



Paintings by: Salar Ahmadian

**MAZDAYASNI CALENDAR**  
**3757 z**  
**NATURE'S CALENDAR**  
**2019-2020**

# MAZDAYASNI CALENDAR 3757 z 2019-2020 THE ANCIENT ZARATHUSHTI CALENDAR

THE ONLY CALENDAR THAT NEEDS NO ADJUSTMENT FOR 110,000 YEARS

**“I learn about and work with the solar year, the righteous period”**

Yasna Ha1.9, Ha 3.11, Ha 4.14

The ‘vehizaki’ month **Farwardin**, the month **Ardiwahisht**, and **Khordad** compose the season of **Spring**.

The month **Tir**, the month **Amordad**, and the month **Shahrewar** are of **Summer**.

The month **Mehr**, the month **Aban**, and the month **Adar** are of **Autumn**;

and the month **Day**, the month **Vohuman**, and the month **Spandarmad** are of **Winter**.

AVESTA - Bundahishn 25:25

**THE ANCIENT MAZDAYASNI CALENDAR** was the most accurate calendar that has ever existed in the civilized world to this day because it charted nature. The year always started with the **Vernal Equinox** whereby the leap year was automatically taken care of. Its accuracy was further enhanced by dividing the actual number of days of each individual season, into **3**

**months**. Thereby each season started on the **first of the fourth month** and they were celebrated as festivals. Seasons are marked by the **position of the Earth in its orbit around the Sun**, so the accuracy of the calendar is guaranteed by nature.

1. **Vernal Equinox** the beginning of Spring as New Year
2. **Summer Solstice** the beginning of Summer as
3. **Autumnal Equinox** the beginning of Fall as
4. **Winter Solstice** the beginning of winter as

Now Rooz  
Tirgan  
Mehregan  
Yalda

1 Farvardin  
1 Tir  
1 Mehr  
1 Dey



The four positions of the sun and the **four seasons** although they may seem to be of equal length, in reality, they are not equal. The path of the Earth around the Sun is such that it **DOES NOT** divide the time taken to travel, from one position to another, into four equal parts, as one would ordinarily believe. In fact, none of the **4 parts** are equal. **Spring** has **92.8** days, **Summer** **93.6** days **Autumn** **89.9** days and **winter** is the shortest with **88.9** days. Each season individually divided works out to 31 days each for the first six months, the next 5 months of 30 days each and the last month of the balance of the days before the Vernal Equinox which can be 29 or 30 and is determined by the **Vernal Equinox**.

Based on this premise and by incorporating other traditions the following calendar has been designed. The traditional names of the days of the Sasanian era are used and the **31st day of the first 6 months** has been named “**Avardad**” the Pahlavi word meaning “**extra day**”. The **Seven days of the week have** been named after the “**Haft Amesha Spentas**”. The Seven Eternal Laws, to remind us of the path to Progress towards Perfection. **Some Facts:** The Gatha was discovered and regonized in 1858 from among the Avesta by Proff. Martin Haug. So the **5 Gatha days** were named after the discovery of the Gathas. Which means the **Shenshai** and **Kadmi** calendars are of recent origin. While the Fasli calendar was intoduced in **1906**.

## NAMES OF THE DAY A SUBJECT FOR DAILY REVERENCE

Avestan	Pahlavi (Middle-Persian)	New-Persian	English
Ahura Mazda	Ohrmazd	Ormazd	Ahura Mazda
Vohu Manah	Vahman	Bahman	Good Thought
Asha Vahista	Ardvahasht	Ardibehesht	Ultimate Truth
Khshatra Vairya	Shahrevar	Sharivar	Good Laws
Spenta Armaiti	Spendarmad	Espand	Lawful Desire
Haurvatat	Hordad	Khordad	Perfection
Amertat	Amurdad	Amordad	Immortality
Ahura Mazda	Dai-pad-Adar	Dey-be-Azar	Creator
Atar	Adar	Azar	Fire
Apo	Aban	Aban	Waters
Hvar Khshaeta	Khvarshed	Khor/Khir	Sun
Mah	Mah	Mah	Moon
Tishtrya	Tir	Tir	Rain Star
Gaush Urvan	Gosh	Gush / Gaush	Life
Ahura Mazda	Dai-Pad-Mihr	Dey-be-Mehr	Creator
Mithra	Mihr	Mehr	Contract, Love
Sraosha	Srosh	Soroush	Hearkening
Rashnu	Rashn	Rashn	Justice
Fravashyo	Fravardin	Farvardin	Progressive force
Verthraghna	Vrahram	Verahram	Victory
Raman	Ram	Ram	Peace, Happiness
Vata	Vad	Baad	Wind
Ahura Mazda	Dai-pad-Din	Dey-be-Din	Creator
Daena	Din	Din	Conscience
Ashi	Ard	Ard (Ashi)	Recompense
Arshtat	Ashtat	Ashtad	Justice, Truth
Aseman	Aseman	Aseman	Sky
Zam	Zamyad	Zamyad	Earth
Mantra Spenda	Mahraspand	Mantraspand	Divine Words
Anagranam Raochangha	Angran	Anaram	Endless Light



## NOW ROOZ 1st Farvardin / MARCH 20-21

**Now Rooz** the **New Year** is the celebration of the Vernal Equinox and the Rejuvenation in nature. It is celebrated by all the people that once formed the great **Persian Empire**. The word **Now Rooz** is made up of two Persian words, **Now** meaning **New** and **Rooz** meaning **Day**. According to Persian mythology, King Jamshid celebrated the first spring after the great ice age, which science proves to have happened some **twelve thousand** year ago. Ever since then it has been part of the Persian culture and they have shared it with all whom they came in contact with. As for the coining of the word Now Rooz, meaning New Day it goes back to 1725 BCE, and was coined by Zarathushtra the great Sage of **Ancient Iran** who has also given the world its first scientific Meridian at 63 degrees longitude, which he named **Nim Rooz** meaning **Mid-Day**. When the sun is at mid-day (Nim Rooz) position over **63 degrees** longitude, the whole hemisphere from Japan and Australia to Europe and Africa has sunlight. (Mehr Yasht 103-4). Zarathushtra also calculated that in the year **1725 BCE** at the time of the **Vernal Equinox** the sun would rise in the kingdom of **Balkh**

### THE SEVEN ETERNAL LAWS - AMASHA SPANTAS

Truly, the Asha (**Ultimate Truth**) 1 derived

By the **Good Mind** 2

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)

### THE REWARD AMORDAD -IMMORTALITY

And those who are righteous are known for Good deeds

and use of the wise mind In a righteous way

In harmony with Wisdom in Existence

Their aim achieved

Their desire assuredly happiness

Their reward, knowledge and **Being Known** 6 as

righteous, faithful and are Praiseworthy

Zarathushtra – Gatha – Yasna 28.10 (FR)

where he lived thereby the New Year and the New Day would start at the same time. To record this rare phenomenon he named that particular New Year, Now Rooz - the New Day. Thus, **NOW ROOZ** happens where the sunrise coincides with the **Vernal Equinox**. As recorded in history, in 487 BCE once again Now Rooz was celebrated, this time at **Persepolis** where the First Rays of the rising sun lighted the specially erected stone pillar, in the **Apadana palace** hall, at exactly the same moment as the **Vernal Equinox**.

