



pūrṇa vidyā newsletter 08|24

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Ammaji's Message

Dear Readers,

'Sthairya' derives from the root 'sthā' meaning 'to stand'. It means perseverance or firmness in resolve. Lord Kṛṣṇa in the Bhagavad Gita describes sthairya as one of the values to be cultivated for inner maturity. It implies a commitment to the completion of one's pursuits.

When it comes to completing a task, many people seem to lack determination. They either start a project or make a resolution with great enthusiasm, but their enthusiasm seems to wane just as rapidly as it began. Either the effort required to complete the task is too much or they get distracted by other things.

>>>



A verse in Nītiśataka says, “*prārabhyate na khalu vighnabhayena nīcaiḥ prārabhya vighnavihatāḥ viramanti madhyāḥ vighnaiḥ punaḥ punarapi pratihanyamānāḥ prārabdhamuttamajānā na parityajanti*”. It means “By those of low spirit, nothing is started for fear of obstacles. Ordinary persons, having started, stop (in the middle) when thwarted by difficulties. Those of high resolve never give up what they started, inspite of being repeatedly struck with obstacles.”

We need to understand that when one impulsively begins an action, it is often difficult to complete it. One needs to evaluate the merits and demerits of any undertaking before beginning. When an action is begun with an awareness of all that is involved, chances are greater that one will see it through the end. Without this deliberation, it is difficult to maintain one’s resolve, especially when there are obstacles in reaching the goal. Furthermore, a commitment to doing one’s duties towards oneself, one’s family, friends and society makes one responsible and helps in fostering emotional maturity.



Love and Blessings,

Ammaji



लिङ्गाष्टकम्

> Part 6



देवमुनिप्रवरार्चितलिङ्गं कामदहं करुणाकरलिङ्गम् ।
रावणदर्पविनाशनलिङ्गं तत् प्रणमामि सदाशिवलिङ्गम्
॥२॥

*devamunipravarārcitaliṅgaṃ kāmadahaṃ
karuṇākaraliṅgam rāvaṇadarpavināśanaliṅgaṃ
tat praṇamāmi sadāśivaliṅgam*

We have been reciting the Lingashtakam, where the beautiful form of Lord Sadashiva as a Linga represents the Lord as the eternal, auspicious Cosmic Being. In the second verse, we see how the devas and the munis, the celestial beings and sages, who dwell in the higher worlds, worship the Lord by offering divine names. By consenting and following the divine order of the universe, one aligns with cosmic harmony. However, if someone violates this order, as the God of Love (Kama) did when he tried to disturb Lord Shiva, who was absorbed in his own infinite glory, the consequences are severe.

When the Divine Being is depicted with eyes closed in a meditative posture, known as the Yogamurti of Lord Shiva, it signifies that He is independent of even the universal laws. He stands in His own effulgence, just as the Sun does not need any external light to shine. The stars and the Moon exist because of the reflected light of the Sun, but the Sun's effulgence is self-sustained. Similarly, the Lord is self-reveling in His glory.

When a lower power like the God of Love tries to disturb this self-reveling state, it symbolizes that such efforts will not succeed. When humans attempt to disrupt the ways of nature, they will not succeed either, as ego must first be crushed. We must be humble and recognize that nature has the final say.

When the God of Love tried to disturb Lord Shiva, his desire, lust, and passion were overwhelmed and ultimately burned to ashes by the truth and essence of the Divine. This is symbolized by the phrase "कामदहं शिवं, *kaamadahah shivam,*" conveying a powerful message: no one has the right to violate the law. But when Markandeya, a young devotee of Lord Shiva, was destined to die at 16, he was saved because he had taken refuge in the Lord. Once the Cosmic Being is held in your heart, even the lower powers cannot harm you. If they try, the Lord will punish them.

This teaches us that taking refuge in the Lord is our only way out when we have violated the natural order. We see the consequences and must seek refuge, trusting in the power of prayer. Prayers, especially those of humanity at large, can reduce, dilute, or even nullify the intensity of the karmic law. When the spouse of the God of Love appealed to Lord Shiva for mercy, He, as a being of compassion revived the God of Love.

