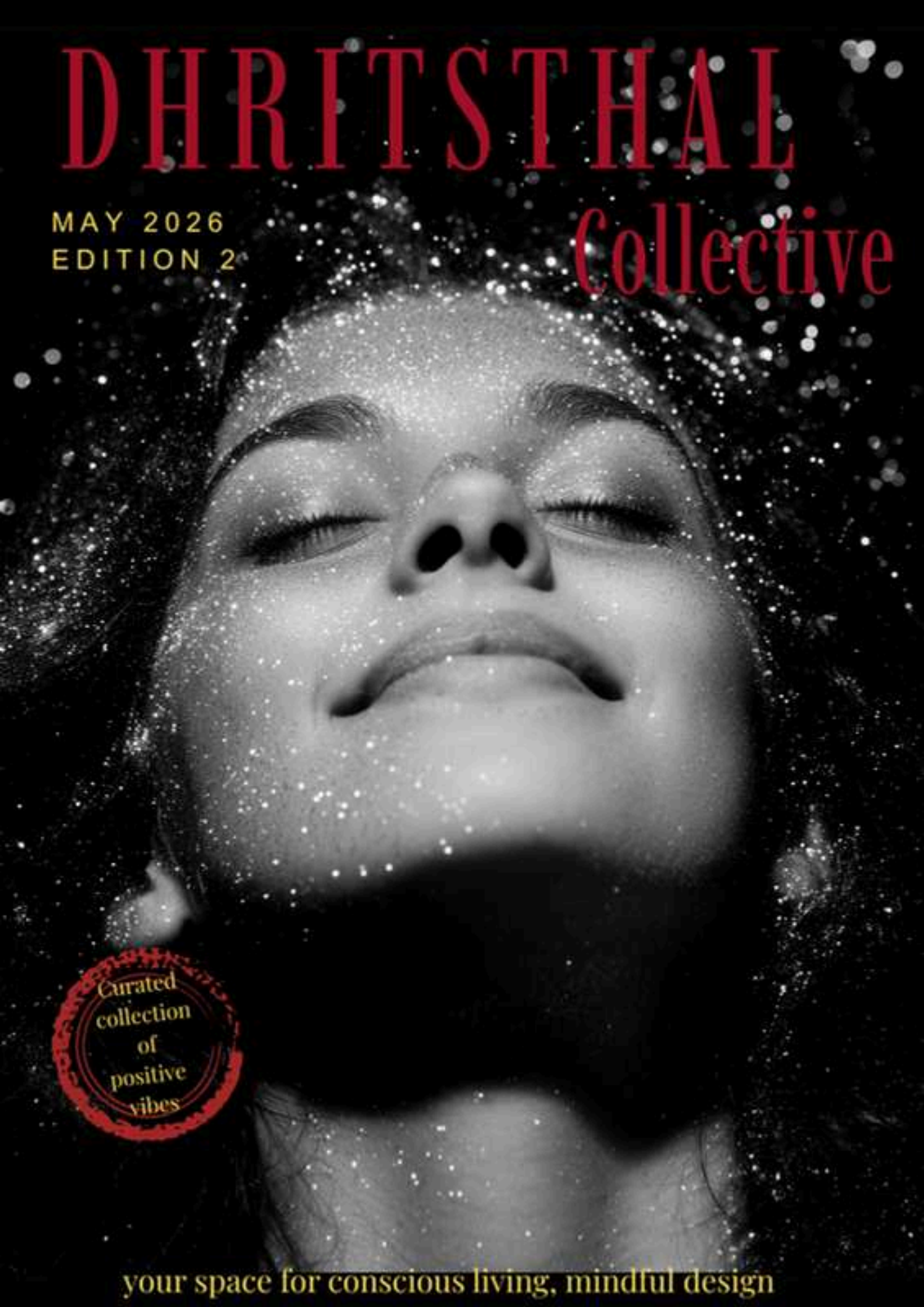
DHRITSTHAL

Collective

MAY 2026
EDITION 2



Curated collection of positive vibes

your space for conscious living, mindful design



from; Fridgedoor menus









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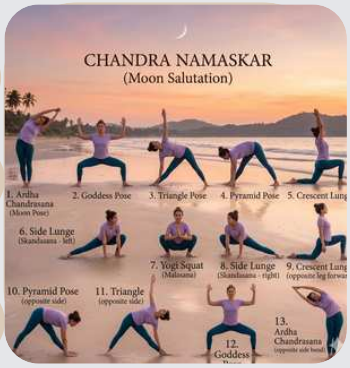



