

# <u>The Festival of Hamaspathmaēdaya</u> - How to Celebrate the *Muktāds*

The *Muktād* or the *Fravardīgān* is the Zoroastrian festival that celebrates the coming of the *Fravashis* (guardian spirits) and the souls (urvan) of our near and dear departed family members who visit us on earth for 10 days. The *Fravashis* are offered prayers, sweet smelling flowers, clothing, water, fruits and food and they are drawn to the light of the *dīvō* which is always kept burning during this festival.

What you need:	Itam cymbolism and the Amacha Sponta (greation) it represents		
1. A room or an area	Item symbolism and the <u>Amesha Spenta (creation)</u> it represents		
that has been thoroughly cleaned			
	Havally a model stand with a stand ton		
2. Muktād Table	Usually a metal stand with a stone top		
	The metal represents the Sky – Khshathra Vairya/ Shehrevar (Desirable		
	Kingdom, Dominion or Power);		
	The stone top represents the Earth - Spenta Ārmaiti/ Spendarmād (Holy		
	Devotion)		
3. A clean metal vase	It represents Humans - Spenta Mainyu (Good Spirit) as the name of the		
	deceased is on the vase.		
4. Sweet smelling	Traditionally roses or tuberoses		
flowers	Represents the Plant Kingdom – Ameretat/ Amardad (Immortality)		
5. Dīvō	Oil lamp - The <i>muktād dīvō</i> traditionally should have <i>ghee</i> (clarified butter);		
	If you don't have <i>ghee</i> , then light a d <i>īvō</i> with oil but no water in the glass		
	Represents Fire – Asha Vahishta/ Ardibehesht (Truth and Order)		
	The <i>ghee</i> represents the <b>Animal Kingdom</b> – <b>Vohu Manah</b> / <b>Bahman</b> (Good		
	Mind)		
6. Beaker of Water	Represents Water – Haurvatāt/ Khordād (Perfection)		
7. Food/ Fruit	Traditionally a variety of food is prepared and served on the <i>muktād</i> table		
	for the 3 daily <i>stūm</i> prayers. The <i>Fravashis</i> are offered fragrant foods such		
	as, ravo, eggs, meat, etc.		
8. A loban dan	Incense burner - provides fragrance and light		
9. Bowl of milk	Represents the Animal Kingdom – Vohu Manah/ Bahman (Good Mind)		
10. Siyāv with a kusti	White piece of cloth with a kusti to symbolically offer the Fravashis		
-	garments/clothes		
11. Namgrahan	A book or list of names of departed family members; The names are taken		
	when the Stūm nō kardā prayer is said.		

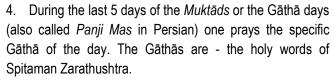
## This year the 10 days of the Shāhanshāhī Muktāds start from 6 August 2020:

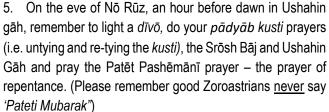
6 Aug 2020 Rōj Ashtād, Māh Spendārmad	<b>7 Aug 2020</b> Rōj Asmān, Māh Spendārmad	8 Aug 2020 Rōj Zamyād, Māh Spendārmad	9 Aug 2020 Rōj Mahrespand, Māh Spendārmad	<b>10 Aug 2020</b> Rōj Anērān, Māh Spendārmad	
NB. The 5 Gāthā days do not have any month attached to it and therefore the name of the month is not recited.  11 Aug 2020					
1st Gāthā Day — Ahunavāitī /Ahunavād (Dedicated to the Yathā Ahū Vairyō. The Gāthā of Truth)	2nd Gāthā Day - Ushtavaītī/Ushtavad (Dedicated to the Ashem Vohū. The Gāthā of happiness)	3 <sup>rd</sup> Gāthā Day - Spenta- mainyū/Spentomad (The Gāthā of the Holy Spirit)	4th Gāthā Day - Vohū Khshathra/Vohū Khshathra (The Gāthā of Good Dominion)	5th Gāthā Day - Vahishtōishtī /Vahishtoisht (The Gāthā of the best words in life)	

#### What to do:

- 1. On the morning of *Ashtād Rōj* after you have taken a bath, turn the vase previously placed upside down on *Ashishvangh Rōj* (the day before), the right side up, and fill it with water. Place some flowers in the vase, light the *dīvō*, place the metal cups of milk and water, as *well* as the siyāv (which consists of a sudreh and kusti) and the 1st stūm meal on the table.
- 2. Recite your *Muktād* prayers (see full list). One prays to thank the *Fravashis* and souls of the departed for their blessings and requests them to watch continuously, over us and Bless us with Good Health and Happiness.
- 3. Every day after you take a bath, you can fill fresh water in the vase, remove and replace any dead flowers, place a fresh cup of water and a cup of milk, light a  $d\bar{\imath}v\bar{o}$  and begin your prayers. The milk and water from the previous day

can be discarded in the flowerbed or garden.





- 6. As dawn breaks, one should re-do the *pādyāb kusti* and recite the Hōshbām prayer to welcome the new day and then pray the Doā Tan Dorosti for the family to bring in Nō Rūz New Year's Day.
- 7. On Nō Rūz remember to light a *dīvō*, do *sagan* and visit the fire temple (if possible) and celebrate with your family and friends!
- 8. On the 6<sup>th</sup> day of the new year, we celebrate *Khordad Sal* the Greater New Year, also symbolically celebrated as the birthday of Spitaman Zarathushtra.



## Special Prayer to the Fravashis

Ashāunam vanguhīsh sūrāo spentāo Fravashayō yazamaidē! Ashaonē Ashem Vohū (1) (Recite Thrice)

(Recite) Ahmāi raēscha; Hazangrem; Jasa mē avanghē Mazda; Kērfēh Mōzd Ashāunam = Righteous,
vanguhīsh = Good,
sūrāo = Strong,
spentāo = Holy ,
Fravashayō = Fravashis,
yazamaidē = We worship
Ashaonē Ashem Vohū = I praise the good
truth.

"We worship the good strong holy Fravashis of the righteous."

## What to Pray – for Adults:

- 1. Pādyāb kusti
- 2. Srōsh Bāj
- 3. The relevant Gāh prayer
- The farziyāt prayers such as, Khorshed Mehr Niyaish, Doā nām Setāyeshne,
   Vispa Humata, Chār disa nu Nemaskār.
- 5. Atash Niyaish.
- The Frāmroat no Ha is recited during the first 5 muktād days or 1200 Ashem Vohūs can be prayed, instead.
- Each Gāthā specific to the day, is recited on each of the 5 Gāthā days or 1200 Yathā Ahū Vairyōs may be recited on each Gāthā day.
- 8. Stūm nō kardā
- 9. Doā Tan Dorostī for the living

#### What to Pray – for Kids:

- 1. Pādyāb kusti (if applicable)
- 2. Special prayer to the *Fravashis*! (see p.2)

Remember, the Holy <u>Muktāds</u> are a Celebratory Festival and is a time of rejoicing and great blessings for all!



## In the Fravadin Yasht, the Fravashis ask:

"Who will praise us who will worship us, who will sing hymns to us, who will propitiate us with the hand containing meat (gaomata) and garments (vastravata) with the highest praise? Of which of us will be praised by name, of which of you will the soul be worshipped, to whom will the gift be given who may have everlasting food forever" (Yst 13.50).