



10/25

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Shakti means strength and power. A dynamic energy that is responsible for creation, maintenance, and destruction.

Shakti may be personified as the gentle and benevolent Uma, consort of Shiva, or Kali, the terrifying force destroying evil, or Durga, the warrior who conquers forces that threaten the stability of the universe.

Ma Kali is the goddess who governs time and she is the manifestation of goddess durga's rage to defeat the demon raktabija. She is a protector, bestower of freedom and embodiment of time and change. She's the mother who nurtures, but also the warrior who destroys. She tears down the old, destroys the ego, and makes way for the new.

>>>





In our limited human understanding, we normally tend to interpret destruction as something that is negative and to be feared but that is not the case always. Destruction is a necessary step toward spiritual enlightenment. We need to become more aware of traits that we want to destroy while embarking on this ongoing journey of moving inwards and not letting our antennas move freely in the outside environment.

Kali's fierce image challenges us to face our inner demons and to embrace the chaos within as a path to inner peace. She annihilates our inner demons that plague the human mind, fear, ego, and attachment. She 'drinks' our negativities when we offer it to her with sincerity, helps us overcome our pain, shame and other afflictions with compassion and benevolence. She frees us of our false beliefs, fears, insecurities and attachments. She becomes the very breath of our Life, giving us the strength which is a combination of powers of compassion, patience, courage and discipline that are woven together. Strength to go inwards as layers of gravel get unearthed! She comes to restore us with **truth, faith, clarity and courage.**

Kali reminds us of the Truth - not something we get from material things, but instead from our ability to let those things come and go without clinging or grasping, to see beyond success and failure. In understanding Kali, we unlock the secrets of the universe, finding balance in the interplay of creation and destruction, love and fear, light and dark. We need to see past the storms in our life, to see the growth and transformations that we have from these storms. This **Navaratri**, may we find that Kali within us- who becomes our mentor, our beloved to help us continue with our inward journey of actualising who we truly are.



Love and Blessings,

Ammaji



मार्गबन्धु स्तोत्रम्

{Part 07}



In the first verse, we saw a beautiful description of Lord Śiva, the friend and guide of our journey—both the journey of life and all its smaller paths.

He is worshipped by celestial beings and revered by higher powers. Even those who went against the divine order were reduced to ashes by a mere glance from Him – the God of Love – Kāmadeva, driven by pride, attempted to disturb Lord Śiva's meditation. As a result, Lord Śiva burned him to ashes — showing that even divine arrogance is not tolerated.(Verse 1 contd.)

śūlāhatārātikūṭam: The triśūla or the trident of Lord Śiva, is what destroys our inner enemies like kāma (desire) and krodha (anger). These are the greatest threats, the internal forces that cloud wisdom, dharma, and inner peace; not the external enemies.

Kāma leads to delusion and obsession, often manifesting in putreṣaṇa – attachment to progeny or legacy and vित्तेषाṇa – endless craving for wealth and material possessions. When these desires are unfulfilled, krodha arises and it can destroy everything in its path. Lord Śiva, with His trident, symbolizes the destruction of these self-destructive forces and stands for the protection of sincere devotees.

śuddhamardhenducūḍam: He is śuddha, pure and holds the crescent moon on His head, symbolizing serenity and the cycle of time. In this verse, Lord Śiva is portrayed as a protector of devotees, of cosmic order, and of justice. Even when celestial beings err, they are not spared from the consequences of their actions. This gives us faith in divine justice. And when we trust in His protection, we are inspired to take refuge in Him.

अङ्गे विराजद्भुजङ्गं अभ्रगङ्गातरङ्गाभिरामोत्तमाङ्गम् ।
 ओंकारवाटीकुरङ्गसिद्धसंसेविताङ्घ्रिं भजे मार्गबन्धुम्
 ॥२॥
 शंभो महादेव देव शिवशंभो महादेव देवेश शंभो ॥
 शंभो महादेव देव ॥

aṅge virājad-bhujaṅgam
abhragaṅgātaraṅgābhirāmottamaṅ
gam
omkāravāṭīkuraṅgam
siddhasaṁsevitāṅghriṁ bhaje
mārgabandhum (2)

मार्गबन्धु स्तोत्रम्

**śaṃbho mahādeva deva śiva śaṃbho
mahādeva deveśa śaṃbho
śaṃbho mahādeva deva**

Aṅge virājad-bhujāṅgaṃ: In this verse, Lord Śiva is worshipped as the one whose limbs are adorned with serpents, bhujāṅgaṃ. The cobra, though feared for its venom, is sacred in our culture. It represents śakti – power, life-force, and time – kāla. The snake sheds its skin and continues to live, symbolizing rebirth and transformation. For Śiva, time is just an ornament. He is kāla-atīta – beyond time.

