



## The Festival of Hamaspathmaēdaya - 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.

<b>What you need:</b>	<b>Item symbolism and the <i>Amesha Spenta</i> (creation) it represents</b>
1. A room or an area that has been thoroughly cleaned	
2. <i>Muktād</i> Table	Usually a metal stand with a stone top The metal represents the <b>Sky – <i>Khshathra Vairya/ Shehrevār</i> (Desirable Kingdom, Dominion or Power)</b> ; The stone top represents the <b>Earth - <i>Spenta Ārmaiti/ Spendarmād</i> (Holy Devotion)</b>
3. A clean metal vase	It represents <b>Humans – <i>Spenta Mainyu</i> (Good Spirit)</b> as the name of the deceased is on the vase.
4. Sweet smelling flowers	Traditionally roses or tuberose Represents the <b>Plant Kingdom – <i>Ameretāt/ Amardād</i> (Immortality)</b>
5. <i>Dīvō</i>	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 <i>dīvō</i> with oil but no water in the glass Represents <b>Fire – <i>Asha Vahishta/ Ardibehesht</i> (Truth and Order)</b> The <i>ghee</i> represents the <b>Animal Kingdom – <i>Vohu Manah/ Bahman</i> (Good Mind)</b>
6. Beaker of Water	Represents <b>Water – <i>Haurvatāt/ Khordād</i> (Perfection)</b>
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. <i>A loban dan</i>	Incense burner - provides fragrance and light
9. Bowl of milk	Represents <b>the Animal Kingdom – <i>Vohu Manah/ Bahman</i> (Good Mind)</b>
10. <i>Siyāv</i> with a <i>kusti</i>	White piece of cloth with a <i>kusti</i> to symbolically offer the <i>Fravashis</i> garments/clothes
11. <i>Namgrahan</i>	A book or list of names of departed family members; The names are taken when the <i>Stūm nō kardā</i> prayer is said.

**This year the 10 days of the *Shāhanshāhī Muktdās* start from 6 August 2020:**

<b>6 Aug 2020</b> <i>Rōj Ashtād, Māh Spendārmad</i>	<b>7 Aug 2020</b> <i>Rōj Asmān, Māh Spendārmad</i>	<b>8 Aug 2020</b> <i>Rōj Zamyād, Māh Spendārmad</i>	<b>9 Aug 2020</b> <i>Rōj Mahrespand, Māh Spendārmad</i>	<b>10 Aug 2020</b> <i>Rōj Anērān, Māh Spendārmad</i>
<b>NB. The 5 Gāthā days do not have any month attached to it and therefore the name of the month is not recited.</b>				
<b>11 Aug 2020</b> <b>1<sup>st</sup> Gāthā Day –</b> <i>Ahunavāitī /Ahunavād</i> (Dedicated to the Yathā Ahū Vairyō. The Gāthā of Truth)	<b>12 Aug 2020</b> <b>2<sup>nd</sup> Gāthā Day -</b> <i>Ushtavaiitī/Ushtavad</i> (Dedicated to the Ashem Vohū. The Gāthā of happiness)	<b>13 Aug 2020</b> <b>3<sup>rd</sup> Gāthā Day -</b> <i>Spenta-mainyū/Spentomad</i> (The Gāthā of the Holy Spirit)	<b>14 Aug 2020</b> <b>4<sup>th</sup> Gāthā Day -</b> Vohū <i>Khshathra/Vohū</i> Khshathra (The Gāthā of Good Dominion)	<b>15 Aug 2020</b> <b>5<sup>th</sup> Gāthā Day -</b> <i>Vahishtōishtī</i> /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 1<sup>st</sup> *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 *dīvō* and begin your prayers. The milk and water from the previous day can be discarded in the flowerbed or garden.
4. During the last 5 days of the *Muktās* or the Gāthā days (also called *Panji Mas* in Persian) one prays the specific Gāthā of the day. The Gāthās are - the holy words of Spitaman Zarathushtra.
5. On the eve of *Nō Rūz*, an hour before dawn in Ushahin gāh, remember to light a *dīvō*, do your *pādyāb kustī* prayers (i.e. untying and re-tying the *kusti*), the *Srōsh Bāj* and Ushahin Gāh and pray the *Patēt Pashēmānī* prayer – the prayer of repentance. (Please remember good Zoroastrians never say ‘*Pateti Mubarak*’)
6. As dawn breaks, one should re-do the *pādyāb kustī* 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 kustī*
2. *Srōsh Bāj*
3. The relevant Gāh prayer
4. The farziyāt prayers such as, Khorshed-  
- Mehr Niyāish, Doā nām Setāyeshne,  
Vispa Humata, Chār disa nu Nemaskār.
5. Atash Niyāish.
6. The Frāmroāt no Ha – is recited during  
the first 5 *muktād* days or 1200 Ashem  
Vohūs can be prayed, instead.
7. 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 kustī* (if applicable)
2. Special prayer to the *Fravashis*! (see p.2)

Remember, the Holy *Muktāds* 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).*