

## AMMAJI'S MESSAGE



As the year draws to a close, I would like to take this opportunity to share with you the highlights and successes for Purna Vidya's global family this year.

Purna Vidya successfully conducted three Vedanta courses and other programmes such as Teacher Training, Sukanya and Outbound Learning Camps (for youth and children). Our global seekers also had the opportunity to participate in Vedanta workshops and retreats I conducted in Dubai, Singapore, U.K., U.S.A, France and Germany. Especially worth mentioning are the launch of the Online Bhagavad Gita Learning programme, the steady growth of more Purna Vidya Gita study groups and Purna Vidya Community Centres (for children) globally, as well as my participation as a delegate speaker at the World Hindu Congress in Chicago, U.S.A.

It brings me great joy to see that Purna Vidya's vision of spreading the invaluable Vedantic teachings about our Highest Self is being realised through the various platforms and opportunities gifted to us!

We, however, cannot stop here. To ensure that the Vedantic teachings reach every seeker in all corners of the globe, we will be launching more courses just for you! Look out for the launch of Purna Vidya's Online Vedic Heritage Course next year, and Vedanta retreats in India and abroad.

How far-reaching Purna Vidya's journey next year will be depends very much on you, through your active participation and support of our programmes. A family cannot grow and sustain itself unless we do it TOGETHER

Be Part of the



## INSPIRATIONS....

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### QUOTES FROM AMMAJI

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*"The Voice of God within you is your only guide to happiness, and not the voice of the ego! Learn to recognize and distinguish the two, if peace is your goal!"*



## UPCOMING EVENTS

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### GĪTĀ JAYANTI

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**18th December, 2018**

( Purna Vidya Foundation - Coimbatore )

Gītā Jayanti is the day Bhagavān Sri Kṛṣṇa taught Arjuna the Bhagavad Gītā. Purna Vidya will be celebrating this sacred day at our ashram with a pūja, Gītā chanting and teachings.

Come join us in reveling in the glories of Bhagavān Kṛṣṇa and his teachings!



### VEDĀNTA COURSE (ONE MONTH)

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**3rd February- 6th March, 2019**

( Purna Vidya Foundation - Coimbatore )

Purna Vidya will launch it's first Vedānta course of 2019 with

## PAST EVENTS



### LAUNCH OF 'PURNA VIDYA COMMUNITY CLASSES' FOR CHILDREN

**22nd October, 2018**

We are proud to announce that three more community classes using the Purna Vidya books for Culture- Based Value Education were launched in Chennai on the auspicious day of Vijayadaśami! The three centres are in West K K Nagar, Thiruvanmiyur and Mugalivakkam Kumudham Nagar.



### PURNA VIDYA CELEBRATES DĪPAVALI!

**5th November, 2018**

The Purna Vidya family in Coimbatore ashram gathered together on the eve of Dīpavali to welcome the festival of lights. Both adults and children celebrated by lighting auspicious clay lamps arranged in various geometrical formations and on colourful Kolam (designs drawn using rice flour). The evening concluded with a delectable dinner and a heart-pumping display of fireworks inducing such joy and excitement in all present!



# AWAKEN TO YOUR TRUTH!

## JĪVANMUKTI: LIBERATION WHILE LIVING

Continued from Volume 2...



### The Role of Karma

Karmas, in the form of prayers and rituals, constitute a religious and spiritual life. If knowledge is the means for mokṣa, what role does karma play in one's life? Does the performance of such actions have any relevance in the pursuit of mokṣa? Karma plays an important role in preparing a person for this knowledge.

No one can circumvent the necessary preparedness for self-knowledge, as even one cannot celebrate one's sixty-first birthday unless one has already celebrated one's sixtieth birthday! The maturity that can be gained by living a dhārmic and prayerful life cannot be gained in any other way. But what can be gained by knowledge cannot be gained by any prayer or karma. Therefore, the position of karma in the pursuit of mokṣa is very elaborately discussed in the Upaniṣads and the Gīta, and commented upon in detail by Ādi Śa kara.