>>> Compassion, as seen in enlightened beings, is akin to how we care for ourselves when we are in pain. For example, if we bite our tongue, we empathize with the pain and forgive the mistake simultaneously, holding both the tooth and the tongue.

Humanity's appeal to the Lord is similar: we have made mistakes and violated nature, so we ask for compassion to heal and prevent further harm. We need the Lord's compassion because we can no longer handle the pain we've caused ourselves. The Lord, as the maker of the karmic laws, has the power to modify them and show us miracles that alleviate our suffering.

If humanity has learned its lesson, a miracle can happen, just like that. However, if not, we will continue to experience the consequences of our actions. The phrase "**रावणदर्पविनाशनलिङ्गं Ravana darpa vinaashana Lingam**" reminds us that even Ravana, a powerful king and great devotee of Lord Shiva, was not protected when his ego became too big. He violated the moral order of the universe and suffered the consequences.

Desires are acceptable as long as they are benign and do not harm others. Ego is natural as long as it does not overpower or disrespect the dignity of other life forms. When we violate the dignity of any life form, especially other humans, it signifies the growth of our ego to a destructive level. If we become like Ravana, the Divine Being will annihilate our ego and bring us down to our knees. "**रावणदर्पविनाशनलिङ्गं**" serves as a reminder of this power. We must surrender to this power and offer our salutations to the eternal, auspicious Lingam. Let us chant the second verse together once again.



Nāgadevatā – Deity of the Snake-race 5

by Sri Dhira Chaitanya

*anantaṃ vāsukim śeṣaṃ padmanābhaṃ ca
kambalaṃ dhṛtarāṣṭraṃ ca takṣakaṃ kāliyaṃ
tathā etāni nava nāmāni nāgāṇām ca
mahātmanaḥ sāyaṅkāle pathennityaṃ prātaḥkāle
viśeṣataḥ tasya vishvabhayaṃ nāsti sarvatra vijayī
bhavet*

I reverently invoke the nine nāga devatas:

*ananta, vāsuki, śeṣa, padmanābha, kambala,
śaṅkhapāla, dhṛtarāṣṭra, takṣaka and kāliya.*

When prayed to daily in the morning and evening with devotion, the illustrious nāga devatas will free one from fear of afflictions and be victorious in life.

The hallmark of the religious and cultural tradition of *sanātana dharma* is that it understands and recognizes Divinity as the essence of all that exists and is experienced in the phenomenal world by a living being. Human beings recognize this Divinity with reverence and invoke its presence in and through various forms. Snake as a symbol of worship of the divine has been in vogue from ancient times as evidenced in various world civilizations.

Divinity manifests as the phenomenal world of objects and beings. The manifest worlds include jivas such as celestials *devas, gandharvas, asuras, paśus* and so on. Among celestial beings are *nāgadevatas* who are along with others manifestations of the Divine *māyā shakti*.

Interestingly the word nāga (belonging to *dharanyādi* group) in *saṃskṛtaṃ* means snake, mountain (*himālayo nāgāthirāja*-Himalaya is the king of nāga/mountains), trees (such as *nāga kesara* which is said to promote longevity in its very presence, as is revealed in *ṛkṣāyurveda*).

The word *nāga* refers here to snake in general (also called as *sarpa, bhujāṅga* etc) and sometimes more specifically to a hooded snake such as cobra.

Remarkably worship of Ishvara invoked in the sacred form of *nāgadevata* is widespread but not limited to the mountain regions of India, such as Himalayas especially the Gangotri valley, Kashmir valley and Nagaland. It is also seen among people who dwell in forests, and other parts of south Asia. Additionally, *nāgadevatas* are worshipped in Buddhist, Jain, Egyptian and Chinese and European traditions.

In *śilpa sāstra*, *nāga* in the form of an *āyudha* and as part of the icon of worship is said to represent a state of *vairāgya*, dispassion (as seen in association with Lord *śiva, śrīman nārāyaṇa*). Many species of snakes are regarded as ‘passive hunters’, waiting motionless patiently and concealed for long periods of time for a prey to pass by.

