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DHRITSTHAL

Collective

Mrinalini's Journal



your space for conscious living, mindful design, &
Intentional community.

MARCH 2026 EDITION 1

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"This edition of Dhritsthal Collective was written, curated, and styled by humans, with selective support from AI tools for research, image exploration, and layout assistance. Every story and visual has been reviewed by us with care.

SOURCES & RESPONSIBILITY

Content in this magazine blends lived experience, traditional knowledge, contemporary research, and public resources.
Cultural and spiritual references are approached with respect; interpretations are our own and may differ from your family or regional practices.
This magazine is for inspiration and reflection, and is not a substitute for professional advice (medical, financial, legal, or astrological).

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All views expressed are for informational and contemplative purposes only.
Any wellness, ritual, or lifestyle suggestion should be adapted to your context and, where needed, discussed with a qualified professional.
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We do not claim absolute accuracy, and we welcome corrections in the spirit of shared learning.

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"If these pages feel like a place you'd like to return to, come sit with us in our corners ."

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“what you will find inside this March Edition One”

“A slow, thoughtful beginning to the Hindu New Year - through homes, sky, seasons, and small human rituals.”

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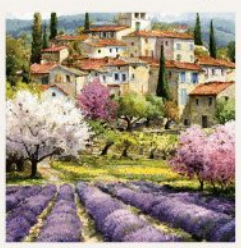

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This or That: what our days looked like then, what they look like now, and a few Vedic rituals that quietly hold both.

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KEEP WALKING WITH US

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"Five-Sense Walk at Home"

"Taste something simple bubbling hibiscus and orange tea



When your fingers crumble earth between them, the mind remembers a language older than words."



"Breathe in the fragrance of a flower, incense or citrus peel and let one memory rise, then gently fall away."

"प्रकृतावेव सुखम्।

simply watch the world go by—the light changing, people passing, leaves moving—until you remember you're part of this gentle flow, not separate from it."





"Listen for the smallest sounds: a bird, a distant vehicle, your own breath. Let the world be your playlist."

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"FOREST BATHING COUSINS"

Shinrin-yoku (Japan, Japanese)
Literally "forest bath": an intentional, slow walk in the woods where you let your five senses soak in the forest atmosphere.

Metsäkylpy (Finland, Finnish)
"Forest bath": guided or personal walks in Finnish forests, combining mythology, seasonal rituals and slow sensory immersion in trees and moss.

Friluftsliv (Norway, Norwegian)
"Free-air life": a way of living that prioritises simply being outdoors—walking, sitting, camping—to feel more connected, not to conquer nature.

Waldeinsamkeit (Germany, German)
"Forest solitude": the sweet, peaceful feeling of being alone among trees, held by the quiet of the woods.

Sanlimyok (South Korea, Korean)
"Taking in the forest atmosphere": a Korean practice of spending quiet, restorative time in forest parks to calm the mind and strengthen health.

Prakriti Dhyan (India, Sanskrit/Hindi-inspired)
Not a classical fixed term, but a contemporary phrase you can use for "meditation with nature"—standing, sitting or walking slowly among plants, trees or even a balcony garden, letting Prakriti (Nature) be the object of awareness.

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Editor's Musings

THE VERNAL PULSE OF HOPE

Welcome to the very first edition of Dhritsthal Collective
Shedding Skins & Finding Our Gallop

How Spring Breathes Life into Home, Heart, and Heritage.



If you're reading this, you've likely felt it too—that subtle shift in the air where the winter chill starts losing its argument with the sun. If last year The Chinese zodiac called it the Year of the Snake—a time of watching, sensing, slowly shedding what no longer fits. Many of us did exactly that without having the words for it: we cleared jobs, houses, wardrobes, relationships, even old versions of ourselves. Quietly, one layer at a time



The Year of the Horse is here, and it doesn't just walk; it gallops. It's an energy that demands we stop overthinking the mood board and start building the life. It's time to trade the slow crawl for a confident stride.

Take a five-sense walk through your own home. Notice the light falling on your window-sill desk, the sound of a distant koel or traffic, the feel of soil or fabric under your fingers, the scent of one flower or incense stick, the taste of something simple and clean. Rearrange one corner. Add one plant. Remove three objects that make your eyes tired. Call it "spring cleaning", or just call it being kind to your nervous system.