The Vedas do talk about heaven and its desirability. By one's good karma one is promised a heaven, svarga. But the Vedas also reveal that heaven, like anything else in this world, is time-bound and being the finite result of a finite action one will lose in time.

### The Ultimate End

One who has gained self-knowledge is a jīvan-mukta, liberated while living. Such a person becomes a teacher for others who seek this knowledge. Knowing the self which is free from doer-ship and enjoyer-ship, he is free from all his past karmas. No future karma can be accrued for the same reason the he does not see himself as a doer or an enjoyer. As long as the set of karmas which has brought the current body into being lasts, he lives the life of a jīvan-mukta. At the exhaustion of this karma, the body falls away and there is no longer an individual soul separate from Īśvara, the Lord.

Jīvan mukti is thus, the ultimate end of every individual's life. The Vedas do not merely point out the end but also provide a way of life to discover it, giving direction and a purpose to one's life. In order to gain its ultimate vision, mokṣa, it is essential to understand every aspect of the Vedic religious culture. Appreciating how the varṇa-āśrama-dharma makes a Vaidika's life meaningful leads one to the discovery of freedom in this life.

# VEDIC WOMEN



In the world, we see that the creation of any life-form includes an efficient cause as well as a material cause. The efficient cause is looked upon as the masculine principle in the creation, while the material cause is seen as the feminine principle in the creation. For example, the birth of a fawn is due to the coming together of the stag and the deer.

Similarly, the creator of this world is looked upon as the efficient and the material cause of creation. The two causes are considered to be non-separate from each other and they are together represented as the deity Ardha-nārīśvara, a form of the Lord which is both male and female.

The efficient and the material causes are also represented in their many aspects separately and worshipped as gods and goddesses. As gods, the creator is invoked as Viṣṇu, Brahmā, Indra and so on; while as goddesses, the creator is invoked as Lakṣmī, Sarasvatī, Indrāṇī and so on.

Dear Vedic Women,

Divinity is not separate from this world, which includes you! This same divinity transcends forms, be it man or woman.

Strengthen the Divinity within you through your prayers, the study of the scriptures, and most importantly, by expressing Unconditional Love always.

Be non-separate in your thoughts, speech and actions from your Divinity, your Highest and Truest Self!

Love,  
Ammaji

## CHILDREN'S CORNER



### GOD RESIDES IN EVERYONE

One morning Gaṇeśa asked his mother Pārvati, if he could play in the garden. Mother Pārvati agreed, but warned him not to play for too long. Even before she could finish speaking, he was gone. In the garden Gaṇeśa chased butterflies, climbed trees and ate their sweet fruits. He also tried to catch a deer but it was too fast for him. At last he was too tired to play, so he sat under a tree.

Just then Gaṇeśa heard a mewling. It was his pet cat. It walked up to Gaṇeśa gently and climbed onto his lap. It closed its eyes and went to sleep. Gaṇeśa knew that it was not a good habit to sleep in the daytime. So, he did not allow the cat to sleep and tried to keep it awake. He made the cat stand on its hindlegs and tried to teach it something. But, the cat was not interested. It only purred and went back to sleep on Gaṇeśa's lap. Gaṇeśa was not pleased. How could his pet disobey him? So he caught hold of the cat and scratched its face. The cat jumped out of his hold and ran away.

By now Gaṇeśa was hungry and went to his mother. He asked, "Is food ready mother?". Pārvati replied, "Yes my child, but first let me finish dressing my wounds". Gaṇeśa was puzzled. He looked closely at his mother and saw horrible scratches on his mother's lovely face. He was shocked and asked, "Mother, who did this to you? I shall tell father and get that naughty person punished". Pārvati replied lovingly, "The person who did this is none other than my dear son Gaṇeśa". Gaṇeśa was upset. He said, "I hurt my dear mother! It is impossible! Besides I was in the garden all this time playing by myself. Some other boy must have come in and pretended to be me". But, Pārvati gently shook her head and asked "Gaṇeśa, tell me, did you hurt anyone while playing in the garden? Did you play with any animal and hurt it in any way?".