In vastu shastra, *nāgadevata* is one of the 45 *devatas* installed to bless and protect the house.

Celestials *devatas*, kings, dynasties, *gotra* (human lineages), *loka* (worlds of experience), even flowers have been named after *nāga* in accordance with their association with its various attributes.

Attributes, *guṇa* associated with *nāga shakti*

One cannot think of *nāga*, snake without its attributes that can fascinate and inspire awe. While it evokes anxiety and fear it also inspires reverence and devotion. Some of its striking attributes are:

>>> Power and strength, **śakti**. Snake is pure muscle power; both as potential when coiled, lying in wait and manifest when it strikes with lightning speed. Without limbs it can lift a third of its body length. It can not only stand erect but while erect, charge at its perceived threat. Some of them can outrun a human being.

nāga śakti can represent on one hand, protective, benevolent qualities and on the other hand, fearsome destructive qualities as experienced by humans. Thus we have the benevolent **vāsuki nāgadevata** who with personal distress helped bring **amṛtaṃ**, nectar of immortality to *devas*, or **ananta nāgadevata** who provided comfort to **anantaśayana**, reclining Lord Vishnu. On the other hand, **takṣaka nāga** was instrumental in causing the death of King Parikshit.

īśvara śakti also known as **māyā śakti** is indeed formidable, fierce, and far removed from conceptualizations and imaginations of a human mind in its manifest and unmanifest conditions. By itself it is inscrutable indescribable and can only be recognizable in its manifestations, non separate form **īśvara**.

Time, **kāla**: As is well known, many snakes are endowed with a venomous bite that can be fatal and terminate one's life very quickly and without warning, as can the unseen hands of time. It is said 'Time and tide wait for no man'. Death can be around the corner concealed and camouflaged as though lying in wait to strike a living being walking by, unaware of its presence.

It is not uncommon for one living a hectic life of distractions to suddenly come to a realization that long periods of his life has passed by unnoticed. It is as though 'time creeps up on you' silent and stealthy, not unlike the movement of a snake.

The biggest fear a human has of snakes is **daṃśaviṣam**, snake bite venom. It can cause severe pain, distress, and be fatal. Even when bitten by a snake without venom, the intense anxiety and fear generated by a snake bite is itself capable of causing death. Such is the fear of **kāla**, Time a harbinger of mortality.

Even when bitten by a snake without venom, the intense anxiety and fear generated by a snake bite is itself capable of causing death. Such is the fear of **kāla**, Time a harbinger of mortality.

Even the movements of snakes are slithering and wave-like, not unlike the 'ebb and flow' of life with its ups and downs. Devotees can witness this in the undulating movements of '**doli nāc**, palanquin wherein *devata / devi*, gods and goddesses are invoked and worshipped, a tradition uniquely practiced in **uttarākhaṇḍ** region of **himālaya**.

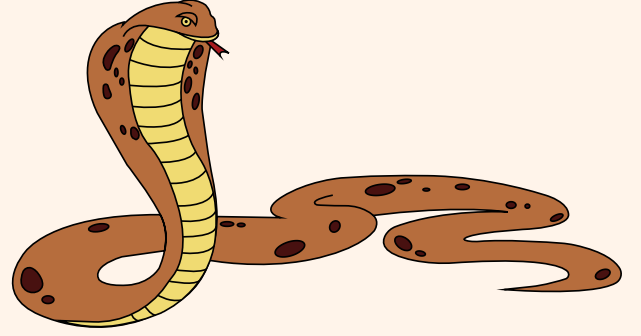
īśvara śakti invoked as **nāgadevata** is the very source of time. **vāsuki nāgadevata** is a devotee of and associated with Lord Shiva who is **trikālāgnikālah**, (time manifest as past, present, future), **kālāgnirudraḥ** (one in whom all time resolves) and essentially **kālātītaḥ**, one who transcends time even while sustaining it in its manifest and unmanifest states.

