

# MAZDAYASNI CALENDAR

## THE ANCIENT ZARATHUSHTI CALENDAR

3754 z  
2016-2017

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

*Yasna Ha1.9, Ha 3.11, Ha 4.14*

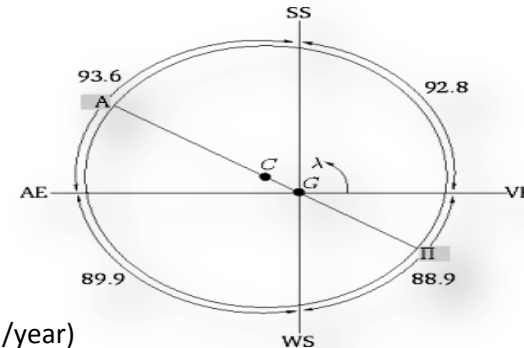
The 'vehizaki' month Farwardin, the month Ardwhisht, and Hordad compose the season of Spring.

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. Bundahishn 25:25:

**THE ANCIENT MAZDIYASNI CALENDAR** updated by Zarathushtra was the most accurate calendar that has ever existed in the civilized world to this day. The year always started with the Vernal Equinox whereby the leap year was automatically taken care of. Its accuracy was further strengthened by dividing into months the number of days of each individual season marked by the position of the earth in its orbit around the sun. The proof of this is in the four festivals that are celebrated to this day.

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



The best modern calendar needs an adjustment of one day every four years and is called a Leap Year. The Mazdayasni Calendar needs an adjustment of one day every 110,000 years. (1sec./year)

[This fact has been recognized by TimeAndDate.com](http://TimeAndDate.com) as the **PERSIAN Calendar from the 2nd Millennium BCE**

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 four 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 Equinox.

Based on this premise and by incorporating other traditions the following calendar has been designed. The traditional names of the days 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 Amesha Spentas. Check out the calendar below and for detail information please visit

<http://zarathushticalendar.com/> Or click [http://ahura.homestead.com/files/ARTICLES/ZARATHUSHTI\\_CALENDAR.pdf](http://ahura.homestead.com/files/ARTICLES/ZARATHUSHTI_CALENDAR.pdf)

FARVARDIN				3754	MARCH - APRIL 2016		
BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI		AMORDAD SAT	ORMAZD SUN
							<b>1</b>
							ORMAZD
							20
							<b>NOW ROOZ</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>		<b>8</b>
BAHMAN	ARDIBEHEST	SHARIVAR	ESPAND	KHORDAD		AMORDAD	DEY BE AZAR
21	22	23	24	25	26		27
				BIRTHDAY ZARATHUSHTRA			
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>		<b>15</b>
AZAR	ABAN	KHOR	MAH	TIR	GUSH		DEY BE MEHR
28	29	30	31	APRIL	2		3
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>		<b>22</b>
MEHR	SOROUSH	RASHN	FARVARDIN	VERAHRAM	RAM		BAD
4	5	6	7	8	9		10
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>		<b>29</b>
DEY BE DIN	DIN	ERD	ASHTAD	ASEMAN	ZAMYAD		MANTRASPAND
11	12	13	14	15	16		17
<b>30</b>	<b>31</b>						
ANARAM	AVARDAD						
18	19						

**NOW ROOZ** VERNAL EQUINOX-NEW YEAR  
ZARATHUSHTRA'S BIRTHDAY

**AMESHA SPENTA GAN** NAME OF WEEK AND DAY COINCIDE  
FARVARDIN GAN REJUVINATION DAY

## **NOW ROOZ** (MARCH 20-21) (1<sup>st</sup> Farvardin)

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 at 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 tower, (which is today named "**Kabe Zarathushtra**") at exactly the same moment as the vernal equinox.

**CELEBRATION:** The highlight of the Now Rooz celebration is the arranging of the 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. It was a way of renewing their bond and reminding themselves of the path they need to follow in life. The celebrations lasted 19 days, till when the name of the month and day coincided. (Farvardin month and Farvardin day)

## **ZARATHUSHTRA 'S BIRTHDAY**

**6th Farvardin** is celebrated as the Birthday of Zarathushtra.

## **FARVARDIN GAN** - Rejuvenation Day. Farvardin day of Farvardin month. (19 Farvardin)

The Zarathushti way of life concentrated on life on Earth. They made the most of it and endeavoured to enjoy life to the fullest. With this in mind, they celebrated those days where the name of the day coincided with the name of the month.

