



Unitatem et Libertas

Association of Iranian Human Rights & Allies

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A Sizdah Bedar Message to Iranians at Home and Across the World

On this Sizdah Bedar, the thirteenth day of Nowruz, we join millions of Iranians in parks, fields, and along rivers, honouring a tradition that has bound our people to nature and to one another for millennia. It is a day of renewal, of stepping into the open air to cast away misfortune and welcome the promise of a new year.

Yet this year, as we lay our sofrehs beneath blossoming trees and tie our wishes to the wind, our hearts are heavy. Forty-seven years have passed since the Islamic Republic seized our homeland. In those decades, an illegitimate and violent regime has extinguished the lives of tens of thousands of Iranians: executed, tortured, disappeared, gassed, or driven to despair. Entire generations have seen their futures stolen. Mothers and fathers, daughters and sons, students, workers, artists, and children have been broken or lost because a theocracy placed ideology above humanity.

This trauma lives with us still, in the silence of our homes, in the nightmares of our youth, and in the quiet grief carried by every Iranian family.

And yet, this Sizdah Bedar feels different.

This year, we gather not only in mourning but in unshakeable hope. Across Iran and throughout the diaspora, we sense that the long night of tyranny is nearing its end. The courage of our people, shown in every protest, every act of defiance, every whispered poem, every public stand for dignity, has brought our nation to the threshold of freedom. We believe, with conviction and clarity, that this will be the last Sizdah Bedar lived under the shadow of this regime.

Today, the Association of Iranian Human Rights and Allies stands with Iranians everywhere to declare:

Iran will be free.

We will reclaim our country.

We will dismantle the machinery of repression.

We will heal the wounds of forty-seven years.

We will restore an Iran worthy of its history, a land of poetry and science, of tolerance and beauty, of justice and dignity, where every Iranian, regardless of belief, gender, or ethnicity, can live in peace and pride.

To every political prisoner in Evin and every brave soul resisting in the streets: hold fast. The dawn is near.

To the international community: stand with the Iranian people. Our struggle is your struggle, for human rights, for women's rights, for the universal right of a nation to choose its own future.

On this Sizdah Bedar, we plant the seeds of a new beginning.

Iran will rise again.

Iran will return to its people.

And this time, it will remain theirs forever.

With hope and determination,

The Association of Iranian Human Rights and Allies

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