



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:

Yasan 30.4- Reward and Consequence

Background Knowledge for the Teacher:

Yasna 30.4

Transliterated Text:

*atcâ hyat tâ hêm mainyû
jasaêtem paourvîm dazdê
gaêmcâ ajoyâtîmcâ
yathâcâ 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:

Sina, Sam, and Dean were friends at school and used to hang out and do homework and play together. They needed to prepare for an exam coming up, it was hard work and they had to really focus and be disciplined to be prepared. Sam was distracted and really didn't want to study and kept goofing off, so Sina and Dean went home to study and left him alone.

The next day they all showed up for their exam, Sina and Dean had worked hard but they found the exam very difficult. After the exam the 3 friends chatted about how they did. Sina and Dean said the test was very hard and they weren't sure they did well. Sam told them that he had cheated with a smile even though he knew he did something bad. He said you two should have taken it easy and had fun like me instead of working so hard, it was easy for me.

When they all got their grades back Sina and Dean both got C+ and Sam got a B+.



Activity for Students:

Discuss what was the right thing to do?

How does Sam's bad choice affect their friendship?

Was it beneficial to Dean and Sina to study so hard or would it have been better (easier) to cheat like their friend? He got a better grade and didn't even work for it?

Is that wrong? Why? Why not

What are the long-term consequences beyond the immediate grade and satisfaction?

(Teacher's guide) Making right choices requires wisdom and liberty to act on that wisdom. If all choose right, the world will be dominated by good, and evil is eliminated. Zarathushtra calls this: the state of true living or "Life". On the other hand, if wisdom is not exercised and individual freedom misused, the outcome shall be a destructive life, or "Un-life". It is the endless struggle in one's mind to choose between the Good and evil thought to create a better living environment/Society to have a better life, since humans live in a society, we depend on each other and need a healthy environment to live in and prosper.

To do the right thing, which is beneficial for all, instead of shortcut evil which might benefit the self and not the society.

Take away lesson:

Humans are born with the innate ability to distinguish good and bad. That is what sets us apart from animals who don't have this higher brain development. Distinction needs to be made as to the definition of good. Good is not what benefits oneself with no regard to the bigger world.

i.e., It is good for me to use disposable dishes, so I don't have to wash them but is it good for my environment with the additional trash I am producing?

If I am a king it is good for me to build expensive palaces and spend all the wealth and resources for fame and glory, but does that make me a good king?

Sources:

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

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