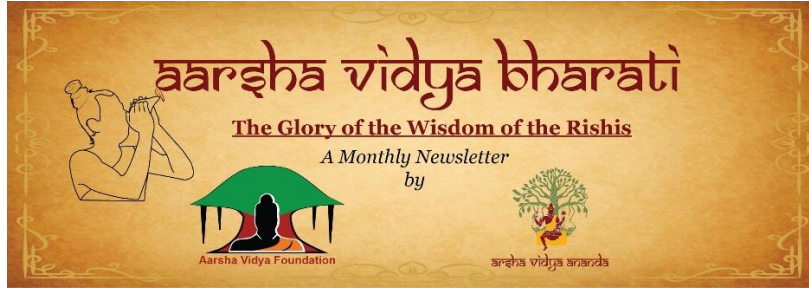

Aarsha Vidya Bharati - Apr 2022

Chaitra - Vaisakha 2079

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 [Apr 2022 issue](#) or read any of [the articles](#).

Editorial - Śubhakarṭa Saṁvatsara

We welcome the beginning of the Hindu New Year called *Śubhakarṭa Saṁvatsara* this year, according to the luni-solar calendar. Some will celebrate it on 2nd April and a few others on 14th April. Besides wearing new clothes and praying for auspicious beginnings, there are two customs that are deeply symbolic.

Traditional families make a dish from sweet jaggery, astringent mustard, sour raw mango, bitter neem, and red chilies. This is not just another dish in the feast lovingly laid out. It stands as a symbolic reminder that life will bring different flavors of experiences in the coming new year and we need to stomach them (literally and metaphorically). No event is entirely, sweet, or bitter. All experiences are transitory, and we can indeed make the most of them.

On the eve of the New Year (in communities in Kerala, Karnataka and Tamil Nadu), a tray is arranged with three fruits (mango, banana and jack fruit), gold/silver jewellery, coins/money, flowers and a mirror. As soon as one wakes up on the new year, the first thing that one is supposed to look at is the Mirror. Why? Because you are the most auspicious!



These seemingly innocuous customs carry the depth of thought of *Sanātana* Dharma. It is no coincidence that the Hindu New Year, *saṁvatsara*, begins with Chaitra Navaratri (on 2nd April this year) and culminates in Rama Navami (10th April). Celebrating Devi and Sri Rama's birth anniversary and a little later Hanuman ji's birth anniversary is the celebration of the colors of Dharma which is really a celebration of Dharmi-s, the ones in whom Dharma lives and thrives.

We align our actions to the dharma of ahimsa (non-harmfulness), *satyam* (truthfulness), *āsteya* (non-stealing) *śaucam* (external and internal cleanliness), *santoṣa* (contentment), *indriya-nigraha* (mastery over sense organs and organs of action), *svādhyāya* (study of oneself in the light of shastra) and so on. By allowing the voice

of dharma in our hearts to flow into our actions, we experience the joy of our svadharma which is *sāmānya* dharma + *viśeṣa* dharma (*varṇāśrama* dharma) + *pañcmahāyajña* (our reverential offerings to devatas, *pitṛ*-s, *bhūta*-s, *rṣis*, *manuṣya*-s) + *guṇa* dharma (related to the change we want to contribute to the world).

Why? Because Dharma makes us happy.

With love and prayers for the new year, *śubhakṛta samvatsara*

Brahmavidananda
Brahmaprajnananda

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