



01/25

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Devotion as described in this tradition is in terms of the type of devotee, the method of devotion, and the object of devotion.

The spiritual journey is meaningful, when we try to understand ourselves as a devotee, our method of devotion, and our concept of the divine to whom we are devoted.

Devotion in Samskrtam, is **bhakti**. This word comes from the Sanskrit root "bhaj", which means "to serve". Service is always toward someone. Matr Bhakti, means our time and energy spent serving our mother. Similarly pitr bhakti means service to father. Guru bhakti is service to guru while deva bhakti is service to the Infinite.





These are some different expressions of devotion from a devotee. A devotee may also be considered as a seeker, and through his sadhana, practices, is committed to converting the sporadic devotee in him, into a fundamental devotee. This conversion process is a very awareful, conscious process where he becomes more and more connected to the higher altar within. The culmination of his devotion is no matter what, he does not move away from his fundamental relationship with the divine.

What do we want out of this relationship with the divine? Do we just want him for his power? To give us a few bread crumbs everyday? Or do we want him as 'I' in an eternal way? What is it that we want out of this relationship and how we are going to work towards it, is going to define each of our journey in devotion. So when we express our sentiments towards the Infinite or when we are in awe of the divine being, we experience certain emotions. We say "wow look at that sunrise, amazing are the stars." How divine! When we begin to feel these sentiments and express them, there are defined expressions. If these are praise to the divine, they are verbalised and called Stuti.

There are also non-verbal expressions of one's sentiments. One may not verbalise, pray or glorify, but the face reveals a gratitude, peace, or a thank you. Our posture and expressions, also shows non-verbally our connectedness with the higher being. So there are verbal and non verbal expressions as well as acts of devotion.

While we experience the sentiment of devotion subjectively, we can also express it through actions such as puja, worship, lighting a lamp or an incense and performing elaborate forms of worship. These are the ways we give our sentiments authenticity. When we worship or express our appreciation for our fundamental relationship, we create a greater sense of reality. It is an acknowledgement, a declaration to the world, a clarity of our feelings, cleansing and purification of the mind.

May the start of 2025 be a year where we are truly connected to the divine, whether it be verbally, non-verbally or through actions.



Love and Blessings,

Ammaji



लिङ्गाष्टकम्

{Part 11}

In the previous session we have seen the verse which illustrates how the cosmic form of the divine, the liṅgam, is worshipped with devotion – bhāvair-bhaktibhireva ca liṅgam. But what kind of devotion is this?

True devotion is not static. It is not a routine, thoughtless act like brushing your teeth every morning or merely going to the pūjā room, lighting a lamp, chanting a mantra, and walking away. That is not devotion. Devotion is a dynamic, engaging relationship with the divine. It is akin to the dynamic relationships we have with our partners, friends, elders, parents, or children. No dynamic relationship can be confined to a single emotion. Life itself demands a spectrum of emotions, and so does devotion.

Hollywood and Bollywood romances often depict relationships as existing in a bubble of eternal romance, but real relationships are far more complex. The bubble bursts; sometimes as soon as a week after marriage! Why? Because no engaging relationship can remain stuck in a single emotion.

In reality, relationships evolve with context and situations, rising and falling with the moments of life. This is precisely what a dynamic relationship with the divine entails.



It is a relationship where you can love the divine, fight with the divine, get annoyed, stay silent, sacrifice, or dedicate your entire life. It is a relationship filled with bhāvanā — a channelling of all emotions at the altar of the divine.

This is evident in the lives of saints worldwide. For them, their relationship with the divine was the central axis of their existence. Everyone has a predominant relationship that rules their life. For some, it might be their only child; for others, their spouse. Imagine if that predominant relationship were with the infinite divine, the cosmic being. How powerful would that be? I recall my Babaji in Uttarkashi, a saint who lived alone on the banks of the Gaṅgā at the age of hundred and twenty. He cooked, bathed, and managed everything himself.

4 POWER OF PRAYERS – LINGĀṢṬAKAM

His devotion to Goddess Gaṅgā and Lord Rāma was unparalleled. Yet, there were times when he would fight with the divine. He would refuse food during these moments of conflict. When I asked him about it, he said, "If I don't fight with the big man, who else should I fight with? What do human beings have worth fighting for? If you want to fight, fight with the most powerful, if you have the courage." This taught me how intimate and profound his relationship with the divine was. This is true bhakti bhāvanā.

