



pūrṇa vidyā newsletter 3 | 22

Contents

- 1** Ammaji's Message
- 3** Śivapañcākṣarastotram (Part 4)
- 5** Bhagavad Gītā Q&A (Part 7)
- 6** Yoga-Practice (Part 13)
Ayurvedic Yoga
- 10** Upcoming Weekend Workshops
- 12** Upcoming Courses
- 21** Past Events – Ashram & Online
- 27** Children's Corner
- 30** Editorial Team Message



Ammaji's Message

Dear Readers,

Nature is continuously gifting us without us even being aware of it! As humans we tend to select a reason or season to gift. Nowadays it is common in relationships to gift on special occasions. Gifting is the capacity to give generously without regrets.

In our tradition gifting is called dānam (charity). Dā means “to give.” Gifting is in the attitude and not just the act. It is an attitude to care not just for what matters to me. Giving extends beyond kith and kin. But know that mere giving is not enough in dānam. The attitude of the giver takes a greater significance than the act of giving. It is said in the scriptures that one gives with an attitude of worship to the Lord. Why so? One has acquired things because one was given the capacity and opportunity to do so. With a proper attitude, dānam becomes an act of gratitude to the Lord for all that one has received.



>>>

Taittirīya Upaniṣad talks about how one should give. It says give with faith and it becomes the means for purification of the mind. Do not give if there is no faith. What is this faith? It is the understanding that in the karmic order of the universe there are some people who can give help and some who are takers of help. It is in the karmic order that some people have more and others have less. By giving we are not doing any favours because it is in the order to give and when we give, we also get. The beauty about this karmic order of giving is, the more we give the more we discover, how free we are from the thing that we gave.

Only in giving we discover a free person. Life is a process of delivering the free person within me. Delivering involves growth, maturing and blossoming. When I give, I will be able to see that I do not need so much. Give where the need is, “my need is less and that need is more.” I lose nothing. An amazing new person is born within me. May you discover this freedom within you!

Love and Blessings,

Ammaji



> Part 4

Śivapañcākṣara Stotram

शिवाय गौरीवदनाब्जवृन्द सूर्याय दक्षाध्वरनाशकाय ।
श्रीनीलकण्ठाय वृषध्वजाय तस्मै शिकाराय नमः शिवाय ॥३॥

*śivāya gaurīvadanābjavṛnda sūryāya dakṣādhvaranāśakāya
śrīnīlakaṅṭhāya vṛṣadhvajāya tasmai śikārāya namaḥ śivāya (3)*



Namaḥ is the most important word that has emerged from the pañcākṣarī-mantra. It is the message to the Lord, the cosmic power, the only omniscient and the omnipowerful, unto that form our salutation. The two syllables 'na' and 'ma' symbolize surrender to the Lord.

Śivāya gaurīvadanābjavṛnda sūryāya: In the third verse of the stotram we look at syllable 'śi' of the pañcākṣarī-mantra – namaḥ śivāya. The verse aptly begins with *śivāya gaurīvadanābjavṛnda sūryāya* – the face of the Goddess Gaurī is compared to the blossoming of the lotus as the Sun rises. The plant kingdom opens up when the Sun rises. They are nurtured by the Sun. That Sun is none other than Lord Śiva. He is like the Sun for the glowing face of Goddess Gaurī.

Dakṣa-adhvara-nāśakāya: Lord Śiva destroyed the *adhvara-yajña* – a sacrifice performed by King Dakṣa. There is a beautiful mythological story. The Dakṣaprajāpati Temple near Haridwar is known to be the place where this episode is said to have occurred. When Dākṣāyaṇī or Satī was wedded to Lord Śiva, her father who was Dakṣaprajāpati was not happy at all. He was a devotee of Lord Viṣṇu. When he performed the ritual he did not offer any oblation to Lord Śiva nor did he invite the Lord for this huge fire ritual. Satī, his daughter, wonders why?! After all it is her father and insists that they should go. Lord Śiva refuses to go uninvited.

She goes on her own and finds that Lord Śiva was not given a place, when all other powers of the Universe were honored. She feels insulted and decides to self-immolate. The news reaches Lord Śiva. He sends the forms Virabhadra and Bhadrakālī, that emerge from him. They go to the yajña and there comes the destruction of the yajña. King Dakṣa is also killed but is later on revived and he becomes a great devotee of Lord Śiva.

This episode tells us that we need to give back to nature which is working 24 x 7 to keep our life going. It is working to give us the beautiful life that we enjoy. If we do not have the gratitude to give back it is not good for us. Lord Śiva destroys the yajña of Dakṣa because of the wrong done. Dakṣa believed that he is the creator and Lord Śiva is a nobody. I am the ruler and I subjugate the nature. I make the decision which life form lives and which dies! This ego-centric, human-centric psychology, ideology, economy and philosophy which we have assimilated as a civilization needs to be removed. Time has come for this, to own up a philosophy of submission, harmony and alignment with the power of the nature.

>>>

Śrīnīlakaṇṭhāya: Unto that Lord who is Nīlakaṇṭha – the one with blue neck, my salutations. The entire cosmic form of the Lord is blue. The blue skies as we know is not true, but this stands for the infinite. One whose body is blue which is the infinite. Also He is the one who swallows the poison and that is why neck is specified. The creation is full of nectar and poison. Only the Divine, the infinite being can swallow the poison because he himself is nectar and remains unaffected by the poison.

Vṛṣadhvajāya: That Lord who has got Nandi, the sacred bull, as emblem on his flag. Nandi is the vehicle of Lord Śiva and the greatest eternal devotee. Unto that Lord my namaḥ.

What is surrender?

