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Introduction to Zoroastrianism

Zoroastrianism is one of the world's oldest monotheistic religions. Historically it had several millions of followers, however presently it is the world's smallest religions with less than two hundred thousand followers worldwide. The religion was founded by prophet Zarathushtra (Greek: Zoroaster) in ancient Iran approximately 3500 years ago. Prophet Zarathushtra had divine revelation from his God - Ahura Mazda - to bring the religion to mankind.

The most important Zoroastrian



Scripture are the Hymns composed by the Prophet known as the Gathas, meaning songs. They are in an ancient Iranian language known as Avesta. The three basic tenets of the Faith are **Humata** meaning Good Thoughts, **Hukhata** meaning Good Words, and **Hvaresta** meaning Good Deeds.

Zoroastrians believe in afterlife. Their ceremonies and rituals include praying five times a day. They are initiated into the religion between the age of 7 to 15. The initiation ceremony is called Navjote, involves: Ablution, Recitation, the Investiture of sacred shirt called sudreh, and a waist band known



as kustī.

Zoroastrians uphold a moral character, by waging a constant battle against evil. They believe in freedom of choice and assuming responsibility for the choice. On the Judgment Day their deeds are evaluated when the good will go to House of Song, and the bad will fall into House of Deceit.



60 Quotes of Zoroastrianism



- 1 Turn yourself not away from three best things: Good Thought, Good Word, and Good Deed.

Zoroaster



2 Doing good to others is not a duty. It is a joy, for it increases your own health and happiness.

Zoroaster



3 When the Good Mind came
to me and told me assuringly,
That a reflective, contented
mind is the best possession.
Let not a leader compromise
with, or propitiate evil-doers,
For they treat the righteous
as enemies.

Ushtavaiti Gatha; Yasna 43, 15



4 Your good thoughts, good words and good deeds alone will be your intercessors. Nothing more will be wanted. They alone will serve you as a safe pilot to the harbour of Heaven, as a safe guide to the gates of paradise.

Zoroaster



5 One good deed is worth a thousand prayers.

Zoroaster



6 Happiness be the lot of him
who works for the happiness
of others.

May the Lord grant him health
and endurance.

Ushtavaiti Gatha Yasna 43, 1



7 Do not hold grain waiting for higher prices when people are hungry.

Zoroaster



- 8 Excessive liberty and excessive servitude are equally dangerous, and produce nearly the same effect.

Zoroaster



- 9 When we are in doubt whether an action is good or bad, abstain from it.

Zoroaster



10 He who teaches others the
righteous path of truth and
happiness,

Both in the material world
and also the spiritual,

The path leading to Thy abode,
O Ahura;

He attains an end better than
good.

Ushtavaiti Gatha Yasna 43, 3



11 Verily I believed Thee, O Mazda Ahura, to be the Supreme Benevolent Providence.

For I beheld Thee as the primeval source of creation.

For by Thy perfect wisdom Thou shalt render just recompense for all actions,

Good to the good, evil to the evil, At the last turning of creation.

Ushtavaiti Gatha Yasna 43, 5



12 With Thy Sovereign Power,
and with Thy Good Mind,

The Good Mind which brings
prosperity to the world.

Right dedication shall teach
the Eternal Laws of Thy
Wisdom,

The Wisdom which none can
deceive.

Ushtavaiti Gatha Yasna 43, 6



13 When the Good Mind came to me and asked:

“What wouldst thou choose?”

Before Thy Fire in veneration,
I replied:

“So far as it is in my power, I shall cherish the gift of Righteousness”.

Ushtavaiti Gatha Yasna 43, 9



14 Beware of lust; it corrupteth
both the body and the mind.

Zoroaster



15 Then let none give ear to the words of the evil liar,

The liar bringing woe and destruction to house and clan, to the province and the land.

Resist him, then, with force.

Ahunuvaiti Gatha; Yasna 31, 18



16 Form no covetous desire, so that the demon of greediness may not deceive thee, and the treasure of the world may not be tasteless to thee.

Zoroaster



17 He who sows the ground with care and diligence acquires a greater stock of religious merit than he could gain by the repetition of ten thousand prayers.

Zoroaster



18 **W**hen at the time of awarding, men, with the help of Truth shall vanquish the Lie.

Spenta Mainyu Gatha Yasna 48, 1



19 The evil-liars feel afflicted,
but not so the righteous.

Whether a man's possession
be great or small

Let him ever aspire to right-
teousness and abjure the
wicked.

Spenta Mainyu Gatha Yasna 47, 4



20 One need not scale the heights of the heavens, nor travel along the highways of the world to find Ahura Mazda. With purity of mind and holiness of heart one can find Him in one's own heart.

Zoroaster



21 Do not lose joy in life as you grow old in years. Let not your joie de vivre be crushed under the weight of years.

Zoroaster



22 To the wicked rulers,

To the men of evil deeds, of
evil words, of evil thoughts;

Their depraved souls shall go
to meet them with that which
is foul.

In the House of the Lie, they
shall verily find their abode.

