

**In the words of  
Ashô Zarathushtra**





**In the words of  
Ashô Zarathushtra**

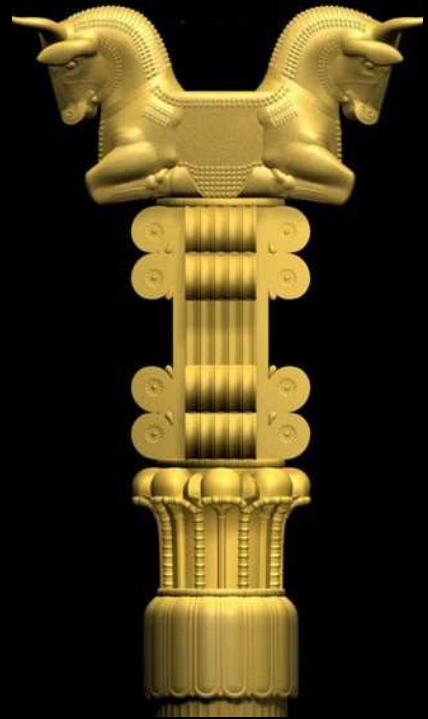
This book contains selective verses from the Holy Gathas that are meant to be recited by every true Zarathushti to invoke Blessings from the Almighty Ahura Mazda. Praise be to HIS name, who always was, always is, and always will be!

Er. Jal Dastur  
Er. Faredoon H. Dastur  
December 2018



*"As never before, I shall  
weave my songs for Thee,  
O Mazda Ahura!"*

*(Ahunuvaiti Gatha: Yasna Ha 28)*



Ahyâ ýâsâ nemanghâ  
ustâna-zastô  
rafedhrahya  
manyêush Mazdâo  
pao-urvîm speñtahyâ  
Ashâ vîspêñg  
shyaothanâ  
Vanghêush khratûm  
Mananghô ýâ  
khshnevîshâ  
Gêushchâ Urvânem.



Yasna Ha 28.1 (Eng.)

In humble adoration, with hands  
outstretched, I pray to You,  
O Mazda! First of all, through  
Your Holy Spirit, grant Me  
All Righteousness of action,  
all Wisdom of the Good Mind,  
that I may thereby bring joy to  
the Soul of Creation.



Ýê vâo Mazdâ Ahurâ  
pairî-jasâi Vohû  
Mananghâ ma-ibyô  
dâvô-i ahvâo  
astvataschâ hyatchâ  
mananghô âyapatâ  
ashât hachâ ýâ-ish  
rapeñtô daidît  
khvâthrê.





○ Ahura Mazda, by virtue of  
the Good Mind,, may I reach  
Your Presence.

I am eager to behold Your  
vision in the worldly life,  
and also in the spiritual one  
where You reside.

Grant Your Blessings to Your  
devotees who are  
Pure and Truthful.

Grant us Happiness with Your  
Heavenly Light, to lead our life,  
Blissful and Bright!





Ýê vâo Ashâ ufayâni  
Manaschâ Vohû  
apao-urvîm  
Mazdãmchâ Ahurem  
ýaê-ibyô  
khshathremchâ  
aghzaon-vamanem  
varedaitî Ârmaitish,  
â-môi rafedhrâi  
zavêñg jasatâ.

Yasna Ha 28.3 (Eng.)

○ Ahura Mazda, I dedicate to  
You, the Truth and Wisdom of  
the Good Mind, as I sing My  
Hymns of Praise and Devotion to  
You, as never before.  
It's through Your Grace that one  
attains, Perfect Wisdom and  
Heavenly Wealth. Hear My call  
and grant Your Bliss, and for My  
rejoicing, may You come  
towards My acts of worship!