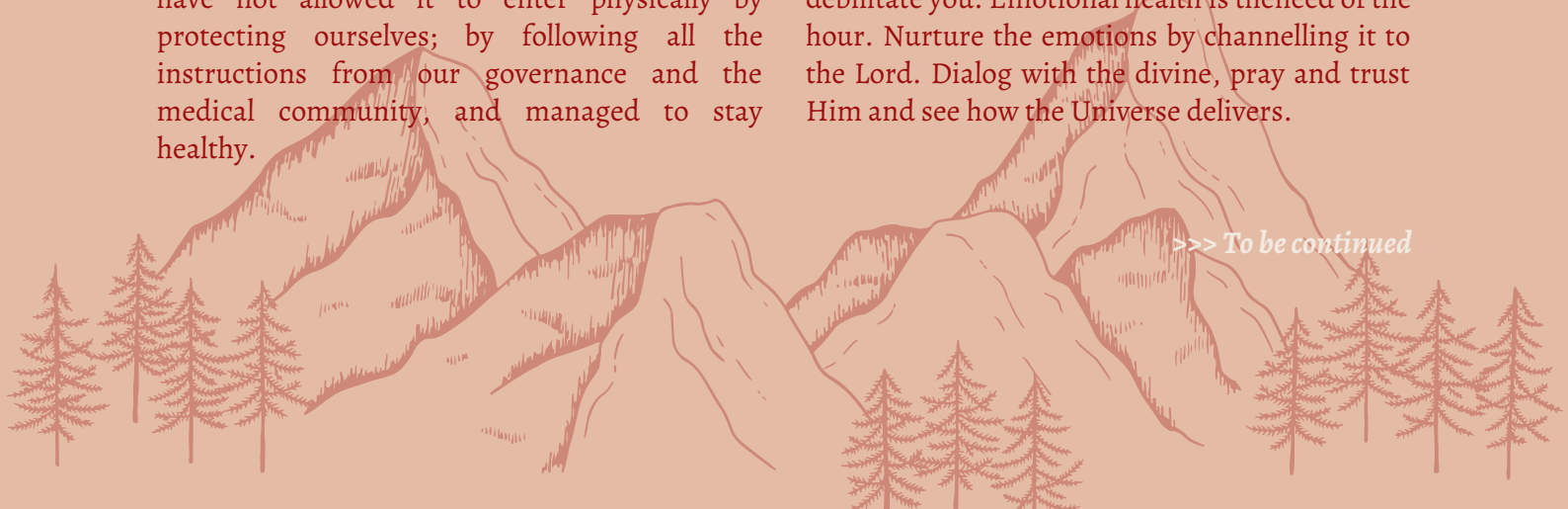
All of us are devotees, and in our devotion we have prayers glorifying the Lord. But surrender is accepting what is being given to me today and letting go of tomorrow which is not yet come. It is the capacity of the person to let go the anxieties, the depressions, the negativity and the fears of the future. It could be a refusal to participate in the media that engages you with negative input. A refusal to participate with papers, discussions and dialogs, which feed the negative and which disempowers. Nurturing the negatives is about allowing the inputs from the world today, through the same talks over and over again, to reinforce the fears and anxieties. How can I surrender to anything when I have so many fears triggered within me! My anxieties and sorrows have built up my stress level. A constant worry that whatever is happening out there can happen to me! It is like opening the doors for a virus to enter my home. Maybe we have not allowed it to enter physically by protecting ourselves; by following all the instructions from our governance and the medical community, and managed to stay healthy.

But, have we not allowed the virus to catch our minds emotionally? People are falling apart, in managing the elderly and the children within the four walls of their homes due to the restrictions.

This is because we have not learnt to filter out the unwanted news. We are not allowing the good, noble, dharmic, the faith, the belief system, the devotion in us to emerge. This will happen only when we allow these positive emotions from within us to surface and nurture them through our daily prayers. We have to create a routine in our homes while we are within the four walls, to remember the divine as we wake up and, when the day is over – to thank Him for helping us cross yet another day as a family in a healthy and productive way. Reading a book, listening to stories, talking to children, partaking in online classes making sure that we spend very less time to listen the news. We do not have to keep watching the negative news on the television all day. It will pollute us and the different members in the family will respond differently depending on their threshold. Children are more vulnerable. In such a situation we can only say namaḥ - I surrender myself to you. I hand over my life to you, O Lord! You keep me going or take me away.

When we say Om namaḥ śivāya, we should get the conviction to let go and live day to day with what is in front of us. We can plan a future when some structures are available. We need to trust this. Today you just surrender. Trust that this situation will change and some future structure will be available. We will cross this. Ride this by helping each other. Do not move with fear. Do not let this virus enter your emotions and debilitate you. Emotional health is the need of the hour. Nurture the emotions by channelling it to the Lord. Dialog with the divine, pray and trust Him and see how the Universe delivers.

>>> To be continued



A Global Satsang with Ammaji

for Purna Vidya's

Gita Group Study Members

Q Many a time we do things just out of duty, not with love. Please explain.

A Think of a scenario when you don't do. When you are asked to a certain duty, being afraid of the impact or repercussions for not doing, you end up doing. It is because you love the peace. For example, getting up early in the morning and making coffee for your mother-in-law. You don't want to do it, but you have to do it. She is the mother of your love, your beloved husband. So, you have to do it. If you don't do it, the repercussions will be very bad. It will bring strain to the family. Too much is at stake, and the strain will create unrest. You don't want unrest, and you know that giving that coffee will bring peace. Therefore, you give the coffee. In this process you actually do not do all these analysis.