## **AMESHA SPENTA GAN** (1 to 7 Farvardin)

In this calendar the days of the week are named after the Amesha Spentas and so let's also celebrate those days where the name of the week and day coincide and let's have a super celebration when the name of the **day week** and **month** coincide.

These celebrations are named after the particular Amesha Spenta.

The first seven days of Farvardin 3754 are special days as the name of the day and that of the week are the same.



# ARDIBEHEST

3754

APRIL - MAY 2016

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		<b>1</b> ORMAZD 20	<b>2</b> BAHMAN 21	<b>3</b> ARDIBEHEST 22	<b>4</b> SHARIVAR 23	<b>5</b> ESPAND 24
<b>6</b> KHORDAD 25	<b>7</b> AMORDAD 26	<b>8</b> DEY BE AZAR 27	<b>9</b> AZAR 28	<b>10</b> ABAN 29	<b>11</b> KHOR 30	<b>12</b> MAH MAY
<b>13</b> TIR 2	<b>14</b> GUSH 3	<b>15</b> DEY BE MEHR 4 MAIDHYO- ZAREM MID - SPRING	<b>16</b> MEHR 5	<b>17</b> SOROUSH 6	<b>18</b> RASHN 7	<b>19</b> FARVARDIN 8
<b>20</b> VERAHRAM 9	<b>21</b> RAM 10	<b>22</b> BAD 11	<b>23</b> DEY BE DIN 12	<b>24</b> DIN 13	<b>25</b> ERD 14	<b>26</b> ASHTAD 15
<b>27</b> ASEMAN 16	<b>28</b> ZAMYAD 17	<b>29</b> MANTRASPAND 18	<b>30</b> ANARAM 19	<b>31</b> AVARDAD 20		

**GAHANBAR - MAIDHYO ZAREM**  
**MID - SPRING**

Spring has 92.8 days Thus Mid Spring is on the 46th day -  
( Farvardin 31 days +Ordibehest 15 = 46)

ARDIBEHESTGAN NATURES DAY

colour code      Solar Festivals      day & month      day & week      Gahanbars      day+week+mth      Special

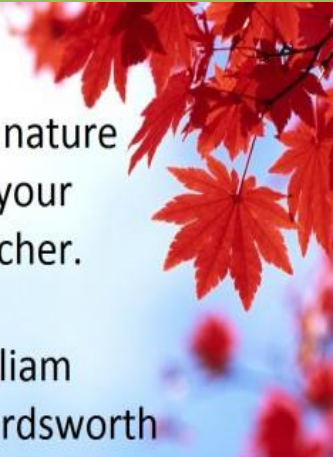
[www.ancientiran.com](http://www.ancientiran.com)

[www.zarathushticalendar.com](http://www.zarathushticalendar.com)

c.fariborz rahnamoon

## ORDIBEHEST GAN: Nature Day. Asha Vahista - The Ultimate Truth.

Truth is in Nature discover it by using your VohuMana



Let nature  
be your  
teacher.

William  
Wordsworth

Asha when you gain  
With minds good use  
Having realized wisdom  
The path to righteousness  
The ultimate message of Wisdom  
Through words excellent  
We shall turn (inform)  
Those who do not know  
By speaking  
Zarathushtra – Gatha -Yasna Ha 28.5 (FR)



### GAHANBARS

Gahanbars are seasonal festivals celebrating an important farming related occurrence in each season. With respect for history tradition and for enjoyment and festivity, the celebration of the two seasonal festivals of the ancestral homeland in the Arctic have been preserved by the migrating Zarathushti. At the same time they also celebrated the four season 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 July 5 corresponding to 15 of Tir.

**Ayeh-Threm (Saarem) (Coming of Winter).** Arctic winter is of 5 months. (Aban to Espand) Coming of Winter is celebrated just before the Arctic winter starts in Aban, when sowing the winter root crops. (21 October ) (30 Mehr).