Gaṇeśa now remembered how he punished his pet cat which had the habit of sleeping in the daytime. So he told his mother about that and asked, "But what has that to do with the scratches on your face?". Pārvati smiled and said, "Gaṇeśa, don't you know I am the Mother of the whole universe? It is I who lives in all creatures. When you hurt anything in this creation, you are hurting me". Gaṇeśa now understood. He realised that his mother loves all her children equally and suffers equally when her children are hurt. Bowing down before his mother. Gaṇeśa said, "Mother, from today I will not hurt any



Dear Children,

God resides in every one of us and therefore, life is precious and sacred for all beings. This needs to be respected. What is being taught in this story is the value of ahimsā. We live the culture of ahimsā which respects the throbbing of life in everything and stresses the need to avoid causing pain or hurt to any living being.

Just as we do not like to be hurt by another, others also do not like to be hurt by us.

Something to think about...

Do you think one can hurt a person as much by talking as through silence?

Tearing a leaf off a bush or a tree does not hurt it, or does it?



Seeing that his Mother Pārvati lives in all, Gaṇeśa made a promise to never hurt another person or creature by thought or action. Can you do the same?



## STUDENTS' REFLECTIONS



### TAPASYALAYAM - WHERE THE ANGELS SING...

Surrounded by the amazing Himalayas and just in front of Ma Ganga, my experience in the Tapasyalayam ashram in October 2018 has been simply magical, full of profound learnings and beautiful experiences. From the first minute I arrived I felt a deep inner calm that stayed within me for the whole month. I did not even need to look for it. The peaceful energy of this place just made it happen naturally. Waking up in the morning to the birds singing and the sound of Ma Ganga's water, spending the day in deep meditations on the banks of Ma Ganga, and going to sleep under a sky full of stars and the brightest moon...

But this incredible nature is not the only thing that captures you. It is also the beautiful people who are the Tapasyalayam staff. They are the best. Their loving care for you, their warmth and simple natural ways, make you feel part of the Tapasyalayam family.

Also, as a very important part of the Netala community (where the ashram is located), Tapasyalayam is daily connected with the people of the village. One of the best moments of each day is when the kids of the village come to the ashram for after-school tuition and render the cutest bhajans during the evening Arti, where they sing like angels!

Natalia Carrazón, Spain



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## MESSAGE FROM THE EDITORIAL TEAM

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### **Namaste dear Friends!**

We hope that your Dīpāvali was joyously sparkling and festive!

As the New Year fast approaches, Purna Vidya is gearing up to bring more exciting programmes for you and your families. Please do look them up in this newsletter and our website!

