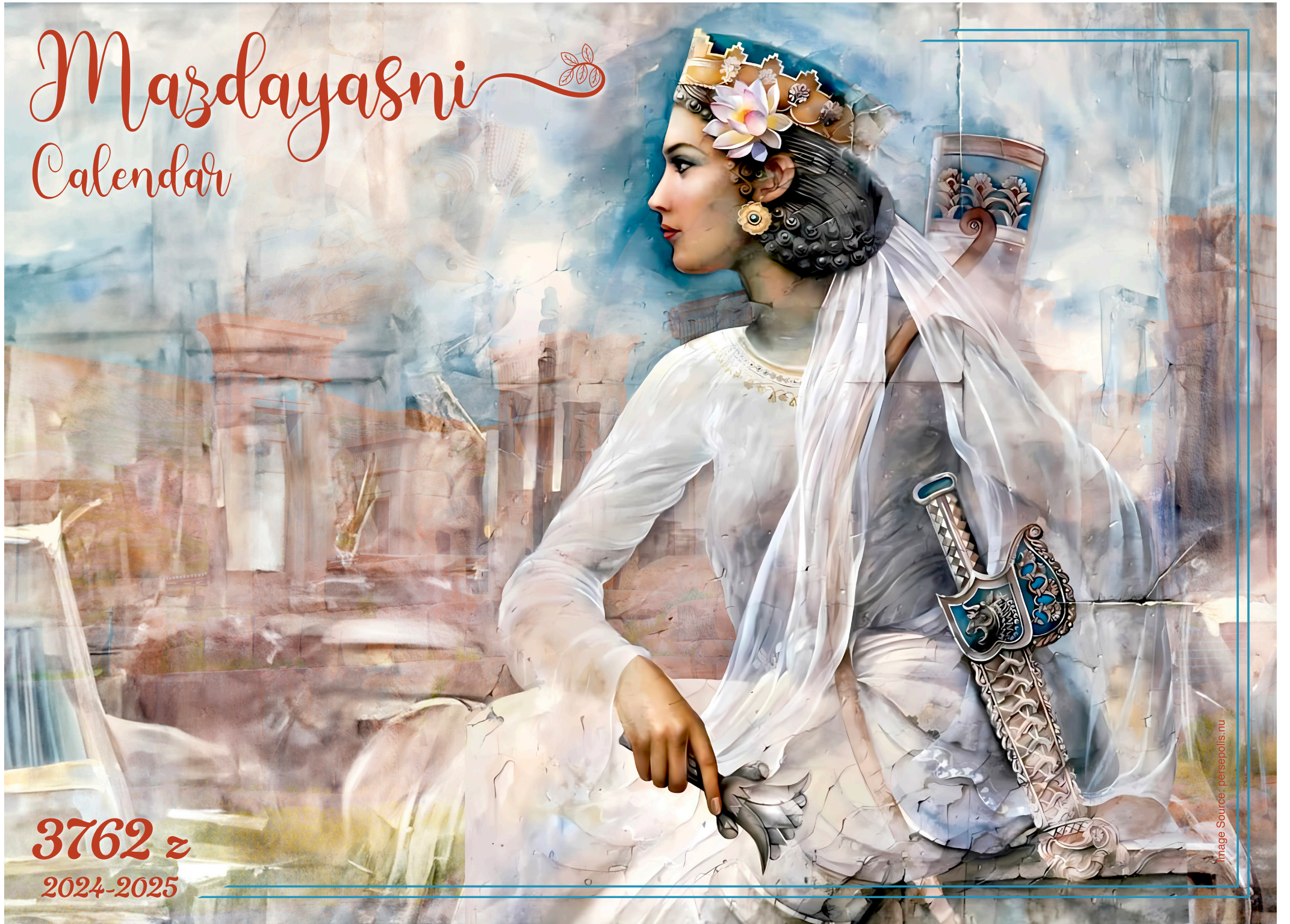


# Mazdayasni

## Calendar

3762 z  
2024-2025



# MAZDAYASNI CALENDAR 3762 Z (2024-2025) 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 which means 10th and the 9th month September (7th). The 10th month October which means 8th. This also proves that the Gregorian year 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 starts 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 seasons 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:** The Gathas were discovered by Professor Martin Haug from among the Yasnas in 1859. So obviously the 5 Gatha days were named thereafter. Which means the Zoroastrian Shehanshahi and Kadmi calendars are of recent origin, while the Fasli calendar was introduced in 1906 for detail information please visit

## 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 of Fire
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 of Mehr
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 of Conscious
Daena	Din	Din	Conscious
Ashi	Ard	Ard (Ashi)	Recompense
Arshat	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 Iranian 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  
3762



MARCH  
APRIL  
2024

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

## 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 - 22 / 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 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. 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 18/19).