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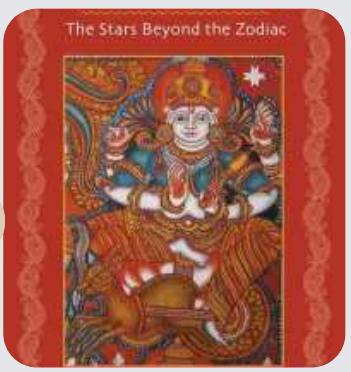


Connect with us; Stay in touch

If you'd like to collaborate, contribute, advertise, share feedback, or simply say hello, reach us on mail at **hello@dhritsthal.co.in** or on WhatsApp at 9820904555

visit our website **www.dhritsthal.com** for blogs and to read previous editions, join our Facebook community group Dhritsthal Collective, WhatsApp circle, and Discord server to be part of our growing world.

Editorial Note May 2026

There is a strange achievement modern life keeps rewarding us for: being busy enough to forget ourselves. We answer messages, save posts, open tabs, plan goals, overthink lunch, and somehow still don't remember what our own season feels like. So this issue of Dhritsthal Collective is my gentle rebellion against all that noise.

I have been thinking of this magazine less as a magazine, and more as a journal you and I happen to be reading together. A place for living ideas. A place to pause, circle a line, try a recipe, save a destination, rethink a room, or simply feel a little more like yourself again.

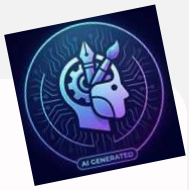
This May issue moves through the season the way I like to move through life when I am at my best: slowly, curiously, and with a glass of something cooling in hand. Inside, you'll find Vedic summer drinks, foods to eat in warmer months, recipes, pickles, and the reminder that food is not just fuel; it can be memory, medicine, and mood. We travel next, through places chosen not for checklist tourism but for feeling. Then come seasonal interiors, monsoon readiness, reflections on the Saptarishis, thoughtful recommendations, and even a look at new AI tools—because mindful living does not mean refusing the future; it means meeting it with discernment.

One of my deepest beliefs is this: what helps me return to myself may help someone else return to themselves too. Journalling, observing the sky, changing a curtain, making pickle, reading one good paragraph slowly, sitting with an old story—these are not tiny things. They are, quite often, how we come back home.

As the saying goes, "The quieter you become, the more you can hear." And perhaps that is what this issue is really about: hearing your own inner weather again. Another line I keep returning to is: "Small daily rituals are a way of holding the self with care."

Thank you for reading, sharing, and growing this little world with me. The next issue arrives in July 2026, and I am deeply looking forward to more collaborations, contributors, conversations, and community. If Dhritsthal speaks your language, come write with us, build with us, and help shape what this slow, meaningful publication can become.

with Sincerity Ar. Mrinalini





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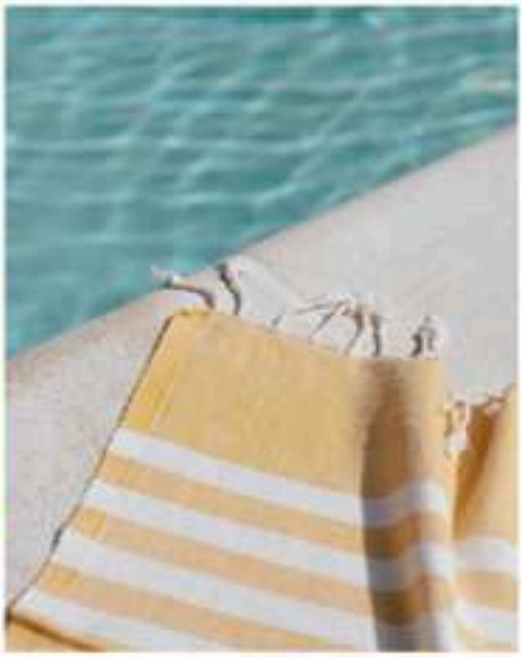
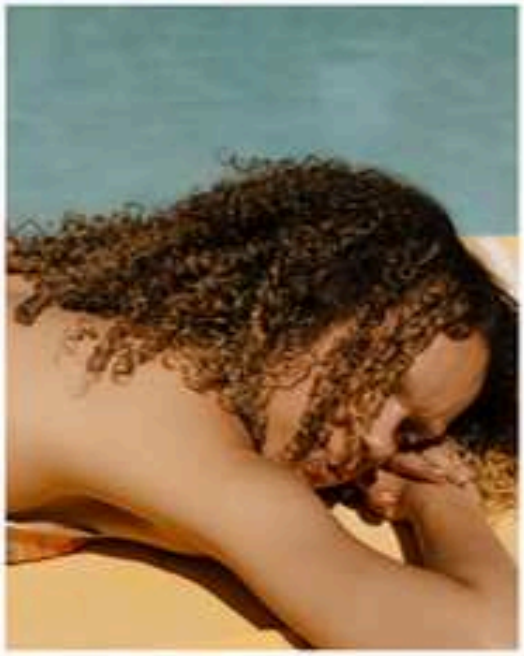
SUMMER AESTHETICS





