

Muktad Celebrations for Kids

The *Muktāds* are the Zoroastrian festival which celebrates the return of the Souls and the *Fravashis* (the *Guardian Spirits*) and the souls who come down to grant your boons and wishes! Fravashis bless the family and spread happiness and light.

Here are some things you can do to celebrate at home:

- Set up a *Muktād* Table—with a metal flower vase filled with water and sweet smelling flowers, a *dīvō*, a piece of white muslin cloth and a *kusti*, a *Namgrāhan* booklet (a list of names of your dear departed ones), a bowl of milk, a *karasya* (beaker) of water and some delicious home cooked food.
- Make sure to take a bath, light a divo everyday and say the special prayer to the Fravashis and the souls.
- Welcome the Parsi on the *Aarsi* and read their special story!



6 Aug 2021	7 Aug 2021	8 Aug 2021	9 Aug 2021	10 Aug 2021
<i>Rōj Ashtād, Māh Spendārmad</i>	<i>Rōj Asmān, Māh Spendārmad</i>	<i>Rōj Zamyād, Māh Spendārmad</i>	<i>Rōj Mahrespand, Māh Spendārmad</i>	<i>Rōj Anērān, Māh Spendārmad</i>

- On the 2nd *Muktād* day (*Rōj Asmān*), follow the old Iranian tradition of making figurines (dolls and animals) with white clay (or playdoh). If you can, also make little cotton clothes for the dolls and hang a little saddle on the camel or horse figurines. The dolls represent the *Fravashis* of children.
- Also on the 2nd *Muktād* day (*Rōj Asmān*), another fun old Iranian tradition is to take a square box and fill it with fresh potting soil. Then on the 3rd *Muktād* day (*Rōj Zamyād*) plant 7 seeds—wheat, yellow lentil, mung beans, edible barley, red beans, chick peas and water cress. Remember the number 7 stands for the 7 *Amesha Spentas* and also for *Nō Rūz* being the 7th *Gahāmbār Festival*! The planting of the seeds symbolizes growth for the coming new year.
- On the 10th *Muktād* Day we take the dolls and the box of seeds and place them outside a window or on the roof to bid farewell to the *Fravashis* and souls and thank them for their blessings.
- On *Nō Rūz* (New Year's Day) remember to light a *dīvō*, do *sagan* and visit the fire temple (if possible) and celebrate with your family and friends!



Fig 1: Playdoh figurines of a doll, Mount Demand and a camel



Fig 2: Planting seeds (Photo credit: NEVER ENOUGH Thyme)

11 Aug 2021 1st Gāthā Day – Ahunavāitī / Ahunavād (Dedicated to the <i>Yathā Ahū Vairyō</i> . The <i>Gāthā</i> of Truth)	12 Aug 2021 2nd Gāthā Day - Ushtavaīti/ Ushtavad (Dedicated to the <i>Ashem Vohū</i> . The <i>Gāthā</i> of happiness)	13 Aug 2021 3rd Gāthā Day - Spenta-mainyū/Spentomad (The <i>Gāthā</i> of the Holy Spirit)	14 Aug 2021 4th Gāthā Day - Vohū <i>Khshathra/Vohū Khshathra</i> (The <i>Gāthā</i> of Good Dominion)	15 Aug 2021 5th Gāthā Day - Vahishtōishtī /Vahishtoisht (The <i>Gāthā</i> of the best words in life)
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