

Weekly Zoroastrian Scripture Extract # 115 – Hoshbam Prayer - verses 3 - 4

Hello all Tele Class friends:

Two weeks back, in WZSE #113, we presented the first two verses of that beautiful Hoshbam prayer. As promised in that WZSE, we will cover the next two verses of this prayer today which then will complete the coverage of this prayer in our various WZSEs as follows:

WZSE #113 – the first two verses of Hoshbam - <http://www.avesta.org/wzse/wzse113.pdf>

WZSE #115 this week – the next two verses - <http://www.avesta.org/wzse/wzse114.pdf>

WZSE #55 – the next two verses of Hoshbam - <http://www.avesta.org/wzse/wzse55.pdf>

WZSE #27 – the last verses of Hoshbam - <http://www.avesta.org/wzse/wzse27.pdf>

In our previous Weekly Quotes, we have mentioned many times that many verses in our Khordeh Avesta are taken from our scriptures like Yasna including Zarathushtra's Gathas, Visperad, Vendidad, etc. Today, we will present one of such very popular prayers of many of us which is entirely from Yasna and Vendidad and it is called Hoshbam.

This prayer is supposed to be prayed at “Baamdaad” – at day break or dawn, usually after your Ushahin Geh prayers! But it can be prayed any time of the day.

This is a very beautiful prayer with lots of good thoughts. The most important Stanza is by Zarathushtra who will guide all his people in conformity with Ahura Mazda's and Zarathushtra's religion, seeking consensus among all!

Dr. Purviz Kolsawala in his thesis says:

“The prayer constitutes one of the many spiritual vitamins scattered in our religious scriptures. It is said in this prayer that the singing forth of Yatha Ahu Vairyos and the other Manthras embodied in the prayer protects the body. Apart from the praise of and offering to Ahura Mazda and His Exalted Co-workers, Mino Ashishvagh is extolled as a great helper, protector and friend of all holy people.” (Kolsawala Thesis, page 81).

Today, we present the verses 3 - 4 of this beautiful Baamdaad (Dawn) prayer Hoshbam.

So here is the verses 3 - 4 of Hoshbam Prayer:

Hoshbam Prayer – Verses 3 - 4

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

**(3) Vanghucha vanghuyaaoscha aafriñami,
Vîspayao ashaono stoish,
Haithyaaicha bavaaithyaaicha bûshyaaithyaaicha,
Ashîm raasentiñ daregho-vaarethmanem,
Mishaachim hvo aiwishaachim
Mishaachim afrasaonghaitîm.**

**Barentîm vîspaa baéshazao,
Apaanmcha gavaanmcha urvaranaanmcha.**

**Taurvayéintîm vîspaa tbaéshaao,
Daévanaanm mashaanaanmcha.**

**Areshyantaanm ahmaaicha nmaanaai
Ahmaaicha nmaanahé nmaano-patéh-e.**

**(4) Vanguîshcha adhaao vanguhîshcha ashayo,
Hupaurvaa vahéhîsh, aparaao raasentîsh,
Daregho vaarethmano, yatha no
Mazishtaoscha vahishtaoscha sraéshtaoscha
Ashayo erenvanté.
Ameshanaanm Spentanaanm
Yasnaaicha vahmaaicha khshnaothraaicha frasastayaécha.**

**Fradathaai ahé nmaanahé,
Fradathaai vîspayaa ashaono stoish,
Hamistéh-e vîspayaa dravato stoish.**

Stavas ashaa yéh hudaao yoi hentî.

Hoshbam Prayer – Verse 3 – 4 - English Translation:

**(3) I praise good men and women
who are, who were and will be,
of the entire creation of Holy Hormazd.**

**I praise Yazata Ashish Vanguhi who comes for help
and is the protector for a long time,
the friend of good man and woman,
and herself the willing follower,
well instructing companion,
and keeper of all healing virtues,
for waters, cattle and plants
and the destroyer of all evils of the daevas, wicked men
who are the tormentors of this house and the lord of this house.**

**(4) I praise the good charitable works, and righteous deeds
which are of a very exalted dignity and superior
and which subsequently are attaining to our help
and affording shelter for a long time,
so that the greatest, best and excellent righteousness may reach us.**

**For the worship of the Ameshaaspands
and for their adoration, for their propitiation and for their glorification,
and for the prosperity of this house,
for the prosperity of the entire creation of righteous Hormazd,
and for the entire antagonism of the entire creation of the wicked
that righteousness may attain to us.**

**On account of the truthfulness,
I sing the glory of Him who Himself is of good wisdom
and of those who are His Ameshaaspands – Holy Immortals.**

(From *Khordeh Avesta* by T. R. Sethna, Karachi 1978 and from [English Khordeh Avesta of Ervad Kangaji](#))

SPD Comments

1. The portion from “Vanghucha vanghuyaaoscha” up to “vispayaaoo dravato stoish” is taken from Yasna 52 Verses 1 – 4.

2. The Gathic verse ‘Stavas ashaa ye hudaao yoi henti’ are taken from Ushtavaiti Gatha, Yasna 45 Verse 6.

3. As mentioned above, the Yazata Mino Ashishvanh is extolled as a great helper, protector and friend of all holy people.

**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?)