



MITRA JASHNI

SELECTED WORKS

2026

Mitra Jashni

My paintings draw on Iranian mythology, the Shahnameh, memory, and characters that have stayed with me since adolescence. I return to these through figures, fish, landscapes, and fragments of familiar spaces.

Among these figures, women appear most often because my own experience and body are what I know most intimately. Each work begins with stories and images rather than a single reading of gender. Across different materials, I let these women move between the personal and the mythic.

MythraArtGallery.com / [Instagram @MythraGallery](https://www.instagram.com/MythraGallery)

Contents

The Shahnameh	04
Iranian mythology	11
Memory & portrait	31
Landscapes	42
Fish collection	45
Works on wood	57
Projects & exhibitions	66

The Shahnameh

Seven narratives in one painted world



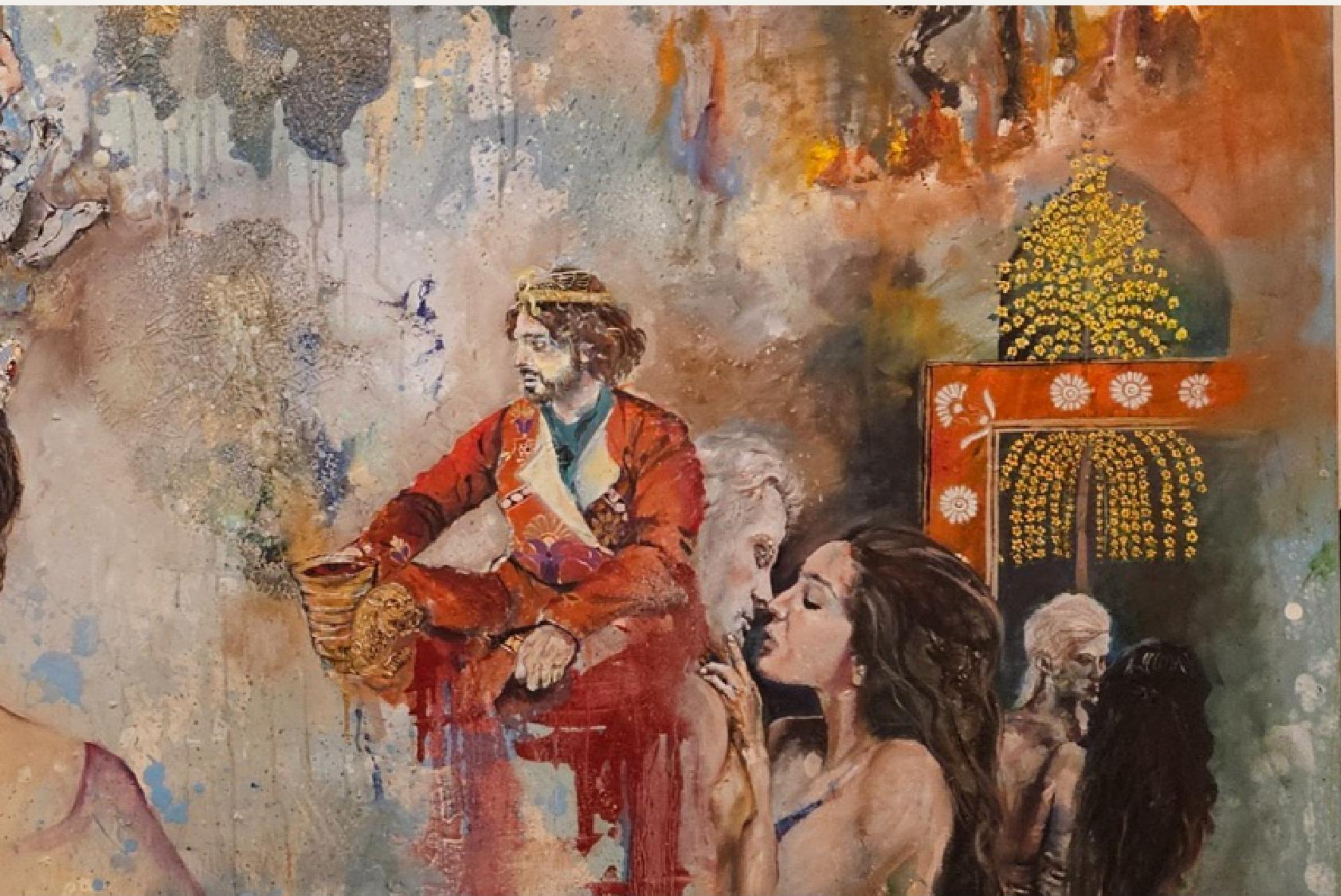
Shahnameh



Oil, acrylic and glass paint on canvas / 200 × 170 cm

Seven narratives from the Shahnameh gather around truth, wisdom, resistance, courage, loyalty, love and human dignity.