In vyavahāra you don't analyze. You just do it. Why do we have to analyze? You don't talk about love, you just love. It's not about the responsibility of love. It is about learning the quality of love which makes you responsible. Love makes me a responsible human being, and eventually, I discover that whether the other loves me or not, I can continue to be a loving being. This is a big breakthrough in a human life. Because the loving nature brings tenderness, forgiveness and compassion.

You never know how good you are, unless you face a bad situation. You cannot call yourself a generous human being unless somebody has come and asked you for your generosity. How do you know if you are generous or not? You can tell yourself, "Oh, I'm a philanthropist." But you have never given one rupee to anybody. If someone had come, then maybe you would have given.



But you never saw yourself in action, so you don't know what philanthropy means.

Likewise, you don't know what love means unless there is somebody to love. To be able to love another human being, that person should receive your love. Therefore, love emerges only when there are opportunities to love. Love constantly creates opportunities to love, but what do we do? We fight. We bite. We reject.

When couples talk, I often think they are fighting. One time, I went to a lady and asked her, "Why do you raise your voice when you talk to him?" She said, "Ammaji, this is natural. This is how we talk." But for a third person, this is scary. So, in this way, we create dynamics. The energy of those dynamics is so uptight. We bite, we curse the person out, so on and so forth. We know all their buttons. So, we just keep pressing whichever button we want. Partnership in life becomes about knowing the other's buttons. And so, we say to ourselves, "Now, your buttons are in my hands. I will press whichever one I want and provoke you" So, we don't allow partnerships and relationships to bring forth the best of us.

Being centered on the self is not a wrong thing. But my only question is, "are you centering yourself on the lower self or the higher self?" If you are centering your life on the lower self, you are in soup. That is saṁsāra. But if you are centering your life on bringing forth the higher self, then you've made it. That is spirituality.



Āyurvedic Yoga^{♥2}

Namaste Dear Sādhakas,

The ayurvedic questionnaire in the last newsletter gave us a first idea about the different effects of the three doṣas on our body. The three life energies that embody the principles of arising and nurturing (kapha), change and growth (pitta), and the principles of dissolution and decay (vāta).

We remember that the doṣas are energetic compositions of the elements. The properties of the elements determine the nature of the doṣas accordingly. Today we will explore the three doṣas vāta, pitta and kapha in detail – one after the other:

2. THE NATURE OF THE DOṢAS



Vāta means "wind" or "that which blows".

elements: In substance, vāta is ether/ space and moves as air (vāyu).

principle: Vāta's principle is energy/ movement. It is the primary doṣa. Its dynamic energy creates, maintains and controls the workings of pitta and kapha. Without vāta, pitta and kapha would come to a standstill. Vāta also embodies the degrading principle as well and is involved in all decomposition/ dissolution processes.

nature: Its nature is the essence of the wind. Thus, vāta is fast, moving and flexible, light, cold and clear, rough, thin, subtle and dry.

All tissues that are created and dominated by vāta reflect its nature and are correspondingly delicate and sensitive (in extreme cases even porous and brittle).

manifestation in the body: Vāta finds its expression particularly in the filigree structures of our brain and nervous system. Here the doṣa governs all mental functions and activities. It determines the mobility and sensitivity of all our mental realms: our senses, our intellect and above all our consciousness! The movements of the cardiovascular system, the respiratory system and the entire movement system are also guided by vāta. Through vāta's energy, our actions can gain flexibility and easiness.

plant and animal kingdom: In the animal kingdom vāta shows itself as the tender wings of a butterfly; in the plant kingdom as the airfilled stalks of the bamboo.



Pitta is the "power of digestion" and literally means "bile".

elements: Pitta arises from the fire element (agni). But since fire cannot exist in its pure form in the physical body, it takes power over water and can thus act in the form of warm blood and acidic secretions (e.g. bile liquid).

principle: Its principle is the light and the heat and thus also that of transformation!

nature: The nature of pitta is warm/hot, light and sour or pungent in taste. Pitta is also sharp-edged, pointed and precise. Due to the relationship to water, pitta's nature is liquid and subtly oily as well. All tissues that are dominated by pitta are rather average in size and firmness and well supplied with blood – in extreme case even sore.

manifestation in our body: Because the pitta doṣa is responsible for all processes of transformation, pitta shows itself mentally in a "sharp mind" and "sharp sight" (seeing). Physically pitta shows itself in the transforming processes of cell metabolism, digestion and heat regulation (blood & sweat).

plant and animal kingdom: In the animal kingdom we can see pitta in the sharp teeth of a big cat - in the plant kingdom in the red, poisonous fruits of the yew tree.



Kapha means "that which sticks" and is often translated as "slime" or "cohesion".

elements: Kapha is derived from the elements earth & water (soma).

principle: Its principle is nourishing and constructive and embodies stability and firmness. Kapha serves as a reservoir for vāta and pitta; they both can flow in it.

nature: As a result, its nature is both: liquid, moist, sticky, very oily, soft, cold and smooth (water) and solid, heavy, dull, slow, stable, sluggish and sweet (earth). Tissues dominated by kapha are dense, cool, and lush – if severe, massive adipose tissue.

manifestation in our body: Kapha manifests itself in all mucous membranes (nerves, airways, stomach, joints) which it moisturizes and nourishes. In addition, the kapha doṣa governs the fat and connective tissue and determines our respective body consistency. Mentally, balanced kapha manifests itself in a calm and stable mind characterized by patience, perseverance and kindness.

plant and animal kingdom In the animal kingdom kapha shows itself in the compact stature of an elephant – in the plant kingdom in the robust trunk of an old oak tree.

If we observe mindfully, we can detect the three subtle energies of life everywhere!

