



# pūrṇa vidyā newsletter 07|24

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## Ammaji's Message

Dear Readers,

The word '**kṣānti**' derives from the Sanskrit root '**kṣam**' meaning 'to forgive'. One cannot avoid interacting with others. Individuals differ in attitudes, behaviour, expectations and qualities. One will always find in others qualities and behaviours that are desirable as well as undesirable. Moreover, one's own likes and dislikes do not remain constant. As they change, what one finds desirable and undesirable in others will also change.

**Kṣānti** implies objectivity in relating to people and situations. One allows the world to be what it is. In certain areas, one has no problem with this. One does not expect the sun, stars, mountains or the rivers to change.

>>>





One can enjoy them as they are. However, to be objective about the behaviour of a person is not easy. One must learn to look at the reason behind the behaviour. Learning to look at the cause behind a person's behaviour helps one accommodate people and situations that may not conform to one's likes and dislikes. Behaviour is a product of one's past and present environment, thinking, values, judgements, misunderstanding and other known and unknown factors. Given similar circumstances, it is likely that one might find oneself behaving in the same manner as the one whose behaviour one finds unacceptable.

Such an attitude of accommodation needs to be developed not only towards the behaviour of others, but also towards their ways of thinking. One needs to remember that each one's life experiences influence how the person thinks. To expect another's thoughts and feelings to be the same as one's own is unrealistic. Being accommodating of another's thoughts and feelings requires sensitivity towards that person.

It is important that besides learning to accommodate others, one also needs to accommodate one's own mistakes and follies, without putting oneself down. A person who develops this capacity for self-accommodation has an advantage. A Sanskrit verse says: "**Kṣamā śāstram kare yasya durjanaḥ kiṃ kariṣyati Atṛṇe patitaḥ vanhiḥ svayameva upaśāmyati**" which means "What will a devious person do the one who wields the weapon of accommodation in (the) hand? Fire falling on the ground without any grass (to burn) gets extinguished by itself".



Love and Blessings,

*Ammaji*



# लिङ्गाष्टकम्

## > Part 5



ब्रह्ममुरारिसुरार्चितलिङ्गं निर्मलभासितशोभितलिङ्गम् ।  
जन्मजदुःखविनाशकलिङ्गं तत् प्रणमामि  
सदाशिवलिङ्गम् ॥१॥

*brahmamurārisurārcitaliṅgaṃ  
nirmalabhāsitaśobhitaliṅgaṃ .  
janmajaduḥkhavināśakaliṅgaṃ tat praṇamāmi  
sadāśivaliṅgaṃ*

In the last class we have seen the last pada of the opening verse; **तत् सदा शिवम् प्रणमामि।**

It states that I offer my namaskara to the Lord in the form of this Lingam, none other than Sadasivah. He is **सदा** - ever, always, eternally, the bestower of blessings of auspiciousness. And so, unto that Lord, who is the auspicious one and the bestower of auspiciousness, represented and symbolized by this Lingam, my surrender, **नमः, namaḥ**. If you are a good meditator or a good Yogi, you are welcome to visualize the very cosmos as a Lingam, as I have explained to you, with the earth as the base of the Lingam. Alternatively, you can create an altar in your own home, where you light a lamp or offer a panchopachara puja. At the end of the puja, you can go into pure mantra chant and then move into your silent meditative space. This could be your daily ritual or daily engagement with the divine. There is beauty, there is grace, there is a rhythm, and there is a process, a platform where you can express your emotions as a devotee. Or you can close your eyes, visualize the Cosmic being, the Cosmic Lingam, and then contemplate upon it.

And so here, after stating **तत् प्रणमामि सदाशिवलिङ्गम्** the stature of the lingam is explained. The lingam is Brahma, Murari, and Surah architham Lingam. That is, lingam is the one which is worshipped and remembered by Brahma, Murari, and Surah. Here it is to be mentioned that there are nine forms of bhakti sadhana or worship.

**श्रवणं कीर्तनं चैव स्मरणं पादसेवनम् ।  
अर्चनं वन्दनं दास्यं सख्यम् आत्मनिवेदनम् ॥**

These are the nine forms of worship. Among these, **अर्चन (archana)** is the offering of flowers to the divine as a symbol of your own salutation. How do you do that? It is done by glorifying the Lord with different names, in **108** different names. This ritual, this expression, is called archana. Here it is said that archana to this Lingam is being performed, this form of expressing reverence to the cosmic being is being done by Lord Brahma himself, the very creator of the universe. Additionally, the archana is performed by Murari. Murari refers to Lord Vishnu. **मुरस्य असुरस्य अरिः इति मुरारिः** (Murasya asurasya ariḥ iti Murariḥ) means that Lord Vishnu was the one who vanquished the enemy named Mura. It also states that the suraah, the celestial beings and higher powers, all revere and acknowledge the cosmic being as Shiva.



>>> How do these higher entities offer themselves to Lord Shiva? Let us not look at this from our own limited human perspective, but rather in terms of the laws of the universe. The whole universe operates by the omniscience of the cosmic being. There is an order: a moral order, a physiological order, a geological order in creation. There is an astronomical order, an astrological order, order upon order. There is intelligence behind the universe's operations, and every phenomenon is attuned to that cosmic intelligence.

It means each deity, each higher power, is in alignment with the cosmic power. This is called surrender; this is called offering. This is called accepting the order of the higher power. It is like machinery, where each part needs to be aligned with the highest power in order to run it properly. In our own bodies, each limb cannot have its own process of thinking. The thinking is done by the brain. Similarly, there is a head of every family who thinks about operating the system, the family. Every organization has a head, the brain of that system. Therefore, we need to align with that head always. In this way all these celestial powers are aligned with the cosmic being.

This alignment is expressed through reverential acts called archana, a very beautiful concept. Therefore, Brahma, Murari, and Surah perform archana to the Lingam. And they are aligned to **निर्मलभासितशोभितलिङ्गम्, niramala, bhasitha shobhitha lingam.**

This Lingam is Nirmala—pure and unsullied. Nothing can pollute that Lingam. What can pollute light? What can pollute space? Air cannot pollute space; because space is subtler than air. Air can only pollute the atmosphere, not space.

