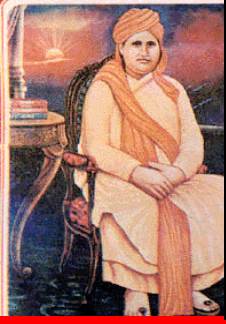




# *Festival of Colors*

2019-03-24

By Dr. Suryanarayana Nanda  
for Arya Samaj Greater Houston



यस्य भूमिः प्रमान्तरिक्षमुतोदरम् ।

दिवं यश्चक्रे मूर्धानं तस्मै ज्येष्ठाय ब्रह्मणे नमः ॥ 1

Atharva Veda-10-7-32

We offer homage to God, the most excellent and the highest, whose feet are the earth, whose abdomen is the atmospherical region ( antarikṣa) and who has made the sky, illumined by solar rays as the head.



यस्य वातः प्राणापानौ चक्षुरङ्गिरसोऽभवन् ।  
दिशो यश्चक्रे प्रज्ञानीस्तस्मै ज्येष्ठाय ब्रह्मणे नमः ॥ 3

Atharva Veda-10-7-34

Obeisance to the greatest Lord supreme, Whose in-breaths and out-breaths are the air ; whose eyes are illuminating rays (Angiras) and who has made the directions his sense-organs.



यस्य वातः प्राणापानौ चक्षुरङ्गिरसोऽभवन् ।  
दिशो यश्चक्रे प्रज्ञानीस्तस्मै ज्येष्ठाय ब्रह्मणे नमः ॥ 3

Atharva Veda-10-7-34

Obeisance to the greatest Lord supreme, Whose in-breaths and out-breaths are the air ; whose eyes are illuminating rays (Angiras) and who has made the directions his sense-organs.



यो भूतं च भव्यं च सर्वं यश्चाधितिष्ठति ।  
स्वर्यस्य च केवलं तस्मै ज्येष्ठाय ब्रह्मणे नमः ॥ 4

Atharva Veda-10-8-1

Obeisance to the Lord supreme, who governs all that ever was, and all that ever will be, and all that now exists, He is the absolute bliss.



Man wants relaxation and  
change after hard work.

He needs to be cheered  
when he is depressed on  
account of work and  
anxieties.

Festivals like Holi supply  
him with the real food and  
tonic to restore his cheer  
and peace of mind.

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The day- Phālguna Kṛṣṇa pratipad (*The first day after the full moon of the month of Phālguna*) is observed as the day of color (*Holi*).

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# वासन्ती नव शस्येष्टि

## Holi

An agricultural festival celebrating the arrival of spring.

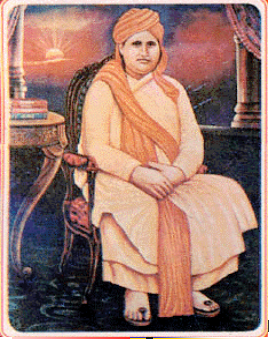
It is celebrated at a time when the fields are in full bloom and people are expecting a good harvest. This gives a people a good reason to rejoice and make merry.



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# Holak > Holikā > Holi



In Sanskrit HOLAK means half baked/roasted shami grain like barley and wheat.

Ayurvedic benefits of **holak** : In spring/vasant Holak grain help to reduce kapha and fatigue and increase a little vāta.

***[Bhav prakash]***

Holi is a time when  
man and nature alike  
throw off the gloom of  
winter and rejoice in  
the colors and  
liveliness of spring.

It celebrates the  
coming of spring with  
all its beautiful colors  
and vibrant life.



Vasant  
Utsav

(Festival of spring)



# Holi

## Vasant Utsav

### (Festival of spring)

Look at Nature: there is existence enjoying Holi every day.

In Nature, the colors flow afresh every day, new flowers open each morning. Even before the old leaves fall, new buds are bursting out and new shoots are springing up.





# HOLI

## Festival of Color

Life should be full of colors.

And each color is meant to be seen and enjoyed separately, for if seen all mixed together, they will appear all black.

All the colors like red, yellow, green, etc. should exist side by side and simultaneously be enjoyed together.

Similarly, in life, different roles played by the same person should exist peacefully and distinctly inside him.

In whichever situation we are in, we should play the corresponding role to the hilt and then life is bound to become colorful.

This concept was called '**Varnāśrama**' in ancient India. This meant - everyone, be it a doctor, teacher, father, whoever or whatever, is expected to play their roles with full enthusiasm.





There are different colors associated with our feelings  
and emotions.

Each person is a fountain of colors which keep  
changing.