May such powerful devotion descend into our lives and hearts. Let us channel our emotions toward the creator, the one who gave us life and everything we have today. Whether you see the divine as a friend, parent, child, or partner, it doesn't matter. What matters is your bhāvanā, your sentiment of devotion.

When you worship with such bhāvanā, you align yourself with the cosmic rhythm. And what is this cosmic rhythm? It is the natural flow of the universe, a harmony that holds everything together. In love, there is alignment. Love is the force that transcends differences and unites. Love means sacrifice, acceptance, acknowledgment, and alignment. May our love for the divine be so profound that we align ourselves with the cosmic rhythm. This alignment is beautifully expressed in the seventh verse

अष्टदलोपरिवेष्टितलिङ्गं सर्वसमुद्भवकारणलिङ्गम्।
अष्टदरिद्रविनाशितलिङ्गं तत् प्रणमामि सदाशिवलिङ्गम् ॥
aṣṭadalopariveṣṭitaliṅgam
sarvasamudbhavakāraṇaliṅgam
aṣṭadaridravināśitaliṅgam tat
praṇamāmi sadāśivaliṅgam (7)

This verse provides a profound outlook on creation and life. It reminds us that there is no room for poverty in the cosmic order. Yet, humanity suffers from a disease; the illusion of poverty. There is a verse that explains this –

**स एव भवति दरिद्रः यस्य तृष्णा विशालः।
मनसि च परितुष्टे कोऽर्थवान् को दरिद्रः ॥**

sa eva bhavati daridraḥ yasya tṛṣṇā viśālah
manasi ca parituṣṭe ko'rthavān ko daridraḥ

It means that the truly impoverished are those with endless cravings and dissatisfaction. A contented heart is the greatest wealth. Gratitude for what we have is the antidote to this illusion of lack.

The divine has blessed us with abundance. The eight forms of prosperity, represented by the **Aṣṭa-lakṣmīs** – include wealth (Dhana-lakṣmī), food (Dhānya-lakṣmī), strength (Gaja-lakṣmī), progeny (Santāna-lakṣmī), companionship (Vara-lakṣmī), victory (Vijaya-lakṣmī), comfort (Aśvarya-lakṣmī), and spiritual fulfillment (Ādi-lakṣmī).

Yet, we often fail to recognize this wealth. Instead, we chant the mantra of "not enough" perpetuating a culture of inadequacy and hoarding. The verse reminds us to let go of this mindset, **aṣṭadaridravināśitaliṅgam** — the divine destroys these eight-fold forms of poverty. Let us embrace gratitude for the wealth we already have and share it with others. Let us protect the balance of nature and live in harmony with the cosmic rhythm.

May we bow to the divine, acknowledging and celebrating the abundance in our lives; **tat praṇamāmi sadāśivaliṅgam**. This **bhāvanā**, this attitude of gratitude and alignment is essential to connect the soul with the higher altar.

Yin Yoga

Yin Yoga – The Downward Dog Archetype

Yin Yoga version of Adho Mukha Svanasana (अधोमुखश्वानासन)

*In recent newsletters on Yin Yoga, we introduced it as a particularly slow and static form of Hatha Yoga, rooted in both Taoist yoga principles and the Hatha Yoga tradition. We explored why Yin Yoga works with archetypes: Paul Grilley's functional approach identifies **seven archetypal poses**, each targeting specific areas of the body and serving unique purposes. These archetypes include forward bends, backbends, inversions, twists, side bends, and poses focusing on the hip rotators, hip flexors, hip adductors, or the shoulder/chest area. After presenting the first six archetypes (forward bends, backbends, side bends, twists, hip rotator stretches and adductor stretches), it's time to explore the next archetype: the Downward Dog Archetype in Yin Yoga, with two variations presented here today.*

DOWNWARD DOG ARCHETYPE:

The Downward Dog archetype is characterized by poses that involve standing on the hands and feet with the body inverted. Or kneeling with the body inverted. These poses are typically used to stretch the upper body, legs, hands, feet and ankles, and are often used to help improve flexibility and relaxation in these areas. For today's presentation, I chose two poses from this archetype that embody more Yin qualities than the traditional **Downward Dog** (which typically involves some muscle engagement). These poses are **Anāhatāsana** (अनाहतासन) and **Rolling Panda**.

