

My Diwali here again..!

Five days of festival, from Dhanteresa to Yama dwithiya, to beget blessings of mother Lakshmi, which follows for entire Samvat New Year.

My favorite activity of the season starts after sharad poornima and continuous till Dhnteresa. It's CLEANSING. Wage war on clutter, literally! A time to discard old, be it from my mind, at home, desk, vehicle, unused things and to donate forcefully, those which are useful for others.

I take time and labor, to clean entire house, repaint (or wash), change wardrobes (whatever possible), get into closets, stuffs in garage, on terrace, every nooks and corner of the house; Open all doors windows, letting the freshness of the nature to work its wonders.

I repeatedly observed this period as an excellent time for introspection and personal transformation. Moving stagnate to the momentum, taking charge to drive life, warding off negativities of our mind and body. So that we can truly focus, streamline on what matters to us and realign to right purposes.

When I make all these changes , you know what happens?, Exactly new beginning in life; new Samvat year, new light of sun, fresh clouds and warmth of breeze, all vivid nature welcoming the renewed me!

Without burden of the past neither at home nor in mind, now there is more room for lights. I feel, lighter, warmer and livelier. I experience more joy, more peace and more love.

Celebrating joyfully; in dispelling darkness and welcoming wisdom, true to heritage of our land.

Cheers,

Naveen Chandra R