Exercise for everyday life: Discovering the power of the doṣas

- Where can you see the influence of vāta, pitta and kapha in nature? How do the doṣas show up in plants, animals, people? Turn to them completely – maybe you can even feel their sublime energy!
- Notice yourself: Can you feel the subtle changes in your doṣas in special situations? When exactly, where exactly and how exactly is a change noticeable in you? Perhaps you even notice intuitively which steps can calm down a doṣa...

...We will expound precisely these calming steps in the following months. Already in the next newsletter you can find out the first exercises to calm down your kapha doṣa! :)

>>> Text and pictures by Nina
support: Helga, Gela, Judit, Kerstin and Birgit





PurnaVidya Mobile App is now available in the Google/Android Play Store. The mobile App is an easier way of staying connected with Ashram programs and Ammaji’s teachings.

- **The App** has been developed to keep all interested sevaks with information necessary in terms of courses, retreats, articles and PDF-Books, access to various audio and media material.
- **The features** and navigation in the App are very user friendly and best explored by the sevaks.
- **Login** can be created manually or signed in through an existing Google email account.

*With Guru’s blessings, PurnaVidya is now in the palm of your hands!
We wish you an enriching spiritual journey ahead.*

>>> <https://play.google.com/store/apps/details?id=com.purnavidya.mobileapp> <<<





Bhagavad Gita Bhasyam Studies

*Selected Portions of Sri Adi Sankaracharya's Commentary
on the Bhagavad Gita will be taught by Ammaji*

Who can Join?

*Students of Swamiji & Ammaji, Who are Studying
Vedanta & Samskrtam*

Starting Date :

April 15th - June 3rd, 2022

(Total 6 Sessions)

Every Friday, 4:30 - 5:30 p.m. IST

Register at :

<https://purnavidya.org/prayers/Register-Prayers.php>

Donations are Welcome

for the Sacred Knowledge Propagation and Charities
Log onto: <https://purnavidya.org/register-offerings/>



Contact Us at :

+91 91503 19999
+91 78128 91579
programs@purnavidya.org

info@purnavidya.org
<https://facebook.com/purnavidyapage>
<https://youtube.com/purnavidya>
www.purnavidya.org





Ganga Dasahara Retreat

Tapasyalayam, Uttarkashi, Himalayas June 5-10, 2022

(Arrival - 5th June ; Departure 10th June)

Through This Unique Retreat, Spiritual Seekers will learn about India's Mythical Stories of Himalayas, the intricate spiritual practices and how it relates to one's life. Join us for a treat in Vedantic teachings.



Daily Schedule

- Talks on
Ma Ganga - A Sacred Civilization
- Meditation
- Yoga
- Chanting
- Satsangs
- Visit Sacred Places

Affectionately known as Ammaji, an international Advaita Vedantic teacher and Sanskrit Scholar for over 40 years, has travelled sharing the vision of Oneness with seekers around the world. Ammaji is a rare teacher who communicates the ancient teachings in a way, that is relevant and meaningful for the modern spiritual seeker.

Course Free, Donations Welcome

Ganga Dasahara Retreat Registration Rs. 10,000/- see link below



<https://purnavidya.org/programs.php>

Offerings on Ganga Dasahara Day - June 9th, 2022



Ganga Dasahara Puja

Rs. 5,001/-

Annadanam

Rs. 10,000/-

Dipa-danam – Sacred Lamp Offering

Rs. 2,001/-

Balika Vidya Danam

Rs. 15,001/-

Join Us in Offering to the Sacred MaGanga Our Contributions

<https://purnavidya.org/register-offerings/>

✉ info@purnavidya.org

📘 <https://facebook.com/purnavidyapage>

📺 <https://youtube.com/purnavidya>

🌐 www.purnavidya.org

Contact Us at :

☎ +91 91503 19999

📞 +91 78128 91579

✉ programs@purnavidya.org





Sanskrtam Course Introductory Facilitated Level 1 (30 Sessions)

S
A
M
S
K
R
T
A
M



Text: "Learning Sanskrtam Alphabets"

1st Batch of Facilitated Course-Study

April 9th, 2022 at 6:00 p.m. IST



Syllabus Covered (30 Sessions)

- Devanagiri Alphabet Script Writing
- Devanagiri Alphabet Pronunciation
- Conjunct Consonants
- English Transliteration key

Swamini Pramananda is a Vedanta Teacher and a Sanskrit Scholar. She has been studying Sanskrtam from a young age. As an Acharya, Ammaji taught Vedanta with Shankara-Bhasyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade.

Key features:

- Pre-recorded Videos of Teaching Lessons by Ammaji along with complete study materials
- Each student assigned a facilitator, with weekly meetings(Live)
- Homework correction and feedback
- Customized and flexible study plan
- Connection with Gurus (Ammaji and Swamiji) through monthly Mentoring Sessions
- Medium of Instruction is English

Register at : www.purnavidya.org/sanskrtam

✉ info@purnavidya.org
 📘 <https://facebook.com/purnavidyapage>
 📺 <https://youtube.com/purnavidya>
 🌐 www.purnavidya.org

Contact Us :

☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org



Sanskrtam Course

Intermediate Level Facilitated

Part 1/4 - 30 Sessions

S
A
M
S
K
R
T
A
M



*Text: A Sanskrit Manual by
S.J., Antoine - Book 1
(taught in 116 Sessions - (Part 1 to 4))*

*1st Batch of Facilitated Course-Study
April 9th, 2022 at 6:00 p.m. IST*



Part -1 (30 Sessions) Syllabus Covered

- Verbs- Present tense - Conjugations of Roots belonging to 1, 4, 6, 10 classes
- Phonetic Combination- Vowel Sandhi & Visarga Sandhi
- Nouns - Masculine and Neuter
- Syntax - All 8 Cases

Swamini Pramananda is a Vedanta Teacher and a Sanskrit Scholar. She has been studying Sanskritam from a young age. As an Acharya, Ammaji taught Vedanta with Shankara-Bhasyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade.

