

Hamā Anjuman Prayers for Naurooz In English, Farsi and Gujarati



Haft Sheen Tables for Naurooz

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with the help of
FEZANA Naurooz Planning Committee

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History and Practice of Naurooz

Long long time ago, King Jamsheed of the Iranian Peshdadiyan Dynasty founded the festival of Naurooz (meaning “new day” in Persian) to celebrate the coming of spring after the cold, dark winter. If you recall that in those times Iran was a pastoral community, and this festival marks the triumph of good over evil with light literally defeating darkness as Naurooz falls on the Vernal Equinox, when night equals day, and subsequently the hours of daylight increase. Today, Naurooz is celebrated the world over by people influenced by pre-Islamic Iranian culture. What makes Naurooz unique is that it is the only holiday celebrated by several religious communities in various countries. Among the best-known customs of Naurooz is the Sofreh Haft-sheen/seen, or spread with seven gifts of Nature with names beginning with the Farsi letter “sheen” or “seen”. A week or so before the holiday, grains of wheat and lentils are placed in bowls to sprout into a mass of greenery, symbolizing growth. The table is also laden with fruit, nuts, sweets and snacks, candles, and the holy book, the Khordeh Avesta for Zoroastrians. A bowl with goldfish and a basket of colored eggs, indicating new life, are also placed on the table. Custom dictates that visitors who come to share the holiday with you should be sprinkled with fragrant rosewater and asked to look into a mirror to make a wish. Some say that this ritual symbolizes that you smell as sweet as roses and shine as bright as a mirror throughout the new year.

History and Practice of Naurooz

The Haft-Sheen table symbolizes the holiday spirit in much the same way the Christmas tree promotes a special festive mood and the table is kept replenished for thirteen days.

To the Zoroastrians, the sixth day is called the “Naurooz Bozorg” or “greater Naurooz” as it is celebrated as the birthday of Holy Zarathushtra.

Nowadays in Iran, the celebrations end on the thirteenth day, Seezdah Bedar, with people going for a picnic by streams and rivers. The sprouted lentils are thrown into running water, carrying away the bad luck of the previous year.

(Acknowledgement: Above compiled from various Naurooz writings from Internet)

The Haft-Sheen/Seen spread contains seven specific things together with a number of additional items on the Sofreh that will signify renewal, happiness, wealth, good health or any thing that you desire for the New Year.

Here are these items:

Haft Sheen/Seen Sofreh (spread) for Naurooz

Sofreh Haft-Sheen

This table has items beginning with the Farsi letter “sheen”. This is the original custom of the Iranian Zoroastrians.

1. *Sherab . (wine)*
2. *Sheer . (milk)*
3. *Sherbet Naranj . (orange juice)*
4. *Shagufeh . (buds)*
5. *Shama . (candle)*
6. *Shakar . (sugar)*
7. *Shahed . (honey)*

Sofreh Haft-Seen

This table has items beginning with the Farsi letter “seen”. This is the custom adopted by the Islamic people so as not to include “Sherab” or wine.

1. *Samanu - a sweet pudding made from wheat germ, symbolizes wealth.*
2. *Seer . (garlic) represents health.*
3. *Seeb . (apple) represents beauty*
4. *Somaq . special berries that represent the color of the sun rise,*
5. *Serkeh . (vinegar) represents maturity and patience*
6. *Sonbol - the hyacinth flower with its strong fragrance heralds the coming of spring*
7. *Sekkeh . (coins) represent prosperity and wealth.*

Page Arrangements of English, Farsi/Persian and Gujarati Prayers

At first, we compiled all prayers that can be included in the Naurooz Prayer. This resulted in a PowerPoint Presentation with 149 slides. After that, we had to trim the length so as to keep the total time of the prayer within 20 minutes. This presentation with 39 slides is the result of this trimming. The 149 slides Prayer can be obtained from Ervad Soli P. Dastur (dastur@comcast.net).

All the participants (Hamā Anjuman) are required to recite all prayers together with Mobeds (Hamā Anjuman Participation).

Since most of the prayers are in Avesta/Pazand, Gujarati, Farsi with their English/Farsi interpretations, one suggestion was to include all three language prayers with English translation on one page. This, however, reduces the font size of the printed prayers on a page so small that they may be difficult to read for many elderly people. We have worked with a number of printing arrangements and finally decided to print it in Landscape format with Avesta Prayer in English transliteration on left page with its English interpretation, and prayer in Farsi with its Farsi interpretation on the right page, followed by prayer in Gujarati with its English interpretation on the left side of the next page and to even out the printing, we have printed the next Gujarati prayer with its English interpretation on the right page. This is followed by the next prayer again in English on left and Farsi on the right pages. We hope that this will be helpful to all of us praying together.

Acknowledgements

We like to acknowledge valuable and timely help from a number of people to compile this Naurooz Prayer. Special thanks goes to Dastoorji Dr. Feroze M. Kotwal, Dastoorji Dr. Peshotan H. Mirza, Mobed Mehraban Firouzgary, Ervad Dr. Ramiyar Karanjia, Ervad Dr. Jehan Bagli, Rastin Mehri, Joseph Peterson and his website, www.avesta.org, The Zarathushtrian Assembly website, K. R. Cama Oriental Institute staff, Rustom Kevala, Homi Gandhi, and many others.

Their encouragements and suggestions made this Prayer Book possible.