We'll wander together too—through Yumthang's rhododendron slopes, Dzukou's green folds, Kyoto's cherry paths, Dutch tulip bands and soft Provençal orchards. Not because everyone can hop on a plane, but because sometimes the image of another landscape is enough to remind you that your inner landscape can bloom again as well.

Spring itself is the world's favourite designer. It edits mercilessly—bare branches, blank beds—and then starts layering again: a leaf here, a bud there, a shaft of softer light across your floor. As a designer, I've always believed that spaces and lives change in the same way: not through one giant makeover, but through small, intentional shifts in light, texture, rhythm.
This edition is an invitation to try exactly that.



"Design is not just what it looks like and feels like. Design is how it works."
— Steve Jobs

And life? Life works best when it's lived with a bit of hope and a lot of heart.

On the Hindu calendar, our New Year begins differently too—not with fireworks in the cold, but with neem and jaggery on the tongue. On Gudi Padwa, we taste bitter and sweet together: a tiny daily TED Talk reminding us that life will be both, and that we can hold both without losing our balance. It's such a simple design decision by our ancestors: start the year with honesty, not just optimism.

As a designer, I've learned that you can't appreciate the light in a room without the shadows. Life, much like a well-designed home, needs contrast to have character. The "bitter" moments give us the grit, and the "sweet" gives us the grace. Together? They make us unshakeable. It reminds me of a favorite life truth: "Growth is messy, but so is a construction site before it becomes a sanctuary."

Dhritsthal Collective is my way of saying: let's not do this alone. Think of this magazine as a slow conversation between people who care about how they live, how they decorate, how they spend, how they rest. Between Gudi Padwa's gudi and the Horse's gallop, there is a third path—small, beautiful, sustainable choices that make daily life feel more like yours.
You're warmly invited to walk with us this year: try the rituals, borrow the design ideas, send in your own corners and stories. You don't have to change everything. Just let one new ray of light, one plant, one habit, one honest conversation enter your space.
Spring is here. The snake has shed. The horse is waiting at the gate.
Shall we open it together?

A favourite thought of mine: "When you change what you look at every day, you quietly change what you believe is possible."

We're looking for kindred spirits, collaborators, and dreamers to gallop along with us. With grit, grace, and a bit of wit,
Mrinalini Founder & Editor, Dhritsthal Collective

🌸 Coming Next: A Peek into our April Edition

As the spring heat begins to settle, our May 2026 edition—"The Earth & The Artisan"—delves into the grounding power of clay, sustainable luxury, and the geometry of growth. We'll be exploring how to cool your home naturally using ancient Vedic cooling techniques and featuring an exclusive look at "The Poetry of Pottery." Don't miss our "Summer Solace" guide
In April, we move from beginnings to what endures.
The next Dhritsthal edition will lean into the energy of Akshaya—what doesn't diminish—through stories on slow, steady abundance: gold and beyond, daily rituals that compound, and homes arranged to hold value over time.
We'll talk about designing a life that feels rich in more than one currency—time, attention, relationships, beauty—and share practical ways to invest in spaces, habits and mindsets that quietly keep giving back, year after year.

“Where The World Blooms”

Yumthang Valley, Sikkim, India – Rhododendron Carpet



They call Yumthang the Valley of Flowers of the East. In spring, rhododendrons spill down the hillsides, river mist hangs in the air, and prayer flags add their own colours to the landscape.

Quick trip notes:
Best time: April–early May for blooms (weather can still be nippy).
Access: Usually via Lachung from Gangtok; permit-based, so plan with a local operator.
Gentle advice: Go slow—altitude is real. Use the quiet to simply look, breathe and listen.

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“Where The World Blooms”

Keukenhof & Tulip Fields, Netherlands – Painted in Stripes

Just outside Amsterdam, fields turn into colour charts. Keukenhof’s gardens feel like walking through a living impressionist painting, while the surrounding tulip fields stripe the flat land in impossible shades.

Quick trip notes:
Best time: Late March–mid/late April, depending on the year.
How to see: Combine a Keukenhof visit with cycling past nearby bulb fields.
Small joy: Pack a picnic and sit where you can see both sky and stripes—no rush, just colour therapy.

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“Where The World Blooms”

Kyoto, Japan – Lanterns, Temples & Sakura



When Kyoto blushes pink, even ordinary streets feel like temple corridors. Sakura hang over canals, wooden machiya houses glow, and evenings are a slow walk of lanterns, tea and petals underfoot.