Spenta Mainyu Gatha Yasna 49, 11



23 And thus the liars defrauded
humanity of a life of happiness
and immortal bliss;

For the Evil One preaches
with Evil Mind and Evil Word

Evil actions to the lying soul
promising supremacy,

But bringing it to ruin.

Ahnuvaiti Gatha; Yasna 32, 5



24 These sinners, none of them,
know the end in store for
them.

None of them know of the
destruction of evil with the
flood of glowing metal.

The final end is indeed known
to Thee, O Most Wise Lord!

Ahnuvaiti Gatha; Yasna 32, 7



25 Devotion, like fire, goeth
upward.

Zoroaster



26 Satisfaction linked with dishonour or with harm to others is a prison for the seeker.

Vahishto-Ishti Gatha; Yasna 53, 6



27 All flows out from the Deity,
and all must be absorbed in
Him again.

Zoroaster



28 In the beginning there were
two primal spirits,

Twins spontaneously active,

These are the Good and the
Evil, in thought, and in word,
and in deed.

Between these two, let the
wise choose aright.

Be good, not base!

Ahnuvaiti Gatha; Yasna 30, 3



29 And when these Twin Spirits
came together at first,

They established Life and the
Denial of Life;

And so shall it be till the
world will last.

The worst existence shall be
the lot of the followers of evil,

And the state of Best-Con-
sciousness be the reward of
the righteous.

Ahunuvaity Gatha; Yasna 30, 4



30 Of these Twin Spirits, the
Evil one chooses doing the
worst,

While the most bountiful
Holy Spirit of Goodness,
clothing itself in the im-
perishable heavens,
chooses Truth and Righ-
teousness.

And so will those who would
please Ahura Mazda

with righteous deeds, per-
formed with faith in Truth.

Ahnuvaiti Gatha; Yasna 30, 5



31 Let the evil-doers stand
foiled in their wish,

Let them be abandoned to
confusion and ruin!

Let those of virtuous princi-
ples frustrate them, prevent
their harm,

And make way for the advent
of happiness and peace on
our humble dwellings!

Let the Great Upholder of
virtue bring the evil to naught.

And let it be quick!

Vahishto-Ishti Gatha Yasna 53, 8



32 At the last turning of life, To
the faithful making the right
choice according to His norm,
Doth Ahura Mazda, the Lord
judge, in His sovereign Power,
Bestow an end better than
good. But to him who shall
not serve the cause of good
He giveth an end worse than
bad. At the last turning of life.

Vohu-Khshathra Gatha; Yasna 51, 6



33 The man of devotion is beneficent to all.

He is beneficent because of his wisdom,

Because of his realization of truth,

Because of the goodness in his thoughts, in his

words, in his acts.

Unto him Ahura Mazda shall grant the Kingdom of

the Good Mind,



And verily, this blessing I too
long for!

Vohu-Khshathra Gatha; Yasna 51, 21



34 Mazda knows best what works have been wrought by the perpetrators of Evil and their followers; And He knows what shall be wrought by them ever hereafter. The Lord, Ahura is, the sole discerner; For us, let it be as He ordains.

Ahunuvaiti Gatha; Yasna 29, 4



35 The Wrong of the wicked
shall perish before the Right
of the truthful.

Standing at the Bridge of
Judgment, The evil soul
beholds the path of the right-
eous,

But the evil of his actions,
the words of his evil tongue,
prove to be his fetters,

In fear, he finds that he fails.

Vohu-Khshathra Gatha; Yasna 51, 13



36 Be good, be kind, be humane, and charitable love your fellows console the afflicted pardon those who have done you wrong.

Zoroaster



37 The good deeds that we shall perform as those we have performed,

The things that are precious to the eye illumined by the Good-Mind,

The radiance of the sun shimmering down which heralds the day,

They all, in accord with Truth, testify to Thy glory, O Mazda Ahura!

Spenta Mainyu Gatha Yasna 50, 10



38 **A**lways meet petulance with gentleness and perverseness with kindness. A gentle hand can lead even an elephant by a hair. Reply to thine enemy with gentleness.

Zoroaster



39 That which is good for all and any one, for whomsoever-that is good for me... What I hold good for self, I should for all. Only Law Universal is true law.

Zoroaster



40 Taking the first footstep with a good thought, the second with a good word, and the third with a good deed. I entered paradise.

Zoroaster



41 As you realize not the eternal truths,

and recognize not the better life,

I come to you all to guide you in the right selection

between the two sides

That we may thence live in accordance with Truth and Right.

Ahnuvaiti Gatha; Yasna 31, 2



42 As you hear our prayer, O
Lord,

Give us the Truth,

Give us the help of the Divine
Spirits,

Give us the blessing of Arma-
ity,

the Spirit of Benevolence,

And through the work of the
Best Mind,

give us the mighty Domin-
ion,



That we may overcome,
thereby,

the Evil Spirit of Untruth.