The subtler something is, the less the grosser can penetrate it. Similarly, the subtlest being, the cosmic being, the cosmic intelligence, is what we call the infinite light, the **Param Jyothi, Para Shakti.** This Param Jyothi, the absolute infinite light, is Nirmala. This Lingam is Nirmala Bhasita—pure and ever-shining. It is effulgent, it is in the form of effulgence, not darkness. It is an effulgence that is embellished. The entire universe's names and forms are nothing but embellishments of light. The stars, the moon, the sun, the comets, the meteors, the lightning, the earth, the fire—all are embellishments of that light.

When you wear ornaments, it is not that the ornaments make you beautiful. You are beautiful; your soul and attitudes are beautiful. What comes through from a pure person is nothing but beauty, simplicity, and alignment with the total. When you wear ornaments, they only embellish the beauty that you already are. This is called a **शोभितलिङ्गम् shobhitha lingam**, an embellished lingam. In the cosmic form, all the luminaries are embellishments. When you look at an altar, whether it is in the form of a Shiva Lingam, we embellish that form with **Chandanam, Kumkumam**, a crown, **Vibhuti**, and other ornaments as expressions of our devotion.

Then he says, **जन्मजदुःखविनाशकलिङ्गं,** Janmaja Duhkha Vinashaka Lingam. What is important here is janmaja duhkha—the suffering that comes with birth.

Sorrow, sadness, and pain are born with birth. The very birthing process itself is painful for both your mother and you. And once you come out, your introduction to the world is a stark cry. You have a simple need called hunger, but to fulfil that hunger, you have to cry again to inform your caretakers that you are hungry.

>>> Crying is the only language you know. You cry when you are thirsty. You cry when you need a diaper change. What else do we know except to cry? Right from the beginning, there is nothing but duhkham (sorrow). And we think that dying is a problem for so many people. Lucky are those who simply leave quickly. We feel the loss, but they are the luckiest souls because they don't have to suffer. Pain is the journey of life. If you think life can be lived without pain, then we have not understood what life is. The experience of pain is nothing but a manifestation of our own consequences of our own karma. It is not that the God is sadistic and gives us pain, dropping it onto human beings. It is our doing, that gives us pain. You may argue, "I did not do anything, I was just born, what did I do?" Well, you didn't do anything now, but the very birth is a consequence or outcome of what you did before. As a soul traveling through numerous births, you hold your own bank account, your own fixed deposit of many karmas, of which only some get fructified and manifested into this birth and your journey into adulthood, old age, and death.

**Duhkham (sorrow)** is there in the very growth process. Even your physical growth process involves this. **जायते अस्ति (Jaayate asthi)**: you are born, you exist. **वर्धते (Vardhate)**: you grow. **विपरिणमते (Viparinamate)**: you modify. We keep modifying until we become adults. Then we are supposed to remain, but we grow sideways (fat) and upwards (tall). And we shrink also. This growing and shrinking is called modification. So, **जायते अस्ति, वर्धते, विपरिणमते (Jaayate asthi, vardhate viparinamate)**. Then we decline and finally drop the body. The processes of modifications from birth to death pass through physical, psychological, and biological complexes. This is the journey of life, any life. And here duhkham is inherent, because it is part of the growth process.

You are a human adult if you have learned to build your threshold, your capacity for the forbearance of pain. Where there is a strong capacity to forbear pain, there is less and less conversion of pain into suffering. Pain becomes suffering when it crosses my threshold of forbearance. So, we pray to the Divine: through my karmas, I attracted pain and sorrow, and I am afflicted by my own karmas. This is the result of my pain in multiple janmas (births). But now, I surrender to you. I own up to my mistakes. Please release me from this consequence. The consequence of my karma is the punishment. Be kind and release me from this law which gives me the result of my own karma, my own actions. Please release me, give me relief. Because I am not doing a new action. In submission to you, O Divine Being, you have the power to help me break through this pain. Help me, Janmaja duhkham vinashaka lingam. You have all the power to do whatever you choose. And when I appeal to you, as your child, you will definitely release me from this pain. Because **तत् प्रणमामि tat pranamaami, तत् लिङ्गं प्रणमामि tad lingam pranamaami**. You are the bestower of Sada Shiva. You are the eternal bestower of auspiciousness. Therefore, bestow upon me. I have come to you. I now understand my mistakes. "Kindly release me from this pain" is a deep appeal from the bottom of the heart of this individual. It is a cry of the soul seeking blessings and protection. So let us chant together again.



# Yin Yoga ♥<sup>4</sup>

## Yin Yoga - saddle archetype or back bends

*In the first newsletter on Yin Yoga, we introduced Yin Yoga as a particularly slow and static form of Hatha Yoga - tracing back to both Taoist yoga principles and to the Hatha yoga tradition. In the second newsletter on Yin Yoga we talked about the why Yin Yoga works with archetypes:*

*In his functional approach Paul Grilley identified 7 archetypal poses, each of which serves a specific purpose and targets different areas of the body. The archetypes specify e.g. as poses such as forward bends, back bends, inversions, twists and sidebands as well as poses that stress the the hip rotator muscles, the hip flexors, the hip adductors or the shoulder / chest area etc.. In the third newsletter of last month, we presented you the first archetype, the forward bends or caterpillar archetype. In this current edition we will present you the second archetype, the saddle archetype or back bends.*

### Back bends or saddle archetype:

Paul Grilley describes this archetype of Yin Yoga as characterized by poses that involve sitting back on the feet or, between the feet. These poses are typically used to affect the quads, hip flexors, and lumbar spine, and are often used to help improve flexibility in these areas. I'm additionally adding all other spinal back bends into this archetypal group like sphinx pose, which might involve stimulating only one of the above mentioned target areas (quads, hip flexors, lumbar spine) and not necessarily all of them. We are giving you two examples. Always consult with your doctor and / or therapist before practicing any yoga pose, making sure the practice is adequate for you.

### **Before we start with the poses, I ll remind you of the concept of the rebound:**

The rebound in Yin Yoga is essential for allowing the body to integrate the effects of the pose, helping to release residual tension and promoting energy flow. It provides a moment of stillness and awareness, enabling you to observe and feel the changes in your body and mind, enhancing the meditative aspect of the practice.

