



FEZANA Age-Appropriate Lesson Plan

Subject Category (circle one): Religion/Ceremony History Prayer **Gathas**
Comparative Religion Shahnameh

Age Group (circle one): PreK-K Grades 1-3 Grades 4-5 Grades 6-8 **Grades 9-12**

Subject of the Lesson:

Freedom to Choose- Yasna 30.2

Background Knowledge for the Teacher:

Yasna 30.2

Transliterated Text:

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sraotâ gêushâish vahishtâ
avaênatâ sûcâ mananghâ
âvarenâ vîcithahyâ
narêm narem xvaxyâi tanuyê
parâ mazê ýanghô
ahmâi nê sazdyâi baodañtô paitî.

(The Gathas: Yasna 30.2)

Translated Text:

By Dr. Jafarey

Hear the best with your ears
and ponder with a bright mind.
Then each man and woman, for his or her self,
select either of the [following] two.
Awaken to this Doctrine of ours
before the Great Event of Choice ushers in.

By Dinshaw J. Irani

Hearken with your ears to these Best Counsels,
Reflect upon them with illumined judgement. Let each choose his creed, with that freedom of choice
each must have at Great Events,
Oh ye, be awake to these my announcements

**Vocabulary:*****sûcâ mananghâ***

- clear mind, Bright intellect

narêm narem

- man and woman, for each one

vîcithahyâ

- Choice

Learning target

Students will learn:

Everyone is born with a Manah (mind) which can be used in either a good or bad way or a combination of both

The ability to decide what is good and what is evil, is the function of understanding. The better the understanding, the greater is the person's ability to recognize right from wrong; and wisdom can be defined as the ability to distinguish between good and evil. Every person must use reason, intuition, and logic to make the right choices.

Zoroastrianism is a religion of choice.

Lesson for students:

As you get older and reach the legal age of driving, later the right to vote and finally the age which society allows you to drink, your scope of decision making expands drastically. You will be allowed to practice your freedom to choose wisely. Not every society, culture or religious belief promotes or encourages this basic human right; However, Zoroastrian philosophy advocates it to its fullest extent. The precursor for this transition to occur successfully is Knowledge. Throughout your youth, you are given the opportunity to learn and experiment with simple decision making to become mentally mature enough for later life choices that you must make.

A clear good mind that's been trained by you to listen, recognize, analyze, differentiate, and learn is your main tool. The decision to use it wisely and appropriately is yours and yours alone. You will have to face the consequences no matter what it is. You determine your destiny by your choices. So always seek new information from your parents, teachers, field experts, reliable sources, and past and present databases before you make an intelligent decision.

And when you make a wrong choice, learn from it and don't repeat it.

Basically, the fact of life is that it's a collection of good and bad choices; so prepare yourself through acquired knowledge to achieve the outcome you desire.



Activity for Students:

1: What responsibilities would you have when you start driving? What are the pros and cons of you driving? Is driving a choice?

2: what does it mean to be able to vote?

Is voting something that you are excited about?

Why is it important to live in a society that allows free election? (Do some research)

What are the circumstances in which your vote counts besides government elections?

3: Why is there a legal age for drinking alcohol?

Are you going to abide by it and why?

What should you know about alcohol before its consumption?

What are the limitations of alcohol use and why? (Do some research)

Take away lesson:

Everyday life consists of a series of events full of challenges that need to be dealt with. Our job as intelligent beings is to find the best way to do so. It involves a lot of decision making at every turn and it's your job to equip yourself by listening, learning, trying and mastering the art of living a benevolent life through making wise choices.

Sources:

1. The Gathas Our Guide Translated by AA Jafarey
2. Hymns of Zarathushtra Translated by DJ Irani

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