**Ýê urvânem mênñ  
gairim Vohû dadê  
hathrâ Mananghâ  
ashîshchâ  
shyaothananãm  
vîdush Mazdâo  
Ahurahyâ ýavat isâi  
tavâchâ avat  
khsâi aêshê ashahyâ.**

I am aware of Your Blessings,  
O Ahura Mazda, the ones that  
are bestowed for performing  
deeds that are approvable to  
You. Confer upon Me the  
Grace and Power of the Good  
Mind, so that I ascend to the  
Highest Heaven. As long as I  
have strength and power,  
I will teach others to abide by  
the desire of the Truth.





**Tat môi vîchidyâi  
vaochâ hyat môi Ashâ  
dâtâ vahyô, vîduyê  
Vohû Mananghâ  
mêñchâ, daidyâi  
ýehyâ-mâ ereshish,  
tâchît Mazdâ Ahurâ  
ýâ nôit vâ anghat  
anghaitî vâ.**

Yasna Ha 31.5 (Eng.)

○ Ahura Mazda! Reveal to Me,  
that I may know what You have  
ordained as the better path for  
Me to follow, in accordance with  
the Truth. Declare to Me through  
the Good Mind, that I may know  
and feel dignified in whatever  
Good befalls on Me. Whatever  
comes at Your command is best  
for Me – whether it be  
reward or otherwise.





**Ýastâ mañtâ  
pao-uruyô,  
raochêbîsh rôithwen  
khvâthrâ; hvô  
khrathwâ dãmish,  
ashem ýâ dârayat  
Vahisitem Manô tâ  
Mazdâ mainyû  
ukhshyô, ýê â  
nûrêmchît Ahurâ  
hâmô.**



**Yasna Ha 31.7 (Eng.)**

Who, but Ahura Mazda is the  
first Great Thinker, whose  
brilliance has mingled with the  
boundless Lights of Heaven!  
Who, but Ahura Mazda, is the  
Creator of both, the corporeal  
and the spiritual worlds;  
and who through His  
omniscient Wisdom, upholds  
the Truth and the Good Mind!  
O Divine Ahura Mazda! You  
have always remained the same.  
Do brighten Your Light within us,  
through Your Spirit!





**At thwâ mēñgahî  
pao-urvîm Mazdâ  
ýezûm stôi  
mananghâ,  
Vanghêush patarêm  
Mananghô hyat  
thwâ hêm chashmainî  
hēñgrabem haithîm  
ashahyâ dāmîm  
anghêush Ahurem  
shyaothana-êshû.**

Ever since I have held You,  
O Ahura Mazda, in My Eye,  
I have always regarded You,  
as the First of All;  
as worthy of worship  
with Pure Thought;  
as the Father of the Good Mind;  
as the real origin of Truth;  
and as the Lord over all  
actions of this world.



Ýê thwat Mazdâ  
asrushtîm akemchâ  
manô ýazâi apâ;  
khvaêtê-ushchâ  
tarêmaidîm  
verezêna-hyâchâ  
nazdishtãm drujem  
aîrya-manaschâ  
nadeñtô, gêuschâ  
vâstrât achishtem  
mañtûm.



I, who by praying and  
worshipping You,  
O Ahura Mazda, will drive  
away disobedience, lies, bad  
thoughts, deceit, immense  
carelessness and  
bad behaviors of all kinds.



Ýastê

vîspê-mazishtem

Sarao-shem zabayâ

avanghânê;

apânô daregô-iyâitîm

â-khshathrem

Vanghêush

Mananghô ashât â

erezûsh pathô

Ýaêshû Mazdâo

Ahurô shaêti.



○ Ahura Mazda! I call for You,  
with My appeal to gain help  
from Sarosh Yazad, the most  
excellent amongst all Yazads.  
In the domain of Good Thought,  
do Bless Us, so that We may  
live a long life, with no evil  
thoughts entering Our minds;  
do help Us to tread the narrow  
path of Virtue, through  
Righteousness, and help Us  
reach where You,  
○ Ahura Mazda  
Reign Supreme.