Shahnameh · details I



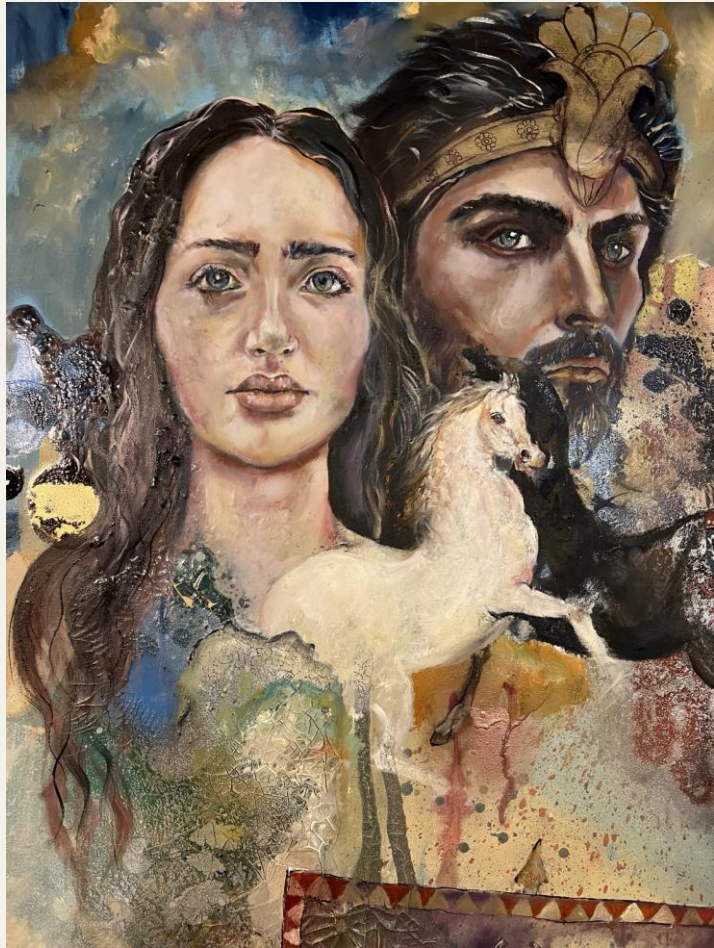
Siavash



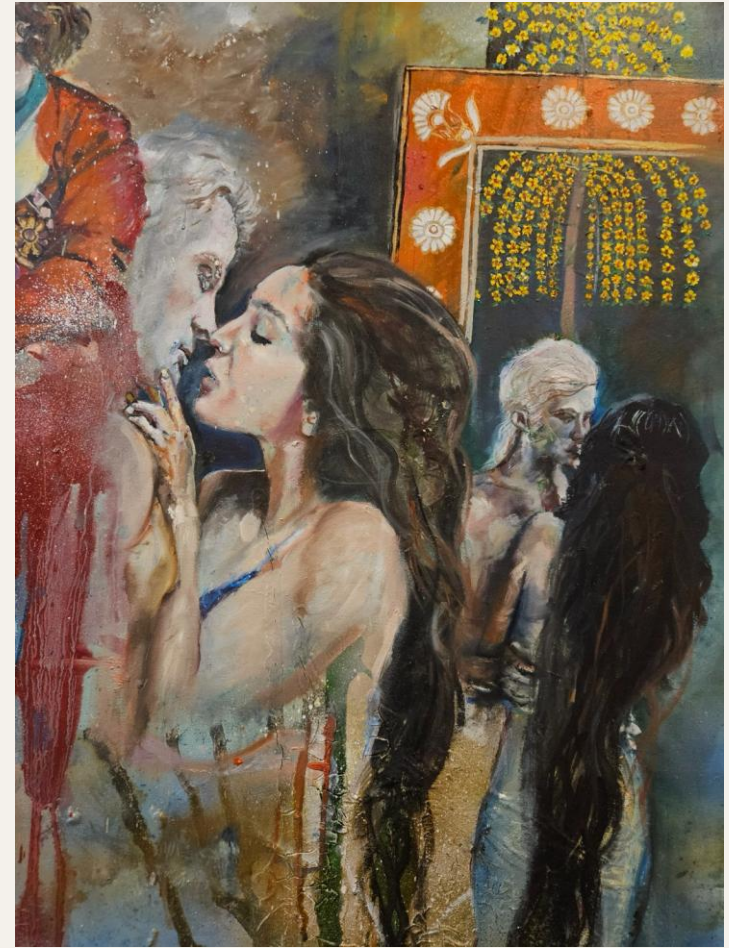
Jamshid

Details of the complete Shahnameh painting. Seven narratives are described on the following page.

Shahnameh · details II



Sohrab & Gordafarid



Zal & Rudabeh

Details of the complete Shahnameh painting. Seven narratives are described on the following page.

Seven narratives

SIAVASH

Siavash passing through the fire represents truth and moral purity—the triumph of innocence through trial.

TAHMINEH

Tahmineh embodies individual conscience, loyalty, and the courage to remain faithful to one's own choice.

JAMSHID

Jamshid embodies wisdom and sovereign authority, reflecting the ideal of power guided by knowledge and reason.

ZAL AND RUDABEH

Zal and Rudabeh represent love as a force capable of transcending social boundaries and inherited divisions.

KAVEH

Kaveh the Blacksmith stands for courage and resistance against tyranny.

SOHRAB AND GORDAFARID

Sohrab and Gordafarid evoke human equality and dignity, where worth and courage transcend gender and conventional distinctions.

ROSTAM

Rostam represents resilience, devotion to the homeland, and the enduring responsibility to defend it.

Together, these seven narratives transform the Shahnameh from an epic of heroes and battles into a reflection on enduring human values: truth, wisdom, courage, freedom, loyalty, love, equality, and human dignity.

