



The Spread of New Year

By: Malihe Dargahi

Mahjubah Magazine



26

No. 328
March 2022

Open the windows, for the spring breeze is celebrating the rebirth of flowers and the spring sunlight has lit a candle on every branch of trees. For us Iranians, Nowruz is a symbol of freshness, re-birth of nature, and the removal of all impurities from bodies and souls and also a symbol of solidarity among the various Iranian ethnicities and unity of the whole nation. These are all values for us. As for the Haft-Seen spread on which seven items are put, (the names of

which starts with the letter Seen in the Persian language) it should be said that it is also a custom rooted in the belief of the Iranians in spiritual concepts including the number seven, which is connected with several sacred facts, such as the seven Skies, the seven days of the week and so on. Each item placed on the Haft-Seen spread also symbolizes spirituality and hope for prosperity and strength. For example, Seer (garlic) symbolizes

vigor and dynamism. Seeb (apple) is regarded as a symbol of re-birth, recreation, and good health. As I remember, there has always been a copy of the Holy Qur'an placed first and foremost on our Nowruz Haft-Seen spread.

Besides, visiting holy shrines and praying there have always been part of the 13-day celebrations. On the 13th day of the Nowruz holidays, like most other Iranians, we go outdoors for a picnic to enjoy the fresh spring weather and refresh ourselves. It is

