



09|24

## NEWSLETTER

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## AMMAJI'S MESSAGE

*Dear Readers,*

The modern concept of success is viewed in terms of material accomplishments. Thus, most individuals strive to own a house, a car, a real estate and other things, which gives them more creative comforts and greater social status. They also view success in the power they can wield through money and people. Principles of freedom, liberty, justice, and equality, exist for everyone to achieve this success. While qualities such as honesty, integrity, compassion, and sharing are valued, they may be compromised, if necessary, to achieve a given end. When one starts to compromise with values for fulfilling their ambitions, it becomes greed. If one does not compromise with values, then it does not pose a problem.





Lord Krishna says, **“He is the ambition, that does not contradict dharma”** (Bhagavad Gita, Chpt7, Verse 11).

The Vedic culture places a high value on personal growth consistent with universal values. The culture and lifestyle of the people reflect a commitment towards living up to these values. The one whose life is an expression of these universal values, earns the highest respect from his own culture as well as from the global community. In the Vedic culture, such a person is looked upon as the most successful.

The value for emotional and spiritual growth is bound to collide head-on with the over-emphasized value for socio-economic success; so to, the value for fulfilling one’s duties with the clamour for individual rights. While going through these conflicts, the individual has to discover a balance which reflects the best of both.



**Love and Blessings,**

*Ammaji*



# लिङ्गाष्टकम्

{Part 7}

सर्वसुगन्धिसुलेपितलिङ्गंबुद्धिविवर्धनकारणलिङ्गम् ।  
सिद्धसुरासुरवन्दितलिङ्गतत्प्रणमामि सदाशिवलिङ्गम् ॥३॥

sarvasugandhisulepitaliṅgaṃ buddhivivardhanakāraṇaliṅgaṃ  
siddhasurāsuraṅvanditaliṅgaṃ tat praṇamāmi sadāśivaliṅgaṃ



In the third shloka, describing the Cosmic form, it is said that God as the Cosmic form is represented by the lingam, and this lingam reveals itself through fragrances. If you visualize the lingam as the Cosmic form, with the sky as its dome and the earth as its base or if you have created an altar where the lingam symbolizes this form, it would be anointed with sacred fragrances like sandalwood paste.

If, for you, the universe itself is the lingam, then all the fragrances in creation embellish it. These scents adorn the universal form of the divine, that is why we say, सर्वसुगन्धिसुलेपितलिङ्गं **sarva sugandhi sulepitha liṅgaṃ** – the lingam is smeared with all fragrances. For example, sandalwood paste, revered in this culture, is considered the most benign, subtle, and divine of fragrances.

Another fragrance used is musk, produced by the musk deer. It is said that when the deer smells its own musk, it does not realize the fragrance comes from within and searches for it everywhere.

This mirrors our human experience: we possess divinity, wealth and prosperity within ourselves, yet we search for them externally. The divine form is anointed with the musk fragrance, just as it is with sandalwood paste.

The phrase सर्वसुगन्धिसुलेपितलिङ्गं, बुद्धिविवर्धनकारणलिङ्गम् **sarva sugandhi sulepitha liṅgaṃ, buddhi vivardhana kāraṇa liṅgaṃ** signifies that this cosmic lingam is the source of expanding spiritual intellect. बुद्धिविवर्धन **buddhi vivardhana** refers to the growth of wisdom and spiritual maturity. But what fosters this growth? Who is responsible for it?

There can be no spirituality without the divine, just as there can be no true religion without a path to the divine. Religion must provide tools to guide us closer to the infinite, while spirituality transcends even this, making the divine the very source of emotional and spiritual development. A truly spiritual person is committed to बुद्धिविवर्धनम् **buddhi vivardhanam** – the pursuit of inner growth and aligning life with universal dharma. Core values, like non-violence, become essential for those striving toward the divine.

## POWER OF PRAYERS – LINGĀṢṬAKAM

In contrast, a religious person may practice his faith, but not always focus on inner growth. His relationship with the divine might be centered on fulfilling material desires rather than recognizing the divine as one's ultimate goal of life.

However, if the ultimate goal is oneness with the divine, nothing is more important than this pursuit. A person dedicated to such a goal is a spiritual individual, striving for emotional growth, living by dharma, and transcending desires and ego. This is the essence of बुद्धिविवर्धनकारणलिङ्गम् **buddhi vivardhana kāraṇa liṅgam** – the divine as the cause of spiritual growth, fostering maturity and reducing self-centeredness.