Quick trip notes:
Best time: Late March–early April (check forecast each year).
Base yourself near: Gion / Higashiyama for walkable blossoms.
Don’t miss: Philosopher’s Path at sunrise, evening stroll around Yasaka Pagoda, a quiet teahouse instead of only crowded viewpoints.

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Dzukou feels like someone ironed the mountains into smooth folds. In spring, the valley softens into fresh greens and wildflowers, with mist curling in and out like a shy guest. Nights are starry; days are long, gentle walks.

“Where The World Blooms”

Dzukou Valley, Nagaland
Manipur, India – Quiet Green Waves

Quick trip notes:
Best time: March–June for pleasant temperatures and blooms.
Trail: Treks from Viswema or Jakhama; basic camps, carry layers and simple comforts.
Mood: Less “checklist sightseeing,” more “walk, watch clouds, make tea on a small stove.”

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“Where The World Blooms”

Provence, France – Blossoms Before Lavender

Before lavender season, Provence wears softer colours: almond and cherry blossoms, first poppies, pale green vineyards. Villages wake slowly—markets, bread, sunlight on stone—and the air smells faintly of herbs and promise.

Quick trip notes:
Best time: March–April for blossoms and cool walks.
Base villages: Luberon (Gordes, Roussillon), Saint-Rémy, or Aix-en-Provence.
Spring ritual: Rent a car, drive the smaller roads, stop whenever you see a blooming orchard or roadside meadow.

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Fresh Spring Produce Grazing table Ideas



Vegetables: Blanched or raw asparagus spears, sliced and whole radishes, sugar snap peas, baby carrots, sliced cucumbers, and cherry tomatoes.

Fruits: Fresh strawberries, red and green grapes, raspberries, and blueberries.

Hummus: A classic chickpea dip, likely topped with a sprinkle of paprika and a drizzle of olive oil.

Pesto: A vibrant green basil or pea-based pesto.

Herbed Cream or Yogurt Dip: A white, creamy dip containing fresh herbs like dill, chive, or parsley.

Whipped Feta or Ricotta: A light, tangy cheese spread, often finished with a swirl of honey or olive oil.

Samosas & Kachoris: Golden-fried Indian pastries filled with spiced vegetables or lentils.

Strawberry & Ricotta: Topped with sliced strawberries and a balsamic glaze drizzle.

Avocado Mash: Topped with halved cherry tomatoes and possibly red pepper flakes.

Prosciutto-Wrapped Asparagus: Thinly sliced cured meat wrapped around tender asparagus.

Cheeses: A whole wedge of Brie topped with honeycomb, and a block of herb-crusted goat or feta cheese.

Crunchy Carbs: Sliced baguette, pita triangles, and various artisanal crackers.

Nuts & Olives: Shelled pistachios and a variety of green and black olives.

Oils & Vinegars: Extra virgin olive oil and balsamic vinegar (used for drizzling over toasts and dips).

Dry Seasonings: Sea salt cracked black pepper, paprika, and potentially red chili flakes.

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New Year, New Light: Spring on the Calendar, Spring in the Heart

"Spring is the quiet way the earth whispers, '
You are allowed to begin again as many times as you need.'"

The year doesn't always turn with fireworks and cold air. In many cultures, it begins with softer things: the first unfurling leaf, the scent of damp soil, the koel trying out its early morning notes Spring is the air

Across Central Asia, Nowruz—literally "new day"—arrives with the spring equinox: homes are deep-cleaned, tables are laid with a symbolic haft-sin spread of seven meaningful items, and families step into the year with fresh clothes and fresh intentions.

In Japan, cherry blossoms invite strangers to sit together under trees for hanami. In parts of Europe and the Americas, Easter and other spring observances weave in themes of rebirth, green shoots and light returning after a long winter.

India listens to the same sky, but through a different language. Instead of one single New Year, there are many: Gudi Padwa in Maharashtra, Ugadi in Andhra and Karnataka, Cheti Chand for Sindhis, Navreh in Kashmir, Vishu in Kerala, Baisakhi in Punjab, Pohela Boishakh in Bengal, Puthandu in Tamil Nadu. Each draws its timing from the Hindu calendar—a delicate dance between sun and moon, seasons and stars



"Every spring festival, from sakura to Gudi Padwa, is the same message in different languages: clear a little space, welcome a little light, and let something tender grow there."

