

Weekly Zoroastrian Scripture Extract # 360: NAMC Suggestions for Prayers during COVID-19

Hello all Tele Class friends:

NAMC and FEZANA:

NAMC (North American Mobeds Council) consists of Mobeds and Mobedyars from Canada and USA. It has an elected Executive Committee consisting of President, Vice President, Secretary, Treasurer and an Executive Member. Most of the NAMC Mobeds and Mobedyars perform all the Zoroastrian ceremonies for our Humdins all over North America.

In different parts of Canada and USA, we have 27 Zoroastrian Associations who are members of FEZANA (Federation of Zoroastrian Associations in North America) as well as small groups of our Humdins. Once in a while, NAMC Mobeds are asked for guidance by these Humdins on some questions about our Religion, ceremonies, prayers, etc. Many of our NAMC Mobeds also help as teachers in Religious Classes conducted by these Associations.

Facing this unbelievable pandemic of COVID-19, many Humdins asked NAMC about what prayers they should pray in these trying times. Since there is a lockdown all over North America, coming together to pray in a Humbandagi is out of question currently. Hence, Mobed Arda-e-Viraf Minocherhomji, NAMC President, Mobed Tehemton Mirza, Vice President, Mobed Mehbad Dastur, Executive Member and NAMC website Administrator and I put together the following guidance for the prayers to pray at home always, but specifically during these trying times.

Hence, today in this weekly, we will present this NAMC Suggestions for the prayers.

Please note that thanks to Mehbad, they are available at:

<http://namcmobeds.org/prayer-covid-19/>

Since Navroze was going to be within days, NAMC suggested to have a Humbandagi by our Humdins in their homes at 12 noon EDST/9 AM Pacific time on Saturday March 21st and many Humdins did just that. However, these suggestions are for all days.

NAMC Suggestions for Daily Prayers During COVID-19 and every day:

(Please see the attached photo of Prophet Zarathushtra praying to Daadaar Ahura Mazda)

We are all concerned about the implications of COVID-19 on the world population and join the rest of the world and other faith groups in calling on our Atashkadehs throughout North America to implement measures announced by World Health Organization and our respective federal, state/provincial and local authorities. This could include cancellation of public gatherings and celebrations in our Atashkadehs and community centers, including prayers and observances of Fasli Muktdad or Panjeh and Navrooz celebrations.

NAMC (North American Mobeds Council) Suggestions for Prayers:

(in the following, please click on the highlighted wordings to hear the audio of the same prayer)

NAMC suggested to all North American Humdins to pray [Yatha Ahu Vairyo \(2\)](#), [Ashem Vohu \(1\)](#) and [Yengheh Haataam \(1\)](#) prayers on March 21st at noon EDT/9am PDT in our residences.

At times like these, it is important for our community members to come together in prayers to draw strength and courage, to bring hope and light and to stand in solidarity with world population; specially the ones that are affected by the virus, their care-givers and medical professionals who provide selfless service to our communities.

NAMC urges all Zoroastrians to unite in prayers at the change of each Geh (sunrise, mid-day, late afternoon, sunset and midnight) in their respective locations by performing the following prayers and rituals **whenever possible:**

- **Paadyaab**
 - Cleanse all the exposed parts of the body with soap and water (20 second rule) while reciting "[Kshanothra Ahurahe Mazdaao. Ashem Vohu 1](#)"
- **[Kusti prayer](#)**
- Those who can, are encouraged to recite [Sarosh Baj](#), [Appropriate Geh](#), [Khorshed Nyaash](#) and [Meher Nyaayesh](#) (during Haavan, Rapithwan and Uziran Gehs) and appropriate Gehs and prayers during Aiwisruthrem and Ushahin Gehs, as well as [Ardibahest Yasht](#), Hom Yasht, Vanant Yasht and/or their respective nirangs [Ardibahest Yasht Nirang](#), [Hom Yasht Nirang](#), [Vanant Yasht Nirang](#) (Please refer to the Nirang text at the bottom of the page)
- **At the conclusion, recite "[Tandarosti](#)" prayer**

By reciting these prayers as many times as possible, or at specific times – at the change of Geh, Zoroastrians in different regions in North America (and all over the Hafta Keshwar Zamin) could pray at the same local time/zone, generating the benefit of "Humbandagi" or congregational prayers, without compromising the necessary social distancing.

Let us stand united and pray:

- To remain calm during confusion
- For those who are sick, infected and most vulnerable
- For those who are isolated and need our spiritual support
- For the caregivers, doctors and nurses who are working tirelessly during these times
- For the family members who are concerned and those grieving for their loved ones

NAMC is prepared to help anyone who needs our services.

May Ahura Mazda give us strength, courage and wisdom to overcome the COVID-19 threat.