Iranian mythology

For me, as an Iranian artist, myths are part of the collective unconscious. They carry images, fears, hopes, and questions inherited from generations before us. Born in the distant past, they continue to live within us, shaping how we imagine ourselves and the world around us.



Alborz



Oil, acrylic and glass paint on canvas / 200 × 145 cm

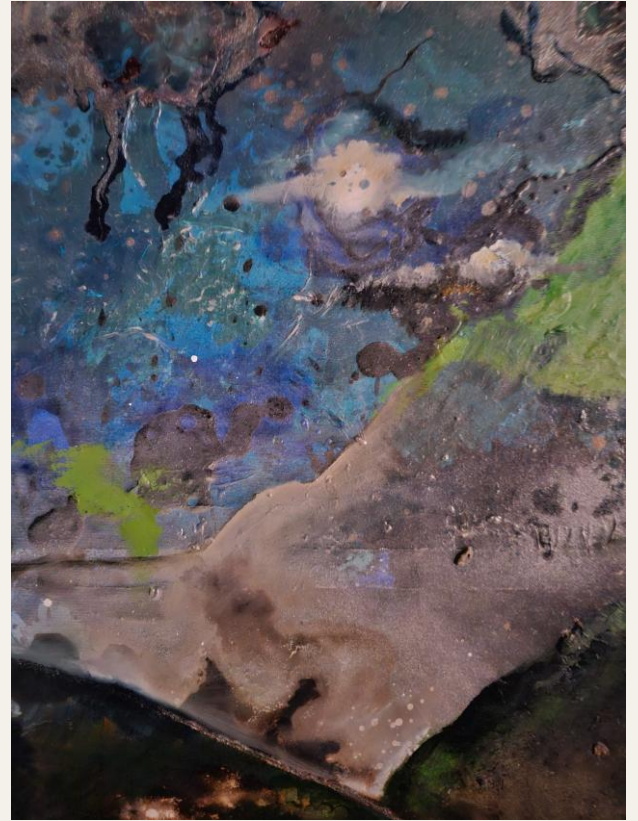
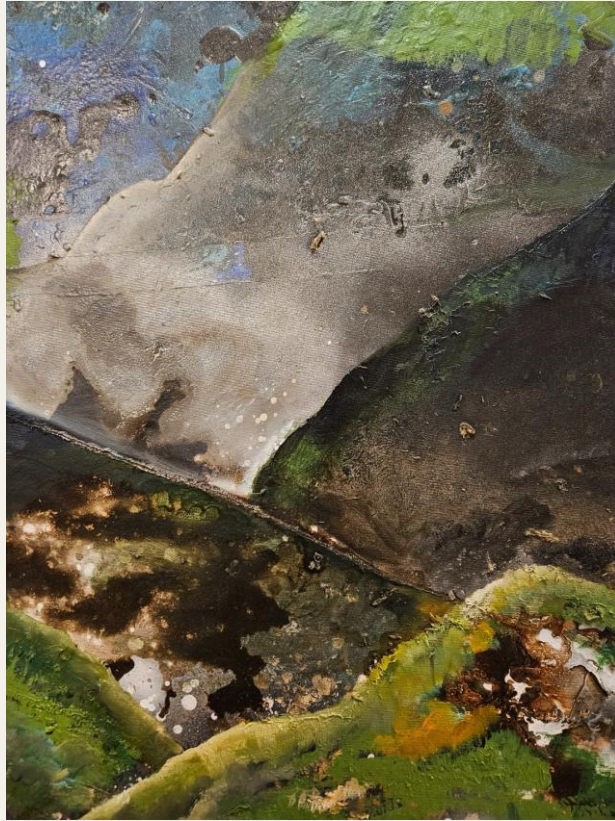
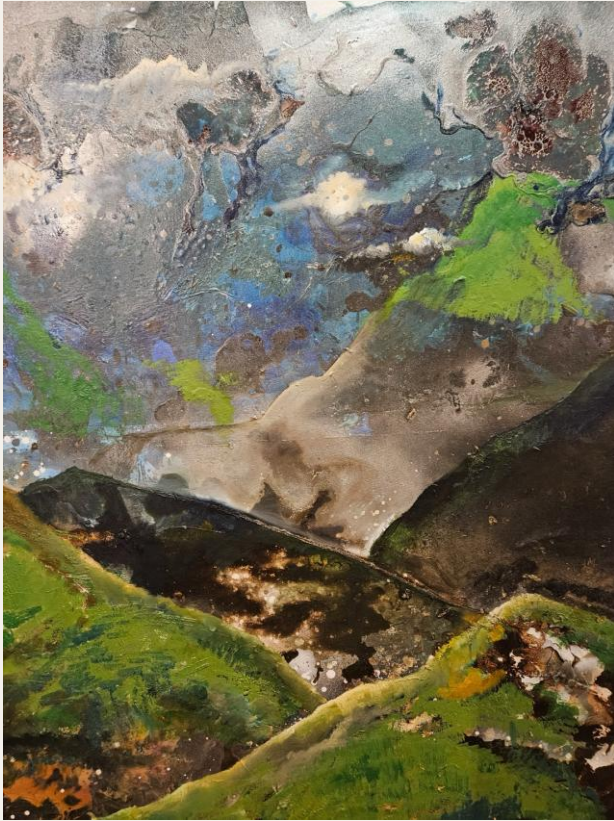
Named in the Shahnameh and the Bundahishn, Alborz is a mountain of myth: a refuge for Zal and a presence in Iranian cosmology.