Before we begin with the poses, let's revisit the concept of the rebound:

The rebound in Yin Yoga is a vital pause that allows the body to absorb the effects of the pose. It helps release residual tension, supports the flow of energy, and creates a space for stillness and awareness. This moment enhances the meditative aspect of the practice, giving you the opportunity to observe and connect with the subtle changes in your body and mind.

1. MELTING HEART POSE | Yin Yoga version of anāhatāsana (अनाहतासन)

Anāhatāsana, meaning "heart-opening pose", derives from "Anahata," referring to the heart chakra, and "asana," meaning pose.

Target area of the pose (this is where you will possibly feel a stretch): Scapula, clavicle, heart, spine, shoulders, arms, front of upper body.

How to enter the pose:

To enter Anāhatāsana pose mindfully, begin on all-fours with a blanket placed under your knees for cushion and support. Walk your hands forward while keeping your hips more or less above your knees. Allow your chest to melt toward the floor, bringing your forehead to rest on the mat.

For added comfort, you can place a bolster underneath your chest, and a block under your forehead. Let your arms extend forward, or bend your elbows, bringing the palms of your hands together to the back of your head in Anjali Mudra (foto). Relax into the pose, focusing on softening through the chest and shoulders, and feeling the elongation along the whole spine in inversion.

6 YOGA PRACTICE

Adjust as needed to find a position of ease and stillness. Allow your upper body to gently sink into the pose, noticing the stretch along the front line of the upper body. With each passing minute, feel yourself relaxing more deeply into the āsana. Maintain a steady, natural breath, and remain in the pose for 2–3 minutes, gradually releasing tension. If you are experiencing any discomfort or strain, exit the pose before time is up, prioritising your comfort and well-being. Let your breath guide you as your body settles in.



How to leave the pose:

To exit Anāhatāsana, gently push down through your elbows or arms to engage your abdominal wall.

Then lift your chest and shift your weight back toward your hands, bringing yourself back into an all-fours position. From there, sit your hips back onto your heels to move into Child's Pose, resting your forehead on the mat and arms forward or beside your body. If you prefer to sit upright, walk your hands toward your knees, lift your torso, and sit with your spine straight, either on your heels or cross-legged. Move slowly and mindfully to avoid strain. Rest in either of these two poses in stillness for one to two minutes, noticing the rebound effect in the areas that were stretched, such as the chest, shoulders and spine. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.

Effects of the pose:

- ✓ Back bend for upper and middle back
- ✓ Opens the shoulders
- ✓ Opens the chest, softens the heart region

Contraindications to the pose:

- ✗ If you have a sensitive neck and cervical spine, the use of a bolster underneath the chest or at the crown of the head could bring some relief
- ✗ Beware of tingling in the fingers, this can mean compression of a nerve. Try if abduction (widening) of the arms brings improvement

2. ROLLING PANDA

The Yin Yoga pose Rolling Panda does not have a traditional Sanskrit name, as it is specific to the Yin Yoga practice, which blends influences from traditional yoga, taoism and modern approaches. Unlike classical yoga poses, many Yin Yoga postures were given descriptive or creative English names, such as Rolling Panda, to reflect their focus on functionality in Yoga.

Target area of the pose (this is where you will possibly feel a stretch): spine, scapula, clavicle, heart, front of chest, back of shoulders. Side line of the upper body depending on upper arm position. Possibly adductors.

How to enter the pose:

To enter the Yin Yoga pose of Rolling Panda from all-fours, ensure a blanket is placed underneath your knees for comfort. Start in a tabletop position with your shoulders stacked over your wrists and hips over your knees. Step your left leg out to the side as a support for the pose (foto), the leg could be level with the hip, towards the right foot, or in between (foto). Slowly slide the right arm underneath the left (opposite) arm, twisting the upper body gently while allowing your right shoulder and the right side of your head to lower toward the mat. Adjust the position to find a comfortable stretch, keeping the opposite hand for support either on the floor in front of the chest. Or position the upper arm either stretched out overhead (foto), or resting towards your back intensifying the spinal twist.



