



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 43.1- Ushta

Background Knowledge for the Teacher:

Yasna 43.1

ushtâ ahmâi ýahmâi ushtâ kahmâicît
vasê-xshayãs mazdâ dâyat ahurô
utayûitî tevîshîm gat tôi vasemî
ashem deryâyî tat môi dã ârmaitî
râyô ashîsh vanghêush gaêm mananghô

(Gathas: Song 43.1)

Translated Text:

By Dr. Jafarey

May the Wise, Ruling-at-will God
grant radiant happiness to the person
who radiates happiness to any other person at large.
I pray for steadfast strength and courage
in order to uphold righteousness.
Grant me through serenity
the blessings of a rich life of good mind.

By Dinshaw J. Irani

Happiness be the lot of him who works for the happiness of others. May the Lord grant him health and endurance. For the effort to uphold Truth, I beseech these very gifts from Thee! Mayest Thou, through Armaity, the Spirit of Right Mindedness, Bless me with the perfection of a life guided by the Good Mind!



Learning target

Ushta is defined as Radiant Happiness. In the Gathas those who can radiate happiness to others are praised and admired. If one lives a joyful life by righteous acts and deeds that impact others positively, that joy can be shared by others which is an accomplishment. So, one reason to do good deeds is to achieve happiness by bringing joy to others.

Lesson for students:

Read the following paragraph(s) to the class:

There are so many charitable organizations in our society with different missions and goals. Charity by definition is donating one's time or money to help those in need. We also are urged by our parents and teachers to be involved in community work to help a cause or a group of people like beach clean ups or helping in a soup kitchen for the homeless. When you volunteer to do something for others as a selfless act, you are being righteous and charitable. To be charitable is a good trait to have and it does bring inner satisfaction and happiness as it's reward. This is the kind of happiness that becomes contagious. When you help others (Hurricane victims in distress) or a worthy cause (fighting for human rights) or just a friend in need of a kind word or a shoulder to cry on , you have participated in a charitable act that will bring about joy and happiness in the process.

Ushta (radiant happiness) is the ultimate form of experiencing joy because it's not confined to one person. You are encouraged to act in a way that brings you and others around you such happiness.

Activity for Students:

Encourage students to share out loud their thoughts on the following questions:

1. Can you name a charity that's well known? What's their mission? Ie: Red Cross
2. Is spreading joy part of their mission?
3. If you could donate your time or money to an organization, how would you choose one that fits your standards?
4. Have you experienced happiness due to someone else's words or actions?
5. Have you done something to cause happiness for others?
Give examples and how each act made you feel?
6. How is Ushta different from happiness?

Take away lesson:

Any righteous act requires good thinking. You have to evaluate the outcome of your righteous action before you make a decision to do the deed. However, if the end result brings about happiness for others in any way shape or form, you have achieved Ushta which is the ultimate form of happiness.



Sources:

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

Prepared by: Mitra Dinyari

Edited by: Roya Behmardian and Hilda Kasravi

Date: 12/2021