**Celebration:** The highlight of the Now Rooz celebration is the arranging of the symbolic **Now Rooz Table** which consists of **seven items**. The ancient Persians who were all followers of Zarathushtra decorated their table with Seven Trays (**HAFT SEENIE**) filled with numerous symbolic items. The Seven Trays represented the **SEVEN ETERNAL LAWS OF NATURE** as derived from the “**Gathas**”, the songs of Zarathushtra (Ha28.3). It was a way of renewing their bond and reminding themselves of the path they need to follow in life.

### SEVEN ETERNAL LAWS SYMBOLISED ON THE NOW ROOZ TABLE HAFT SEENEE

1. BAH MAN - **Good Mind** - Use your Good Mind to inquire and learn the
2. ARDIBESHT - **Ultimate Truth** - the Laws of Nature- Use them to make
3. SHAHRIVAR- **Good Rules** - Good Laws- Good Products - Which will lead to
4. ESFAND- **Lawful Desire** - Righteousness – that will pave the way toward
5. KHORDAD- **Perfection** - Mental, Physical and Spiritual - which will lead to
6. AMORDAD- **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. AHURA-MAZDA - **The Creator of Wisdom** -  
Khod Ah through Self Realization  
**KHOD = Self AH = to come.**



Achaemenid Persian Lion Rhyton  
Metropolitan Museum of Art, New York

## ZARATHUSHTRA'S BIRTH ANNIVERSARY

Zarathushtra the Sage of ancient Iran was born on the **6th day after** the **Vernal Equinox**. As for the year of his birth, **1768 BCE** is the year that has been accepted by many Zarathushtis today. It is based on the astronomical

indication in the Avesta and calculated and published for the first time by Prof. Zabih Behrooz. Western scholars in this field have been confused and have given varying and misleading dates.



FARVARDIN  
3757



MARCH  
APRIL  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
			<b>1</b> ORMAZD 21 NOW ROOZ	<b>2</b> BAHMAN 22 GOOD MIND	<b>3</b> ARDIBEHEST 23 ULTIMATE TRUTH	<b>4</b> SHARIVAR 24 GOOD LAWS
<b>5</b> ESPAND 25 LAWFUL DESIRE	<b>6</b> KHORDAD 26 PERFECTION	<b>7</b> AMORDAD 27 IMMORTALITY	<b>8</b> DEY BE AZAR 28 CREATION-ELEMENTS	<b>9</b> AZAR 29 FIRE	<b>10</b> ABAN 30 WATER	<b>11</b> KHOR 31 SUN
<b>12</b> MAH APRIL MOON	<b>13</b> TIR 2 RAIN STAR	<b>14</b> GUSH 3 LIFE	<b>15</b> DEY BE MEHR 4 CREATION-FEELINGS	<b>16</b> MEHR 5 LOVE	<b>17</b> SOROUSH 6 HEARKENING	<b>18</b> RASHN 7 JUSTICE
<b>19</b> FARVARDIN 8 PROGRESSIVE FORCE	<b>20</b> VERAHRAM 9 VICTORY	<b>21</b> RAM 10 PEACE	<b>22</b> BAD 11 WIND	<b>23</b> DEY BE DIN 12 CREATION-MENTAL	<b>24</b> DIN 13 CONSCIENSE	<b>25</b> ERD 14 RECOMPENSE
<b>26</b> ASHTAD 15 JUSTICE	<b>27</b> ASEMAN 16 SKY	<b>28</b> ZAMYAD 17 EARTH	<b>29</b> MANTRASPAND 18 HOLY WORD	<b>30</b> ANARAM 19 ENDLESS LIGHT	<b>31</b> AVARDAD 20 FREE DAY	
NOW ROOZ: VERNAL EQUINOX-NEW YEAR						
ZARATHUSHTRA'S BIRTHDAY						
FARVARDIN GAN:REJUVINATION DAY-ALL SOULS REMEMBERANCE DAY						
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## ARDIBEHEST GAN

Nature Day. Asha Vahista -The Ultimate Truth. 3rd Ardibehest / 23 April

### GAHANBARS

**Gahanbars** are seasonal festivals of **Thanksgiving**. It is people celebrating their collaboration with nature, by respecting nature. There are **4 seasons** but there are **6 Gahanbars**. Out of respect for history, tradition and the enjoyment of life with festivity, the celebration of the two seasonal festivals

of the ancestral homeland in the Arctic have been preserved by the migrating Zarathushtis, while at the same time they introduced 4 new Gahanbars for the four seasons of their new temperate homeland. The names of the Gahanbars point to **The Exact Day** of the celebration and leave no doubt.

### ARCTIC Gahanbars

**Maidhyo-Shahem (Mid-Summer)** Gahanbars. Arctic Summer is of **7 months (Farvardin to Mehr)** 216 days so Mid Summer falls on the 108th day. Which is 15 of Tir corresponding to July 5.

**Ayeh-Threm (Saarem) (Coming of Winter)**. Arctic winter is for 5 months. **(Aban to Espand)** Coming of Winter is celebrated just before the Arctic winter starts in Aban. **(30 Mehr) (22 October)**.

### TEMPERATE Gahanbars

**Maidhyo-Zarem (Mid Spring)**: Spring has 92.8 days so Mid Spring falls on the 47th day (16 Ardibesht 4/5 May- ).

**Paiti-Shahem (End of Summer)**: Summer ends on 186th day (31 Shahrivar/21 Sept).

**Maidh-Yarem (Mid-winter)**: 320.75th day. When farmers, shepherds and their animals are resting. (15 Bahman/4Feb).

**Hamas-Path-Maedem (Equality of heat and cold, day and night)**: preparation for the revival of Nature. (28/ 29 Espand) (March 19/20).