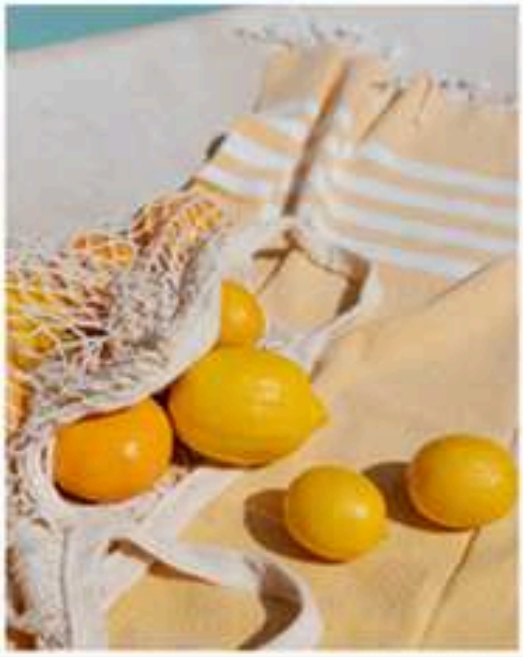




Hello,
SUMMER!

Summer state
of mind









COOLER IDEAS FOR





chill



summer coo

beverages for summer





sun









summer

hydrate



SUMMER THIRSTS

Please Do Not Automate the Soul

We seem quite ready to outsource everything these days — our emails, our grocery lists, our travel plans, our apologies, our captions, our brainstorming, and on some particularly tired Tuesdays, perhaps even our personality. Artificial intelligence is now the overenthusiastic intern on every desk: fast, available, occasionally brilliant, and in need of supervision.

To be clear, this is not a call to reject AI and go live in a cave with a fountain pen. Some things should absolutely be handed over. Let the machine summarise the meeting, clean up the transcript, remove the background noise, suggest ten headlines, compare fifty options, and find the one PDF you buried in a folder three monsoons ago. No notes. Efficiency is not the enemy.

But here is the question worth keeping on the table: what should we never outsource, even if we technically can?

The answer, I suspect, lies in one simple distinction: AI can calculate; humans must live with consequence. A machine can predict, optimise, generate, and persuade. It can offer a beautifully structured answer in three seconds flat. What it cannot do is bear responsibility. It cannot feel remorse, exercise moral courage, or sit in the discomfort of having hurt someone and then choose to repair the damage. It can simulate empathy. It cannot practice care.

That, perhaps, is the first Laxman Rekha.

Let AI handle what is mechanical. Let humans remain accountable for what is consequential.

This means AI may help draft the difficult email, but only a human should decide what ought to be said. It may assist a doctor, but not replace responsibility. It may help a writer begin, but it should not become a substitute for voice, taste, memory, or lived experience. Because the danger is not really that machines will become too human. The danger is that humans, in the name of convenience, may become a little too machine-like — efficient, polished, productive, and strangely absent. There are some territories that should remain irreducibly human: conscience, grief, love, forgiveness, discernment, ethical judgment, and the slow forming of wisdom. These are not bugs in the system. They are the system. They are inconvenient, nonlinear, gloriously inefficient, and essential. As the old line often attributed to Voltaire goes, "With great power comes great responsibility." Fine, that one may belong more to pop culture than philosophy now, but the point stands. If we are building astonishing tools, then our responsibility is not merely to use them well, but to decide where they must stop. Another useful reminder comes from E. F. Schumacher, who warned that our task is to achieve "the maximum of well-being with the minimum of consumption." That feels newly relevant in an age where speed, scale, and convenience are too easily mistaken for progress.



Because this is not only about human beings. It is also about the planet. AI may help model climate risk, improve efficiency, and reduce waste. It may also deepen extraction, energy use, and thoughtless excess if left in the hands of markets with no moral imagination. Intelligence alone does not guarantee wisdom. In fact, history suggests otherwise.

So perhaps the future is not human versus machine. Perhaps it is human with machine — but without abdication. A good team, after all, is not one where one member does everything. It is one where each knows their role.

