda! *(Three times)*

Amahe hutashtahe huraodhahe verethraghnahe, ahuradhatahe, vanaintyaoscha uparatato ramano khvastrahe, vayaosh uparo-kairyeh taradhato anyaish daman, aetat te vayo yat te asti spentomaiyaom

## **JASA ME AVANGHAHE MAZDA (COME TO MY AID, O MAZDA).**

Come to my help, O Mazda! *(Three times).*

Help me secure the blessings of Ama (Yazata) (who is) well-built and well-designed, (and of) God-created Behram (Yazata), (and of) Vanant (Yazata) who confers the best success (on us), (and of) Ram (Yazata) who

thwashahe khvadhatahe, zrvanahe makes food taste better, (and of) the  
akaranahe, zrvanahe daregho- efficient Vayu (wind) who is created  
khvadhatahe. higher (by God) than any of His other  
creations. O! Vayu! That function of  
thine which pertains to Spenta  
Mainyu (may come to my help). The  
firmament that follows the laws of  
nature (as well as) Limitless (Eternal)  
Time and long but limited Time (may  
also come to my help)!

Ashem Vohu - 1.

## **KERFEH MOZD**

## ***KERFEH MOZD (REDEMPTION FROM SINS BY A LIFE OF RIGHTEOUSNESS).***

Kerfeh mozd gunah guzareshnera For redemption from my sins, I  
kunam, ashahi ravan dusharamra ham (promise) to carry out meritorious  
kerfeh hama vehane haft-keshvar deeds, and for the sake of the love of  
zamin, zamin-pahana, rud-drana, the soul, may complete righteousness  
khorshid-bala, bundehad berasad. reach all the doers of good deeds and  
Asho bed derzi! all the faithful (residing) on the seven  
regions of the earth, as wide as the  
earth, as long as the river, and as high  
as the sun. May the righteous enjoy  
long life!

Atha jamyat yatha afrinami!

May it be so as I wish!

Ashem Vohu - 1.

## ***BAJ (PRAYER) FOR GRACE BEFORE MEALS***

Ba name Yazad, bakhshayandeh bakhshayashgar meherban! Hormazd  
Khodae

Itha at yazmaide. Ahurem Mazdam, ye gamcha ashemcha dat apascha dat  
urvaraoscha vanguish, raochaoscha dat bumimcha, vispacha vohu. Ashem  
Vohu -1.

In the name of the Lord Ahura Mazda (who is so) the bestower of all good  
things, the forgiver of sins, and loving. Here we revere Ahura Mazda who



created the animals and grains, who created the waters and vegetation, who created lights (of the sky), and the earth and all (other) good things. Ashem Vohu - 1.

**CHAR DISA NO HOMAGE IN FOUR  
NAMASKAR DIRECTIONS TO ALL  
OF CREATION**

*(To be prayed after Doa Nam Setayashne  
and at other appropriate times)*

Az hama gunah patet I turn away and sincerely repent  
pashemanum. of all my sins.

Ashem Vohu - 1.

Nemo aongham asanghamcha, Homage unto (all) these places,  
shoithranamcha, gayaoitinamcha the cities, pasture-lands, dwellings,  
maethananamcha, avo- the storage of drinking water, (other)  
khvarenanamcha, apamcha, waters, the lands, unto the trees, this  
zemamcha, urvaranamcha, angaoscha earth and yonder sky, unto the holy  
zemo, avanghecha ashno vatahecha wind, the stars, the moon, the sun,  
ashaono stram, maongho huro unto the boundless natural lights, unto  
anaghranam raochangham all the creations of Spenta Mainyu,  
khvadhatanam, vispanamcha the lords of holiness, all righteous  
spentahe-mainyeush damanam, men and all righteous women.  
ashaonam ashaoninamcha ashahe  
rathwam.

Ashem Vohu -1.