Â-mâ âidûm Vahishtâ  
Â khvae-thyâchâ  
Mazdâ dareshatchâ  
Ashâ Vohû Mananghâ  
yâ sruyê parê  
maga-onô;  
âvish-nâo añtare  
hêñtû  
nemakhvaîfîsh  
chithrâo râtayô.



Come unto Me,  
O Ahura Mazda, and teach  
Me whatever is Best for Me.  
I am known to be steadfast in  
the Religion, on account of the  
Truth and the Good Mind.  
We wish that Our humble  
prayer with earnest request  
be accepted by You.  
Accept the offerings of Our  
prayer, O Ahura Mazda,  
we have no other gifts  
to offer to You.





**Ýê sevishtô Ahurô  
Mazdâoschâ  
Ârmaitishchâ,  
Ashemchâ  
frâdat-gaêthem  
Manaschâ Vohû  
Khshathremchâ,  
sraotâ-môi  
merezhdâtâ-môi  
âdâi kahyâichît paitî.**

You, who are the most  
beneficent, Ahura Mazda;  
and You, who is the gracious  
Righteousness; and You,  
who is the Truth, bringing  
prosperity to the world;  
and You, who is the  
Divine Strength from the  
Good Mind, do hear My  
request and prayer, and  
have mercy upon Me  
for My every deed.





**Us-môi uzâreshvâ  
Ahurâ Ârmaitî  
tevîshîm dasvâ,  
Spênishtâ Mainyû  
Mazdâ, vanghuyâ  
zavô âdâ, Ashâ hazô  
êmavat Vohû  
Mananghâ feseratûm.**

Unfold Yourself within me,  
O Ahura Mazda. Grant me  
the strength of character  
through Right-Mindedness.  
Through the Holiest Spirit,  
O Lord, grant me Goodness  
as a reward for my prayer.  
Grant me a life full of vigour  
through Truth, and may the  
Good Mind look after me.





**Ýezî athâ stâ haithîm  
Mazdâ Ashâ Vohû  
Mananghâ, at tat môî  
dakhsstem dâtâ  
ahyâ anghêush vîspâ  
maêthâ, ýathâ vâo  
ýazemanaschâ  
urvâî-dyâo stavas  
ayenî paitî.**

○ Ahura Mazda, since You are  
the symbol of total Righteousness  
and the Good Mind, do grant  
Me this token, even a total  
reversal of this earthly life, so  
that I may come before You  
again more joyfully, with  
dedicated worship and  
glorifying praise.





**Mazdâ at môi  
Vahishtâ sraavâoschâ  
shyaothanâchâ  
vaochâ tâ-tû Vohû  
Mananghâ Ashâchâ  
ishudem stûtô  
khshmâkâ khshathrâ  
Ahurâ Farashêm  
vasnâ haithyêm dâo  
ahûm!**



○ Ahura Mazda, teach Me  
whatever words and deeds are  
best and noblest. Make My life  
express the yearnings and  
prayers of My Heart, through  
love for My fellow-man, and  
through the search for the Truth.

Renew My Life,  
○ Ahura Mazda,  
through the strength to serve,  
and make it as You truly wish!



**Ushtâ ahmâi ýahmâi  
ushtâ kahmâichît  
vasê-khashayãns  
Mazdào dâiyât Ahurô  
utayûitî tevîshîm gat  
tôi vasesmî ashem  
deryâyî tat môi  
dào Ârmaitê râyô  
ashîsh vanghêush  
gâm Mananghô.**



Yasna Ha 43.1 (Eng.)

May Ahura Mazda grant Light  
and Happiness unto him,  
through whom Happiness  
comes to others. For progress,  
and for upholding the  
Eternal Law of Truth,  
I humbly pray for Life-renewed  
and Strength of Soul.  
O Righteousness, do grant me  
the Blessings of Divine  
Splendour, and mould our lives,  
as the Good Mind directs.