Front Cover Photos Credits:

i) Left Haft Seen Table: Orlando Group Naurooz (Photo by Soli P. Dastur)

ii) Right Haft Seen Table:

from website: <http://travel.webshots.com/photo/1034186748010978719tcGdTO>

Back Cover Photos Credits (Clockwise from upper left):

i) Jimmy Mistry's daughter's Navjote on February 16th 2007 at the J.D. Colaba Agiary with 105 Mobeds participating on the stage with a replica of the Persepolis surrounding them. (Photo by Soli P. Dastur)

ii) A unique painting of Afargaanyu and all its implements found at the Il Palazzo Resort in Panchgani (Photo by Soli P. Dastur)

iii) Fareshta Prayers with 3 pairs of Mobeds in Mumbai (Photo by Jo Ann Dastur)

iv) Zoroastrian Society of Ontario (ZSO) Children singing Monajat at the Toronto 2007 NA Zoroastrian Congress (Photo by Soli P. Dastur)

English/Farsi Interpretations

The English interpretations given in these prayers are obtained from various Prayers translations sources available, including some that I have taken liberty to translate from their Gujarati translations like that of the Chithrem Buyāt prayer. English Interpretations of these translations are an attempt to express the meaning of these prayers in the current context. We owe tremendous debt to Mobed Mehraban Firouzgary of Tehran for Farsi Prayers and Interpretations. Later on, Mr. Rastin Mehri, an S.O.A.S. Student of Dr. Almut Hintze, transformed these Farsi Prayers and Interpretations in a WORD Format, for easy manipulations, for which we are truly indebted.

Guidelines for Nomenclature

It is important to pronounce each word of our Prayers in their original pronunciations. Avestā and Pāzand Prayers have unique letter ā pronounced as a in father. Also, they have ã pronounced as aan as in Mānthra. We have tried to incorporate these letters wherever required.

Naurooz Prayers

The following attached Naurooz Prayers have been compiled to give suggestions to all FEZANA Associations to have a common Naurooz Prayer during the Naurooz Celebrations. The prayers have been taken from different sources and attempt is made to make them relevant for the Naurooz Festival representing the Persian New Year, signifying the start of the spring, and the march of Sun from the Southern to the Northern hemi-sphere.

A brief description of these prayers is given here:

Prayer 1: Yasna 1.1

This prayer is the beginning of the Yasna Ritual, starting with the name of Ahura Mazda and HIS many epithets. We have changed the original ending “mi” meaning “I” to “mahi” meaning “We” in the first two words to be more appropriate for the occasion, in this and the next prayer.

Prayer 2: Gāhambār Āfringān and Visperad 1.2

This prayer is taken from the “khshnuman” of the Gāhambār Āfringān and Visperad 1.2. It is one of the few places where the Naurooz season is mentioned indirectly with the reference to the sixth Gāhambār Hamaspathmaedem. We have also included the other 5 Gāhambārs in it just to complete the picture of the 6 Zarathushtri festivals during a year, together with the unique importance of each Gāhambār season.

Naurooz Prayers

Prayer 3: Yasna 37.1 - “Jamwāni Bāj”

The 3rd prayer is the first para of Yasna 37. It is the famous “Jamwāni Bāj” (Prayer at the meal) which we Zarathushtris are supposed to pray before taking our meals, to thank Ahura Mazda for HIS many bounties to us.

Prayer 4: Yasna 42 – A supplement to the 7 chapters of Yasna Haptanghāiti

The 4th prayer is from Yasna 42, paras 1,2,3 and 6. It is a beautiful little prayer praising Ahura Mazda’s wonderful creations in nature, an appropriate prayer for Naurooz.

Prayer 5: PĀZAND Chithrem Buyāt Prayer

This is a Pāzand Prayer containing beautiful blessings for the home, family and the upholders of the Zarathushtri religion.

Naurooz Prayers

Prayer 6: Yenghe Hātām Prayer

This prayer is one of the three pillars of our religion. It states that Ahura Mazda knows all those, women and men, who have done good deeds in this world.

Prayer 7: Vainit Ahmi Nmāne Prayer

This prayer is from the Avesta Tandoorasti Prayer (Tāo Ahmi Nmāne). It wishes that in this place of the Naurooz Prayer, may five virtues overcome their counterparts.

Prayer 8: Humatanām Prayer

We end the Naurooz Prayer with this beautiful Humatanām prayer in which we praise all good thoughts, words and deeds, performed anywhere in the world anytime in the past and present.

Hamā Zor Greeting

At the end of it all, we suggest that ALL participants perform the familiar Hamā Zor Greeting. It is explained in the last page of this booklet.

Some Ground Rules to follow:

- 1. This Naurooz Prayer is to be performed in a gathering of all people to make them aware of our Naurooz traditions, Religion, and community. We should be cognizance of the attention span of all involved and requesting all present to participate in all prayers (Hamā Anjuman Participation) will help.**
- 2. It should be about 20 minutes long with Prayers and their English interpretations recited by all attendees.**
- 3. A copy of the prayers and their interpretations (this booklet) should be given to all.**
- 4. A full complement of items used in our regular Jashan Ceremony is recommended to be included on carpet and white chaadar, on a stage or a table, including Afargaanyu with aatash (if allowed), floating deevo (in a Zarathushtri motif enclosure with the engraving of Zarathushtra or Farohar. Simple candle should be avoided), fruits, flowers, malido/ravo, and nuts.**
- 5. At least 2 priests in their full priestly dress including Paaghdi, Jaamo, Pichhodi, and Padaan. If not available, a young volunteer can be used as a temporary Mobedyar with preferably white dagli and pants and topi.**
- 6. Traditional Parsi/Irani dress for men in white dagli and pants and Parsi/Irani topi and for women in sarees is encouraged.**
- 7. Overhead Projection of this PowerPoint Slide Presentation of all prayers is highly desirable and is suggested if possible.**

Final Thoughts

This Naurooz Prayer is an humble attempt to compile a meaningful prayer for FEZANA organizations. We hope that the NAMC Mobeds use this as a starting point for the Naurooz Prayer in their Naurooz Celebrations. As diverse as our little community is in North America, I am sure that there will be many local variations suggested and adopted by many Mobeds and Organizations. We should encourage such variations and if possible, incorporate them.

Prayer 1: Hail To Ahura Mazda (The Wise Lord)!