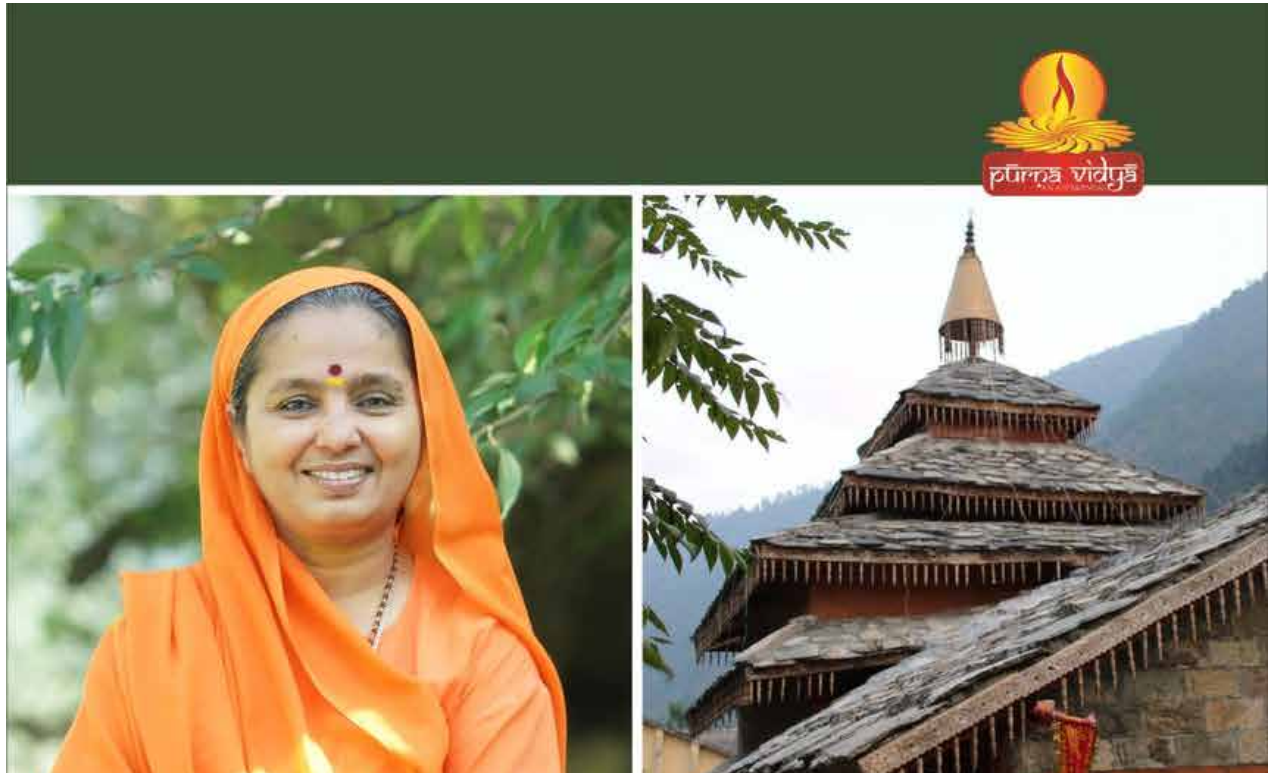
Also, we have been receiving very positive and useful feedback from you, our well-wishers. We thank you all for your support!

In our efforts to enrich your reading experience, we will be introducing more reflective and interactive content in the subsequent volumes. We also invite you to send us your burning Vedanta questions for Ammaji so that they can be answered directly on this platform.

We hope that you have enjoyed this volume of our newsletter. We warmly welcome your feedback and contributions through [purnavidyaprograms@gmail.com](mailto:purnavidyaprograms@gmail.com)

Happy Reading!

# AMMAJI'S 2019 COURSES/ RETREATS/ TOURS



## **Vedanta Course (1 month) @ Purna Vidya Foundation**

*3rd February - 6th March, 2019*

ENROL

## **Vedic Chanting and Meditation Retreat @ Tapasyalayam**

*28th April - 4th May, 2019*

ENROL

## **Ganga Dasahara Retreat @ Tapasyalayam**

*4th - 13th June, 2019*

ENROL

## **U.K & Europe Vedanta Tours**

*17th July - 20th August, 2019*

ENROL

## **Navarātri Retreat @ Tapasyalayam**

*28th September - 9th October, 2019*

ENROL

## **Vedanta Course (1 month) @ Purna Vidya Foundation**

*8th November - 8th December, 2019*

ENROL

## **Purna Vidya Family Reunion**

*24th December, 2019 - 1st January, 2020*

ENROL

# ARULJI'S 2019 COURSES / EVENTS



## VEDANTA

### **Essence of Gita, Gitaiyin Saaram @ Purna Vidya Foundation**

*1st and 3rd Sundays of every month, starting 7th April, 2019*

ENROL

### **Vedanta Retreat (Tamil) @ Purna Vidya Foundation**

*1st - 15th June, 2019*

ENROL

### **Navarātri Retreat (Tamil) @ Purna Vidya Foundation**

*28th September - 9th October, 2019*

ENROL

## CULTURAL EDUCATION

### **Teacher Training Programmes @ Purna Vidya Foundation**

*April - September, 2019*

ENROL

### **Classes for Children and Youth @ Purna Vidya Foundation**

*2nd and 4th Sundays every month, starting 14th April, 2019*

ENROL

### **Outbound Learning Camps @ Purna Vidya Foundation**

*April - September, 2019*

ENROL