Key features:

- Pre-recorded Videos of Teaching Lessons by Ammaji along with complete study materials
- Each student assigned a facilitator, with weekly meetings(Live)
- Homework correction and feedback
- Customized and flexible study plan
- Connection with Gurus (Ammaji and Swamiji) through monthly Mentoring Sessions
- Medium of Instruction is English

Register at : www.purnavidya.org/sanskrtam

✉ info@purnavidya.org
 📘 <https://facebook.com/purnavidyapage>
 📺 <https://youtube.com/purnavidya>
 🌐 www.purnavidya.org

Contact Us :
 ☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org



Sanskrtam for The Young

1 Course - 3 Modules >>> from Alphabets to Gita Chanting

S A M S K R T A M



with
**Swamini Pramananda
(Ammaji)**

April 9th, 2022 at 6:00 p.m. IST

Module 1
Sanskrit Alphabets

Module 2&3
Bhagavad Gita Recitation

- A Facilitator assigned for Weekly live-meetings.
- Homework-correction & feedback.
- Customized & flexible study plan
- Connection with Ammaji through Monthly Sanskrtam Reading Sessions.

**Have you ever thought about learning Sanskrit?
Have you ever wished you could recite the Gita?**

This holy mother of languages, in which all wisdom teachings of Vedanta are written, has a very special power! Reading and uttering the letters and words, experiencing the vibrations of that sounds and getting aware of that clear structure is an uplifting and inspiring practice.

Ammaji is a Vedanta Teacher and a Sanskrit Scholar. She has been studying Sanskrtam from young age. As an āchārya, Ammaji taught Vedānta with Sankara bhāsyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade.

In this course, you can start from scratch: In the 1st module you will learn to read and write the Alphabets (incl. conjunct consonants) and also english transliteration key. In the 2nd module you will read the Gita and learn to chant it correctly.

Information:

Module 1 (30 sessions)
Introductory Level 1
Sanskrit Alphabets

Module 2&3 (30 sessions)
Introductory Level 2
Gita Chanting



Register at : www.purnavidya.org/sanskrtam

✉ info@purnavidya.org
 🌐 <https://facebook.com/purnavidyapage>
 📺 <https://youtube.com/purnavidya>
 🌐 www.purnavidya.org

Contact Us :

☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org



इवाल इरु लाल for Yoga-students

1 Course – 3 Modules: from Alphabets to Yogasūtras



with Ammaji
(Swamini Pramananda)

Module 1 (30 sessions)

Sanskrit Alphabets

read & write Devanagari
(Samskr̥tam)

May 20th, 2022



Module 2 & 3 (30 s. each)

Yoga-Sūtras

phonetics (sandhis),
recitation & studying

December 2022

Have you ever thought about learning Sanskrit in a way that you can learn to recite Patañjali's Yoga-Sūtras?

Sanskrit, the holy mother of languages has a very special power. All wisdom teachings of Vedānta are written in it. Uttering the letters and words, experiencing the vibrations of the sounds and getting aware of that clear structure is an uplifting and inspiring practice.

You will go through this journey with Ammaji. Ammaji is a Vedānta Teacher and a Sanskrit Scholar. She has been studying Samskr̥tam from young age. As an āchārya she taught Vedānta with Shankara bhāṣyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade.

How you will proceed in this journey? • **Module 1:** You will learn to read and write vowels and consonants of Samskr̥tam, incl. conjunct consonants. Along with, you will understand and use the transliteration key. • **Module 2 & 3:** Apply concepts learned in module 1 – reading Patañjali's Yogasūtras and learn to chant them. Using this ancient scripture, the sandhi rules and word-to-word meaning are made accessible in a very practical way.

- pre-recorded + live-sessions by Ammaji & co-teachers
- Homework-correction & feedback
- each student assigned a facilitator, with weekly meeting (live)
- customized & flexible study plan
- live online connection with Gurus (Ammaji & Swamiji) through monthly mentoring sessions

Medium of instruction: english

Cost: 180 € (₹ 15,000) per module, flexible choice of modules.

More information & registration:
purnavidya.org/europe





New launch 9th April, 2022 at 6:00 p.m IST Facilitated Samskrta Courses



Samskrta Course - Introductory

(30 Sessions)

Text: "Learning Samskrta Alphabets"

1st Batch of Facilitated Course Study

Syllabus Covered (30 Sessions)

- Devanagiri Alphabet Script Writing
- Devanagiri Alphabet Pronunciation
- Conjunct Consonants
- English Transliteration key

Samskrta Course - Intermediate

(Part 1/4 - 30 Sessions)

Text: A Sanskrit Manual by S.J., Antoine - Book 1
(taught in 116 Sessions - (Part 1 to 4))

1st Batch of Facilitated Course-Study

Part-1 (30 Sessions) Syllabus Covered

- Verbs- Present tense - Conjugations of Roots belonging to 1, 4, 6, 10 classes
- Phonetic Combination- Vowel Sandhi & Visarga Sandhi
- Nouns - Masculine and Neuter
- Syntax - All 8 Cases

Samskrta Course - For The Young

1 Course - 3 Modules >>> from Alphabets to Gita Chanting

Module 1

Sanskrit Alphabets

Module 2&3

Bhagavad Gita Recitation

- A Facilitator assigned for Weekly Live-meetings.
- Homework-correction & Feedback.
- Customized & flexible Study Plan
- Connection with Ammaji through Monthly Samskrta Reading Sessions.