**Gahanbars** were a social gathering of fun and festivity with dance and music. After the **Arab invasion**, the Gahanbars were forced underground and became solemn events in memory of the millions who were massacred. Under those conditions, there was no room for fun and festivity, where atrocities were committed on a daily basis to the extent that the population was reduced to just **7,711** heads in Iran; when Maneckji Limji Hataria came to their rescue in **1854**.

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Ethnicities of the Soldiers of The Empire  
Tomb of Ardeshir III, Persepolis, Iran



ARDIBEHEST  
3757



APRIL  
MAY  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>30</b> ANARAM 20 ENDLESS LIGHT	<b>31</b> AVARDAD 21 FREE DAY					<b>1</b> ORMAZD 24 GOOD LAWS
<b>2</b> BAHMAN 22 GOOD MIND	<b>3</b> ARDIBEHESHT 23 ULTIMATE TRUTH	<b>4</b> SHARIVAR 24 GOOD LAWS	<b>5</b> ESPAND 25 LAWFUL DESIRE	<b>6</b> KHORDAD 26 PERFECTION	<b>7</b> AMORDAD 27 IMMORTALITY	<b>8</b> DEY BE AZAR 28 CREATION-ELEMENTS
<b>9</b> AZAR 29 FIRE	<b>10</b> ABAN 30 WATER	<b>11</b> KHOR MAY SUN	<b>12</b> MAH 2 MOON	<b>13</b> TIR 3 RAIN STAR	<b>14</b> GUSH 4 LIFE	<b>15</b> DEY BE MEHR 5 CREATION-FEELINGS
<b>16</b> MEHR 6 LOVE	<b>17</b> SOROUSH 7 HEARKENING	<b>18</b> RASHN 1 JUSTICE	<b>19</b> FARVARDIN 9 PROGRESSIVE FORCE	<b>20</b> VERAHRAM 10 VICTORY	<b>21</b> RAM 11 PEACE	<b>22</b> BAD 12 WIND
<b>23</b> DEY BE DIN 13 CREATION-MENTAL	<b>24</b> DIN 14 CONSCIENSE	<b>25</b> ERD 15 RECOMPENSE	<b>26</b> ASHTAD 16 JUSTICE	<b>27</b> ASEMAN 17 SKY	<b>28</b> ZAMYAD 18 EARTH	<b>29</b> MANTRASPAND 19 HOLY WORD
ARDIBEHESTGAN: NATURES DAY						
GAHANBAR - MAIDHYO ZAREM MID - SPRING: Spring has 92.8 days Thus Mid Spring is on the 46th day ( Farvardin 31 days +Ordibehest 15 = 46)						
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## KHORDAD GAN PERFECTION DAY

6 Khordad

Everyone should aim Towards Perfection  
in their chosen profession

### THE GATHIC PATH TOWARDS PERFECTION

Truly, the Asha (**Ultimate 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)



Detail of a Relief of The eastern Stairs  
of The Apadana, Persepolis, Iran

1. BAH MAN - **Good Mind** - Use your Good Mind to inquire and learn the
2. ARDIBESHT - **Ultimate Truth** - the Laws of Nature- Use them to make
3. SHAHRIVAR- **Good Rules** - Good Laws- Good Products – Which will lead to
4. ESFAND - **Lawful Desire** - Righteousness - that will pave the way toward
5. KHORDAD - **Perfection** - Mental, Physical and Spiritual—which will lead to
6. AMORDAD - **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. AHURA - MAZDA - **The Creator of Wisdom** - Khod Ah through Self Realization - **KHOD = Self AH = to come.**

## NAME OF THE DAYS OF THE WEEK

The division of the month and year into weeks is well established in the modern international culture and all activities are closely integrated with them. All three **Zarathushti Calendars** have borrowed the names of the days of the week from the **dominant cultures**. The **Shahenshahi calendar** has borrowed the names of the **Indian weeks -Som, Magal, Budh, Guru ...** The **Kadmi** and **Fasli** have borrowed from Semetic calendar - Shanbeh, Ek Shanbeh, DoShanbeh SayShanbeh etc.

In the proposed **Mazdayasni Calendar** the days of the week are named after the Amesha Spentas and will be a weekly reminder of the **Gathic path**, in the right order, to **Perfection, Immortality, and Spirituality** as mentioned above.

**Zarathushti culture** is a culture that believes in **enjoying the life on earth**. All the **festivals** and **holidays** are for **happy occasions** and even festivals that have lost their original significance have not been discarded, like the two Arctic Gahanbars. Thus, it would not be out of place to add a few more festivals by celebrating the coinciding of the names of the week with the names of the days. That is when the names of the **Amesha Spentas** in the week **coincide with that of the day**. This can happen one or two times a year. In addition, when the names of the day the week and the month all three coincide a super festivity can be held.

**MAY  
JUNE  
2019**



BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		1 ORMAZD	2 BAHMAN	3 ARDIBEHEST	4 SHARIVAR	5 ESPAND
		22 KHOD-AH	23 GOOD MIND	24 ULTIMATE TRUTH	25 GOOD LAWS	26 LAWFUL DESIRE
6 KHORDAD 27 PERFECTION	7 AMORDAD 28 IMMORTALITY	8 DEY BE AZAR 29 CREATION-ELEMENTS	9 AZAR 30 FIRE	10 ABAN 31 WATER	11 KHOR JUNE SUN	12 MAH 2 MOON
13 TIR 3 RAIN STAR	14 GUSH 4 LIFE	15 DEY BE MEHR 5 CREATION-FEELINGS	16 MEHR 6 LOVE	17 SOROUSH 7 HEARKENING	18 RASHN 8 JUSTICE	19 FARVARDIN 9 PROGRESSIVE FORCE
20 VERAHRAM 10 VICTORY	21 RAM 11 PEACE	22 BAD 12 WIND	23 DEY BE DIN 13 CREATION-MENTAL	24 DIN 14 CONSCIENSE	25 ERD 15 RECOMPENSE	26 ASHTAD 16 JUSTICE
27 ASEMAN 17 SKY	28 ZAMYAD 18 EARTH	29 MANTRASPAND 19 HOLY WORD	30 ANARAM 20 ENDLESS LIGHT	31 AVARDAD 21 FREE DAY		
KHORDADGAN: PERFECTION DAY						

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## TIRGAN / 22 JUNE

All ancient **Mazda-Yasni festivals** were the celebration of the landmarks in the journey of the earth around the sun and the **seasonal events in nature**. It shows that they had precise knowledge about the earth and its movement around the sun, thousands of years before **Galileo** and the Western World accepted the truth.