>>> *nāgadevata* as *anantanāga devata* is a devotee of and associated with Lord *nārāyaṇa* in his *anantaśayana* form. In this form he represents *ananta kāla*, beginningless time in its potential, premanifest state.

Transformation and rebirth - as humans change their clothes snakes grow in a unique manner of shedding the old and forming new skin over their bodies. Similarly in the process of developing emotional maturity and spiritual growth one must shed one's misperceptions, erroneous understanding, doubts and uncertainties and replace them with their opposites in the form right understanding, values and knowledge. This process is easier said than done. Growth is a difficult process and takes effort and perseverance. It is not easy to shed that which is familiar and comfortable, even while it may be unrewarding and immature. However what one gains is rewarding and mature in comparison in due course of time. Such is the nature of growth.

Nagas are looked upon as protectors of hidden treasures-material and spiritual. Human beings are endowed with hidden gems of *sampatti* -inner wealth in the form of *daivi* and *asuri sampatti* –divine qualities or their undesirable yet inevitable opposite qualities. *daivi sampatti* are *sattva guṇa*, qualities in the form of emotional maturity and spiritual growth. These need to be protected and cultivated as they are the pathway to the ultimate human spiritual quest in the form of *mokṣa* *daivi sampad vimokṣāya nibandhāyāsuri matā* (BG 16.5)

Whereas Divine wealth culminates in *mokṣa* *asuri* wealth leads to bondage.



Like an umbrella, its hood offers a protective covering from elements as seen with *anantanāga devata* who does so as depicted in the *anantaśayana viṣṇu* form of *śrīman nārāyaṇa anantanāga devata* also protected infant *śrī kṛṣṇa* carried by his father; In many *siva* temples, *vāsuki nāgadevata* is depicted with his hood covering the *sivaliṅga*.

In Buddhist tradition *nāgadevatas* are believed to be protectors of Gautama Buddha and other enlightened beings.

While worship of *nāgadevata* is prevalent all over, in the Himalayan regions *nāgadevata* and especially *naaginidevi* are seen and worshipped as protectors of rivers, lakes, the earth resources, health and longevity.

joytiṣa śāstram. Hindu astrology identifies certain kinds of afflictions in the form of emotional distress, and difficult life circumstances. When not attributed to choices made in this life, then such afflictions are looked upon as a result of actions performed in prior lives, *pūrvajanma karmaphalam*

>>>

In Hindu astrology such afflictions by virtue of the statistical correlation of the placement and associations of *rāhu and ketu graha*, nodes in one's natal chart are categorized as *kālasarpadoṣa*. Recognizing the role of *prāyaścittam*, atonement with respect to prior karmas propitiating *rāhu and ketu*, *nāgadevatas* especially on *nāgapañcami* day is believed to mitigate the effects of *kālasarpadoṣa*.

Conclusion

Religious traditions that recognize the pervasiveness and essential nature of Divinity with respect to the world have traditions and a culture wherein its people live a life in harmony with the world. They live with their gods, ancestors, other beings and the laws of nature in a synchrony that ensures a balance with their environment and tranquility within. Many ancient customs and practices followed by our forefathers continue and are a source of comfort, inspiration and protection as is *sanātana dharma*.

nāgarājā vāsuki nāgadevata at Tapasyalayam, Uttarkashi Himalayas On the special day of *nāgapañcami*, Sri Vasuki nāgadevata was installed in a special shrine at *tapasyālayam āśram*. He is the *grāma devata*, presiding village deity and the protector of Netala village and the villages of Gangotri valley.

purāṇas identify *vāsuki nāgadevata* as the son of sage *kāśyapa prajāpati* and *kadru*. He is the younger brother of *ananta nāgadevata* and older brother of *takṣaka*, maternal uncle of Astika. He is said to be wearing a gem, *nāgamaṇi* (pearl like) on his head. He is white with the brightness of a diamond/pearl representing *sattva guṇa*. He is *nāgarājā*, the king of *nāgās* and a devotee of Lord *śiva*. He rests around the neck of Lord Shiva as an adornment. He is associated with the legend of *amrtamanthanam*, churning of the milky ocean for the nectar of immortality.