Abhra-gaṅgātaraṅgābhi-

rāmottamāṅgaṃ: Refers to the celestial Gaṅgā – pure and divine, whose waves flow beautifully upon the Lord's head, nestled in His matted locks. The upper part of the cosmic being, the head is visualized as the celestial world, and Gaṅgā represents the goddess of that realm.

Gaṅgā resides in the celestial worlds. When King Sāgara's 60,000 sons were reduced to ashes due to a misunderstanding with Sage Kapila, their souls were trapped on earth. The only way to liberate them was to bring Gaṅgā down to earth.

Many kings tried — Aṃśumān, then Dilīpa; but failed. Finally, King Bhagīratha undertook deep penance. The gods agreed to let Gaṅgā descend, but her powerful force would destroy the earth. Therefore, Lord Śiva was approached to absorb her impact.



When Gaṅgā descended with tremendous force, Śiva caught her in His jaṭā (matted hair), breaking her fall and releasing her gently. This divine event is celebrated as **Gaṅgā-saptamī** in the Himalayas. From there, she began her earthly journey. Her main stream following **Bhagīratha** to purify the ashes of his ancestors. Her descent became the spiritual gateway to mokṣa for them and countless others.

As she descended, other celestial beings like the Nāgas and Gandharvas also tried to claim her. Even Sage Jahnu, whose Ashram was flooded by Gaṅgā's force, swallowed her. Upon **Bhagīratha's** prayer, the sage released her from his ear and hence the name **Jāhnavī**.

Eventually, her tributary **Alakānandā** joins at **Devaprayāg**, and from there she becomes **Gaṅgā**—the river that flows on earth.

मार्गबन्धु स्तोत्रम्

She enters the earth at Rishikesh, and the next stop is Haridwar, meaning "Gateway to **Hari (Viṣṇu)** or **Hara (Śiva)**."

Pilgrims bathe in her sacred waters for purification before heading to Gaṅgotrī, her celestial origin. Even today, Gaṅgā's energy is deeply felt in that region. The belt between Uttarkashi and Gaṅgotrī is a land of great power and penance where sages like **Paraśurāma**, **Mārkaṇḍeya** and **Kaśyapa** meditated.

That sacred land reflects the purity and justice of the Himalayas, where no adharma survives. Gaṅgā, adorned by Lord Śiva, is both the beauty and the power of creation. In this sacred land, the life is protected. Lord Śiva offers the protection of a divine father. Gaṅgā offers the nurturing grace of a divine mother.

These stories are not just myths, but metaphors; offering us deep spiritual messages of protection, purification, and surrender. They remind us that even when we fall, we can be lifted through devotion and penance. Gaṅgā, the celestial river, continues to guide and bless all seekers.



pūrṇa vidyā

Vedic Heritage teaching program for Younger generation

Rāmāyaṇa

A joyful online journey into the Rāmāyaṇa for young minds to explore their rich cultural heritage.

30 Sessions | Ages 7 -9 | Starting from Nov 1 2025 | Saturday: 3:30PM - 4:00PM IST

Syllabus plan

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

Program Includes

- Listening to stories from Ramayana
- Learning to chant shlokas
- Singing Bhajans

Register at:

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Link for books purchase:

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Donations are welcome to support
the Education of deserving Children

Link for charity contribution:

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pūrṇa vidyā

Vedic Heritage teaching program for Younger generation

Bhāgavata Purāṇa

Discover timeless stories of great heroes from our tradition and learn the values that make them inspiring even today!

30 Sessions | Ages 7 - 12 | Starting from Nov 2 2025 | Sunday: 2:30PM - 3:30PM IST

Syllabus plan

- Introduction to the Bhāgavata Purāṇa
- Story of Dhruva
- Story of Prthu
- Story of Gajendra
- Story of Harishchandra
- Story of Ganga
- Dashavatara Stories
- and more...

