



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 30.4-Reward and Consequence

Background Knowledge for the Teacher:

Yasna 30.4

Transliterated Text:

*atcâ hyat tâ hêm mainyû
jasaêtem paourvîm dazdê
gaêmcâ ajyâtîmcâ
ýathâcâ anghat apêmem anghush
acishtô dregvatãm
at ashâunê vahishtem manô.*

(The Gathas: Yasna 30.4)

By Dr. Jafarey

Now, when the two mentalities
first got together,
they created "life" and "not-living."
Until the end of existence,
the worst mind shall be for the wrongful,
and the best mind shall be for the righteous.

By Dinshaw J. Irani

And when these Twin Spirits came together at first,
They established Life and the Denial of life,
And so shall it be till the world will last.
The worst Existence shall be the lot of the followers of
Evil,
And the Best-Mental-State shall be the reward of the
followers of Good.



Vocabulary:

Mainyû - mind

Gaêmchâ - life

achishtô⁷⁴ dregvatãm manô - the worst mind amongst the wicked

ashâunê vahisstem manô - best mind of the righteous

Learning target

From the beginning there have been two mental phenomena (Mainyu or mentalities) that determine the two paths of life: right and wrong in thoughts, words, and deeds. The wise chooses the right but the unwise chooses the wrong and goes astray.

One of the two (mentalities, mental phenomena) generates a good productive Life whereas the other generates a damaging bad existence.

The followers of untruth will receive the dark state of mind (inner torment, hell), and the followers of truth shall enjoy bright mind and happiness (inner peace, heaven).

This situation shall continue forever.

Lesson for students:

Sarah and her mom were at a clothing store looking for a specific dress that her dance teacher had suggested for the Nowruz performance. When Sarah found the dress, she glanced over the price and realized it was too expensive for one-time use. She remembered her friend Diba telling her that she plans to return the dress after she used it for the performance. Sarah was not sure if this was the right thing to do, so she decided to ask her mom. On the way back from the store, Sarah presented her dilemma to her mom, to which her mom replied "Well Sarah, it sure would be beneficial for you to return the dress. Do you think the store will lose money because of this?" Diba had told Sarah that stores mark up the prices for when such things happen, so they don't lose money. Therefore, she said: "No. The price has been jacked up to cover for such events, so the store won't lose money". Mom said, "So we are actually paying a higher price because of people like Diba, who are selfishly only thinking of themselves. To know if a decision you make is the right one, you should not be selfish and should consider the impact of your decision in the bigger picture".



Activity for Students:

Every day we are forced to choose how we behave.

build	destroy
love	hate
Be honest	deceit
Be truthful	lie
Encouraging	intimidating
Be part of solution; recommending	Be complaining
active	lazy
Confront and resolve a problem	Gossip, talk behind someone's back
praise	criticize

What do you think our choice is based on?

Think of a real-life situation where you had to choose between two possibilities and think why you chose that path. Do you think it was the right path? How did you feel afterwards?

Take away lesson:

Zarathushtra teaches that there is a universal law that governs life based on right and wrong.

Suffering is for the wrongful and everlasting happiness for the righteous. This law reflects justice based on the results of actions (Asha). People are guided through their power of thinking to realize this law, so that they choose right and make this life fresh. Those who face the consequence of wrong choices can always rethink and have a new direction.

Sources:

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

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