



A Garland of Prayers

by
Pareen Lalkaka

Published by
The W.Z.O. Trust for Women and Children

In the Pious Memory of
Bai Maneckbai P.B. Jeejeebhoy

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A Garland of Prayers

Dear Reader,

There is a crying need among many Zoroastrians to pray in a living language which they understand very well - viz. in English. This need has partly been fulfilled by numerous translations by eminent scholars. But, however scholarly a translation may be, it does not read like a prayer nor inspire the devotee with a great love and longing to live the life as shown by our beloved Lord, Zarathushtra.

The prayers which follow are in English. They are neither a literal translation of the prayers of the same name in Avesta, Pahlavi or Pazand, nor are they a figment of my imagination. As in all great religions of the world the great Spiritual Souls that spoke to mankind about God spoke in symbols. Hence Religious Texts have to be rendered symbolically. Only then can the spiritual meaning of a prayer be understood. These prayers in English are the spiritual essence of the prayers in the ancient languages. So some of them may cover the texts entirely and be as long as the texts while others may be much shorter than the texts. The prayers have been written after much study of their translations in Gujarati and in English by eminent scholars. I owe a great deal to our late High Priest, Dastur N.D.

Minocher- Homji, who gave a lot of his valuable time in extracting the spiritual meanings in the ancient texts and without whose help these prayers would never have seen the light of day. For all the help I have received I am deeply grateful. I also owe a deep debt of gratitude to the late Prof. Ervad Maneck Fardunji Kanga, a profound scholar of Iranian Studies, who was kind enough to read through the prayers and to give his learned opinion about them.

It is my fervent hope that you who read these prayers may be moved by Armaiti (the love of God), to understand Asha (the Law of God), through Vohu Mana (the Good and Loving Mind) and be helped by Kshathra (God's Divine Strength), to attain Ahurvestatat (Perfection) and so achieve Ameretatat (Immortality).

Pareen Lalkaka

An Appreciation

by

*the Late Prof. Ervad Manek Kanga
(Professor of Iranian Studies.)*

I have gone through the text and rendering done by Pareen Lalkaka. It is a free rendering and not a literal translation. It is lucid and intelligible and is done in such a way as to do some good to the reader and to attract him/her towards Zoroastrianism. The rendering is interpreted in a philosophical manner, laying stress on the spiritual meaning and significance of the prayers and thus bringing out the main ideas in the prayers.

sd. M. Kanga

Professor of Iranian Studies

THE KUSTI PRAYERS

Kem Na Mazda

O God, who except you, through Vohu Mana, the good and Loving Mind, and your Spriritual Light in me, can help me to see and throw out all thoughts that are not good and which harm others and myself? It is Vohu Mana, the Good Mind, and Atash, Your Pure Light, that help Asha in this world. O Mazda Ahura, awaken my soul that I may know myself and understand all things.

Who will defeat my enemies - all that is bad in me? Only Your Spriritual Light in me and the Good and Loving Mind, through my sincere prayer, can help me to destroy all that is not good in me. Help me, my God, to let me see and hear You with the help of the Good and Loving Mind in me. Protect me from all my weaknesses O Mazda Ahura, and Armaiti - the great desire in my heart for God - help me to know the good from the not good.

May the druj (lie) and deceit and all wickedness die. May all that is not pure and true vanish, never to destroy this beautifully made universe of yours. I love and respect you, Armaiti. Help me to know Ahura Mazda.

Ashem Vohu

Asha is God's Law of Goodness, Truth and Purity. It is the best and the highest. By following Asha in being good and truthful and pure in mind in all you do each day, you will be very happy.

Ahura Mazda Khodae

O God most wise and alive in everyone, let Your Light shine in my mind and so take away all strength from Ahriman, the darkness of my mind.

May all bad thoughts, bad words and bad deeds be destroyed with Your help. May everything that stops me from seeing Your Light in me be killed.

O God, I turn away from all dark thoughts, words and deeds, which, in the darkness of my mind, I have covered myself with. I throw them away.

O God, alive in me, make me strong to stop being frightened. Make me strong to stop being sad. Make me strong to turn away from Angre Mainyu, the darkness in my mind, which makes me think, speak, and do wrong. Make me strong to see Your Light in me. All who are true love Asha, Your Law of Goodness, Truth and Purity, and so I will praise You, my God, by saying the Ashem Vohu.