Relax and breathe deeply into the twist. Some practitioners may enjoy rolling onto the back of their head to intensify the stretch in the trapezius (as shown in the accompanying photo). Settling into Rolling Panda can take time, so approach the pose with patience and don't give up too quickly. Focus on finding ease and allowing your body to adapt gradually. Maintain a steady, natural breath, and remain in the pose for 2–3 minutes, gradually releasing tension along the spine and allowing the chest and shoulder region to open. If you experience any discomfort or strain, exit the pose early, prioritising your comfort and well-being. Let your breath guide you as your body settles in.

How to leave the pose:

To exit Rolling Panda, slowly unwind the twist by bringing your body back to all-fours. Use your hands to stabilize yourself as you realign your spine, moving with mindfulness and ease. If desired, take a moment to add gentle movements such as hip circles or cat-cow stretches to release any lingering tension. Alternatively, transition directly into Child's Pose by bringing your hips back toward your heels, allowing your arms to stretch forward or rest by your sides for a moment of relaxation. Then rest in stillness for one to two minutes, noticing the rebound effect in the areas that were stretched, such as the chest, shoulders and spine. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.



As this is a one-sided Yin Yoga pose, please proceed to the second side in the same way as described above. And follow the second side with a longer rebound laying on your back or on your stomach.

Effects of the pose:

- ✓ Inverted pose (heart is over head) for the upper body
- ✓ Spinal twist
- ✓ mobilises intensely around the scapula, clavícula and chest region
- ✓ Can even be a great neck stretch for those who are trying and playing a bit with the pose
- ✓ the first encounter with the pose is often times not (yet) the love at first sight: this pose needs some adjustments and some getting used to it for many persons. One reason for that could be individual proportions: maybe a blanket under the shoulder or ripcage could help

Contraindications to the pose:

- ✗ For practitioners with pinched nerves, injuries, severe scoliosis, or herniated discs: follow the instructions of your medical specialist or therapist.

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

- *Text & model: Helga Baumgartner*
- *Fotocredits: Ankit Sharma, Yogaphotography Rishikesh*
- *Support: Isabel, Kerstin, Judit, Alexandra, Gela, Birgit und Nina*

ONGOING WEEKEND SESSIONS



Ongoing Weekend Sessions in Feb 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series
Uma - Mahesvara Stotram - Stotram

Starting Date : 04th Jan' 25

Every Saturday at 12 Noon IST (1 hour session)

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



2nd Saturday Sessions

Evening

Vedic Heritage Teacher Training

2nd Saturday, 08th Feb, 2025; 5:00 to 6:00 p.m. IST

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



3rd Saturday Sessions

Evening

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 15th Feb, 2025; 5:00 to 6:30 p.m. IST

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



Sunday

Prasnopanishad

Morning

Starting Date : 1st Dec' 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
Uma-Mahesvara Stotram-Stotram
-A Hymn on Lord Shiva

STARTING DATE: 04 JAN, 2025
EVERY SATURDAY, 12 NOON IST
TOTAL 9 SESSIONS



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

IF YES, THEN

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MEETING ID: 849 4938 5815; PASSCODE: PURNAVIDYA

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- by Swamini Pramananda (Ammaji)

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10 ONGOING WEEKEND SESSIONS

PRAŚNĀNĪṢAD

- BY SWAMINI PRAMANANDA (AMMAJI)

Starting on : Dec 1st, 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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

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

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PROGRAM CALENDAR 2025 11

 Program Calendar 2025			
	Vedanta & Samskrtam	Vedic Heritage	Yoga
Jan	4 - 5 : Vedanta Retreat 10 - 12 : Gita Retreat (Tamil) 18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)	5 : Vedic Heritage Program for Children (Launch of 6 Course) 6 - 7 : Sukanya - Camp for Young Women 11 : Vedic Heritage Satsang (Online) 11 - 12 : Vedic Heritage TTC (Online) 20 - 21 : Sushreshtha - Camp for Elderly 25 : Vedic Heritage TTC (Parts 1-6) 27 -28 : Subala - Camp for School Kids	17, 24, 31 : Mantra Workshops (Online) 31 Jan. - 2 Feb. : Yoga - Vedanta Retreat
Feb	15 : Gita Satsang (Online) 22 - 27 : MahaSivaratri Retreat (Tamil) 26 : MahaSivaratri Event 1, 8, 15, 22 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)	1 : Vedic Heritage TTC (Parts 7-12) School & Communities 5 - 6 : Sushreshtha - Camp for Elderly 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sukanya - Camp for Young women 13 - 14 : Subala - Camp for School Kids	8 - 14 : Yoga - Vedanta Retreat
Mar	15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23, 30 : Vedanta studies (Online)	6 - 7 : Subala - Camp for School Kids 8 : Vedic Heritage Satsang (Online) 15 - 16 : Sukarma - Corporate Retreat	
For Registration, Jan., Feb. and Mar. Programs Registration Link : https://shorturl.at/rw2rf		For more Information, Contact Us at :  +91 95972 15559  +91 95975 46669  programs@purnavidya.org	

