

# 排燈節 Deepvali 的 靈性意義



聖潔生命會（香港分會）瑜伽中心

一些甜蜜的回憶。



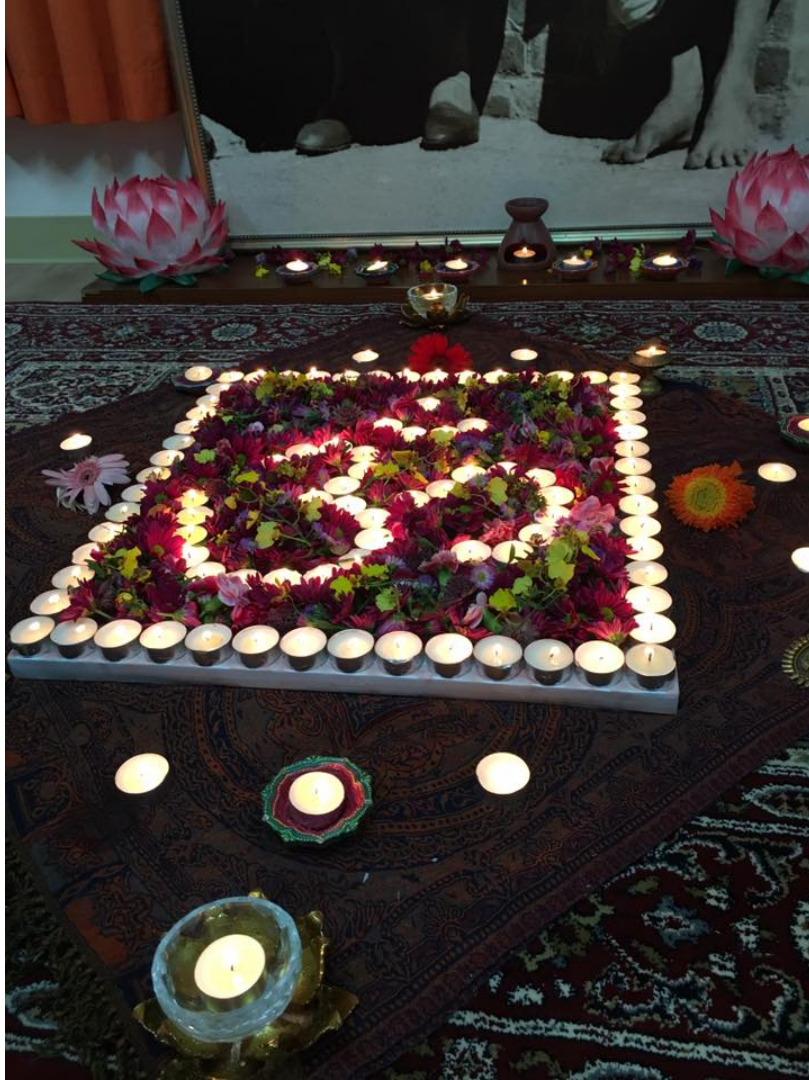


# 與上師一起慶祝排燈節











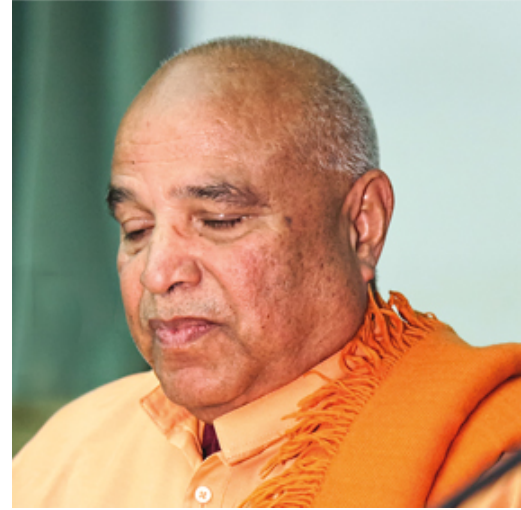








To all yoga friends in Hongkong! This year also could not meet you all at Hongkong due to Covid19 pandemic restrictions! However We can keep contact by mail & online! Grace of the Almighty Lord and worshipful Gurudev be ever upon you all, bestow good health peace and spiritual prosperity is my heartfelt prayer on this auspicious occasion of DEEPAVALI, Festival of Lights that remove dark and evil forces from our spiritual path! Gurudev's protecting HANDS are always around you to continue your Sadhana! With regards and love,  
Yours, in the service of Gurudev, Swami  
Yogaswarupananda Sivanandashram Rishikesh



