

# Zarathushtrian Association of New Zealand (ZANZ)

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## What's Up BawaZ

### President's Message

Dear Members and Fellow Zoroastrians,

Welcome to the first issue of the second edition of **What's Up BawaZ**. The first edition was quite a success, with one and all. We received quite a few emails congratulating and encouraging this initiative of ours. We would like to hear more from you as to what kind of activities you would like and we would be more than happy to facilitate the same.

In the month of December I attended the 10th World Zoroastrian Congress in Mumbai. It was wonderful liaising with various chairs and members of other associations from numerous parts of the world. It was also a wonderful experience listening to and participating in discussions with various Zoroastrian luminaries. I also presented on the history of ZANZ and the various activities that ZANZ undertakes for the Zoroastrian community in New Zealand.

On the home front, the organising committee of the 6th World Zoroastrian Youth Congress (WZYC) is working tirelessly towards the organisation of a wonderful youth congress in December 2015. Tinaz and Jazeel, on behalf of the 6th WZYC Organising Committee, made a wonderful presentation at the World Zoroastrian Congress in Mumbai. Further update on the congress activity is provided in their article on page 2.

A very hearty congratulations to Darius Mistry for winning two awards, the best IT business and the best medium sized business, at the prestigious India Business Awards night. Well done Darius, you make us all proud!!! We wish to hear many more such success stories of other Zoroastrians in New Zealand as well.

Also join us in congratulating Khushroo Master and Benifer Porus Irani, the first two marriage celebrants in our community in New Zealand. Let us also welcome Bakhtiyar Engineer, our newest Navar in New Zealand. Read more on these two stories on page 4.

The ZANZ Committee is for and by the people. If there is any activity, event, suggestion, comment, constructive criticism, that you would like to make, please feel free to approach any of the ZANZ office bearers or write to us at [zanzcomm@zanz.org.nz](mailto:zanzcomm@zanz.org.nz). We would love to hear from you.

Kind Regards,

Paeterasp Vevaina

ZANZ President 2013 – 2015

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### Navjote Mubarak

Congratulations to Behzad Mistry, son of Homai and Zubin Mistry, who had his Navjote ceremony on the 28th of December 2013.

## Update by the 6th World Zoroastrian Youth Congress Organising Committee

We have now passed the halfway mark before the start of the congress in 2015 and so the countdown begins! All the groundwork for the congress is well underway, and we are extremely proud of our achievements so far. We will continue to ensure that the congress preparation stays on track.

We would like to take this opportunity to share the exciting news about the following global sponsors being confirmed:

- Dr. Cyrus S. Poonawalla is our Platinum Sponsor for the Congress
- The Zoroastrian Charity Funds of Hong Kong, Canton & Macao is a Gold Sponsor
- Purviz and Rusy Shroff from Hong Kong are Bronze Sponsors

We would also like to express our heartfelt thanks for the generous donations from our members here in New Zealand.

We look forward to the continued support from The ZANZ Management Committee and our wider community as we continue to get closer to this World class Event!

## A Proud moment for the Zoroastrian Community of New Zealand

Darius Mistry, a long-standing ZANZ Member and an erstwhile ZANZ Managing Committee Member, his business '[Imagetext Integrated Solutions](#)', for the second year running, won two awards at the prestigious Indian Business awards night. The awards were for the **Best IT business** and the **Best medium sized business** awards. The awards were presented at a ceremony attended by 900 people including dignitaries and Politicians.

Well done Darius, you make us all proud of your achievements. We wish Darius all the best and may he achieve a hat-trick next year.



# Shah Faridoon—The First Great Spiritual Healer

- Contributed by Er. Viraf Fatakia

After a long golden period under Shah Jamsheed, Iran came under the rule of the evil Zohak. Zohak or Azhi dahaka was a tyrant who unleashed an era of terror and oppression. He murdered Shah Jamsheed and ordered human sacrifices. In the Avesta he is called "Baevare -aspa (possessing the strength of 10,000 horses). He was the living embodiment of evil and the ten vices that afflict humanity.