### 1. SPHINX

**Yin Yoga version of bhujangāsana**

**भुजङ्गासन**

**Target area of the pose (this is where you'll possibly feel a stretch): front of the abdomen, chest and shoulders. The sacro-lumbar spine is stimulated in compression.**

### **How to enter the pose:**

To enter the Yin Yoga pose Sphinx, start by lying on your stomach with your legs extended out straight behind you. Position your elbows under your shoulders and place your forearms flat on the mat. The forearms can be parallel to each other, or the hands can touch. Gently press into your forearms to lift your chest, allowing your lower back to arch naturally. Keep your shoulders and glutes relaxed, and your gaze forward (foto 1) or slightly downward (foto 2) to elongate the neck. If you experience too much pressure in the lower back, widen your heels / legs and your elbows and lean your head even more forward, as these three actions will diminish the pressure in your lower back / lumbar spine. You can even rest your forehead against your hands or a block (foto 2).



Maintain a completely natural, even breath as you stay in the pose for 3-5 minutes, allowing your body to releasing and relaxing tension gradually, and to open the front line.

**How to leave the pose:**

To exit the Sphinx pose slowly and carefully, begin by sliding your elbows out to the sides. With an exhalation lower your chest and head gently to the mat, or rest your forehead comfortably on your hands. Allowing your body to fully relax in a prone position, taking a few deep breaths to transition smoothly and ease any remaining tension. If there is a lingering sensation of pressure in the lower back, bend your knees and gently move your feet in the air towards right and left (windshield wipers), decompressing the lower spine with this light twist.

After a few repetitions of that, rest again fully on the floor, take a few deep outbreaths and for one or two minutes feel the effect of the pose. This is called 'rebound' in Yin Yoga.

**Effects of the pose:**

- This backbend can give a deep stimulation of the sacro-lumbar curve (lordosis)
- For some, only lying on the stomach might be already enough of a backbend
- Stimulating the kidney region wich stores 'Jing', in Taoism seen as the energy source supplying all other organs - the area at L2 / L3 is called 'door of life'
- Can be therapeutic for exhaustion symptoms
- Can be therapeutic for intervertebral disc problems / hernias (see physiotherapy: McKenzie therapy)
- Stimulating the thyroid if the head is leaning back (not in picture)
- In pregnancy sphinx can be practised with one blanket / bolster underneath the pubic bone and one bolster under the chest / shoulders.

**Contraindications to the pose:**

- If there is any sharp pain / burning sensation / numbness, be sure to change or leave the pose immediately
- For some back / intervertebral disc problems backbends are therapeutic, for others they are absolutely not recommended: in case of doubt leave it out, or consult with your doctor and therapist.
- Some might experience numbness in fingers / hand: make sure to have a soft mat / blanket under your arms, play with the humerus / shoulder joint rotation and maintain a long cervical spine



## 2. HALF SADDLE

Yin Yoga version of ardha supta-vīrāsana  
अर्ध सुप्तवीरासन

*Target area of the pose (this is where you'll possibly feel a stretch): quadriceps, hip flexors (psoas), with arms up: chest & shoulders. The sacro-lumbar spine is stimulated in compression.*

### How to enter the pose:

To enter the Yin Yoga pose of Half Saddle start by sitting on your left shin with your right knee bent. You can either sit straight on the left heel, or you can sit on the inside of the heel with the calf muscle rolled out (this seat requires more internal rotation in the hip joint). Place a bolster lengthwise behind your back to support your spine, with a blanket ready to support your head if needed. Slowly lean back, using your hands for support, and gently lower your back onto the bolster, ensuring it supports your spine in a way you feel entirely safe (bolster is not shown on picture). You can place additional props like blocks under the bolster or blankets under your head and shoulders if needed for better support. Make sure your upper body and spine are supported as needed and you can relax into the pose without any strain whatsoever. A more intense alternative is to lay down without bolsters straight on the ground (see foto). Allow your arms to rest by your sides, touch the third eye with your hands, or lay the arms comfortably up next to your head. Maintain a completely natural, even breath as you stay in the pose for 3-5 minutes, allowing your body to releasing and relaxing tension gradually, sinking deeper and deeper into the pose.



### How to leave the pose:

To exit the Half Saddle pose slowly and carefully, I personally prefer to start by lifting up my head with the help of my hands as a first step - this will be engaging the abdominal wall. Then either press your hands into the floor, or pull on your heels with your hands to gently lift your torso off the bolster (still engaging the abdominal wall). Leaning to the right side you can pull your left leg out from underneath yourself. Coming out of (half) saddle its beautiful to just sit in seiza (virasana) for a minute or two and feel the energetic rebound in the lower spine. Then carefully lower your back onto the mat, transitioning into a supine position. After a while move your knees gently right and left (windshield wipers) for decompression of the spine. Take a few deep breaths to allow your body to adjust and relax into lying on your back. Then practice the second side of the pose! After the second side, enjoy the rebound: resting on the floor, take a few deep outbreaths and for one or two minutes feel the effect of the pose. This is called 'rebound' in Yin Yoga.



**Effects of the pose:**

- helps maintaining the natural curve (lordosis) of the lumbar spine / sacrolumbar arch
- excellent for athletes with a lot of tension in the hip flexors (psoas) and quads
- Crucial for people who sit a lot - but also for those who stand or walk a lot
- stimulates the thyroid gland when the neck is stretched
- depending on the heel position, (half) saddle can be one of the few yoga poses with internal hip rotation
- Position and support of the head has a big influence on how much compression will be felt in the lower back in (half) saddle
- Placing the arms above the head intensifies the posture for the shoulders
- Sitting on your heels intensifies the backbend - sitting between your heels softens the backbend!

**Contraindications to the pose:**

- If there is any sharp pain / burning / numbness, be sure to change or leave the pose: (half) saddle pose will very likely not be accessible for everyone every day: : it can be individually too much for the spine, the knees, the ankles etc.
- For some back / intervertebral disc problems problems backbends are therapeutic, for other they are absolutely not recommended: in case of doubt, leave it out, and / or always consult with your doctor and therapist.