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- Deepavali 或 Diwali 的意思是很多排的燈
  - 這個節日是印度新年嗎？



Calendar	Date	Festival name	Religion / Regions
Lunar	varies, Mar/Apr	Ugadi	Andhra Pradesh, Telangana, Karnataka
Lunar	varies, Mar/Apr	Bighu	Jharkhand
Lunar	varies, Mar/Apr	Pratipada	Uttar Pradesh
Lunar	varies, Mar/Apr	Bikhu	Uttarakhand
Lunar	varies, Mar/Apr	Gudhi Padwa / Samsaar Padwo	Maharashtra, Goa, Konkan
Lunar	varies, Mar/Apr	Cheiraoba <sup>[2]</sup>	Manipur
Lunar	varies, Mar/Apr	Navreh	Kashmir
Lunar	varies, Mar/Apr	Navratra	Jammu
Lunar	varies, Mar/Apr	Cheti Chand	Sindh
Solar	fixed, April 13/14/15	Vaisakhi	Punjab
Solar	fixed, April 13/14/15	Rongali Bihu	Assam
Solar	fixed, April 13/14/15	Tamil puthandu	Tamil Nadu
Solar	fixed, April 13/14/15	Vishu	Kerala
Solar	fixed, April 13/14/15	Bishuva Sankranti	Odisha
Solar	fixed, April 13/14/15	Poila Boishakh	Bengal
Solar	fixed, April 13/14/15	Jud Sheetal	Mithila, part of Bihar
Lunar	varies, Oct/Nov	Nav Varas	Gujarat





