

AHUNAVAITI GATHA  
**YASNA 28**

Translated by  
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HA 28.1

This I seek with reverence  
With uplifted hands  
The perfect-ness of the mind, Wisdom (Mazda)  
The first good rule to Asha is  
All should aspire to make  
Good use of the wisdom 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 desiring, and achieving enlightenment.

Zarathushtra – Gatha – Yasna 28.2 (FR)

HA 28.3

Truly, the Asha (Truth) derived  
By the good mind  
Never before known  
Among the wise and all creation  
With it, make good rules and never waning  
Increasing righteousness  
Leading us towards Perfection

Zarathushtra – Gatha -Yasna Ha 28.3 (FR)

#### HA 28.4

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

As long as I have strength  
So long will I teach to strive for Truth

Zarathushtra – Gatha -Yasna Ha 28.4 (FR)

#### HA 28.5

Asha when you gain  
With minds good use  
Having realized wisdom  
The path to righteousness  
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 required long-standing natural law  
Truly information of Wisdom to Zarathushtra  
Mental power, the joy which leads us to Creation  
Also that adversary and the hatred we may over come

Zarathushtra – Gatha -Yasna Ha 28.6 (FR)

HA 28.7

Given the knowledge 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

HA 28.8

Best to Supreme  
Through knowledge 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

The progress through knowledge, the seeking of supreme Ahuraic harmony, was the desire of worthy Frashaoshtra for his people and other people and even to show the way to all of the limitless good use of the Mind.

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 so because of  
Good deeds and use of the wisdom of the mind  
In righteous way in tune with Wisdom in Existence  
Their aim achieved as designed  
And those assuredly are pleased (whose) result  
Are known to be righteous, faithful, 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 mind's findings  
Through the word of mouth  
Whereby creation first comes into being

Zarathushtra - Gatha - Yasna 28.11 (FR)

28.11 (Persian)

CHANIN BA IN RASTIHA (HAGAYEGH)  
NEGHA MIDARAM ANDESHA RA PAK BARAYEH HAMISHEH  
HAMAHANG BA KHERAD DAR HASTI  
  
AMUZESH MIDAHAM TA ASHKAR SAZAND ANDESHEH RA  
BA GOFTAR  
  
KE AZ ONJAH AFARENESH NOKHOST PADEED MEAYAD