- (half) saddle pose can be a lot on the knees: raising the pelvis and upper back with props helps to reduce the stretch around the joint, putting a thin blanket or belt to the back of the knee joint helps to reduce the pressure in the joint. Putting the heels under the buttocks (versus out on the side) helps keeping the knee aligned for many. Others prefer the heels out to the side. Trust your own awareness and sensations.
- The extension in the ankle area can be too much > a rolled blanket under the ankle helps here
- The backbend can be too simply much > make sure to have plenty support / many props under the spine and especially under the head



*Please always consult with your doctor and / or therapist before practicing any yoga pose, making sure the practice is adequate for you.*

*• Text and model: Helga Baumgartner*

*• Fotocredits: Ankit Sharma Yogaphotography Rishikesh*

*• Support: Kerstin, Judit, Alexandra, Gela, Birgit und Nina*

## 10 Ongoing Weekend Sessions



### Ongoing Weekend Sessions in Aug 2024 with Ammaji



#### Saturday

#### The Power of Prayers Series

#### Sri Lingastakam

Starting Date : 1st June' 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, 17th Aug, 2024: 5:00 to 6:30 p.m. IST

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



#### Sunday

#### Isavasyopanisad

Started Date : 04th Aug' 24

Every Sunday at 12 Noon IST ( 1 hour session)

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



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# The Power of Prayers Series

## Sri Lingastakam

-A Hymn on Lord Shiva

STARTING DATE: 1 JUNE, 2024

EVERY SATURDAY, 12 NOON IST

TOTAL 12 SESSIONS



ARE YOU A SEEKER, A DEVOTEE DESIRING  
TO CONNECT WITH THE DIVINE?

IF YES, THEN

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- by Swamini Pramananda (Ammaji)

For further information on books, donations for course, please follow the link below:

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Contact Us :

+91 95972 15559 +91 78458 88904

+91 91503 19999

[programs@purnavidya.org](mailto:programs@purnavidya.org)

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## 12 Ongoing Weekend Sessions

# Isavasyopanishad

- BY SWAMINI PRAMANANDA (AMMAJI)

Starting on : Aug 04, 2024

Every Sunday, 12 noon - 1:00 p.m. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

<https://bit.ly/3urHDsN>



Swamini Pramananda is a well known international Vedanta Teacher and a Sanskrit Scholar. She has been sharing the Vedantic Wisdom in her simple eloquent teachings for over forty years.

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Contact Us at :

+91 95972 15559 +91 78458 88904

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## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### RĀMĀYAṆA

(30 sessions)

Starting from August 04, 2024 onwards (Sunday)

Time : 01.30 pm IST

For Ages 7 to 13



\*\*\*\*\*

- Rāmāyaṇa, is not just the story of Lord Rāma. It presents the life of Lord Rama as a role model for a child. Lord Rama is an ideal son, brother and an ideal friend.
- He is the embodiment of righteousness. Understand the values Sri Rama stood for by looking into this historical poem as presented in the Valmiki Ramayana.
- Gift your child a fun, interactive live online learning experience to learn about their rich cultural heritage.
- 1 hour session includes sloka chanting, story of Lord Rama and fun interactive activities.

#### Program Includes

- Listening to stories from Rāmāyaṇa
- Learning to chant shlokas
- Sing Bhajans

#### Syllabus Plan

- Bala Kanda - Birth of the four sons
- Episode of Visvamitra
- Sita's marriage to Rama
- Ayodhya Kanda - Manthara counsels Kaikeyi
- and more ....

Donations in form of Gurudakshina and your contribution to sustain the charitable activities of the Trust is requested.\*

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

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## 14 Online Learning – NEW available

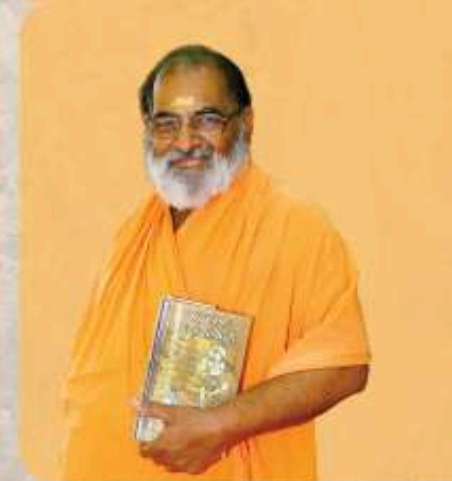


# Upanisad Bhasyam

## Swamiji's Bhasyam Classes

- 1. Atmabodha (24 hours / 24 Classes))
- 2. Kenopanisad (with Bhasyam) (63 hours / 63 Classes)
- 3. Mundakopanisad (with Bhasyam) (96 hours / 96 Classes)
- 4. Mandukyopanisad (with Bhasyam) (136hours / 136 Classes)
- 5. Prasnopanisad (with Bhasyam) (61 hours / 61 Classes)
- 6. Taittiriopanisad - Siksa Valli (with Bhasyam)  
(24 hours / 24 Classes)
- 7. Taittiriopanisad-BhrguValli (with Bhasyam)  
(27hours / 27Classes)

*Swami Siddhabodhananda has a 45 years history as a teacher of Vedanta and Sanskrit. Sri Swamiji is a master in handling the Sankara-bhasyam, of the terse Vedanta texts such as Upanisads, Bhagavad Gita and Brahmasutras. Swamiji's scholarship and mastery of Paniniyan Sanskrit Grammar allowed him to create the pedagogy and structural tools for the residential Vedanta Courses in Purna Vidya Foundation in the online space.*



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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 July 31
- 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.

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# 16 Upcoming Retreats & Courses – August to November



## Upcoming Retreat / Courses Aug to Nov, 2024



### Tamizh Vedanta Anmiga Mughaam (in Tamil)

Aug 11 to 15, 2024



### Navaratri Retreat

Oct 03 to 13, 2024



### Hatha Yoga and Vedanta Retreat

Nov 2 to 9, 2024



### 100 Hour Vedanta and Yin-Yoga Teacher Training

Nov 14 to 27, 2024



*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)



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## தமிழ் வேதாந்த ஆன்மீக முகாம்

தலைப்பு : கடோபநிஷத்

ஆகஸ்ட் 11-15, 2024

ஞாயிறு முதல் வியாழன் வரை

(வருகை: 10-8-24 மாலை; புறப்பாடு: 15-08-24 மாலை அல்லது 16-08-24 காலை)

கடோபநிஷத், கிருஷ்ண யஜுர் வேதத்தில் இருக்கக்கூடிய உபநிஷத்பகுதி நசிகேதசுக்கும் எமதர்மராஜருக்கும் இடையே நடைபெறுகின்ற குரு-சிஷ்ய சம்வாதமாக அமைந்திருக்கின்றது. இதில் குறிப்பாக மரணத்துக்கு பிறகு மனிதனுடைய நிலை, மனிதனுடைய பிறப்பு இறப்பு சுழற்சி, எதை நோக்கி அமைகின்றது என்பதை பற்றியும் மேலும் அனைத்துக்கும் ஆதாரமாக இருக்கக்கூடிய பரம்பொருளை பற்றியும் விளக்குகிறது.