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New Year, New Light: Spring on the Calendar, Spring in the Heart

For Gudi Padwa, that new venture is the entire year. On this day, Maharashtrian homes wake early: doors are swept and washed, fresh rangoli is drawn, and a tall bamboo staff is raised with a bright silk cloth, neem leaves, flowers and an upturned kalash at the top—the gudi, a fluttering flag of victory and new beginnings. Families begin by tasting neem and jaggery together: bitterness and sweetness, both welcomed on the tongue as honest ingredients of the coming year.



In the south, Ugadi carries a similar mood with a different flavour. Here, families make Ugadi pachadi, a mixture of six tastes—neem, jaggery, tamarind, raw mango and more—symbolising joy, sorrow, surprise, challenge, heat, and comfort. To begin the year by tasting all six is to admit that a real life will contain all six, and that we can still call it auspicious.

Panjika (Almanac)

it tracks
tithi (lunar day),
vara (weekday),
nakshatra (lunar mansion),
yoga and karana: the five "limbs"
of time that
shape our festivals.
In a way, the Panjika is
an annual love letter
between
the sky and the kitchen:
it tells you when to begin a fast,
when to cook something special,
when to step into a new venture.

"Vasante vasante navam navam jayate।"
"In every spring, something new is born again."

"यदा हृदये नवस्पन्दः
तदा एव नववर्षम्।"

"The true New Year
begins the moment
a new pulse awakens
in your own heart."



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New Year, New Light: Spring on the Calendar, Spring in the Heart

These rituals may sound ancient, but their wisdom fits surprisingly well into modern, urban lives. We might not consult our Panjika daily, but most of us know what it feels like when the light changes: when evenings stretch a little longer, when the fan comes on just a bit earlier, when balconies suddenly ask for new plants.

Ayurveda calls this shift Vasanta Ritu, the king of seasons, when winter's heaviness begins to melt and the body craves movement, lighter food, fresher air. Spring festivals, whether Nowruz or Gudi Padwa, Sakura Matsuri or Holi, are really invitations to do three things: clear, bless, and begin. Clear what is stale. Bless what remains. Begin something small that feels more alive.

That can be as simple as:
Clearing one shelf or folder instead of
"decluttering the whole house."
Bringing home one plant, one branch,
one bowl of lemons to honour the season visually.
Choosing one daily spring ritual—
opening the windows at a set time,
walking to find a patch of green,
lighting a diya at dusk.
Think of your home as a body, too.
It also needs a lighter diet when the year turns:
fewer heavy objects, more air and light;
fewer things that shout, more that exhale.
A Hindu New Year at spring is not only
about auspicious timings. It's a reminder that calendars
are meant to follow nature,
not the other way round—and that you can
reset your life gently, through corners
and moments, not just big resolutions.

You don't have to change your whole life this New Year—just give a little more sunlight to the parts of you that want to bloom. A small Sanskrit blessing for this turning of the year:
"सर्वे भवन्तु सुखिनः, सर्वे सन्तु निरामयाः।"
Sarve bhavantu sukhinah, sarve santu niramayah.
"May all be happy, may all be free from illness."

"Every season asks us a quiet question,"
we might say. "Spring's question is simple: What are you ready to let grow?"

गुढी पाडवा ॥शुभ लाभ॥

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Seasonal Shift



"What the sky, the seasons and the calendar are whispering this month and how to honour it at home.

"Above Us This Month". Sky Notes – Moons & Light

19 March - New Moon (India)
This month's New Moon falls on 19 March in India, right as we step into Gudi Padwa week, making it a natural "seed-planting" window for the year ahead.

March 20 - Spring Equinox
Astronomical spring begins in the Northern Hemisphere; day and night are almost equal as the sun crosses the celestial equator.

April 2 - Full Moon (Pink Moon / Libra Full Moon)
The next full moon after Gudi Padwa is on April 2 (often called the Pink Moon in Western almanacs). It visually looks full for about a day before and after.

sankalp

Setting a clear intention
Beginning a new way of thinking





"Wherever you are reading this—from Pune to Paris to Perth—the light is shifting. Let your home notice."

Global Seasons Lens – North & South

Northern Hemisphere - March 20 marks the first day of astronomical spring: longer days, softer light, buds and blossoms, a sense of "waking up".
Southern Hemisphere - The same equinox tips the year into autumn: cooling air, lengthening nights, a slow turning inward.