Yatha Ahu Vairyo

By following Asha, God's Law, I become like You, O God, for Vohu Mana, the Good and Loving Mind in me, guides me and helps me to become perfect. You give me your great strength and power, Kshathra, so that I can help all who are gentle, poor, helpless or sick and who pray to You for help.

Jasa-me Avanghe Mazda

Come to me, O God.

I pray to You, O Mazda, and follow the teachings of Zarathushtra which help me to believe in You.

As a Mazdyasni Zarathushti, I know that you are the one God, who is in all things and I say that I am a true follower of this religion. I believe in and give myself to good and loving thoughts, good and loving words, and good and loving deeds. I believe in love, not hate, in peace, not violence, in being unselfish and helping others. I believe in doing everything in Your Name. This is the religion, Daena, as shown by You, O God, to Zarathushtra, and which I believe to be the greatest, the best and the noblest in the world.

All things good come from You, O Mazda Ahura.

The Five Gahs in their short form

Note

These five Gahs are not recited as prayers independently but are to be recited at the proper places as indicated in the other prayers, such as the Sraosh Baj, the Gahs and the various Nyaishes, etc. It will be advantageous if the devotee memorises them so that they may be recited at the particular place in the other prayers without referring again and again to this part of the prayer book.

Ushahin Gah. *(To be recited from midnight till dawn)*

I praise Thee, O Ushahin, beautiful dawn of the spiritual awakening of my Soul. I praise Berezya and Nmanya, the earnest and constant desire of my Soul to come nearer to Thee.

Havani Gah. *(To be recited from dawn till noon)*

I praise Thee, O Havani, the morning of the spiritual awakening of my Soul. May Thy Light, O Mazda Ahura, spread love and justice throughout Thy Creation.

Rapithwin Gah. *(To be recited from noon till 3.00 pm.)*

I praise Thee, O Rapithwin, wherein my Soul has advanced, through enlightenment, towards perfection.

Ujayerin Gah. *(To be recited from 3.00 p.m. till sunset)*

I praise Thee, Ujayerin, heavenly sunset, in whose soft glow my Soul has reached its height sublime.

Aivisruthrem Gah. *(To be recited from sunset till midnight)*

I praise Thee, Aivisruthrem, Divine Harmony of Thy Creation, wherein my Soul, now perfect, dwells, vibrating in celestial harmony with Thy Divine Spark within me.

Sraosh Baj

Glory be to God. *(Recite the Ashem Vohu once)*

I pray to Thee, Mazda Ahura, who art worthy of worship. May Thy light within me ever increase. May the mighty strength of Thy Sraosh, Divine Conscience, - the still small voice within me - help me to come nearer to Thee, my God.

O Ahura Mazda, I turn away from all dark thoughts, words and deeds which, in the darkness of my mind, I have covered myself with. I cast them aside.

O God, alive in me, make me strong to stop being fearful. Make me strong to stop being sad. Make me strong to turn away from Angre-Mainyu - the darkness of my mind - which makes me think, speak and do wrong. Make me strong to see Thy Light in me. Thrice repeating, I cast out all that is not good in me.

(Recite the Yatha Ahu Vairyo 5 times.

Recite the Ashem Vohu 3 times)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

(Recite the appropriate Gah)

May all who follow Thy Divine Law become one with Thee, O God, and declare the Truth as revealed in the Yatha Ahu Vairyo.

May we worship and praise and glorify Sraosh, the strong, the Holy Word incarnate, the keeper of the Law Divine.

The Ahuna Vairya (Yatha Ahu Vairyo) is my spiritual salvation. Recite three times.

(Recite the Ashem Vohu once)

(Recite the Kemna Mazda)

(Recite the Yatha Ahu Vairyo twice)

I praise Sraosh of mighty strength, Thy Divine Conscience within me.

(Recite the Ashem Vohu once.)

Ahmai Raeshcha *(A Benediction)*

O Mazda Ahura, bless him who is deserving with an inward vision of Thy Light. Bless him with health and conquest of the self. Bless him with inner spiritual achievement. Bless him with offspring mature in wisdom. Bless him with a long life of Righteousness to flower in the perfect Peace of Enlightenment.

O God, grant my prayer.

(Recite the Ashem Vohu)

Hazangrem *(A Benediction)*

O God, bless him in body and soul a thousand times - ten thousand times.

(Recite three times.