Faridoon ("one possessing the wisdom of the 8th sky") was born to Athwiyan and Franak during these troubled times. When evil Zohak murdered Athwiyan, Faridoon's mother Franak took the little boy to a secluded place in Alburz mountains and entrusted the child in the care of 'Purmayaah' the spiritual cow who nursed the child for three years. In the meantime, astrologers began to predict that the young lad named Faridoon would soon slay the evil Zohak.

The first to rise in rebellion against Zohak was a blacksmith named Kawa. He made a war standard out of his leather apron and collected an army under "Drafshi-i-Kawayani" (the flag of Kawa).

Kawa sought out Faridoon and encouraged him to liberate Iran from the yoke of Zohak's evil rule. Faridoon with the aid of Sarosh Yazata was successful in overthrow Zohak. Under the guidance of Sarosh Yazata, Faridoon did not kill Zohak (since the time had not come in Nature to do that), instead he tied the evil one on Mount Daemavand . The day this event took place was Roj Meher of Mah Meher. Thus was laid the foundation of the festival of "Meherangan" or the day when good triumphed over evil and the pious Faridoon liberated the land of Iran from oppression and tyranny.

According to legend, Zohak who was the living embodiment of evil is still chained to that great spiritual mountain, Daemavand. It is said every night when the forces of evil gain strength the chains weaken. However at the crack of dawn when the cock crows and the sun comes out the chains are again secured and the evil one is rendered powerless. This is an important truth in nature wrapped in an easy-to understand legend. This is the reason why we pray in the "Afreem-i-haft Ameshaspandan": "Hamazor Daemavand koh ke dravand Bivarasp andar oye basta ested." (Be in accord/ attuned with Daemavand Koh (mountain) (which has the power and) in which is enchained the demon - Bivarasp, the demon (with power) of ten thousand horses".

Shah Faridoon is also recognised in Zarathushtrian tradition as a Master Healer. He is said to have known all sorts of holy incantations (nirangs) with which he could change his form at will as also heal various afflictions. Even today many of the "nirangs" which we pray are ascribed to Faridoon Padshah. Faridoon was a saintly monarch who ruled with benevolence and re-established during his reign of 500 years an era of virtue, happiness and prosperity.

Shah Faridoon had been blessed by Sarosh Yazata with the power to neutralize all forms of evil whether in the form of disease, human vices or an evil energy at a metaphysical level. In the Fravardin Yasht we invoke his righteous fravashi in order to withstand various diseases: '*Throtnonahe Athuyannoish ashaono Iravashim yazamaide*'. We also pray in the Vanant Yasht: '*Baeshaza goafringan bad. Name Ahura Mazda pa name niv khoreh Faridoon Faridoon Athavyan*' "(May there be health and fame!) Through the name of Ahura Mazda and through the name and the power and glory of Faridoon the son of Athavyan".

It is considered very efficacious to remember the name of Shah Faridoon and invoke his pious fravashi for spiritual assistance during prolonged illness or whenever one feel afflicted by various forms of evil. His fravashi may also be invoked for spiritual assistance in controlling personal weaknesses such as the demon of wrath, greed, envy, lust, etc.

## A moment of immense pride

We would like to introduce our newest Navar, Er. Bakhtiyar Engineer, son of Zubin and Shernaz Engineer and brother of Kaizad Engineer. Bakhtiyar Engineer became a navar - Ervad Bakhtiyar Engineer aged 13 years on the 11th of January 2014.

This was done under the guidance of Dasturji Aspandiar Dadachanji of Vaccha Gandhi Agiary , Mumbai.

Bakhtiyar has already participated in conducting a Navjote as well.

The parents now endeavour to make Bakhtiyar a martab soon.

We wish Bakhtiyar and his parents a hearty congratulations and look forward to seeing Bakhtiyar at one of our ZANZ Jashans.



## Marriage Celebrants in our Community

A hearty congratulations to **Khushroo Master** and **Benifer Porus Irani** for obtaining their licenses as Marriage Celebrants in January this year. Anyone wanting to avail their services should get in touch with them.

Their contact details are available in the ZANZ Directory or on the [Department of Internal Affairs](#) website.