At thwâ mēñgahâi  
takhmemchâ Speñtem  
Mazdâ, hyat tâ zastâ  
yâ-tû hafshî avâo ýâo  
dâo ashîsh dregvâitê  
ashâunaêchâ  
thwahyâ garemâ  
Âthrô ashâ-aojanghô  
hyat môi Vanghêush  
hazê jimat  
Mananghô.



Yasna Ha 43.4 (Eng.)

○ Ahura Mazda! I know You as both, Divine and Strong, when from Your Hands, we gain our hearts' desires; when You lend a helping hand to both, false and true, then Your Flame shall brightly shine in My Heart, My Soul shall feel the might of Your Truth, and the Strength of the Good Mind shall be mine!



At tû môi dâish Ashem  
hyat mâ zaozaomî,  
Ârmaitî hachimnô ît  
ârem; peresâchâ nâo  
yâ tõi êhmâ parshtâ,  
parshtêm zî thwâ  
ýathanâ tat  
êmavantãm; hyat  
thwâ khasha-yãns  
aêshem dyât  
êmavañtem.



Do guide Me to the Truth  
that I have ever yearned for  
so much, O Ahura Mazda.

I have also been fully  
loyal to Righteousness.  
Question us now, and test us,  
that we may prove our  
Faith for the Religion. Your  
testing shall sort out the brave,  
as every question asked by You  
gives us courage. Your testing is  
as it were the mark of the  
Strong, for through You, the  
Ruler of men is rendered  
Supreme and Strong.



**Atachâ ahmâi varenâi  
Mazdâ nidâtem  
Ashem sûidyâi  
takaêshâi  
râshayenghê  
drukhsh;  
tâ Vanghêush sarê  
îzyâi Mananghô,  
añtarê vîspêñg  
dregvatô hakhmêñg  
añtarê mruyê.**





Indeed, it is laid down  
by Ahura Mazda,  
as a choice for all:  
The teaching that Truth  
shall prevail, and that  
untruth shall be frustrated.  
I would therefore ask to unite  
with the Good Mind,  
and prohibit all association with  
the followers of untruth.





**At vâo ýazâi stavas  
Mazdâ Ahurâ hadâ  
Ashâ Vahishtâchâ  
Mananghâ  
khshathrâchâ, ýâ îshô  
stâ-ongahat â-paithî,  
âkâo aredrêng  
demânê garô  
Sarao-shânê**

And chanting praises,  
I would worship You,  
O Ahura Mazda,  
with Truth, Strength and  
the Good Mind, so that I,  
the aspirant, may stand upon  
the path, eager to catch the  
notes of Your devotees' song,  
from Your High Abode.



Ârôî-zî khshmâ Mazdâ  
Ashâ Ahurâ hyat  
ýûshmâ-kâi  
mãnthrânê  
Vaorâ-zathâ;  
aibî-dereshtâ  
âvîshyâ avanghâ,  
zastâ-îshtâ ýâ-não  
khvâthrê dâyat.



From realms above,  
O Ahura Mazda,  
Blessings pour down upon  
Your singer's head.  
Here, promised Blessings  
come in the shape of help;  
this is Your gesture, answering  
My song, and this helps lift Me  
upwards, towards Your Light!





**Mat vâo padâish yâ  
frasrûtâ îzha-yâo  
pairi-jasâi Mazdâ  
ustâna zastô,  
at vâo ashâ  
aredrakhyâchâ  
nemanghâ at vâ  
Vanghêush  
Mananghô  
hunaretâtâ.**

With chants that come from  
well within My Inner-Being,  
with hands uplifted, I beg that,  
I, Your humble devotee,  
come closer to You with the  
help of Truth, and through the  
wondrous Wisdom of  
the Good Mind.