**Tirgan** is the celebration of the **Summer Solstice**. The Sun reaches

the northernmost position on the earth and as a result, the Northern Hemisphere has the longest day. People spend this day outdoors and it being hot they spray water on each other thus it has become the **festival of water**. At the very same moment in time, the **Southern Hemisphere** has the **Shortest Day** the Winter Solstice. So the whole world can be in celebration although for different events.

## ARCTIC GAHANBAR

**Maidhyo-Shahem (Mid-Summer) Gahanbars**

**15 Tir / 5 July**

**Arctic Summer is of 7 months**

**(Farvardin to Mehr)**

**216 days so Mid Summer falls on the 108th day.**

**Which is July 5 corresponding to 15 of Tir.**

Through These, not Ahura Mazda  
Asha also brings fury

Mind 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)

Ruins of The Gate of All Nations  
Persepolis, Marvdasht, Iran

This is the first time out of the **8 times** that Zarathushtra mention Ahura Mazda. When there is a natural disaster like an earthquake or hurricane don't blame it on **Ahura Mazda**. It is nature running its course. The mind

that stives to find a soulution to live safely and in harmony with nature is worthy of praise and becomes Amordad (**Remembered for Generations**).



TIR  
3757



JUNE  
JULY  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
31 AVARDAD 22 FREE DAY					1 ORMAZD 22 TIRGAN	2 BAHMAN 23 GOOD MIND
3 ARDIBEHEST 24 ULTIMATE TRUTH	4 SHARIVAR 25 GOOD LAWS	5 ESPAND 26 LAWFUL DESIRE	6 KHORDAD 27 PERFECTION	7 AMORDAD 28 IMMORTALITY	8 DEY BE AZAR 29 CREATION-ELEMENTS	9 AZAR 30 FIRE
10 ABAN JULY WATER	11 KHOR 2 SUN	12 MAH 3 MOON	13 TIR 4 RAIN STAR	14 GUSH 5 LIFE	15 DEY BE MEHR 6 CREATION-FEELINGS	16 MEHR 7 LOVE
17 SOROUSH 8 HEARKENING	18 RASHN 9 JUSTICE	19 FARVARDIN 10 PROGRESSIVE FORCE	20 VERAHRAM 11 VICTORY	21 RAM 12 PEACE	22 BAD 13 WIND	23 DEY BE DIN 14 CREATION-MENTAL
24 DIN 15 CONSCIENSE	25 ERD 16 RECOMPENSE	26 ASHTAD 17 JUSTICE	27 ASEMAN 18 SKY	28 ZAMYAD 19 EARTH	29 MANTRASPAND 20 HOLY WORD	30 ANARAM 21 ENDLESS LIGHT
TIRGAN: SUMMER SOLSTICE LONGEST DAY				Thus Mid Arctic Summer will be 108th Day or 15 TIR / 5 July		
MAIDYHO SHEM, GAHANBAR MID-SUMMER: This is celebration of the mid Arctic Summer which is from Farvardin to Mehr 7 months or 216 days						
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## AMORDAD GAN REMEMBERANCE DAY

Remember all the Righteous people of  
**(Haft Keshwar Zamin)**

the Seven Continents who have done good  
and  
progressed towards perfection

**PATETI (SHENSHAI PARSI NEW YEAR)**



Bull Capital of Apadana Palace  
Persepolis, Marvdasht, Iran

After the Islamic invasion of Persia in the **7th century**, there was a genocide of unmatched historical proportion that the victors have, to a great extent, tried to eliminate it from history. Coincidentally the **Arab historian Tabari** has recorded most of the atrocities. After gaining full control through genocide in the name of their **God**, they started a cultural genocide. They converted libraries and schools into mosques; they imposed their **Arabic language** and they cut tongues that spoke Persian and arms that wrote it. They imposed their inferior lunar calendar on the Iranians, in secret the Persians added to it some features like the name of the days, but over time the shorter lunar year had a disruptive effect. To escape the atrocities there was mass migration in all direction a small group landed on the coast of **Gujarat in India** and are today highly respected as **Parses**. They took with them the lunar calendar that had been imposed on them. They lost track of their ancient festivals especially because Gujarat did not have the distinct four seasons. It was too late when they realized the mistake. They got in touch with their brethren's in

Iran who were in a worse condition living as infidels. Only **7711** of them had survived, the information they provided did not help. Based on those calendars Pateti is celebrated as New Year, lately, there are efforts to call it **Navroj**, that has created confusion with the **Now Rooz** that is celebrated in **March** on the **Vernal Equinox** by millions of people that once formed the Persian Empire. This could result in modern day Zarathushtis losing ownership of the real **Now Rooz**. So just like the two **Gahanbars** and the **Sadeh festival** of the Arctic homeland have been preserved and celebrated giving us a link to our ancient history. **Pateti** can be the link to the migration and the welcome received on the shores of India. In the **Mazda Yasni** calendar the **5-day Mukta**d prayers will keep alive the memory (**Amordad**) of the millions of brethren lost in the Genocide and thereafter. An Empire reduced to a hundred thousand who took refuge in India and the **7711** who braved the odds as infidels and kept alive their faith in the motherland.



AMORDAD  
3757



JULY  
AUGUST  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
	1 ORMAZD	2 BAHMAN	3 ARDIBEHEST	4 SHARIVAR	5 ESPAND	6 KHORDAD
	23 KHOD AH	24 GOOD MIND	25 ULTIMATE TRUTH	26 GOOD LAWS	27 LAWFUL DESIRE	28 PERFECTION
7 AMORDAD 29 IMMORTALITY	8 DEY BE AZAR	9 AZAR	10 ABAN	11 KHOR	12 MAH	13 TIR
	30 CREATION-ELEMENTS	31 FIRE	AUGUST WATER	2 SUN	3 MOON	4 RAIN STAR
14 GUSH	15 DEY BE MEHR	16 MEHR	17 SOROUSH	18 RASHN	19 FARVARDIN	20 VERAHRAM
5 LIFE	6 CREATION-FEELINGS	7 LOVE	8 HEARKENING	9 JUSTICE	10 PROGRESSIVE FORCE	11 VICTORY
21 RAM	22 BAD	23 DEY BE DIN	24 DIN	25 ERD	26 ASHTAD	27 ASEMAN
12 PEACE	13 WIND	14 CREATION-MENTAL	15 CONSCIENCE	16 RECOMPENSE	17 JUSTICE	18 SKY
28 ZAMYAD	29 MANTRASPAND	30 ANARAM	31 AVARDAD			
19 EARTH	20 HOLY WORD	21 ENDLESS LIGHT	22 FREE DAY			

AMORDAD GAN: REMEMBRANCE DAY

PATETI -NEW YEAR: SHENSHAI PARSİ NEW YEAR

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## SHAHRIVAR GAN GOOD LAWS & GOOD PRODUCT DAY 4th of Shahrivar

**GOOD LAWS** - Laws that are derived from Nature and are in harmony with Nature

**GOOD PRODUCTS** -Products that are in harmony with nature



Bas-relief of The Lion and Bull Battle  
Persepolis, Iran

## PHILOSOPHY BEHIND NAMING THE DAYS IN THE MONTH

**The National Science Foundation** in the US has come to the conclusion that a regular person has about “**70 thousand thoughts in a day**”. The result is a waste of brain power. None of the thoughts can mature because the mind has less than one second to delve on each thought. Recently science has realized that if a **group of people**, over a period, collectively think about a single subject or single problem, or a single project, they can find solutions and advance in their research at a faster pace. Many hi-tech companies have started to put this into practice.