## What does the Farohar motif/symbol represent?

- K. E. Eduljee; Contributed by Benifer Irani

The farohar/fravahar motif as shown in the picture usually accompanies the portrait of a monarch depicted on Persian Achaemenid inscriptions, tomb façades and artefacts – all being royal settings. The Achaemenid dynasty ruled from around the 8th or 7th century BCE to 330 BCE. A similar and older motif has been found on a tomb in an area once part of Persia's sister nation, Media. When Achaemenid rule ended, so did the use of the winged motif – until, that is, about two hundred years ago – when the farohar motif began to be adopted as a Zoroastrian symbol to symbolize the faith.



Farohar motif at the purported tomb of Cyaxares I (dated to between the late 7<sup>th</sup> to early 6<sup>th</sup> century BCE) in Qyzqapan, Iraqi Kurdistan and once a part of Media, Persia's sister kingdom. Image: Wikimedia.

We have not found any record of an intervening use of the farohar between the end of the Achaemenid era and its modern adoption as a common Zoroastrian symbol.

### ***Fravashi/Farohar***

The Avestan word 'fravashi' has evolved to the modern farvard, faravahar/fravahar and farohar. The *Avesta* and Zoroastrian texts speak about the fravashi in two ways.

The first is as a spiritual component of all creation including human beings where it is a companion of the soul. The second is as a spiritual entity that survives the passing of a righteous person to the after-life. Here, it has the ability to become a beneficent spirit – a guardian angel if you will. In the first instance, the soul is a personal spiritual component while the fravashi is a universal component. The soul becomes good or bad depending on the choices made by its corporeal owner. The fravashi, however, carries *asha*, the laws of God, and is incorruptible. The soul can seek the assistance of the fravashi. While goodness is innate within us, associating with it is a matter of free will – of choice. Wisdom is the soul's path to uniting with the fravashi and it is in an *ashavan*, a righteous person, where the two are in harmony. Such an individual is divinely blest.

With this endowed faculty embedded within us, we do not need to seek divine assistance from without – we need to look deep within.

It appears that once united with the personal soul, the universal fravashi becomes personal.

Full info can be obtained from: <http://www.heritageinstitute.com/zoroastrianism/reference/FaroharMotif-Eduljee.pdf>

## Whatever you say

- Dilshad Shroff ([www.dilshroff.com](http://www.dilshroff.com))

‘Thoughtless words can wound as deeply as any sword,  
but wisely spoken words can heal.’

Get aware of what you are saying.

Is what you are saying empowering to you?..... and to others?

We all know how impressionable children can be. At an early age, the critical factor of the conscious mind is not completely formed, so a child tends to accept what is told to him/her. We often make the mistake of pointing out negative qualities in our child hoping that they will get aware of them and change. Get aware, they will; but if it is change you are looking for then start telling them otherwise. If you wish your child to be more responsible, **acknowledge** them each time they show a semblance of responsibility. Don't ever call them irresponsible or they will believe it and **be** irresponsible.

An experiment was conducted with a group of school children. They were academically average performers but were told that they were being separated from the rest of the class because they had a very high level of intelligence. At the end of the year, these students performed dramatically well. They say: ‘If you believe you can't, you are right. If you believe you can, you can.’

And suggestions play an important role in what you believe of yourself.

This is where affirmations come in. When you repeat things to yourself, you start believing them to be true, which in turn makes you act differently. **Affirmations are suggestions to yourself.**

In the same manner, the phrases that we habitually use (so carelessly), also affect us, **mentally** and **physically**. Don't be surprised if you end up with a neck pain if you have been calling someone ‘a pain in the neck’.

We use **metaphors** all the time to create a visual picture or a better impression of what we are thinking or trying to say.

“I feel like a fish out of water.” Now, now. Aren't you exaggerating the discomfort.... just a wee bit?

Make a conscious decision, now, to use metaphors that empower you. One of my favourites is: ‘We cannot direct the wind but we can adjust the sails.’

Your words spell your attitude. Your attitude creates your ability.

One says “Let me do it for you” while the other says “It's not my job”.

The Winner says: “It may be difficult but it's possible.”

The Loser says: “It may be possible but it's too difficult.”

Which do you choose to be?

Don't trust **Proverbs** – there is really no truth in them.

