

Weekly Zoroastrian Scripture Extract # 176 – Ferastuye Humatoibyaschaa - a small wonderful prayer tucked away among other liturgies - Yasna 11 Verses 17 - 18, Hormuzd Yasht, Khorshed Meher Nyaayeshes, Patets

Hello all Tele Class friends:

In our previous WZSEs, we have covered a number of Zoroastrian Creeds like Din No Kalmo, Jasa Me Awanghe Mazda, Mazdaysno Ahmi, Yasna 12 – Naaisimi Daevo, etc..

However, there is one very small and similar creed type prayer hidden in Yasna 11, in the beginnings of Khorshed and Meher Nyaayeshes and Hormuzd Yasht, and at the end of Patets.

It has similar tone like our other recognized creed prayers but is not given the same emphasis.

This is the small Ferastuye Humatoibyaschaa prayer.

In fact, during a Navjote ceremony, after the recitation of Patet Pashemani (with this prayer at its end), and Din No Kalmo and donning the Sudreh by the Mobed on the Child, he starts the Kusti prayers with the beginning of the first part of Hormuzd Yasht where he prays the Ferastuye prayer before tying the Kusti on the child.

After you read and understand the meaning of this short prayer, you will realize that it has the same sentiments of a Creed as the other prayers mentioned above.

So today we present in WZSE #176 Ferastuye Humatoibyaschaa prayer:

Ferastuye Humatoibyaschaa - a small wonderful prayer tucked away among other liturgies - Yasna 11 Verses 17 - 18, Hormuzd Yasht, Khorshed Meher Nyaayeshes, Patets

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

(17) Ferastuyéh humatoibyaschaa hûkhtoibyaschaa hvarshtoibyaschaa maanthwoibyaschaa vakhedhwoibyaschaa varshtvoibyaschaa.

Aibi-gairyaa daithéh vîspaa humataachaa hûkhtaachaa hvarshtaachaa.

Paiti-richyaa daithéh vîspaa dushmataachaa duzhûkhtaachaa duzhvarshtaachaa.

(18) Feraa veh raahî Ameshaa Spentaa yasnemchaa vahmemchaa feraa mananghaa feraa vachanghaa feraa shyaothanaa feraa anghuyaa feraa tanvaschît khvakhyaa ushtanem.

Staomi Ashem.

Ferastuye Humatoibyaschaa - a small wonderful prayer

tucked away among other liturgies - Yasna 11 Verses 17 - 18, Hormuzd Yasht, Khorshed Meher Nyaayeshes, Patets - Translation:

(17) I praise all good thoughts, good words and good deeds through my thoughts, words and deeds.

I uphold all good thoughts, good words and good deeds.

I renounce all evil thoughts, evil words and evil deeds.

(18) I dedicate unto you, ye Ameshaa Spentaas, worship and praise and with the very life of my own body through thoughts, words and deeds and with my conscience.

I praise righteousness.

[\(Kangaji Khordeh Avesta Baa Maaeni translated into English – Pages 27 - 28\)](#)

SPD Comments

1. When my Navjote was performed by my dad, we had to learn all the Navjote and Nahan prayers by heart: Kushti prayers, 101 names, Sarosh Baj, all 5 Gehs, Din No Kalmo, Jamwaani Baaj, Patet Pashemani, etc.. Today it is a travesty to see majority of the children knowing nothing of these prayers! Times have changed for sure!
This brings back some fond memories of my Navjote:
When I was about 7 years old, my father being the Panthaky of our village Tarapur, had an open school on our Otlaa (verandah) for all Navjote aged children of the village, of Behdin as well Mobed families, with a cane in his hand. A little mistake in pronunciation of a word or missing a word or two, the cane will be on your hand, back or feet!
2. At that age, I learnt all the basic Farajyaat prayers by heart including all 101 names, Sarosh Baj, all 5 Gehs, all 5 Nyaayeshes, Doa Naam Setaayashne, Vispa Humata, Chaar Deesaa No Namaskaar, and even Patet Pashemaani.
3. And during the Navjote, we had to pray Patet Pashemaani with the Mobeds! Those days are gone!
4. When my mom informed me that Dad thinks I am ready for my Navjote, I refused to have my Navjote!
5. My mom was terrified. If dad knew about it, you know what will happen to me with his cane!
6. She asked me why? And I said I do not want to wear the hand me down clothes of my elder brother Palanji (being the last of 11 children) for my Navjote. I want all brand new clothes for my Navjote!
7. Well that was settled and I had for the first time in my life all my own new clothes at

age 7!

8. Dad performed my Navjote on the big Ota of our home and I had to pray all the prayers with the Mobeds, including Patet, Din No Kalmo and Hormuzd Yasht beginning with Ferastuye prayer at the end of Patet and the beginning of the Hormuzd Yasht.

Those were some wonderful days!

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!)

(Aafrin Pegaamber Zartosht, from [Ervad Kangaji Gujarati Khordeh Avesta Baa Maaeni](#) – Page 424, adapted Aafrinaamahi - we wish instead of Aafrinaami – I wish, in the original)

Love and Tandoorasti, Soli