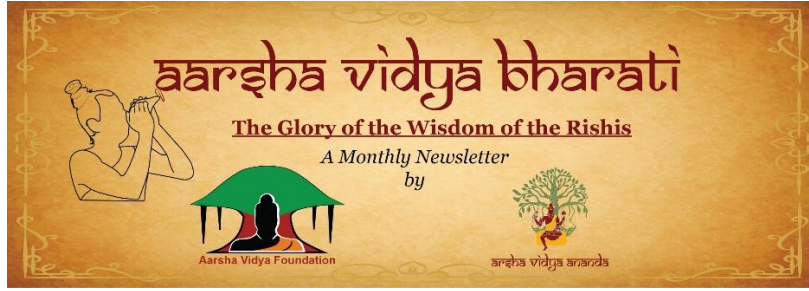

Aarsha Vidya Bharati - Mar 2022

Phalgunā - Chaitra 2078

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Mar 2022 issue](#) or read any of [the articles](#).

Editorial - Ānanda from two perspectives

The month of March. Two different festivals. **Mahashivaratri** and **Holi**.

Both highlight different aspects of the tradition.

Mahashivaratri is focused on **tapas** - turning inward, cutting off distractions so that one can discover the Atma as *Ānanda* by contemplating on the reality of all forms.

Holi is the **exuberance of life** expressed through song, dance, music, a riot of colours, the *Ānanda* experienced by all and particularly by a wise person.

In Mahashivaratri we focus on the self, pray to Shiva, the lord of knowledge, yoga, dance, martial arts and so on.

In Holi we celebrate the triumph of Dharma over Adharma as we remember how Holika herself was burnt when she tried to kill Prahlada, a devotee of Vishnu. We celebrate the love of Sri Krishna for Radha Rani and hence it is a festival for us to manifest our joy outward and spread our joy, love and laughter.

Contemplation and Celebration - both apparently contradictory are two sides of our great Bharatiya tradition.

In contemplation of self-knowledge, you see the *Ānanda* that you are.

In celebration, you manifest the *Ānanda* as you relate.

With love and prayers,

Brahmavidananda

Brahmaprajnananda

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