BASIC ZOROASTRIAN PRAYERS

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.

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

Khshnaothra Ahurahe Mazdao!
Ashem Vohu – 1.

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,

---

2 These prayers are generally used by Shenshai Zarathushtis. Kadmis follow slightly different prayers.
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, 0 Wise One, wish!


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

**HORMAZD KHODAE**

Hormazd Khodae, ahreman awadashan dur avazdashtar; zad shekasteh bad. Ahreman, devan, darujan, jaduan, darvandan, kikan, karafan, sastaran, gunehgaran, ashmogan, darvandan, dushmana frian, zad shekasteh bad! Dush-padashahan awadashan bad; dushmanan stoh bad; dushmanan awadashan bad.
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 confounded! 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 awakhsh pasheman, pa se gavashni pa patet hom.

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.

Bow respectfully, touching the kushti to the forehead.

Kshsnaothra ahurahe mazdao!

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 shyaothnam tie the first knot, in front, with the right hand:

Yatha Ahu Vairyo - 1.

At the word shyaothnam 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 – DECLARATION OF FAITH.

Jasa me avanghahe Mazda!
Jasa me avanghahe Mazda!
Jasa me avanghahe Mazda!

Mazdayasni ahmi Mazdayasno ZarathuSHtrish. Fravarane astutascha fravaretascha.

Astuye humatem mano Astuye hukhtem vacho Astuye hvarshtem shyaothnem.

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

Ahurai Mazda vispa vohu

O Mazda! Come to my help!
O Mazda! Come to my help!
0 Mazda! Come to my help!

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

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

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
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, duzukhta, 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.

**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 I forthrightly choose the
Zarathushtrish vidaevō Ahura-tkaeshto Mazdayasni (monotheist) Zarathushti
(gah according to the time of day: havan, religion (which is) opposed to daevas
rapithwan, uziran, awiisruthrem, ushahin) false gods) and follows the Law of
Ahura (recite Gah here) for the worship,
Sraoshahe ashyehe, takhmahe, veneration, propitiation and
manthrahe, darshi-draosh, gloriification, with formula for
ahuiryehe, khshnaothra yasnaicha, invoking (khshnuman) Sraosha the
vahmaicha, khshnaothraicha holy, powerful, embodiment of the
frasastayecha, yatha ahū vairyo zaota holy word (manthra), possessor of
frame mrute, atha ratham ashat chit powerful (spiritual) weapons and
hacha fra ashava vidhvao mraotu. following (the Law of) Ahura. Let the

Sraoshem, Ashim, huraothedhem, Zaotar (officiating priest) declare to
verethrajanem, fradat-gaethem me: “Just as we choose (to worship)
ashavanem ashahe ratum yazamaide God, so do we (choose) to venerate
Ahunem vairim tanum paiti, the Prophet on account of his holi-
Ahunem vairim tanum paiti, ness,” declares the righteous and
Ahunem vairim tanum paiti. learned Rathwi (assistant priest).

Yatha Ahu Vairyo - 1.
Kemna Mazda.... (recite Kemna Mazda once).
Yatha Ahu Vairyo - 2.

Yasnemacha vahmemcha aojascha I celebrate and worship the glory
zavarecha afrinami, sraoshahe, of Sraosh Yazata, the
ashyehe, takhmahe, tanu manthrahe, holy, strong, the embodiment of the
darshi-draosh, ahuiryhe. holy word, possessed of powerful
Ashem Vohu - 1.

The following four prayers, Ahmai (spiritual) weapons.
Raeshcha, Hazanghrem, Jasa me Avanghahe

We praise Sraosha the Holy, well-
shaped, the victorious, bringing
prosperity to the world, the Righteous
Ahunavar protects the body (3).
one, the Lord of Righteousness.

Ahunem vairim tanum paiti,
Ahunem vairim tanum paiti,
Ahunem vairim tanum paiti.

Ahunem vairim tanum paiti,

Ahunem vairim tanum paiti,
Mazda and Kerfeh Mozd are recited after Sarosh Baj and also after Nyaeshes and Yashts.

