



poor they like to arrange the most colorful table they can for their guest to partake from and keep replenishing them.

For that matter in Afghanistan, they arrange their table with **SEVEN** types of fruits or dry fruit, with no consideration for the alphabet “S”.

We also read in history that some people grew **SEVEN** types of grain as a symbol of Nou Ruz.

In ancient times they placed Seven Trays (**HAFT SEENEE**) on the table and in them they placed numerous items some symbolic others decorative, irrespective of how their names are spelled.

What is common in all of these is the number **SEVEN** so the real symbol of the Now Ruz Table is the number **SEVEN** and it represents the **SEVEN ETERNAL LAWS OF NATURE** which has been derived from the Gathas of Zarathushtra and preserved symbolically in politically difficult times by camouflaging it.

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)

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

Their aim achieved  
Their desire assuredly happiness  
Their reward, knowledge and **being known as righteous,**  
**faithful and are praiseworthy (6)**

Zarathushtra - Gatha - Yasna HA 28.10 (FR)

These verses were canonized to define the path in life and was pursued by all.

- 1- **Good Mind**– Use your Good Mind to inquire and learn the
- 2- **Ultimate Truth**- the Laws of Nature- Use them to make
- 3- **Good Rules** – Good Laws- Good Products – Which will lead to
- 4- **Lawful Desire** – Righteousness – that will pave the way toward
- 5- **Perfection** – Mental, Physical and Spiritual – which will lead to
- 6- **Immortality** –(a) In Death being remembered for your good work for generations  
(b) In Life by losing the fear of Death –resulting in oneness with

7- **The Creator of Wisdom – Khod Ah - KHOD = Self AH = to come.**

To understand God through **Self Realization**.

1-Bahman 2- Ardibehesht 3-Sharivar 4- Espand 5- Khordad 6-Amordad 7-KHOD-AH Ahura Mazda.

So the ancient Now Ruz Table consisted of SEVEN TRAYS - HAFT SEENEE -to represent the Seven Eternal Laws of Nature, in the trays they put innumerable items, they even put a little broom, to represent cleanliness.

## CONCLUSION

One can say as long as the number seven is represented the purpose is served. BUT NOT when you start giving superficial meaning to each item. That is what has happened with the HAFT SEEN we have lost the connection with the higher values in life the SEVEN ETERNAL LAWS and instead started talking about ordinary values of each item like SERKEH The Vinegar, I am sour but I am a good preservative, I symbolize Preservation. I am SUMAC, exotic in my own way, I make your Kebabs have a tangy taste, I symbolize Taste. I am SEER Garlic I lower blood pressure, I Pacify; I symbolize Peace etc.

So now in the free world, let's draw attention to real representation of the **SEVEN**, get rid of the camouflaged superficial symbols, go ahead set up a Majestic Table with **SEVEN large TRAYS** and in them put all the things you love, and promise yourself to use your Good Mind and learn from Nature, produce good Products and perform good deeds and help form a Righteousness society and achieve Perfection in your profession, not to accumulate wealth but to become Amordad – Immortal, by leaving behind a legacy that your family will be proud of and remember you. Take a few steps further and do something that your community, your country, the world will remember and be proud of you for it. In the process, you will achieve SELF-REALIZATION / KHOD-AH.

That has been the message of the Now Ruz Table for 3756 years.

**WISHING YOU AND YOUR LOVED ONES A HAPPY AND PROSPEROUS**

**3756<sup>TH</sup> Now Ruz**

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