### ஆச்சார்யாரை பற்றி :

ஸ்ரீ அருள்ஜி அவர்கள் பூஜ்ய ஸ்ரீ சுவாமி தயானந்த சரஸ்வதியின் சீடர். மேலும் சுவாமி சித்தபோதானந்தா அவர்களிடமும், சுவாமினி பிரமானந்தா (அம்மாஜி) அவர்களிடமும், பயின்றவர். ரிஷிகேஷ ஆர்ஷவித்யா பீடத்திலும், ஆனைகட்டி ஆர்ஷவித்யா குருகுலத்தில் குருகுலவாசமாக இருந்து, வேதாந்த பாடங்கள், சமஸ்கிருத பாடங்கள் மற்றும் ஆன்மீககிரந்தங்களை முறையாக கற்றவர்.

மேலும் தமிழ் திருமுறைகள், திருமந்திரம், தேவாரம், திருவாசகம் போன்ற தமிழ் நூல்களை முறையாக கற்றவர். தற்போது பூர்ண வித்யா ஆசிரமத்தில் ஆச்சாரியராக இருந்து, வேதாந்த வகுப்புகளை கற்பித்துக் கொண்டு இருக்கின்றார்.

To register for the Course, please visit the below link and choose: "Tamizh Vedanta Mughaam" and enroll.

<https://purnavidya.org/upcomingevents>

இடம்:

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சிறுவாணி மெயின் ரோட்டில்,  
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கோயம்புத்தூர் - 641101.



For More Information:

+91 95972 15559 +91 78458 88904

+91 95975 46669 +91 95241 34633

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# 18 Upcoming Retreats & Courses-October

## 'O Devi!' A Call Of The Soul

Offerings on Navaratri Days:  
Oct 03 to 13, 2024



Those devotees who cannot personally attend the 10 day Retreat, may participate in the Pujas through their offerings and donations for the following:

Join with us in our prayers, with your personal Sankalpa, which will be read with your name, gotra and nakshatra everyday, as we pray for your family's well-being.

Navaratri Retreat at  
Tapasyalayam Ashram  
Oct 03 to 13, 2024



A Call from Uttarkashi, Himalayas!

- Spend 10 days with Sri Swamiji, Ammaji and the most sacred of rivers, Goddess MaGanga in contemplative practices during Navaratri!
- Revel in Ganga Temple Pujas, Chantings, Yoga, Reflections, Bhajans, Satsangs and an opportunity to meditate on the banks of MaGanga.
- Yatra to Gangotri Temple (Optional on additional cost\*).

Retreat Donation:

Indian nationals: Rs. 21,000/- per person

Foreign nationals: USD 350 - per person

Retreat registration

<https://www.purnavidya.org/upcomingevents>

Contribute for puja and charity during this auspicious period and be part of a good cause.

• Puja dravya offering for 9 days	Rs. 9,001/-
• Mahasankalpam for 9 days (family of 4)	Rs. 7,001/-
• Nava-Kanya Puja (offering to young girls)	Rs. 5,001/-
• Annadanam (Charity of Food)	Rs. 4,001/-
• Balika Vidya Danam (Girl Child Education)	Rs. 15,001/-

For Indian nationals: How to donate?


**Option 1:** If you have already created your user profile with required details in Purna Vidya website (<https://purnavidya.org>), please log in and visit <https://shorturl.at/t7b5q> to contribute the amount of your choice.


**Option 2 :** Visit <https://shorturl.at/jXBvu> and opt for general donation or to project of your choice.

Foreign nationals, please mail us at [helpdesk@purnavidya.org](mailto:helpdesk@purnavidya.org) to know the donation process.

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## HATHA YOGA AND VEDANTA RETREAT

This is a eight-day retreat which brings you traditional Hatha Yoga, Pranayama and Kriyas (Cleansing techniques). The retreat includes sessions on Vedanta (Gita in daily life) and meditation, chanting of mantras.

- Sun Salutation
- Asanas that help you for sitting postures
- Pranayama and Meditation
- Cleansing techniques
- Gita in daily life- Transformational workshops
- Chanting / recitation of Mantras

TEACHERS : SWAMINI PRAMANANDA (AMMAJI) AND BHOOMA CHAITANYA



Purna Vidya Foundation

TARGET AUDIENCE : YOGA PRACTITIONERS - BEGINNERS AND INTERMEDIATE

You may be requested to share the medical history if you are on any specific treatment.

NOV 02 to  
NOV 09, 2024

PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
RESIDENTIAL RETREAT



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## 20 Upcoming Courses & Retreats-November



### 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

**PRE-REQUISITE :** YOGA PRACTITIONERS WITH A MINIMUM OF 2 YEARS OF CONSISTENT PRACTICE

THE TRAINING IS ACCREDITED BY YOGA ALLIANCE AND COUNTS TOWARDS MINDFUL YIN+YOGA MODULES COVERING THE BELOW.

- **40 HOURS OF PHILOSOPHY:**

Learn Vedic Yoga philosophy from Bhagavad Gita and Patanjali Sutras, Sanskrit Phonetics and Mantra / Stotram recitation.

- **50 HOURS OF YIN YOGA:**

Module 2(chakras and meridians) - Understand the Meridian system as a concept of an energy supply to the body, Discuss the chakras as coordinating centers of the meridian system and as a springboard to a higher consciousness through meditation, Explore Chi/Prana, chakras and Meridians/Nadis with Yin Pranayama and meditation practices.

- **10 HOURS OF TEMPLE PRAYERS AND VISITS.**

**TEACHERS :** SRI SWAMIJI , AMMAJI AND HELGA BAUMGARTNER



VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

**NOV 14 to  
NOV 28, 2024**

**PURNA VIDYA FOUNDATION,  
COIMBATORE, INDIA  
15 DAYS RESIDENTIAL RETREAT**



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## 100 HOUR VEDANTA & YIN-YOGA TEACHER TRAINING

### ABOUT OUR TEACHERS

**Sri Swami Siddhabodhanandaji** has a rich 40 years history as a teacher of Vedanta and Sanskrit. A student of Pujya Swami Dayananda Saraswati, Swamiji's scholarship and mastery of Paniniyan Sanskrit grammar allowed him to create the pedagogy and structural tools for residential Vedanta courses in Arsha Vidya.