*(Recite:)* Ahmai raeshcha....;  
Hazanghrem....; Jasa me Avange  
Mazda....; Kerfeh Mozd....

**DIN NO KALMO DIN NO KALMO -  
DECLARATION OF  
FAITH.**

Ba name Yazade, bakhshayandeh In the name of the Lord (who is  
bakhshayashgare meherban! so) benevolent, forgiving and loving!

Razishtayao chistayao, Mazda-  
dhatayao ashaonyao, Daenayao  
vanghuyao Mazdayasnoish.

Din beh rast va dorost, ke khodae  
bar khalk ferastadeh, in hast, ke  
Zarhosht avordeh hast; din dine  
Zarhosht, dine Ahura Mazda dadeh  
Zarhosht Spitaman Ashaone.

Ashem Vohu - 1.

The most truthful knowledge  
created by Mazda is the holy, good  
Mazdayasni religion.

The good, true and perfect  
religion, which God has sent for the  
people of this world, is the one that  
Zarathushtra has brought. (That)  
religion (is) Zarathushtra's religion  
(and) the religion of Ahura Mazda  
given to Zarathushtra Spitaman.

## **DOA-TANDAROSTI**

*To be recited at any time. Every navjote  
and wedding ceremony concludes with this  
prayer.*

Ba name Yazade, bakhshayandeh  
bakhshayashgare meherban!

Tan darosti derzivashni avayad.

Khoreh anghad ashahidar.

Yazdane minoan, Yazdane getian,  
haft Ameshaspandan myazd roshan  
hame beresad.

In doayan bad, in khoahan bad,  
hame andar kasanra Zarathushti din  
shah bad.

Aedun bad. Ya bari, Khoda!  
Khodavandi alamra, hame anjumanra

*(recite names of persons for whom the  
prayer is specially offered)*

ba farsandan hazar sal der bedar,  
shad bedar, tandarost bedar, aedun

## **DOA-TANDAROSTI - A PRAYER FOR HEALTH OF THE BODY**

In the name of the Lord (who is  
so) benevolent, forgiving and loving!

To lead a long life (may God bless  
you with) health. May the glory be  
always associated with righteousness  
everlasting. May the yazatas of Mino  
(this world) and Geti (spiritual world)  
and the seven Ameshaspands all come  
to this notable offering.

May this prayer and wish be  
fulfilled. May the religion of  
Zarathushtra bring joy unto all  
mortals. May it be so. O God! Lord of  
the whole universe, please grant unto  
the entire anjuman and unto:

*(names of persons)*

and their future progeny, longest  
of long life, happiness and physical

bedar, bar sare arzanian. Salhae well being lasting for a thousand besyar va karnahae bishumar, baki va years. May it be so. May you protect payandeh dar. the leadership of the worthy ruler for his sake, for many years and for many ages.

Hazaran hazar afrin bad, sal May (here be thousands and khojasteh bad, roz farrokh bad, mail thousands of benedictions May the mubarak bad, chand sal, chand roz, year be auspicious, the day victorious chand mah, besyar sal arzanidar and the month full of good luck. For yazashne, va niyaeshne, va radi va zor several years, for several days, for barashne, ashahidar avare hama karo several months, for many years, (may kerfeha. they be able to perform) the functions of yasna rituals, niyaeshe prayers, and may acts of charity be appropriately performed. May all acts of goodness be for the furtherance of righteousness.

Tan darosti bad, neki bad, khub Health be unto them, goodness be bad, aedun bad, aedun tarazbad! Pa unto them, excellence be unto them! yazdan va Ameshaspandan kame bad! May it be so. May it be exactly so! Ashem Vohu - 1.

May God and the Ameshaspands (succeed) in their plans.

### ***Future articles***

Other prayers such as Patet Pashemani (which is recited at the Navjote), Farajyat prayers, Yashts, Niyaeshe and other prayers for special occasions, will be covered in future issues of FEZANA Journal.