Recite the Ashem Vohu once)

Jasa - Me - Avanghe Mazda

Come unto me O Mazda. *_(Repeat three times)*

Grant me Behram, Thy Strength Victorious, born of the Good Mind, to help me to do all that is Righteous and True and so serve Thee in perfecting this world of Thy Creation.

Grant me the joy of helping others.

Glory be to Thy Creation, self-sustained and eternal.

(Recite the Ashem Vohu once)

Kerfeh Mazda

O God, I perform good deeds to rejoice my Soul and pray to Thee for forgiveness of my wrongdoings.

May all good men and their good deeds be blessed with blessings as wide as the earth, as full as the rivers, as exalted as the sun. May they live long in Righteousness.

May my prayer be fulfilled.

(Recite the Ashem Vohu once)

Ushahin Gah.

(To be recited from midnight till dawn)
Glory be to God.

(Recite the Ashem Vohu 3 times)

I am Thy worshipper, O Mazda, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

I praise Thee, O Ushahin, beautiful dawn of the apiritual awakening of my Soul. I praise Berezya and Nmanya, the earnest and constant desire of my Soul to come nearer to Thee, O God. May all who follow the Divine Law become one with Thee, and declare the Truth as revealed in the Ahuna Vairya.

I worship Thee, O Mazda Ahura, through Sraosh, Divine Conscience, and through Atash, Thy Light within me. May my ceremonies and prayers help my soul to grow in Thy knowledge and wisdom. I bow to Thee, O Mazda Ahura, and to the Holy Words of Thy Prophet Zarathushtra.

All noble deeds performed by those who are no more,

All radiant acts performed by those who are still with us,

All glorious achievements to be performed by those who are to come,

I praise them all, O God, now and for ever more.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Havani Gah.

(To be recited from sunrise till noon)

Glory be to God.

(Recite the Ashem Vohu 3 times)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

I praise Thee, O Havani, the morning of the Spiritual awakening of my Soul. May Thy Light, O Mazda Ahura, spread love and justice throughout Thy Creation. May the Gathas ever be my guide singing the Truth about Thee, O God.

I adore Thee, O Mazda Ahura, supreme in Love and Wisdom. I revere the Spirit of Zarathushtra, so near to Thee, and Thy Glory as revealed in the Amesha Spentas. Through selfless acts of love and kindness bless my Soul with Thy Divine Joy. Help my Soul to triumph over all obstacles on its path to Thee. O God. Free Thou my Soul from all malice and hatred and lead it to perfection and Immortality.

All noble deeds performed by those who are no more,

All radiant acts performed by those who are still with us,

All glorious achievements to be performed
by those who are to come,

I praise them all, O God, now and for
ever more.

(Recite the Yatha Ahu Vairyo twice)

I praise Mithra, Divine Light and Justice,
enveloping all God's Creation in the embrace
of Love.

*(Recite the Ashem Vohu once, Ahmai
Raeshcha, Hazangrem, Jasa-me-Avanghe
Mazda, Kerfeh Mazda)*

Rapithwin Gah.

(To be recited from 12 noon till 3, p.m.)

Glory be to God.

(Recite the Ashem Vohu three times)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

I praise thee, O Rapithwin, wherein my Soul has advanced through enlightenment towards Perfection. I revere thee, O Asha, Thy Perfect Law Divine, and Athra, the Divine Spark within me, guiding my Soul's faltering footsteps ever nearer to the depths of Thy Teachings - the Gathas - replete in wisdom and compassion.

I adore Thee, O Mazda, supreme in Love and Wisdom. I revere the Spirit of Zarathushtra, so near to Thee, and Thy Glory as revealed in the Amesha Spentas.

All noble deeds performed by those who are no more,

All radiant acts performed by those who are still with us,

All glorious achievements to be performed by those who are to come,

I praise them all, O God, now and for ever more.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Ujayerin Gah

(To be recited from 3.00 p.m. till sunset)

Glory be to God.

(Recite the Ashem Vohu three times)

I am Thy worshipper, O Mazda Ahura,
and a follower of Zarathushtra, turning away
from all that is not in harmony with Asha,
Thy Divine Law.

I praise thee. Ujayerin, heavenly sunset
in whose soft glow my Soul has reached
its height sublime.

I praise the victorious, above life's tears
and joys, fully conscious of the Light that
shines within, whose life is just one long
sweet sacrifice of one's self.

I praise the virtuous, pure in mind and
heart, raising the Souls of those caught in
the quagmire of life's dream. I praise Thy
Perfect Creation, O Mazda.