The **Mazdayasni Zarathushtis** were aware of this mental downside and had a solution; they named the days to promote a unified thought and

action during each day. For example, on days named **Peace, Life, Moon,** and **Good Thoughts**, “**Life**” is revered by not slaughtering animals and not eating meat. The collective action of **not slaughtering** and **not eating meat** on four specified days had a dual effect, one on the health of the population and two it helped preserve the animal species.

Naming the days, **Water, Wind, Fire, Justice, Victory, Love**; was not to ask for boon and blessings from them but to work towards preserving and promoting them. Just like, today we have **Earth Day, Mothers Day, Fathers Day, Independence Day, Labor Day, Veteran’s Day** etc.

SHAHRIVAR  
3757



AUGUST  
SEPTEMBER  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				1 ORMAZD	2 BAHMAN	3 ARDIBEHEST
				23 KHOD-AH	24 GOOD MIND	25 ULTIMATE TRUTH
4 SHARIVAR 26 GOOD LAWS	5 ESPAND 27 LAWFUL DESIRE	6 KHORDAD 28 PERFECTION	7 AMORDAD 29 IMMORTALITY	8 DEY BE AZAR 30 CREATION-ELEMENTS	9 AZAR 31 FIRE	10 ABAN SEPT WATER
11 KHOR 2 SUN	12 MAH 3 MOON	13 TIR 4 RAIN STAR	14 GUSH 5 LIFE	15 DEY BE MEHR 6 CREATION-FEELINGS	16 MEHR 7 LOVE	17 SOROUSH 8 HEARKENING
18 RASHN 9 JUSTICE	19 FARVARDIN 10 PROGRESSIVE FORCE	20 VERAHRAM 11 VICTORY	21 RAM 12 PEACE	22 BAD 13 WIND	23 DEY BE DIN 14 CREATION-MENTAL	24 DIN 15 CONSCIENSE
25 ERD 16 RECOMPENSE	26 ASHTAD 17 JUSTICE	27 ASEMAN 18 SKY	28 ZAMYAD 19 EARTH	29 MANTRASPAND 20 HOLY WORD	30 ANARAM 21 ENDLESS LIGHT	31 AVARDAD 22 FREE DAY

SHAHRIVAR GAN: GOOD LAWS - GOOD PRODUCTS DAY

GAHANBAR, PAITI SHEM, END OF SUMMER: Tropical Summer ends on 186 th day  
which is 31 Shahrivar / 21-22 September

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## MEHREGAN

1st Mehr / Sept 23

Mehregan is the celebration of the Autumnal Equinox  
Just like Now Rooz on Mehregan the day and night is equal

The Earth in its revolution around the sun goes through **two equinoxes**, it is a moment in time when the sun crosses the equator, one around **20 March** First of Farvardin (**Now Rooz**) and the second around **22 September** First of Mehr (**Mehregan**). Ancient Iranians have **celebrated both** of these occasions with great fanfare. Recognizing such precise

moments in the revolution of the **Earth round the Sun** and celebrating it, shows the knowledge of the ancient Iranians in comparison with the belief of the rest of the world who in **1633 CE punished Galileo** for simply mentioning that the earth went around the sun. No doubt the Bible calls the Persians wise.

## ARCTIC Gahanbars

### Ayeh-Threm, Saarem (Coming of Winter)

Is one of the two Gahanbars celebrated when the ancestors of the Zarathushtis lived in the Arctic. Just as the name says, it is the celebration

of the **coming of winter** and so it is celebrated on **30 Mehr / Oct 22** just **before the Arctic winter** starts on the First of Aban.



Central Relief of Northern Stairs of The Apadana  
National Museum of Iran, Tehran



MEHR  
3757



SEPTEMBER  
OCTOBER  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>1</b> ORMAZD 23 MEHREGAN	<b>2</b> BAHMAN 24 GOOD MIND	<b>3</b> ARDIBEHEST 25 ULTIMATE TRUTH	<b>4</b> SHARIVAR 26 GOOD LAWS	<b>5</b> ESPAND 27 LAWFUL DESIRE	<b>6</b> KHORDAD 28 PERFECTION	<b>7</b> AMORDAD 29 IMMORTALITY
<b>8</b> DEY BE AZAR 30 CREATION-ELEMENTS	<b>9</b> AZAR OCTOBER FIRE	<b>10</b> ABAN 2 WATER	<b>11</b> KHOR 3 SUN	<b>12</b> MAH 4 MOON	<b>13</b> TIR 5 RAIN STAR	<b>14</b> GUSH 6 LIFE
<b>15</b> DEY BE MEHR 7 CREATION-FEELINGS	<b>16</b> MEHR 8 LOVE	<b>17</b> SOROUSH 9 HEARKENING	<b>18</b> RASHN 10 JUSTICE	<b>19</b> FARVARDIN 11 PROGRESSIVE FORCE	<b>20</b> VERAHRAM 12 VICTORY	<b>21</b> RAM 13 PEACE
<b>22</b> BAD 14 WIND	<b>23</b> DEY BE DIN 15 CREATION-MENTAL	<b>24</b> DIN 16 CONSCIENCE	<b>25</b> ERD 17 RECOMPENSE	<b>26</b> ASHTAD 18 JUSTICE	<b>27</b> ASEMAN 19 SKY	<b>28</b> ZAMYAD 20 EARTH
<b>29</b> MANTRASPAND 21 HOLY WORD	<b>30</b> ANARAM 22 ENDLESS LIGHT					

MEHREGAN: AUTUMNAL EQUINOX

30 Mehr / 22 October

GAHANBAR, AYA SAAREM, COMING OF WINTER: This is the celebration of the coming of the Arctic Winter which starts on 1st of Aban, A day before the winter comes on

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ABAN GAN  
Water Reverence Day  
ABAN 10 / NOVEMBER 1

### ENDEAVOUR TO KEEP OUR WATER CLEAN

Even though the **modern day** pollutants did not exist in those ancient days the Zarathushtis endeavoured to keep their **water clean** and free of any pollutants.



