

## Nowruz Memories

Nowruz invokes a bright, colourful, beautiful, peaceful and elegant memories in the Iranians' mind. Having a deep respect for this ceremony is one of the few ways connected them to the glorious history and culture of their ancient country. Despite the fact that Nowruz has developed, expanded and affected by new religious and cultural influences within centuries but it is still one of the original traditions of human being



### Common Traditions before Nowruz

According to Nowruz traditions, there are many customs performed by the people of Iran. Here are the most important of them done by Iranians. Cleaning the house or *Khaneh Takani* and do shopping are commonly done before the holidays and arrival of Nowruz, These acts are helpful to renew both houses and the people's soul. New cloth, fresh food, mixed nuts, pastry, fruit, flower, chocolate, common small gifts and Nowruz cards are favourite to purchase.

There is a very important market all around Iran named "Bazaar-e Nowruz" which has a considerable impact on the economy of the country

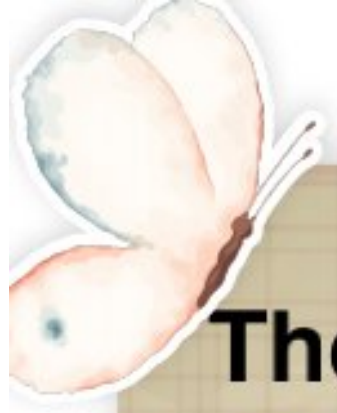
Chaharshanbe suri means the festive of Wednesday sometimes pronounced Čāršamba-sūrī is a very popular festival originated from Iran but it is celebrated in many countries that celebrate Nowruz too. The Persian name of the festival includes two words first, "čahāršanbe", the name of Wednesday in the Iranian solar calendars, and next "suri" means festive. The chaharshanbe suri starts on the eve of the last Wednesday before the Iranian New Year and take long to the next morning. Within this feast people gathering in the streets and alleys then lit up seven fire, jump over them and singing a traditional carol

Fire is one of the four holy elements in Zoroastrian theology in addition to water, earth and air. This element has a very important role in Iranian culture especially their ceremonies and celebrations. This holy element is a gift from the great God, Ahouramazda as the symbol of wisdom, light, protection and the warmth of life

Cooking Samanu (a dessert made from wheat germ) is common in Iran. The dish is an especial type of sweet which is very strong but delicious. The cooking takes place during an especial women party. On the night before the New Year, most Iranians have Sabzi Polo Mahi, a special dish made from rice and fresh herbs served with smoky or fried fish.

Desserts and sweets are an important part of the Nowruz table and one of the best option to offer your beloved guests





The best Nowruz I had was this year New Year, before Eid, we went north and started the New Year with my father's family, it was very good From the next day, I would wake up with the sound of roosters and sparrows. On the first day, we went to the sea and decided to film me and my friends , and finally we threw ourselves into the water and got into the car with wet clothes and came back. The next day we went to the forest like rain, needless to say it was a 45 minute drive to get there. The rain gradually stopped. There we saw cute mushrooms, a dog leading a herd and some very beautiful horses.

Emitis sharifi  
802  
Miss razmi



The next morning, we went to the sea again and took a lot of pictures and videos, and I got into the cars on the beach. Every morning we had breakfast in the yard. I used to watch my series and we played different games On the last day, we went to Iran cotton and did a lot of shopping The next day, at 5 o'clock, we left to go to Tehran. On the way, we bought some souvenirs. I slept all the way to Tehran.

But I arrived home refreshed and did my work. I will not forget this Nowruz