Next, we encounter the phrase सिद्धसुरासुरवन्दितलिङ्गं **siddha surasura vandita liṅgam**, meaning that the cosmic lingam is revered by sages (siddhas), celestial beings (suras), and even demonic forces (asuras). Siddhas are enlightened beings who have refined their minds and attained cosmic powers through penance and adherence to dharma. Even sages, gods (devas), and destructive forces like asuras bow to this cosmic power, acknowledging it as the ultimate ruler of the universe.

Asuras, though often committed to destruction, gain power through penance and karmas, but frequently use it for malevolent purposes. Characters like Ravana embody this paradox. However, regardless of their intentions, they too recognize the supremacy of the Cosmic being. The word वन्दितलिङ्गं **vandita liṅgam** emphasizes salutation, a sincere expression of devotion and gratitude. This is reminiscent of Akrura from Mahabharata, who showed reverence even toward the land that Lord Krishna walked on.

सिद्धसुरासुरवन्दितलिङ्गं **siddha sura asura vandita liṅgam** signifies that the cosmic lingam is saluted by all forces, good and bad, acknowledging the infinite divine power.

Finally, while the divine is infallible, humans with their ability to choose between right and wrong are fallible. Nature, animals and plants are not fallible because they instinctively align with the omniscient order of the universe. However, humans, with the freedom to make choices, can make wrong decisions when not grounded in dharma. Saints and sages reduce their fallibility by adhering to dharma and undergoing penance, thereby aligning their lives with the cosmic moral order. Living a life rooted in dharma helps transcend desires and ego, turning one into a contributor to the world, instead of being just a consumer.

बुद्धिविवर्धनकारणलिङ्गम् **buddhi vivardhana kāraṇa liṅgam** illustrates the divine as the cause of spiritual growth. A spiritual seeker, in their quest for inner development, becomes more harmonious with the universe, making selfless choices that nurture life. The divine is recognized as the ultimate, infallible force of the universe, to which we must submit with humility and gratitude. Thus, when we say प्रणमामि सदाशिवलिङ्गम् **pranamāmi sadā shiva liṅgam**, we express complete surrender to the divine, asking for protection and guidance.

We will continue to explore these profound ideas in the next class, but for now, let us chant the third verse together.



# Yin Yoga ♥5

## Yin Yoga - Banana archetype or side bends

*In the recent newsletters 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. 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 sidebends 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 last two newsletters, we presented you the first and second archetype, the forward bends and back bends. So now its time to look at the next archetype, the side bends in Yin Yoga.*

### BANANA ARCHETYPE

The Banana Archetype is characterized by poses in which the spine is in lateral flexion. These poses are typically used to release tension in the spine, obliques, trapezius, latissimus dorsi and triceps, and are often designed to improve flexibility and relaxation in these areas. Poses in this category might exclusively stimulate only one of the above mentioned target areas, or – but not necessarily – all of them. I have added the sidebend archetype as an addition to Paul Grilley's 7 archetypes in my training manuals. (After the complete Yin Yoga series in this newsletter, you will have an overview of all 7+2 archetypes).

**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.

### BANANA ASANA

**Target area** of the pose (this is where you'll possibly feel a stretch): spine, obliques, trapezius, latissimus dorsi and triceps in upper body. And IT-Band, TFL, gluteal muscles in legs and lower body.



### How to enter the pose:

To enter the Yin Yoga pose Banana Asana, start by lying on your back with your legs and arms extended and wide. Gently walk your feet to one side of the mat, keeping your hips and shoulders grounded. Then, walk your arms in the same direction as your feet, creating a crescent or banana-like shape with your body.

# 6 YOGA PRACTICE

**For additional support**, you can place a bolster or blanket under your outer hip, under your shoulder or your arms, and a blanket underneath your head. Allow your body to sink fully into the pose, feeling a side-body stretch. Notice how you will relax more and more into the position with any additional minute. 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 side line.

In case you feel too tight in the lower spine, there is a version with a strap that can offer you a relieve – an adequate Yin Yoga teacher can show you that version on a personal advice. If in any way you are feeling strain, don't remain, but leave the pose earlier as to your comfort level.