#### TEMPERATE Gahanbars:

**Maidhyo-Zarem (Mid Spring):** Spring has 92.8 days so Mid Spring falls on the 46<sup>th</sup> day (4 May- 15 Ardibesht) when plenty of Fresh vegetable is available.

**Paiti-Shahem (End of Summer):** Summer ends on 186<sup>th</sup> day (21 Sept./ 31 Shahrivar). Time for picking of fruits.

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

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

FOR DETAIL VISIT [www.ancientiran.com](http://www.ancientiran.com)

**KHORDAD** 3754 **MAY - JUNE 2016**

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
					<b>1</b> ORMAZD 21	<b>2</b> BAHMAN 22
<b>3</b> ARDIBEHESHT 23	<b>4</b> SHARIVAR 24	<b>5</b> ESPAND 25	<b>6</b> KHORDAD 26	<b>7</b> AMORDAD 27	<b>8</b> DEY BE AZAR 28	<b>9</b> AZAR 29
<b>10</b> ABAN 30	<b>11</b> KHOR 31	<b>12</b> MAH JUNE	<b>13</b> TIR 2	<b>14</b> GUSH 3	<b>15</b> DEY BE MEHR 4	<b>16</b> MEHR 5
<b>17</b> SOROUSH 6	<b>18</b> RASHN 7	<b>19</b> FARVARDIN 8	<b>20</b> VERAHRAM 9	<b>21</b> RAM 10	<b>22</b> BAD 11	<b>23</b> DEY BE DIN 12
<b>24</b> DIN 13	<b>25</b> ERD 14	<b>26</b> ASHTAD 15	<b>27</b> ASEMAN 16	<b>28</b> ZAMYAD 17	<b>29</b> MANTRASPAND 18	<b>30</b> ANARAM 19
<b>31</b> AVARDAD 20						

**KHORDADGAN** PERFECTION DAY

## **KHORDAD GAN - PERFECTION DAY (6 Khordad)**

Everyone should aim for Perfection in their chosen field.

### **SEVEN ETERNAL LAWS (OF NATURE) - AMESHA SPENTAS**

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)



### **Create Heaven on Earth by following the SEVEN ETERNAL LAWS (OF NATURE) - AMESHA SPENTAS**

Men and women are born equal with complete freedom of choice. The goal of every human being should be to move towards Perfection by way of the good path that they choose to pursue in life and thereby create a heaven on earth. The path towards perfection and spirituality is summarised as the **Seven Eternal Laws -Amesha Spentas**.

- 1- VOHUMANA -BAHMAN- GOOD MIND – **Use your mind in a Good Way and to its maximum, to inquire and learn of**
- 2- ASHA VAHISTA - ARDIBEHESHT- **THE ULTIMATE TRUTH–The laws of Nature, the laws of the Universe. Use them to make**
- 3- KHASH ATRA VARIYU - SHAHRIVAR- **GOOD RULES – Good Laws, Good Guidance, Good Products. Which will lead to**
- 4- SPANTA ARMAITI - ESPAND - **LAWFUL DESIRE- Righteousness. Which will pave the way towards**
- 5- HURVATATA - KHORDAD - **PERFECTION – Mental, Physical, and Spiritual. Which will lead to**
- 6- AMERTATA - AMORDAD -**IMMORTALITY- a) after death being remembered and praised for the good deeds for generations. (b) In life being mentally free from the fear of death. This will lead to the oneness with**
- 7- AHURA MADZA - **The Creator of Wisdom, Khod-Ah- through Self Realization. KHOD = Self AH=to come**

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TIR				3754			JUNE - JULY 2016		
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			
	<b>21</b> TIRGAN	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>			
<b>7</b> AMORDAD	<b>8</b> DEY BE AZAR	<b>9</b> AZAR	<b>10</b> ABAN	<b>11</b> KHOR JULY	<b>12</b> MAH	<b>13</b> TIR			
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>JULY</b>	<b>2</b>	<b>3</b>			
<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			
<b>4</b>	<b>5</b> MAIDYHO SHEM MID-SUMMER	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>			
<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			
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>			
<b>28</b> ZAMYAD	<b>29</b> MANTRASPAND	<b>30</b> ANARAM	<b>31</b> AVARDAD						
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>						