AVESTA

Nivae-dhaye-mahi,
Hankā-raye-mahi,
Dathusho Ahurahé mazdāo!
Raé-vato Khare-nangh-hato,
Mazish-tahécha, Vahish-tahécha,
Sraésh-tahécha.
Khraozh-dish-tahécha,
Khrathvish-tahécha,
Hukerepte-mahécha,
Ashāt apano-temahécha!
Hudhāmano Vouru-rafnangho,
Yo no dadha, Yo tatasha,
Yo tuthruyé,
Yo mainyûsh Spento-témo.

ENGLISH INTERPRETATION

We announce and perform our prayers in honour of Ahura Mazda, the Creator, the radiant and the glorious, the greatest and the best, the most beautiful, the most firm, the wisest, the most perfect, and very well known in righteousness.

One who is full of wisdom,
Who spreads happiness very far,
Who has created us and given us sustenance and
Who increases the prosperity of all.

Prayer 1: Hail To Ahura Mazda (The Wise Lord)!

AVESTA

نیوئِه دهیه مَهِ، هَنکا ریه مَهِ، دَتوُشو اهورهه مزداو، رِئِه
وَتو خرننگهتو، مزیشتهجه، وهیشتهجه، سراس تهجه، خراوز
دیش تهجه، خرثویش تهجه، هُو کرپتمهجه، اشات اپنوتمهجه،
هودامنو واروف ننگهو، یونو ددهه، یوتتسه، یو ترویه،
یومنیوش سپنتوتمو.

FARSI INTERPRETATION

نوید میدهیم برای گزاردن آیین ستایش، برای آفریدگار
اهورامزداى شکوهمند و رایومند و فرهمند که بزرگترین،
بهترین، استوارترین، خردمندترین و برازنده ترینست. در پاکی
و اهلائی برترین، نیک منش ترین و خردمندترین، آنکه مارا
آفرید، آنکه مارا جامه هستی پوشانید و پرورانید.

Prayer 1: Hail To Ahura Mazda (The Wise Lord)!

AVESTA

निवये-धयेमहि, हुन्डा-रयेमहि,
दथुषो अहुरेहे मज्जदाओ,
रयेवतो जरेनँधुहो,
मज्जितहेय, वहिश्तहेय,
अयेश्तहेय, अओज्जितिशतहेय,
अथ्विशतहेय, हुकेरेप्तेमहेय,
अषात् अपनोतेमहेय!
हुधाओमनो वोउरू रङ्गनँधुहो,
यो नो दध, यो ततष, यो तुथ्रुये,
यो मर्धन्युश् स्पेन्तोतेमो.

ENGLISH INTERPRETATION

We announce and perform our prayers in honour of Ahura Mazda, the Creator, the radiant and the glorious, the greatest and the best, the most beautiful, the most firm, the wisest, the most perfect, and very well known in righteousness.

One who is full of wisdom,
Who spreads happiness very far,
Who has created us and given us sustenance and
Who increases the prosperity of all.

Prayer 2-1: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

નિવએ-ધયેમહિ, હન્ડા-રયેમહિ,
રથ્વો બેરેજતો યો અષહે,
રથ્વાંમ્ અયરનાંમ્ચ અસ્ન્યનાંમ્ચ
માહ્યનાંમ્ચ યાઈરયનાંમ્ચ
સરેધનાંમ્ચ.
યોઈ હેન્તિ અષહે રતવો.

નિવએ-ધયેમહિ, હન્ડા-રયેમહિ,
યાઈરયએઈબ્યો અષહે રતુબ્યો,
નિવએ-ધયેમહિ, હન્ડા-રયેમહિ,
સરેધએઈબ્યો અષહે રતુબ્યો.

ENGLISH INTERPRETATION

We announce and perform the precise rites of the year to that lofty master Asha (Righteousness), to the masters of the daylight, and the day, and the months, and the seasons, and the years.

We announce and perform the precise rites to the yearly festivals (Gāhambārs).

We announce and perform the precise rites to Seasons.

Prayer 2-1: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Rathwo bere-zato yo asha-he.
Rathwām ayara-nāmcha,
Asnya-nāmcha, Māhya-nāmcha,
Yāiryā-nāmcha, Saredha-nāmcha,
Yoi henti asha-he rathvo.**

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Yāiri-yaē-byo, Asha-he ratu-byo.
Nivae-dhaye-mahi, Hankā-raye-mahi,
Sare-dhaē-byo, Asha-he ratu-byo.**

ENGLISH INTERPRETATION

**We announce and perform the
precise rites of the year to that
lofty master
Asha (Righteousness),
to the masters of the daylight,
and the day, and the months,
and the seasons, and the years.**

**We announce and perform the
precise rites to the yearly festivals
(Gāhambārs).**

**We announce and perform the
precise rites to Seasons.**

Prayer 2-1: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

نیوئِه دهیه مَهِ، هَنکارِیَه مَهِ، رَثوو بَرزَتویو اشاهه، رَثوام
اَیر نامچَه، اَسنیَه نامچَه، ماهیَه نامچَه، یایریَه نامچَه، سَرِدَهه
نامچَه، یوی هِنتی اشَه هِه رَثوو
نیوئِه دهیه مَهِ، هَنکارِیَه مَهِ، یایریَه بیو، اشَه رَتُویو.
نیوئِه دهیه مَهِ، هَنکارِیَه مَهِ، سَرِدَهئِه بیو، اشَه رَتُویو.

FARSI INTERPRETATION

نیایش و آفرین خوانم همه گاهان و هنگامان روز و ماه و
جشنهای سال را که رَدان و سَروران هستند و با خشنودی
ستایش میکنم و این نیایشرا به هنگام بامدادان همی سرایم

Prayer 2-2: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Yāir-yaêi-byô Asha-he ratubyô,
Mai-dhyôî-zare-mayehe
Pa-yanghô
Ashao-nô asha-he ra-thwô.**

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Mai-dhyô-shmahe
Vā-strô-dā-tain-yehe
Ashao-nô asha-he ra-thwô.**

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Paitish-hahyehe
Ha-hyehe
Asha-onô asha-he ra-thwô.**

English Interpretation

**We announce and perform the
precise rites of the (six) Yearly
festivals,
to Maidyozarem,
the milk-giver,
to Maidyoshahem,
the pasture-giver,
to Paitishahem,
the corn-giver,**

Prayer 2-2: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

نیوئه دهیه مَهِ، هِنکارِیَه مَهِ، یایرِیو اَشَه رَتوِیو،
مِدیوی زَرَمِیَه پِیَنگهو اَشونو اَشَه رَتوو.
نیوئه دهیه مَهِ، هِنکارِیَه مَهِ، مِدیوشمَه و استرو داتینیه هه
اَشونو اَشَه رَتوو.
نیوئه دهیه مَهِ، هِنکارِیَه مَهِ، پِیتیش یَهیه هه یَهه اَشونو اَشَه
رَتوو.