Ruins of The Tachara (Hadish Palace)  
Persepolis, Marvdasht, Iran



ABAN  
3757



OCTOBER  
NOVEMBER  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		1 ORMAZD	2 BAHMAN	3 ARDIBEHEST	4 SHAHRIVAR	5 ESPAND
		23 KHOD-AH	24 GOOD MIND	25 ULTIMATE TRUTH	26 GOOD LAWS	27 LAWFUL DESIRE
6 KHORDAD	7 AMORDAD	8 DEY BE AZAR	9 AZAR	10 ABAN NOVEMBER WATER	11 KHOR	12 MAH
28 PERFECTION	29 IMMORTALITY	30 CREATION-ELEMENTS	31 FIRE		2 SUN	3 MOON
13 TIR	14 GUSH	15 DEY BE MEHR	16 MEHR	17 SOROUSH	18 RASHN	19 FARVARDIN
4 RAIN STAR	5 LIFE	6 CREATION-FEELINGS	7 LOVE	8 HEARKENING	9 JUSTICE	10 PROGRESSIVE FORCE
20 VERAHRAM	21 RAM	22 BAD	23 DEY BE DIN	24 DIN	25 ERD	26 ASHTAD
11 VICTORY	12 PEACE	13 WIND	14 CREATION-MENTAL	15 CONSCIENCE	16 RECOMPENSE	17 JUSTICE
27 ASEMAN	28 ZAMYAD	29 MANTRASPAND	30 ANARAM			
18 SKY	19 EARTH	20 HOLY WORD	21 ENDLESS LIGHT			

ABANGAN: WATER REVERENCE DAY

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Ka'ba-ye Zartosht  
Marvdasht, Fars Province, Iran

## AZAR GAN FIRE REVERENCE DAY Aban 9 / November 30

In the Gathas, Fire is mentioned 8 times none of them pertain to the physical Fire

**Ha.31.3** "Maino Athra" "Mental blaze"

**Ha.31.19** "Athra Sukhra Mazda" "Radiant fire of Wisdom"

**Ha.34.4** "Athram Ahura" "Fire of Creation"

**Ha.43.4** "Garma Athrav Asha" "Warmth of the Fire of Asha"

**Ha.43.9** "Thwahmai Athre" "Your Inner Flame"

**Ha.46.7** "Thwamat Athras cha Managhas" "The Fire of your thoughts"

**Ha.47.6** "Athra Vangha ranoibya" "Fire benefits all"

**Ha.51.9** "Athra Sukhra Mazda" "Radiant Fire of Wisdom"

In the **Gathic concept**, fire pertains to the heat of the internal zeal with regard to the effort to create and progress and make the world a better place.

The teachings of **Zarathushtra** the sage of ancient Iran has nothing to do with the **physical fire**. The Gathas of **Zarathushtra** is a recipe for progress on the path towards perfection. It is not about worship, it is about doing and achieving. It is not about asking for a boon, it is about how to dream the right dream and convert those dreams into reality.

The followers of the teachings of **Zarathushtra** have chosen fire as a

media, as a facilitator of their path towards perfection, and in their quest for **self-realization - Khod-Ah**, realizing the **God** within. Fire is never considered to be a god of any sort. **Fire** compared to **air**, **water** and **earth** has a **mystical effect**. It gives one the feeling of **spiritual elevation**. Concentrating on the flickering flames, mesmerizes and relaxes the mind. It helps the mind enter the **Alpha** stage where the mind works at its best. Solving problems and decoding the mysteries of the universe. To the superstitious mind and the opponents, this is looked upon as worshipping.



[illegible]

NOVEMBER  
DECEMBER  
2019

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				1 ORMAZD	2 BAHMAN	3 ARDIBEHEST
				22 KHOD-AH	23 GOOD MIND	24 ULTIMATE TRUTH
4 SHARIVAR	5 ESPAND	6 KHORDAD	7 AMORDAD	8 DEY BE AZAR	9 AZAR	10 ABAN
25 GOOD LAWS	26 LAWFUL DESIRE	27 PERFECTION	28 IMMORTALITY	29 CREATION-ELEMENTS	30 FIRE	DECEMBER WATER
11 KHOR	12 MAH	13 TIR	14 GUSH	15 DEY BE MEHR	16 MEHR	17 SOROUSH
2 SUN	3 MOON	4 RAIN STAR	5 LIFE	6 CREATION-FEELINGS	7 LOVE	8 HEARKENING
18 RASHN	19 FARVARDIN	20 VERAHRAM	21 RAM	22 BAD	23 DEY BE DIN	24 DIN
9 JUSTICE	10 PROGRESSIVE FORCE	11 VICTORY	12 PEACE	13 WIND	14 CREATION-MENTAL	15 CONSCIENSE
25 ERD	26 ASHTAD	27 ASEMAN	28 ZAMYAD	29 MANTRASPAND	30 ANARAM	
16 RECOMPENSE	17 JUSTICE	18 SKY	19 EARTH	20 HOLY WORD	21 ENDLESS LIGHT	
AZARGAN: FIRE REVERENCE DAY						

## YALDA

### 1<sup>st</sup> Dey / Dec 22

**Yalda** is the celebration of the **Winter Solstice** and its highlight is the longest night. It is the start of the winter season, which lasts for **88.9 days** and is the shortest season. In **Mithraism**, this day was celebrated as the **birth of the Sun** because from the next day, the days get longer and according to them, the sun is growing. They called this day "**Zayesh e Mehr**" - Birth of Mehr-the Sun. The name **Yalda** is Syriatic translation of

the same, coined by the **Assyrian Christians** who replaced the **Sun God** with the **Son of God**. The celebration of Yalda's long winter night involved the recitation and discussion of the Gathas, which on a revival of the festival by the Iranians, was replaced by, the recitation of the **14-century** poems of Hafez; today **Zarathushtis**, unaware of their past, do the same.

