

## **Weekly Zoroastrian Scripture Extract # 278: Aafrin-e-Buzorgaan - Benediction for the Hamaa Anjuman - Verses 5-7**

Hello all Tele Class friends:

### **Book: Spiritual Guidance across Religions**

In August 2011, Rev. John Mabry, Ph. D., a United Church of Christ Minister, approached Dr. Daryush Mehta, son of our own Orlando Dinyar Mehta, to write an article about Zoroastrianism for a book: *Spiritual Guidance Across Religions*. According to Dr. Mabry, this comprehensive resource book will offer valuable information for providing spiritual guidance to people from a wide variety of faith traditions. Covering the world's faith traditions as well as interfaith, blended and independent approaches to spirituality, each chapter will be written by a spiritual guidance professional from that tradition or who works extensively with people from that tradition.

Dr. Mabry contacted Daryush because he is the Zoroastrian Chaplain at the Harvard University. Daryush requested me to represent our religion for Dr. Mabry and so I was involved in writing about the Spiritual Guidance in our religion for this book. The main purpose of the book is to give a Spiritual Guidance Professional some background of our religion in case he/she is required to give such guidance to a Zarathushtri Humdin.

I spent a number of days in writing this long article. I used quite a bit of information from the excellent website: *An Introduction to the Gathas of Zarathushtra*, by our very good friend Dina McIntyre who edited the website with excellent articles by very well-known Zarathushtri scholars: <http://zarathushtra.com/z/article/dgm/index.htm>. I took Dina's approval as well as the approvals from late Prof. Kaikhosrov Irani and Prof. Farhang Mehr to use material from the website. All of them graciously gave me approval to use extracts from this website, for which I am very grateful. My final article: **Spiritual Guidance in the Zoroastrian Religion** has been published in the book: **Spiritual Guidance across Religions** (please see the Front and Back covers of the book in the attached photos). [I am attaching the article also to this email.](#)

My article is long and please take time to read it and give your thoughts, suggestions, etc. My article is on pages 183 – 200 in the book.

Our good friend and the excellent expert FEZANA FIRES Committee Chairman, Aban Rustomji, is going to buy the book for this library. Thank you Aban for your help.

### **Aafrin-e-Buzorgaan**

After all our Jashan Prayers, the Joti – the lead Mobed recites the Aafrins – Benediction Prayers.

Gahambar Jashans performed during the 6 Gahambars including the last Hamaspathmaedem Gahambar during the last five days of our 10 day Muktaad ceremony are the special important Jashans and we have a special Gahambar Aafrin for it. (I may add sadly that many Mobeds in NA and other diaspora countries and even in Mumbai do not pray this Aafrin during a Gahambar Jashan and substitute the regular Aafrins instead! A sad story

indeed!).

So after all other Jashans, Joti alone prays traditionally three Aafrins – Aafrins of Ardaafravash, Buzorgaan and Hafta Ameshaashpands. (here again, let me again sadly report that many Mobeds all over Hafta Keshwar Zamin just pray the first two Aafrins for shortening the Jashan prayer! We can all look into our own Jaam-e-Jamsheed – Crystal Ball – and see what’s coming in 20 or so years from now!!)

The middle Aafrin is called Aafrin-e-Buzorgaan (Buzorg = wise old man)! In it, we remember many of our Peshdaadian and Kyaanian Dynasties’ Religious stalwarts made immortal by Ferdowsi and wish that we become like their best known traits in our Iranian history, such as “Be strong as Rustom”, “Be well-known like Zarathushtra”, etc. The immortal Persian Poet Ferdowsi made all of them famous in his epic historical opus, Shahnameh! His vivid descriptions in Persian especially of all the battles of his hero Rustom are the gems of poetry anywhere in the whole Hafta Keshwar Zamin!

The last three verses of this Aafrin gives a benediction for the Hamaa Anjuman (and also for the people of the family requesting the Jashan) with a reference to many creations of Daadaar Ahura Mazda and to many fruits and flowers, even including wine! Dasturji Minocherhomji in his Jashan book gives a unique translation of these verses.