FARSI INTERPRETATION

نوید میدهیم گزاردن آیین ستایشرا برای گاهانبار میدیوزرم گاه (بهار)
نوید میدهیم گزاردن آیین ستایشرا برای گاهانبار میدیوشم گاه (تابستان)
نوید میدهیم گزاردن آیین ستایشرا برای گاهانبار پیتیشهم گاه
(اواخر تابستان)

Prayer 2-2: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

निवअे-धयेमहि, हुन्का-रयेमहि,
याईर्यअेईउयो अपहे रतुउयो,
मईधयोअरेमयेहे पयँधुहो
अपओनो अपहे रथ्यो,
निवअे-धयेमहि, हुन्का-रयेमहि,
मईधयोपेमहे वास्रो-दातअेन्येहे
अपओनो अपहे रथ्यो,
निवअे-धयेमहि, हुन्का-रयेमहि,
पईतिशुहुयेहे हुहुयेहे
अपओनो अपहे रथ्यो,

English Interpretation

**We announce and perform
the precise rites of the
(six) Yearly festivals,
to Maidyozaem,
the milk-giver,
to Maidyoshahem,
the pasture-giver,
to Paitishahem,
the corn-giver,**

Prayer 2-3: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

निवये-धयेमहि, हुन्डा-रयेमहि,
अयाथ्रेमहे इओ-उवैश्रे-महे
वषुनि-हृश्तहेय
अषओनो अपहे रथ्यो.
निवये-धयेमहि, हुन्डा-रयेमहि,
मईध्याईरयेहे सरेधहे
अषओनो अपहे रथ्यो,
निवये-धयेमहि, हुन्डा-रयेमहि,
हमस्पथ्-मयेदयेहे
अरेतो-उरेथनहे
अषओनो अपहे रथ्यो.

English Interpretation

(We announce and perform the precise rites of the (six) Yearly festivals,)

to Ayathrem,
the breeder,
to Maidyarem
the cold, and
to Hamaspathmaidem
(the vernal equinox),
the special time for ritual
deeds.

Prayer 2-3: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Ayā-thre-mahe
Frao-urvaêsh-tre-mahe
Varshni-harsh-tahecha
Ashao-nô asha-he ra-thwô.**

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Maidhyā-iryehē
Sare-dhahe
Ashao-nô asha-he ra-thwô.**

**Nivae-dhaye-mahi, Hankā-raye-mahi,
Hamaspāth-maê-dyehē
Aretô-kereth-nahe
Ashao-nô asha-he ra-thwô.**

English Interpretation

**(We announce and perform the
precise rites of the (six) Yearly
festivals,)**

**to Ayathrem,
the breeder,
to Maidyarem
the cold, and
to Hamaspāthmaidem
(the vernal equinox),
the special time for ritual deeds.**

Prayer 2-3: Hail To Asha (Righteousness), and the Six Zoroastrian Festivals (Gāhambārs)

AVESTA

نیوئِه دهیه مَهِ، هنکاریه مَهِ، آیاثرمه فرواوروئش ترمه،
ورشنی هرشتاهچه، اشونو اشه رثوو.

نیوئِه دهیه مَهِ، هنکاریه مَهِ، میدیا ایریه سرده هه
اشونو اشه رثوو.

نیوئِه دهیه مَهِ، هنکاریه مَهِ، همس پت مئه ديه هه ارتو کرث
نه اشونو اشه رثوو.

FARSI INTERPRETATION

نوید میدهم گزاردن آیین ستایشرا برای گاهانبار آیاثرم گاه
نوید میدهم گزاردن آیین ستایشرا برای گاهانبار میدیایم گاه
نوید میدهم گزاردن آیین ستایشرا برای گاهانبار همس پت میدیم
گاه

Prayer 3: Prayer To Recite Before Partaking a Meal

AVESTA

**Ithā āt yazamaidé,
Ahurem Mazdām!
Yé gāmchā ashemchā dāt,
Apaschā dāt,
Urvarāoschā vanguhîsh,
Raoschāoschā dāt
Bûmîmchā vîspāchā vohû.**

English Interpretation

**So in this place we
revere
Ahura Mazda,
who gave the righteous
earth, gave the good
water and plants, and
gave lustre on the entire
good earth.**

Prayer 3: Prayer To Recite Before Partaking a Meal

AVESTA

ایتا. آت. یزَمیدِه. اهورم. مزدام. یه. گامچا. اشمچا. دات.
اُپسچا. دات. اُورور اوسچا ونگهوايش. رنوجا اُسچا. دات.
بومیمچا. ویسپاچا. وُهو.

FARSI INTERPRETATION

همانا میستاییم اهورامزدایی را که همه را به آشویی آفرید،
آبان آفرید، گیاهان سودمند آفرید و روشنایی، زمین و همه
نعمتهای نیک آفرید.

Prayer 3: Prayer To Recite Before Partaking a Meal

AVESTA

ઈથા આત્ યઝમઈદે
અહુરેમ મઝદાંમ્,
થે ગાંમ્યા અષેમ્યા દાત્,
અપસ્યા દાત્
ઉવંરાઓસ્યા વંધ્ ઉહીશ્,
રઓયાઓસ્યા દાત્
બૂમીમયા વીસ્યાયા વોહૂ.