I praise the Souls near to Thee, O God,
and those helping mankind to listen to the
voice of Sraosh and follow the Righteous
Path.

I adore Thee, O Mazda Ahura, supreme
in Love and Wisdom. I revere the Spirit of
Zarathushtra, so near to Thee, and Thy
Glory as revealed in the Amesha Spentas.

All noble deeds performed by those who
are no more,

All radiant acts performed by those who
are still with us

All glorious achievements to be performed
by those who are to come,

I praise them all, O God, now and for
ever more. I praise the Waters of Life, imbuing
my Soul with Thy Strength Supreme.

*(Recite the Ashem Vohu once, Ahmai
Raeshcha, Hazangrem, Jasa-me-Avanghe
Mazda, Kerfeh Mazda)*

Aiwisruthrem Gah.

(To be recited from sunset till midnight)

Glory be to God.

(Recite the Ashem Vohu three times)

I am Thy worshipper, O Mazda, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

I praise thee, Aiwisruthrem, Divine Harmony of Thy Creation, wherein my Soul, now perfect, dwells, vibrating in celestial harmony with Thy Divine Spark within me.

I adore Thee, O Mazda Ahura, supreme in Love and Wisdom. I revere the Spirit of Zarathushtra, so near to Thee, and Thy Glory as revealed in the Amesha Spentas.

I revere the righteous, perfect in spirit and most like unto Thee, O Zarathushtra. I praise the virtuous in Spirit, lovers in Truth, adoring Thee, O God.

All noble deeds performed by those who are no more,

All radiant acts performed by those who are still with us,

All glorious achievements to be performed by those who are to come,

I revere them all, O God, now and for ever more.

(Recite the Yatha Ahu Vairyo twice)

I worship Thee, O Mazda Ahura, and Thy Divine Spark in man. With Thy indomitable courage Thou enablest me to conquer all that is not good - not in harmony with Asha, Thy Divine Law.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Khorshed Nyaish

Glory be to God.

(Repeat the Ashem Vohu once.)

O Mazda Ahura, steeped in radiance, crowned in glory, Omniscient Majesty, God of gods and King of kings, Seer of seers, O Bountiful One, Giver of sustenance, Boundless in mercy, O God Eternal, Creator and Preserver of all that is, I pray to Thee, now and for ever more. May Thy Splendoured Glory ever increase, and may Thy Radiant Light - the sun - shine upon us to awaken within us our inner Light - a spark of Thee.

O Ahura Mazda, I turn away from all dark thoughts, words and deeds which, in the darkness of my mind, I have covered myself with. I cast them aside.

O God, alive in me, make me strong to stop being fearful. Make me strong to stop being sad. Make me strong to turn away from Angre Mainyu - the darkness of my mind - which makes me think, speak and do wrong. Make me strong to see Thy Light in me. Thrice repeating, I cast out all that is not good in me.

I extol Thee, O Mazda, Thou Great Spirit that pervades all Creation, awaken my Soul with Thy great strength, and cleanse Thou my mind with thoughts pure that my speech may be full of love and kindness and my actions according to Thy great Mercy.

(Recite the Ashem Vohu once.)

I dedicate myself to Thee through thought, word and deed, praising Mithra - Thy Justice - tempered with love and compassion. I revere all life, culminating in man, and pervaded by Thy Light as manifested through the sun, the moon and the stars that shine down upon us, spreading their light throughout Thy Creation.

(Recite the following three times during the period of the Havani Gah.)

O Mazda Ahura, may I grow strong in body and mind and in the Spirit through Thy Good and Loving Mind in me.

(Recite the following three times during the period of the Rapithwin Gah.)

O Mazda, Thy Divine Light, as manifested through the sun, is the greatest.

(Recite the following three times during the period of the Ujayerin Gah.)

O Mazda, when all things end, Thou wilt come in all Thy Glory

(Recite the Ashem Vohu three times.)

Just as the swift rays of the sun pour down upon the earth purifying the land, the flowing waters, the streams and the seas, so do the rays of Thy Light Divine flow through us, across Thy, Sovereign Space and Boundless Time, strengthening and invigorating our Souls against all dark thoughts, words and deeds that destroy us, and helping us to come nearer to Thee, O God. Glory be to Thy Great Wisdom, O Mazda Ahura.

(Recite the Ashem Vohu three times.)

I am Thy worshipper, O Mazda Ahura and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

(Recite the appropriate Gah.)