### **How to leave the pose:**

To exit Banana Asana, slowly walk your feet and arms back to the center of the mat, and gently extend your arms and legs outward into Starfish Pose. Allowing your body to rest fully and widely open on the mat. Take a few deep breaths to relax and adjust into this new, open position, and for one or two minutes feel the effect of the pose. There might be a noticeable sensation of spaciousness, warmth or permeability in the side or area which received the stretch before. Notice specifically, how the two sides have a very different feel after practicing the first side only. This is called 'rebound' in Yin Yoga. After 1 – 2 minutes, practice the second side of the pose in the same way.

### **Effects of the pose:**

- ✓ A great stretch for the complete side of the body
- ✓ Lateral flexion of the spine
- ✓ Stretches obliques and intercostal muscles
- ✓ Stretching from the armpit to the pinky (small) finger and the latissimus dorsi muscle
- ✓ Stretching IT-Band and TFL muscles in the outer leg and hip

### **Contraindications to the pose:**

- ✗ Beware of tingling in the fingers when the arms are overhead. This can mean compression of a nerve. Try if props under the arms bring an improvement, or lower your arms.
- ✗ If you experience any lower back discomfort, don't go too deep into this pose, and maintain shorter holds only.

**Note:** Banana Asana is a supine (laying on the floor with the face up) sidebend. Other sidebands can include many seated Yoga poses with a lateral bend of the spine, such as dragonfly with sidebend in the picture below.



**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: Isabel, Kerstin, Judit, Alexandra, Gela, Birgit und Nina



## Ongoing Weekend Sessions in Oct 2024 with Ammaji



### Saturday

#### The Power of Prayers Series

Sri Siva Panchaksara - Stotram

Started Date : 26th Oct' 24

Every Saturday at 12 Noon IST (1 hour session)

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



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

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

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



#### Vedic Heritage Family Satsang with Ammaji

2nd Saturday, 12th Oct, 2024: 5:00 to 6:30 p.m. IST

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



#### Bhagavad Gita Satsang with Ammaji

4th Saturday, 26th Oct, 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



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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## 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](mailto: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.

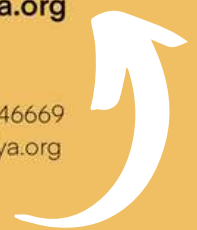
Her scholarship is grounded in the timeless teachings of Rishi tradition and her direct experience of the truth they reveal. She has been sharing the vision of Oneness and Harmony with seekers around the world for about a period of 40 years.

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](http://friendsofpurnavidya.org)

Contact us  
by Whatsapp: +919597546669  
by email: [info@purnavidya.org](mailto:info@purnavidya.org)



# 10 UPCOMING RETREATS & COURSES

SEPT-DEC



## 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](mailto:helpdesk@purnavidya.org) to know the donation process.

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# 12 UPCOMING RETREAT

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



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or mail us: [info@purnavidya.org](mailto: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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or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)**

# 14 UPCOMING COURSE

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](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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# Purna Vidya Foundation



## GITA JAYANTI

11 Dec, 2024



### Program Schedule

8.30 am - am  
Puja at the Altar

9:00 am - 12:30 pm  
Bhagavad Gita chanting

12:30 pm - pm  
Maha Arati

12:30 pm - 1:00 pm  
Gita's Message - by Sri Arulji



The Bhagavad Gita is the most sacred Hindu scripture that has influenced millions of people for thousands of years. Gita Jayanti is celebrated as the day when the teachings were given by Lord Krishna to Arjuna.

Join us Online and participate in the Collective  
Prayers to Lord Krishna.

Zoom Meeting ID:818 9766 6760 / Passcode: purnavidya

Link: <https://bitly.ws/3e2vI>

Donations are welcome

**Option1:** If you have already created your user profile with required details in Purna Vidya website (<https://purnavidya.org>), please log in and visit <https://www.purnavidya.org/education#education> to contribute the amount of your choice.

**Option2:** Visit <https://www.trusteddonations.com/ngoDetails/TN-2021-0277856> 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.

