



pūrṇa vidyā newsletter 03|24

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Ammaji's Message

Dear Readers,

Śraddhā, faith is a key element in our life regardless of whether we are in secular or spiritual path, for from faith stems devotion, trust, dedication and assurance. Everyone has faith, no one is devoid of it, but the type is different. Lord Krishna in Bhagavad Gita has stated that the quality of our faith decides the direction of our life. In chapter four of the Gita, Lord Krishna has also mentioned śhraddhāvān labhate jñānam which means, “one with shraddha gains Self-knowledge”.

It is often said that faith moves mountains. If I have śraddhā, it will take me to the truth; it will automatically take me to where I am meant to go. Faith determines our thinking, personality and attitude. In trying moments, it is faith that carries us across the torrential seas of life and gives us the ability to hold on and persevere.

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It helps us overcome our fears and gives us confidence and guides us through life's mazes. In spiritual pursuit, it is utmost important that the student has unwavering faith on the teachings of his guru and the scriptures, for it is through these teachings that one gets connected at a deeper level with Īśvarā.

When faith is there, there is no worries. But when faith is not there, one will end up with fear, anxiety and worries. Faith is required in things that can't be perceived by the sense organs. It is in the unknown, that we need to have faith. Like how Rabindranath Tagore had said "faith is the bird that feels the light and sings when the dawn is still dark". Someone with no faith will doubt and in that doubt, he will reject. Faith enables receptivity, without which no success can occur. Cultivate faith, suspending judgments and fears, and enjoy a stress-free life!



Love and Blessings,

Ammaji



Lingāṣṭakam

Continuing with our introduction to Lingastakam, the eight verses dedicated to the worship of the Linga, the symbol of Lord Shiva. Lord Shiva's symbol is regarded as a Linga. The real form of Mount Kailas is that of a Siva Lingam. The Linga is a form through which we worship the cosmic being. The worship can be done either through physical tools, by hands limbs etc. In addition we uses verbal worship with chants, mantras. In physical form of worship we create an alter and invite the cosmic being with grace, devotion subtility and certain offerings to be seated in the alter. We then do a pooja with flower, lamp, incense, fragrance etc. In addition, service – seva is treated as a pooja. Vachika Pooja is done through japam, chanting stotrams etc. Another form of worship is Manasapooja , Mental worship with meditataion, japa or contemplation.

लिङ्गयते अनेन इति लिङ्गम्।

liṅgyate anenna iti lingam

For example, in a faraway mountain where there is fire, you don't see the fire but the smoke, and you infer that there is fire. Why? Because without smoke, there is no fire. Therefore, the smoke, though you only see it and not the fire, becomes a Lingam, a symbol indicating the presence of fire. The smoke is a symbol, a Lingam through which you arrive at the presence of fire. That is called a Lingam, a symbol through which indicates the presence of something else connected to it.

> Part 2



So here, in the tradition, it's a very ancient form of worship where the Lingam, which is the whole Universe of all forms collapsing, melting down into one form, a formless form. That formless form is said to be Lingam, which includes all forms. And so all forms in their dissolved state, in their resolved state, are called Lingam. And so, it indicates that Lingam, that form indicates none other than the Cosmic Being. There are visualizations of this formless form and expressions such as

आकाशं लिङ्गमित्याहुः पृथिवी तस्य पीठिका।
आलयं सर्वदेवानां लयनं लिङ्गमुच्यते ॥

*ākāśam liṅgamityāhuḥ pṛthivī tasya pīṭhikā.
ālayam sarvadevānām layanam
liṅgamucyate..*

So here, where the dome is the sky and the base is the earth, the earth holds the dome. The two symbolize Lingam, which is the abode of all powers of the universe. Sarvadevaanaam aalayam, it is the whole thing, the whole universe, the abode of all the powers of the universe. And it is in this form that every form resolves. Layanam lingamuchyathe, and so Linga is the entire universe.