**Swamini Pramananda** (affectionately known as Ammaji) is the Spiritual Leader and Visionary behind the organization, Purna Vidya, based in Coimbatore, India. For the past 40 years, she has been sharing the vision of Oneness and Harmony with seekers around the world.

**Helga** is one of the few teachers in the world who have completed a 650-hour Yin Yoga training with Paul Grilley in California (**Yoga Alliance 500-hour ERYT certified**). After a total of more than 850 hours of training in Yin Yoga, she has been training Yin Yoga teachers herself since 2014 and is a sought-after lecturer for Yin Yoga at yoga conferences. She is the author of the book 'Yin Yoga', published by BLV Verlag in 2015, and teaches yoga and mindfulness at the University of Regensburg.

#### COURSE FEE:

For Indian nationals, Rs. 50,000/- (Course Fee) + stay and Sattvic Food (based on accommodation type). To avail the early bird registration price offer, reserve your seats on or before June 30, 2024.

Foreign nationals are requested to write to [office@yinplusyoga.de](mailto:office@yinplusyoga.de)

VEDANTA . YOGA . CHAKRAS . ASHRAM LIFE . TEMPLE VISITS

NOV 14 to  
NOV 28, 2024

PURNA VIDYA FOUNDATION,  
COIMBATORE , INDIA  
15 DAYS RESIDENTIAL RETREAT



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## 22 Launching 'Thought for the Day' series

### Launching 'Thought for the Day' series

How about gifting yourself peace and vedantic learning daily amidst the "busyness" of the world? Sign Up!!

**Namaste all!**

Hope you are enjoying the daily video snippets that are being on hosted <https://www.youtube.com/@PurnaVidya/videos> and gifting yourself time for you finding inner balance and peace amidst the hustle and bustle of today's world..

We are initiating the "Thought for the Day" series soon. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<https://purnavidya.org/poll-response-handler>

You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

Embark on a journey of enlightenment and inspiration with us!

Warm regards,  
Suresh Ramamurthi  
Trustee



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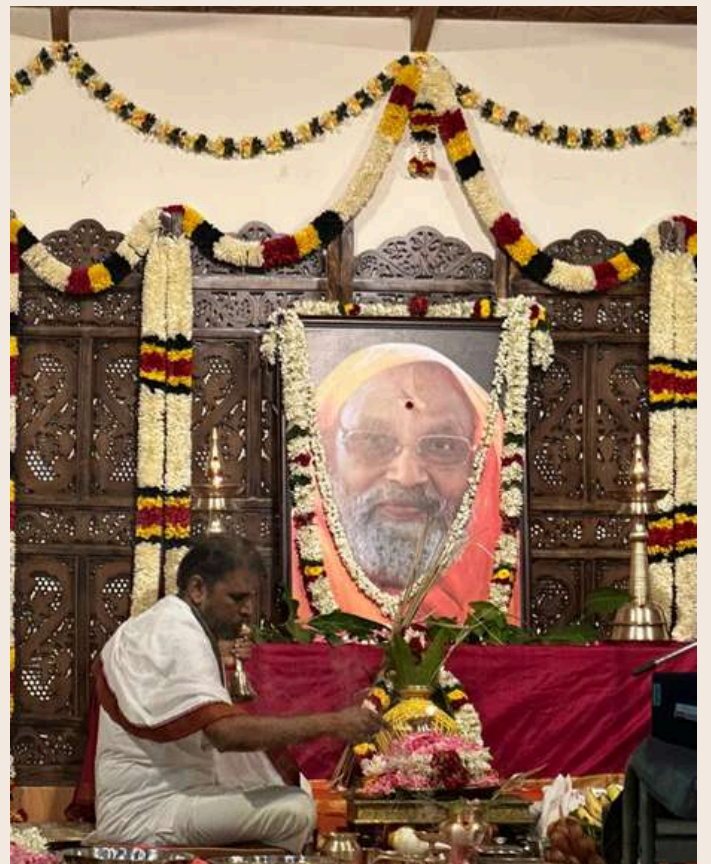
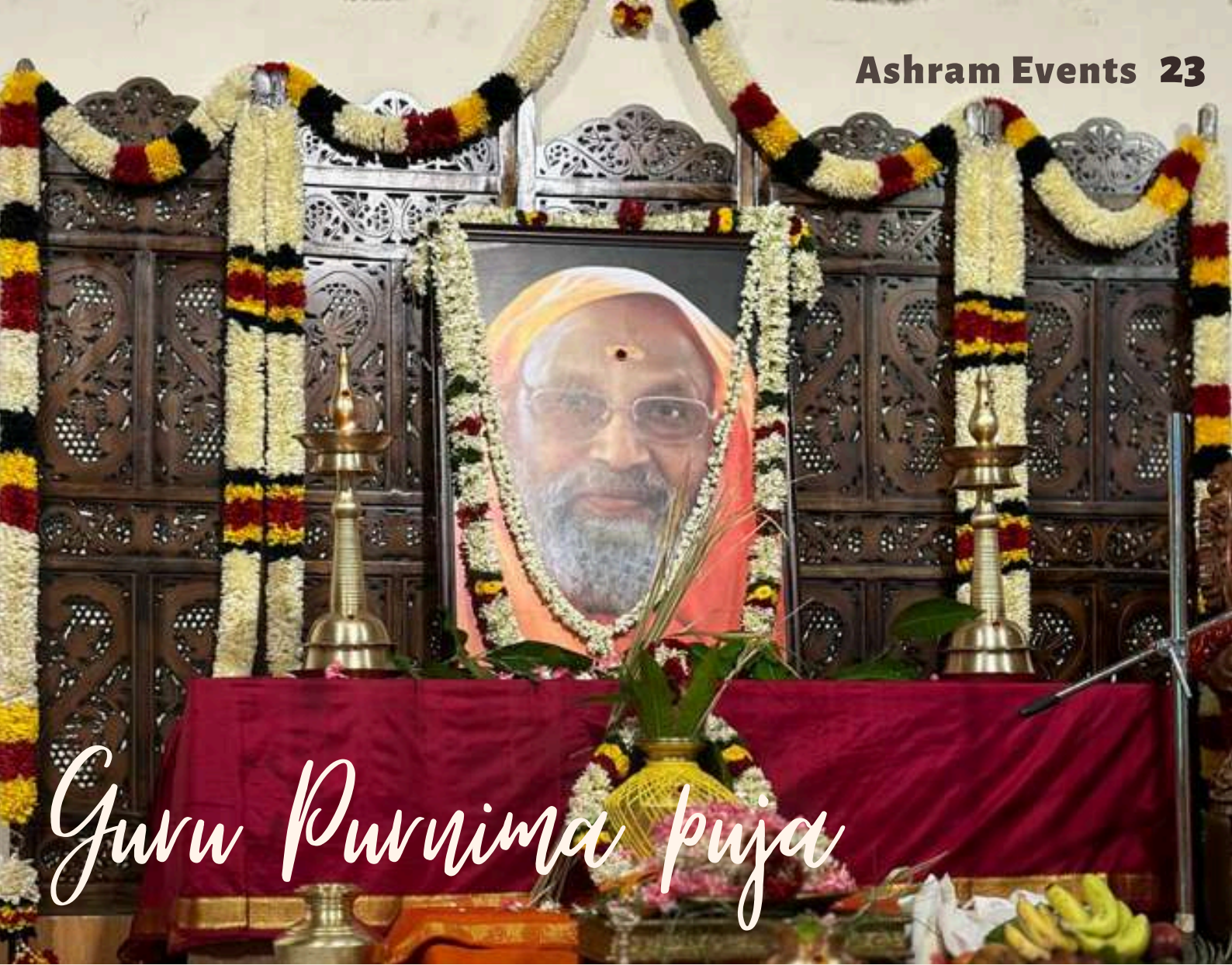