**AHMAI RAESHCHA**

Ahmai raeshcha, khvarenascha, (May God grant) splendor and ahmai tanvo dravatatem, ahmai tanvo glory unto him/her (as well as) vazdvare, ahmai tanvo verethrem, soundness of body, ahmai ishtiin pourush-khvathram, physical ahmai asnam chit frazantim, ahmai happiness, wealth, abundance and ahmai daregham daregho-jitim, ahmai progeny blessed with innate wisdom. ahmai vahistem-ahum ashaonam (Grant) unto him a long, continuous raochanghem, vispo khvathrem. life (and) the best existence (in heaven) of the righteous, bright (and) vishpo khvathrem.

Atha jamyat, yatha afrinami. May it be so as I wish. (May my Ashem Vohu -1. blessings be fulfilled!)

**HAZANGHREM**

Hazanghrem baeshazanam, (Grant) a thousand times health baevare baeshazanam. (Repeat three (unto you), ten thousand times health times). health (unto you)!

Ashem Vohu -1.

**JASA ME AVANGHAHE MAZDA**

Jasa me avanghahe mazda! (Three Come to my help, O Mazda! times) (Three times).

Amahe hutashtahe huraodhahe Help me secure the blessings of verethraghahe, Ama (Yazata) (who is) well-built and ahuradhatahe, (and of) God-created vanaintyaoscha uparatato ramano khastrahe, vayaosh uparo-kairyehe Behram (Yazata), (and of) Vanant taradhato anyaish daman, aetat te vayo yat te asti spentomainyaom (on us), (and of) Ram (Yazata) who
thwashāhē khvadhatahe, zrvanahe akaranahe, zrvanahe daregho-khvadhatahe.

Ashem Vohu - 1.

Kerfeh mozd (redemption from sins by a life of righteousness).

Kerfeh mozd gunah guzareshnera kunam, ashahi ravan dusharamra ham kerfeh hama vehane haft-keshvar zamin, zamin-pahana, rud-drana, khorshid-bala, bundehad berasad. Asho bed derzi!

For redemption from my sins, I (promise) to carry out meritorious deeds, and for the sake of the love of the soul, may complete righteousness reach all the doers of good deeds and 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 vanguard, 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,
aethananamcha, 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,
ashaonam ashaoninamcha unto the boundless natural lights, unto
amaongham asanghamcha, shoithranamcha, gayaoitinamcha, this
maethananamcha, urvaranamcha, angaoscha earth and yonder sky, unto the holy
zemamcha, avanghecha ashno vatahecha wind, the stars, the moon, the sun,
methodanam, vispanamcha the lords of holiness, all righteous
ashaonam ashaoninamcha the creations of Spenta Mainyu,
sapamcha, vispanamcha the lords of holiness, all righteous
zemamcha, urvaranamcha, angaoscha earth and yonder sky, unto the holy
ashaonam ashaoninamcha ashahe
methodanam, vispanamcha the lords of holiness, all righteous
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, Mazdadhatayao ashaonyao, Daenayao vanghuyayo Mazdayasnoish.

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

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

Ashem Vohu - 1.

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

DOA-TANDAROSTI - A PRAYER FOR HEALTH OF THE BODY

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

Ba name Yazade, bakhshayandeh bakhshayashgare meherban!

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

Tan darosti derzivashni avayad.

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.

Khoreh anghad ashahidar.

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

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

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

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:

Aedun bad. Ya bari, Khoda! Khodavandi alamra, hame anjumanra (recite names of persons for whom the prayer is specially offered)

(names of persons)

ba farsandan hazar sal der bedar, shad bedar, tandorost bedar, aedun and their future progeny, longest of long life, happiness and physical
bedar, bar sare arzanian. Salhæ well being lasting for a thousand besyar va karnahæ bishumar, baki va years. May it be so. May you protect payandeh dar.

the leadership of the worthy ruler for

Hazaran hazar afrin bad, sal his sake, for many years and for many khojasteh bad, roz farrokh bad, mail ages.

mubarak bad, chand sal, chand roz, chand mah, besyar sal arzanidar May (here be thousands and yazashne, va niyaeshne, va radi va zor thousands of benedictions May the barashne, ashahidar avare hama karo year be auspicious, the day victorious kerfeha.
of and the month full of good luck. For

May (here be thousands and several years, for several days, for several months, for many years, (may 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.

\textbf{Future articles}

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