Alborz · night lighting



Oil, acrylic and glass paint on canvas · 200 × 145 cm
Photographed under night lighting. The original colors appear on the preceding page.

Alborz · details



Details of Alborz. Original colors appear on page 12; the night-lit photograph on page 13.



Vayu

Oil, acrylic and glass paint on canvas
120 × 100 cm

Vayu is an Iranian divinity associated with wind and the space between earth and sky.

The Solitude of Anahita



Mixed media on canvas / 150 × 100 cm

Complete text on the following page.

The Solitude of Anahita



Anahita, the ancient Iranian divinity of waters, fertility, and purity, appears here not in triumph but in profound solitude. Suspended within a vast watery landscape, her exposed body and wounded gaze transform divine power into vulnerability, evoking a feminine presence that endures amid silence, memory, and loss.



The House of Anahita

Mixed media and collage on canvas
93 × 96 cm

In ancient Iranian tradition, Anahita is the divinity of waters, fertility, and purification. Here, her house emerges as a dreamlike aquatic sanctuary where fish, water, and fragments of Persian domestic imagery coexist. The work brings the sacred and the intimate together, transforming the idea of home into a space of memory, abundance, and feminine presence.



Tishtar

Oil, acrylic, gold paper and glass paint on canvas
80 × 60 cm

Tishtar (Avestan: Tištrya) is the ancient Iranian divinity of rain and life-giving waters, traditionally associated with the star Sirius. In the Tishtar Yasht, Tishtar assumes the form of a radiant white stallion and battles Apaosha, the demon of drought; his victory releases the waters and restores fertility to the earth.



Tzir

Oil and acrylic on cardboard
30 × 20 cm

Tzir—also rendered as Tauriz or Tawrich—is a demon in Zoroastrian cosmology, created by Ahriman to corrupt the natural world. In the Bundahishn, he is associated with destruction and the contamination of plants and living creatures, often appearing alongside Zariz, the maker of poison.



The Return of the Farvahars

Oil, acrylic and glass paint on canvas
100 × 90 cm

In Zoroastrian tradition, fravashis are protective spiritual beings. During the final days of the year, the fravashis of the departed return to their former homes, where they are honored and, in turn, bestow their blessings upon the living.



Soroush

Oil, acrylic and glass paint on canvas
100 × 100 cm

Soroush (Avestan: Sraosha) is a major Zoroastrian yazata embodying attentive hearing, obedience, and devotion to the sacred word. Ever vigilant against demonic forces, he is associated with the rooster, whose call heralds the end of darkness and summons the faithful to wakefulness and prayer.



The Dream of Spenta Armaiti

Oil, acrylic and glass paint on canvas
100 × 100 cm

Spenta Armaiti may be understood as a life-advancing wisdom—a form of sacred consciousness guided by the desire to grow and to further the good creation. In Avestan thought, spenta conveys that which strengthens, increases, and promotes life, while Armaiti embodies devotion, right-mindedness, and the nurturing earth.



The Wrath of Shahrevar

Oil, acrylic and glass paint on canvas
100 × 100 cm

Shahrevar (Avestan: Xshathra Vairya) is one of the Amesha Spentas, embodying desirable dominion, just power, and ideal rule. As the guardian of the sky and metals, he represents strength placed in the service of righteousness. In this work, Shahrevar's wrath is not uncontrolled anger, but the moral force awakened when justice and rightful order are violated.



Waiting for Anahita

Oil, acrylic and glass paint on canvas
100 × 100 cm

Anahita, or Aredvi Sura Anahita, is the ancient Iranian divinity of waters, fertility, and purification, celebrated in the Avesta as "the mighty and immaculate." In this work, waiting for Anahita becomes a longing for cleansing, renewal, and the return of life-giving waters.



Khordad

Oil, acrylic and glass paint on canvas
40 × 30 cm

Khordad (Avestan: Haurvatat) is one of the Amesha Spentas, embodying wholeness, perfection, and well-being. In later Zoroastrian tradition, Khordad is the guardian of water and is closely paired with Amordad, the embodiment of immortality and protector of plants. In this work, the floating fish and fluid pictorial space evoke Khordad's watery realm, while the contrasting figures suggest the tension between integrity and the forces that threaten to disrupt it.



The Children of Zam

Acrylic, pencil and collage on cardboard
20 × 30 cm

Zam is the ancient Iranian divinity of the bountiful earth, honored in the Zamyad Yasht of the Avesta. In this work, the "children" of Zam appear through human, animal, plant, and aquatic forms: the woman, bird, fish, flowers, and pomegranate become interconnected manifestations of life arising from the earth.

The Children of Zam · framed view



Framed presentation. The artwork dimensions on the preceding page exclude the frame.



Hom

Mixed media on canvas
100 × 70 cm

In the Avesta and Zoroastrian tradition, Haoma is both a sacred plant and the divinity associated with its ritual preparation. It embodies vitality, healing, spiritual strength, and the life-giving power of sacred ritual.

Hom · details



Full painting on the preceding page.

Memory & portrait





Nowruz

Oil, acrylic and glass paint on canvas
100 × 100 cm

Nowruz, meaning “new day,” marks the Iranian New Year and the arrival of spring at the vernal equinox. An ancient celebration of renewal, rebirth, and the continuity of life, it has endured as one of the most powerful expressions of Iranian cultural identity. In this work, the fish and flowering forms transform the portrait into an image of life awakening again.

