

*Spenta Mainyu*

*Spenta* is translated as progressive, bountiful, expanding

*Mainyu* is translated as mentality, way of thinking or being

*Spenta Mainyu* is more commonly translated as progressive mentality

In the Gathas *Spenta Mainyu* is an important attribute of Ahura Mazda and it is through progressive mentality that the living world is created and moves toward wholeness and perfection.

**You, Wise One, Who have fashioned the world,  
the waters, and the plants  
by Your most progressive mentality,  
grant me, in accordance with good mind's doctrine,  
immortality, wholeness,  
steadfast strength, and endurance.**

Gatha: Song 16.7 (Yasna 51.7) \*

One can use *spenta mainyu* through good mind and wisdom to improve oneself either spiritually or materially. This can be extended to improving the family and further to the global community.

Benevolent progression can be reached through the good deeds of a group of people as well as an individual.

Starting recycling at home, using less plastic and encouraging the household to do the same, is an example of practicing *spenta mainyu*.

Helping two friends who are in a quarrel to regain a good relationship is another example.

A king spending the country's resources on the improvement and well being of its citizen and helping other nations towards a global prosperity with wisdom is using *spenta mainyu*.

**This precious reward of Thine, O Mazda,  
Thou givest by way of Good Mind,  
Thou givest to vigorous bodily life of him who works for and tends to Thy Creation,  
Who furthers Thy beneficent plan by the power of his understanding,  
Guided by Thy Spirit of Truth.**

Yasna 34.14 \*\*

**And May that person get much good  
Who teaches us the straight paths of progress.  
May he, in his physical and mental life,  
truly attain the existence where God dwells,  
for, Wise One, he is like You;  
sincere, noble, and progressive.**

Gathas: Song 8.3 (Yasna 43.3)\*

Sources:

*\*Gathas Our Guide* By: Dr. AA Jafarey

*Spenta Mainyu- The Devine Mentality in Zarathushtra's Theological System* By: Dr. Jehan Bagli

*\*\*The Gathas The Hymns of Zarathushtra* By: Dr. DJ Irani