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.



ARDIBEHEST  
3762



APRIL  
MAY  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>31</b> AVARDAD 20 FREE DAY					<b>1</b> ORMAZD 20-April KHOD AH	<b>2</b> BAHMAN 21 GOOD MIND
<b>3</b> ARDIBEHESHT 22 ULTIMATE TRUTH	<b>4</b> SHARIVAR 23 GOOD LAWS	<b>5</b> ESPAND 24 LAWFUL DESIRE	<b>6</b> KHORDAD 25 PERFECTION	<b>7</b> AMORDAD 26 IMMORTALITY	<b>8</b> DEY BE AZAR 27 CREATION-ELEMENTS	<b>9</b> AZAR 28 FIRE
<b>10</b> ABAN 29 WATER	<b>11</b> KHOR 30 SUN	<b>12</b> MAH MAY 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 CONSCIOUS	<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>ARDIBEHESTGAN: NATURES DAY</b>			<b>GAHANBAR - MAIDHYO ZAREM, MID - SPRING:</b> 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 اشما 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 نمیرود  
و می افزاید پارسایی را  
و ما را بسوی رسایی راهنمایی میکند  
زرتشت گات 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  
3762



MAY  
JUNE  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
	<b>1</b> ORMAZD 21 KHOD-AH	<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 31 SUN	<b>12</b> MAH JUNE 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 CONSCIOUS	<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			

**KHORDADGAN: PERFECTION DAY**

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## 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 / 5 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 5.**

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)**

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  
3762



JUNE  
JULY  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
				<b>1</b> ORMAZD 21 TIRGAN	<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 JULY 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 8 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 CONSCIOUS
<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	<b>30</b> ANARAM 20 ENDLESS LIGHT	<b>31</b> AVARDAD 21 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 / 5 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  
خواستشان 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 PARSI 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 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 MazdaYasni calendar the 5-day Mukhtad 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 mother land.

AMORDAD  
3762



JULY  
AUGUST  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
<b>1</b> ORMAZD 22 KHOD AH	<b>2</b> BAHMAN 23 GOOD MIND	<b>3</b> ARDIBEHESHT 24 ULTIMATE TRUTH	<b>4</b> SHARIVAR 25 GOOD LAWS	<b>5</b> ESPAND 26 LAWFUL DESIRE	<b>6</b> KHORDAD 27 PERFECTION	<b>7</b> <b>AMORDAD</b> <b>28</b> <b>IMMORTALITY</b>
<b>8</b> DEY BE AZAR 29 CREATION-ELEMENTS	<b>9</b> AZAR 30 FIRE	<b>10</b> ABAN 31 WATER	<b>11</b> KHOR AUGUST 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 8 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 CONSCIOUS	<b>25</b> <b>ERD</b> 15 <b>RECOMPENSE</b>	<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	<b>30</b> ANARAM 20 ENDLESS LIGHT	<b>31</b> AVARDAD 21 FREE DAY				

**AMORDAD GAN: REMEMBRANCE DAY**

**PATETI - NEW YEAR: SHENSHAI PARSİ NEW YEAR**

# 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 / 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 بهره‌گیری از منش نیک  
زمانی که خرد را دریافتی  
راهی بسوی آفرینش  
والا ترین پیام خرد  
بوسیله واژه‌های 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. Of course the names were not chosen haphazardly we see a pattern the first part is the AmeshaSpanta, the second is life related all the elements that support life, the third is feelings related including wind which felt not seen, the last group is conscious related.

SHAHRIVAR  
3762



AUGUST  
SEPTEMBER  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
			<b>1</b> ORMAZD 22 KHOD-AH	<b>2</b> BAHMAN 23 GOOD MIND	<b>3</b> ARDIBEHEST 24 ULTIMATE TRUTH	<b>4</b> <b>SHARIVAR</b> 25 <b>GOOD LAWS</b>
<b>5</b> ESPAND 26 LAWFUL DESIRE	<b>6</b> KHORDAD 27 PERFECTION	<b>7</b> AMORDAD 28 IMMORTALITY	<b>8</b> DEY BE AZAR 29 CREATION-ELEMENTS	<b>9</b> AZAR 30 FIRE	<b>10</b> ABAN 31 WATER	<b>11</b> KHOR SEPT 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 8 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 CONSCIOUS	<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	<b>30</b> ANARAM 20 ENDLESS LIGHT	<b>31</b> <b>AVARDAD</b> 21 <b>FREE DAY</b>	

**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 Ruz) 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  
3762



SEPTEMBER  
OCTOBER  
2024

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

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 polutents did not exist in those ancient days the Zarathushtis endeavoured to keep their water clean and free of any polutants.

