

NOROZ : A Resurgence of Life.

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The most important celebration of the **Zoroastrian** year is the **Seventh festival** which is associated with the **Seventh Creation FIRE**, which in turn is liked to the **Best Truth - Asha Vahishta**.

NOROZ : HAFT SEEN.

Haft Seen is spread with Seven items which each symbolizes a **Wish** or a **Theme**. All Seven { or more } items in this ceremonial table starts with the Persian letter “ Seen ” or “ S ” in the English.

The **Haft Seen** spread is usually put on a week before the New Year, which sets the mood for celebration. The table is laid with a White cloth as **White** represents **Spotless Purity**. The items are :-

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|-----------------|--|--|
| ✓ SABZEH | { Fresh grown Wheat or Lentil or Green Herbs } | for REBIRTH , symbolizes Prosperity |
| ✓ SAMANU | { a sweetish paste, a kind of halwa, made from germinating Wheat / Flour and Sugar } | for SWEETNESS of LIFE , symbolizes the sprouting Spring, the time for Happy Growth |
| ✓ SEKEH | { Coin } | for PROSPERITY and WEALTH |
| ✓ SENJED | { Sweet Dried Fruit of Lotus tree is Tree } and | for LOVE (It has been said that when in full bloom, it not only provides shelter |

	make people	security, but it's fragrance and it's fruit fall in love
✓ SEER	{ Garlic }	for HEALTH (represents Medicine)
✓ SOMAQ	{ Sumac Berries }	for WARMTH (represents the color of the appearance of the sun, Good conquers evil.)
	sunrise; with	(Somaq makes our favorite Iranian kabobs)
✓ SERKEH	{ Vinegar }	for PATIENCE and AGE
✓ SEEB	{ APPLE }	represents HEALTH and BEAUTY

The Seven items in this ceremonial table that starts with the Persian letter “ SHEEN ” - or “ SH ” in the English represents :-

✓ SHAAM ENERGY	{ CANDLE }	symbolizes LIGHT, WARMTH and to lead a Righteous life, that would, in turn, radiate light, give Warmth, and provide energy for others
✓ SHEKKAR	{ SUGAR }	symbolizes SWEETNESS
✓ SHARAB	{ WINE }	symbolizes HEALTH and HAPPINESS (if taken in Moderation)
✓ SHIR	{ MILK }	symbolizes NOURISHING FOOD
✓ SHIREH fluid	{ SYRUP - The SAP }	symbolizes VIGOROUS HEALTH (a essential for LIFE, HEALTH and ENERGY)

✓ **SHAHD { HONEY }
TEAMWORK**

symbolizes **The SWEET Result of**
(the Sweet produce of the co – operative
bees)

✓ **SHIRINI { CANDY }
of**

symbolizes **SWEETNESS with No Sign
Bitterness**

Also, there are other items on the *NOROZ* spread such as :-

✓ Our Sacred Book **Khordeh Avesta**

symbolizes **Guidance for a Good Life**

✓ The picture of Asho Spitama Zarathushtra
Good Religion

**reminds us of the founder of the
and the conveyor of the Divine message**

✓ **A MIRROR
LIFE**

represents **IMAGE and REFLECTION of**
{ reflects our past and shows us our
present,
so that we thoughtfully plan our
future. }

✓ **The INCENSE BURNER
Meditate,**

that gives the **FRAGRANCE we need to**
**Pray to GOD and ask for Help and
Guidance**

✓ **COLOURFUL PAINTED EGG**

represents **FERTILITY**

✓ **GOLDFISH in a bowl
Activity and**

represents a **HAPPY LIFE, full of
Movement**

✓ The Plates of **GREEN SPROUTS
PRODUCTIVITY**

represents **CREATIVITY and**

NOROZ CUSTOMS.

In harmony with the Nature, the **Iranian New Year Celebration** or **NOROZ**, always begins on the **First day of Spring**. **NOROZ** ceremonies are symbolic representations of { **Persian** } **Zoroastrian ancient concept**. A few weeks before the New Year, Iranians clean and arrange their homes, make new clothes, bake pastries and germinate Seeds as sign of Renewal.

Haft Seen { The **NOROZ Table** } which is so beautifully laid, symbolizes **the Message and the Messenger, Light, Reflection, Warmth, Life, Love, Joy, Production, Prosperity, Nature**

It's, in fact, a very elaborate thanksgiving table for all the Good and Beautiful things given to us by our

GOOD GOD - AHURA MAZDA { Lord of wisdom }.