**All are Welcome for this Online Event**

Join us in the recitation  
with your own Bhagavad Gita Pocket book

For More Information:

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# 16 JOIN: THOUGHT OF THE DAY

## Join '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,.

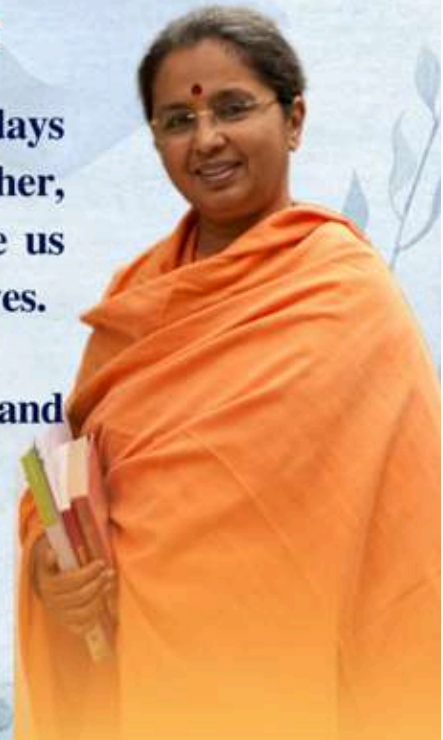
We have initiated "Thought for the Day" series. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<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



more informations: [purnavidya.org/upcomingevents](https://purnavidya.org/upcomingevents)  
or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)