4 Power of Prayers – Lingāṣṭakam

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In this tradition, the divine is not merely regarded as a creator, an intelligent cause situated elsewhere apart from the planet or the cosmos. In the Vedic tradition, the divine is described as transcendent; of course, and also immanent, which has its presence in creation. The Being is formless and transcendent. However, when it is said that He is immanent, it means He is also present within the forms. Nothing moves in creation without His decision, and nothing occurs in the world without His blessing or presence. Therefore, when referring to the Lord or the creator, it encompasses both the intelligent and material causes, being both formless and with form, representing both Shiva and Shakti, the higher and lower natures, respectively. Shakti, considered as the lower nature, evolves with time and manifests as creation. Shakti, as power, remains unseen at subtle levels but makes its presence felt through the names and forms of the universe. Hence, the Lingam represents both Shiva and Shakti, the intelligent and material causes of the universe. Therefore, when seeking to worship this Cosmic Being, the form chosen is the Lingam, an ancient form of worship. In relating to this form and engaging in a relationship with it as a Cosmic Being, three forms of worship are prescribed: *kayika*, *vachika*, and *manasa puja*—worship using limbs, voice apparatus, and purely mental worship, respectively. The guidelines for such worship are found in the Vedic tradition, particularly in the Veda-based literature, including the Shrautha sutras, Kalpa sutras, and yagna sutras.

This is the Vedic tradition, with a lineage that includes *smṛiti*, additional literature provided by sages. While the Veda is a direct revelation from the divine, the *smṛiti* literature, authored by individuals such as sages, constitutes another important aspect.

One significant type of *smṛiti* literature is the *smarta* sutras, including the *srauta* sutras. Moreover, there are various other texts like *puranas*, *itihasas*, etc. which have been guiding forms of worship for thousands of years. Another category of literature is the *aagama* literature, which beautifully enhances our reverence for worship through *pujas*. It's remarkable how this knowledge was preserved in times without writing, paper, or computers, transmitted from generation to generation by sages and Vedic schools until it reached us. We hold great reverence for the *puja* traditions of this land. *Aagama Shastra* encompasses different types of *aagama*, such as *Saivaagama* for Lord Shiva, *Vaishnavaagama* for Lord Vishnu, and *Saktaagama* for the Goddess. These traditions provide methods of worship, with the three main *Aagamas* today connected to Lord Shiva, Lord Vishnu, and the universal Goddess. These *Aagama* traditions offer guidance for worship methods, which can be as simple as a five-step worship or more elaborate with ten, sixteen, or even sixty-four steps. The significance of the five-step worship is attributed to its connection with the five elements—space, air, fire, water, and earth—which constitute the manifested creation. Therefore, when offering worship, we utilize elements of the universe itself, much like offering a beloved a rose from her own garden.



>>>

Each element is symbolized by specific offerings like flowers for space, incense for air, a lamp for fire, food for water, and sandal paste for earth. These offerings symbolize our devotion using elements from the divine's own creation. The worship can be more elaborate with additional steps, but the essence remains the same—to express our reverence for the divine. Such worship practices have been passed down through generations, revealing the profound sensitivity and power of our ancestors' devotion.

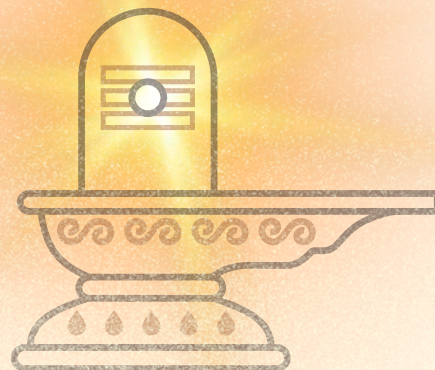
If a person is a seeker of knowledge, the form of the lord which suits him is that of Lord Dakshinamurti. If a person seeks wealth and health the suitable form may be Lakshminarayana, for courage it may be Mahakali etc. Certain Mountains like Kailasa, hills like Arunachala, Certain rivers like Ganga are also forms for worship. Mainly five deities are worshipped in Panchayatana system.

आदित्यम् अम्बिकां विष्णुं गणनाथं महेश्वरम्।

***ādityam ambikāṃ viṣṇuṃ gaṇanātham
mahēśvaram .***

Aditya is Lord Surya, Ambika is Goddess Devi, Vishnu is Lord Narayana, Gananatha is Lord Ganesa and Maheswara is Lord Siva. Certain stones like Saalagrama are also worshipped. A detailed explanation of this topic will be discussed in next class.

ॐ शानतिः शानतिः शानतिः



new sequel Yin Yoga

♥ 24

Yin Yoga - a form of Hatha Yoga

Now that we have learned a lot about Hatha Yoga practice, pranayama and Ayurveda in the Yoga section of this newsletter, we now turn to a particularly slow, static Hatha yoga practice that has become increasingly popular within the last few decades, and continues to grow worldwide.

Exploring Yin Yoga

Yin Yoga, an ancient practice with roots tracing back to China and India, is a serene and introspective form of Hatha yoga that focuses on stillness and surrender. Unlike its more dynamic counterparts of Hatha Yoga, such as Vinyasa or Ashtanga, Yin Yoga invites practitioners to linger in poses for an extended duration, typically three to five minutes or even longer. This deliberate and meditative approach targets the deep connective tissues of the body, promoting flexibility, mobility, and inner peace.