Program Includes

- Listening to stories from Bhāgavata Purāṇa
- Learning to chant shlokas
- Sing Bhajans
- How to perform simple Puja

Register at:

<https://purnavidya.org/upcomingevents>
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Yin Yoga & the EARTH Element

In the current five editions of the Newsletter, we're excited to introduce **Yin Yoga** as a powerful and accessible practice for balancing the **Five Elements** of **Traditional Chinese Medicine (TCM)**. In the last three newsletters we started with an overview of the five elements and the water as well as the wood element. This month we are exploring the **earth-element** as our forth element. We will explore the qualities of the fire element, and how Yin Yoga can help restore harmony within the earth element—leading to greater health, and enhanced capacities for inner calmness and safety, harmony and connection.

The Earth Element in Traditional Chinese Medicine: an Introduction

Season: Late Summer / Transition Times

The **Earth Element** belongs to **late summer**, that golden moment when the fruits of the season are ripe and heavy, and the air feels slow and full. It also governs the transitions—the times between seasons when balance and grounding are most needed. Earth is the center around which all other elements turn, reminding us to return to stability, nourishment, and presence after cycles of growth and change.

2.Inner Nature

The inner nature of the Earth-type person is that of a **peacemaker**—steady, kind, and deeply compassionate. They radiate calm and harmony, seeking to create connection and comfort in the world around them. Like fertile soil, they offer a space where others can root, grow, and feel safe.



3.Organs / Meridians

The **Spleen (Yin)** and **Stomach (Yang)** form the energetic foundation of the Earth Element. The Stomach receives and transforms nourishment, while the Spleen distributes that energy throughout the body. Together, they not only digest food but also process thoughts and emotions—turning experience into wisdom and sustenance.

4.Personality

Earth personalities are **nurturing, grounded, and supportive**, the ones who hold space for others with patience and care. They thrive in community and are often the steady heart of a group—the listener, the comforter, the provider of warmth and stability. Their presence feels like coming home.

5.Strengths

The strengths of the Earth Element lie in **empathy, reliability, and caregiving**.

10 YOGA PRACTICE

These individuals have a deep capacity to understand and care for others, offering nourishment both physically and emotionally. Their strength is quiet yet unwavering—the kind that holds things together when everything else is shifting.

6.Imbalances / Pathologies

When the Earth Element falls out of harmony, it may express as **worry, overthinking, or fatigue**. The mind becomes heavy, and the body may mirror this through weight gain or digestive troubles. Over-giving without replenishment drains their inner reserves, leaving them feeling uncentered and depleted.

7.Balancing Habits

To restore balance, cultivate mindful eating and savor warm, cooked meals that comfort and strengthen the body. Create a gentle **daily routine that nourishes stability and rhythm**. Practices of gratitude and self-care help Earth types return to their center—reminding them that nurturing themselves is the root of truly nurturing others.

8. Mini Sequence to harmonize the Earthelement

Lizard



Begin by coming down into a prone position, resting on your belly. Gently draw your right leg up to the side, bent at the knee, with the thigh roughly at hip level. Feel free to put a blanket under your right knee for comfort and support. From here lift your upper body into Sphinx Pose - elbows under shoulders, forearms resting on the mat, shoulders soft and relaxed. Allow your torso to turn slightly toward the bent leg, creating a gentle spiral through the spine.

If you wish to deepen the sensation, press into your hands and lift the chest a little higher into the Seal Variation, while keeping the upper body slightly rotated to the right.

Stay still and soft, feel the opening along the front of the left hip and groin, across the lower belly and the front of the body. Let the breath move softly into these spaces- the places that felt tight or hidden.

Stay for 2-3 minutes , allowing time for the body to settle and unfold. When you are ready, move slowly and mindfully through the transition... begin the second side in your own rhythm.

After the second side , bring your upper body back to center, widen your elbows, and rest down into your belly . If you feel any tension or pressure in the lower back, bend your knees and gently sway your feet from side to side, like a soft wave moving through the hips and spine.

Then , let the legs extend long again, coming into a quiet, neutral belly rest.

Feel the connection between your body and the earth- the weight, the warmth, the steadiness beneath you. Take a few slow breaths to sense the afterglow of the pose. Noticing the subtle opening along the front of the body- the hips, belly and heart. Let everything soften into stillness.