English Interpretation

So in this place we revere
Ahura Mazda, who
gave the righteous earth,
gave the good water and
plants, and
gave lustre on the entire
good earth.

Prayer 4-1: Ahura Mazda's Wonderful Creations

AVESTA

યઝમઈદે વે અમેષા સ્પેન્તા,
યસ્નહે હૃષ્તૈધ્હૃતોઈશ હન્દાતા!
અપૌમ્યા ખાઓ યઝમઈદે,
અપૌમ્યા પેરેતૂશ યઝમઈદે,
પથૌમ્યા વીચરનાઓ યઝમઈદે,
પથૌમ્યા હન્જમનાઓ યઝમઈદે.
ઠઈરીશ્યા અફ્શતચિનો યઝમઈદે.
વઈરીશ્યા અવેઝદાનાઓધ્હો યઝમઈદે,
અસ્પેનાયા યેવીનો યઝમઈદે,
પાયુશ્યા ધ્વોરેશ્તારા યઝમઈદે,
મઝ્દૌમ્યા ઝરથુશ્ત્રેમ્યા યઝમઈદે.

English Interpretation

We revere with praise the eternal holy laws in seven chapter prayers.

We revere the springs of water,
We revere the bridge over water.

We revere the forking of the roads, And we revere the coming together of the roads.
We praise the waterfall which comes out of the mountains.
We praise the waters of the lakes.

We praise the growing grains,
We praise those who grow and look after the crops.

We praise Ahura Mazda and Zarathustra.

Prayer 4-1: Ahura Mazda's Wonderful Creations

AVESTA

Yazamaidé vé ameshā spentā
Yasnahé haptan-ghā-toish Handātā.

Apāmchā khāo yazamaide,
Apāmchā peretûsh yazamaidé.
Pathāmchā vîcharanāo yazamaide,
Pathāmchā hanjamanāo yazamaidé.

Gairîsh-chā afshta-chino yazamaide,
Vairîshchā awezh-dānā-ongho
yazamaidé.

Aspenāchā yevîno yazamaide,
Pâyushchā thworesh-tārā yazamaidé.

Mazdāmchā Zarathush-tremchā
yazamaidé.

English Interpretation

We revere with praise the
eternal holy laws in seven
chapter prayers.

We revere the springs of water,
We revere the bridge over
water.

We revere the forking of the
roads, And we revere the
coming together of the roads.

We praise the waterfall which
comes out of the mountains.

We praise the waters of the
lakes.

We praise the growing grains,
We praise those who grow and
look after the crops.

We praise Ahura Mazda and
Zarathustra.

Prayer 4-1: Ahura Mazda's Wonderful Creations

AVESTA

1) یَزَمَیْدَه. وَه. امِشا. سِپِنْتا. یَسَنَهه. هِپَتَنگَهاتویش. هِنْداتا.
اِپامچا. خائو. یَزَمَیْدَه. اِپامچا. پَرِتوش. یَزَمَیْدَه. پَنامچا. وِچَرَنو. یَزَمَیْدَه.
پَنامچا. هَنجَمَناو. یَزَمَیْدَه.
2) گَیرِیشچا. اَفشَتچینو. یَزَمَیْدَه. وَئیرِیشچا. اوژداناانگهو. یَزَمَیْدَه.
اَسپَنچا. یِه وینو. یَزَمَیْدَه. پَیوشچا. ثوورِشتارا. یَزَمَیْدَه. مَزدامچا.
زَرَتوشترِمچا. یَزَمَیْدَه.

FARSI INTERPRETATION

میستاییم شمارا، ای امشاسپندان! با این یزشن هفت هات، چشمه های آب را، میان دو راهها را (انجمنهارا)، کوههایی که آبان جاری از آن میشوند و رودهای لبریز را میستاییم، کشتزارها و خوراکی ها را. میستاییم اورامزدا و اشوزرتشت را.

Prayer 4-2: Ahura Mazda's Wonderful Creations

AVESTA

Zāmchā asmanemchā yazamaidé.
Vātemchā dare-shîm
Mazda-dhātem yazamaide.
Taé-remchā harai-thyāo berezo
yazamaidé.
Bûmîmchā vîspāchā vohû yazamaidé.

Apāmchā frakhshao-strem yazamaide.
Vayāmchā fra-frao-threm yazamaidé.

Atha-uru-nāmchā paitî-ajāthrem
yazamaide,
Yoi yéyã dûrāt asho-îsho dakhyunãm.

Vîspāschā Ameshãn Spentãn
yazamaidé.

English Interpretation

We praise the earth and the sky.
We praise the strong wind created by Ahura Mazda.
We praise the peak of Mount Harîti.
We praise the earth and all its gifts.
We revere the flowing waters.
We revere the flight of birds.

We revere the return of priests who go to remote countries to promote righteousness.

We revere all the eternal holy laws.

Prayer 4-2: Ahura Mazda's Wonderful Creations

AVESTA

(3) زَمِچَا. اَسْمَنِمِچَا. یَزْمَیْدَه. وَاَتِمِچَا. دَرَشِیم. مَزْدَه دَاتِم. یَزْمَیْدَه. تَرْمِچَا.
هَرَثِیاو. بَرزو. یَزْمَیْدَه. بومیمِچَا. ویسپاچَا. وُهَو. یَزْمَیْدَه...
(6) اَپامِچَا. فَرخَشُسْتَرِم. یَزْمَیْدَه. ویامِچَا. فَرَفَرُتَرِم. یَزْمَیْدَه. اَنُرونامِچَا.
پَئِیتی. اَجَاتَرِم. یَزْمَیْدَه. یوئی. یه یا. دُورَات. اشو ایشو. دَخِیونام. ویسپاچَا.
اَمِشان. سِپنتان. یَزْمَیْدَه.