So let us present to you verses 5-7 of Aafrin-e-Buzorgaan:

## **Aafrin-e-Buzorgaan - Benediction for the Hamaa Anjuman - Verses 5-7**

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

### **Aafrin-e-Buzorgaan Verses 5 – 7:**

**5. In aafrîn ôi tan-e-shumaa aêdûn baad!**

**Chûn maah, wa Khursheed, wa aaw, wa Aatash,**

**Wa ma-eh, wa marv, wa mushk, wa yaasmen gul, wa marzaan-gosheh!**

**6. hamaa Añjuman raa, hazaar saal zeeñdagaanî ûmar draaz baad!**

**ezh aan bûyagaan khush mast az kunad.**

**pa kheejashneh wa paak sparm umbaree.**

**Waazned khush weeneehaa, nar asho frazand zaayaad!**

**keh Iraan daaraad, naam baraad, dushman zanaad,**

**wa dood afrôzaad wa darood!!**

**7. Atha jamyaad, yatha aafreenaami!**

## **Aafrin-e-Buzorgaan - Benediction for the Hamaa Anjuman - Verses 5-7 Translation:**

**5. May you render all these valuable Blessings realized in your life!**

**May you : (a) be pleasant like the moon (light)!**

**(b) diffuse light-energy and health, like the life-giving Sun!**

**(c) be a useful, cleansing agent like water!**

**(d) be warmth-giving like fire!**

**(e) delight the company like wine!**

**(f) be fragrant with your intrinsic qualities,  
like myrtle & musk, jasmine & roses, and forget-me-not!**

**6. May all the members of the Anjuman (and the family who ordered this  
Jashan)**

**be blessed with a good life - and a long life!**

**By virtue of the many sweet attainments of intrinsic worth,**

**like those of the sweet basil & fragrant ambergris,**

**(a) may the blessed person experience true - ever - abiding Joy & Delight,**

**(b) may he/she rise in the estimations of the wise,**

**(c) may he/she be famed and looked upon by the people, with love and  
respect !**

**May the virtuous-worthy children be born in the family,**

**who will bear aloft the banner of the Country (Iran/India/USA) and the fair  
Name of the Family !**

**by removing all opposition and ill will, against it!**

**May the Progeny blossom forth the Illustrious Tradition of family!**

**7. May it be so, as I have prayed for !**

**(Translation from Dasturji Minocherhomji's *Jashan Book* - Pages 140-143)**

## **SPD Explanation:**

1. Our amazing Zarathushtri and a very good guide and friend Rohinton Rivetna wrote to me:

“Need your assistance.

We are holding an interfaith festival of Faiths at our D/M (Dar-e-Meher) this coming Sunday.

To kick off the function we will be planting a commemorative Rose garden.

Rayomand is to give the blessings.

Could you point us to a very short verse that Rayomand may recite and then read the translation.

Your assistance as usual will be much valued.”

2. I researched for such a verse but could not find a direct prayer for such an event.

I remembered the book: ZANT Children Book Creations of Ahura Mazda, written by ZANT children under the guidance of their very good teachers Pearl and Poras Balsara. They have described each of Dadar Ahura Mazda creations assigned to a particular Ameshaa Spentaa. For Ameretaat, in charge of plants, they have a good write up on their page 16 of the book (please see the attached page from this book).

3. I also thought that the last three verses of Aafrin-e-Buzorgaan have good benediction for the Hamaa Anjuman with the names of many flowers and even wine. So I suggested to Rohinton the following:

“Rohinton Bhai and Mobed Saheb Rayomand:

There is no direct prayer that I know of about a garden or plants.

ZANT under Pearl and Poras Balsara wrote a children’s book and has the attached page for Plants which I thought Rayomand can present at least a short part of it.

Then we have 3 verses from our Pazand Aafrin-e-Buzorgaan that describes a number of fruits and flowers which are short paragraphs to recite with translation.”

And so I sent the above verses to him which he liked very much. We will await

how it went coming Sunday.

3. I used Dasturji Minocherhomji's unique translation for these verses which are really very thought provoking.

**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!**

**In HIS Service 24/7!**

**Atha Jamyat, Yatha Aafrinaamahi! (May it be so as we wish?)**

Love and Tandoorasti, Soli

# Spiritual Guidance *across* Religions

Each chapter includes:

An overview and basic beliefs

Methods for spiritual guidance honored in that tradition

Common spiritual problems encountered in that tradition

Common spiritual pitfalls in providing guidance

Tips, techniques and practices

Helpful resources for further learning

**A Sourcebook for  
Spiritual Directors &  
Other Professionals  
Providing Counsel to  
People of Differing  
Faith Traditions**

Edited by  
Rev. John R. Mabry, PhD

002 Spiritual Guidance Book Back Cover

## The groundbreaking professional resource for providing spiritual guidance to people from faith traditions other than your own.