Ahunuvaity Gatha; Yasna 31, 4



43 Do not to others what ye do not wish Done to yourself; and wish for others too. What ye desire and long for, for yourself. This is the whole of righteousness, heed it well.

Zoroaster



44 In humble adoration, with hands outstretched I pray to Thee, O Mazda! First of all, through Thy Holy spirit vouchsafe to me All righteousness of action, all wisdom of the Good Mind, That I may thereby bring joy to the Soul of Creation.

Ahunuvaiti Gatha; Yasna 28, 1



45 Truth is best (of all that is) good. As desired, what is being desired is truth for him who (represents) the best truth.

Ahunuvaiti Gatha; Yasna 27, 14



46 Unto Thee, O Lord, the Soul
of Creation cried:

“For whom didst Thou create
me, and who so fashioned
me?

Feuds and fury, violence and
the insolence of might have
oppressed me;

None have I to protect me
save Thee;

Command for me then the
blessings of a settled, peace-
ful life”.

Ahunuvaiti Gatha; Yasna 29, 1



47 Thus to the Lord doth Asha,
the Truth, reply:

‘No guide is known who can
shelter the world from woe,

None who knows what moves
and works Thy lofty plans’.

Ahunuvaiti Gatha; Yasna 29, 3



48 ○ Ahura Mazda, and ○ Spirit of Truth and Right! Do Ye grant me and my followers such authority and power through Truth, That with the Good Mind, we may bring the world peace and happiness, Of which, Thou, ○ Lord, art indeed the first possessor.

Ahunuvaite Gatha; Yasna 29, 10



49 (Zarathushtra:) These words
do I address to you maidens
who are being married,

These counsels do I give to
you, bridegrooms, Heed them
in your minds and lay them
to heart. Let each cherish the
other with Righteousness.
Then surely the reward of a
happy life shall be yours.

Vahishto-Ishti Gatha Yasna 53, 5



50 This, indeed is the case, O ye
men and women!

No happiness can be yours
if the spirit of Falsehood di-
rects your lives.

Cast off from your selves the
bonds that chain you to Un-
truth.

Satisfaction linked with dis-
honor or with harm to others
is a prison for the seeker;

The faithless-evil bring sorrow
to others and destroy their
own spiritual lives hereafter.



51 So may we be like those
making the world progress
toward perfection;

May Mazda and the Divine
Spirits help us and guide our
efforts through Truth;

For a thinking man is where
Wisdom is at home.

Ahunuvaite Gatha; Yasna 30, 9



52 By Thy perfect Intelligence,
O Mazda

Thou didst first create us
having bodies and spiritual
consciences,

And by Thy Thought gave
ourselves the power of
thought, word, and deed.

Thus leaving us free to
choose our faith at our own
will.

Ahunuvaiti Gatha; Yasna 31, 11



53 He who upholds Truth with
all the might of his power,

He who upholds Truth the
utmost in his word and deed,

He, indeed, is Thy most
valued helper, O Mazda
Ahura!

Ahunuvaiti Gatha; Yasna 31, 22



54 He who abhors and shuns
the light of the Sun,

He who refuses to behold
with respect the living cre-
ation of God,

He who leads the good to
wickedness,

He who makes the meadows
waterless and the pastures
desolate,

He who lets fly his weapon
against the innocent,

An enemy of my faith, a de-



stroyer of Thy principles is he,
O Lord!

Ahunuvaite Gatha; Yasna 32, 10



55 When the Good Mind came
to me with enlightenment,

When first I received and
became wise with Thy words,

And though the task be diffi-
cult, and hardship may come
my way,

I shall proclaim Thy message,
which Thou declarest to be
the best.

Ushtavaiti Gatha; Yasna 43, 11



56 ○ Wise Lord, by virtue of the Good Mind, may I reach Thy Presence.

Grant me the blessings in both worlds, the corporeal and the spiritual, attainable through

Righteousness; Thy rewards which bring beatific happiness to the faithful blessed with them.

Ahunuvaiti Gatha Yasna 28, 2



57 The resolute one who moved
by the principles of Thy Faith
Extends the prosperity of
order to his neighbors
And works the land the evil
now hold desolate,
Earns through Righteousness,
the Blessed Recompense
Thy Good Mind has promised
in Thy Kingdom of Heaven.

Spenta Mainyu Gatha; Yasna 50, 3



58 Hearken with your ears to these best counsels, Reflect upon them with illumined judgment. Let each one choose his creed with that freedom of choice each must have at great events.

Ahunuvaiti Gatha; Yasna 30, 2



59 Let those who know how
to rule well, and not the evil
rulers, rule us!

Let them rule us with wisdom
- rule us with skill O Piety!

Spenta Mainyu Gatha; Yasna 48, 5



60 A righteous government is
of all the most to be wished
for,

Bearing of blessing and good
fortune in the highest.

Guided by the law of Truth,
supported by dedication and
zeal,

It blossoms into the Best of
Order, a Kingdom of Heaven!

To effect this I shall work now
and ever more.

Vohu-Khshathra Gatha; Yasna 51, 1



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