Samskrta Course - For Yoga

1 Course - 3 Modules >>> from Alphabets to Yoga Sutras

Module 1

Sanskrit Alphabets

Module 2&3

Yoga Sutras

- A Facilitator assigned for Weekly Live-meetings.
- Homework-correction & Feedback.
- Customized & flexible Study Plan
- Connection with Ammaji through Monthly Samskrta Reading Sessions.

✉ info@purnavidya.org
 🌐 https://facebook.com/purnavidyapage
 📺 https://youtube.com/purnavidya
 🌐 www.purnavidya.org

Register at: www.purnavidya.org/samskrta

Contact Us :
 ☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org

Please select below link and click to see the video

https://youtu.be/_SlJmaY2NJU - **Samskrta**

<https://youtu.be/ETObmQkuRj8> - **Message for Yoga**



Panca-Vrittis

5 Types of Derived Words

April 11th - June 13th
Every Monday,
for 13 Weeks 4:30 to 5:30 p.m. IST

Duration: 1:00 Hour

This Course is an Overview of

- *Krdanta - Sabdas*
- *Taddhitanta - Sabdas*
- *Samasanta - Sabdas*
- *Sannadyantah - Sabdas*
- *Ekasesha - Sabdas*

P
a
n
c
a
-
V
r
i
t
t
i
s



Teachers: Swami Siddhabodhananda & Swamini Pramananda

Facilitation: Pre - Recorded Sessions
(Swamiji's # 12 Classes & Ammaji's #17 Classes)

Supported by Ammaji Live Once a Week

✉ info@purnavidya.org
 📘 <https://facebook.com/purnavidyapage>
 📺 <https://youtube.com/purnavidya>
 🌐 www.purnavidya.org

Contact Us at :
 📞 +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org

ASHTANGA YOGA SUTRA

26.04. – 01.05.2022

with Ammaji & Swamiji (Purna Vidya Foundation)

Yin Yoga TTC Module 3 · MINDFUL YIN+YOGA

An Online Teacher Training Course for students of Yoga and Philosophy, who are keen to study Yoga Philosophy in the tandem of Vedanta and the Yoga Sutras.

6 days full of inspiring Vedic Yoga philosophy (English, with Ammaji), Sanskrit Phonetics and Sutra recitation (English, with Swamiji). Plus 5 Yin Yoga classes (German/English, with Helga).

The focus of this years course from 26.04. to 01.05.2022 is: 'The teachings of the Ashtanga Yoga Sutra' by the sage Patanjali.

Ammaji will unfold the different key concepts of the Yoga Sutras for us, by accompanying them with gems of Vedic philosophy which is being presented in the Bhagavad Gita. Both the Yoga Sutra and the Bhagavad Gita are seen as texts containing the essence of Yoga Philosophy and wisdom.

In the sessions on the Yoga Sutras of Patanjali we are learning Sanskrit Phonetics and some basic meanings with Swamiji, allowing us to recite the Yoga Sutras together.



Yoga Alliance accredited as part of our 200h Yin Yoga Teacher Training & YACEP accredited.

Wiederholer von Modul 3 (Abschluss 200h) erhalten 50% Ermässigung. Wenn du beide Kurse ('Ashtanga Yoga Sutra' und 'Vedic Yoga Philosophy') belegst, erhältst du 50% Ermässigung auf den 2. Kurs.

Schedule

Ashtanga Yoga Sutras – Course 1: Tuesday, 26th April – Sunday, 1st May
Berlin Time: 08.30 – 12.15 and 13.30 – 16.35 // 6,75 h per day

08.30 am – 09.30 am – Ashtanga Yoga Sutras
09.40 am – 10.25 am – Yoga Sutras: Phonetics & Sutra Recitation
10.35 am – 11.30 am – Ashtanga Yoga Sutras
11.35 am – 12.15 pm – A Guided Meditation
12.15 pm – 13.30 pm – Lunch Break
13.30 pm – 14.00 pm – Reflection time (group work)
14.05 pm – 15.15 pm – Satsang - Question and Answer Session
15.25 pm – 16.35 pm – Yin Yoga
Last day afternoon: Closing Ceremony

For more information: <https://www.yinplusyoga.de/event/online-m3-1-2022/>
Any questions: office@yinplusyoga.de



VEDIC YOGA PHILOSOPHY

04.05. – 09.05.2022

with Ammaji & Swamiji (Purna Vidya Foundation)

Yin Yoga TTC Module 3 · MINDFUL YIN+YOGA

An Online Teacher Training Course for students of Yoga and Philosophy, who are keen to study Yoga Philosophy in its most fascinating way, unfolding the wisdom of the Vedic revelations.

6 days full of inspiring Vedic Yoga philosophy (English, with Ammaji), Sanskrit Phonetics and Mantra / Stotram recitation (English, with Swamiji). Plus 5 Yin Yoga classes (German/English, with Helga).

The focus of this years course from 04.05. to 09.05.2022 is the text **Hastamalakiyam**.

Ammaji will beautifully elucidate all important key concepts of the Vedic Yoga Philosophy for us, by unfolding the gems of Vedic wisdom philosophy presented in the Hastamalakiyam text. This text contains the essence of Self-knowledge and presents an inspiring dive into the nature of Self ('who am I') in the form of ever effulgent light. Be ready to be inspired by a marvellously beautiful text, a true gem of the Vedic Philosophy and wisdom. In the sessions of Mantra / Stotram recitation we are learning Sanskrit Phonetics and some basic meanings with Swamiji, allowing us to recite the Mantra / Stotram together.



