



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

Lesson # (if applicable):

Subject of the Lesson: Yasna 28.1-Good Mind

Background Knowledge for the Teacher:

Yasna 28.1

Transliterated Text:

*ahyâ ýâsâ nemanghâ
ustânazastô rafedhrahya
manyêush mazdâ pourvîm speñtahyâ
ashâ vîspêñg shyaothanâ
vanghêush xratûm mananghō
ýâ xshnevîshâ gêushcâ urvânem.*

(The Gathas: Yasna 28.1)

Translated Text:

By Dr. Jafarey

Mazda, Wise God, with a bow and uplifted arms, I pray.
First, I ask for support through progressive mentality.
Then I pray that I may perform all my actions,
based as they are on the wisdom of good mind,
precisely according to the laws of righteousness
so that I please You and the soul of the Living World.

By Dinshaw J. Irani

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.



Vocabulary:

speñtahyâ manyêush - spenta-mainyu - progressive mentality

mazdâ - mass knowledge - wisdom

ashâ - righteousness, what fits, what is right

xshnevîshâ gêushcâ urvânem - pleasing soul of the living world, benefiting the living world which is possible when the best result is achieved.

Learning target

Students will learn strategies to use their good mind

Lesson for students:

There once was a man named Zaytoon who lived in Louisiana with his wife and 3 children. He was a caring man, a loyal husband, and a proactive father. He lived a modest life running his small business in town with his wife helping him at work and taking care of the children. He lived in a modest house with 2 cars and a small boat. One day news came of this terrible hurricane that was on its way to their town. They had already started seeing the gloomy weather with torrential rains, thunderstorms, and winds. News was not good, so the family decided it was time to leave town to secure their children's safety. The couple came to the agreement that the wife and children would take the first flight out to stay with the wife's family in another state. He would wrap up his business and secure the house as much as possible to minimize any damages due to the storm. After the man's family left, the hurricane hit the town and he became stranded in his own home with massive floods everywhere in the city. He could not get out, but he was safely stuck at home.

Activity for Students:

What should he do to make a bad situation better? Be creative.

Teacher's guide:

What could he do for his family, his community and himself by using his wisdom, his progressive mentality and righteous thinking?

Be creative as to how to make good decisions when it is difficult to think outside of what is happening to us and being so fixated on self that we don't see the world outside of ourselves.

What's the benefit to me? I feel happy knowing my existence has made a difference in other's lives. That is my living prayer (my thanks) to the world that has granted me my life



Solution examples:

He takes his small boat and paddles to the elderly neighbor's house to see if she needs food or help. He goes out on the roof of his house and scans the area to see if he can do anything to benefit others

Take away lesson:

How did you make your decision? What were the steps and thought processes you experienced that could apply to other decisions you make?

Perform all your actions based on wisdom and good mind according to righteousness. How did the husband do that? The husband had to take action based on the knowledge that he had and the understanding of the situation. In this story, helping others is the right thing to do.

Sources:

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

Prepared by: Fariba Pirghaibi

Edited by: Roya Behmardian and Hilda Kasravi

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