# Ganesha Chaturthi

**7th September** – Ganesha Chaturthi was celebrated in Purna Vidya Foundation and Tapasyalayam.

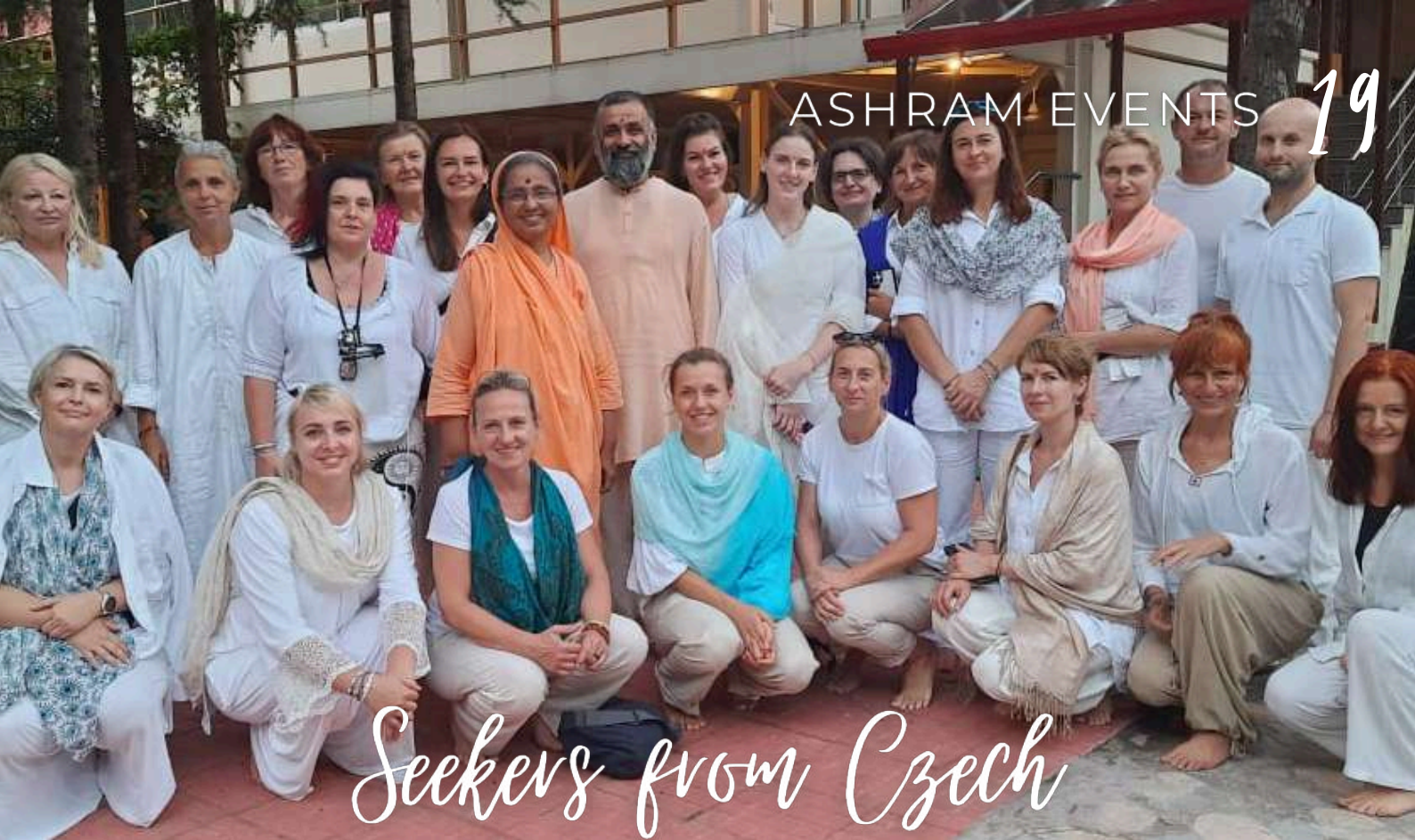


# 18 ASHRAM EVENTS



Onam, a celebration with the staff of Purna Vidya foundation, is an annual event that all look forward to, ending with a sumptuous sadya!