Your desires, like fire, burn you. But if your life is like  
Holi where each color is seen clearly, then they add  
charm to your life.

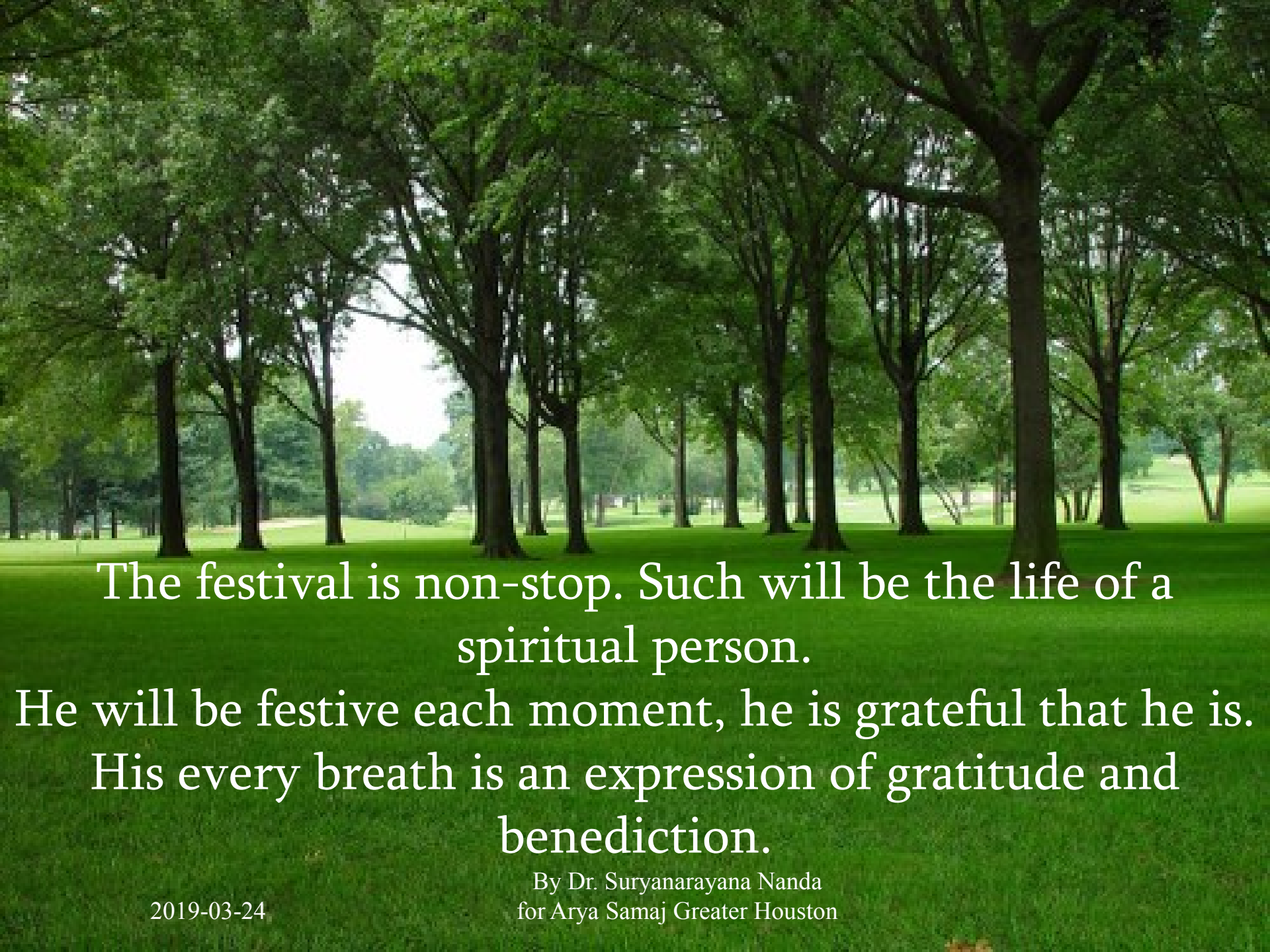
Harmony in diversity makes life vibrant, joyful and  
more colorful.





All colors emanate  
from white, and when  
mixed again, they  
become black.

When your mind is  
white and  
consciousness - pure,  
peaceful, happy and  
meditative, different  
colors and roles  
emerge.



The festival is non-stop. Such will be the life of a  
spiritual person.

He will be festive each moment, he is grateful that he is.  
His every breath is an expression of gratitude and  
benediction.

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When you sprinkle colors of joy on  
others they will reflect in you manifold.

*Happy Holi*

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