

زن زندگی آزادی
WOMAN LIFE FREEDOM

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Courtesy of: Salar Ahmadian

MAZDAYASNI CALENDAR
3761 z
2023-2024

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MAZDAYASNI CALENDAR 3761 Z (2023-2024) 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 Amرداد, 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. It is a blueprint of the activities in Nature. It highlights the significant occurrences in Nature and celebrates them as festivals. In comparison, the universally used Gregorian calendar is a political patchwork created over the millennium which is obvious from the 12th month being called December (10th) and the 9th month September (7th). Which proves it too originally started in Spring. In the Mazdayasni calendar, the year always starts on the Vernal Equinox

whereby the leap year is automatically taken care of. Its accuracy is further enhanced by dividing the actual number of days of each individual season, into months. Thereby each season started on the first of every fourth month and they are 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.

The four season are celebrated as and on:

1- Vernal Equinox the beginning of Spring as New Year	Now Rooz	1 Farvardin
2- Summer Solstice the beginning of Summer as	Tirgan	1 Tir
3- Autumnal Equinox the beginning of Fall as	Mehregan	1 Mehr
4- Winter Solstice the beginning of winter as	Deygan (Yalda)	1 Dey



Cyrus Charter of Human Rights
British Museum, London

THIS SHOWS THE IRANIANS KNEW OF THE MOVEMENT OF THE EARTH AROUND THE SUN OVER 2000 YEARS BEFORE GALILEO

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 is 29 or 30 determined by the Vernal Equinox.

“Based on this premise and by incorporating other traditions the following calendar has been designed. The traditional 30 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”. See Philosophy of naming days.

The Seven days of the week have been named after the Haft Amesha Spentas **The Seven Eternal Laws, to constantly remind us of the path to Progress.**

SOME FACTS: Omar Khayam had a tutor named Bahmanyar Marzban, a Zarathushti who could read Pahlavi. He got engaged by Khayam’s father to explore the ancient manuscripts preserved by the family from before the Islamic invasion and to teach them to his son. Bahmanyar introduced Khayam to philosophy, mathematics, astronomy and the ancient MazdaYasni Calendar. Khayam later dedicated it to Jalaudin Shah and called it the Jalali Calendar to preserve it. Today it is known as the Shamsi Hijri Calendar.

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	Ardvahišt	Ardibehešt	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
Anagramam 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 12,000 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 calculated the Earth's **Natural 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 the Vernal Equinox would coincide with the Sunrise in the kingdom of Balkh 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 especially erected stone pillar, in the Apadana palace, 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.

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)

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 – **Creation 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 calculated based on the astronomical indication in the Avesta 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. The coinciding of the Sun Rise with the Equinox in 1725 in Balkh and the coining of the word Nou Ruz by Zarathushtra is further proof.

FARVARDIN
3761



MARCH
APRIL
2023

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

ARDIBEHEST GAN

Life is meant to be enjoyed and for that any reason is good reason to enjoy
When the name of the Day and the Month are the same that day is celebrated as a Festival
3rd Ardibehest - 23 April is Ardibehest day in Ardibehest Month and celebrated as Nature Day.
Asha Vahista -The Ultimate Truth - which is found in Nature.

GAHANBARS (CELEBRATING NATURE)

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 6.

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. So (30 Mehr) (21/22 October).

TEMPERATE Gahanbars

Maidhyo-Zarem (Mid Spring): Spring has 92.8 days so Mid Spring falls on the 46th day (15 Ardibesht 4/5 May).

Paiti-Shahem (End of Summer): Summer ends on 186th day (31 Shahrivar 21/22 Sept.).

Maidh-Yarem (Mid-winter): 320.75th day. When farmers, shepherds and their animals are resting. (14 Bahman 2 Feb).

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 7,123 heads in Iran; when Maneckji Limji Hataria came to their rescue in 1854.



ARDIBEHEST
3761



APRIL
MAY
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				1 ORMAZD April KHOD AH	2 BAHMAN 22 GOOD MIND	3 ARDIBEHEST 23 ULTIMATE TRUTH
4 SHARIVAR 24 GOOD LAWS	5 ESPAND 25 LAWFUL DESIRE	6 KHORDAD 26 PERFECTION	7 AMORDAD 27 IMMORTALITY	8 DEY BE AZAR 28 CREATION-ELEMENTS	9 AZAR 29 FIRE	10 ABAN 30 WATER
11 KHOR MAY 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 CONSCIENCE
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
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)			



KHORDAD GAN PERFECTION DAY

6 Khordad

Everyone should aim Towards
Perfection in their chosen profession

THE GATHIC PATH TOWARDS WHOLENESS - 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)