Origins and Evolution:

The origins of Yin Yoga can be traced back to both Taoist yoga principles and the Hatha yoga tradition. In China, the Taoists emphasized the balance between yin and yang energies, with yin representing the cool, passive, and receptive aspects of nature. This philosophy found its way into yoga practices, particularly in the teachings of Paulie Zink, a martial artist who blended Taoist principles with Hatha Yoga asanas in the 1970s.

However, it was Paul Grilley who popularized Yin Yoga in the West during the late 20th century. Grilley, influenced by Taoist concepts and the works of Dr. Hiroshi Motoyama, recognized the importance of long-held, passive stretches for targeting the body's deep connective tissues. His teachings, along with those of Sarah Powers, brought Yin Yoga into mainstream yoga culture, introducing practitioners to a more introspective and contemplative practice of Hatha Yoga.



Fotocredits: Helga Baumgartner captured by Moritz Attenberger for Goldwerk Schliersee

The Practice of Yin Yoga:

Yin Yoga is characterized by its slow-paced nature and emphasis on relaxation and stillness. Practitioners are encouraged to find their edge in each pose, where they feel a gentle stretch or a mild discomfort, but not any pain. Once in a pose, the muscles are relaxed, allowing the stretch to penetrate deeper into the bodily tissues. In Yin Yoga, the poses are typically held for longer durations compared to other styles of yoga. The extended hold times allow for a deeper release of tension in the connective tissues, fascia, ligaments and joints. Poses in Yin Yoga primarily target the lower body, including the hips, pelvis, and spine, although variations exist to address other areas of the body. Common poses include Butterfly (Baddha Konasana), Caterpillar (Pascimottanasana) and Swan (Yin variation of Eka Pada Rajakapotasana), among others. Props such as blocks, bolsters, and blankets may be used to support the body and enhance relaxation.

Benefits of Yin Yoga:

The practice of Yin Yoga offers a myriad of benefits for both the body and mind:

- **Increased Flexibility:** Holding poses for an extended duration allows the muscles and connective tissues to release tension gradually, improving flexibility and joint mobility.
- **Stress Relief:** The slow, meditative nature of Yin Yoga encourages relaxation and reduces stress by activating the parasympathetic nervous system, promoting a sense of calm and inner peace.

- **Enhanced Circulation:** The gentle stretching and compression of tissues stimulate blood flow and lymphatic drainage, nourishing the body's cells and aiding in detoxification.

- **Improved Joint Health:** Yin Yoga helps maintain and improve joint health by promoting synovial fluid production, which lubricates the joints and reduces friction.

- **Mindfulness and Self-Awareness:** The prolonged holds in Yin Yoga cultivate mindfulness and self-awareness, allowing practitioners to observe their thoughts, emotions, and sensations with compassion and acceptance.

In essence, Yin Yoga offers a profound journey inward, inviting practitioners to explore the depths of their bodies and minds with patience, gentleness, and curiosity. As Paul Grilley once remarked, "Yin Yoga is the practice of patience, acceptance, and surrender—a journey of self-discovery and inner transformation."



Within the next months, we will explore the so called archetypes of Yin Yoga bit by bit.

- Text and model: Helga Baumgartner
- Fotocredits: Moritz Attenberger for Goldwerk Schliersee
- Support: Kerstin, Judit, Alexandra, Gela, Birgit und Nina

8 Ongoing Weekend Sessions



Ongoing Weekend Sessions in April 2024 with Ammaji



Saturday

The Power of Prayers Series

Shiva-manasa-puja

Starting Date : 23th Mar' 24

Every Saturday at 12 Noon IST (1 hour session)

Join with Zoom Meeting ID: 849 4938 5815; Passcode: PURNAVIDYA



Bhagavad Gita Satsang with Ammaji

3rd Saturday, 20th Apr, 2024: 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 865 9548 2491 | Passcode : Gita#001



Sunday

katopanisad

Started Date : 19th Nov'23

Every Sunday at 12 Noon IST (1 hour session)

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456



Register for our weekend classes and make your weekends a learning weekend!

<https://purnavidya.org/upcomingevents>

Donations are welcome. Click here to Contribute.

<https://purnavidya.org/education#education>



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Start your Day with Samkshepa Ramayana



As we welcome Sri Ram Lalla at Ayodhya, Purna Vidya brings you everyday, the 100-versed Samkshepa Ramayana, in which Sage Narada revealed the story of Lord Rama's life to Sage Valmiki.