**TIRGAN** SUMMER SOLSTICE LONGEST DAY

**MAIDYHO SHEM MID-SUMMER** **GAHANBAR** 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 / 5 July



### **TIRGAN (JUNE 20-21) (1st Tir)**

Tirgan is the celebration of the **Summer Solstice**. It also is the longest day; people spend their day outdoors and it being hot they spray water on each other and it has become the festival of water. It could last for 13 days and end when the month of Tir coincided with the day of Tir.

### **ARCTIC GAHANBAR**

***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 July 5 corresponding to 15 of Tir.

These, you, not Ahura Mazda  
Asha also brings fury

Mind also 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)

When there is 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 in harmony with nature is worthy of praise and becomes Amordad. (Remembered for Generations).

# AMORDAD

3754

# JULY - AUGUST 2016

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				<b>1</b> ORMAZD 22	<b>2</b> BAHMAN 23	<b>3</b> ARDIBEHESHT 24
<b>4</b> SHARIVAR 25	<b>5</b> ESPAND 26	<b>6</b> KHORDAD 27	<b>7</b> AMORDAD 28	<b>8</b> DEY BE AZAR 29	<b>9</b> AZAR 30	<b>10</b> ABAN 31
<b>11</b> KHOR AUGUST	<b>12</b> MAH 2	<b>13</b> TIR 3	<b>14</b> GUSH 4	<b>15</b> DEY BE MEHR 5	<b>16</b> MEHR 6	<b>17</b> SOROUSH 7
<b>18</b> RASHN 8	<b>19</b> FARVARDIN 9	<b>20</b> VERAHRAM 10	<b>21</b> RAM 11	<b>22</b> BAD 12	<b>23</b> DEY BE DIN 13	<b>24</b> DIN 14
<b>25</b> ERD 15	<b>26</b> ASHTAD 16	<b>27</b> ASEMAN 17	<b>28</b> ZAMYAD 18 PATETI	<b>29</b> MANTRASPAND 19	<b>30</b> ANARAM 20	<b>31</b> AVARDAD 21

AMORDAD GAN

REMEMBRANCE DAY

PATETI -NEW YEAR

SHENSHAI PARSII NEW YEAR

## **AMORDAD GAN - REMEMBRANCE DAY**

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

And those who are righteous are so because of  
Good deeds and use of the wisdom of the mind  
In righteous way in tune with Wisdom in Existence  
Their aim achieved as designed  
And those assuredly are pleased (whose) result  
Are known to be righteous, faithful, praise worthy

Zarathushtra - Gatha - Yasna HA 28.10 (FR)

## **PATETI - SHENSHAI PARSI NEW YEAR - Navroj**

After the Islamic invasion of Persia in the 7<sup>th</sup> century, there was genocide of unmatched historical proportion that the victors have, to a great extent, tried to cover it up; but 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 inferior lunar calendar and the Arabic language on the Iranians, they cut tongues that spoke Persian and arms that wrote it. There was mass migration in all directions a small group landed on the coast of Gujarat in India and are today highly respected as Parses. In the process, the Zarathushtis lost track of their ancient calendar especially because Gujarat did not have the distinct four seasons. It was too late when they realised the mix up. They got in touch with their brethren's in Iran who were in worse conditions 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 creates confusion with the Now Ruz that is celebrated in March on the Vernal Equinox by all the nations that once formed the Persian Empire. It could result in Zarathushtis losing ownership of the real Now Ruz. 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. The 5 day Mukta prayers will keep alive the memory (Amordad) of the brethren's lost in the Genocide.