## CELEBRATION OF LIFE OF ZARATHUSHTRA

Dey 5 / December 26

**Zarathushtra** the Sage of ancient Iran was born on the 6th day after the **Vernal Equinox** in the year **1768 BCE**. **Zarathushtra** at a young age was in quest of knowledge. He wanted to find out the purpose of life on earth. He found his answer in nature, but when he proclaimed it, he met with opposition in the country of his birth. So, he left and went in search of someone who would understand him. He found that person in **King Vistasp** of **Balkh** and his two wise ministers **Jamasp** and **Frashaoshtra**. It

is said he was **30 years** of age when his teachings were accepted. Thus, the year **1738 BCE** is considered the first year of the establishment of his school of thoughts, named the '**Mazda Yasni**' (Reverence unto Wisdom, those who respect and pursue Wisdom). In the Avesta, it is repeatedly mentioned '**Mazdayasno Ahmi Mazdayasno Zarathushtrish**'. In the very first verse of his Gathas, he seeks and wants everyone to seek **WISDOM**.

This I seek with reverence  
With uplifted hands  
The perfectness of the mind  
Wisdom (Mazda) is the first righteous gift of Asha  
All should aspire to make  
Good use of the intelligence in the mind  
To create harmony between the universe  
And the inner-self.

Zarathushtra - Gatha - Yasna 28.1 (FR)

He passed away at a ripe age of **77 years**. He practiced what he preached and achieved immortality with his **Gathas** which throughout history has

influenced civilizations and will keep on influencing it, to progress towards **Perfection** in harmony with **Nature**.



Farr-e Kiyani (Faravahar), Symbol in Fire Temple  
Atash Behram, Yazd, Iran



DEY  
3757



DECEMBER  
2019  
JANUARY  
2020

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
30 ANARAM						1 ORMAZD
20 ENDLESS LIGHT						22 YALDA DEYGAN
2 BAHMAN	3 ARDIBEHEST	4 SHARIVAR	5 ESPAND	6 KHORDAD	7 AMORDAD	8 DEY BE AZAR
23 GOOD MIND	24 ULTIMATE TRUTH	25 GOOD LAWS	26 LAWFUL DESIRE	27 PERFECTION	28 IMMORTALITY	29 CREATION-ELEMENTS
9 AZAR	10 ABAN	11 KHOR	12 MAH	13 TIR	14 GUSH	15 DEY BE MEHR
30 FIRE	31 WATER	JANUARY SUN	2 MOON	3 RAIN STAR	4 LIFE	5 CREATION-FEELINGS
16 MEHR	17 SOROUSH	18 RASHN	19 FARVARDIN	20 VERAHRAM	21 RAM	22 BAD
6 LOVE	7 HEARKENING	8 JUSTICE	9 PROGRESSIVE FORCE	10 VICTORY	11 PEACE	12 WIND
23 DEY BE DIN	24 DIN	25 ERD	26 ASHTAD	27 ASEMAN	28 ZAMYAD	29 MANTRASPAND
13 CREATION-MENTAL	14 CONSCIENSE	15 RECOMPENSE	16 JUSTICE	17 SKY	18 EARTH	19 HOLY WORD
DEYGAN -YALDA: WINTER SOLSTICE - YALDA IS A Syrianic WORD MEANING THE BIRTH						
AMESHA SEPANTA WEEK						
CELEBRATION OF LIFE OF ZARATHUSHTRA						
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BAHMAN GAN  
Good Thought Day  
Bahman 2 / January 22

Everything that is created was first a Thought.  
So let your **Thoughts be Good**  
Good Thoughts are those that are in harmony with the Wisdom in Creation (**Nature**)

Let your Good Thoughts be known through **Good Words**  
For that's when Creation first comes into being

ZARATHUSHTRA - GATHA - YASNA HA. 28.11 (FR)



Tomb of Cyrus  
Pasargadae, Iran



Tomb of Ferdowsi  
Mashhad, Iran

SADEH  
Bahman 10 / January 30

**Sadeh** is the **100th day** of winter in the Arctic region & is a festival that has continued from the ancient Arctic homeland. The five month long

Winter in the Arctic starts in Aban. Aban 30 days + Azar 30 days + Dey 30 days + Bahaman 10 days = **100 days**.

Maidh-Yarem (Mid- winter)  
**GAHANBAR**  
14 Bahman / 3 February

**Mid Winter** is on the 320.75th day. Spring 92.8 + Summer 93.6 + Autumn

89.9 days + Mid Winter ( $88.9 / 2 = 44.45$ ) = **320.75 days**.



BAHMAN  
3757



JANUARY  
FEBRUARY  
2020

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
	<b>1</b> ORMAZD	<b>2</b> BAHMAN	<b>3</b> ARDIBEHEST	<b>4</b> SHARIVAR	<b>5</b> ESPAND	<b>6</b> KHORDAD
	21 KHOD AH	22 GOOD MIND	23 ULTIMATE TRUTH	24 GOOD LAWS	25 LAWFUL DESIRE	26 PERFECTION
<b>7</b> AMORDAD	<b>8</b> DEY BE AZAR	<b>9</b> AZAR	<b>10</b> ABAN	<b>11</b> KHOR	<b>12</b> MAH	<b>13</b> TIR
27 IMMORTALITY	28 CREATION-ELEMENTS	29 FIRE	30 WATER	31 SUN	FEBRUARY MOON	2 RAIN STAR
<b>14</b> GUSH	<b>15</b> DEY BE MEHR	<b>16</b> MEHR	<b>17</b> SOROUSH	<b>18</b> RASHN	<b>19</b> FARVARDIN	<b>20</b> VERAHRAM
3 LIFE	4 CREATION-FEELINGS	5 LOVE	6 HEARKENING	7 JUSTICE	8 PROGRESSIVE FORCE	9 VICTORY
<b>21</b> RAM	<b>22</b> BAD	<b>23</b> DEY BE DIN	<b>24</b> DIN	<b>25</b> ERD	<b>26</b> ASHTAD	<b>27</b> ASEMAN
10 PEACE	11 WIND	12 CREATION-MENTAL	13 CONSCIENCE	14 RECOMPENSE	15 JUSTICE	16 SKY
<b>28</b> ZAMYAD	<b>29</b> MANTRASPAND	<b>30</b> ANARAM				
17 EARTH	18 HOLY WORD	19 ENDLESS LIGHT				
BAHMAN GAN: GOOD THOUGHTS DAY			GHANBAR MAIDH YAREM, MID WINTER: Middle of Tropical winter which is of 88.9 days			
SADEH: 100th DAY FROM START OF ARCTIC WINTER WHICH STARTS FROM THE 1st Of ABAN			So mid winter is the 44.45th day (Dey =30 + Bahman 14 =44)			
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ESPAND GAN  
5 Espand  
SPENTA ARMAITY  
RIGHTEOUSNESS DAY