Seekers from Czech, brought by Ajay Bobade, disciple of Swamiji and Ammaji, attended the Ganga Aarti at Tapasyalayam and sought blessings from Ammaji before proceeding towards their long trek to Tapovan.



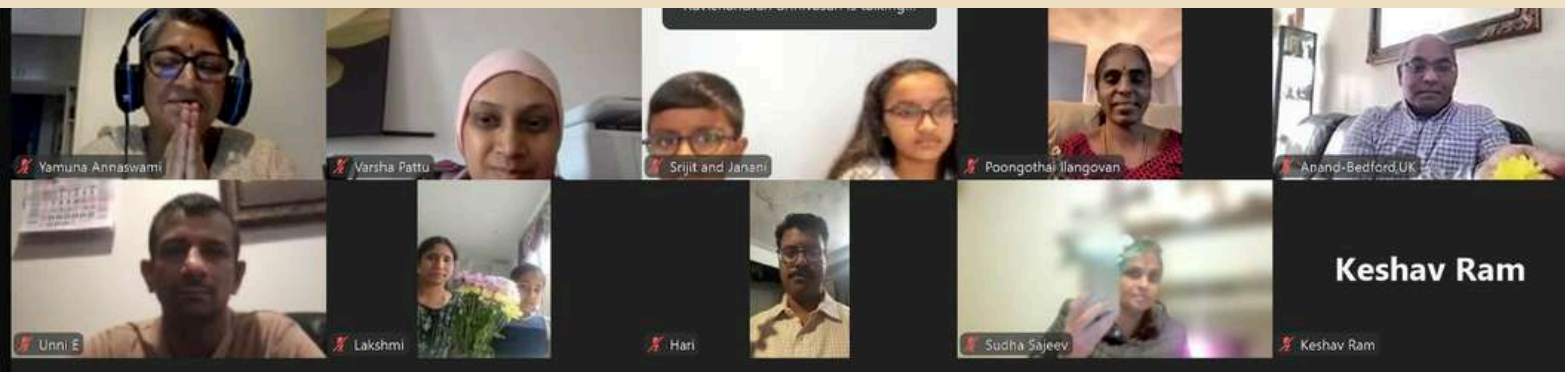
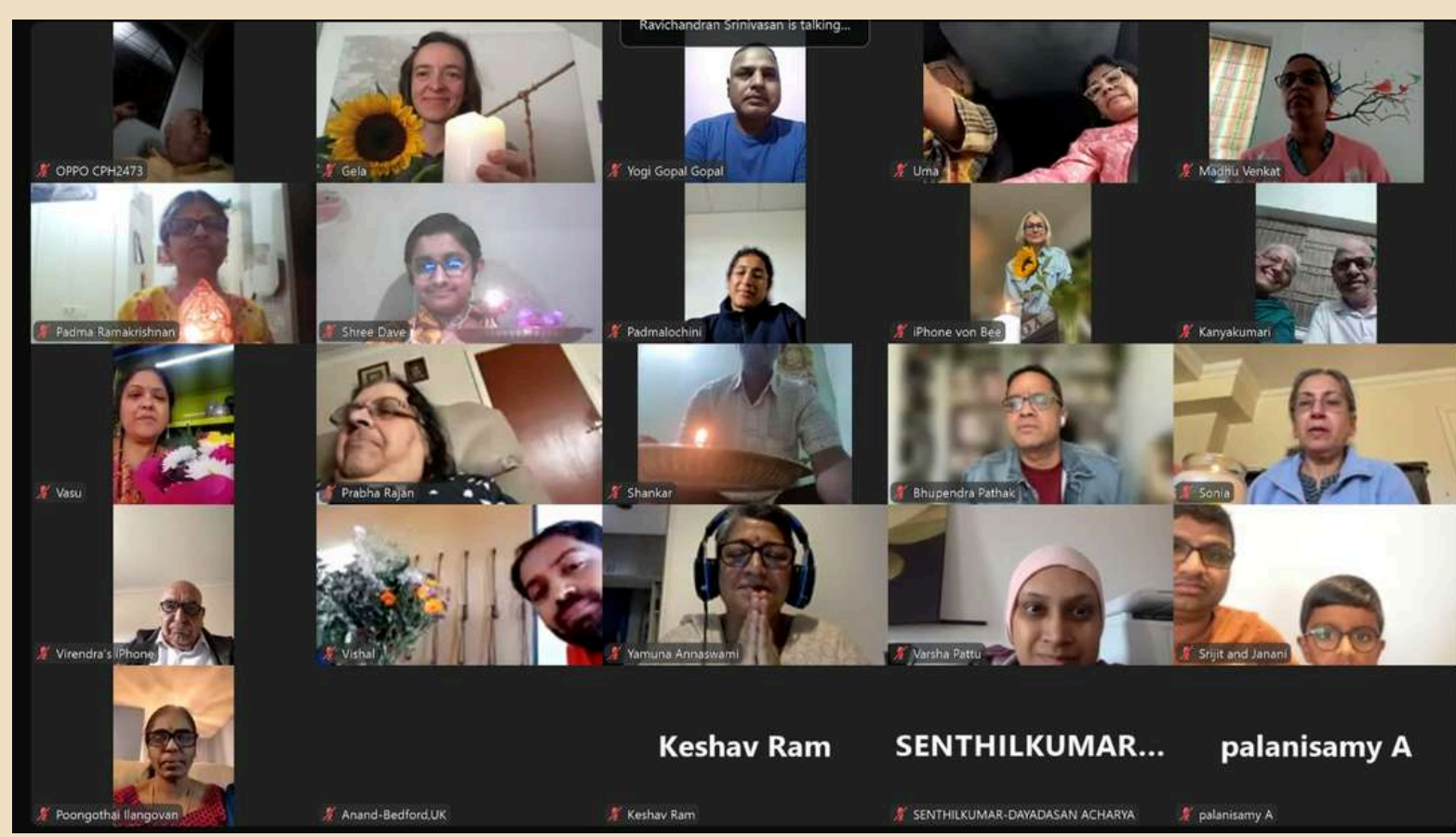