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# SHAHRIVAR

3754

# AUGUST - SEPTEMBER 2016

BAHMAN MON	ARDIBEHEST TUE	SHARHIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>1</b> ORMAZD 22	<b>2</b> BAHMAN 23	<b>3</b> ARDIBEHEST 24	<b>4</b> SHARIVAR 25	<b>5</b> ESPAND 26	<b>6</b> KHORDAD 27	<b>7</b> AMORDAD 28
<b>8</b> DEY BE AZAR 29	<b>9</b> AZAR 30	<b>10</b> ABAN 31	<b>11</b> KHOR SEPT	<b>12</b> MAH 2	<b>13</b> TIR 3	<b>14</b> GUSH 4
<b>15</b> DEY BE MEHR 5	<b>16</b> MEHR 6	<b>17</b> SOROUSH 7	<b>18</b> RASHN 8	<b>19</b> FARVARDIN 9	<b>20</b> VERAHRAM 10	<b>21</b> RAM 11
<b>22</b> BAD 12	<b>23</b> DEY BE DIN 13	<b>24</b> DIN 14	<b>25</b> ERD 15	<b>26</b> ASHTAD 16	<b>27</b> ASEMAN 17	<b>28</b> ZAMYAD 18
<b>29</b> MANTRASPAND 19	<b>30</b> ANARAM 20	<b>31</b> AVARDAD 21 <b>PAITI SHEM</b> <b>END OF SUMMER</b>				

**GAHANBAR**  
**PAITI SHEM**  
**END OF SUMMER**  
SHAHRIVAR GAN

Tropical Summer ends on 186 th day  
which is 31 Shahrivar / 21 September  
GOOD LAWS - GOOD PRODUCTS DAY

## SHAHRIVAR GAN - GOOD LAWS - GOOD PRODUCT - DAY 4th of Sharivar

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

GOOD PRODUCTS -Products that are in harmony with nature/ Environment

And these thoughts in the beginning  
Their apposing nature revealed themselves  
In the mind and in the words also  
In the deeds and these were good and bad  
And of these the wise  
Rightly choose not so truly the unwise  
Zarathushtra – Gatha – Yasna 30.3 (FR)

### GAHANBARS

ARCTIC Gahanbars:

***Paiti-Shahem* (End of Summer)**:Summer ends on 186<sup>th</sup> day (21 Sept./ 31 Shahrivar).Time for picking of fruits.

That these laws you understand  
That wisdom has given humans  
Happiness and pain  
And that practice of evil harms  
Progress and followers of truth  
And as a result of these shall come illumination  
Zarathushtra – Gatha – Yasna 30.11 (FR)

MEHR				3754	SEPTEMBER - OCTOBER 2016		
BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN	
			<b>1</b> ORMAZD 22 MEHREGAN	<b>2</b> BAHMAN 23	<b>3</b> ARDIBEHESHT 24	<b>4</b> SHARIVAR 25	
<b>5</b> ESPAND 26	<b>6</b> KHORDAD 27	<b>7</b> AMORDAD 28	<b>8</b> DEY BE AZAR 29	<b>9</b> AZAR 30	<b>10</b> ABAN OCTOBER	<b>11</b> KHOR 2	
<b>12</b> MAH 3	<b>13</b> TIR 4	<b>14</b> GUSH 5	<b>15</b> DEY BE MEHR 6	<b>16</b> MEHR 7	<b>17</b> SOROUSH 8	<b>18</b> RASHN 9	
<b>19</b> FARVARDIN 10	<b>20</b> VERAHRAM 11	<b>21</b> RAM 12	<b>22</b> BAD 13	<b>23</b> DEY BE DIN 14	<b>24</b> DIN 15	<b>25</b> ERD 16	
<b>26</b> ASHTAD 17	<b>27</b> ASEMAN 18	<b>28</b> ZAMYAD 19	<b>29</b> MANTRASPAND 20	<b>30</b> ANARAM 21 AYA SAAREM COMING OF WINTER			

**MEHREGAN**  
**GAHANBAR**  
**AYA SAAREM**  
**COMING OF WINTER**

AUTUMNAL EQUINOX

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 /21 October

## MEHREGAN (Sept 22 -23) (1<sup>st</sup> Mehr)

**Mehregan is the celebration of the Autumnal Equinox. Just like Now Rooz the day and night is equal and it was also celebrated at the exact moment of the Autumnal Equinox.** The celebrations lasted 16 days till when the name of the month and the day coincided.