آنگاه با خرد در آغاز  
جوامع قوانینی را ایجاد کردند  
با افکار و هوش خود  
و سپس به این چارچوب جان داده شد  
از طریق تشریفات و راهنمایی  
**بنابراین دین انتخابی خود را ایجاد کردند**  
**زرتشت گات ها - یسنا - هات ۳۱ بند ۱۱ (ف ر)**

How was religion created

With their Wisdom in the beginning  
Communities created Laws  
With their thoughts and intelligence  
Then to the framework, they gave life  
Through rituals and guidance  
**Thus they created a Faith of their choice.**  
**Zarathushtra – Gatha -Yasna 31.11 (FR)**



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 اشا دوست بخشش يارى  
همان که ما بسوى نيکى آوريم اندیشه  
**زرتشت گات ها - یسنا - 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  
3762



OCTOBER  
NOVEMBER  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
	<b>1</b> ORMAZD 22 KHOD-AH	<b>2</b> BAHMAN 23 GOOD MIND	<b>3</b> ARDIBEHESHT 24 ULTIMATE TRUTH	<b>4</b> SHARIVAR 25 GOOD LAWS	<b>5</b> ESPAND 26 LAWFUL DESIRE	<b>6</b> KHORDAD 27 PERFECTION
<b>7</b> AMORDAD 28 IMMORTALITY	<b>8</b> DEY BE AZAR 29 CREATION-ELEMENTS	<b>9</b> AZAR 30 FIRE	<b>10</b> ABAN 31 WATER	<b>11</b> KHOR NOVEMBER 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 8 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 CONSCIOUS	<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	<b>30</b> ANARAM 20 ENDLESS LIGHT				

ABANGAN: WATER REVERENCE DAY

# AZAR GAN FIRE REVERENCE DAY Azar 9 / November 29



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  
3762



NOVEMBER  
DECEMBER  
2024

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
			<b>1</b> ORMAZD 21 KHOD-AH	<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 DECEMBER 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 8 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 CONSCIOUS	<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	<b>30</b> ANARAM 20 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 Syrianic 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 25

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 Behram, Yazd, Iran

DEY  
3762



DECEMBER  
2024  
JANUARY  
2025

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
					<b>1</b> ORMAZD 21 YALDA	<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 31 SUN	<b>12</b> MAH JANUARY 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 CONSCIOUS	<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

YALDA: WINTER SOLSTICE - YALDA IS A SYRIANIC WORD MEANING THE BIRTH

ZARATHUSHTRA CELEBRATION OF LIFE

www.ancientiran.com

www.zarathushticalendar.com

c.fariborz rahnamoon

# 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 29

زمان جستجوی اشم (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 / 3 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  
3762