 Program Calendar 2025			
	Vedanta & Samskrtam	Vedic Heritage	Yoga
April	10 -15 : Upanisad Retreat (Tamil) 19 : Gita Satsang (Online) 26 Apr. - 6 May : Vedanta Retreat 5, 12, 19, 26 : Power of Prayers(Online) 6, 13, 20, 27 : Vedanta studies (Online)	12 : Vedic Heritage Satsang (Online)	
May	17 : Gita Satsang (Online) 3, 10, 17, 24, 31 : Power of Prayers (Online) 4, 11, 18, 25 : Vedanta studies (Online)	10 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Online) 24 : Vedic Heritage Teacher Training (Part 1-6) School & Communities 31 : Vedic Heritage Teacher Training (Part 7-12) School & Communities	1 - 18 : Sri Vidya Upasana Course (Tamil)
June	1 - 8 : Ganga Dasahara Retreat 5 : Ganga Dasahara Event 21 : Gita Satsang (Online) 7, 14, 21, 28 : Power of Prayers (Online) 8, 15, 22, 29 : Vedanta studies (Online)	7 - 8 : Sukarma - Corporate Retreat 14 : Vedic Heritage Satsang (Online) 14 - 15 : Vedic Heritage Teacher Training (Online) 19 - 20 : Subala - Camp for School Kids 21 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 28 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	21 : International Yoga Day 24 - 29 : Yin Yoga Teacher Training (Online)
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 Program Calendar 2025			
	Vedanta & Samskrta	Vedic Heritage	Yoga
July	9 July - 9 Aug. : Vedanta Course 10 : GuruPurnima Event 19 : Gita Satsang (Online) 5, 12, 19, 26 : Power of Prayers (Online) 6, 13, 20, 27 : Vedanta studies (Online)	5 : Vedic Heritage Teacher Training 12 : Vedic Heritage Satsang (Online)	
Aug	16 : Gita Satsang (Online) 2, 9, 16, 23, 30 : Power of Prayers (Online) 3, 10, 17, 24, 31 : Vedanta studies (Online)	9 : Vedic Heritage Satsang (Online) 20 - 21 : Subala - Camp for School Kids 23 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 30 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	
Sep	20 : Gita Satsang (Online) 22 Sep - 3 Oct.: Navaratri Retreat 6, 13, 20, 27 : Power of Prayers (Online) 7, 14, 21, 28 : Vedanta studies (Online)	6 - 7 : Sukarma Retreat 11 - 12 : Subala - Camp for School Kids 13 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 13 : Vedic Heritage Satsang (Online) 20 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	
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 Program Calendar 2025			
	Vedanta & Samskrta	Vedic Heritage	Yoga
Oct	18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)	4 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 8 - 9 : Subala - Camp for School Kids 11 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities 23 - 24 : Sukanya - Camp for Young women 28 - 29 : Sushreshtha - Camp for Elderly	
Nov	15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)	1 : Vedic Heritage Orientation 3 - 4 : Sukanya - Camp for Young women 6 - 7 : Subala Camp for School Kids 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sushreshtha - Camp for Elderly	20 Nov - 5 Dec : Yin Yoga Teacher Training
Dec	20 : Gita Satsang (Online) 26 - 28 : Vedanta Retreat (Tamil) 28 : Gita Jayanti Event 6, 13, 20 : Power of Prayers (Online) 7, 14, 21 : Vedanta studies (Online)	6 - 7 : Vedic Heritage Teacher Training (Online) 8 - 9 : Sukanya - Camp for Young women 11 - 12 : Subala Camp for School Kids 13 : Vedic Heritage Satsang (Online) 15 - 16 : Sushreshtha - Camp for Elderly 20 - 21 : Sukarma - Corporate Retreat	
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Upcoming Retreat / Courses Feb to Mar, 2025