The machine can assist. The human must answer.

And that seems, still, like a rather important difference.

Practical Slow Living Anchors

"Dolce far Niente" The sweetness of doing nothing.
Sit on a porch or park bench for 5 minutes without a book or phone.

Pitta Balancing Managing summer irritability.
Use cool showers and guided visualizations of cool places (like forests or water).



Saying "No" Protecting your peace and time.
Decline one non-essential social invitation this week to leave room for spontaneity.



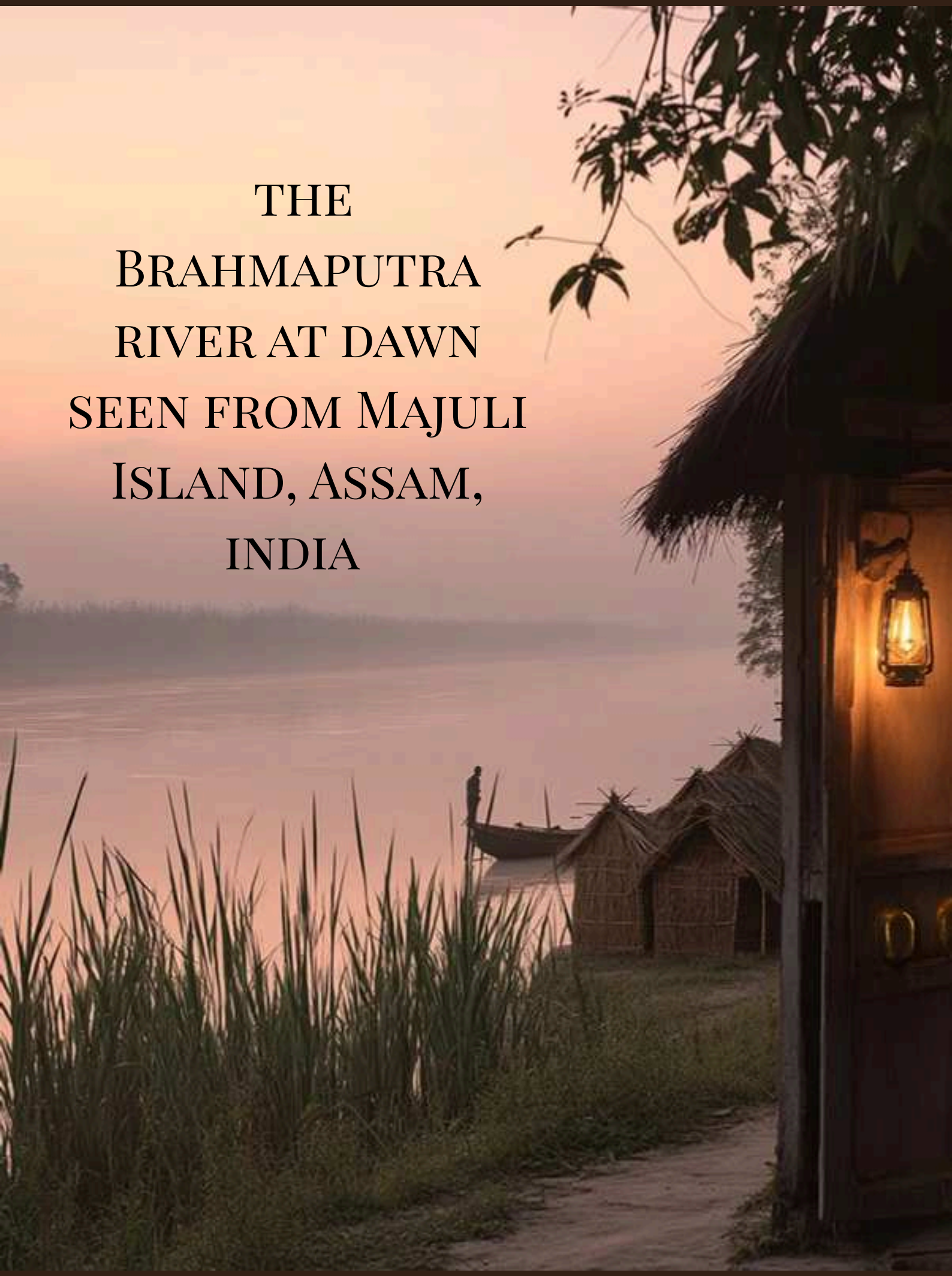
Fontsanta Thermal Spa, Mallorca

thermal mineral water pool at a boutique wellness retreat in a Mediterranean pine forest in rural Mallorca, Spain