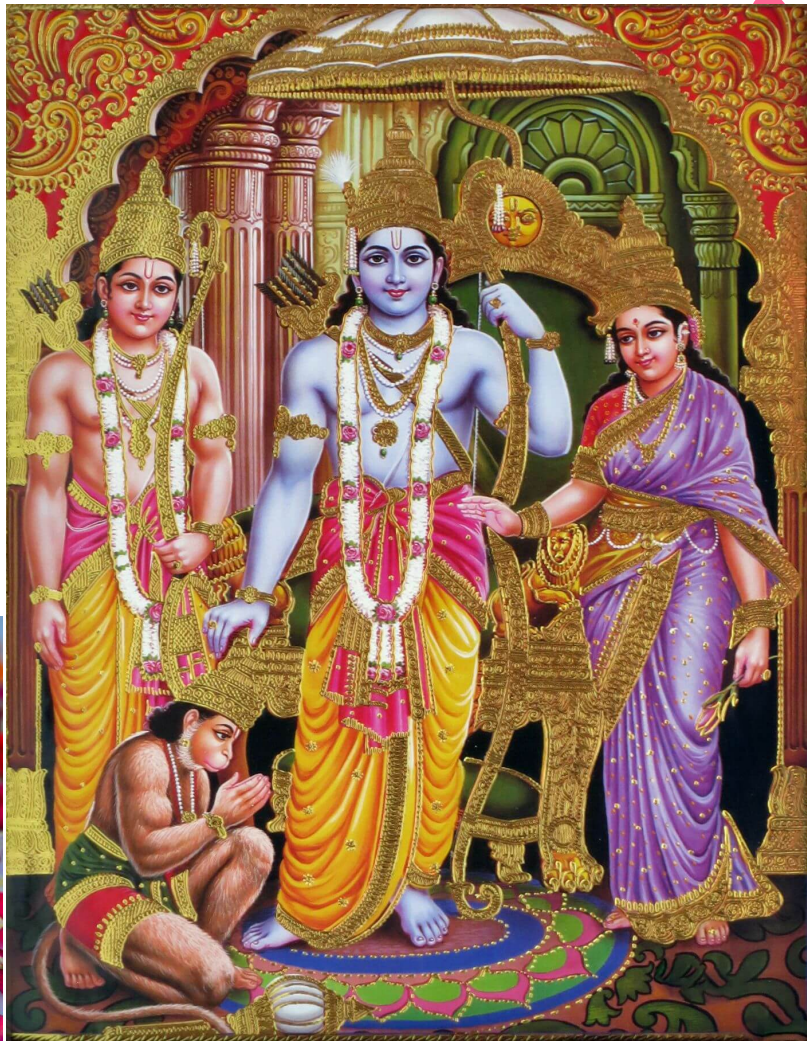
# 排燈節的相關故事：



Rama 滅了 Ravana 後回朝復位

Krishna 殺了惡魔 Narakasura

Vishnu 與 Lakshimi 結婚







# 感知器官



☐ 眼

☐ 耳

☐ 鼻

☐ 舌

☐ 身



# 行動器官



☐ 手

☐ 腳

☐ 口（話語）

☐ 生殖器

☐ 肛門



Sri Devi



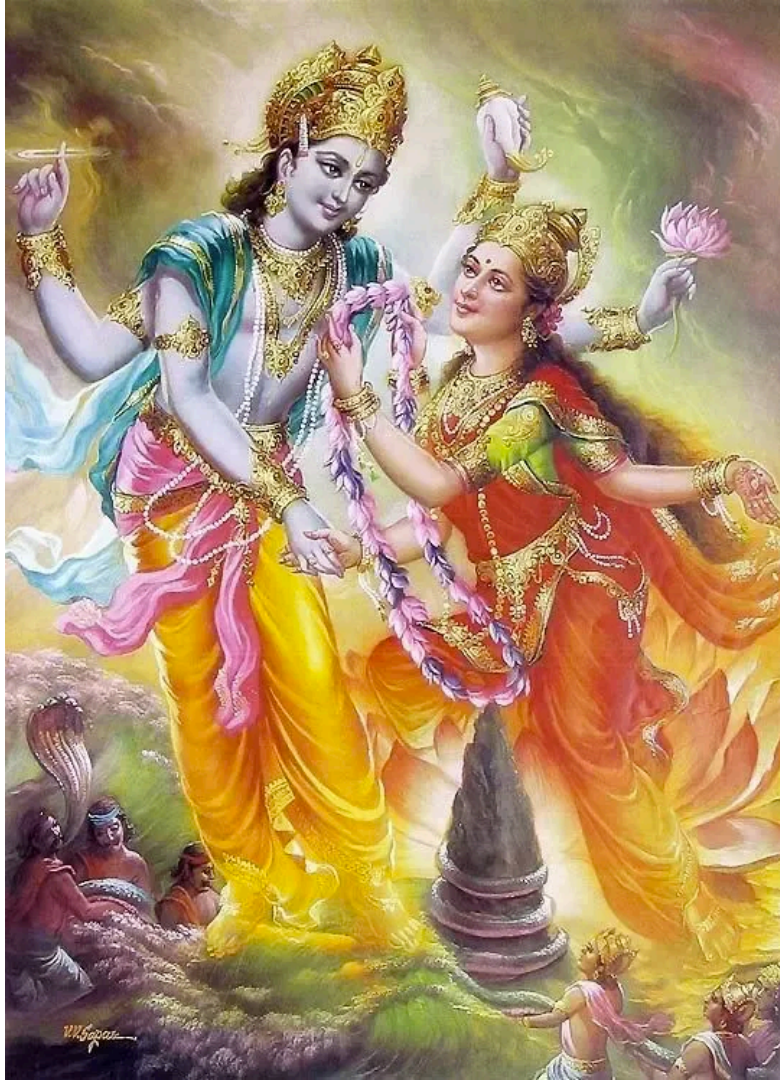