**Tâish vâo ýasnâish  
paitî-stavas ayenî,  
Mazdâ Ashâ  
Vanghêush  
shyaothanâish  
Mananghô; ýadâ  
ashôish makhayâo  
vasê khashayâ, at  
hudânâush ishayãns  
gerezdâ khvyêm.**



Chanting these hymns, I may  
return to You, made wise  
through deeds of love,  
O Lord of Truth!  
I would thus realize My destiny,  
as I am eagerly yearning to  
attain Your Wisdom, which is  
Ancient and Supreme.





**At vê staotâ aojâi  
Mazdâ aonghâchâ,  
ýavat Ashâ tavâchâ  
isâichâ, dâtâ  
anghêush aredat  
Vohû Mananghâ  
haithyâvareshtãm  
hyat vasnâ  
ferashôtemem.**

And I would consider Myself to  
be, and will be, Your praiser,  
○ Ahura Mazda, as long as  
through Truth, I exercise the  
Power and have the Will.  
Through the Good Mind alone,  
the Laws of Life shall be fulfilled,  
and Life shall be renewed,  
as per Your Will,  
○ Ahura Mazda!





**Vohû khshathrem  
vaîrîm bâgem  
aîbî-baîrishtem,  
vîdushe-manâi,  
îzhâchît Ashâ  
añtare-charaitî  
shyaothanâish Mazdâ  
vahishtem tat nê  
nûchît vareshânê.**

Khshathra Vairya, the Divine  
Strength, is the most precious gift  
- a Blessing that was best  
conveyed from Above;  
it functions within, through Truth,  
urging the Inner-Self to serve  
mankind. The Highest shall be  
reached through deeds,  
O Ahura Mazda,  
and for that alone,  
I will strive now and always.





**Tâ-vê Mazdâ  
pao-urvîm Ahurâ  
ashâ ýechâ taîbyâchâ  
Ârmaîtê, dôishâ-môi  
ishtôish khshathrem  
khshmâkem Vohû  
Mananghâ vahmâi  
dâidî savanghô.**

Every good deed,  
○ Ahura Mazda,  
is first of all, dedicated to You,  
and to the Truth,  
and to You,  
○ Righteousness!  
Teach me the Strength of  
Your Will; and to Your true and  
faithful devotees, grant us all,  
the salvation that the  
Good Mind brings.





**Dâidî-môi yê gãm  
tashô apaschâ  
urvarâoschâ  
Ameretâtâ Haurvâtâ  
Spênishtâ Mainyû  
Mazdâ tevîshî  
uta-yûitî Mananghâ  
Vohû sêngahê.**



○ Ahura Mazda,  
Creator of our Mother Earth,  
and the Waters, and the Plants -  
do grant me  
Perfection and Immortality,  
through Your Holy Spirit.  
Grant me the strength of Soul  
and renew my Life,  
through the Good Mind,  
as revealed in Your Teachings.





**Ârmatôish nâ speñtô  
havô chistî ukhdhâish  
shyaothanâ daênâ  
ashem spênvat,  
Vohû khshathrem  
Mananghâ, Mazdâo  
dadât Ahurô,  
têm vanguhîm  
ýâsâ ashîm.**

The worshipper of Righteousness  
is ever so pure –  
his mind, his words, his deeds,  
his Inner-Self promotes Truth.  
Through the Good Mind  
and Divine Strength,  
may Ahura Mazda pour  
His Blessings on to that man.  
For all these glorious Blessings,  
I do pray!



Vahishtâ îstish srâvî  
Zarathushtrahê  
Spitâmahyâ ýezî hôi  
dât âyaptâ, ashât  
hachâ Ahurô Mazdâo  
ýavôi vîspâi â  
hvanghevîm;  
ýaêchâ hôi daben  
sashkâñchâ  
daênayâo vanghuyâo  
ukhdhâ  
shyaothanâchâ



Our Prophet, Zarathushtra Spitama's every wish has been fulfilled, for He has been bestowed by Ahura Mazda, with a Holy Life through All Eternity. Those who had opposed the Prophet, even they have learnt to respect the teachings of His Faith, and follow this Good Religion, in every act.