O Mazda Ahura, plant Thou my feet firmly in the understanding of Thy Creation and of Thy Eternal Glory.

(Recite the Yatha Ahu Vairyo twice.)

Praise be to Thy Celestial Light. May its splendour and glory bless me and strengthen my body and Soul so that I may conquer the flesh and be victorious in Spirit. May Thou bless my children with inborn wisdom and may we live long in righteousness - bright and glorious.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Glory be to Mazda Ahura on this pure and holy day of -- in the month of ---. All who are true love Asha and so I will praise Thee, my God, by saying the Ashem Vohu.

(Recite the Ashem Vohu once.)

I have to realize Thee and become like Thee.

(Recite the above three times.)

(Recite the Ashem Vohu once.)

O Mazda Ahura Thou didst send Zarathushtra to renew Thy Faith. I revere Thy Creation - rich and glorious. *(Recite the Ashem Vohu once)*

Meher Niyāish

Glory be to God.

I pray to Thee, Mazda Ahura, who art worthy of worship. May Thy Light within me ever increase and may Mithra - Thy Justice and Mercy - look upon me with compassion.

O Ahura Mazda, I turn away from all dark thoughts, words and deeds which, in the darkness of my mind, I have covered myself with, I cast them aside.

O God, alive in me, make me strong to stop being fearful. Make me strong to stop being sad. Make me strong to turn away from Angre Mainyu - the darkness of my mind - which makes me think, speak and do wrong. Make me strong to see Thy Light in me. Thrice repeating I cast out all that is not good in me.

I extol Thee, O Mazda, Thou Great Spirit, that pervades all Creation, awaken my Soul with Thy Great Strength, and cleanse Thou my mind with thoughts pure, that my speech may be full of love and kindness and my actions according to Thy great mercy.

(Recite the Ashem Vohu once.)

I dedicate myself to Thee through thought, word and deed, praising Mithra - Thy Justice - tempered with love and compassion. I revere all sentient life, culminating in man, and

pervaded by Thy Light Divine as manifested through the sun, the moon and the stars that shine down upon us, spreading their light throughout Thy Creation.

(Recite the following three times during the period of the Havani Gah.)

O Mazda Ahura, may I grow strong in body and mind and in the Spirit through Thy Good and Loving Mind in me.

(Recite the Ashem Vohu three times.)

(Recite the following three times during the period of the Rapithwin Gah.)

O Mazda, Thy Divine Light, as manifested through the sun, is the greatest.

(Recite the Ashem Vohu once)

(Recite the following three times during the period of the Ujayerin Gah.)

O Mazda, when all things end, Thou wilt come in all Thy Glory.

(Recite the Ashem Vohu three times.)

Just as the swift rays of the sun pour down upon the earth purifying the land, the flowing waters, the streams and the seas, so do the rays of Thy Light Divine flow through us, across Thy Sovereign Space and Boundless Time, strengthening and invigorating our Souls against all dark thoughts, words and deeds that destroy us, and helping us to come nearer to Thee. O God, Glory be to Thy Great Wisdom, O Mazda Ahura.

(Recite the Ashem Vohu three times.)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

(Recite the appropriate Gah.)

O Mazda Ahura, plant Thou my feet firmly in the understanding of Thy Creation and of Thy Eternal Glory.

(Recite the Yatha Ahu Vairyo twice.)

Praise be to Thy Celestial Light. May its splendour and glory bless me and strengthen my body and Soul, so that I may conquer the flesh and be victorious in Spirit. May Thou bless my children with inborn wisdom and may we live long in righteousness - bright and glorious.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Glory be to Mazda Ahura on this pure and holy day of -- of the month of --. All who are true love Asha and so I will praise Thee, my God, by saying the Ashem Vohu.

(Recite the Ashem Vohu)

I have to realize Thee & become like Thee.

(Recite three times)

(Recite the Ashem Vohu once)

O Mazda Ahura, Thou didst send Zarathushtra to renew Thy Faith. I revere Thy Creation rich and glorious

(Recite the Ashem Vohu once)

Atash Nyaish

Glory be to God.

I revere Thee, O beautiful Light of Mazda Ahura.

(Recite the Ashem Vohu once.)

I pray to Thee, Mazda Ahura, who art worthy of worship. May Thy Light within me ever increase. I bow to Thee, Divine Spirit.

O Ahura Mazda, I turn away from all dark thoughts, words and deeds which, in the darkness of my mind, I have covered myself with. I cast them aside.

