



## 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:**

The terrible Covid19 pandemic of 2020 affected everyone's life throughout the universe in a negative way for months. Young and old, rich and poor in every race and gender were attacked indiscriminately by the coronavirus; however, the outcome was directly based on the wise decisions that were made by governments and individuals or lack of it. You as students lived through those difficult times facing many challenges that were.

Frustrating, scary, lonely, and unprecedented.

In the Gathas, the first verse suggests that through progressive mentality one can overcome difficulties. It's certainly up to each individual to search for solutions through their good mind to achieve happiness and success in life.

### **Activity for Students:**

Through this exercise, give an example of how you managed your days in isolation, budgeting your time, studying at home on line so you wouldn't get behind academically? How did you deal with your parents and siblings staying home together for months? How did you deal with being away from all your friends and close families for so long? How did you entertain yourself in a way that complied with the government mandate to stay home?

### **Take away lesson:**

You must use your good mind and progressive mentality to do the right thing (Asha).

Reflect on your experience and decipher if you could do anything different to positively impact yourself and others.



**Sources:**

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

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