براستی آن اشا که سرچشمه گرفته،
از منش نیک
و پیش از این شناخته نشده
میان دانایان و در هستی
از آن است که راهنمایی خوب پدید می آید
که هرگز به کاستی نمیروند
و می افزاید پارسایی را
و ما را بسوی رسای راهنمایی میکند
زرتشت کات ها - یسنا - هات ۲۸ بند ۳ (ف ر)



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

- 1- VOHU MANA - **Good Mind** – Use your Good Mind to inquire and learn the
- 2- ASHA VAHISTA - **Ultimate Truth** - the Laws of Nature- Use them to make
- 3- KHASH ATRA VAIRYA **Good Rules** – Good Laws- Good Products – Which will lead to
- 4- SPANTA ARMAITI **Lawful Desire** – Righteousness – that will pave the way toward
- 5- HURVATATA **Perfection** – Mental, Physical and Spiritual – which will lead to
- 6- AMERETATA **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 – **Creation of Wisdom** – **Khod Ah** through **Self Realization**- KHOD =
Self AH = to come.

NAMES 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 the Semitic calendar - Shanbeh, Ek Shanbeh, DoShanbeh SayShanbeh etc.

In the 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 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.

KHORDAD
3761



MAY
JUNE
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
1 ORMAZD 22 KHOD-AH	2 BAHMAN 23 GOOD MIND	3 ARDIBEHESHT 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 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						

TIRGAN - 1 TIR - 21/22 JUN

All ancient MazdaYasni 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

northern most position on the earths 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 / 6 July

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 6.

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)

اینها، شما، نه اهورا مزدا
اشا نیز میتواند زیان آور باشد
منش بهترین است
زمانی که تلاش میکند
بیافریند راهنمایی خوب را
تا شما شایسته، توانا، رازی و نیز
شایسته ستایش باشید
زرتشت گات ها - یسنا - هات ۲۸ بند ۹ (ف ر)

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 solution to live safely and in harmony with nature is worthy of praise and becomes Amordad (Remembered for Generations).

Arash e Kamangir

TIR
3761



JUNE
JULY
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
			1 ORMAZD 22 TIRGAN	2 BAHMAN 23 GOOD MIND	3 ARDIBEHESHT 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	31 AVARDAD 22 FREE DAY	

TIRGAN: SUMMER SOLSTICE LONGEST DAY

MAIDYHO SHEM, GAHANBAR, MID-SUMMER: This is celebration of the mid Arctic Summer which is from Farvardin to Mehr 7 months or 216 days Thus Mid Arctic Summer will be 108th Day or 15 TIR / 6 July

AMORDAD GAN REMEMBERANCE DAY

Remember all the Righteous people of
(Haft Keshwar Zamin) the Seven Continents
who have done good and progressed towards wholeness - perfection

And those who are righteous are known for
Good deeds and use of the wise mind
In harmony 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)

و کسانی که دُرستکار هستند را می شناسی
برای کارهای نیک و روشن بینی
و اندیشه هماهنگ با خرد در هستی
آنها هدفشان برآورده
خواسته شان بیگمان خشنودی
و پاداش شان دانش

نیک نامی و ایمان قابل ستایش است

زرتشت گات ها - یسنا - هات ۲۸ بند ۱۰ (ف ر)

Bull Capital of Apadana Palace
Persepolis, Marvdasht, Iran

PATETI - SHENSHAI PARSIS NEW YEAR -

After the Islamic invasion of Persia in the 7th century, there was 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 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 realised the mistake. They got in touch with their brethren's in Iran who were in a worse

condition living as infidels.

Only 7123 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 loosing 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 MazdaYasni calendar the 5-day Mukta 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 7123 who braved the odds as infidels and kept alive their faith in the mother land.

AMORDAD
3761



JULY
AUGUST
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
30 ANARAM 21 ENDLESS LIGHT	31 AVARDAD 22 FREE DAY					1 ORMAZD 23 KHOD AH
2 BAHMAN 24 GOOD MIND	3 ARDIBEHESHT 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 AUGUST 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

AMORDAD GAN: REMEMBRANCE DAY

PATETI - NEW YEAR: SHENSHAI PARSİ NEW YEAR

SHAHRIVAR GAN GOOD LAWS & GOOD PRODUCT DAY 4 th 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 / Environment

Asha when you gain
With mind's good use
Having realized wisdom
The path to creativity
The ultimate message of Wisdom
Through words excellent
We shall turn (convert)
Those who do not know
(With tongue) By speaking