The Video snippets being brought to you from Jan 24th 2024, is scheduled to conclude on April 17th 2024, Rama Navami.

Jai Sri Ram!!

Subscribe to Purna Vidya YouTube channel for receiving the Heritage and culture based teachings.

 <https://youtube.com/purnavidya>

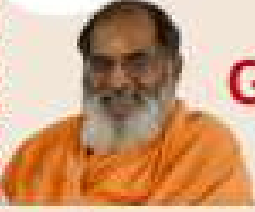
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Apr 23
Tuesday



GANGA DHYANA MANDIR

-Tapasyalayam, Himalayas



Hanuman Jayanti Celebration

23 April, 2024



Program Schedule

Puja : 9am - 2pm

Annadanam : 2pm onwards

Join us in our collective prayers with your personal Sankalpa and receive the blessings for your family from Lord Hanumanji!

Choose your offerings for Lord Hanuman Jayanti Celebration from the list below:

- Maha sankalpam (family of 4) Rs. 1,001/-
- Puja dravyam and Abhishekam materials Rs. 9,001/-
- Annadanam Contribution Rs. 10,001/-
- Contribution of your Choice

Click [here](https://purnavidya.org/) to contribute and visit us at <https://purnavidya.org/>

Puja Contribution: <https://purnavidya.org/ashram>

Program Registration: <https://purnavidya.org/vedicwisdom>

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Ganga Dasahara Retreat

June 12 - 18, 2024

Ganga Dasahara is a festival that celebrates the descent of the River Ganga on Earth. At Tapasyalayam on the bank of the sacred Bhagirathi-Ganga, each year Purna Vidya celebrates this festival with a Himalayan Retreat.

- To participate in the retreat, please visit and register :
<https://purnavidya.org/upcomingevents>
- To offer your contributions for Ganga Dasahara celebrations, please visit our website and contribute for charity and puja as you wish.

For Puja Offering and Donations:

contribute for Puja offerings: <https://purnavidya.org/ashram#PVE>

contribute for charity: <https://purnavidya.org/education#education>

Please sign in with your user profile and contribute. Help File is attached in the website for user profile creation.

Join Us in Offering to our Sacred MaGanga

Ganga Dasahara Puja	Rs. 5,001/-
Annadanam	Rs. 10,000/-
Dipa-danam – Sacred Lamp Offering	Rs. 2,001/-
Balika Vidya Danam	Rs. 15,001/-

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12 Upcoming Events



Upcoming Programs/ Events April - June



Yin-Yoga Philosophy Course

10th April to 16th April



Subālā- The Good Child

April 30, 2024 (Tuesday)



Supariwāra - the generation link program

May 4 and 5, 2024 (Saturday - Sunday)



Ganga Dasahara Retreat

12th June to 18th June



Course of the month: Who am I?

(To join, please visit <https://friendsofpurnavidya.org/>)

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>
(Select upcoming programs registration)

Online course registration: <https://purnavidya.org/vedicwisdom>



For More Information:

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इपेबाला - the good things



Wouldn't it be great if we could strengthen the fundamentals and empower children with confidence and clarity at an early age?

Subālā is a series of 4 sessions that guide you to embrace the wisdom of the past and sophistication of the present to create your future!!



WHO CAN APPLY ?

Children of age 14-18 years

Schedule starts from April 2024



Avail early bird offer and register your interest for the program by scanning the QR code

KEY TAKEAWAYS

- Discover love
- Strengthen your core values
- Unleash creativity
- Curiosity Quest – Asking right questions
- Communicate effectively
- Grow together: Nurturing collaboration
- Improve Focus
- Understand what is Success



Spend 90 min of your weekend in unlocking your potential and recognizing your better self. The final session of the series takes place at Purna Vidya Center situated at the foothills of the Western Ghats near Alandurai, Coimbatore as an outbound learning.



LIMITED SPOTS AVAILABLE - RESERVE NOW!

PURNA VIDYA FOUNDATION

Molapalayam, Pooluvapatti Panchayat,
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Suparivāra – the happy विलौपु



Wouldn't it be great if we could nurture the bonding of generations within the family by awakening the individuals to universal values and cultural ethics ?

SUPARIVĀRA

The Happy Family program helps you to reflect upon how the shared experiences, traditions and values that transcend generations create a rich tapestry of memories, laughter and enduring connections that stand the test of the time.