## GAHANBAR

ARCTIC Gahanbars:

***Ayeh-Threm (Saarem) (Coming of Winter)***. This is celebrated just before the Arctic winter starts in Aban, when sowing the winter root crops. (Oct 21) (30 Mehr).

Truly, the spiritual result is high (when)  
Goodness leads to harmony in thoughts  
Which result in good deeds  
In harmony with the Wisdom in Creation

As long as I have strength  
So long will I teach to strive for Truth  
Zarathushtra – Gatha -Yasna Ha 28.4 (FR)

Listen with your ears to the best  
Consider with open mind  
Among the paths before deciding  
Person by person for his own self  
Before greatness of this message Is truly spread  
understand each one  
Zarathushtra – Gatha – Yasna 30.2 (FR)

ABAN

3754

OCTOBER - NOVEMBER 2016

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
					<b>1</b> ORMAZD 22	<b>2</b> BAHMAN 23
<b>3</b> ARDIBEHEST 24	<b>4</b> SHARIVAR 25	<b>5</b> ESPAND 26	<b>6</b> KHORDAD 27	<b>7</b> AMORDAD 28	<b>8</b> DEY BE AZAR 29	<b>9</b> AZAR 30
<b>10</b> ABAN 31	<b>11</b> KHOR NOVEMBER	<b>12</b> MAH 2	<b>13</b> TIR 3	<b>14</b> GUSH 4	<b>15</b> DEY BE MEHR 5	<b>16</b> MEHR 6
<b>17</b> SOROUSH 7	<b>18</b> RASHN 8	<b>19</b> FARVARDIN 9	<b>20</b> VERAHRAM 10	<b>21</b> RAM 11	<b>22</b> BAD 12	<b>23</b> DEY BE DIN 13
<b>24</b> DIN 14	<b>25</b> ERD 15	<b>26</b> ASHTAD 16	<b>27</b> ASEMAN 17	<b>28</b> ZAMYAD 18	<b>29</b> MANTRASPAND 19	<b>30</b> ANARAM 20

ABANGAN

WATER REVERENCE DAY



## ABAN GAN - Water Reverence Day



## AZAR

3754

## NOVEMBER - DECEMBER 2016

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>1</b> ORMAZD 21	<b>2</b> BAHMAN 22	<b>3</b> ARDIBEHEST 23	<b>4</b> SHARIVAR 24	<b>5</b> ESPAND 25	<b>6</b> KHORDAD 26	<b>7</b> AMORDAD 27
<b>8</b> DEY BE AZAR 28	<b>9</b> AZAR 29	<b>10</b> ABAN 30	<b>11</b> KHOR DECEMBER	<b>12</b> MAH 2	<b>13</b> TIR 3	<b>14</b> GUSH 4
<b>15</b> DEY BE MEHR 5	<b>16</b> MEHR 6	<b>17</b> SOROUSH 7	<b>18</b> RASHN 8	<b>19</b> FARVARDIN 9	<b>20</b> VERAHRAM 10	<b>21</b> RAM 11
<b>22</b> BAD 12	<b>23</b> DEY BE DIN 13	<b>24</b> DIN 14	<b>25</b> ERD 15	<b>26</b> ASHTAD 16	<b>27</b> ASEMAN 17	<b>28</b> ZAMYAD 18
29 MANTRASPAND 19	30 ANARAM 20					

AZARGAN

FIRE REVERENCE DAY

## AZAR GAN - FIRE REVERENCE DAY



DEY				3754	DECEMBER 2016 - JANUARY 2017		
BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN	
		1 ORMAZD 21 YALDA DEYGAN	2 BAHMAN 22	3 ARDIBEHEST 23	4 SHARIVAR 24	5 ESPAND 25	
6 KHORDAD 26 Zarathushtra Death Anniversary	7 AMORDAD 27	8 DEY BE AZAR 28	9 AZAR 29	10 ABAN 30	11 KHOR 31	12 MAH JANUARY	
13 TIR 2	14 GUSH 3	15 DEY BE MEHR 4	16 MEHR 5	17 SOROUSH 6	18 RASHN 7	19 FARVARDIN 8	
20 VERAHRAM 9	21 RAM 10	22 BAD 11	23 DEY BE DIN 12	24 DIN 13	25 ERD 14	26 ASHTAD 15	
27 ASEMAN 16	28 ZAMYAD 17	29 MANTRASPAND 18	30 ANARAM 19				

**DEYGAN -YALDA** WINTER SOLSTICE - YALDA IS A SYRIANIC WORD MEANING THE BIRTH  
**ZARATHUSHTRA'S DEATH ANNIVERSARY**

**DEYGAN - YALDA (Dec 21-22) (1<sup>st</sup> Dey)**

It is the celebration of the **Winter Solstice**.

