

[BAJ BEFORE MEALS]

(Pazand)

ba nāme yazdē,¹

**baxshāyandēh² baxshāyēshgarē³
meherbān⁴ ahurmazd⁵ xōdāy⁶**

Avestan

**ithā⁷ āt⁸ yazamaidē,⁹
ahurem mazdām¹⁰ ye¹¹ gāmcā¹²
ashemcā¹³ dāt,¹⁴
apascā¹⁵ dāt¹⁶ urwarāscā¹⁷
vanguhīsh,¹⁸
raocāscā¹⁹ dāt²⁰ būmīmca,²¹
vīspācā²² vohū.²³**

ashem vohū...(3).

(after meal:)

ashem vohū...(4).

yathā ahū vairyō...(2).

ahmāi raēshca

hazangrem ...

jasa-mē ...

(kerba mazhd...)

(Avestan) (Āfrin E Paigamber
Zarathoshti)

**atha³⁵ jamyāt³⁶
yatha³⁷ āfrīnāmi.³⁸**

ashem vohū.....

[BAJ BEFORE MEALS]

(English Meaning)

*In the name of God¹ and with His
help*

(I begin to recite this prayer)

Thus here⁸ we revere⁹ Hormazd⁵

*(who is) the Lord⁶ the bestower of all
good things,² the forgiver of sins³
and loving.⁴*

Thus here⁸ we revere⁹

*Ahura Mazda¹⁰ who¹¹ created the
animals¹² and grain,¹³
who created¹⁶ water¹⁵ and good¹⁸
vegetation,¹⁷*

*who created²⁰ stras¹⁹ and the earth,²¹
(over and above these) all other²²
good things.²³*

ashem vohū...(3).

(after meal:)

ashem vohū...(4).

yathā ahū vairyō...(2).

ahmāi raēshca

hazangrem ...

jasa-mē ...

(kerba mazhd...)

*May it be¹⁸ so¹⁷
just as¹⁹ I pray²⁰*

ashem vohū.....

[Baj when answering the
call Of nature]

Persian

guneh¹ shkaste² sad hazar bad³

yathā ahū vairyō....

(Here perform the natural function) ashem vohū...(3).

[(Yasne Ha 35.2)]

>> humatanām¹ hūxtanām²
hwarshtanām³
yadacā⁴ anyadacā⁵
verezyamnanām⁶
vāwerezanānām⁷
mahī⁸ aibī-jaretārō⁹
naēnaēstārō¹⁰
yathanā¹¹ vohunām¹²
mahī. <<(2)¹³

[(Yasne Ha 35.5)]

>> huxshathrōtemāi¹ bāt²
xshathrem³
ahmat⁴ hyat⁵ aibī dademahicā⁶
cīshmahicā⁷ hwāmahicā⁸ hyat⁹
mazdāi ahurāi¹⁰
ashāicā¹²
vahishtāi. <<(3)¹³

yathā ahū vairyō...(4).

ashem vohū...(3).

[(Yesna 18.9)]

ahunem vairīm¹ yazamaide,²
ashem vahisstem³ sraēsstem⁴
ameshem spentem⁵ yazamaide.⁶
yenghē¹ hātām² āat³ yesne⁴ paiti⁵
vanghō⁶
mazdā ahurō⁷ vaēthā⁸ ashāt⁹
hacā¹⁰
yānghām¹¹ tāscā¹² tāscā¹³
yazamaide.¹⁴

[Baj when answering the call
Of nature]

May sins¹ be smitten² a hunderd
thousand times³

yathā ahū vairyō....

(Here perform the natural function) ashem vohū...(3).

[(Yasne Ha 35.2)]

Just as¹¹ we are¹³ (the praisers and
meditators) of good men¹² (in the
same way) we are⁸
the praisers⁹ and mediators¹⁰ of the
doers⁶
of good thoughts,¹ of good words,² of
good deeds,³
for this world⁴ and for the world
beyond,⁵ and of those who have
performed (good deeds) in the past.⁷

[(Yasne Ha 35.5)]

(May there) verily² (be) sovereignty³
for the best ruler¹ (Hormazd)!
We devote our mind to⁶
(or engage in the service of)⁶
Hormazd¹⁰⁻¹¹ who⁹ (Himself) is the
best¹³ righteous.¹²
We acknowledge⁷ (Him)
and regard Him as our own.⁸

yathā ahū vairyō...(4).

ashem vohū...(3).

[(Yesna 18.9)]

We praise² Ahunwar,¹
We praise⁶ Ardibehest³
(who is) the most surpassing⁴
Ameshaspand.⁵
Among the living beings²
whoever¹ (is) better⁶
in acts of worship,⁴⁻⁵
(of which) Ahura Mazda⁷ (Himself)
is aware,⁸
on account¹⁰ of their holiness,⁹
all such¹¹ men and¹² women¹³ do we
revere.¹⁴

ashem vohū...
2.

ashem vohū...
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