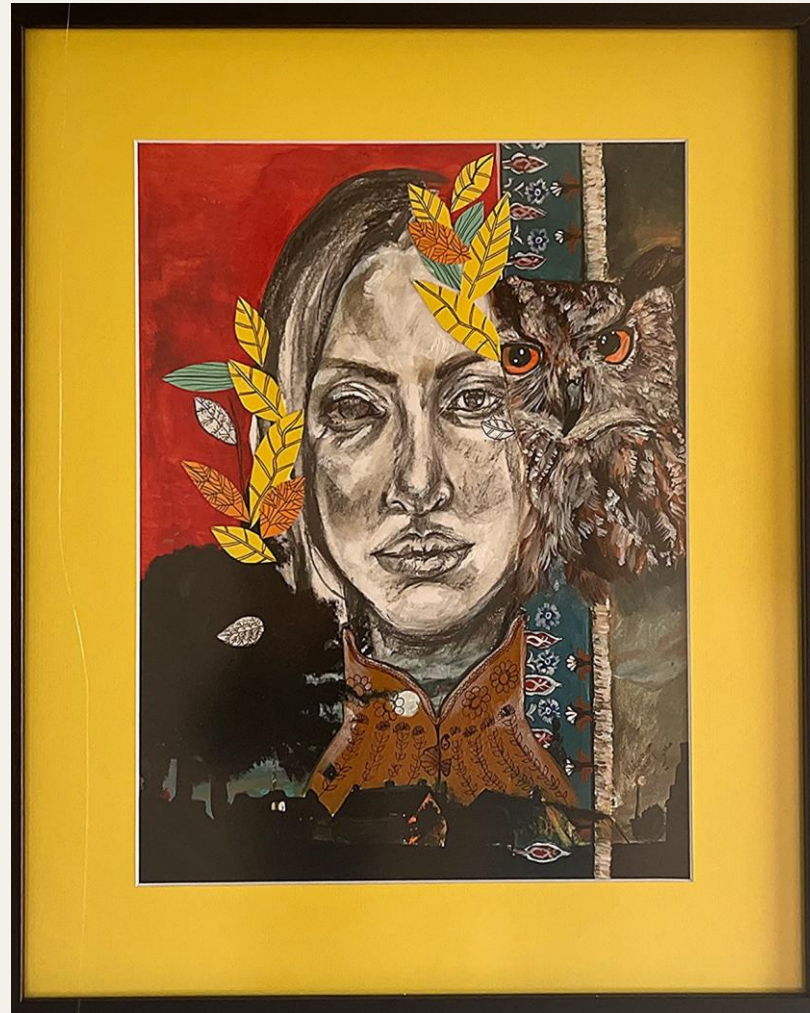


Night

Acrylic, pencil and collage on cardboard
20 × 30 cm

Night is presented not as the absence of light, but as a realm of heightened perception. The woman's steady gaze and the owl beside her evoke vigilance, intuition, and an inner consciousness that awakens as the visible world recedes into darkness.

Night · framed view





Creation

Acrylic, pencil and collage on cardboard
20 × 30 cm

Creation emerges through the meeting of body, nature, and imagination. The divided face, unfolding colors, and surrounding flowers suggest that creation is not a single moment, but a continual process of rupture, transformation, and renewal.



Patience

Oil, acrylic and glass paint on canvas
100 × 100 cm

Patience portrays Farah Pahlavi, the former Shahbanu (Empress) of Iran, within a symbolic landscape of memory and endurance. The dragonfly—an emblem of transformation, adaptability, and the passage between states—partially veils her face, while the lotus, rising from dark waters, evokes resilience, renewal, and spiritual awakening. Together, these motifs present patience not as passive waiting, but as the inner strength to endure change while preserving dignity and hope.



Festival

Acrylic, pencil and collage on cardboard
20 × 30 cm

Festival returns to the myths and stories imprinted in childhood. The work takes the form of a memory in which the fears and joys of those early years resurface and enter the woman's present.