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## 24 Ashram Events



Guru Purnima, a day to remember and honour our Gurus was held at the Coimbatore ashram on 21st July. The day started with an elaborate puja for Pujya Sri Swami Dayananda Saraswati by Sri Swamiji, Ammaji and Arulji. . The whole occasion was marked by a mood of serenity and respect. Ammaji gave a satsang on the importance of a Guru in everyone's life. Arulji gave a speech in Tamil about Guru Purnima and specialisation of this aadi month.

There were many guests who came over to grace the occasion, notably a big contingent from Nana Nani Homes. They took blessings from Swamiji and Ammaji and collected prasadh. Also, they visited Gurutirtha, recently opened Purna vidya Gallery and sumptuous lunch offered to all of them.



# Ganga Dashahara Retreat Tapasyalayam



The experience at Netala was simply extraordinary. I had always imagined that it would outstanding but did not imagine the scale of it.

The physical location of the Ashram was superb: so quietly hidden from the noisy main roads, right by Ganga-ji, that one could walk down a few steps and be taking a bath in the beautiful, cold, purifying waters.

The living accommodations were simple yet comfortable, what they should be in an Ashram meant for the inward journey of meditation. The routines were precise. The temple has been so naturally created and the decorations so amazing that one can feel the 'living entity' in the stone deity. The pujari is a wonderful person, performing so many different tasks, so precisely.

The festival of Ganga Dashera was something to behold. I had never experienced anything like that. How the Shakti in the Doli makes movements happen is a mystery. Ammaji's teachings and discourses were full of guidance for the inner journey.

The yoga teacher is such a sweet person, we learned so many different and unique things about yoga. There were moments of anxiety and worry about Swamiji's health: I hope he will recover soon.

This was an unique experiment in community living, going to Gangotri and sitting in Ammaji's private room was an amazing experience. All in all, this was a most invaluable experience, far exceeded our expectations and unlikely to be repeated again.

>>> **Dr. Raj Kathane**



It is a great and blissful experience of spirituality on the banks of River Ganga mata.

The Retreat and celebration of Ganga Dashahra are a blessing. The group is an amazing and felt happy to be with them.

I wish to visit the Tapsalayam again and again that conveys my overall feeling and thoughts about the retreat and the Ganga mata.



>>> **Dr Murthy Vusurikala (Bedford, UK)**



## 26 Pasts Events



ॐ Sri Gurubhyo Namah 🙏

The retreat at Tapasyalayam was a divine and unforgettable experience.

A week was far too short to fully appreciate and immerse oneself in the spiritual ambiance of Dev Bhoomi, Uttarkashi.

Upon entering the Purna Vidya Ashram at Netala, I was immediately struck by the captivating presence of Sri Bhakta Hanuman Vighrah, which seemed to welcome and bless us constantly.

The ashram was lush with a diverse array of plants and trees. The nearby Maa Ganga River was enchanting, with the soothing sound of the water providing constant relaxation and refreshment throughout the stay. The riverbank and Maa Ganga caves and the presence of Maa Ganga were filled with such positive energy that during meditation, I could easily achieve deep concentration and a profound sense of peace.

That was the same experience when we visited Gangotri Dham and Ammaji's personal cave just behind the Mandir. Thanks a million to Ammaji for taking and guiding us. 🙏

The Gowshala was another delightful experience in the Ashram.

Finally, The Ganga Dussehra was a miraculous experience. The Naga Devata Doli was filled with such positive vibrations that I felt energy flowing through my spine when the Devata selected me to hold the Naga Chhatra. 🙏🙏🙏

During the week's retreat, Ammaji meticulously planned everything to ensure our comfort, and the teachings and discourses were exceptional, guiding us on our inner journey. (Chidanandaroopam Shivoham Shivoham)!! 😊🙏

Jai Gurudeva 🌸

>>> **Anand Rayabharapu (Bedford, UK)**



It is the blessings of the divine and the Guru that I could be a part of this journey at Tapasyalayam during Ganga Dussehra.

GRATITUDE is the foremost feeling which emanates to--- the place, the graceful embrace of Ma Ganga, Ammaji and Swamiji, the initiation by the Guru, every soul who had been a part in this journey of self introspection with meditation and Nirvana Shatkam, Ganga Snanam, Yoga, experiencing the visit to Nachiketa Taal, walk into the villages, experiencing the visit of Naga Devatha, experiencing the resonating Rasa of the beautiful villagers and a knocking little birdie at 5 am at the room- the list goes on.

Praying and seeking the Blessings for this journey to be a continuum for every soul.

🙏🙏🙏🙏🙏 Pranam

>>> **Yamuna (Chennai, Bharat)**



## Ganga Dussehra Retreat – Unleash the power of Vedanta

A short summary of a profound experience.

It started with the plan to spend one month in Purna Vidya's Tapasyalayam Ashram in Netala. It was simply the urge to go into seclusion in peace and quiet near Ganga and the Devatas.