Yoga Vedanta Retreat

Jan 31- Feb 2, to Feb 8 - 14, 2025

Maha Sivaratri Retreat in Tamil

Feb 22 to 27, 2025

Sushreshtha - Camp for Elderly

Feb 05 - 06, 2025

Sukanya - Camp for Young women

Feb 10 - 11, 2025 to Mar 15 -16, 2025

Subala - Camp for School Kids

Feb 13 - 14 to Mar 06 - 05, 2025

Maha Sivaratri Celebration

26 Feb, 2025

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>
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14 UPCOMING 2025 EVENT



பூர்ண வித்யா

மகா சிவராத்திரி

24 - 26 பிப்ரவரி, 2025

திருமந்திரம் ஆன்மீக முகாம்



Feb 24 to Feb 25, 2025

பூர்ணா வித்யா பவுண்டேஷன்
மோளப்பாளையம்

Feb 26, 2025

மகாசிவராத்திரி நிகழ்ச்சி
5.00 P.M. to 12.00 pm

- சங்கல்பம்
- வனலிங்கேஸ்வரருக்கு ருத்ர அபிஷேகம் & அர்ச்சனை
- மஹா ஆரத்தி & பஜனைகள்

மகா சிவராத்திரி
ஒரு ஆன்மீக விழிப்புணர்வு
அடி முடி காணாத இறைவனை
அறிந்து கொள்ளும் முயற்சி சிவராத்திரி

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.

ஸ்ரீ அருள்ஜி

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

Register Now at <https://purnavidya.org/vedicwisdom>

REGISTER NOW

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புர்ண வித்யா

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- www.purnavidya.org



Lord Vanalingesvara Temple Program

Date: 26th Feb 2025(Wed)

Time: 4.30pm to 8.30pm



- 4.30pm - Sankalpa
- 5.00pm - Rudra Abhishekam & Arcana
- 8.00pm - Maha Arati
- 8.30pm - Maha Prasadam

Join us Online
&
Participate in the Collective Prayers to Lord Shiva



Zoom Meeting ID : 818 9766 6760

Passcode : purnavidya

Link : <https://bitly.ws/3e2yT>

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

For More Information:

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16 UPCOMING 2025 RETREAT



Ganga Dasahara Celebration

June 5th, 2025

Our scriptures are rich with hymns extolling the upliftment of all humanity through charitable giving (daana) and selfless service (seva), not only for the betterment of the lives of those suffering, but also for the giver's own spiritual growth. Lakhs of people visit the Ganga belt each year, to pay their tributes to the only ancient living civilization and experience the Deva Bhumi.

As we celebrate Ganga Dasahara on June 5th, 2025, please join us in supporting the outreach activities in the Ganga Valley.

Join Us in Offering to our Sacred MaGanga

Annadanam (for three meals/day)	Rs.16,001/-
Annadanam (For one meal /day)	Rs.7,501/-
Evening refreshments for tuition kids	Rs. 4,001/-
Dipa-danam – Sacred Lamp Offering	Rs.3,001/-
Balika Vidya Danam (Educate a girl child)	Rs.15,000/-

For Puja Offering and Donations:

Option 1:

Contribute for Dipa-Danam offerings: <https://purnavidya.org/ashram#PVE>

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

Please sign in with your user profile and contribute by visiting <https://purnavidya.org>

Option 2:

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

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Annadanam (for three meals/day) : Rs. 16,001/-



Annadanam (For one meal /day): Rs. 7,501/-



Evening refreshments for tuition kids: Rs. 4,001/-



Balika Vidya Danam (Educate a girl child): Rs. 15,000/-



Ganga Dasahara Retreat

Tapasyalayam, Uttarkashi, Himalayas June 1-8, 2025
(Arrival - 1st June ; Departure 8th June)

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

Join Us and Register Now.

