

Weekly Zoroastrian Scripture Extract # 118 – Prayers to be recited during Muktdad - Fraamraot Ha - Yasna 20 - Verses 1 - 3

Hello all Tele Class Friends:

This is the second segment of the three on Fraamraot Haa. The attached audio file contains the complete Haa to be shared with the third segment to be distributed tomorrow.

For our Shehenshahi Humdins, the 10 Holy Days of Muktdad will start on this Saturday August 8th, Asfandaard Mahino and Aastaad Roj to the 5th and the last Vahishtoish Gatha. We wish you all a very joyous and meaningful 10 days of Muktdad.

My very good friend, Dr. Ervad Ramiyar Karanjia, Principal of Dadar Athornan Institute, has written a very nice article – Making Muktdad More Meaningful – which I have attached for your reading. It gives a very good explanation of why, what and how to perform Muktdad. Thank you Ramiyar Bhai for your article.

Many of you have asked me what prayers to pray during these 10 days of Muktdad. Once again, Ramiyar Bhai in his August 2nd Jame Jamshed, in his very popular series – Ask Me Why? – has given a list of 6 prayers to pray during Muktdad. I have attached the file – Ramiyar Karanjia Muktdad Prayers To Recite.pdf – which contains his article from Jame Jamshed as well as the actual prayers he is talking about from our Kangaji's English Khordeh Avesta with word by word translation. It contains various Namaskaar prayers, including Homage Unto Fravartikaan – Muktdad No Namaskaar – given verbatim by Ramiyar Bhai as Item 3 in his Jame article.

It also contains 1200 Ashem Vohu prayer, Fraamraot Haa and 1200 Yatha Ahu prayer and also Satum No Kardo – prayer for the departed ones, all mentioned in Ramiyar Bhai's Jame article.

For the first five days of Muktdad, one can recite Fraamraot Haa – Yasna 20. If they cannot, they can recite the 1200 Ashem Vohu prayer.

During the five Gatha Days, one can recite each of the five Gathas of Prophet Zarathushtra. Once again, Ramiyar Bhai has recorded these 5 Gathas which can be accessed as well as downloaded from the website:

Gatha Prayers

<http://on-lyne.biz/gathas/>

If one cannot pray the Gathas, one can pray 1200 Yatha Ahu Vairyo prayer given in the above PDF file.

Starting with WZSE #117 presented yesterday and continuing with WZSE #118 today and #119 tomorrow, we will cover the complete prayer of Fraamraot Ha – Yasna 20.

In this Haa, there occurs the commentary of Ashem Vohu. Kangaji in his English Khordeh Avesta, Page 1, says:

“These two prayers Ashem Vohu and Yathaa Ahu Vairyo are pre-Zarathushtra in age and are the sacred verses of the Creator Hormazd Himself. (See Yasna Ha XIX, paras 1 – 4; Yasna Ha XX, 3). Yenghe Haataam is the sacred Verse of the Prophet Zarathushtra (See Yasna Haa

XXI, Para 1). These three well-known prayers are adored with their specific names. Yasna Haa XIX is an Avestan Commentary on the Yathaa Ahu Vairyo; Yasna Haa XX gives the Commentary on Ashem Vohu and Yasna Haa XXI gives the Commentary of the Yenghe Haataam. These three Haas-Chapters are known as Baghaan Yasht. These three prayers, specially “Yathaa” and “Ashem” are frequently recited in our holy Avestan Scriptures. Those Zoroastrians who do not know any other prayer are enjoined to recite “Yathaa” and “Ashem” with a view to gaining a share of meritorious deeds.”

There are three parts to Fraamraot Haa: the first part is the Ardaafravash Khshnuman – beginning prayer in the name of Asho Farohars, then the actual Fraamraot Haa and then the ending of the Ardaafravash Khshnuman. I have recorded all three segments but due to the length of the corresponding MP3 files, we presented only the first part of the prayer, Beginning Ardaafravash Khshnuman, yesterday [in WZSE #117](#), and today in WZSE #118, we will cover the first 3 verses of Fraamraot Haa and tomorrow we will cover the last two verses of Fraamraot Haa and also present the Ending Khshnuman of the prayer which will complete the Fraamraot Haa prayer before Saturday so you can pray it during the first 5 Muktaad Days.

Yesterday, [in WZSE #117](#), the first part of this prayer was given in [the file: Ramiyar Karanjia Muktaad Prayers To Recite.pdf](#) – and its audio file recited by me was attached as an .mp3 file.

Today, we will present the first 3 Verses of the actual Fraamraot Haa prayer with its translation and audio file, and the tomorrow we will present the last verses of the prayer as well as the ending Khshnuman of the prayer.

Please note that the [attached audio file](#) today in WZSE #118 contains the complete Fraamraot Haa and should be referred to also for tomorrow’s last part of the Haa.

So, here are the first three verses of the Fraamraot Haa – Yasna XX:

Fraamraot Haa – Yasna XX – Verses 1 – 3:

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

(1) Fraamraot ahuro mazdaao,
Ashem vohû vahishtem astî,
Para ahmaai vohû vahishtem chinasti,
Yatha khvaétavé khvaétaatem :
Vohu vahishtem asti
Atha tkaéshem kaarayéiti.

(2) Ushtaa astî ushtaa ahmaai,
Ushtataaitya vîspem ashavanem
Vîspaai ashaoné para chinasti,
Yathanaa staaitya
Vîspem ashavanem vîspaai ashaoné para chinasti.

(3) Yat ashaai vahishtaai ashem,
Para chinasti vîspem maanthrem vîspem maanthrâi,
Yatha ashaai khshathrem chinasti,
Yathacha zbayénté ashaoné ashem chinasti,
Yathacha khshmaavoya ashem chinasti
Yat saoshyantaébyo;
Thraayo tkaésha.
Vîspem vacho fravaakem haurum,
Vacho Ahurahé Mazdaao.

Fraamraot Haa – Yasna XX – Verses 1 – 3 Translation:

(1) Ashem Vohu Vahishtem Asti – Uttering these words, the worshipper acknowledges for Him i.e. Hormazd, the highest good, as if he were accepting the kinship of his kindred.

Vohu Vahishtem Asti – uttering these words, the worshipper, in a way, puts into practice the laws of the Religion.

(2) Ushtaa Asti Ushtaa Ahmaai – in repeating these words the worshipper associates firmly a righteous man with other righteous men, just as a righteous man accepts happiness from other righteous men.

(3) Yat Ashaai Vahishtaai Ashem – in repeating these words the worshipper, as it were, accepts all the Holy Spells for every knower intelligent person of the Holy Spells, just as he accepts sovereignty of that righteousness, just as he accepts truthfulness from the righteous man, and for you, the benefactors.

As stated above there are three divisions of Ashem Vohu. Every hymn verse which is complete in itself

the whole hymn is the hymn of the Creator Hormazd.
(From English *Khordeh Avesta* of Ervad Kangaji, page 136)

SPD Comments

1. Ashem Vohu, Yathaa Ahu Vairyo and Yenghe Haataam are three pillars of our religion. In our subsequent weeklies, we will cover the commentaries of Yathaa and Yenghe Haataam.

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