Zarathushtra – Gatha -Yasna Ha 28.5 (FR)



اشا را هنگامی که بدست می آوری
با بهره گیری از منش نیک
زمانی که خرد را دریافتی
راهی بسوی آفرینش
والا ترین پیام خرد
بوسیله واژه های برتر
بازگردانید
گمراهان را
با گفتار

زرتشت گات ها - یسنا - هات ۲۸ بند ۵ (ف ر)

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 the 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; were 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
3761



AUGUST
SEPTEMBER
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		1 ORMAZD 23 KHOD-AH	2 BAHMAN 24 GOOD MIND	3 ARDIBEHEST 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

MEHREGAN 1st Mehr (Sept 22-23)

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 (Nou 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 21/22) just before the Arctic winter starts from the First of Aban.



و ایدون ما از آن باشیم،
کسانی که نو سازند جهان را
جهان خرد و جهان هستی را به هم برسانیم
و اشا در هم سازی با اندیشه باشد
زمانی که درک هست در شک
زرتشت گات ها - یسنا - هات ۳۰ بند ۹ (ف ر)

And may we be those
That refresh the world
The world of wisdom and creation
We bring together
And Asha be in harmony with the mind
Whenever perception is weak
Zarathushtra – Gatha - Yasna Ha 30.9 (FR)



MEHR
3761



SEPTEBER
OCTOBER
2023

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

ABAN GAN
Water Reverence Day
ABAN 10 / OCTOBER 31

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.



این که شما می پرسى
براستى من ميگويم
هستى را پاس بگذاريد
همانگونه که ستايش ميکنيم با خوش گفتارى
خرد دوستِ توانا (و) رهنما ماميباشد
همچنان بما اشاِ دوست بخشش يارى
همان که ما بسوى نيکى آوريم اندیشه
زرتشت گات ها - يسنا - هات ۴۴ بند ۱ (ف ر)

That you ask
Truly I say
Towards Creation pay respect
Just like we praise with Good words
Wisdom is a friendly worthy educator to us
So also, to us Asha as a friend will impart assistance
When (provided) we bring Goodness to our Thoughts

Zarathushtra – Gatha - Yasna 44.1 (FR)

ABAN
3761



OCTOBER
NOVEMBER
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
1 ORMAZD 23 KHOD-AH	2 BAHMAN 24 GOOD MIND	3 ARDIBEHESHT 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 NOVEMBER 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					

ABANGAN: WATER REVERENCE DAY

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"	آتش ذهن
Ha.31.19 "Athra Sukhra Mazda" "Radiant fire of Wisdom"	آتش تابناک خرد
Ha.34.4 "Athram Ahura" "Fire of Creation"	آتش آفرینش
Ha.43.4 "Garma Athrav Asha" "Warmth of the Fire of Asha"	گرمای آتش اشا
Ha.43.9 "Thwahmai Athre" "Your Inner Flame"	آتش درونی
Ha.46.7 "Thwamat Athras cha Managhas" "The Fire of your thoughts"	آتش اندیشه
Ha.47.6 "Athra Vangha ranoibya" "Fire benefits all"	آتش سود رسان به همه
Ha.51.9 "Athra Sukhra Mazda" "Radiant Fire of Wisdom"	آتش تابناک خرد

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.

AZAR
3761



NOVEMBER
DECEMBER
2023

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		1 ORMAZD 22 KHOD-AH	2 BAHMAN 23 GOOD MIND	3 ARDIBEHESHT 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 DECEMBER 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			

AZARGAN: FIRE REVERENCE DAY

YALDA 1st Dey / Dec 21- 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 Syriac translation of the same, coined by the Assyrian Christians who replaced the Sun God with the Son of God. The celebration of Deygan’s long winter night involved the recitation and discussion of the Gathas, which on 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.

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.

This I seek with reverence
With uplifted hands
The perfectness of the mind, Wisdom
The first righteous gift of Asha
All should aspire to make
Good creation with intelligence thoughts
Thus creating harmony between the creation
And the inner-self .