Physical Effects:

- Opens the front of the left hip and hip flexor.
- Gently stretches the groin/ adductors of bent leg and lower abdomen.
- Strengthens and mobilizes the spine through a soft backbend
- Assymetric backbend which can be more accessible for some than a symmetrical one (like sphinx).
- Possibility to include a sidebend / twist into the spine, making the pose three-dimensional in the movement for the spine.

Mental effects:

- Can cultivate focus and mindfulness.
- Can soften the urge to control or escape discomfort.
- Can encourage mental spaciousness and curiosity.
- Can promote inner stillness and emotional clarity.

Contraindications:

- With slipped disc follow the advice of your doctor/ therapist for backbends

Up Swan



Begin on all fours, moving slowly, like you are arriving into your body with each breath. Gently bring your right knee forward, placing it between your hands. Let your right shin angle comfortably, the way it fits your knee. The safe angle for your front leg is guided by your body's natural potential for external rotation in the right hip joint. Your left leg extends back, the top of the foot resting softly on the mat. Take a moment to center your hips, and then place a folded blanket or a bolster under your buttocks of your front leg — so that your pelvis feels evenly supported and the body can truly release. Push your hands into the floor & slowly and gently lift your upper body, allowing the front of the body to open. You can also make a loose fist with your hands, which helps take the pressure of your wrists. Try out what feels good for you.

Let the shoulders soften down and the breath expand across the collarbones.

If you wish for more grounding, or if the lower back feels tender, you can take the supported forward variation.

12 YOGA PRACTICE

Place a bolster in front of your upper body and rest your forearms on it. Let the props hold your weight so your body can soften and surrender .

Close your eyes. Breathe into the right hip, the front of the left thigh, and the belly. Notice sensations — warmth, resistance, spaciousness — and meet each one with quiet curiosity. let yourself be held by gravity, by the earth , by this moments of stillness.

Stay for 3-5 minutes , or longer if it feels nourishing.

To release press your hands gently into the mat, tuck the back toes, and slowly step back to all fours. Take a few breaths before you begin with the second side.

After the second side step back into child's pose. Take a few breaths to feel the echo in the hips and the front body. How does the areas you've just stimulated feel now?

Can you sense warmth, a gentle flow of energy or perhaps a new softness and openness in that space ?

Physical Effects:

- Deeply opens the hips and groins.
- Stretches the hip flexors (hip extension) and quadriceps of the back leg.
- Gently compresses and stimulates the abdominal organs.
- It is a moderate to strong backbend.
- Very important => the knees should NOT be felt

Mental Effects:

- Can cultivate presence within deep sensation.
- Can invite surrender and stillness.
- Can encourage mindful observation without judgement.
- Can build inner resilience through softness rather than effort.



Contraindications:

- If you feel anything awkward in the knee, shift the pose around until you feel the pose in the hip or back again.
- With any knee injury, especially the inner meniscus, be particularly carefulness to put too much pressure on or a twist into the knee joint.
- With any knee injury, you might want to flex the front foot to stabilise the joint.

Enjoy your YINpractice ♥

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

In the next two issues of the Newsletter, we will continue to explore and explain the following two elements (earth and metal) in more detail, and present a special mini Yin Yoga sequence for harmonizing each one element.

- *Text & Model Yin Yoga Sequence: Birgit Steger*
- *Photos by : Annika Nagel , www.annikanagel.com*
- *Text Earth Element: Helga Baumgartner*
- *Support: Nina, Isabel, Kerstin, Judit, Alexandra and Gela.*



Ongoing Weekend Sessions in Nov 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series Ādityahrdayam

New
Course

Starting Date : 8th Nov' 25

Every Saturday at 12 Noon IST (1 hour session)

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

1st Saturday Sessions

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

1st Saturday, 1st Nov, 2025; 5:00 to 6:00 p.m. IST

Evening

Join with Zoom Meeting ID: 810 0919 4929 | Passcode : purnavidya

2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 08th Nov, 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 Nov, 2025; 5:00 to 6:30 p.m. IST

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

Sunday

Morning

Tattva Bodha

Starting Date : 18th Oct' 25

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.

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The Power of Prayers Series Ādityahr̥dayam

-A Hymn on Lord Surya Deva

STARTING DATE: 08 NOV, 2025

EVERY SATURDAY 12 NOON IST

TOTAL 16 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

[HTTPS://BIT.LY/3BXW3PH](https://bit.ly/3BXW3PH)

- by Swamini Pramananda (Ammaji)

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

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NEW

NEW ONLINE COURSE

15



STARTING on Nov. 1st, 2025

5:00 to 6:00 p.m. IST

1st Saturday every month meet the Gurus LIVE and clarify your sanskrit doubts in your online course study with them.