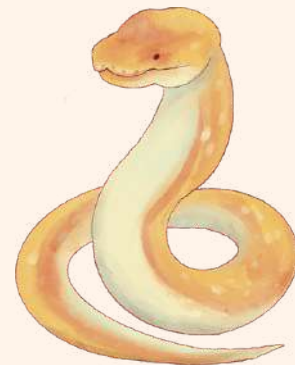
vāsuki nāgadevata is of a benevolent nature and propitiated for protection against negative forces, longevity and immortality.

We offer our prayers to *nāgarājā vāsuki nāgadevata*

om nāgarājāya vidmahe padmahastāya dhīmahi tanno vāsuki pacodayāt

Om! I contemplate upon *vāsuki*, the king of *nāgas*, who holds lotus flower in his hands. May he enlighten our mind.

om tat sat





Nagaraj

Nagaraj at his abode



Abhishek puja





Nagaraj at Bhakta-Hanumanji altar



Nagaraj at Gangaji



Beautiful installation ceremonies of Lord Nagaraj in our ashram completed. On 9th August, Nagpancami day with the blessings of Vasuki Nagdevata Doli, a beautiful installation of Lord Vasuki Nagaraj was performed by priests at the Ganga Dhyana Mandiram. The event concluded with Annadanam for the residents, staff and tuition children of the ashram.





Ammaji also participated in the festivities of Netala village temple, which celebrated the grand event in the sacred presence of Lord Vasuki Nagaraj doli. This program was conducted by every village of the Ganga valley, with their village deity, Nagdevata and attended by thousands of villagers in the Ganga valley.



Ongoing Weekend Sessions in Sep 2024 with Ammaji



Saturday

Margabandhu Stotram

Every Saturday at 12 Noon IST (1 hour session)

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



NEW
LAUNCH

Sanskrit live Q & A with Gurus... for Sanskrit students

1st Saturday, 7th Sep, 2024; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 854 1790 5666 | Passcode : purnavidya



Vedic Heritage Family Satsang... Live with Ammaji

2nd Saturday, 14th Sep, 2024; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 853 5665 2364 | Passcode : purnavidya



Bhagavad Gita Satsang... Live with Ammaji

3rd Saturday, 21st Sep, 2024; 5:00 to 6:30 p.m. IST

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



NEW
LAUNCH

Yoga practitioners Satsang... Live with Ammaji

4th Saturday, 28th Sep, 2024; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 812 8651 7017 | Passcode : purnavidya



Sunday

Isavasyopanisad

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>

For More Information:

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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) (136 hours / 136 Classes)
- 5. Prasnopanisad (with Bhasyam) (61 hours / 61 Classes)
- 6. Taittiriopanisad - Siksa Valli (with Bhasyam) (24 hours / 24 Classes)
- 7. Taittiriopanisad - Bhrgu Valli (with Bhasyam) (27 hours / 27 Classes)

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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Learn from Swamiji. A series of talks given by Swami Siddhabodhanandaji are available as audio classes for interested students. Mail us at helpdesk@punavidya.org to enroll for the course of your interest and more details.

For More Information:

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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.

Register now here:

friendsofpurnavidya.org

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



16 Upcoming Retreats & Courses – August to November



Upcoming Retreat / Courses Sep to Dec, 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

Gita Jayanti

Dec 11, 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)

For More Information:

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'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 to know the donation process.

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18 Upcoming Retreats & Courses-November



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**



PLEASE SCAN THE
QR CODE TO
REGISTRATION

**more informations: purnavidya.org/upcomingevents
or mail us: info@purnavidya.org**



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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20 Upcoming Courses & Retreats-November



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

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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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This 5 day camp was excellent in understanding the philosophical wisdom of Hinduism beyond science in a very simple way. It was felt that one should not use the knowledge of Vedanta for selfish gain but to use it to bring about positive changes in the society. The wisdom imparted by the guru sometimes gives the impression that it transcends the fame of that guru.