WELLNESS RETREAT ON OM BEACH, GOKARNA, KARNATAKA




Bacalar Lagoon Mexico



THE BRAHMAPUTRA RIVER AT DAWN SEEN FROM MAJULI ISLAND, ASSAM, INDIA

SAO MIGUEL ISLAND AZORES PORTUGAL



Destination	Country	Summer Mood	Best For	Ideal Duration	Reach From India
Majuli Island	🇮🇳 India, Assam	Ancient · Vanishing · River-slow	Heritage seekers, cultural souls, solo travellers	2-3 nights	Fly to Jorhat → ferry to Majuli
Chikhaldara	🇮🇳 India, Maharashtra	Misty · Forested · Close to home	Weekend slow travellers, wildlife lovers, coffee romantics	2-3 nights	Drive from Nagpur (160 km) or Amravati
SwaSwara, Gokarna	🇮🇳 India, Karnataka	Creative · Soulful · Sea-quiet	Artists, burnt-out souls, Ayurveda seekers, yoga practitioners	3-7 nights	Fly to Goa → drive 2.5 hrs to Gokarna
Bacalar Lagoon	🇲🇽 Mexico	Turquoise · Floating · Unhurried	Water lovers, rest seekers, slow travel romantics	2-3 nights	Fly to Cancún → Tren Maya to Bacalar
Azores, São Miguel	🇵🇹 Portugal	Volcanic · Mystical · Atlantic-wild	Nature lovers, photographers, wellness travellers	4-5 nights	Fly to Lisbon → connect to Ponta Delgada
Fontsanta, Mallorca	🇪🇸 Spain	Thermal · Pine-scented · Adults-only	Niksen practitioners, yoga seekers, complete rest	3-5 nights	Fly to Palma de Mallorca → 45 min drive

Chikhaldara Maharashtra



Sapta Rishis and the Big Dipper: Lineage, Sky-Wisdom, and Living Ancestry

In the northern sky, one of the most recognisable star patterns in the world is known in the West as the Big Dipper, part of the larger constellation Ursa Major. In the Indian imagination, that same stellar form becomes the Saptarishi Mandala—the mandala of the Seven Seers—where astronomy, ancestry, cosmology, ethics, and inner life meet.

This is what makes the Saptarishis so enduring: they are not only mythic sages, not only stars, and not only ancestors. They are also a civilisational way of remembering that human life is linked to cosmic order, to transmitted wisdom, and to the responsibility of carrying lineage consciously.

Vedic context

Saptarishi Mandala refers to the seven seers represented in the sky.

Arundhati-Vashistha are identified with the double star pair Mizar and Alcor.The Saptarishis guide dharmic memory and cosmic order in Vedic thought.

Western context

Big Dipper is the well-known seven-star asterism inside Ursa Major.

In observational astronomy, Mizar and Alcor are a famous visual pair in the Dipper's handle.

The Big Dipper has long been used for orientation and navigation in many cultures.



A common traditional mapping links the seven rishis with the seven bright stars of the Big Dipper, while Arundhati is the faint companion near Vashistha This pairing matters because Hindu thought repeatedly uses the sky not only to describe external astronomy but also to encode inner and social values—marriage, lineage, responsibility, remembrance, and continuity.

This layered timeline is important.

source started with Early Vedic Literature

compiled over centuries as Puranic Cosmology

compiled over centuries as Puranic Cosmology

Observed in many ancien cultures long before modern astronomy.

standardized to todays Modern Astronomy



. In observational terms, the sky pattern is older than writing itself.

In symbolic terms, the Saptarishis are placed by scripture at the dawn of recurring creation, which pushes their meaning into mythic rather than merely historical time.

One of the most powerful ideas in Hindu cosmology is that time moves in vast recurring cycles.

THE MANVANTARAS: THE MULTIVERSES

A manvantara is the age or reign of a Manu, the progenitor of humankind. In each manvantara, a Manu, certain deities, an Indra, kings, and seven rishis are said to arise and pass away.

Traditional sources note that the names of the Saptarishis differ according to the manvantara. One widely cited list associated with the *Vaivasvata Manvantara* includes Kashyapa, Atri, Vasistha, Vishvamitra, Gautama, Jamadagni, and Bharadvaja. Another classical list associated with the celestial Big Dipper pattern includes Vashistha, Marichi, Pulastya, Pulaha, Atri, Angiras, and Kratu. Rather than being a contradiction, this reflects how Hindu cosmology works: it is cyclical, recursive, and multilayered.