It turned out that a retreat was to take place that month. Just before Ganga Dussehra, an important holiday in this region of India. Several people from the UK and India were expected to come to the Ashram in order to participate in this retreat. I didn't have any expectations regarding this. Arriving in the Tapasyalayam Ashram in the beautiful Ganga valley near Uttarkashi was an event for itself. I immediately felt at home and in peace with everything and I sensed a kind of vibrating presence. An energy that I have never experienced anywhere else. I enjoyed a few quiet days in the ashram. Just me and the staff that takes good care for the ashram and the cows. Then people started popping into the ashram. And funnily enough, it was like a family gathering, even though I didn't know the people at all. So many beautiful souls eventually came together to sit with Ammaji and listen to her teachings.

Ammaji's teachings are legendary among those who have experienced at least one of them. She speaks freely about a topic. It seems that the information does not come from her, but from somewhere in the universe. It is a special experience to witness. The theme of this retreat was Nirvana Stotram. Not an easy topic and therefore all the more overwhelming as it was presented by Ammaji - so that it can be grasped, which would not be possible without a teacher. It is not possible to synthesize the teaching itself. On the first day, Ammaji summarized the essence of the Bhagavad Gita extemporaneously in an hour and a half, elaborating on several important points of this significant revelation. For anyone who has studied the Gita a little more closely, this is an incredible achievement. Over the next three days, we studied the Nirvana Stotram together. We recited and Ammaji went into the text and its meaning in her incomparable way. The wisdom and power of Vedanta manifested itself for us once again.



The retreat culminated in the Ganga Dussehra Festival, which we celebrated in the ashram. Although this year, for various reasons, it was planned to be somewhat smaller and more manageable than in previous years, many guests were expected and a rich and varied program was planned, the highlight of which was the visit of Netala's Naga Devata.

When I said goodbye to Hanuman Ji, I was overcome by a surge of energy that brought tears to my eyes and brought me to my knees. I sat in front of him and could recognize his presence, here in this valley in this place. I took a few minutes to compose myself, said goodbye and went up to Ganga's temple - and here, too, I experienced this energy, this presence. something inside me didn't want to leave. But my family was waiting for me at home, and I wanted to be with them.

I went. I will return.

>>> **Volker (Germany)**



## 28 Past Events



Namaste 🙏

Life has become busy after the retreat. Apologies to Ammaji for not penning my thoughts on the retreat sooner. When I signed up for the retreat, I wasn't sure of what to expect. All I had in mind were two objectives:

1. Ammaji has asked us to come for the retreat after the Gita study. So, it's a message from Sri Krishna to go. I had to obey.

2. While all our Satsang family is in UK, we are geographically distant and I didn't know anyone personally. This is the time to spend time, know each other and strengthen our friendship. While I fulfilled both my objectives, the retreat was a blessing. Spending time alongside Ganga, listening to Ammaji in person, getting to meet some beautiful souls, enjoying places in Bharat that I never been before, learning meditation, knowing how little we need to live.... The list goes on.

Ganga Dussehra and engaging with Naga Devata was the cherry on top. It's a out of the world experience. Words don't do justice to the experience I felt. Thanks to everyone.

Thanks to Anand garu again for many things... Also to prompt me to pen my thoughts and relive the experience.

Hari OM 🙏 सर्वे जाना: सुखिनः 🙏

>>>>> **Ravi Kiran Chundi (Bedford, UK)**



We were initially hesitant about the long and arduous journey however we are so glad that we could be a part of the retreat. It was a pleasure to meet Ammaji and Swamiji in person as well as everyone else from across the globe. Ramesh was lucky enough to celebrate his birthday with such a wonderful group and be blessed by Ammaji herself.

The programme was well organised and thought out. We enjoyed the treks and the visit to Gangotri.

The last day engaging with Naga Devata was truly special and a new experience for us both.

Thank you Anandji for organising this and making it all possible 🙏

>>> **Joginder and Ramesh (Bedford, UK)**



Like everyone else in the group, this was my first experience of a retreat. I arrived not really knowing what to expect.

As with everything Ammaji and Purna Vidya, I was instantly blown away as soon as we entered the ashram. The sound of the Bhagirathi, the lushness of the surroundings and Ammaji's and Volker's welcoming smiles immediately put us at ease. The staff could not have been more helpful and the food lived up to being organic and produced at source. We were well fed and watered all through our stay.

The retreat programme itself consisted of meditations, yoga sessions and discourses all expertly managed by Ammaji. There was time to walk round the local areas and do some hiking and this is not to be missed. Nachiketa Taal was a must see.

The company in the Ashram added to the experience and the atmosphere. The whole experience was magical and one for the soul. I will definitely be back and you will find yourself missing the Ashram the minute you leave.

>>> ***Dr Arun Dhandayudham (Bedford, UK)***







*Shanvitha*

## **Guru Purnima**

Guru Purnima this year was celebrated on Sunday 21 July 2024.

This festival is traditionally observed to honour one's spiritual teacher or guru. This festival celebrates the power of knowledge to illuminate our path and lead us towards more fulfilling life.

It is observed on first full moon day in the month of Ashadha (June or July) according to the Hindu calendar. This full moon is believed to amplify the energy of gratitude and spiritual connection, making it an ideal time for honouring our Gurus and seeking their blessings.

It is celebrated as festival in India, Nepal and Bhutan by Hindus, Jains and Buddhist

It is also known as Vyasa Purnima. It commemorates the birth anniversary of Sage Vyasa, the sage who authored Mahabharata and compiled the Vedas.

**By Srijit (Age 7) and Janani (Age 11)**





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

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org

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!

Accommodation is one of the hallmarks of a saintly person. A person who is able to accommodate does not consciously hurt another by action, word or thought and can accept any person as he or she is. We need to further develop ourselves to be more forgiving towards others and train ourselves to see that improper actions are born of erroneous thinking or inner conflicts. By further developing the value of accommodation we become more sensitive and objective to people, situations and life's experiences.

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

*We warmly welcome your feedback and contributions through*

*[purnavidya.newsletter@gmail.com](mailto:purnavidya.newsletter@gmail.com)*

*“One’s relationship with other humans and living beings is not meant to be one of aggressive competition and conquest but of sharing, friendliness, and peace! - Ammaji !”*

*(Ammaji)*

#### **Editorial Team**

Hari, Yogesh, Pushpa.

#### **Contributors**

Shobha, Sudha, Gayatri, Madhurima,  
Archana, Sreenivasan,  
Isabel, Nina, Judit, Kerstin,  
Gela, Birgit, Alexandra.