'Absence makes the heart grow fonder' VERSUS 'Out of sight, out of mind'  
But proverbs and quotations are very impressive, so pick the ones that make you feel empowered.  
How's this for a start: "Whatever you can do, or dream you can, begin it.  
Boldness has genius, power and magic in it." – Goethe.

We can **take away the power** of our emotions by changing the word we use to describe our feelings.

Instead of saying: "I'm afraid this won't work"  
we could say: "I am not very comfortable with the idea"

Instead of telling yourself how 'confused' you are, you could be 'curious.'

'Frustrated' could simply mean 'challenged'.  
Instead of 'hating' something, say what you 'prefer'.

Not only can you reduce the bad feelings, by changing the words you use, but can also use the same process to **turbocharge** the positive feelings. Say you are feeling 'great' when you feel 'good'. And when you are feeling confident, tell yourself you are 'unstoppable'. 'Okay' can be 'Perfect' and 'No Problem' can become 'Happy to...'

You can describe a relationship break-up as a 'breakdown' in your life or a 'breakthrough' for you. You decide: which is for you or against.

But it's not all only about us. What are we telling others that might be damaging to them? Would you like to be with someone who made you feel good about yourself or bad? Instead of telling others what they are doing wrong, you could tell them what they could do in the situation that might be beneficial to them. Encouragement, appreciation and direction; now that's empowering. And doesn't it also make you feel good about yourself?

Recognize the power of words. What you say creates an impression on yourself and your surroundings. Your word is your commitment.

***There is one elementary truth,  
The ignorance of which kills countless ideas and splendid plans:  
That  
The moment one definitely commits oneself,  
Then providence moves too.  
All sorts of things occur to help one  
That would never otherwise have occurred.  
A whole stream of events issues from the decision,  
Raising in one's favour,  
All manner of unforeseen incidents and meetings and material assistance  
Which no man could have dreamt would have come his way.***

So.....beware of what you say.....

The Universe might respond to you with : "Whatever you say.

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## Invitation for providing Articles

Dear Members and Friends of ZANZ,

This is the first issue of the second edition of the ZANZ Newsletter. We endeavor to release three editions every year. We invite members as well as non-members and fellow Zoroastrians to send in articles on any of the below mentioned topics:

1. Achievers - latest personal, academic, extra-curricular achievements of any Zarathushtrian (Irani and Parsi) individuals of New Zealand.
2. BawaZ Jokes / Cartoon Corner / Quizzes / Crosswords / Sudoku / Games / Cartoon strips / Jokes, etc. (no copyrights)
3. Kid's Corner - Kids can send their artwork or small write-ups.
4. Food Corner / BawaZ Recipes - Great idea to share recipes, a chance for all home cooks to shine. It can also be something of significance e.g. malido, etc.
5. Thought of the Day / BawaZ Wisdom !! - Nice phrase or a moral based short story.
6. Local Community News - Happenings in and around other local communities. e.g. any interesting play, activity at a community centre which might be of interest to the rest of the community.
7. Advertisements of Zarathushties owned Businesses - An A6 size advertisement can be submitted. One free advertisement per Zoroastrian person.
8. BawaZ Navjote Mubarak / Shaadi Mubarak Column (new stock/babies arrivals or additions to Parsi Clan and/or forthcoming Lagans)
9. Matrimonials Column (BawaZ Lagan.com)
10. Obituary - List of Zarathushties maran (death) and also Paidast, Sarosh nu Patru, Uthamnu, Varsi Prayers, Mukhtad/Gathas Prayers at Dadgah, etc.
11. Job Vacancy / Situation Vacant.
12. Rentals / tenancy wanted / House to sell / Business to sell

**Please do send in your write-ups, notices, adverts, etc. via email to [newsletter@zanz.org.nz](mailto:newsletter@zanz.org.nz)**

Please note that write-ups, notices, adverts, etc. sent to the newsletter email address only will be considered for publication.

Also kindly note that no religious controversies will be allowed in this Newsletter. Also the ZANZ editorial committee reserves the right as to which articles may make it to the final newsletter and which may not.

God bless and send in your articles quickly, for you all to view and also the World to view !!