Progeny, lineage, and the Ancestral genes and DNAs

The Saptarishis are not merely wise beings in the abstract. In Hindu social thought, they stand at the root of gotra—a lineage marker that traces descent through a rishi line. Classical grammatical tradition defines gotra as the progeny of a sage beginning from the son's son, showing that the idea is genealogical, not just symbolic.

Vedic context	Western context
A lineage tracing descent from a rishi or ancestral seer, usually through the paternal is GOTRA	Similar to a deep ancestral clan identifier or lineage marker.
Family line, ancestral house, or broader heritage stream. is KULA	Comparable to family heritage, house line, or inherited lineage identity.
The more specific invocation of distinguished ancestral sages within a lineage is PRAVARA	Comparable to naming a formal line of founders or ancestral exemplars.

Why avoid same-kula or same-gotra unions?

"Same-gotra marriages were discouraged because our ancestors noticed that marriages within the same ancestral line tended to produce more health problems in children. Today, genetics explains this as the risk of recessive mutations matching up when families are too closely related."

·Symbolic: lineage is sacred and must remain rightly ordered.

·Social: marriage creates alliance, expansion, and relational breadth between families and communities.

Biological: exogamous rules may reduce the risk of close-line repetition in populations with strong hereditary continuity.

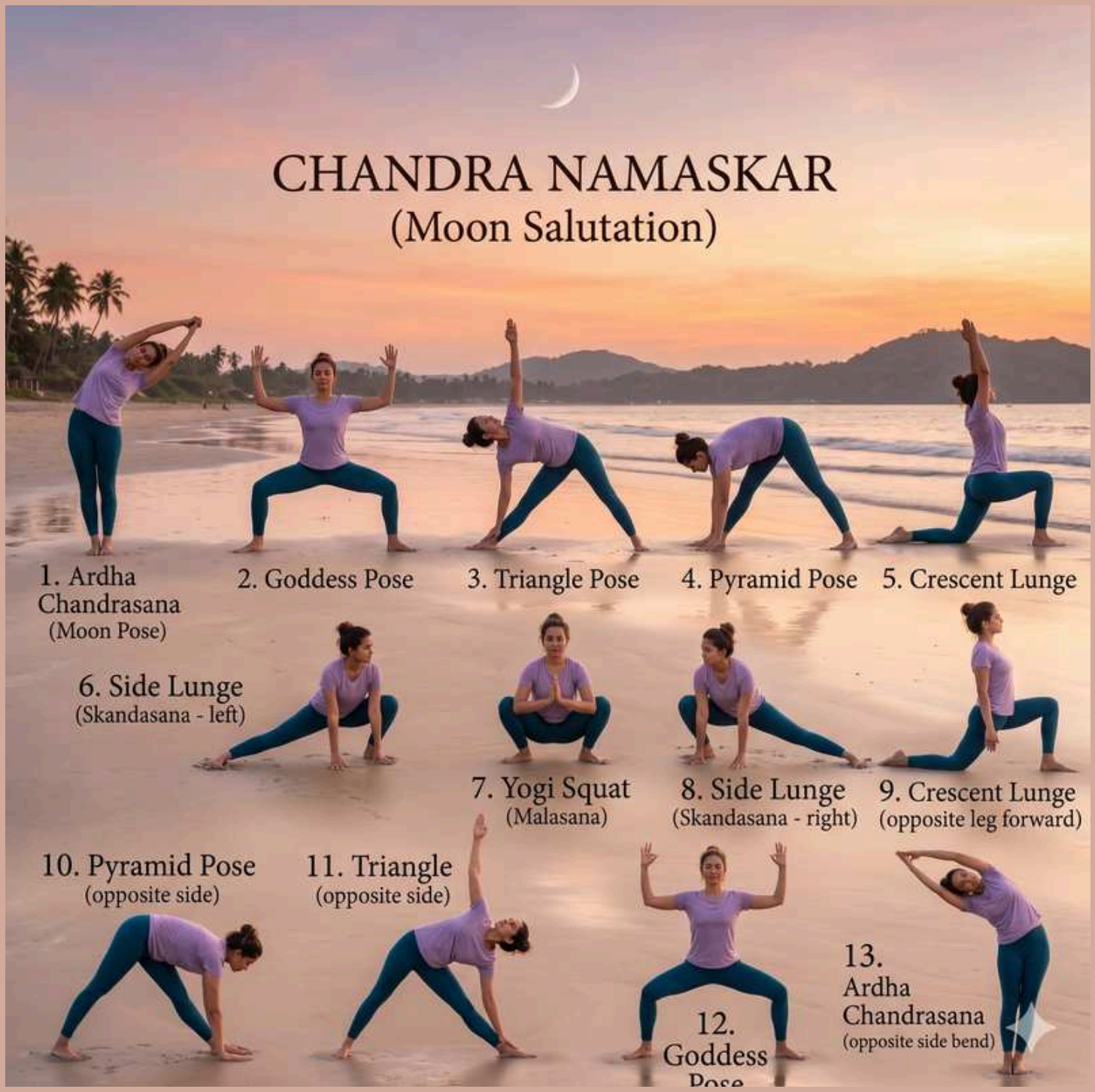
The Seven Seers shine above us as stars, live within tradition as sages, and move through society as ancestry, marriage ethics, and inherited memory. Their brilliance lies precisely in this many-layered life: astronomical, scriptural, symbolic, genealogical, and practical.

