

Weekly Zoroastrian Scripture Extract # 116 – Grab 3 G's and relinquish 3 E's - Vispa Humata Prayer

Hello all Tele Class friends:

In some of our recent WZSEs, we have been presenting beautiful small Khordeh Avesta prayers like Hoshbam, Doa Naam Setaayashne, Chaar Deesaa no Namaskaar, etc.

Today we continue this trend and cover a very small and beautiful but profound prayer of Vispa Humata!

Dr. Purviz Kolsawala in his Ph. D. Thesis (Page 75) says:

“Vispa Humata prayer is a small prayer which gives an idea of eternal blessings derived from thoughts, words and deeds which are Godly and constructive. At the same time it tells us that it gives expression to the unhappy and painful condition of life resulting from all forms of destructive thoughts, words and deeds.

Every word of this prayer is highly significant, when its meaning is borne in mind. Any one can learn this prayer in a short time, with a little study of the meaning of each word.”

Most of our Humdins are very quick to point out Humata, Hukhta and Hvarshta as the three pillars of our religion while describing it to uninitiated. Maybe we should go further and use Vispa Humata prayer in its entirety to explain the two sides, Good and Evil of thoughts, words and deeds during our daily day to day life and its consequences throughout our lives and especially after our death!

So here is the small, beautiful, and profound Vispa Humata Prayer:

Vispa Humata Prayer

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

**Vispa Humata, vispa Hukhta, vispa Hvarshta,
Baodho-varshta;**

**Vispa dushmata, vispa duzhukhta, vispa duzhvarshta,
Noit baodho-varshta;**

**Vispa Humata, vispa Hukhta, vispa Hvarshta,
Vahisitem anghuhim ashaeta.**

**Vispa dushmata, vispa duzhukhta, vispa duzhvarshta,
Achisitem anghuhim ashaeta.**

Vispanaanmcha humatanaanm hukhtanaanm hvarshtanaanm

Vahishta anghuhi;

Aa-at hacha chithrem ashaone.

Ashem Vohu 1.

(Please recite the whole prayer three times).

Vispa Humata Prayer - English Translation:

**All good thoughts, good words and good deeds,
Are produced with good intelligence.**

**All evil thoughts, evil words and evil deeds,
Are NOT produced with good intelligence.**

**All good thoughts, good words and good deeds,
Lead the doer to heaven.**

**All evil thoughts, evil words and evil deeds,
Lead him to hell.**

The result of all good thoughts, good words and good deeds is heaven.

Thus it is manifest to the righteous person.

(From English Khordeh Avesta of Ervad Kangaji, pages 49 - 50)

SPD Comments

1. Kangaji in the explanation of this prayer writes:

(referring to man only in this explanation, Kangaji means man and woman everywhere).

“The purport is that virtuous and benevolent deeds are originated by men of good intelligence, but a man of wicked intelligence performs wicked deeds. The end of a good, virtuous and religious man is good. To such a person, during his own life-time as well as at the time of death, there arises a great satisfaction that he spent his life in causing prosperity to the world, in doing good to his own companions and, in rendering help to the poor and needy persons. On the other hand, he who commits sinful, immoral deeds suffers the punishment of hell (see my Yasht Baa Maaenee, Fragard II and III of Haadokht Nask)”.

2. The above reference of Haadokht Nask gives a detailed and graphic description of what happens to a soul of good person as well as an evil person at the Chinvat Bridge.

3. Kangaji further states:

“Although this prayer is recited only during Haavan Gaah, there is no objection if it is recited in any other Gaahs.”

4. In going through this prayer word by word, to my amazement, I found that I was reciting the last part “Vahishta anghuhi” incorrectly as “Vahisstem anghuhim.” (T. R. Sethna Khordeh Avesta and Behramgore T. Anklesaria in his Khordeh Avesta in Avestan Script and Gujarati also give “Vahishta anghuhi”). I have noticed many of my Mobed friends recite it also incorrectly.

5. A small, wonderful and profound Vispa Humata prayer!

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?)

Love and Tandoorasti, Soli