

Hello all Tele Class friends:

Gathas as our Farajyaat (Daily Prayers)

Many of our good and faithful Zarathushtris pray every day their Farajyaat (Daily Prayers) prescribed in our religion. E.g. we are supposed to start all our prayers with the Kushti prayers, followed by 101 Ahura Mazda's names, Sarosh Baaj, appropriate Geh, and Khorshed/Meher Nyaayeshes in Haavan, Rapithwan and Uziran Gehs, ending up with Atash Nyayesh, Doaa Naam Setaayashneh and Tandoorasti.

As we have discussed in our Weekly Extracts, most of these Khordeh Avesta prayers were compiled by Dastur-e-Dasturaan Aadarbaad Maahrespand in the reign of Sassanian Emperor Shahpur II (309 – 379 AD).

Our Prophet, Vakhshur-e-Vakhshuraan Zarathushtra Spitamaan composed 17 songs in 5 Gathas. So what happened to these words of our Prophet in our daily prayers? Sure many of our daily prayers do have verses from Gathas sprinkled here and there; e. g. First two verses of Kemnaa Mazdaa, the famous Atash Nyayesh Us Moi Uzaareshwaa Ahuraa, etc.

But what about the whole Gathas?

Well many of you will say: We are supposed to pray each one of them with our daily prayers during the five Gatha days.

That's it? Once a year?

This is a sad commentary of our daily prayers – pray daily prayers compiled in Sassanian times but forget about our own Prophet's words!

So, let us all from now on reverse this trend – let us pray Zarathushtra's Gathas every day, at least some of its verses!

In this presentation, I am requesting all of us to at least pray with meaning just the first verse of each Gatha and the famous Aa Airyemaa Ishyo prayer. We have covered all of these 6 verses in our weekly extracts.

I am attaching a WORD file: Gathas as our Farajyaat (Daily Prayers), containing all of these 6 verses in English together with their translations to be of help to all.

Since I do not have a way to link the recitations of all 6 verses in this WORD file, I am going to present the recitation of each one of them separately in the next 6 Weekly Extracts starting with the first Gatha Ahunavaiti Yasna 28 Verse 1 today.

So, let us start with the first Gatha Verse 1 today:

Weekly Extract #9:

Ahunavaiti Gatha Yasna 28 Verse 1:

What does Zarathushtra says in his very first verse of his Gathas

(Ahunavaiti Gatha Yasna 28.1)?

Ahunavaiti Gatha Yasna 28 Verse 1:

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

(1) Ahyaa yaasaa némanghaa
Ustaana-zastô rafédhrayaa,
Manyéush Mazdaao pourvîm
Spentahyaa ashaa vîspéng shyaôthanaa
Vangheûsh khratûm mananghô
Yaa khshnevîshaa géushchaa urvaaném!

(to be recited two times)

Ahunavaiti Gatha Yasna 28 Verse 1 Translation:

With uplifted hands and deep humility, I beseech,
O Mazda, first and foremost this:
The abiding joy of Spentaa Mainyu, Your Holy Mind.
Grant that I perform all actions in harmony with
righteousness,
and acquire the wisdom of the good mind, So that
I may bring happiness to the soul of the Universe.

(The Teachings of Zarathustra by T.R. Sethna, Second Reprint, Published by TR Sethna, Karachi, 1989)

Commentary by SPD:

In the very first verse of his Gathas, Zarathushtra prays to Ahura Mazda with outstretched hands and humility – it reminds us of the age old custom of praying to Ahura Mazda with our outstretched hands.

He then requests the abiding joy of Spentaa Mainyu – His Holy Mind - so that he can perform all his actions in harmony with righteousness.

And finally, the most important of all, **he requests the wisdom of Good Mind so that He can bring happiness to the whole Universe.**

In this last statement, Zarathushtra wants to take care of Mother Earth and His creations of Fire, Water, Air, Vegetation, Animals and Human Beings!
Thus Zarathushtra has propounded the present day Green Movement, Earth Day, etc. some 3600+ years ago!

So, it is our bounden duty to take care of all these creations of Ahura Mazda!

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

Love and Tandoorasti, Soli