Beautiful Waiting



Acrylic, oil and glass color on canvas / 100 × 150 cm

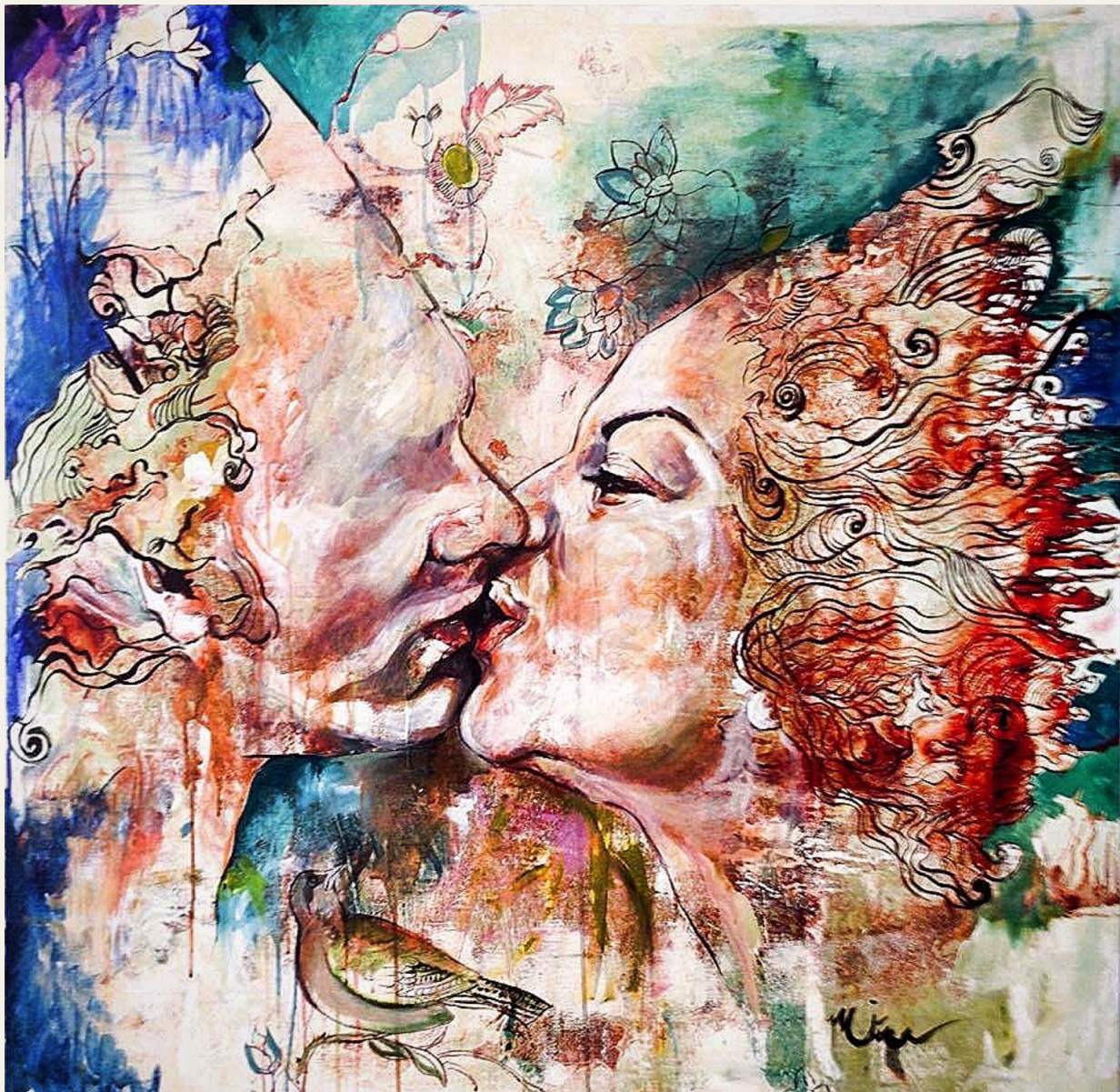
Complete text on the following page.

Beautiful Waiting



Artist with Beautiful Waiting during installation.

Beautiful Waiting is built upon a deliberate contradiction between its title and its imagery. This is not a passive form of waiting: the concealed dagger, the fish whose head is held in the figure's hand while its body is released above, and the young man's upward gaze create an atmosphere of intrigue and hidden intention. Emerging from a mythic world, the scene presents waiting as a state of vigilance, calculation, and concealed action.



Kiss

Oil, acrylic and glass paint on canvas
100 × 100 cm

Red Paradise



Oil, acrylic and glass paint on canvas / 150 × 100 cm

Landscapes

Places between observation and imagination



Immortal



Acrylic, oil and glass color on canvas / 100 × 80 cm

Complete text on the following page.

Immortal



Immortal centers on an ancient tree rising from a changing landscape. Beside it, a winged figure sounds a horn, as if announcing a passage beyond ordinary time. The tree becomes a symbol of endurance, renewal, and the continuity of life beyond decay and change.



Fish Collection

Fish appear across paintings, collage and works on wood. In these pages, their forms move between portraits, landscapes and invented scenes.



Father of Fish

Acrylic, watercolor and pen on cardboard
30 × 20 cm



Sea

Acrylic, pencil and ink on cardboard
15 × 20 cm



Seaside

Acrylic, pencil and ink on cardboard
10 × 15 cm



Fish Collection · Untitled

Mixed media on canvas
30 × 30 cm



Fish Collection · Untitled

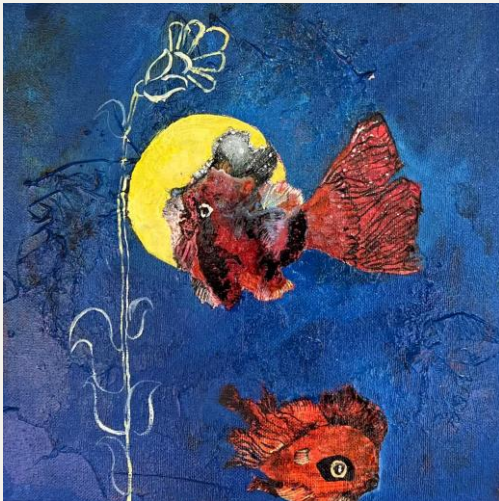
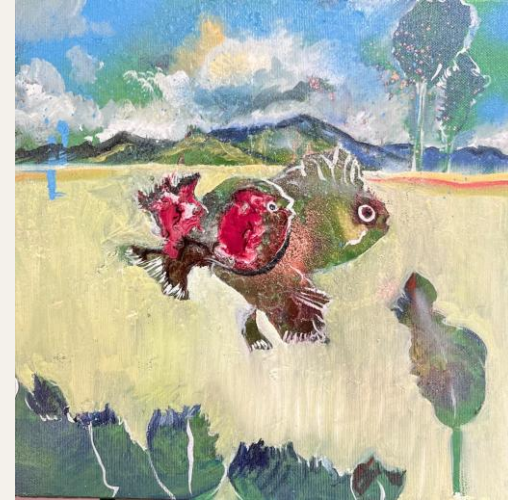
Mixed media on canvas
30 × 30 cm