# Swamiji's Birthday Celebration



Purna Vidya Foundation celebrated the birthday of Sri Swami Siddhabodhanandaji with prayers and homams in both ashrams, Annadanam to the children of Netala and Siror villages, and an online global gathering of disciples from various countries such as India, US, UK, Europe, Middle east, Singapore, New Zealand and Australia. Swamiji's kind words of blessings was about making the gift of giving unconditional love and compassion to all as the sadhana of one's life. It was indeed a special evening in which students shared their beautiful personal experiences with Swamiji and how he has been a teacher par excellence.







# Women empowerment



Tapasyalayam hosted a big event with over 200 women from many villages of Ganga valley. These women are working with the Women empowerment schemes of the govt. Ammaji spoke to them about Ganga Panchprayag project of Purna Vidya and received great enthusiasm from them for joining hands with us for the betterment of the valley.





# Teacher Day function



Ammaji, chief guest of a Teacher Day function at **Adhya Shankaracharya Shiksha Sansthan**, spoke about importance of culture based value education in schools to protect the Ganga culture of the valley. Her messages were taken deeply to heart by the educationalists present.







Vimleshwar temple

A trek to Vimleshwar temple Uttarkashi.



# 26 BOOK-FEEDBACK

*Ammaji, I read your book and I just could not put it down, here's my write up for you, with your permission, I will post it in my blog:*

## Rediscovering the Divine Flow:

A Journey through "Living the Wisdom of Mother Ganga" by Swamini Pramananda

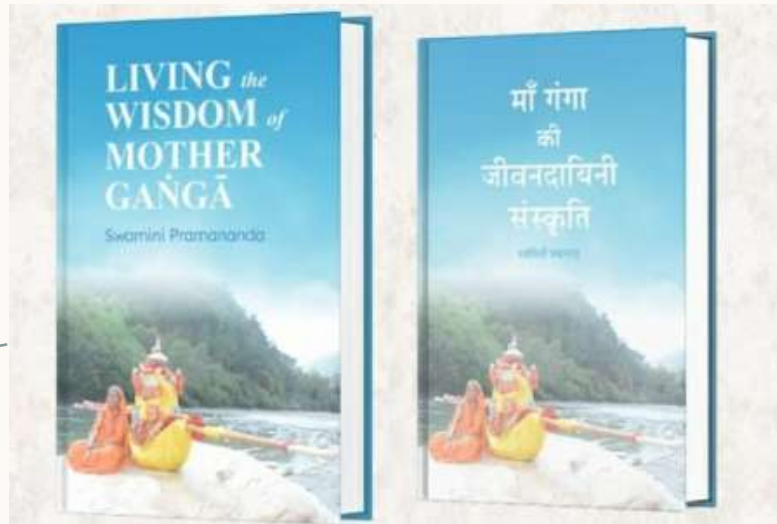
In a world often fraught with noise and distraction, finding solace and wisdom can be akin to navigating a turbulent river. Swamini Pramananda's book, "Living the Wisdom of Mother Ganga," serves as a serene anchor in this metaphorical river, guiding readers through her profound journey as a monk and her deep connection with the celestial and earthly realms.

## The Journey of a Monk

Swamini Pramananda's path to monkhood was not merely a change in vocation but a transformative journey of the soul. Her narrative resonates with the internal battles she faced, each one shaping her understanding and deepening her connection with spirituality. Through her words, readers are invited to witness her evolution and glean insights into the resilience and strength cultivated through her spiritual practices.

## The Story of Survival and Grit

Beyond the tranquility of spiritual pursuits lies a tale of survival and unwavering grit. Swamini Pramananda's recounting of her personal challenges is a testament to human resilience and the power of faith. Her experiences serve as a beacon of hope, inspiring readers to confront their own adversities with renewed courage and determination.



## Understanding the Celestial World

Central to Swamini Pramananda's narrative is her exploration of the celestial world. Through her eyes, readers are offered glimpses into realms beyond the physical, where spiritual truths intertwine with everyday existence. Her insights provide a refreshing perspective on the interconnectedness of the universe and the profound mysteries that lie therein.

## Stories of Higher Beings

In "Living the Wisdom of Mother Ganga," Swamini Pramananda shares poignant encounters with higher beings, offering readers a window into mystical experiences that defy conventional understanding. These encounters enrich her spiritual journey and underscore the transformative power of divine intervention in human lives.

## A Cry to Protect Mother Ganga's Purity

At the heart of Swamini Pramananda's message lies a fervent plea to protect the purity of Mother Ganga. Her reverence for this sacred river transcends words, urging humanity to act as stewards of nature's gifts. Through her advocacy, readers are called to reflect on their role in preserving the Earth's beauty and restoring harmony with the natural world.



### Urging Humanity to Connect Back with the Source

Swamini Pramananda's teachings resonate with a profound call to reconnect with the source of all existence. Through prayer, contemplation, and acts of preservation, she advocates for a return to spiritual roots, encouraging readers to rediscover their inner peace and harmony with the universe.

