



Tandōrōstē Prayer (Nēyāyesh)  
(A prayer for the health of the body)

In the name of the Lord (who is so) benevolent, forgiving, and loving!

To lead a long life (may God bless you with) health.

May the glory be always associated with righteousness everlasting.

May the yazatas of Mino (this world) and Geti (spiritual world) and the seven Ameshaspands all come to this notable offering.

May this prayer and wish be fulfilled. May the religion of Zarathushtra bring joy unto all mortals. May it be so.

O God! Lord of the whole universe, please grant unto the entire anjuman and unto: (recite names of persons for whom the prayer is specially offered) (names of persons) and their future progeny, longest of long life, happiness and physical well-being lasting for a thousand years.

May it be so. May you protect the leadership of the worthy ruler for his sake, for many years and for many ages.

May (here be thousands and thousands of benedictions May the year be auspicious, the day victorious and the month full of good luck. For several years, for several days, for several months, for many years, (may they be able to perform) the functions of yasna rituals, niyaeshe prayers, and may acts of charity be appropriately performed.

May all acts of goodness be for the furtherance of righteousness. Health be unto them, goodness be unto them, excellence be unto them! May it be so. May it be exactly so!

May God and the Ameshaspands (succeed) in their plans.

**Source:**

[http://www.avesta.org/antia/basic\\_zoroastrian\\_prayers.pdf](http://www.avesta.org/antia/basic_zoroastrian_prayers.pdf)