Bhumi Devi



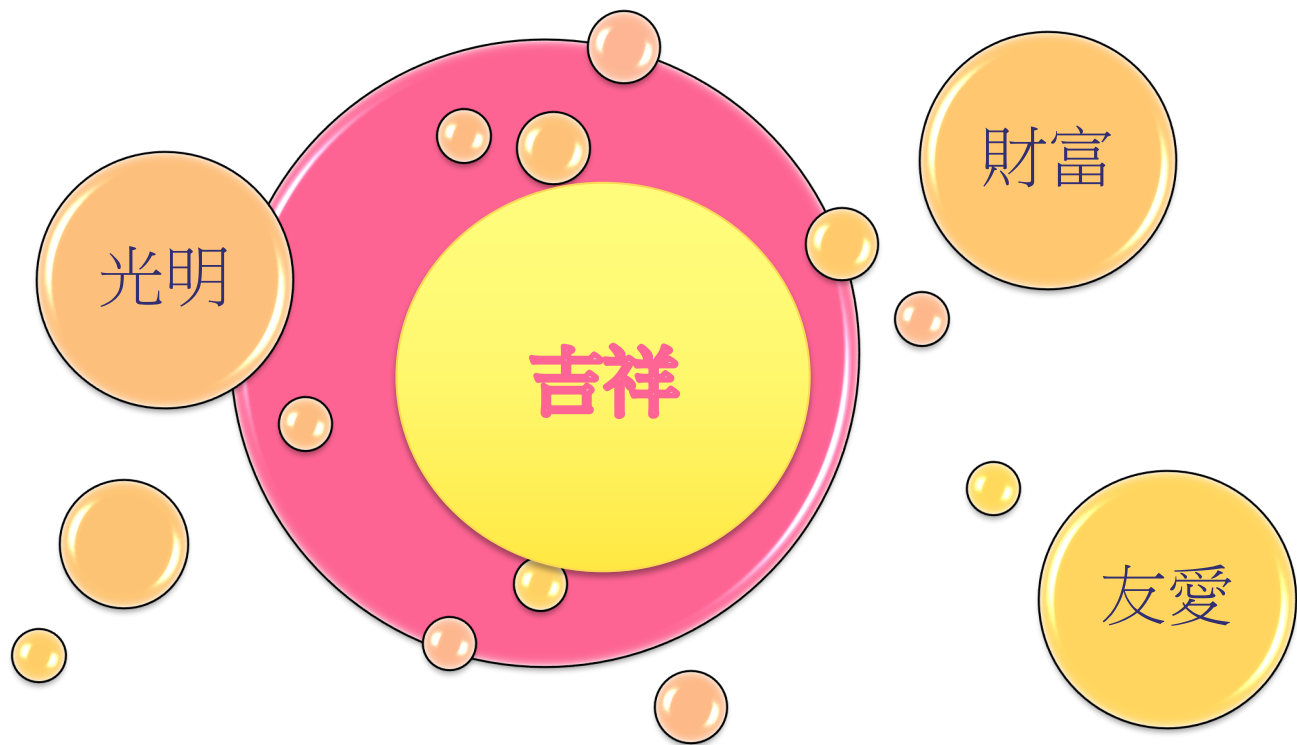
Krishna and Satyabhama


killed Naraksura





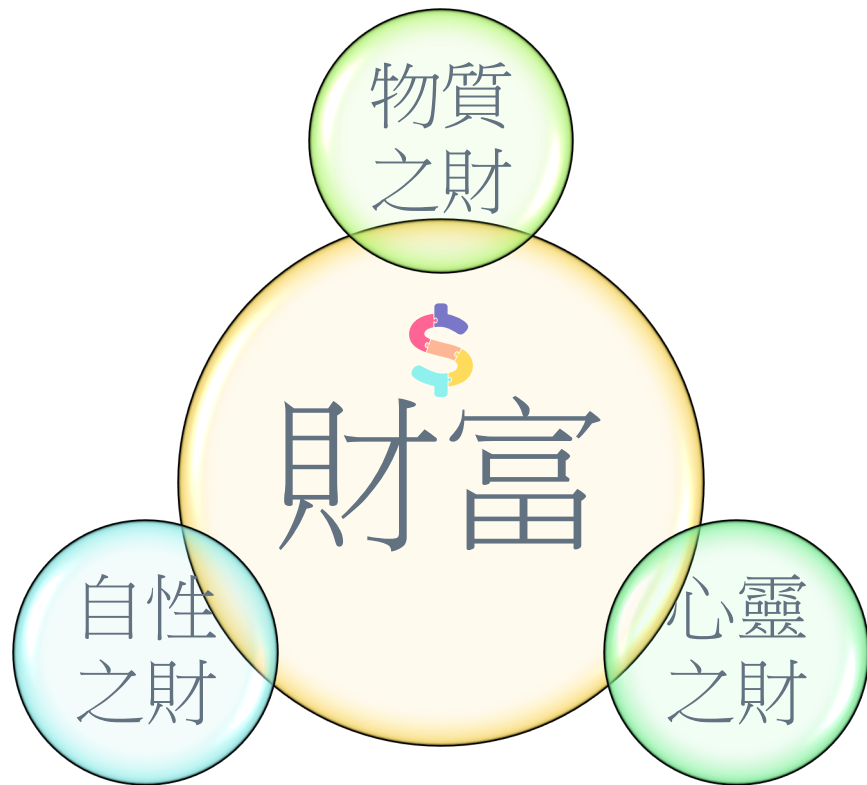







## 慶祝排燈節的習俗：

- 清潔家居
- 點燈
- 放煙火
- 沐浴更換新衣
- 更換新的帳簿
- 友愛、和敵

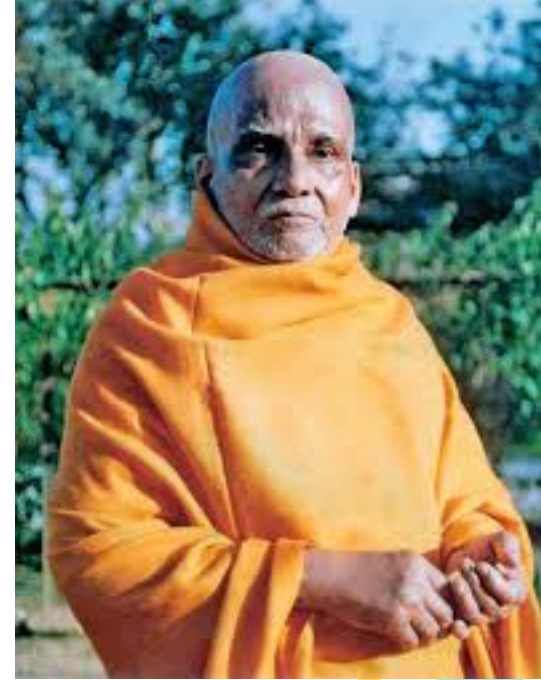




Lakshmi does not mean only gold and silver. Lakshmi means prosperity in general, positive growth in the right direction, a rise into the higher stages of evolution. This is the advent of Lakshmi. Progress and prosperity are Lakshmi.