Fish Collection · Untitled

Mixed media on canvas
30 × 30 cm

Fish Collection · untitled works



Mixed media on canvas · 30 × 30 cm each

Fish Collection · untitled works



Mixed media on canvas · 30 × 30 cm each

The Bride and Groom of the Sea



Mixed media on canvas · Two panels, also available separately. Panel dimensions pending confirmation.

Princess · Shah Mahi · Mahi Banoo



Princess



Shah Mahi



Mahi Banoo

2024 · Acrylic and collage on cardboard · 30 × 30 cm each

Works on wood

Painted figures in wooden frames





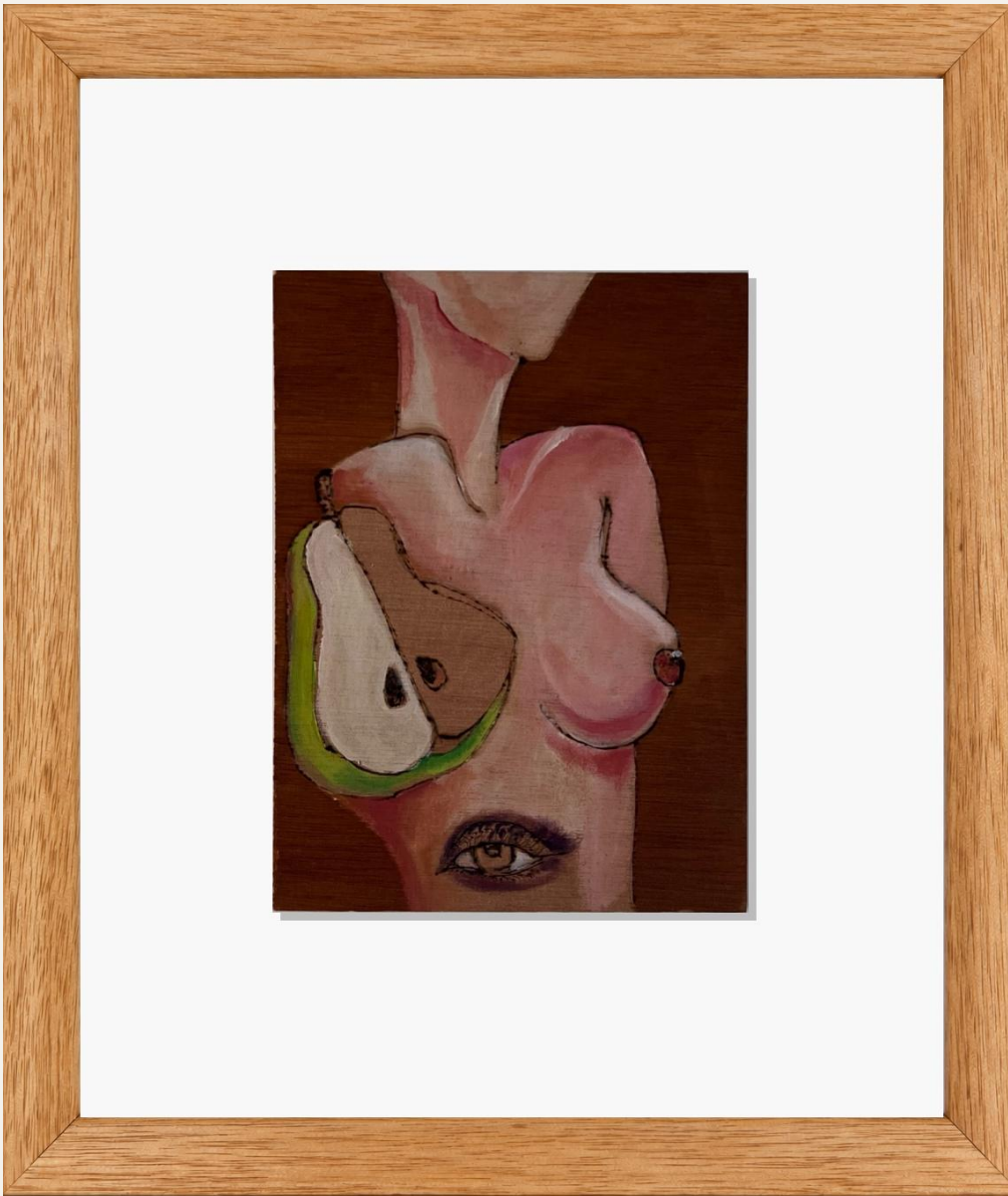
Mrs. Fish's Husband

Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)



Aka Manah

Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)



The Princess of the Garden

Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)



Ashema

Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)



The Daughter of the Sea

2024
Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)



The Son of the Sea

Acrylic, pencil and pyrography on wood
15 × 20 cm (unframed)