FARSI INTERPRETATION

میستاییم زمین و آسمان و باد تندرو را که مزدا داده، بلند کوه البرز را میستاییم، زمین را و همه (ساختارهای) نیک را میستاییم.
منش نیک و روانهای اشوان را میستاییم، هوم زرین و خوشی بخش و آبادکننده جهان و دور کننده مرگ را میستاییم، روند آبهارا میستاییم، پرواز پرندگانرا میستاییم، بازگشت پیشوایان دینی را که برای گسترش دین به کشورهای دوردست رفته اند میستاییم، همه امشاسپندانرا میستاییم.

Prayer 4-2: Ahura Mazda's Wonderful Creations

AVESTA

ઝાંમ્યા અસ્મનેમ્યા યઝમઈદે.
વાતેમ્યા દરેષીમ્ મઝદધાતેમ્ યઝમઈદે.
તએરેમ્યા હુરઈથ્યાઓ બેરેઝો યઝમઈદે.
બૂમીમ્યા વીસ્પાયા વોહૂ યઝમઈદે.

અપાંમ્યા ફક્ષઓસ્ત્રેમ્ યઝમઈદે. વયાંમ્યા
ફક્ષઓસ્ત્રેમ્ યઝમઈદે,

અથ ઉરુનાંમ્યા પઈતીઅજાંત્રેમ્ યઝમઈદે,
યોઈ યેયાં દૂરાત્, અષો-ઈષો દખ્યુનાંમ્.

વીસ્પાંસ્યા અમેષાં સ્યેન્તાંન યઝમઈદે.

English Interpretation

We praise the earth and the sky.
We praise the strong wind created by Ahura Mazda.
We praise the peak of Mount Harîti.
We praise the earth and all its gifts.
We revere the flowing waters.
We revere the flight of birds.

We revere the return of priests who go to remote countries to promote righteousness.

We revere all the eternal holy laws.

Prayer 5-1: Bless Our Home and Family

AVESTA & PAZAND

ક્ષ્નઓથ્ર અહુરહે મઝદાઓ!
ચિથ્રેમ બુયાત્ અહુમિ ન્માને!
પિથ્વેમ્ બુયાત્ અહુમિ ન્માને!
તોઝમ પિથ્વેમ્ બુયાત્
અહુમિ ન્માને!
પએદાઈ બાદ્ અંદરીન્
ઈન્ માંન્-ઈ વેહાંન્ કે હુમીશે
પીઈહ વ આબાદાન્ બાદ!
પરસશને બાદ,
પ યઝદાંન્ હાદર-ઈ વેહાંન્!
મેહુમાન્-ઈ દુસ્તાન્ અંદરશ બાદ!

English Interpretation

With satisfaction for
Ahura Mazda!
May there be seed in this
home!
May there be fertility
in this home!
May there be fertility for the
generation in this home!

In this home of the righteous,
may there be good harvest
so that there will be fertility
and well-being for ever!

May the good angels arrive in
this home with honour!
May the friends be the guests
in this home!

Prayer 5-1: Bless Our Home and Family

AVESTA & PAZAND

Khshnaothra Ahurahe Mazdāo!

Chithrem Buyāt Ahmi nmāne.

Pithwem Buyāt Ahmi nmāne.

Tokhma Pithwem Buyāt Ahmi nmāne.

Paedāee bād

Andareen een mǎn-i vehān

Ke hameeshe peeih va ābādān bād!

Pa rasashne bād,

Pa yazdān hādar-i vehān!

Mehmān-i dustān andarash bād!

English Interpretation

**With satisfaction for
Ahura Mazda!**

**May there be seed in this
home!**

**May there be fertility in this
home!**

**May there be fertility for the
generation in this home!**

**In this home of the righteous,
may there be good harvest so
that there will be fertility and
well-being for ever!**

**May the good angels arrive in
this home with honour!**

**May the friends be the guests
in this home!**

Prayer 5-1: Bless Our Home and Family
AVESTA & PAZAND

خَشَنُوثرَه اهورَهه مَزداو !
چيثرم بويات اَهمي نِمانه، پيثروم بويات اَهمي نِمانه،
تُخمَه پيثروم بويات اَهمي نِمانه.
پايدار باد! اندرين مان بهان، كه هميشه پي اي و آبادان باد!
به رَسِشَنه باد! به يزدان هادر بهان!
مهمان دوستان اندرش باد!

FARSI INTERPRETATION

خَشَنُوثرَه اهورَهه مَزداو !
چيثرم بويات اَهمي نِمانه، پيثروم بويات اَهمي نِمانه،
تُخمَه پيثروم بويات اَهمي نِمانه.
پايدار باد! اندرين مان بهان، كه هميشه پي اي و آبادان باد!
به رَسِشَنه باد! به يزدان هادر بهان!
مهمان دوستان اندرش باد!

Prayer 5-2: Bless Our Home and Family

AVESTA

Fravashayô khshnûtāo ayañtu
ahmya nmāne!
Khshnûtāo vîchareñtu ahmya nmāne!
Khshnûtāo āfrîneñtu ahmya nmāne!

Vanguhîm ashîm khāparām!
Khshnûtāo pārayañtu
Hacha ahmāt nmānāt!

Staomācha rāzarecha bareñtu,
Dathushô ahurahe mazdāo
Ameshanām speñtanām!

Māchim gerezānāo pārayañtu
Hacha ahmāt nmānāt,
Ahmākemcha Mazdayasnanām!

English Interpretation

May the Farohars (holy spirits) arrive in this home with pleasure!
May they roam about in this home with pleasure!
May they shower good benevolent blessings in this home with pleasure!
May they leave the home with satisfaction!
May they carry the prayers and gifts to the Creator Ahura Mazda and the Holy Immortals!
May they never leave this Mazdayasni home with lament!