O God, alive in me, make me strong to stop being fearful. Make me strong to stop being sad. Make me strong to turn away from Angre Mainyu - the darkness of my mind - which makes me think, speak and do wrong. Make me strong to see Thy Light in me. Thrice repeating, I cast out all that is not good in me.

Reveal Thyself within me, O Mazda Ahura. May my spirit grow strong through Armaiti, and, through Asha, may I learn to realize my inner Self and so become supreme in wisdom through Vohu Mana, Thy Good Mind.

Zarathushtra did dedicate to God his very own Self - all his good deeds performed through Vohu Mana, the Good and Loving Mind - and surrendered himself and the

power of his words and deeds to Asha, the Divine Law.

Glory be to God, I revere Thee, O great, bountiful Light of Mazda Ahura.

(Recite the Ashem Vohu three times)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

(Recite the appropriate Gah.)

May Thy Light, O God, be revealed in my life. May it shine through me to benefit all. May I ever tread the path of Light - the Light of knowledge, wisdom and virtue - and so purify myself as to arrive at the mental tranquility of the great Kaikhushru, and at Chachista - the lake of profound meditation.

May Thy Light within me grow to achieve the height of the majestic Mt. Raevant - the Glory of Mazda, O Power Divine, Holy Light, full of spiritual healing, encompassing all forms of light, Energy Divine, Man's Counsellor within, I praise Thee and worship Thee.

May all who follow Thy Divine Law become one with Thee, O God, and declare the Truth as revealed in the Ahuna Vairyo.

O Light of God within me, I adore Thee and dedicate myself to Thee in offerings of good deeds. May Thy Light grow ever more

within me so that I may benefit others. O Light Divine, may I ever nourish Thy Flame with spiritual fuel distilled from my very Soul.

May Thou blaze forth within me, radiant in Glory, till the end of all time.

O Divine Light, let my life be a full one - full of an inner happiness through ever increasing wisdom, valiant in courage, vibrant in speech and understanding of the soul, and, above all, with Divine Wisdom all-comprehending, exalted and imperishable.

May my offspring have inborn wisdom, achieve perfection, and brighten the land in which they live.

May Thou bless me, O Mazda, that my wish be fulfilled - to achieve the Best World of the Righteous, bright and glorious - Bliss Eternal.

(Recite the Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)

Glory be to Mazda Ahura on this pure and holy day of ___ in the month of __. All who are true love Asha and so I will praise Thee, my God, by saying the Ashem Vohu.

(Recite the Ashem Vohu.)

I have to realize Thee and become like Thee - (Recite the Ashem Vohu)

O Mazda Ahura, Thou didst send Zarathushtra to reveal Thy Faith. I revere Thy Creation - rich and glorious.

(Recite the Ashem Vohu.)

Sraosh Yasht Hadokt.

Introduction.

Glory be to God.

I pray to Thee, Mazda Ahura, who art worthy of worship. May Thy Light within me ever increase. May the mighty strength of Thy Sraosh, Divine Conscience - the still small voice within me - help me to come nearer to Thee, my God.

O Ahura Mazda, I turn away from all dark thoughts, words and deeds which, in the darkness of my mind, I have covered myself with. I cast them aside.

O God, alive in me, make me strong to stop being fearful. Make me strong to stop being sad. Make me strong to turn away from Angre Mainyu - the darkness of my mind - which makes me think, speak and do wrong. Make me strong to see Thy Light in me. Thrice repeating, I cast out all that is not good in me.

(Recite the Ashem Vohu three times.)

I am Thy worshipper, O Mazda Ahura, and a follower of Zarathushtra, turning away from all that is not in harmony with Asha, Thy Divine Law.

(Recite the appropriate Gah.)

Chapter 1.

I praise thee, Sraosh, beautiful in Righteousness, victorious over all that is not good, enriching the world in Truth and Beauty.

O Mazda Ahura, I know that prayer helps me when I am in the depths of sorrow. Prayer saves me from all harm. A prayer from the depths of my heart casts out all that is not good and pure. Prayer fills me with courage to overcome all my difficulties.

Sraosh, Mazda's benefactor of the poor, triumphant over the darkness of all minds, thou art a tower of strength to the truthful. O Zarathushtra, I know that he who prays with a pure mind, thinking only good thoughts, speaking only good words and doing good deeds, when beset with troubles and misfortunes which daunt him and darken his mind, making him fearful to act, will find his strength returning and becoming tenfold, to enable him to withstand all manner of adversity and to forge ahead with the full knowledge that no evil can touch him or arrest him from performing righteous and loving actions.