Ritu Lens – Vasanta, Indian Spring

"In Ayurveda, mid-March to mid-May is Vasanta Ritu—the flowering spring where the kapha that built up through winter begins to melt. The air feels lighter, trees push out new leaves, and digestion can feel a bit sluggish unless we gently wake it up. This is a month for clearing, lightening and inviting movement into spaces and bodies."











compost
—habits
de-clutter,
digital noise

Space Ritual: One Shelf, One Bag

Moon Ritual: Two Evenings With the Sky

Write in to us about tiny practices that you follow on hello@dhritsthal.co.in

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“Quick Spring, decor ideas on a budget”





In 2026, the trend for quick and easy spring decor focuses on "shopping your home" and using nature as your primary stylist. To achieve a budget-friendly, minimalist look, simply swap heavy winter textiles for light linen covers in soft pastels and place single-stem branches or fresh-cut greenery in clear glass vases for an instant, airy refresh.





“Spring, Brought Indoors”



“A window-sill desk, plants and an open screen—sometimes that’s all spring needs to slip quietly into your workday.”



“when Spring is in the air, decor ideas to enjoy your day”

which one do you prefer?the japanese or the french chacuterie board?





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Abraham & Thakore Focuses on sophisticated, monochromatic geometric patterns and modern takes on traditional Ikat or Bandhani. Perfect for a clean, contemporary look with a subtle Indian touch.



Jaypore Offers a wide range of hand-block prints (Bagh, Ajrakh) and Kalamkari designs from across India. Curates authentic, regional crafts for a traditional but elevated home.

“SPRING, BROUGHT TO OUR SOFAS”





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Vibrant Accents: Electric blue, fuchsia, and lime green are being used to create lively focal points.



Marimekko: Famous for the large, radiant red and pink Unikko (Poppy) floral print, perfect for a bold "pop" of color.

Good Earth: "A luxury aesthetic defined by Good Earth's artisanal prints, showcasing opulent motifs like Mughal florals and tropical palms on rich silk or velvet fabrics."





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Living Between Gadgets and Gayatri”

This page is a small mirror: what our days looked like then, what they look like now, and a few Vedic rituals that quietly hold both.

Communication

Trunk calls, inland letters, postcards, occasional fax; waiting days for replies.

WhatsApp, email, Teams/Zoom, instant voice notes, AI-assisted drafting tools.

Money & Bills

Cash, cheque books, long bank queues, passbooks; monthly bill payment outings.

UPI, net banking, auto-debits, expense-tracking apps, one-tap investments.

Work Tools

Typewriters, desktop PCs at offices only, filing cabinets, physical ledgers.

Laptops, cloud drives, Google Docs, Canva, Figma, AI writing and design assistants.

Entertainment & Learning

Then: Doordarshan, radio, Sunday films, library visits, newspaper cuttings.

OTT platforms, YouTube, podcasts, online courses, AI tutors and recommendation engines.

Home & Care

Paper calendars with red-letter days, handwritten recipes, physical photo albums.

Calendar apps, recipe apps, Instagram archives, AI-curated photo memories.

Lifestyle Then, Lifestyle Now

Slower incoming information, more predictable routines, joint-family support, one landline for many people, clear “work hours” and “off hours.”

Always-on notifications, blurred boundaries between office and home, remote work, global teams, higher individual choice but also higher cognitive load.

“We traded waiting time for screen time; the mind is still learning how to rest.”

Vedic Living Rituals to Re-Balance

Sanskrit: prātaḥ smaraṇa - gentle remembrance of the Divine or your svadharma at dawn.

Practice: Before touching your phone, sit 3 minutes, mentally repeat a short mantra (like “Om Shāntiḥ”) and set one sankalpa (intention) for the day.

Inspired by morning hymns in the Rig Veda and by Bhagavad Gita reminders to begin the day in awareness.

nididhyāsana - deep reflective contemplation on the day.

Five minutes before sleep: “What gave me energy today? What drained it? What one thing will I change tomorrow?”

Rooted in Upanishadic practice of reflecting on truth, plus Gita’s idea of reviewing one’s actions.

sandhyā vandana - traditional morning/evening twilight prayers.

Modern adaptation: At sunrise and/or sunset, step away from screens, look at the actual sky, take 12 deep breaths, mentally chant Gayatri or a simple line of gratitude.

Mentioned across Smṛtis and connected to Gayatri mantra from Rig Veda.

anna-dhyāna - contemplating food as prasāda (sacred offering).

One phone-free meal a day; silently thank everyone in the food chain before the first bite.

The idea of food as Brahman appears in the Taittirīya Upanishad (“annam brahma”).