JOIN WITH ZOOM

MEETING ID – 810 0919 4929

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NAVARATRI CELEBRATIONS AT TAPASYALAYAM





Tapasyalayam was filled with divine energy and devotion during the nine days of Navaratri celebrations. Each day was marked by pooja, intense sadhana, serene Ganga Aarti, and uplifting bhajans that filled the atmosphere with spirituality. The culmination of the sacred contemplative practices was when **Lord Vasuki Nagdevata doli** blessed the participants with his presence in the ashram.

A bhandara for the village children every evening was a great highlight of the day, spreading joy and togetherness. Gifts were lovingly distributed to children, bringing smiles and happiness all around. The celebrations concluded with Kanya puja, where young girls from the village were honored as embodiments of the Divine Mother, invoking blessings for all. Additionally, **Sumangali puja** honoured the married women the same way, bringing deep peace and fulfilment of the **Navaratri vratam**.

The **nine days at Tapasyalayam** truly reflected the spirit of **Navaratri** — devotion, purity, and the celebration of divinity.



Purna Vidya Foundation's Navaratri Pujas were beautifully performed as is done every year. Prayers for the devotees and disciples of Purna Vidya across the globe were conducted in both the ashrams with great fervor and Divine mantra chants and invocations for the ten day celebrations. Many villagers participated from the vicinity and enjoyed the blessings of **Goddess Lalitha Tripurasundari** through the Sri Cakra Pujas and recitations.



A VISIT TO NALD VILLAGE IN THE GANGA VALLEY

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Ammaji recently visited **Nald village in the Ganga Valley** as part of the Ganga Sanskriti Kendra initiative. During her visit, she interacted warmly with the local community, inspiring and encouraging children and women alike. To promote education and uplift young minds, she distributed Navaratri gifts to the children, fostering a spirit of learning, hope, and empowerment in the village.





Ammaji recently guided the **Yogi Satyadev's** retreat from South America, in teaching the profound **Nirvana Saktam** text on Vedantic contemplations. Her sessions offered deep insights, blending wisdom with practical guidance, inspiring participants to explore inner growth, mindfulness, and the path of self-realization. The teachings left a lasting impact, fostering a sense of peace and clarity.

During this time, Tapasyalayam was also graced by the presence of **Swami Sarvananda**, the head of Brahmavidya Peetham, Uttarkashi. Swamiji's visit brought much joy and wisdom, as his words touched hearts and brought a spiritual connect among the group.







Testimonial from pilgrims at the ashram

On **9th July 2025** when we met **Ammaji at Purna Vidya Foundation at Comibatore** and mentioned about our upcoming Yatra to Uttarkashi and to Tapasyalayam, she welcomed us and said that it is a "different world altogether"..

True to Ammaji's word, when we reached **Tapayalayam** on the banks of Maa Ganga, it was a serene world and a wonderful place for quietitude and '**Atma Vichara**'.

We could see from the video shown to us on how Amma Ji had toiled day and night, bearing harsh weather and environment, for the Ashram to come to this green & serene environment from a barren land full of rocks and stones .

It is now a beautiful ashram with lots of trees and plants and the **Bhagirathi river** flowing just beside the ashram. As we enter the ashram, one is welcomed by a giant Hanuman facing the entrance, standing majestically under a peepal tree. An '**Akhanda Deepam**' is lit under the tree with a picture of **Maha Avatar Babaji** above it.

As we climb to the first floor to the Prayer Hall, on the right, a beautiful Shiva linga is installed on a rock and **Sri Vasuki Naga Devata's sannidhi** is also there. Just besides these deities is a rock cave where a beautiful **Sri Ganga Maatha** is installed. This cave is so powerful with it's energies that one can easily sit and meditate for hours.

The rooms and other facilities were excellent and satvik food was served to us with love and affection. The Prayer room was warm and quiet for us to chant, meditate & have Vedanta sessions. The staff who served us food and also taken care of our needs including the Manager, Chauhan ji were so kind and receptive.

We also viewed the video on how Ammaji is working hard for the villages in the Ganga valley to make their lives better and to preserve the sanctity & peace of the Valley by bringing it to the notice of the Government.