In Mithraism it is celebrated as the birthday of the sun god Mithra because the day starts to grow longer.

**CELEBRATION OF LIFE OF ZARATHUSHTRA - Dey 6 - Khordad Rooz**

This I seek with reverence  
With uplifted hands  
The perfect-ness of the mind, Wisdom (Mazda)  
The first good rule to Asha is  
All should aspire to make  
Good use of the wisdom in the mind  
To create harmony between the universe  
And the inner-self .

Zarathushtra – Gatha – Yasna 28.1 (FR)

Now of these shall I speak to those eager,  
That quality of wisdom that all the wise wish  
And call creative qualities  
And good creation of the mind  
The all-powerful truth (Asha)  
Truly and that more & better ways are discovered  
Towards perfection

Zarathushtra – Gatha – Yasna 30.1 (FR)

# BAHMAN

3754

# JANUARY - FEBUARY 2017

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				1 ORMAZD 20	2 BAHMAN 21	3 ARDIBEHESHT 22
4 SHARIVAR 23	5 ESPAND 24	6 KHORDAD 25	7 AMORDAD 26	8 DEY BE AZAR 27	9 AZAR 28	10 ABAN 29 SADEH
11 KHOR 30	12 MAH 31	13 TIR FEBUARY	14 GUSH 2	15 DEY BE MEHR 3	16 MEHR 4 MAIDH YAREM MID WINTER	17 SOROUSH 5
18 RASHN 6	19 FARVARDIN 7	20 VERAHRAM 8	21 RAM 9	22 BAD 10	23 DEY BE DIN 11	24 DIN 12
25 ERD 13	26 ASHTAD 14	27 ASEMAN 15	28 ZAMYAD 16	29 MANTRASPAND 17	30 ANARAM 18	

SADEH	100th DAY FROM START OF ARCTIC WINTER WHICH STARTS FROM THE 1st OF ABAN
GHANBAR MAIDH YAREM	Middle of Tropical winter which is of 88.9 days
MID WINTER	So mid winter is the 44.45th day (Dey =30 + Bahman 14 =44)
BAHMAN GAN	GOOD THOUGHTS DAY

## BAHMAN GAN - GOOD THOUGHTS DAY

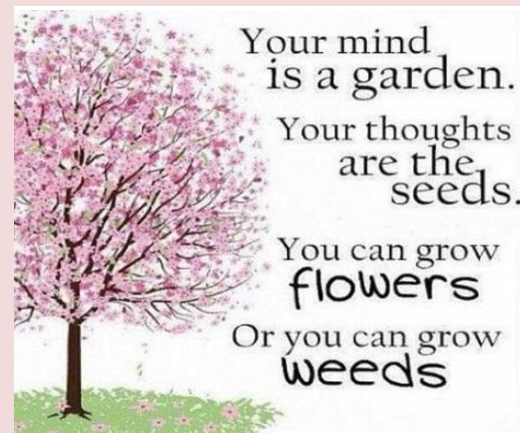
Everything that is created was first a Thought.

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)



### **SADEH** - (January30/ Bahman 10)

It 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 (30+30+30+10 **Bahman=100**)

### **Maidh-Yarem** (Mid- winter) GAHANBAR: 15 Bahman / 4 Febuary

Mid Winter is on the 320.75th day. When farmers, shepherds and their animals are resting.