### Conclusion

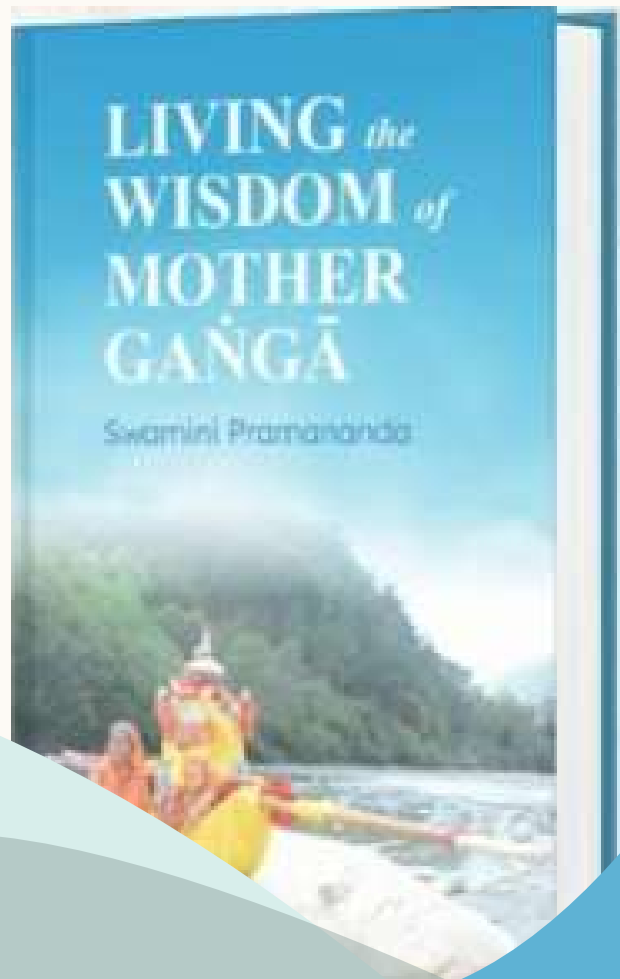
"Living the Wisdom of Mother Ganga" by Swamini Pramananda is not just a book; it is a spiritual odyssey that invites readers to embark on a transformative journey of their own. Through her eloquent prose and heartfelt insights, Swamini Pramananda imparts timeless wisdom that resonates with the soul, guiding readers towards a deeper understanding of themselves and their place in the cosmos.

As we navigate the currents of life, may Swamini Pramananda's words serve as a guiding light, illuminating our path towards spiritual awakening and a renewed commitment to preserving the sacredness of our planet.

### The Legacy of Rishis: Penance on the Banks of Ganga

Throughout history, the banks of Mother Ganga have served as a sanctum for rishis – sages who embarked on profound journeys of penance and enlightenment. Swamini Pramananda's narrative echoes these ancient traditions, weaving together the timeless wisdom imparted by these spiritual luminaries. Their stories illuminate the transformative power of devotion and the enduring connection between humanity and the divine.

**Poonam Premnath Ilango**



Get your copy

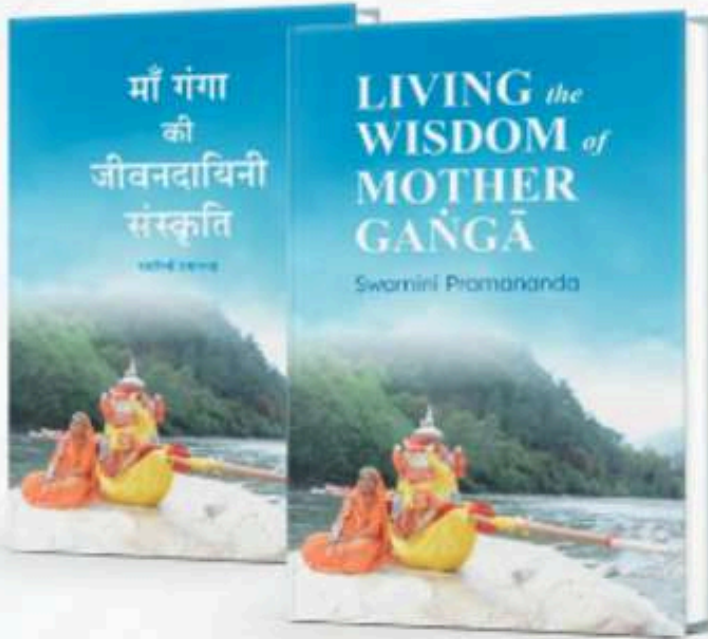


Grab your copy of Ammaji's new book  
released on Mar 28, 2024

# 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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*Janani*



*Srijit*



*Abhinav*



*Srishti Datta*



*Saanvi*



*Harshini*



*Shanvitha*



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.

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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!***

Swaminī Pramānandā (Ammaji)

## Namaste Dear Friends!

In today's material world, success tends to be measured by looking at one's professional and family life. Success is narrowly focused on wealth and pleasure. We need to ensure that while pursuing this material success, we do not deviate from the path of dharma. We need to see how we can integrate our spiritual beliefs with our personal and professional aspirations. Let's not forget our bigger purpose 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](mailto:purnavidya.newsletter@gmail.com)

*Success gets postponed when things become outcome dependent!*

(Ammaji)

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