Swami Krishnananda



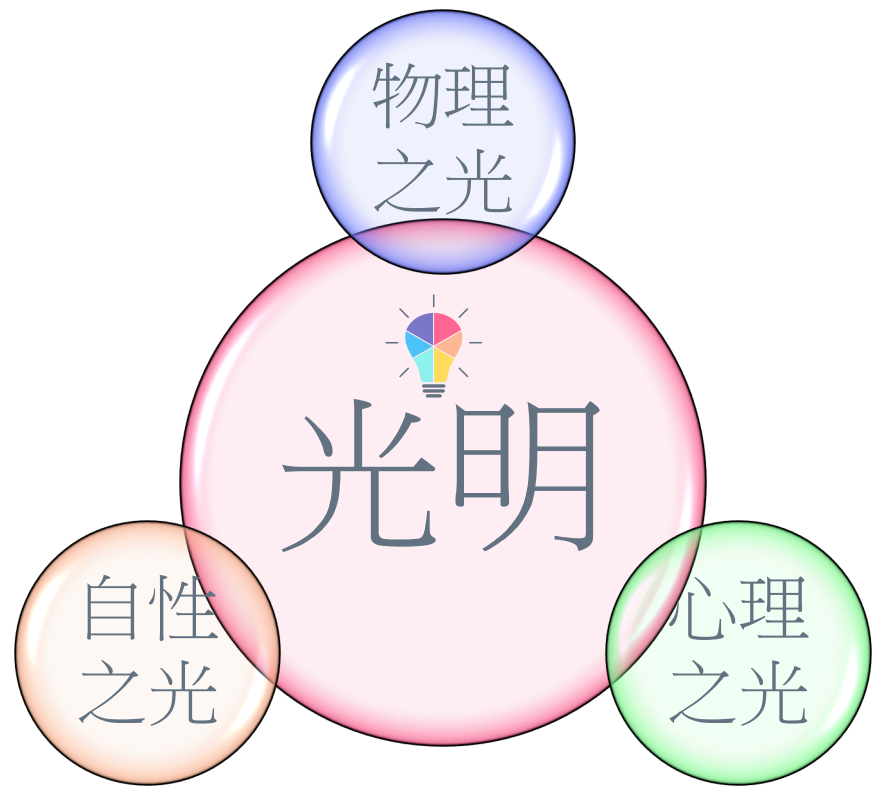


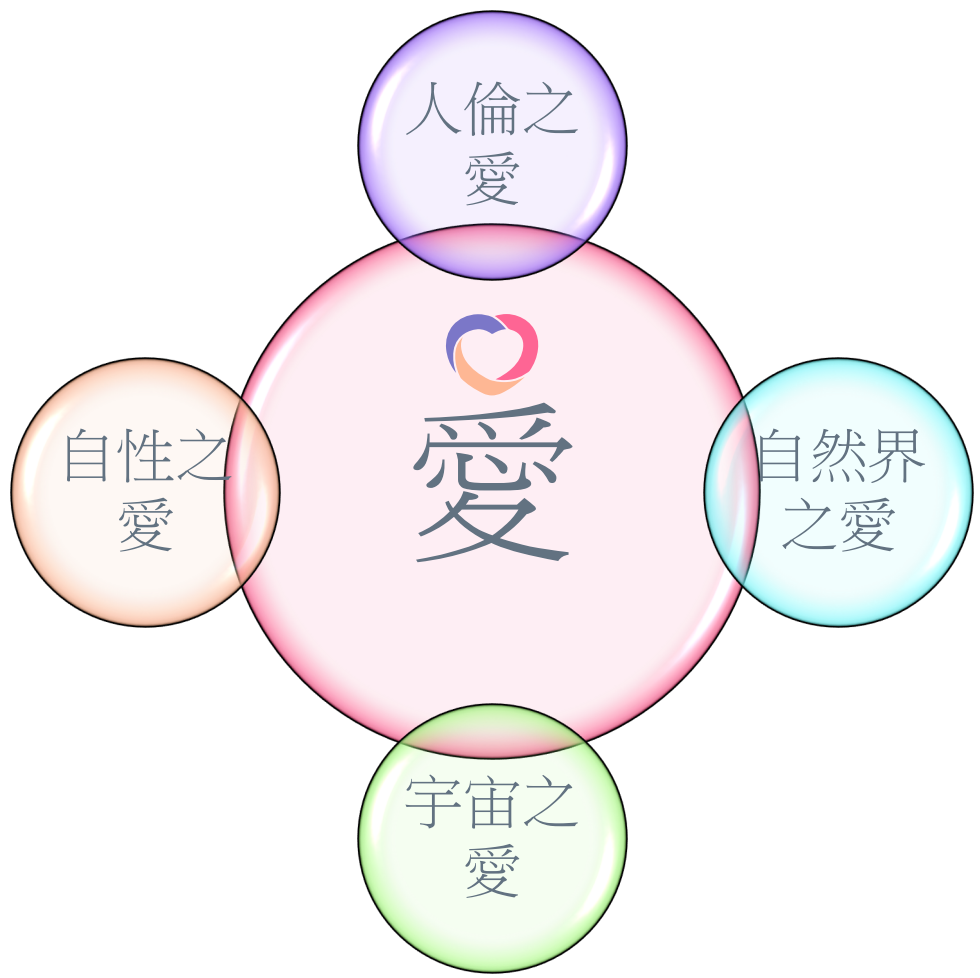
Lakshmi

生命正  
面的進  
步提升












甚麼是黑暗？魔？  
甚麼是光明？神？

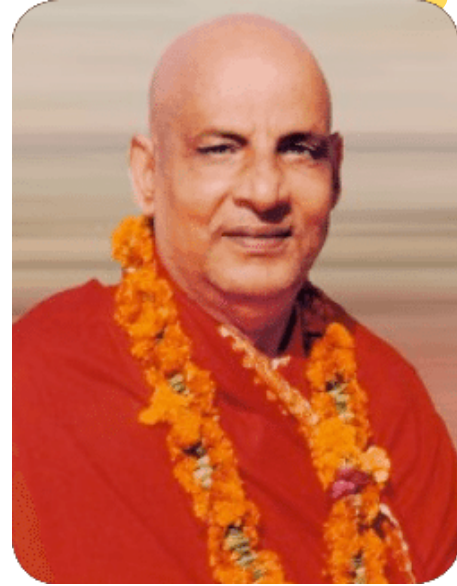




O Ram! The light of lights, the self-luminous inner light of the Self is ever shining steadily in the chamber of your heart. Sit quietly. Close your eyes. Withdraw the senses. Fix the mind on this supreme light and enjoy the real Deepavali, by attaining illumination of the soul.



Swami Sivananda





ॐ श्रीराम जय राम ॐ जय जय राम ॥

Herewith sending you all, my very  
best wishes for a most Happy,  
Bright, Illuminated and Joyful

Auspicious DIWALI on 4-11-2002.

May all that is Good, Beautiful,  
Peaceful and fortunate befall you  
all from this Diwali to next year's  
Diwali and into the coming Diwalis  
of the future years stretching before you!

Swami Chidananda

Om Sri Ram Jai Ram Jai Jai Ram!