The theme for the Independence Day 2024 celebration is "Viksit Bharat", which reflects the government's vision to transform India into a developed nation by 2047.

With the blessings of Pujya Swami Dayanandaji, Purna Vidya has successfully become a Knowledge resource center, offering to society many life packages for Spiritual and cultural studies in its ashrams and in the online space. Both ashrams celebrated flag hoisting and the national anthem in gratitude to the nation and its unique sacred culture!





We celebrated the 78th Independence Day at the ashram with pride and patriotic fervor. The day was marked with the hoisting of the National Flag by Arulji.

After hoisting the national flag, Arulji gave a short speech recalling the sacrifices done by all the patriots to enable us to hoist our flag in an Independent country and asking us to first think about what contribution we could make to the country before we look at what the country has done for us. The program ended with all singing the National Anthem with pride and respect, remembering all the patriots. JAI HIND!





Purna Vidya Foundation has been spearheading the MaGanga Panch-prayag project for the Ganga Valley. The key members of the committee held meetings this month for finalization of the proposal document. The Gangotri Temple, represented by Suresh Semwal, and Dandi Swami Hariharashram, and pandit Khandoriji will remain in the Advisory committee to support this noble project.

26 Purna Vidya supports Temple renovation in Sainj Village of Ganga valley



Purna Vidya offered additional charities in the Ganga Valley this year, in addition to the Medical Ambulance donated to Vivekananda Health Mission during Gangadasahara earlier this year.

The Sainj Village temple committee requested Purna Vidya for financial support for their much needed temple renovation. Ammaji went up to the village, and gave offerings of Purna Vidya to Kandara devata doli and received his blessings. This temple construction is being done traditionally with only stone, sand and wood. Photos show the old dilapidated temple, the stones being cut and the wood work being carried out in the village itself and Devata himself.



Janmashtmi celebrated on Ganga bank

Janmashtmi was celebrated in Tapasyalayam with beautiful Saligrama puja and Gopuja!



LIVING WISDOM

Feed Back given by Book Readers

Swamini Pramananda was with His Holiness Pujyashri Dayananda Saraswati. Her books for children are bestsellers. They are used by parents , teachers and students from around the world. These books are imbuing our value system into the kids who will lead the world of tomorrow. She is known as Ammaji and her Purna Vidya Foundation is located at Molapalayam (Pooluvapatti - Coimbatore). Ammaji has dedicated the captioned book to the great serpent king , Lord Vasuki - Nagadevata of the Ganga Valley. She states that the wisdom of Vasuki is beyond comparison.

The book is a record of the journey and tasks undertaken by Ammaji. It is very experiential. Her travels , observations are the key here.

The people of ' Devabhumi ' (Uttarakhand) are really blessed. They are living in close proximity to the Divine Nature and are equipped to handle fragile ecological issues. Ammaji has documented facts connected with Naga worship extensively. She has observed and recorded the divine nature of the dholis.

Ammaji has described the Himalayan region beautifully. The reader would mentally be able to see the place. He or she would not require videos or AI tools !!!

The author Pujyashri Swamini Pramananda (Ammaji) has a message for all of us - everyone has a duty and preserving our ecology , culture are part of the same. They are our two eyes. We need to protect and use them.

River Noyyal in Coimbatore is sacred too. Research scholars should create a cultural digest akin to this work.

Once again my thanks are due to K. S. Ravichandran of KSR & Co for giving me this book. I have learnt much due to his efforts.

It is hoped that our revered rivers will be revered once more and our cultural ecology stays on top.

>>> **Rajesh Govindarajulu**

LIVING the

Living the Wisdom of Mother Ganga
By Swamini Pramananda

"Living the Wisdom of Mother Ganga, which is authored by Swamini Pramananda, abounds in crystal-clear word-pictures of her adventurous exploration of the river Ganga and the age-old cult of nagadevatha worshippers spread along its banks.

Considering Mother Ganga her home, the author longs to explore the entire length of the ever-flowing holy river including its origin at Gomukh in the Himalayas. She pursues her journey with undaunted self-confidence, boundless courage, firm determination and marvellous perseverance and successfully realizes her seemingly impossible ambition.