For those seekers who would want to look inwards and meditate in solitude, **THIS IS the place that they should visit, stay and experience the magic.**



A Retreat at the ashram with Sudarshanji

Tapasyalayam Kutir, Uttarkashi — as the name suggests, truly inspires anyone who walks into this sacred space to voluntarily sit down and slip into meditation.

Our group of 17 Yatris had no idea what awaited us on this Yatra. Our Guru had only advised us to practice being alone and to enjoy silence, so that we would be ready for this journey. But once we arrived at Tapasyalayam ashram, we realized that the Ashram itself draws you effortlessly into peace.

The soothing sound of Ganga Ma, the lush greenery surrounding the Ashram, and the serene Shivji and Hanumanji Mandir gently call you to sit beside them — and meditation begins to happen on its own.

Ammaji's satsangs, her warm and personal conversations with each of us, and her thoughtful instructions to the Ashram staff to ensure every detail was cared for — all reflected her deep love and compassion. Her vivid explanations during satsang, especially when she spoke of Ganga Ma as the embodiment of a mother's love, left a lasting impression on our hearts.



The Ashram staff, with their spirit of true service, ensured we were well taken care of in every way. Every meal was lovingly prepared, and even those with special dietary needs were looked after with utmost attention.

Feeling truly blessed and grateful for this divine opportunity — to visit this Ashram, to be in Ammaji's presence, and to spend this time in deep inner reflection on our spiritual journey. 🙏

A SATSANG WITH AMMAJI-YOGI GOVINDA



Yogi Govinda recently visited Tapasyalayam with his students, to attend Ammaji's enlightening satsang on spirituality. Her guidance offered profound insights into the practice of mindfulness, inner growth, and the principles of a balanced spiritual life. The session left participants inspired, fostering a deeper connection to their spiritual journey and a sense of peace and clarity.





This **Deepavali**, Purna Vidya came alive with the gentle glow of countless diya, each flickering light symbolizing the triumph of goodness over darkness and wisdom over ignorance. The air was filled with prayers, chants, and the quiet joy of reflection, as students and staff paused to honor the values of gratitude, compassion, and inner harmony. Amidst the sparkle of lights and the sweetness of festive treats, the celebration reminded us that **Deepavali** is not merely a festival of external illumination, but a festival that kindles the light within—guiding our hearts toward hope, unity, and the enduring spirit of positivity.





