

Weekly Zoroastrian Scripture Extract # 172 – Prayers to be recited during Muktaad - Complete Fraamraot Ha - Yasna 20 - Verses 1 - 5 and ending Khshnuman

Hello all Tele Class friends:

This is the last segment of the Fraamraot Haa. The attached audio files contain the complete Haa plus its ending Khshnuman to be shared with the first segment distributed yesterday.

For our Shehenshahi Humdins, the 10 Holy Days of Muktaad started on this Sunday August 7th, Asfandaard Mahino and Aastaad Roj to the 5th and the last Vahishtoish Gatha on August 16th Tuesday followed by Navroze on August 17th Wednesday. We wish you all a very joyous and meaningful 10 days of Muktaad. Also Jo Ann and I wish you all Navroze Mubarak, Y. Z. 1386! May Dadar Ahura Mazda bestow upon you all a wonderful Happy and Healthy year and many more to come with your families and friends!

My very good friend, Dr. Ervad Ramiyar Karanjia, Principal of Dadar Athornan Institute, has written a very nice article – Making Muktaad More Meaningful – which I have attached for your reading in our previous WZSE #171. It gives a very good explanation of why, what and how to perform Muktaad. Thank you Ramiyar Bhai for your article.

Many of you have asked me what prayers to pray during these 10 days of Muktaad. Once again, Ramiyar Bhai in his August 2nd 2015 Jame Jamshed, in his very popular series – Ask Me Why? – has given a list of 6 prayers to pray during Muktaad. I have also attached in our previous WZSE #171, the file – Ramiyar Karanjia Muktaad 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 – Muktaad 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 Muktaad, 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/)

<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 #171 presented yesterday and continuing with WZSE #172 today, 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 #171, and today in WZSE #172, we will cover all the five verses of Fraamraot Haa and also present the Ending Khshnuman of the prayer which will complete the Fraamraot Haa prayer so you can pray it during the remaining 5 Muktaf Days. I apologize for sending these prayers late.

Yesterday, in WZSE #171, the first part of this prayer was given in the file: Ramiyar Karanjia Muktaf Prayers To Recite.pdf – and its audio file recited by me was attached as an .mp3 file.

Today, we will present all five Verses of the actual Fraamraot Haa prayer with its translation and audio file, as well as the ending Khshnuman of the prayer.

Please note that the attached audio file today in WZSE #172 contains the complete Fraamraot Haa together with its ending Khshnuman.

So, here are all the five verses of the Fraamraot Haa – Yasna XX:

Fraamraot Haa – Yasna XX – Verses 1 – 5:

(Please hear the attached complete *Fraamraot Haa* and its ending *Khshnuman .mp3* files for its recitation)

(1) Fraamraot ahuro mazdaao,
Ashem vohû vahisstem astî,
Para ahmaai vohû vahisstem chinasti,
Yatha khvaétavé khvaétaatem :
Vohu vahisstem 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.

(4) Mazdaao fraamraot : chîm fraamraot,
Ashavanem mainyaomcha gaéthîmcha,

Chvaans fraamraot fravaakem,
Vahishto khshayamno.
Chvantem;
Ashvanem vahisstemcha avaso-khshathremcha.

(5) Baghaanm Ashahé vahishtahé yazamaidé;
Ashahé vahishtahé yazamaidé
Frasraothremcha, framarethremcha,
Fragaathremcha fraayashtîmcha.
Yenghé haataanm aa-at yesne paiti vangho
Mazdaao Ahuro vaethaa ashaat hachaa,
Yaaonghaanmchaa taanschaa taaoschaa yazamaide.
Ashem Vohu 1.

(Note: The portion from *Fraamraot* up to *Ashem Vohu 1* should be recited seven times. When it is recited the seventh time, *Ashem Vohu* need not be recited. – [Kangaji English](#) *Khordesh Avesta*.)

Fraamraot Haa – Yasna XX – Verses 1 – 5 Translation:

(1) Ashem Vohu Vahisstem 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 Vahisstem 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 Vahishtai 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.

(4) The Creator Hormazd proclaimed the hymn of Ashem Vohu.
Whom did He proclaim?

(Reply): to the righteous man belonging to the spiritual and the
material world.

In what capacity did He proclaim the hymn of that Ashem Vohu?

(Reply): as to the supreme Rulers.

Whom did He proclaim?

(Reply): to the righteous and the best man not acting according to his
own whims.

(5) We adore the portion of Asha Vahishta.

Of the Asha Vahishta, we adore its chanting, remembrance, singing-
aloud and glorification.

Among the living beings whoever is better in acts of worship, of which
Ahura Mazda Himself is aware, on account of His Holiness, all such
men and women we revere.

(From English *Khorddeh 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*.

2. As mentioned by Kangaji above, *Ashem* and *Yathaa* are by Dadar Ahura
Mazda; whereas, *Yenghe Haataam* is by Zarathushtra himself. Actually, as
presented in our WZSE #20: <http://www.avesta.org/wzse/wzse20.pdf>

Yenghe Haataam is a later version of Zarathushtra's own *Vohukhshathra Gatha Yasna 51 Verse 22*.

3. Dr. Irach Taraporewala writes:

“This verse is the original of the *Yenghe Haataam* verse. The main difference between the two is that in the Gatha verse the holy men both past and present are spoken of, while in the later *Yenghe Haataam* verse the Righteous ones both men and women have been mentioned. The first half of the Gatha verse has been reproduced almost word for word, with only the later changes of grammar and spelling. The second half of the *Yenghe Haataam* is entirely different. The idea of bringing in both men and women is a decided improvement. On the other hand the last two sentences have been practically omitted and so the later verse *Yenghe Haataam* has lost a great deal of the force and beauty of the original.”

This whole paraphrasing of Gatha verse brings up an interesting question:

How many other Gatha verses were paraphrased like the above?

And we count *Yenghe Haataam* as one of our three prayer pillars together with *Yathaa* and *Ashem*.

Then why can't we recite Zarathushtra's own words Yasna 51.22 instead of *Yenghe Haataam* sometimes in our *Hum Bandagis*?

Let me leave this thought with you all!

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