JANUARY  
FEBRUARY  
2025

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

BAHMAN GAN: GOOD THOUGHTS DAY

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

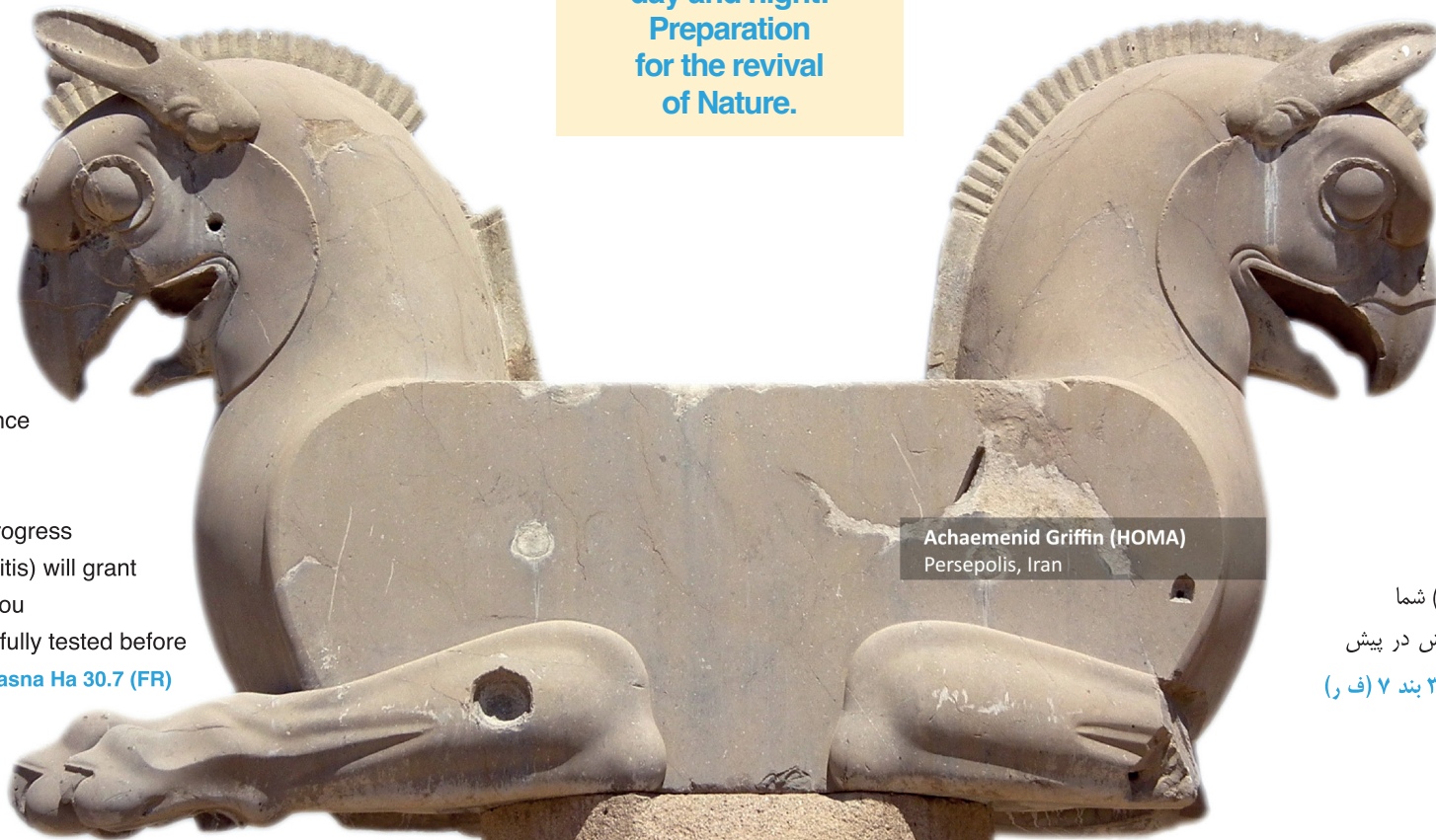
GHANBAR MAIDH YAREM, MID WINTER: Middle of Tropical winter which is of 88.9 days. So mid winter is the 44.45th day (Dey =30 + Bahman 14 =44)

ESPAND GAN  
5 Espand  
SPENTA ARMAITY  
RIGHTEOUSNESS DAY

Hamas 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 \(FR\)](#)



Achaemenid Griffin (HOMA)  
Persepolis, Iran

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  
3762



FEBRUARY  
MARCH  
2025

BAHMAN MON	ARDIBEHEST TUE	SHAHRIVAR WED	ESPAND THUR	KHORDAD FRI	AMORDAD SAT	ORMAZD SUN
		<b>1</b> ORMAZD 19 KHOD AH	<b>2</b> BAHMAN 20 GOOD MIND	<b>3</b> ARDIBEHESHT 21 ULTIMATE TRUTH	<b>4</b> SHARIVAR 22 GOOD LAWS	<b>5</b> ESPAND 23 LAWFUL DESIRE
<b>6</b> KHORDAD 24 PERFECTION	<b>7</b> AMORDAD 25 IMMORTALITY	<b>8</b> DEY BE AZAR 26 CREATION-ELEMENTS	<b>9</b> AZAR 27 FIRE	<b>10</b> ABAN 28 WATER	<b>11</b> KHOR MARCH 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 8 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 CONSCIOUS	<b>25</b> AHUNAVARD 15 ERD	<b>26</b> OUSHTAVARD 16 ASHTAD
<b>27</b> SPENTAMAD 17 ASEMAN	<b>28</b> VOHU KHASATRA 18 ZAMYAD	<b>29</b> VAHISTA ISHTA 19 MANTRASPAND	<b>30</b> ANARAM 20 ENDLESS LIGHT			

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*

2024-2025

*Mazdayasni Calendar*

3762 z

Compiled by

Fariborz Rahnamoon

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

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