It is the Ahunvar that will save me from all harm and will disarm all my foes - all lies, deceits and every manner of deception. Just as a dog guards his master, so does Sraosh guard me and all mankind. I remember

Sraosh with good thoughts, good words and good deeds.

I invoke Sraosh the Righteous, the Victorious, in our ceremonies, Sraosh, my Guide and Help in times of sadness and difficulty. I revere the teachings of Zarathushtra.

All noble deeds performed by those who are no more,

All radiant acts performed by those who are still with us,

All glorious achievements to be performed by those who are yet to be,

I revere them all, O God, now and for ever more.

Doa Nam Stayish.

Glory be to God.

(Recite the Ashem Vohu once)

I pray to Thee, O Merciful One, All-forgiving and Compassionate.

Praise be Thy Holy Name, O Mazda Ahura, who for ever was, for ever art and for ever will be. Thou art the Lord of Bounty, Supreme in all Thy Existence, and in essence One.

O God, Mightiest among the mighty, most Wise and All-knowing, Creator, Nourisher and Protector of all, Merciful and Forgiving, Almighty in Thy Perfect Judgement, I thank Thee, for Thou hast, in thy Might and Wisdom, manifested Thyself through the Amesha Spentas and through Thy many wonderful Powers seen in the Glorious Heavens, the revolving Universe, the radiant Sun, the luminous Moon, the Stars - potential worlds - in Air, Wind, Water, Fire, the Earth with all its bounty, and in Man.

I worship Thee, O Mazda Ahura, for Thou hast made Man superior to all Thy creatures in investing him with the gifts of speech and a creative mind, by virtue of which he has triumphed over all that is not good.

I bow to Thee, All-knowing One, for giving us the religion of Zarathushtra to bring peace on earth, Thou hast given us innate wisdom

to rule over Thy Creation, and sent Thy message through Man's Saviour - Zarathushtra - that Man's redemption comes through his own efforts.

O God, to fulfil thy wish and Thy Command, I accept, meditate upon, speak and act according to the principles of my faith. May I remain steadfast in righteousness and turn away from all my weaknesses. May I purify my inner self through thought, word and deed, mind, intellect and wisdom.

To glorify Thee, O God, I shall worship Thee with good thoughts good words, and good deeds and so open wide the path of Light, dispelling all darkness, whereby I may reach Thee.

Praise be to Thee, O Merciful God, who blesseth all who follow Thee, and all who turn away from Thee, by redeeming them from harm. Glory be to Thee and Thy entire Creation, fashioned in Eternal Goodness. "Praise be to Thee, Mazda Ahura, Mightiest and All-knowing. I worship Thee and Thy manifestations, the Amesha Spentas. Help me to overcome all that is not good in me."

(Repeat from " to "3 times).

(Recite the Ashem Vohu once)

Doa Tandarosti. (in Pazend)

Glory be to God.

I pray to Thee, O Merciful One, All-forgiving
and Compassionate

(Recite the Ahuna Vairya twice).

Thou blesseth a long life with good health.
May the glory of the Righteous ever shine
brightly. May Thy manifestations, in the
heavens and on earth, and through the
Amesha Spentas, be a witness to my offerings
to Thee. May my prayers bear fruit and may
the religion of Zarathushtra be an eternal
source of joy to Mankind.

O God, Creator of the Universe, grant
to all who are present, as well as to _____
(say the names of your loved ones) long life,
health and happiness for many years to
come. Bless us all, O Divine One. May the
years to come be auspicious and the days
joyous and the months blessed. May the
Spirit of Righteousness be all-pervading. May
we be blessed with good health and may
we be full of good thoughts, words and deeds.

May my prayer be fulfilled.

(Recite the Ashem Vohu once)

Namaskar Char Dishano

O God, I repent and cast aside all my weaknesses.

I bow before Thy cities and fields, before forests and flowing waters and burning fires, before all Thy Creation, - the wind, the stars, the moon and the sun and above all, I bow to Thee, Eternal Light, Holy Spirit shining bright in the hearts of all righteous men and women.

(Recite the Ashem Vohu once, Ahmai Raeshcha, Hazangrem, Jasa-me-Avanghe Mazda, Kerfeh Mazda)