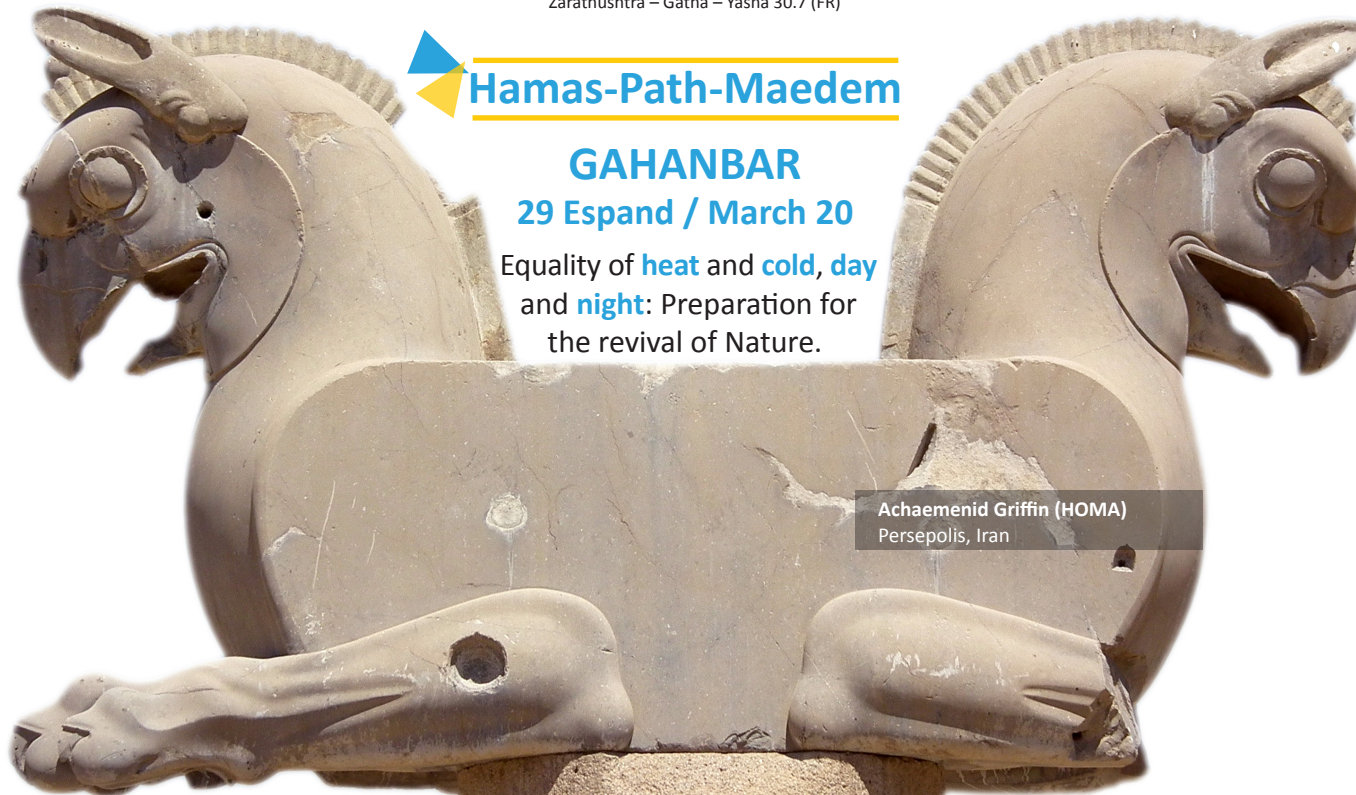
Unto them goodness  
Shall bring to the mind  
Goodness of Asha  
and such person will progress  
**Righteousness (Armaitis)** will grant  
Strength to them and you  
This has been successfully tested before  
Zarathushtra – Gatha – Yasna 30.7 (FR)

**Hamas-Path-Maedem**

**GAHANBAR**

29 Espand / March 20

Equality of **heat** and **cold**, **day**  
and **night**: Preparation for  
the revival of Nature.



Achaemenid Griffin (HOMA)  
Persepolis, Iran



ESPAND  
3757



FEBRUARY  
MARCH  
2020

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
			<b>1</b> ORMAZD	<b>2</b> BAHMAN	<b>3</b> ARDIBEHEST	<b>4</b> SHAHRIVAR
			<b>20</b> KHOD AH	<b>21</b> GOOD MIND	<b>22</b> ULTIMATE TRUTH	<b>23</b> GOOD LAWS
<b>5</b> ESPAND <b>24</b> LAWFUL DESIRE	<b>6</b> KHORDAD <b>25</b> PERFECTION	<b>7</b> AMORDAD <b>26</b> IMMORTALITY	<b>8</b> DEY BE AZAR <b>27</b> CREATION-ELEMENTS	<b>9</b> AZAR <b>28</b> FIRE	<b>10</b> ABAN <b>29</b> WATER	<b>11</b> KHOR MARCH SUN
<b>12</b> MAH <b>2</b> MOON	<b>13</b> TIR <b>3</b> RAIN STAR	<b>14</b> GUSH <b>4</b> LIFE	<b>15</b> DEY BE MEHR <b>5</b> CREATION-FEELINGS	<b>16</b> MEHR <b>6</b> LOVE	<b>17</b> SOROUSH <b>7</b> HEARKENING	<b>18</b> RASHN <b>8</b> JUSTICE
<b>19</b> FARVARDIN <b>9</b> PROGRESSIVE FORCE	<b>20</b> VERAHRAM <b>10</b> VICTORY	<b>21</b> RAM <b>11</b> PEACE	<b>22</b> BAD <b>12</b> WIND	<b>23</b> DEY BE DIN <b>13</b> CREATION-MENTAL	<b>24</b> DIN <b>14</b> CONSCIENCE	<b>25</b> ERD <b>15</b> RECOMPENSE
<b>26</b> ASHTAD <b>16</b> JUSTICE	<b>27</b> ASEMAN <b>17</b> SKY	<b>28</b> ZAMYAD <b>18</b> EARTH	<b>29</b> MANTRASPAND <b>19</b> HOLY WORD			
ESPAND GAN: RIGHTEOUSNESS DAY- EQUALITY DAY 25-29 ESPAND: 25 (AHUNAVARD), 26 (OUSHTAVARD) 27 (SPENTAMAD), 28 (VOHU KHASATRA), 29 (VAHISTA ISHTA)				HAMAS PATH MAEDEM GAHANBAR, MIDDLE OF COLD & HEAT: EQUALITY OF COLD AND HEAT, Just when winter is ending and spring is starting		
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