Zarathushtra – Gatha -Yasna Ha 28.1(FR)

اینک جستجو می کنیم با پاس گزاری
با برافراشتن دستها
رسایی منش خرد را
نخستین نیک افزای اشا
همه بکوشیم
نیک بآفرینیم با خرد اندیشی
تا بدست آوریم هم سازی
در جهان هستی و روانی
زرتشت گات ها - یسنا - هات ۲۸ بند ۱ (ف ر)



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

DEY
3761



DECEMBER
2023
JANUARY
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				1 ORMAZD 22 YALDA	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 31 WATER
11 KHOR JANUARY 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	

YALDA: WINTER SOLSTICE - YALDA IS A Syrianic WORD MEAN-
ING THE BIRTH

ZARATHUSHTRA CELEBRATION OF LIFE

BAHMAN GAN Good Thought Day Bahman 2 / January 21-22

When in pursuit of Ashem
Keep your Thoughts Good forever
In Harmony with the Wisdom in Creation
Train yourself to declare
those thoughts by words of mouth
For that's when creation first comes into being
[Zarathushtra – Gatha -Yasna Ha 28.11 \(FR\)](#)

SADEH

Bahman 10 / January 30

زمان جستجوی اشیم (دانش)
نگه دارید اندیشه را پاک همیشه
همه‌هنگ با خرد در هستی
بیاموزید تا آشکار سازید اندیشه را با گفتار
که از آنجا آفرینش نخست پدید می‌آید
زرتشت گات ها - یسنا - هات ۲۸ بند ۱۱ (ف ر)

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 .
(Aban30 days+Azar30+Dey30+10 Bahaman=100)

Maidh-Yarem (Mid- winter) GAHANBAR

15 Bahman / 4 Febuary

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 Day.



BAHMAN
3761



JANUARY
FEBRUARY
2024

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

BAHMAN GAN: GOOD THOUGHTS DAY

SADEH: 100th DAY FROM START OF ARCTIC WINTER WHICH STARTS FROM THE 1st OF ABAN

GHANBAR MAIDH YAREM, MID WINTER: Middle of Tropical winter which is of 88.9 days. So mid winter is the 44.45th day (Dey =30 + Bahman 14 =44)

ESPAND GAN 5 Espand WOMEN'S DAY

EXPLANATION

LAND YOU FLOURISH WITH WATER AND PLANT
YOUR PERSON YOU FLOURISH BY ACHIEVING
IMMORTALITY AND WHOLENESS WITH SPANTAISH THOUGHTS
WISDOM, THROUGH GOOD THOUGHTS, GAINS STRENGTH & STABILITY

Granted me this land
To make it flourish with water and plant
Immortality Wholeness with Spantaish Thoughts
Wisdom, strength and stability through Good thoughts, Gains
[Zarathushtra – Gatha -Yasna Ha 51.7 \(FR\)](#)

Hamaz Path Maedem

GAHANBAR
30 Espand / March 20
Equality of heat and
cold,
day and night:
Preparation
for the revival
of Nature.

Unto them good guidance
Shall bring to the mind
Good Asha
and such person will progress
Righteousness (Armaitis) will grant
Strength to them and you
This has been successfully tested before
[Zarathushtra – Gatha -Yasna Ha 30.7 \(FR\)](#)



Courtesy of: Salar Ahmadian

دادی به من این زمین
آباد کنم با آب و گیاه
جاودانی رسایی - با اندیشه سپنتای
خرد، توانای و پایداری، از منش نیک بدست می آورد
زرتشت گات ها - یسنا - هات ۵۱ بند ۷ (ف ر)

زن
زندگی. آزادی

و با راهنمای دُرست
فرا میرسد به منش
اشا نیک
و چنین فرد را پایداری
بخشد نیک کرداری دوام به آنان (و) شما
این چنین هست، چون شده آزمایش در پیش
زرتشت گات ها - یسنا - هات ۳۰ بند ۷ (ف ر)

ESPAND
3761



FEBUARY
MARCH
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
	1 ORMAZD 20 KHOD AH	2 BAHMAN 21 GOOD MIND	3 ARDIBEHESHT 22 ULTIMATE TRUTH	4 SHARIVAR 23 GOOD LAWS	5 ESPAND 24 LAWFUL DESIRE	6 KHORDAD 25 PERFECTION
7 AMORDAD 26 IMMORTALITY	8 DEY BE AZAR 27 CREATION-ELEMENTS	9 AZAR 28 FIRE	10 ABAN 29 WATER	11 KHOR MARCH 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 AHUNAVARD 15 ERD	26 OUSHTAVARD 16 ASHTAD	27 SPENTAMAD 17 ASEMAN
28 VOHU KHASATRA 18 ZAMYAD	29 VAHISTA ISHTA 19 MANTRASPAND					

ESPAND GAN: WOMEN'S DAY

HAMAS PATH MAEDEM, GAHANBAR, MIDDLE OF COLD & HEAT:
EQUALITY OF COLD AND HEAT, Just when winter is ending and spring is starting

NATURE'S CALENDAR 2023-2024



Compiled by
Fariborz Rahnamoon

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