

## Selected Z Quote # 1 – *Vendidād V.21*

===== Today: May 15th 2013 – Shehensahi Mah (Month) Dae – Kadmi Mah Behman – Roj  
Hormuzd Y.Z. 1382 – Fasli Mah Ardibehešt Roj Aastaad Y.Z. 1382  
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Yaozhdāo mashyāi aipī zāthem vahishtā.  
hō yaozhdāo zarathushtra yō daēna mazdayasnish.  
yō hvām anghvām yaozhdāiti, humatāishcha hūkhtāishcha  
hvarshtāishcha. (Vendidād V. 5.21)

**O Zarathushtra! Purity /Righteousness is the best thing for a man from his very birth.**

**Purity/Righteousness is the essence of Mazdayasni religion.**

**Any person can clear his conscience through good thoughts, good words, and good deeds.**

(From “*Moral Extracts From Zoroastrian Books*” by Sir Jivanji Jamshedji Modi and Er. Dr. Ramiyar Parvez Karanjia, 2002)