The daily Program Schedule Includes

- Talks on 'Ganga Stotram - Hymns to MaGanga'
- Meditation
- Yoga
- Chanting
- Satsangs on MaGanga & Himalayas
- Village Treks

*Also includes a day trip to Gangotri

Click here to Register -> <https://purnavidya.org/vedicwisdom>

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Purna Vidya foundation invites
Spiritual Seekers to

Upcoming
Course in
2025

VEDANTA COURSE



One month Residential course




July 9th to Aug 9th, 2025

Join us on a transformative one-month retreat, where we explore the timeless wisdom of the Bhagavad Gītā with personalized, experiential guidance from an acharya with over 40 years of experience

TO KNOW MORE

<https://purnavidya.org/vedicwisdom>

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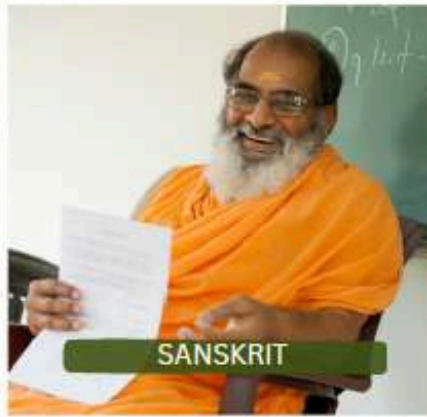
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UPCOMING 2025 VEDANTA COURSE

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Join us for an immersive one-month course which offers a unique opportunity to explore the timeless wisdom of the Gītā by providing practical insights and relatable solutions to modern life. In addition, a talk series on "Spiritual Heritage of India", as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.



This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience

[REGISTER HERE](#)

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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,.

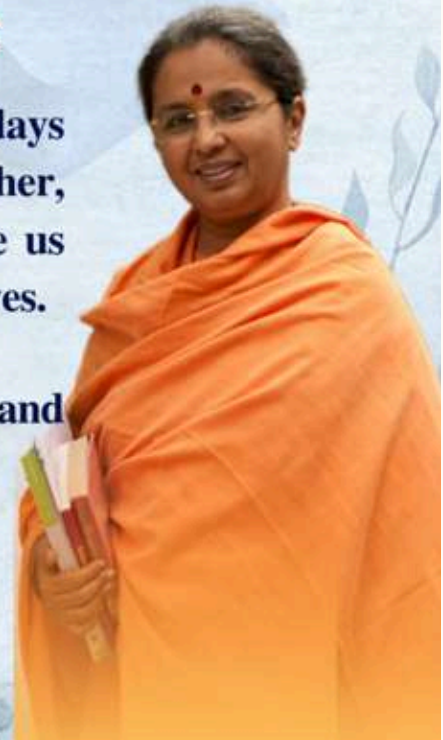
We have initiated "Thought for the Day" series. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<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
or mail us: info@purnavidya.org



PONGAL



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Joy and gratitude filled the air as we celebrated Pongal at Purna Vidya! A day dedicated to honouring nature's abundance, unity, and the blessings of the harvest season. From traditional rituals to community bonding, it was a heartfelt celebration of our cultural heritage

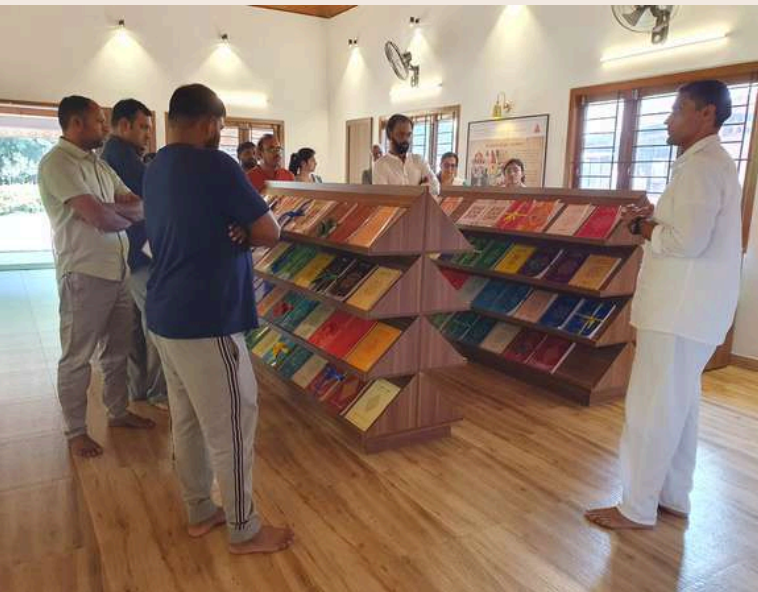
Let's continue to cherish the spirit of gratitude and harmony in every moment of our lives.