The author admires and adores the nagadevathas, who are ardently worshipped by the inhabitants of various villages in the Himalayan valley with the unshakable faith that they are always protected by those gods from the nature's furies of devastating floods and frequently erupting volcanoes.

The author's dangerous adventure of taking three holy dips in the frozen Ganga and her safe return to the bank with support of the weeds, which vanished after serving the purpose of saving her life, manifests her profound faith that she is of Mother always safe in the lap of Mother Ganga.

The author meets many God-realized sages and sincere seekers of Truth on her way to Gomukh. The enlightened saints spend most of their time in the superconscious state overcoming the fear of death by surrendering themselves to their chosen gods. After acquiring the knowledge that all that appears is transient and short-lived, the austere spiritual practitioners have become introverts to visualize the indwelling Atman in transcendental meditation.

While narrating the adventures of her exploration of the river Ganga, the author relevantly quotes many anecdotes from the puranas. One of quotes is Mother.Ganga,'s descent from the heaven to fulfill The wish of Bhageeratha.

Being a great spiritualist, the enlightened author emphatically declares, "the entire universe is looked upon as a single living being, and this being has a soul. The Vedic culture sees the universe as an organic whole, functioning as one organism having a cosmic body!

>>> **Bhoopathy Nagendra Rao**

Get your copy



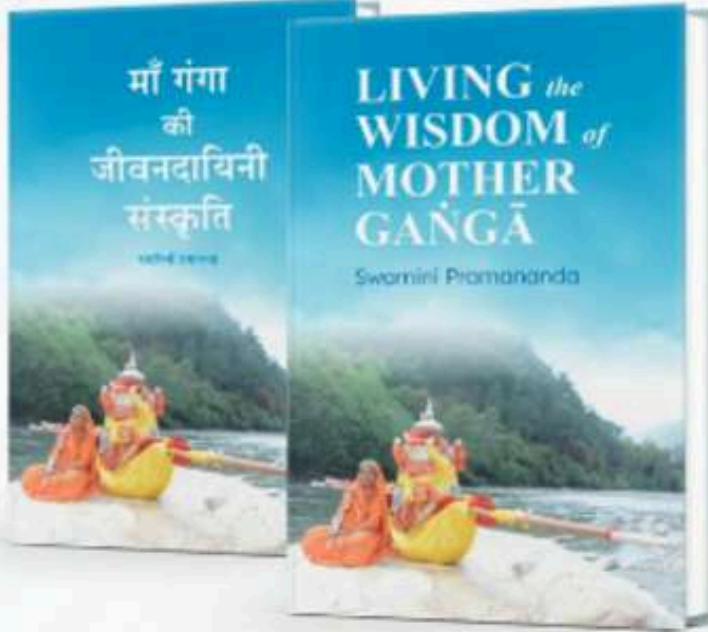
SCAN ME

Grab your copy of Ammaji's new book
released on Mar 28, 2024

LIVING THE WISDOM OF MOTHER GANGA



Available in Hindi as

MA GANGA KI JIVANDAYINI SANSKRITI



Ammaji describes in her book on how Maa Ganga is a boon companion to every seeker. This book is a source of solace and enlightenment for generations to come. Dive into its pages and discover the profound wisdom and spiritual nourishment waiting to be uncovered.

For More Information:

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Harini



Srishti



Tejasvini



Tejasvini



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 :

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+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!

How often have we set resolutions with regards to our health, communication patterns, thinking or even behaviour only to see these resolutions being repeated again. When we notice that we are not doing what we have set as our goal, we need to take a moment, pause and ask ourselves what is happening. We may have to re-evaluate our goals, evaluate the merits and set interim goals that are both meaningful and achievable.

*We hope that you have enjoyed this volume of our newsletter.
We warmly welcome your feedback and contributions through
purnavidya.newsletter@gmail.com*

*“Never
forget my
goal in my
choices!”
(Ammaji)*

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