Vedic rhythms designed as emotional “reboot buttons,”

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April's Bucket List

Digital Detox Day

Visit to the Farmer's Market

Sit under-A tree

try out tataki zome

Spring potluck meal

Bhajan Clubbing

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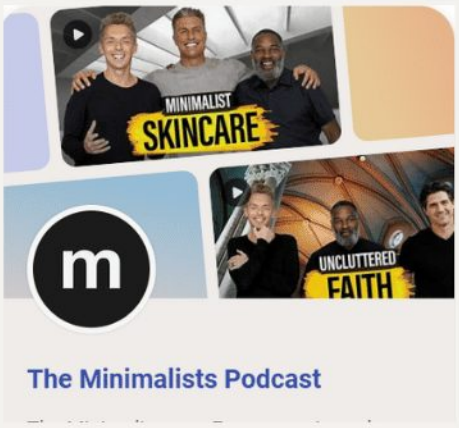
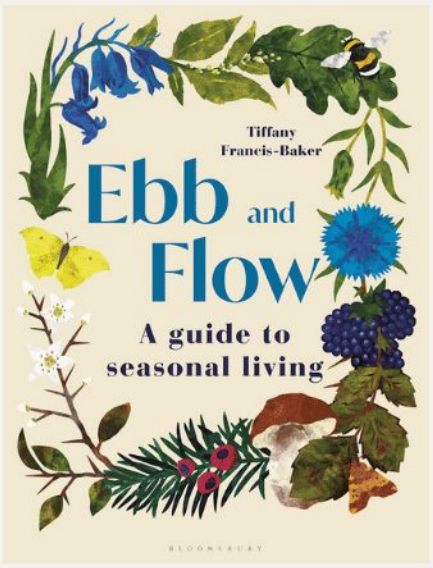
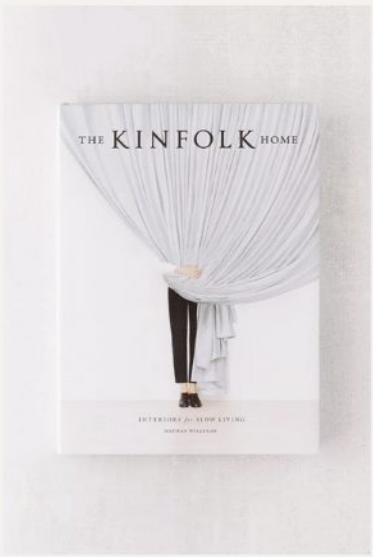
KEEP WALKING WITH US



The Minimalists Podcast
Hosted by Joshua Fields Millburn and Ryan Nicodemus, this is the most famous show for those looking to simplify their physical and mental space.



Ebb & Flow - Tiffany Francis-Baker
Gentle, illustrated reflections on seasonal living, creativity and mental health, with practical ways to reconnect with the wheel of the year.



The Kinfolk Home: Interiors for Slow Living - Nathan Williams
A visual journey through 35 homes across the US, Scandinavia, Japan and beyond, all embodying slowness, intentional design and community.

Here are a few books, podcasts, and pathways RECOMMENDS from Here & around the world , if you enjoy walking with the seasons

"Coming in May — Issue 02" looking for collaborators for

The Art of Slowing Down" - rest, rhythm, unhurried living
"Rooted" - ancestry, heritage interiors, heirloom rituals
"The Sensory Home" - designing spaces that feel, not just look
"Sacred Ordinary" - finding the divine in everyday routines
"Bloom" - seasonal renewal, gardens, new beginnings

A deep dive into a heritage home (Indian or global)
A seasonal ritual guide for early summer
An interview with a mindful maker or artisan
A curated reading list for slow mornings
A travel essay on a lesser-known sacred destination
A photo essay on a traditional craft form
A wellness piece on Ayurvedic summer practices
A styling guide - transitioning your home from spring to summer
Short teaser copy to use on the website:
"Issue 02 arrives in May. More stories. More stillness. More Dhritsthal."

"FROM YOUR SHELF TO OURS"

Audience Contribution Invite

"Dhritsthal is a circle, not a podium. Each month, we'll feature one or two reader recommendations from anywhere in the world-Marathi poetry, a Japanese forest-bathing memoir, a French slow-living podcast.

Write in with:

Hello@dhritsthal.co.in

"Pair a spring walk, a balcony chai,or an evening wind-down with one of these conversations."

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