Atha Jamyaat, Yatha Aafrinaamahi (May it be so, as we wish!)

[Kusti Prayer](#)

- Recite **Kem-naa-Mazdaa** prayer
 - Untie the Kusti, double up and loop the Kusti around the left thumb
 - Recite **Ahura Mazda Khodaai** prayer.
 - While reciting “Dushmata, Duzhukhta, Duzvarshta”, gently shake the Kusti away from you
 - While reciting “Manashni, Gavashni, Kunashni” make two loops on either side of the Kusti
 - While reciting “Haithyaa varshtaam, hyat varsnaa, ferashotemem” tie the Kusti around the waste and bring it back to the front
 - While reciting “Yathaa Ahu Vairyo” tie the first knot with the right hand at the word “shyaothananaam” (action)
- While reciting second “Yatha Ahu Vairyo” tie the second knot with the left hand at the word “shyaothananaam”
 - While reciting “Ashem Vohu” tie two knots at the back.
 - Recite **Jasameh Avangheh Mazda** prayer
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Ardibehesht Yasht Nirang

<u>Ardibehesht Yasht Nirang</u>	English Translation
Daadaar-eh jehaadaar tavaanaa O daanaa, O parvartaar O aafridegaar, O kerfegar, O avakhshidaar!	The Creator, the keeper of the world, is omnipotent and omniscient, And the Nourisher of all; And the producer, and the Doer of meritorious deeds and overseer!
Ahereman hich naadaan, O natavaanad ba hich chiz nashahed.	Ahriman is nothing whatsoever and is ignorant and cannot do anything.
Ahura Mazda daadaari; Ahereman marochinidaari.	Hormazd is the Creator and Ahriman is the destroyer.
Daadaar paak, ahereman naapaak,	The Creator is Holy, and Ahriman is wicked.
ahereman khaak shavad, ahereman dur shavad, ahereman dafeh shavad, ahereman shekasteh shavad, ahereman halaak shavad.	May Ahriman be perished, May Ahriman be far away, May Ahriman be vanquished, May Ahriman be defeated, May Ahriman be overcome!
Avval din Zarathushti paak; Ahura Mazda buland kavi beh, awazuni!	The foremost Religion is the pure Zoroastrian Religion! Hormazd is exalted, Powerful, Good and Increaser!

Ashaoneh. Ashem Vohu (1).	Unto the righteous. Ashem Vohu (1).
<i>(To recite three times)</i>	<i>(To recite three times)</i>

Hom Yasht Nirang:

<u>Hom Yasht Nirang</u>	English Translation
Ku shekanam, O vāenum, O nezār kunam kālbudeh shumā dīvān, O darujān O jāduān O parīān, pa Hom va barsam, va dīneh rāst va dorost veh, keh Dādār Ahura Mazda oeh man chāshīd.	I break, I smite, and I render powerless the body of you. Demons, and drujas, the wizards and witches by means of Hom and Barsam and by means of the true and perfect Religion which the Creator Ahura Mazda (through the agency of the Prophet Zarathushtra) taught me.
Ashaoneh. Ashem Vohu (1).	Unto the righteous. Ashem Vohu (1).
<i>(To recite three times)</i>	<i>(To recite three times)</i>

Vanant Yasht Nirang

<u>Vanant Yasht Nirang</u>	English Translation
Kul balā dafeh shavad, O dīv O daruj O pari O kaftaar O seheraan, O baad akhtahed akhi dardeh shekam haft andām, khalaleh Shaitaan O khaatar pareeshaan, O khalaleh demaagh shaitaan khaatar pareeshaan baad; O dar nazar barvizan taa didaneh navasht O maanand hamchanin balaa dafeh shaved!	All the calamities, the demons, drujas, fairies, witches, wizards, bad wind, pain, stomach pain and pain of the seven limbs of the body, evil produced by the Evil Spirit, woes of the heart and sickness of the brain, bad wind producing uneasiness of the mind, evil eye and evil resulted by seeing wicked men, and such other similar calamities may vanish and disappear!
Ashaoneh. Ashem Vohu (1).	Unto the righteous. Ashem Vohu (1).
<i>(To recite three times)</i>	<i>(To recite three times)</i>

SPD Comments:

1. NAMC hopes that the above suggestions are helpful to our Humdins during these trying times and always.
2. We pray to Daadaar Ahura Mazda to take care of all our Humdins and the whole Humanity so that we may overcome this calamity soon.

3. We want to thank NAMC President, Vice President and Executive Member for creating these Prayer Suggestions.

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!

In HIS SERVICE 24/7!

Atha Jamyaat, Yatha Aafrinaamahi! (May it be so as we wish!)

Love and Tandoorasti, Soli

Zarathushtra Prays with uplifted hands Ushtano Zasto



Heavenly Light descends on Zarathushtra on the Mount