KEY TAKEAWAYS

- Understand short-term and long-term goals of life and how to implement as a family.
- Get awakened to universal values and cultural ethics
- Learn to recognize what is success
- Recognize the role of Divine as a friend and member of one's family



LIMITED SPOTS AVAILABLE - RESERVE NOW!



Avail early bird offer and register your interest for the program by scanning the QR code

📍 Purna Vidya Foundation, Coimbatore

👤 Family members of two or more generations

📅 Schedule: Monthly once (Dates to be finalized)

🕒 Duration: Overnight retreat
Day 1- 4 pm to Day 2 - 4 pm with overnight stay

PURNA VIDYA FOUNDATION

Molapalayam, Pooluvapatti Panchayat,
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Who am I?



About 'Who am I'

We are all seekers in life.
We keep seeking things that bring us happiness, joy
and peace.

This seeker in ourselves leads us to seek something
beyond the ordinary, beyond the struggles for survival
and we end up in asking "Who am I?". This is the most
central question to one's spiritual journey.

In this course, Ammaji unfolds the answers to this
question in an eloquent manner and guides our
journey of self-realization.

Details

- 4 hours self paced video course.
- Access for 8 weeks from the time of enrollment.
- Limited time: only available until May 31st.
- Cost: 25 €



by Swamini Pramananda (Ammaji)



Swamini Pramananda (fondly known as **Ammaji**) is a
Vedānta teacher and a Sanskrit scholar.

Her scholarship is grounded in the timeless teachings
of Rishi tradition and her direct experience of the truth
they reveal. She has been sharing the vision of Oneness
and Harmony with seekers around the world for about a
period of 40 years.

As a result, she has become one of the clearest and
most eloquent teachers of the Vedic vision of Oneness
and Happiness. She unfolds the answers to the
question "Who am I" in an eloquent manner for us and
guides us to focus on our journey of self-realization.

Register now here:

friendsofpurnavidya.org

Contact us
by Whatsapp: +919597546669
by email: info@purnavidya.org







08th March

MahaSivaratri was celebrated at the ashram with pious and religious fervour. The Lord Vanalingeswara temple was tastefully decorated with flowers and lamps. The day was marked with elaborate pujas from evening to the night and closed with a special MahaArati at midnight. Many from the local villages and devotees from various places graced the occasion and participated in the festivities.





The Grand Book Launch Event details will feature in the upcoming April Newsletter.



Sukarma: The good corporate

**Innovation Boot Camp on Mar 25, 2024
at Dr. N.G.P. Institute of Technology, Coimbatore**





PURNA VIDYA Heritage course on Human Development and Spiritual Growth

Eight senior students from various parts of the world (India, Srilanka, UAE, UK) completed this course based on Purna Vidya on Human Development and Spiritual Growth in March 2024. In the last academic year, they were keenly engaged in interactive session discussing varied topics, including moral development, Self Identity, sexual identity, peer pressure, Vedic culture, and value for traditions. They also learnt chanting of Nama Ramayana and Hanuman chalisa.

Students and parents were appreciative of course reflecting on how Purna Vidya effectively enables a fruitful dialogue between adults and teenagers on topics that are relevant in society, based on our own heritage.



Pranav



Shrijit



Sriyuktha



Ashvika



Aanavi



Janani



let's extend our gratitude
and support the Ashram!



Gift A Day



Dear Well Wisher,
Hari Om!

we are pleased to announce 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 Ma Ganga 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.

Sponsor 21,000 INR for one day

Thank you all for your generosity and support.

For any additional information

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There is only one Giver - the Lord, as everything we have in life is given by Him! We can only be instruments in sharing with others, what has been given to us! Share and discover the joy of giving!

-Swamini Pramananda (Ammaji)

Namaste Dear Friends!

Faith helps to heal our mind and body and keeps us going when faced with trials. We need to start examining how faith influences our thinking, behaviour, and worldview. It is important that we learn to cultivate faith in God, in our own capacity in learning, in guru and in sastras. Prayers help in cultivating faith in God. We need to have the faith that we are worthy of receiving the sacred teachings and regardless of what obstacles we may face, the belief that we can overcome it and understand the scriptures is essential in our life journey. Guru is like the wind, who will blow away all the clouds of maya, distortions, when we approach the guru with śraddhā, and be willing to learn! And finally, complementing faith with patience knowing fully well that we are being given by the Cosmic Justice what is due to us in life.

We hope that you have enjoyed this volume of our newsletter.

We warmly welcome your feedback and contributions through

purnavidya.newsletter@gmail.com

*“Surrender
is a divine
gift, for it is
here that
divinity
guides one’s
life, while
one’s ego
steps aside.”
(Ammaji)*

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