For a modern dharmic life, the invitation is not to romanticise the past, but to read it intelligently. The Saptarishis can still teach: how to look upward, how to look backward, and how to live forward with greater awareness of lineage, responsibility, and grace.



Disclaimer

This article is intended for cultural, scriptural, reflective, and educational use. Scriptural timelines and cosmological interpretations belong to sacred traditions, while genetic and astronomical discussions belong to modern scientific frameworks; the two are placed here in dialogue, not as identical knowledge systems.



Chandra Namaskar, or Moon Salutation, is a soothing yoga sequence designed to channel the cooling, restorative energy of the moon. While Surya Namaskar (Sun Salutation) is heating and energising for the morning, Chandra Namaskar is slow and grounding, making it perfect for evening practice to reduce stress and prepare the body for sleep

Core Benefits
Stress Relief: Calms the nervous system and lowers cortisol levels.
Flexibility: Focuses heavily on opening the hips, hamstrings, and side body.
Balance: Activates the Ida Nadi (lunar energy channel), which governs intuition and emotional calm.
Improved Sleep: Helps combat insomnia by soothing the body before rest.

A Room in Perfect Proportion



Good interiors know when to whisper and when to wink.
The 60–30–10 rule does exactly that: one color leads, one supports, and one lifts the whole room with a final touch of contrast.

The coastal blue moodboard



Layering in Interiors







Layering elements in interiors





When the Nest Went Quiet

The house grew quiet. The heart grew wiser.

CONVERSATIONS

Introduction

Children do not only leave our homes; they slowly leave our systems, our circles of everyday. One day they ask to spread their wings, and while we say all the right things, something inside us still keeps setting aside an extra portion of food, an extra thought, an extra worry. We were not trying to dominate. We were simply overqualified in worrying. This conversation between husband and wife is about that tender, awkward, often funny transition called empty nesting — the long, uneven journey from holding on too tightly to learning how to love with more space, more trust, and eventually, more freedom.



A TETE-A-TETE ABOUT OUR KIDS



Mrinalini: *Raju, do you remember the first time she said, "I want to leave and live on my own"?*

Raju: Of course. You said, "Very good, beta, spread your wings," and then spent the next three days looking like someone had stolen your pressure cooker and your pulse.

Mrinalini: *I was being supportive. Internally collapsing, but supportive.*

Raju: That is premium Indian parenting. Smile on the face, cyclone in the chest.

Mrinalini: *True. Nobody prepares you for this part. People tell you how to raise a child, educate a child, protect a child. Nobody tells you how to let one go without behaving like a part-time detective and full-time food consultant.*

Raju: Ah yes. "Did you eat?" "Did you sleep?" "Why are you sounding tired?" "Who is this friend?" "Why is the room in your photo so messy?"

Mrinalini: *Excuse me, that was concern.*

CONVERSATIONS

Raju: It was concern wearing a coat of interference!



Mrinalini: *Fair enough. Empty nest is not really when the child leaves the house. It is when the parent finally leaves the child's daily business. That takes much longer.*

Raju: Exactly. Children move out in one day. Parents take years to vacate mentally.

Mrinalini: *And even when they come back for a few days, we immediately reopen the old department: feeding, folding, asking, advising, hovering.*



Raju: As if adulthood is a temporary phase and they will soon return permanently to our management.





Mrinalini: *The truth is, love also has to grow up. At some point, parenting must change from holding on to standing by.*

Raju: Very deep. Please write that down before you go back to asking whether she has taken her vitamins.





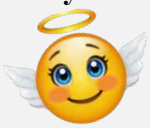
Mrinalini: *See, this is why I married you. No romance, only timely sarcasms!*

Raju: But look at us now. We survived it. We went from anxious parents to reasonably stable empty nesters.