Yoga Alliance accredited as part of our 200h Yin Yoga Teacher Training & YACEP accredited.

Wiederholer von Modul 3 (Abschluss 200h) erhalten 50% Ermässigung. Wenn du beide Kurse ('Ashtanga Yoga Sutra' und 'Vedic Yoga Philosophy') belegst, erhältst du 50% Ermässigung auf den 2. Kurs.

Schedule

Hastamalakiyam – Course 2: Wednesday, 4th May – Monday, 9th May
Berlin Time: 08.30 – 12.15 and 13.30 – 16.35 // 6,75 h per day

08.30 am – 09.30 am – Vedic Yoga Philosophy with Hastamalakiyam
09.40 am – 10.25 am – Mantra / Stotram: Phonetics & Recitation
10.35 am – 11.30 am – Vedic Yoga Philosophy with Hastamalakiyam
11.35 am – 12.15 pm – A Guided Meditation
12.15 pm – 13.30 pm – Lunch Break
13.30 pm – 14.00 pm – Reflection time (group work)
14.05 pm – 15.15 pm – Satsang - Question and Answer Session
15.25 pm – 16.35 pm – Yin Yoga
Last day afternoon: Closing Ceremony

For more information: <https://www.yinplusyoga.de/event/online-m3-2-2022/>
Any questions: office@yinplusyoga.de





KAIVALYOPANISAD

THE KNOWLEDGE OF TRUTH

- A Comprehensive Learning of Advaita Vedanta



- What is the true nature of this **Creation**?
- What is the true nature of my **'Self'** ?
- Is there a **Connect**?

Kaivalyopanisad, the introductory text of Advaita Vedanta deals with these fundamental inquiries into human life. **Ammaji**, in a lucid manner expounds the solution to these as revealed by the text.

Start Date : April 3rd, 2022

Every Sunday

Note: Change of Date to Every Sunday

The Course will be facilitated by Sri Arulji

Sri Arul Ji, an acharya at the Purna Vidya Foundation teaches Vedanta and Vedic Heritage Programs. He is a disciple of Swami Dayananda Saraswati, Swami Siddhabodhananda and Swamini Pramananda.

Program Schedule	
Chanting Practice	11:45 A.M. to 12 Noon IST
Ammaji's Teaching (Pre-recorded)	12 Noon - 1 P.M. IST
Q & A	1 P.M. to 1:15 P.M.

Come and Discover your True Essence of Real Happiness

Register at :

<https://purnavidya.org/prayers/Register-Prayers.php>

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org



Shivaratri Puja

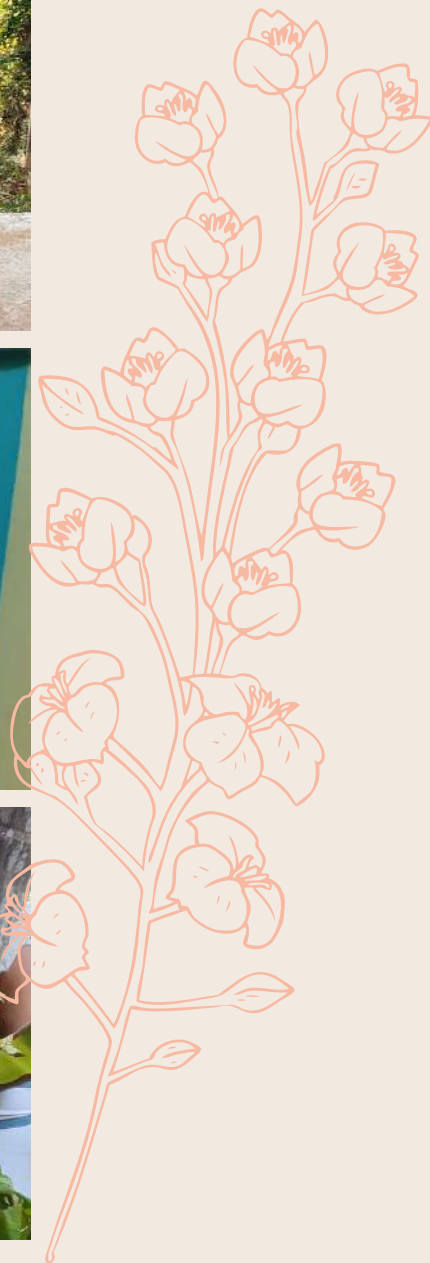




My first Shivaratri celebration was a deeply meaningful experience. Before this year's celebration at Purna Vidya Ashram, I had steered away from large pujas for one reason: I found them to be rushed and without peace. However, the 2022 Shivaratri puja, was a soulful event; the phase of the evening was calmness personified. From the sublime Vedic chanting to the unique stargazing experience, the love for Lord Shiva was palpable through the night till early hours of the next morning. The experience in Purna Vidya Ashram remains etched in my heart forever.



Sri Venupalaswamy Ashvam





Sri Venuopalaswamy Ashram in Coolimuttam Village, Palakkad was vibrant with devotees of Lord Ayyappa Swami temple in the village, whose renovation and Kumbhabhishekam auspicious event was held on **13th March**.



There was joy and happiness in the families of the agraharam, given that it was the first post-Covid temple festival. The devotee families arriving from out of town, stayed at the ashram and Annadanam was served to one and all for three days.