SUKARMA





On January 4th and 5th, 2025, Purna Vidya hosted Sukarma, a unique spiritual corporate program designed to bring balance, mindfulness, and clarity to professionals. Participants explored the intersection of spirituality and corporate life through engaging sessions, yoga practices, and insightful discussions on ethical leadership and inner growth.

This transformative program empowered individuals to align their professional journey with values of integrity, purpose, and mindfulness. A heartfelt thanks to all participants for making this event a memorable success!





VEDANTA RETREAT



The Purna Vidya training program in Spirituality focuses on the methodology for understanding the complete teachings of our Sanatana Dharma through various aspects such as poojas, worship, rituals, fasts, observances, festivals, and daily customs. This one-day program delved into how this knowledge and these teachings can be passed on to the next generation. This is just an introductory session, with more sessions planned in the future to provide a comprehensive understanding of the methodology.

Get your copy

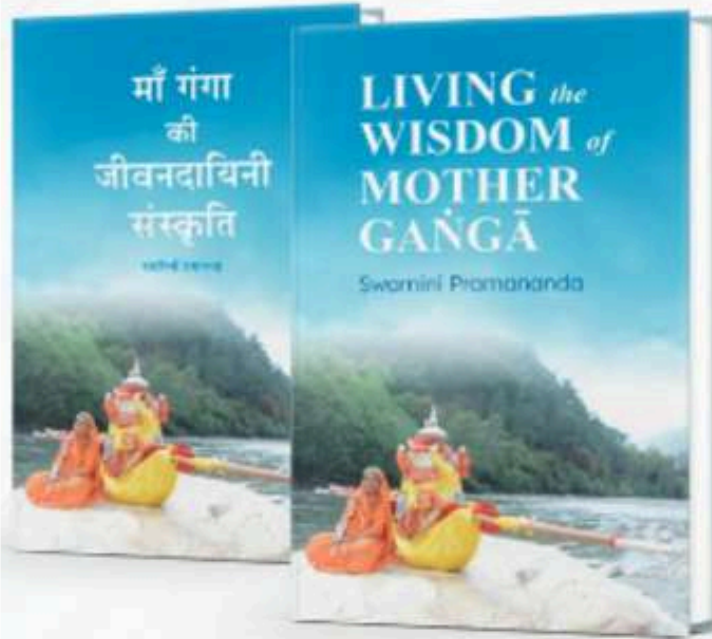


Grab your copy of Ammaji's new book
released on Mar 28, 2024

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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PURNA VIDYA VEDIC HERITAGE COURSES FOR THE YOUNGER GENERATION: 2025

January 2025 Purna Vidya launched Heirtage courses for younger generation on topics of Ramayana, Mahabharata, Values, Ishvara and religious discipline and Sanatana Dharma.

Ammaji joine the introductory session that was attended by number of students and parents from all the courses. Ammaji blessed all participants for starting learning journey and highlighted the classes teaching not sloka and stories but also highlight the values that are conveyed in these courses thorough the stories and characters in them The Purna Vidya books supporting this value based learning remain core of the syllabus covered in these courses.

We also will have our Vedic Heritage Satsangs for all children and families. These Satsangs will now take place on Sundays 2:30 PM IST . **Note below dates for diary:**

- 9 Feb 2025
- 9 March 2025
- 11 May 2025
- 8 June 2025
- 14 September 2025
- 12 october 2025
- 9 Novemeber 2025





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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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!***

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

In devotion we need to choose what is it that our mind is drawn to. Our affinity maybe with nature or Lord Shiva or Lord Vishnu. Perhaps it's just with the sun, the family deity or the village deity.

There are ways to actualize, to make real, to acknowledge, to declare, to concretize and make this experience a reality, through various defined expressions. There are ways to do it and those ways are called methods of expressing our devotion.

A devotee is one who is committed to his / her practices. He / she never forgets this fundamental relationship no matter what they do in society. They remain ever connected to the higher altar within their heart.

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