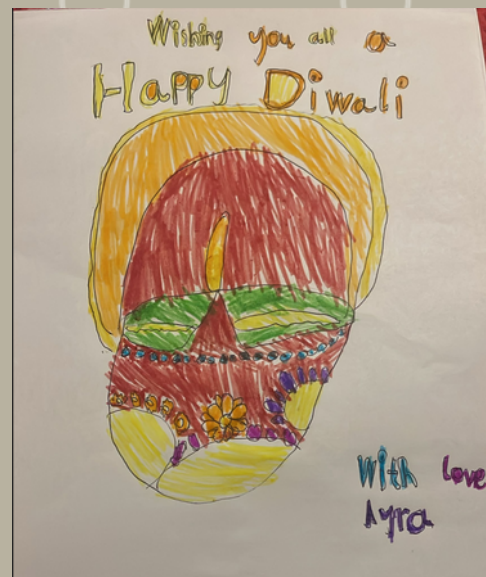
Anushtuup Dasgupta



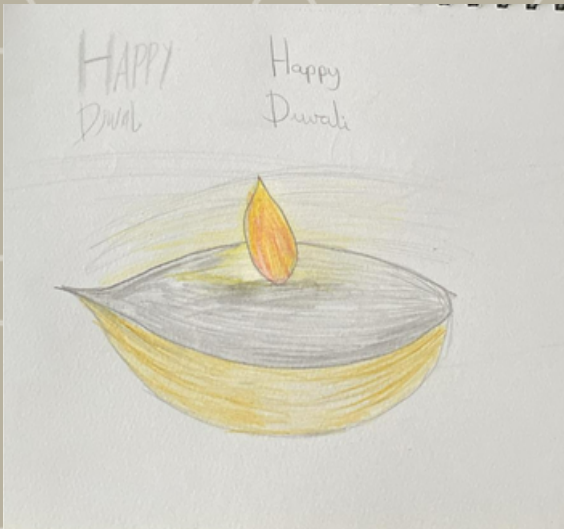
Prajna and Krisha



Tejasvini



Ayra



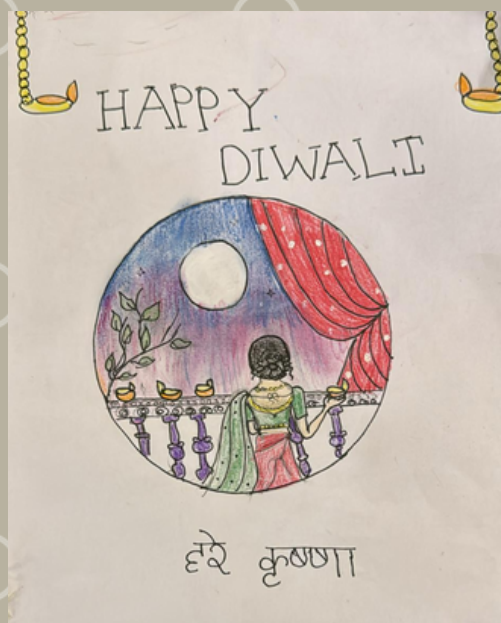
Anushka-Diya



Anushka-Rangoli



Virat



Saiesha M and Shrriya M



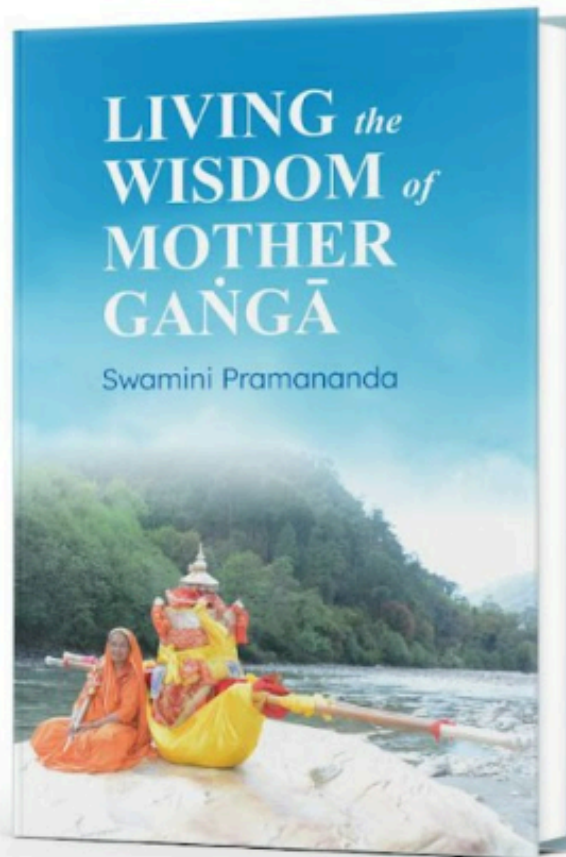
Sreenidhi

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*let's extend our gratitude
and support the Ashram!*



Gift A Day



Dear Well Wisher,
Hari Om!

we are pleased to announce Gift-a-day campaign for supporting the Ashram's one day expense. Mark a birthday, anniversary day, etc. as your annual support to ashram's sustenance and receive the blessings of prayers at our Lord Vanalingesvara and Ma Ganga Temples.

With Ammaji's wisdom, unconditional love, tireless effort of sharing the sacred teachings, let us extend our gratitude to Purna Vidya by offering to support the cost of running the Ashram for at least one day.

Sponsor 21,000 INR for one day

Thank you all for your generosity and support.

For any additional information

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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!

Shakti asks us to act without ego, to speak with truth, to walk our path without clinging on to the outcome of success and failures. Though Ma Kali's physical appearance can be frightening to many, her image also reminds us to go deeper than physicality.

A diamond only shines when layers of coal is cracked. Likewise for the Gem within to shine, our ignorance of temporary and permanence needs to be removed. Instead of searching for empowerment outside let us take a moment to sit with ourselves and reflect upon what is within. By staying centered in the moment, there is a quiet and resilient sense of peace which will guide us in our next steps. May we learn to give thanks for the storms that took place in our life for they showed us the real and unreal and enabled us to overcome the challenges. May we learn to love the Goddess Kali instead of fearing her for she clears paths for new growths.

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