This comprehensive resource offers valuable information for providing spiritual guidance to people from a wide variety of faith traditions. Covering the world's faith traditions as well as interfaith, blended and independent approaches to spirituality, each chapter is written by a spiritual guidance professional from that tradition or who works extensively with people from that tradition. Each chapter provides:

- An overview of the tradition, including basic beliefs
- Methods for spiritual guidance honored in that tradition
- Common spiritual problems encountered by people of that tradition
- Tips, techniques and practices
- Helpful resources for further learning

### Contributors

Dan Mendelson Aviv, PhD	Fr. Scott McCarthy, DMin
Måns Broo, PhD	Moojan Momen, MB, BChir
Rev. Cathleen Cox, MAT, MDiv	Wendi Momen, PhD
Ervad Soli P. Dastur	Richard K. Payne, PhD
Karen L. Erlichman, MSS, LCSW	Susan S. Phillips, PhD
Jonathan Figdor, MDiv	James Michael Reeder, LCPC, CPRP
Rev. John A. Jillions, PhD	Robert A. Rees, PhD
Siri Kirpal Kaur Khalsa	Bharat S. Shah, MD
Rev. Daijaku Judith Kinst, PhD	He Feng Dao Shi
Ozgur Koca	Joshua Snyder
Bruce Lescher, PhD	Rev. N. Graham Standish, PhD, MSW
Rev. Ann Llewellyn Evans	Chief Luisah Teish
Rev. Dr. Jim Lockard	Christopher Titmuss
Rev. John R. Mabry, PhD	

"Wonderful.... Opens the door to many historic and traditional paths.... Recommend[ed] to everyone I know in ministry and in spiritual counseling and direction."

—**Rev. Tim Miner, OUnI**, executive director,  
Council of Interfaith Communities of the United States

"Why did no one ever do this before? This is an excellent, trustworthy and needed resource for spiritual directors today!"

—**Fr. Richard Rohr, OFM**,  
Center for Action and Contemplation

*Walking Together, Finding the Way®*

**SKYLIGHT PATHS®**  
PUBLISHING  
Woodstock, Vermont

[www.skylightpaths.com](http://www.skylightpaths.com)

### Religions Covered

BY ESTIMATED U.S. POPULATION

**Evangelical Christianity**  
**Roman Catholicism**  
**Mormonism**  
**Judaism**  
**Reformed Christianity**  
**Eastern Orthodox Christianity**  
**Islam**  
**Buddhism**  
**Hinduism**  
**Spiritual Eclecticism**  
**Unitarian Universalism**  
**Neo-Paganism**  
**Bahá'í Faith**  
**Sikhism**  
**Shinto**  
**Humanism**  
**New Thought**  
**Zoroastrianism**  
**Native American Religion**  
**African Diaspora Spirituality**  
**Daoism**  
**Jainism**  
**Confucianism**

### Religion / Counseling

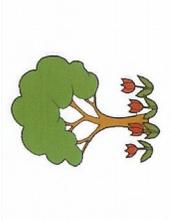
\$50.00 (Higher Outside the U.S.)

ISBN 978-1-59473-546-2

5 5 0 0 0 >



9 781594 735462

	
<b>Perfection</b> (The power to do things correctly)	<b>Never dies</b> (Good deeds live forever)
<b>Haurvatat</b>	<b>Ameretat</b>
	

## Plants (Urvar)

With the beautiful sky above and plenty of water, Ahura Mazda created His next creation on Earth ... the plants. Plants made the earth beautiful! Plants are big or small, skinny or fat, and they are all living things. The beauty of plants is that they can be a flower bush or a fruit tree, but we can use all of them as our resources. They are useful to humans and animals because we can eat them and also use them for shelter. Birds make their nest in the tree using dried leaves and branches fallen from the trees.

We can take care of plants by planting them in good soil, and giving them water and fertilizer. If you give them good sunlight they will be healthy. Plants also help clean our environment by giving oxygen. Roots of plants and trees hold soil together and prevent erosion of soil. So, we should grow lots of plants on earth. Besides fruits and vegetables plants also give us herbs which are used to make different medicines for human beings and animals.

Plants are under the care of *Ameretat* or *Amardād Ameshā Spentā* who makes sure that plants, herbs and trees are all healthy and fresh. *Ameretat* means living forever or immortal. If we lead a good life and take care of creations of Ahura Mazda we will be remembered forever.



Creation of plants is celebrated during the *Ayāthrem Gahambār*. The celebration is during the *māh* (month) of *Meher* from 26<sup>th</sup> roj (day), *Āshtād* to 30<sup>th</sup> roj, *Anerān*.