Index of works

Shahnameh	05
Alborz	12
Vayu	15
The Solitude of Anahita	16
The House of Anahita	18
Tishtar	19
Tzir	20
The Return of the Farvahars	21
Soroush	22
The Dream of Spenta Armaiti	23
The Wrath of Shahrevar	24
Waiting for Anahita	25
Khordad	26
The Children of Zam	27
Hom	29
Nowruz	32
Night	33
Creation	35
Patience	36
Festival	37
Beautiful Waiting	38

Index of works

Kiss	40
Red Paradise	41
Immortal	43
Father of Fish	47
Sea	48
Seaside	49
Fish Collection · Untitled	50
Fish Collection · Untitled	51
Fish Collection · Untitled	52
Fish Collection · untitled works	53
Fish Collection · untitled works	54
The Bride and Groom of the Sea	55
Princess	56
Shah Mahi	56
Mahi Banoo	56
Mrs. Fish's Husband	58
Aka Manah	59
The Princess of the Garden	60
Ashema	61
The Daughter of the Sea	62
The Son of the Sea	63

Selected projects

1 / 2

- 2018** Coordination and planning of the International Painting Symposium, Pulchri Gallery, The Hague, Netherlands.
- 2016** Music and exhibition coordination for Vrolijkheid and VluchtelingenWerk Nederland, North Brabant, Netherlands.
- 2016** Nomads: installation, music performance and exhibition with Claudette van De Rakt, Tilburg and Eindhoven, Netherlands.
- 2016** Art workshop direction for Ongekend Bijzonder, Culturele Zondagen / UITagenda Utrecht, Netherlands.

Selected projects

- 2016 Direction of a carpet exhibition at the Het Scheip Museum, Amsterdam, Netherlands.
- 2015 Coordination and planning of the International Art Exhibition / Art for Peace, Baarle-Nassau, Netherlands.
- 2015 Coordination and planning of a Nowruz art project in music, painting and sculpture, Baarle-Nassau, Netherlands.
- 2013 Mother: Women for Justice and Peace, with Sara Palacios. Video, painting and sculpture presented in three galleries in Quito and one in Lima.

Selected exhibitions

- 2025 Solo exhibition, Galleria Dadrino, Torre Canavese, Italy.
- 2024 Solo exhibition, Sara Palacios Gallery, Quito, Ecuador.
- 2019 Solo exhibition, Galeria SaraPa, Quito, Ecuador.
- 2018 Nature–Fruit Carpet installation, Festival Leeuwarden, Netherlands.
- 2018 Installation, Dutch Design Week, Eindhoven, Netherlands.
- 2017 Solo exhibition, Municipality of Baarle-Nassau, Netherlands.
- 2017 Group exhibition, Het Scheip Museum, Amsterdam, Netherlands.
- 2017 Group exhibition, Brussels Town Hall, Belgium.
- 2017 Nowruz exhibition, Mythra Gallery, Netherlands.

Selected exhibitions

- 2016 Nomad project: art and installation exhibition, BKKC, Tilburg, Netherlands.
- 2016 Dream of Syria, RASA, Utrecht, Netherlands.
- 2016 Group painting and sculpture exhibition, Mesdag Hall, Pulchri Studio, The Hague, Netherlands.
- 2016 Solo exhibition, Arian Art Gallery, Brussels, Belgium.
- 2016 Group painting and sculpture exhibition, Galerie Arte Soffitta, Veghel, Netherlands.
- 2015 Group painting and sculpture exhibition, Galerie Kunst vol Leven, Belgium.
- 2015 Summer exhibition, Mythra Gallery, Netherlands.
- 2015 Solo painting and sculpture exhibition, municipal gallery, Netherlands.
- 2015 Nowruz solo exhibition, Mythra Gallery, Netherlands.

Selected exhibitions

- 2014 Group exhibition, Mirada Artistas, Plaza Chiquita, Quito, Ecuador.
- 2014 Painting exhibition for International Women's Day, National Assembly of Ecuador, Quito.
- 2013 Group exhibition, Caroun Art Gallery, Vancouver, Canada.
- 2013 Group exhibition, CAPP, Professional Artists' College of Pichincha, Quito, Ecuador.
- 2013 International Painting Festival UIO, Casa de la Cultura, Quito, Ecuador.
- 2013 Mother project with Sara Palacios, SaraPa Gallery, Quito, Ecuador.
- 2013 Collaborative project with Sara Palacios, Centro Cultural Patio de Arupo, Quito, Ecuador.
- 2012 Solo painting exhibition, Cienfuegos Gallery, Quito, Ecuador.
- 2012 Group painting exhibition, Aliencia Francesa, Quito, Ecuador.

Selected exhibitions

- 2010 Group painting exhibition, Pardis Gallery, Tehran, Iran.
- 2009 Group painting exhibition, Iranian Artists' House, Tehran, Iran.
- 2008 Group painting exhibition, Ayeh Art Gallery, Tehran, Iran.
- 2008 Solo painting exhibition, Ayeh Art Gallery, Tehran, Iran.
- 2008 Group exhibition, Festival of Art and Sport, Iran.
- 2007 Group drawing exhibition, Zonduzi Museum, Tehran, Iran.
- 2006 Group painting exhibition, Contemporary Art Museum, Isfahan, Iran.
- 2006 Group painting exhibition, Civilizations Dialogue Center, Tehran, Iran.

MITRA JASHNI

MythraArtGallery.com / @MythraGallery