

AHUNAVAITI GATHA  
YASNA 28

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HA 28.1

This I seek with reverence  
With uplifted hands  
The perfect-ness of the mind

Wisdom (Mazda) is the first righteous gift of Asha  
All should aspire to make  
Good use of the intelligence in the mind  
To create harmony between the universe  
And the inner-self \*.

Zarathushtra – Gatha – Yasna 28.1 (FR)

*\*(Human spirit) (Urvanem)*

HA 28.2

Certainly, I shall acquire  
The Wisdom in Creation  
Through Good use of the Mind

I shall master the dual forces  
Physical and Mental  
Through Knowledge  
Whereby the truthful achieve enlightenment.

Zarathushtra – Gatha – Yasna 28.2 (FR)

HA 28.3

Truly, the **Asha (Ultimate Truth) (2)** derived  
By the **Good Mind (1)**  
Never before known  
Among the wise and all creation  
With it, make **Good Rules (3)** and never waning  
Increasing **Righteousness (4)**  
Leading us towards **Perfection (5)**

Zarathushtra – Gatha -Yasna Ha 28.3 (FR)

#### HA 28.4

Truly, the spiritual result is exalted (*when*)  
Goodness leads to harmony in thoughts  
Which result in good deeds  
In harmony with the Wisdom in Creation

As long as we have will and strength  
So long we should teach to strive for Truth

Zarathushtra – Gatha -Yasna Ha 28.4 (FR)

#### HA 28.5

Asha when you gain  
With mind's good use  
Having realized wisdom  
The path to creativity  
The ultimate message of Wisdom  
Through words excellent  
We shall turn (convert)  
Those who do not know  
(With tongue) By speaking

Zarathushtra – Gatha -Yasna Ha 28.5 (FR)

#### HA 28.6

Good dawned on the mind giving Asha,  
The gift of long-standing truth  
Truly words of Wisdom to Zarathushtra  
Mental power, the joy which leads us to Creation  
Also that adversary and hatred, we may over come

Zarathushtra – Gatha -Yasna Ha 28.6 (FR)

HA 28.7

Given the Asha that result in goodness (deeds)  
Gained through the mind  
Truly gives righteousness

Vistasp desired for his people and  
Decreed that truly Wisdom shall rule and  
That those words should be carried out by all grades

Zarathushtra – Gatha -Yasna Ha 28.7 (FR)

HA 28.8

Best to Supreme  
With Asha, supreme harmony  
Creative research (was the)  
Desire of Worthy Frashaoshtra

For his people and other people  
and even show the way to All,  
Of the limitless good creations of the mind

Zarathushtra – Gatha -Yasna Ha 28.8 (FR)

HA 28.9

These, you, not Ahura Mazda  
Asha also brings fury

Mind also is the best  
That which strives' to give good guidance  
For you to be worthy  
Mighty, satisfied, also worthy of praise

Zarathushtra - Gatha - Yasna HA 28.9 (FR)

HA 28.10

And those who are righteous are known for  
Good deeds and use of the wise mind  
In righteous way in tune with Wisdom in Existence

Their aim achieved  
Their desire assuredly happiness  
Their gift knowledge, and being known as righteous,  
faithful and are praise worthy

Zarathushtra - Gatha - Yasna HA 28.10 (FR)

Ha 28.11

Truly with these facts  
We shall keep our thoughts good forever  
In tune with the Wisdom in Creation

I instruct that  
You all declare your thoughts  
Through the word of mouth  
Whereby creation first comes into being

Zarathushtra - Gatha - Yasna 28.11 (FR)

Free translation of 28.11

Everything that is created was first a Thought.  
So, let your Thoughts be Good  
Good Thoughts are those that are in harmony with the Wisdom in Creation  
(Nature)

Let your Good Thoughts be known through Good Words  
For that's when Creation first comes into being  
ZARATHUSHTRA - GATHA - YASNA HA. 28.11 (FR)

28.11 (Persian)

CHANIN BA IN RASTIHA  
NEGHA MIDARAM ANDESHA RA PAK BARAYEH HAMISHEH  
HAMAHANG BA KHERAD DAR HASTI

AMUZESH MIDAHIM TA ASHKAR SAZAND ANDESHEH RA  
BA GOFTAR

KE AZ ONJAH AFARENESH NOKHOST PADEED MEAYAD