

Holy signifies holistic happiness

To CELEBRATE any festival without understanding its spiritual significance and relevance in practical life is like loving a body sans the soul. In a similar sense, observing Holy purely in gross form and merely in mundane manner without realizing the deeper inner implications of its rich rituals is to deprive the self and society from true spiritual empowerment and enrichment.

Hindu festivals, spiritually speaking are logically so interlinked that their merits. Can be best-explained and accrued, if delineated in chronological order. **While Shiva Retry**-the holi night of Shiva falls a day before the darkest night (lunar eclipse) of Phalgun, symbolising the divine descent of the supreme sun of spiritual knowledge and power to dispel the long spell of chillness and darkness of ignorance, ego, body consciousness, vileness and miseries of souls, Holy falling a fortnight after Shiva Retry, on the full moon day of the same month, is observed as an occasion of fertility, love and joy, which can bicultural construed to be a virtual new year birth in the spirit of Spring in the cooers and contours of godly gospels and devotions.

Vabhishya puran depicts the narration of Debarshi Narad who speaks highly of Holy to King Yudhisthira. “Oh Emperor! On Phalgun Purnima (day of Holy), people of your kingdom should be allowed to have fun and frolic without any fear. Boys should go out and gather dry sticks for Holika burning in an atmosphere of loud laughter, ha-hola and hymh chanting to destroy the demon. Until date, the effigy of evil Holika (Hiranyakashap’s sister and Paroled’s aunt) is continued to be burnt, Oh king! To annihilate all inimical forces.”

People of wisdom are seldom swayed away by literal and superficial meanings of such narrations that a physical bonfire of dry sticks can hardly ward off all evils and inauspiciousness rather it is the dryness, hardness and harshness of human propensities which perpetrate pain into the self and others, need to be sublimated in the subtle bonfire **of divine knowledge and meditation on God. The practice of such Holy Communion of the self with the Supreme Soul holds the key not lonely to banish all innate evils, vices and harmful traits but also to** empower the self with holistic holiness, harmony and happiness.

As per Brahma Puran, on Phalgun Purnima – the day of Holy – which is also the birthday of Manu and the start of Sambat (first day of Hindu new year) and Spring season with Holika burning symbolizing the worship of subtle flame form of God, if a person in rapt attention has the darshan of **Purushottam Sri Krishna, or sri Govinda’s idol** kept on a swing in the temple, then he certainly enters Vaikunth or **paradise**.

Such scriptural sayings spiritually suggest that not mere physical vision or **glimpse of deity Sri Krishna**, but contemplating and concentrating on incorporeal **God's** true identity and image and cultivation of godly philosophy (darshan) and qualities like contentment, cheerfulness, detachment, determination etc. would enable an aspirant to end inner impurities and negativities and to attain true peace, balance and bliss in life. Moreover, celebrating Holy on the day of Manu, marking the start of Spring and new year, would imply to get a new lease of life through the practice of spiritual principles, percepts and positivity by buying our old hatchets and letting bygone be bygones which all, Holy celebrations stand for.

Since olden times, we find people chanting holy hymns of Vedas such as 'Rakshahgam Balgaham' for destroying devils during Holika burning which symbolically signifies abstaining from demonic diets, thoughts and dispositions by lighting the inner fire of spiritual wisdom, values and meditation and by decorating the self and others in the divine colors of universal peace, purity, amity and brotherhood.

The wise maxim that purity is the mother of peace and happiness which exactly the spiritual message of Holy reminds us to be holy in thoughts, words and deeds, is of eternal relevance to raise human character, conduct and life to the height of excellence and consummation. Practically all saints, savants and sages down the ages have laid stress on the holiness of heart and on purity of purpose and means as essential preconditions for sustainable development in both material and spiritual spheres, for liberation from our subservience to sensuality, sins and sufferings and for liberation from our subservience to sensuality, sins and sufferings and for attainment of true self actualization and God realization.

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