Kenspanisad class





Pradosha Puja



Artwork by students of purna Vidya -
Puranic & Moral tales & Values Group

1. Jaanvika



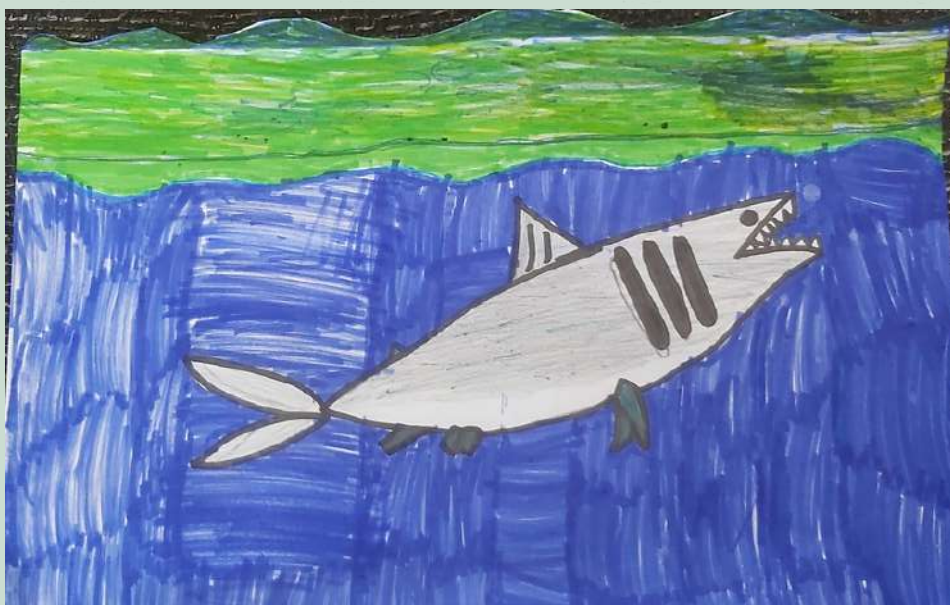
2. Ashrita



3. Ashrita



4. Ashrita



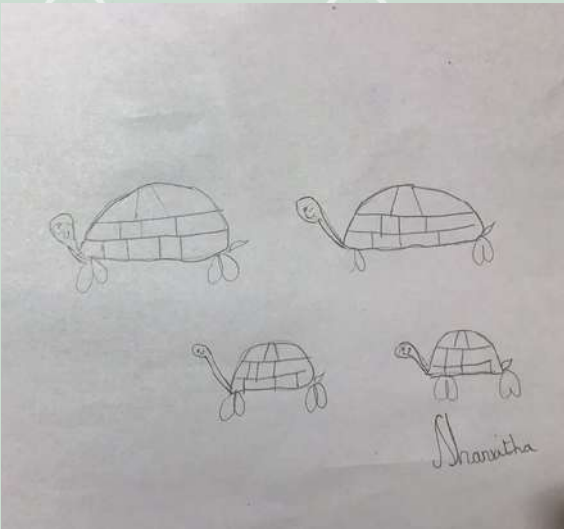
5.Veda



6.Shanvita



7.Shanvita



8.Jaanvika



Values Group

Students: Charulatha, Shriya T, Shriya K and Vivaan

Group reflection on the learning of the value of Friendship

We have been impressed by the stories of friendship of Lord Krishna and Sudama and Lord Rama and Sugriva.

We learnt from these stories that true friends and friendship are not based on appearance, social status or money. As a friend, one should always be there for the friend. One should not focus on oneself in a way that we do not listen and understand what our friends need. It is important we keep promises, trust them, and help them when they need it, even if they do not ask for it.



let's extend our gratitude
and support the Ashram!



Gift A Day



Dear Well Wisher,
Hari Om!

we are pleased to announce a Gift-a-day campaign for supporting the Ashram's one day expense. Mark a birthday, anniversary day ,etc as your annual support to ashram's sustenance and receive the blessings of prayers at our Lord Vanalingesvara and Maganga Temples.

With Ammaji's wisdom, unconditional love, tireless effort of sharing the sacred teachings, let us extend our gratitude to Purna Vidya by offering to support the cost of running the Ashram for at least one day.

Contact Us: Dr. Arun /Venkat /Vasumatiji /Kalpana ji /Janaki ji.

Sponsor 10,000 INR for one day

Thank you all for your generosity and support.

For any additional information

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org

"Experience does not make something real. Experience is real as long as it exists. Is there any experience without you? Experiences don't make reality!."

-Swamini Pramananda (Ammaji)

NAMASTE DEAR FRIENDS!

It is important for us to know that gifting is in the attitude and not just the act. When we give, we do not lose anything in fact we gain freedom from attachment. However, we need to know what is charity. Charity is not donating things when we are spring cleaning our homes! Our scriptures have defined the types of charity clearly and may we refer to that when doing charity. Two of the charities that are considered culturally significant are:

Anna-dānam - Giving food. It is one of the daily five sacrifices of a Hindu and it instils the value of sharing. Through this act, you touch another and enrich your own life.

Vidyā-dānam - Gift of knowledge. This can be done via teaching another person or by providing situations and opportunities for learning to take place. It is important that when we learn from our Gurus, *Guru Dakshina* is offered.

There are opportunities for us to donate in these two areas in the ashram and may we see the value of giving for it is said that true happiness comes not from the possession but the detachment from wealth.

**We hope that you have enjoyed this volume of our newsletter.
We invite your valuable feedback and contribution.**

**“Charity –
what you
want is
what you
give away!”**

(Ammaji)



>>> purnavidya.newsletter@gmail.com

Editorial Team

Hari, Ramadevi, Yogesh, Pushpa.

Contributors

Isabel, Nina, Archana, Sreenivasan,
Shobha, Tina, Judit, Vittoria, Sudha, Gayatri,
Madhurima, Kerstin, Birgit,
Venkataraman.