

## THE SEVEN ITEMS ON THE NOU ROUZ TABLE

### HAFT AMESHA SEPANTA

#### THE SEVEN ETERNAL LAWS IN NATURE

The seven eternal laws are summarized in seven words which have latter taken the form of angles, bountiful immortals and attributes of God. In the Gathas

Zarathushtra explains the simple truth and we shall here deal with just that, before religion capitalized on it and made it complicated and heavenly.

#### AVESTA WORDS MODERN USAGE ENGLISH MEANING :

1- VOHU MANA BAH MAN,	-	GOOD MIND
2- ASHA VAHISATA ARDIBESHT	-	ULTIMATE TRUTH, NATURE
3- KASH ATRA VAIRYA SHAHRIVAR ,	-	GOOD LAWS / GUIDANCE
4- SEPANTA ARMAITY ESFAND,	-	LAWFUL DESIRE
5- HURVATATA KHORDAD,	-	PERFECTION
6- AMERETATA AMORDAD,	-	IMMORTALITY
7- AHURA MAZDA,	-	CREATOR OF WISDOM

#### Explanation in summary form :

- 1- Use your GOOD MIND - to inquire and learn the
- 2- The ULTIMATE TRUTH- the Laws of Nature- Use them to make
- 3- GOOD RULES – Good Laws- Good Guidance- Which will lead to
- 4- LAWFUL DESIRE – Righteousness – which will pave the way towards
- 5- PERFECTION – Mental, Physical and Spiritual – which will lead to
- 6- IMMORTALITY –a) losing the fear of Death (b) being remembered for your good work for generations–resulting in oneness with
- 7- AHURA MAZDA -The CREATOR OF WISDOM – through KHOD AH Self Realization- KHOD = Self AH = to come, to come to oneself.

#### Explanation in Detail :

These seven laws are the natural stages of growth, applicable to the whole Universe and are therefore

called the Eternal Law. It is true to the cycle of growth of a seed into a plant so also to that of the formation of the Universe. While in nature they are natural in humans there is the element of free will. But in either case a flaw will affect the end result. A right choice will create a Heaven and a wrong choice will create a Hell, right here on this Earth. Zarathushtra's concept of heaven and hell are both earthly.

These are the stages which will also lead each individual spiritually, to become a part of the whole. They are in tune with the practical day to day living of a normal life, there is no call for renunciation, or penance, or disruption of ordinary day to day living. One has only to guide and channel the daily activities in accordance with the Eternal Law. Zarathushtra himself lived a normal life and had a wife and six children. Moreover all these stages are attainable in one life period and do not require reincarnation. Zarathushtra never said he had reincarnated nor promised to come back.

## **1 – VOHU MANA**

The First step mentioned is Vohu-mana or Bahman that is the Good Mind, Wisdom, the Wise Mind, to which one has to refer to find out the TRUTH and to make decisions.

In nature this wisdom is inbuilt and is limited to 'About Itself', it does not have to acquire it. While we humans have to look for it and, more important, unlike in nature, our wisdom is not limited to, 'About Ourselves', but we can acquire unlimited knowledge.

Zarathushtra preached and practiced the reference to Vohu-mana. He looked for the truth, found the answers to mysteries, understood nature, understood the universe, knew about human nature, and found answers to complex problems, which he shares with all in his Gathas. Having studied human nature, he emphasizes on the choice between the Good and the Evil and recommends the path of Righteousness.

Referring to Vohu-mana is a much more advanced stage of what scientists know as the Alpha level of the brain. Today with a little training a person can get into the Alpha level at will, memorize texts, solve problems and be a different person. Vohu-mana is a higher level and involves the use of a larger portion of the brain, which in the normal case is idle.

In opposition to Vohu-Mana is Ahri-MANA the Evil Mind. The same mind has two forces, the good and the evil; to follow the evil force is easier than following the good force. Zarathushtra places great emphasis on these two forces which are equal in strength, but if the mind succumbs to the evil force the end result will be the opposite, the undesirable.

Zarathushtra in the Gathas says that everything that is created is first a thought, so let your thoughts be good. He further defines good thoughts to be those that are in harmony with nature. Thoughts not converted into words will be forgotten, so convert only your good thoughts into words, resulting in good deeds, good creations. Thus giving the maxim, GOOD THOUGHTS - GOOD WORDS - GOOD DEEDS.

## **2- ASHA VAHISTA**

The second step, Asha Vahista - Ardibehest - THE TRUTH, is what is obtained through Vohu-mana, and comprises of the Universal Truth, of knowledge about ourselves, of all that is around us; the laws of nature, the harmony in nature, human behavior, psychology, physiology, the knowledge about stars, galaxies and outer space (Dakhyu). In nature it is limited to 'Self Truth' each element in nature knows itself, it knows what course it has to take to evolve, we call it instinct. It has a limitation as far as acquiring knowledge about others is concerned. We humans can use our Vohu-mana and explore, have knowledge about everything around us and even cause changes in them. As is said in some of the ancient scriptures humans are the image of God.

## **3- KHASH ATRA VAIRYA**

Khash atra vairya – Shahriavar – Good Laws, which are in harmony with nature. Harmony in nature is in existence and takes its natural course. We humans need to make use of the acquired Truth to evolve and advance. So once the natural laws, human behaviour, psychology, how the universe works and our place and role in it is known and once we recognize the harmony with which all this happens, we have to take the third step; make our own good laws and rules –Shahriavar – to conduct our worldly affairs in harmony with these natural laws, THE TRUTH - Asha. Doing nothing to disrupt the harmony but instead evolving and advancing in harmony with the rest of the universe by choosing the Righteous path.

#### **4- SEPANTA ARMAITY**

When the good laws, good guidance, and good way of life is followed, there shall be Sepanta Armaity, Lawful Desire that is Righteousness, love, harmony, peace and justice among men and in their relationship with the rest of the universe. All desires will be lawful. When the first three laws are followed Sepanta Armaity comes naturally. It is this fourth stage which creates a Paradise, a Heaven, right here on earth.

#### **5- HURVATATA**

It is in such an atmosphere of righteousness that one will achieve Khordad – progress towards Perfection, that is to become Complete; mentally, physically and spiritually. In this stage one leads a normal day to day healthy life which is full of righteousness, justice, law, order, peace and is in tune with nature and the universal laws. This is the fifth stage, which can be easily achieved in a Righteous society, a Heavenly society.

#### **6- AMERETATA**

Having achieved Khordad one becomes Amordad, Immortal, but not in the physical sense, for we are made of a matter that ages and every person including Zarathushtra has died. It is a mental stage where one is "Free from the Fear of Death"; thereby one does not belong mentally to the material world but to a timeless space less world where death has no meaning.

Ameretata, immortality has two forms the second form is when a person has no physical existence. A person who has done good deeds, benefited mankind, will be remembered in a positive way for generations to come and is therefore immortal in the memories of people for generations depending on the extent of the deeds.

#### **7- AHURA MAZDA**

A person having achieved these stages will spiritually understand and becomes one with Ahura Mazda - The Creator of Wisdom. The creator of Mazda Ahura – The Wisdom in Creation, the force in nature, the cause of Universal Action and Reaction. Thus one melts in this boiling pot and become one with nature.

This is the principle and predominant canon, at the center of what Zarathushtra has to say, with the aim of making the world an ideal place to live.

**Every Nou Rouz the Nou Rouz Table with the seven items or trays are a reminder of this law, a time to make a resolution to follow this natural law and in the process make this earth a better place to live.**

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