Spring 92.8 + Summer 93.6 + Autumn 89.9 days + Mid Winter (88.9 / 2 = 44.45) = 320.75

ESPAND 3754				FEBUARY - MARCH 2017		
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	7 AMORDAD	8 DEY BE AZAR
20	21	22	23	24	25	26
9 AZAR	10 ABAN	11 KHOR MARCH	12 MAH 2	13 TIR 3	14 GUSH 4	15 DEY BE MEHR 5
16 MEHR 6	17 SOROUSH 7	18 RASHN 8	19 FARVARDIN 9	20 VERAHRAM 10	21 RAM 11	22 BAD 12
23 DEY BE DIN 13	24 DIN 14	25 ERD 15	26 ASHTAD 16	27 ASEMAN 17	28 ZAMYAD 18	29 MANTRASPAND 19
			AHUNAVARD	OUSHTAVARD	SPENTAMAD	VOHU KHASATRA
30 ANARAM 20						
VAHISTA ISHTA						

ESPAND GAN      RIGHTEOUSNESS DAY- EQUALITY DAY

AMESHA SPENTA GAN      NAME OF WEEK AND DAY COINCIDE

HAMAS PATH MAEDEM      GAHANBAR      EQUALITY OF COLD AND HEAT

MIDDLE OF COLD & HEAT      Just when winter is ending and spring is starting



## **ESPAND GAN**

SPENTA ARMAITY - **RIGHTEOUSNESS DAY** (super celebration name of Day Week & Month coincide )

### **AMESHA SPENTA GAN**

In this calendar the days of the week are named after the Amesha Spentas and so let's also celebrate those days where the name of the week and day coincide and let's have a super celebration when the name of the day week and month coincide. The first seven days of Farvardin 3754 are special days as the name of the day and that of the week are the same. So also is the first seven days of Espand

### **Hamas-Path-Maedem GAHANBAR**

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

This message and good guidance shall bring  
On the mind good knowledge and  
And such person will progress  
Will achieve righteousness without fail  
Those near them shall also be thus  
Has been tested successfully before  
Zarathushtra – Gatha – Yasna 30.7 (FR)

And now that brought upon them  
To change collectively their mistakes  
Now wisdom brings upon them good rule  
Good use of the mind shall show  
Them learn of creation  
So that by giving knowledge  
Conquers the false one  
Zarathushtra – Gatha – Yasna 30.8 (FR)

**NAMES OF THE DAY**

<b>Avestan</b>	<b>Pahlavi (Middle-Persian)</b>	<b>New-Persian</b>	<b>English</b>
Dadvah Ahura Mazda	Ohrmazd	Ormazd	Ahura Mazda
Vohu Manah	Vahman	Bahman	Good Thought
Asha Vahista	Ardvahišt	Ardibehesht	Ultimate Truth
Khshatra Vairya	Shahrevār	Sharivar	Good Laws
Spenta Armaiti	Spendarmad	Espanđ	Lawful Desire
Haurvatat	Hordad	Khordad	Perfection
Amertat	Amurdad	Amordad	Immortality
Dadvah Ahura Mazda	Dai-pad-Adar	Dey-be-Azar	Creator
Atar	Adar	Azar	Fire
Apo	Aban	Aban	Waters
Hvar Khshaeta	Khvarshed	Khur/Khir	Sun
Mah	Mah	Mah	Moon
Tishtrya	Tir	Tir	Rain Star
Gaush Urvan	Gosh	Gush / Gaush	Existance
Dadvah Ahra Mazda	Dai-Pad-Mihr	Dey-be-Mehr	Creator
Mithra	Mihr	Mehr	Contract, Love
Sraosha	Srosh	Sorush	Hearkening
Rashnu	Rashn	Rashn	Justice
Fravashyo	Fravardin	Farvardin	Progress force
Verthraghna	Vrahram	Verahram	Victory
Raman	Ram	Ram	Peace, Happiness
Vata	Vad	Bad	Wind
Davah Ahura Mazda	Dai-pad-Din	Dey-be-Din	Creator
Daena	Din	Din	Consciense
Ashi	Ard	Ard (Ashi)	Recompense
Arshat	Ashtat	Eshtad	Justice, Truth
Aseman	Aseman	Aseman	Sky
Zam	Zamyad	Zamyad	Earth
Mantra Spenda	Mahraspand	Mantraspand	Holy Word
Anagranam Raochangha	Angran	Anaram	Endless Light