Prayer 5-2: Bless Our Home and Family

AVESTA

فَرَوَشِيَوِ خِشَنُوَتَاوِ اَيِنْتَوِ اَهْمِيَه نِمَانِه . خِشَنُوَتَاوِ وَيچَرِنْتَوِ
اَهْمِيَه نِمَانِه . خِشَنُوَتَاوِ اَفَرِيْنْتَوِ اَهْمِيَه نِمَانِه .
وَنگوهيم اَشِيْم خَاپِرَام . خِشَنُوَتَاوِ پَارِيْنْتَوِ هَجَه اَهْمَت نِمَانَات .
سَتَنُوَمَاچَه رَاژِرچَه بَرِنْتَوِ . دَتُوَشُو اهورَهه مَزْدَاوِ . اَمِشَنَام
سپِنَتَانَام .
مَآچِيْم گِرْزَانَاوِ پَارِيْنْتَوِ . هَجَه اَهْمَت نِمَانَات . اَهْمَاكِمچَه
مَزْدَيَسَنَام .

FARSI INTERPRETATION

ای که فَرَوَهَران بر این خانه شادی فرارسند، در این خانه باشند به شادمانی، بر این
خانه بخشنودی آفرین ببارند.
از این خانه بخشنودی روند، با خود دهش ها و نیایشهای ما را به اهورامزدا و
امشاسپندان برند، که هیچگاه از این خانه بجز بخشنودی نروند!

Prayer 5-2: Bless Our Home and Family

AVESTA

ફવપયો ક્ષૂતાઓ અયન્તુ અહમ્ય ન્માને!
ક્ષૂતાઓ વીચરેન્તુ અહમ્ય ન્માને!
ક્ષૂતાઓ આફ્ત્રીનેન્તુ અહમ્ય ન્માને!
વંધુહીમ અષીમ ખાપરૌમ્!
ક્ષૂતાઓ પારયન્તુ હ્ય અહ્માત્ ન્માનાત્!

સ્તઓમાય રાઝરેય બરેન્તુ દથુષો
અહુરહે મઝ્દાઓ અમેષનાંમ્ સ્પેન્તનાંમ્!

માથિમ્ ગેરેઝાનાઓ પારયન્તુ હ્ય
અહ્માત્ ન્માનાત્ અહ્માકેમ્ય
મઝ્દયસ્નનાંમ્!

English Interpretation

May the Farohars (holy spirits) arrive in this home with pleasure!
May they roam about in this home with pleasure!
May they shower good benevolent blessings in this home with pleasure!
May they leave the home with satisfaction!
May they carry the prayers and gifts to the Creator Ahura Mazda and the Holy Immortals!
May they never leave this Mazdayasni home with lament!

Prayer 6: Ahura Mazda Remembers Good Men and Women

AVESTA

यँध्हे हुताँम् आअत् येस्ने
पथती वँध्हे,

मज्दाओ अहुरो वअेथा
अषात् हुया,

याओँध्हुँम्या ताँस्र्या
ताओस्र्या यजमईडे.

English Interpretation

Ahura Mazda, on account of HIS Holiness, is aware of all the acts of good worship of all the living beings.

We revere all such men and women!

Prayer 6: Ahura Mazda Remembers Good Men and Women

AVESTA

Yegheh hātām ā-at yesneh
paiti vangho,

Mazdāo Ahuro vaethā ashāt hachā
yāonghām-chā.

Tāns-chā tāos-chā yazamaideh.

English Interpretation

Ahura Mazda, on account
of HIS Holiness, is aware
of all the acts of good
worship of all the living
beings.

We revere all such men
and women!

Prayer 6: Ahura Mazda Remembers Good Men and Women

AVESTA

پِنگِه هاتم آنت پسنِه پیتی ونگهو
مزدائو اهورو وئثا اشت هچا یانگهامچا
تانسچا تائوسچا یزمیده.

FARSI INTERPRETATION

مзда اهورا آگاهست از آنکسی که میان آفریدگان ستایشش
بهرست. از روی راستی اینچنین مردان و اینچنین زنان را
میستاییم.

Prayer 7: Avesta Doā Tandoorasti – Vainit Ahmi Nmānay Prayer

AVESTA

Vainit ahmi nmānay,

Sraosho asrushtim,

Ākhshtish anākhshtim,

Rāitish arāitim,

Ārmaitish taromaitim,

Arshukhdha vākhsh

mithaokhtem

Vāchim asha drujem.

English Interpretation

In this house,

May obedience overcome
disobedience!

May peace overcome discord!

May generosity overcome
avarice for wealth!

May reverence overcome pride!

May the true-spoken word
overcome the false-spoken
word distorting truth!

Prayer 7: Avesta Doā Tandoorasti – Vainit Ahmi Nmānay Prayer

AVESTA

وینیت اَهمی نِمائی، سرَاشو اَسروشِتم، اَخشِش اَناخِشِتم،
رائِش اَرائِشِتم، اَرمائِش تَرومِشِتم، اَرشوخدَه وَاخش
مِئُوختم وَاچیم اَشَه دروَجِم.

FARSI INTERPRETATION

بشود که در این خانه فرمانبرداری بر نافرمانبرداری چیره
شود، آشتی بر جنگ، رادی بر نارادی، فروتنی بر خودپسندی،
سخن راست بر کژسخنی، راستی بر دروغ.

Prayer 7: Avesta Doā Tandoorasti – Vainit Ahmi Nmānay Prayer

AVESTA

વર્ધનીત્ અહમિ ન્માને
અઓષો અસુશ્તીમ,
આક્ષતિશ્ અનાક્ષતીમ,
રાઈતીશ્ અરાઈતીમ,
આરમઈતિશ્ તરોમઈતીમ્,
અર્ષુખ્ધો વાક્ષ મિથઓપ્તેમ્
વાચિમ્ અપધુજેમ્.

English Interpretation

In this house,

May obedience overcome
disobedience!

May peace overcome
discord!

May generosity overcome
avarice for wealth!

May reverence overcome
pride!

May the true-spoken word
overcome the false-spoken
word distorting truth!

Prayer 8: Let Us Revere and Remember All Good Thoughts, Words and Deeds

AVESTA

હુમતનાંમ્ હૂષ્તનાંમ્ હૂવરશ્તનાંમ્,
યદયા અન્યદયા, વેરેઝ્યમ્નનાંમ્યા
વાવરેઝનનાંમ્યા,
મહી અઈબી-જરેતારો
નએનએસ્તારો,
યથના વોહુનાંમ્ મહી.