Mrinalini: *Reasonably stable is generous. But yes, we learned. Slowly. Painfully. Repeatedly.*

Raju: We learned that they need freedom without guilt, and we need a life beyond monitoring theirs.



CONVERSATIONS



THE FULL CONVERSATION ON OUR DHRITSTHAL COLLECIVE
– COME FOR THE SMILES, STAY FOR THE HEART.

"Children leave home in stages. Parents let go in instalments."

"Perhaps successful parenting is not raising children who stay, but raising children who can leave, return, choose, stumble, rise, and still know where love lives."

Mrinalini: *That was the real turning point. We stopped behaving like abandoned parents and started behaving like adults with a second life.*

Raju: Slightly older adults, with joint pain and reading glasses, but yes.

Mrinalini: *Still adults. Still alive. In fact, once the emotional umbilical cord loosened, we became lighter. We travelled, moved cities, saw new places, made our own memories again.*





Raju: Not bad for two people who once thought their main purpose was waiting for phone calls.

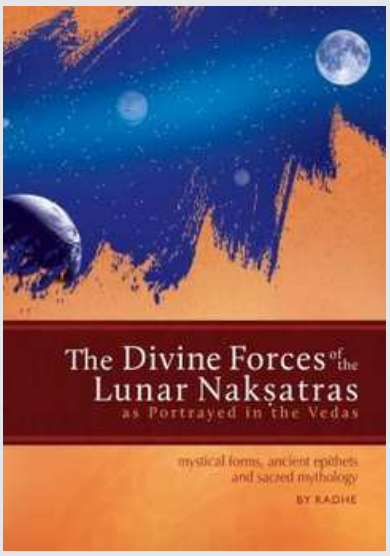
Mrinalini: *Maybe that is the lesson. An empty nest or kids getting married, is not an ending. It is a home making room for new versions of love.*

Raju: And successful parenting is this: they can fly, and we can finally unclench.

Mrinalini: *With grace.*

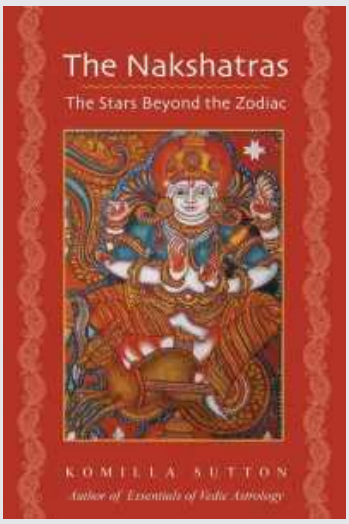
Raju: With grace. And occasionally with snacks ready, just in case.
A thought line
“Children leave home in stages. Parents let go in instalments.”

HEY! DO RECOMMEND GOOD READS, PODCASTS, SERIES



The Nakshatras:
The Lunar Mansions
of Vedic Astrology
- Komilla Sutton

The Divine Forces
of the LunarNakshatras -
Radhe (Dennis) Harness



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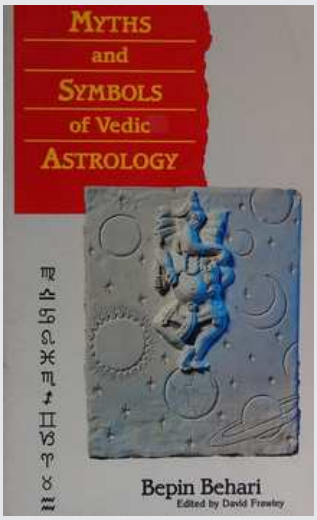

check out this podcast



COMING SOON

Coming soon in July 2026
Edition Three:
We turn toward the monsoon in July — with rain-soaked homes, seasonal food, reflective travel, comforting interiors, and the quiet moods that arrive with darker skies. Expect a more inward, atmospheric issue that explores how weather changes the way we cook, rest, style our spaces, and return to ourselves. From Indian monsoon living to rainy rhythms around the world, the next edition will be a gentle study in season, memory, and mood.

Contributors and collabs
For Edition Three and future issues, we're always looking to connect with thoughtful contributors, collaborators, and creative voices who align with Dhritsthal's worlds of mindful living, culture, design, food, travel, and seasonal wisdom.
We would especially love to hear from writers, artists, photographers, interior stylists, wellness practitioners, slow-living experts, food voices, and culture-led storytellers.

If that sounds like you, write to us at hello@dhritsthal.co.in or WhatsApp +91 9096923456 — we'd love to start a conversation.

MY JUNE RESET

This Month i want to feel

I AM READY TO RELEASE

Small Joys To Return to

Iwant to Nourish

My Notes for June

From Theheraav Studios