

## Family in the Gathas

Zarathushtra's teachings guide us towards a global community that uses good thoughts to ultimately do good deeds. These good deeds will improve the lives of the individuals as well as the living world leading to a state of happiness for all. Family is important in the Gathas as it is the smallest unit of a global community.

"The smallest unit of the humanity society is the family and the largest unit the entire human world. All the units-home, town, state, country, and world-should be united and bound together by love and wisdom (Songs 4.16,18,5.1,6.3,4)." *Gathas Our Guide by Dr. AA Jafarey*

Vohu Mana is translated as good mind. It is our compass for good thinking and hence making decisions and interacting with one another in a righteous and beneficial fashion leading to a state of serenity and happiness.

In the Gathas, ultimate happiness is *Ushta* which is translated more commonly as radiant happiness. Through *Ushta*, personal happiness becomes a beacon spreading the light to those who surround us.

"Enlightenment and happiness come to the person who gives happiness to others without discrimination whatsoever. An enlightened and happy life is what every person needs to achieve and spread. (Song 8.1)" *Gathas Our Guide by Dr. AA 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.  
Song 8.1 (Yasna 43.1)**

As Purchista Haechatspa Spitaman, the youngest daughter of Zarathushtra was getting married, and forming a family unit of her own, Zarathushtra's advices her to choose a partner who will not sway from using his good mind (*Vohu Mana*) and one who is righteous. In addition, he advices to consult him with her wisdom and in a state of calm.

**May He grand you him who is steadfast in good mind,  
And united with righteousness and with the Wise One.  
Therefore, consult him with your wisdom,  
And work with the most progressive and munificent serenity.  
Song 17.3 (Yasna 53.3)**

**These words do I address to you maidens who are being married  
These counsels do I give to you, bridegrooms,  
Heed them in your minds and lay them to heart.  
Let each cherish the other with Righteousness  
Then surely the reward of a happy life shall be yours.  
(Yasna 53.5)**

**This, indeed is the case, O ye men and women!  
No happiness can be yours if the spirit of Falsehood directs your lives.  
Cast off from yourselves the bonds that chain you to Untruth.  
(Part of Yasna 53.6)**

Sources of Gatha Translations:

*Gathas Our Guide* by: Dr. AA Jafarey (Song 8,1, 17.3)

*The Gathas, The Hymns of Zarathushtra* by: DJ Irani (Yasna 53.5, 53.6)