What is Holi?
Holi is a community’s enthusiastic expression of joy to welcome the warmth of spring. It is a reflection of nature’s abundance. Hindus celebrate hues of color, camaraderie, and shared abandon. It begins on Purnima, full moon day, in the Hindu month of Phalguni (February / March) and lasts for as long as 16 days.

What does the festival start?
Many communities light a central bonfire on the night before Holi, starting withkindling and logs and adding organic dyes as they clean up their property. The fire symbolizes the torching of negative or troublesome emotions. The flames, and the ashes are used to mark the forehead as a blessing.

How does Holi come to be?
March) and lasts for as long as 16 days.

Making Safe, Natural Colors
Dyes made of toxic chemicals are too often used during Holi. The food-based recipes below, along with edible food coloring, offer safe alternatives for all colors.

RED:
- Soak red pomegranate rind in water overnight. A pinch of edible coloring, offer safe alternatives for all colors.

BROWN:
- Soak betel nut in water overnight, and dilute as necessary. Crumble bananas in an iron vessel and let stand overnight.

MAGENTA:
- Slice or grate one beet root. Boil the juice overnight in water. Dilute as needed for different shades.

YELLOW:
- Boil pink jasmine flowers in water overnight. Strain and use.

Fact & Fiction

Fact: Hindus worship and celebrate the Divine with unparalleled variety and fervor. Dance, song, prayer, meditation, procession, pilgrimage, fasting, painting, symbol and ritual are all valid ways of connecting with Divinity. This is living testimony to the existence of many paths within the ancient faith, all leading to God. Each person finds his own path among the many laid out by gurus and seers. To the Hindu, spiritual life is meant to be lived everyday, not just demonstratively.

Fiction: Hindus is rich with stories of the Gods and their lives. Yet, on a deeper, philosophical level, it is widely regarded as a Fiction that the Gods are married. Supreme Being and the Gods are neither male nor female on a philosophical level, it is widely regarded as a Fiction that the Gods are married. Supreme Being and the Gods are neither male nor female