English Interpretation

We praise good thoughts,
good words, and good
deeds,

performed here and
elsewhere,

now and in the past.

We revere them and we
remember them.

Let us now conclude this Naurooz Prayer by performing
Hamā Zor Greeting!

હુમા-ઝોર! હુમા-અશો બેદ્!

English Interpretation

May we be united in
righteousness.

Prayer 8: Let Us Revere and Remember All Good Thoughts, Words and Deeds

AVESTA

Humatanām, Hukhtanām,
Hvarshtanām,
Yadachā, Anyadachā,
Verezyamna-nāmchā,
Vāvereza-na-nāmchā,
Mahi aibee-jaretāro,
naenaestāro,
Yathanā vohunām mahi!

English Interpretation

We praise good thoughts, good words, and good deeds, performed here and elsewhere, now and in the past.
We revere them and we remember them.

Let us now conclude this Naurooz Prayer by performing Hamā Zor Greeting!

PAZAND

Hamā Zor, Hamā Asho Bade!

English Interpretation

May we be united in righteousness.

Prayer 8: Let Us Revere and Remember All Good Thoughts, Words and Deeds

AVESTA

هُومَتَّام، هُوختَّام، هُوَورِشْتَنَام، يَدِچَا، اَنِيدِچَا، وَرْزِيْمَنَه
نَامِچَا، وَا وَرْزَنَه نَامِچَا، مَهِي اَيِي جَرِتَارُو، نَه نَسْتَارُو، يَتْنَا
وُهومان مَهِي.

FARSI INTERPRETATION

اندیشه نیک، گفتار نیک و کرداران نیک را، هم اینجا و یا آنجا
(در آینده) ستایشگریم، نیایشکار و نیک شمار خوبیهایم.

Let us now conclude this Naurooz Prayer by performing
Hamā Zor Greeting!

PAZAND

همازور هماآشو باد!

English Interpretation

May we be united in righteousness.

Hamā Zor Greeting, a ritual handclasp, is usually performed in a Jashan Ceremony among the participating Mobeds. However, it used to be a common greeting among the Parsis in India. Dastur Dr. Firoze M. Kotwal in his wonderful article: “THE JASHAN CEREMONY AND ITS MAIN RELIGIOUS SERVICE, THE AFRINGAN” states:

“The *Zot* (*the lead Mobed*) then completes the *Jashan* ceremony by reciting alone certain prayers of blessing called *Afrins*. The *Raspi* (*his assistant*), in the meantime, exchanges the handclasp with all those who are present in the ceremony, both the clergy and laity, with the words: ‘*hama-zor hama-asho bed*’ “May you be of one-strength, of one- righteousness”. (This is a traditional way of participating in a *Jashan* which culminates, through the *hamazor* ritual, in strengthening unity and promoting righteousness among the community members. It is a pity that this custom has lapsed. It is good to involve the *Behdins* too, even in this small way, rather than that they should be just passive onlookers).”

We in FEZANA are bringing this ritual handclasp, Hamā Zor Greeting, back again at all our meetings. We would like to conclude this Naurooz Prayer by performing this Hamā Zor Greeting among all of us.

Here is the procedure for doing so.

1. Two participants face each other with their hands outstretched side by side vertically.
2. Reciting first the words: “Hamā Zor”, both look into each other’s eyes and place right hand between the two hands of the other simultaneously, join all hands and slide them out slowly.
3. Continuing on, reciting “Hamā Asho Bade”, both continue looking into each other’s eyes and now place left hand between the two hands of the other simultaneously, join all hands and slide them out slowly
4. “Hamā Zor” means “Let us be united”.
5. “Hamā Asho Bade” means “Let us be righteous”.
6. Together, “Hamā Zor, Hamā Asho Bade” means “Let us be united in righteousness”!
7. Let us all perform Hamā Zor Greeting to conclude this Naurooz Prayer.

“Hamā Zor, Hamā Asho Bade”! - “Let us be united in righteousness”!

Hamā Anjuman Prayers for Naurooz In English, Farsi and Gujarati
Assembled by Ervad Soli P. Dastur
with the help of FEZANA Naurooz Planning Committee

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About Zoroastrianism and Prophet Zarathushtra.

Acknowledged as one of the earliest monotheistic faiths, Zoroastrianism (Zarathushtrianism, or the Zarathushti religion), was revealed to Prophet Zarathushtra (or Zoroaster) who lived in Persia circa 1800 -1100 BCE. The religion embraces the worship of one supreme God, Ahura Mazda and presents a view of a world that evolves towards renovation and perfection through the collective good acts of humanity. For over a thousand years (558 BCE to 652 CE) it was the court religion of three Persian Empires, those of the Achaemenians, Parthians and Sasanians, and extended across Central Asia west towards Greece and east into India. It was during these centuries of Persian rule, and especially after Cyrus the Great released the Jews from Babylonian captivity in 539 BCE, that Zoroastrian beliefs and practices, permeated into Judaism and thence to Christianity and Islam. Today, Zoroastrianism is very much a living religion for between 150,000 to 200,000 Zoroastrians in the world. North America's Zoroastrian community of about 20,000, includes those who arrived, mostly within the last half century, from the Indian subcontinent, known as the Parsis, and those who came from Iran.

About FEZANA (Federation of Zoroastrian Associations of North America).

Founded in 1987, FEZANA serves as the coordinating body for 27 Zoroastrian Associations in the United States and Canada. FEZANA promotes the study, understanding and practice of the Zoroastrian faith in North America, represents the interests of its member associations, and carries out philanthropic and charitable activities worldwide. The FEZANA Journal, FEZANA's publication of record, circulates to Zoroastrian households in more than 20 countries, as well as to scholars, academicians and religious organizations worldwide.

FEZANA

Federation of Zoroastrian Associations of North America

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**Naurooz Prayer
By
FEZANA
Naurooz Planning
Committee**