



pūrṇa vidyā newsletter 11|22

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Ammaji's Message

Dear Readers,

“Kṛpā” refers to divine grace and blessing that one receives from the Universe. Kṛpā needs to be earned to enjoy success of any endeavor, through one’s Prayers as well as adequate self-effort. In our lives, we receive Grace in four ways: Ātma kṛpā (the grace of oneself); Śāstra kṛpā (the grace of the scriptures); guru kṛpā (the grace of the guru) and Īśvara kṛpā (the grace of God).

In one’s spiritual life too, when one is blessed with these four forms of grace, one is awakened to one’s inner peace and fulfilment. However, without ātma kṛpā, none of the other kṛpās can take a person to spiritual fulfillment and ultimate freedom.

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Ātma kṛpā is the grace of oneself, when a student finds enough will power within to free oneself from distractions and self-doubts. Self-grace comes when I have self-esteem. There is no other proxy here. Guru cannot handover mokṣa choosing and will to decide that I wish to be on the spiritual path. Bhagavan provides conducive situation for learning to take place by providing guru, śāstras and time. All these opportunities are provided for us, but finally who will have to work for mokṣa? It has to be the individual.

One needs to acknowledge that one has come this far, after so many births and that one can ride this life challenges too and transcend it. “I will ride this and I will change. I will do the needful” – is the determination one needs to have. One who can do this is a friend to himself, while one who puts oneself down, is his/her own worst enemy. Compassion, confidence and blessings of oneself and a discerning intellect by which we can exercise the faculty of choice, delivers atma kṛpā. Lord Kṛṣṇa has emphasized in the Gīta, the importance of self-effort, not just from the standpoint of duty but also of how one sees oneself. No one but I am responsible for success or failure of my spiritual endeavor.

Guru kṛpā is the grace of the guru, when a student is blessed by the teachings of a guru. When one is alert and does his best to practice and study scriptures, the grace of guru walks into our life. The saying goes, “when the student is ready, the teacher appears.” To obtain this the student must be a disciple of the guru, work in service to the guru and be dedicated to a spiritual path.

Śāstra kṛpā is the grace of the scriptures, when the student freely connects and learns from the scriptures. When student is open to learning, śāstra kṛpā dawns. The student is committed to learning from the scriptures and does their reflections and contemplations daily.

Īsvara kṛpā is that God’s grace that descends through our prayers and surrender, when we live with self awareness, intellectual honesty and commitment to one’s inner growth. The divine compassion manifests in all forms of grace and leads the seeker to spiritual fulfillment and ultimate freedom.

May one become aware of the four fold grace essential in our lives and strive to enjoy their blessings!

Love and Blessings,

Ammaji





PurnaVidya Mobile App is now available in the Google/Android Play Store. The mobile App is an easier way of staying connected with Ashram programs and Ammaji's teachings.

- ✓ **The App** has been developed to keep all interested sevaks with information necessary in terms of courses, retreats, articles and PDF-Books, access to various audio and media material.
- ✓ **The features** and navigation in the App are very user friendly and best explored by the sevaks.
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*With Guru's blessings, PurnaVidya is now in the palm of your hands!
We wish you an enriching spiritual journey ahead.*

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> Part 7

Śiva-mānasa-pūjā – A Mental Worship of Lord Śiva

करचरणकृतं वाक्कायजं कर्मजं वा श्रवणनयनजं वा मानसं वाऽपराधम्।
विहितमविहितं वा सर्वमेतत्क्षमस्व जय जय करुणाब्धे श्रीमहादेव शम्भो ॥

*karacaraṇakṛtaṁ vākkāyajaṁ karmajaṁ
vā śravaṇanayanajaṁ vā mānasaṁ vā'parādham
vihitamavihitaṁ vā sarvametatkṣamasva
jaya jaya karuṇābdhe śrīmahādeva śambho*

All my karma whether mental, physical or verbal, all the actions are in your praise. In other words, I never go off in my alignment with the divine. Such, is a seeker that becomes one with the Lord. If the divine expresses through me, if my system becomes a channel, a medium just to express the wishes of the omniscient, then I will be at peace. No conflict, no issues. But I've continued to fail to owning up the divine. My biggest tragedy of life is not owning up; not acknowledging that power within me. If I can own up the infinite in me, where is the problem, what is the conflict? Lack of that ownership, loss of the infinite in my awareness is an infinite loss. This puts me on a search for longing, searching and seeking and greed and grabbing and destroying, it becomes my activity. And therefore the devotee asks forgiveness.

What is Wrong Action

Any action that disturbs the harmony with the cosmic dharma is 'wrong'. Even at a micro level, those activities that disturb your body-mind-sense-complex, are 'wrong'. When I do a wrong activity, I know, my body screams. When I dump all those French-fries into my stomach, I know the impact it has on my sugars, or my blood pressure. I am aware of what happens when I eat wrong food, when I speak wrong words. Where your body-mind-sense-complex and your immediate environment, your loved ones and family members are involved, where these are not at peace, that means I am doing something wrong.

Little did the humanity realise, until the breakout of the COVID pandemic that we have denied the animals their space on Earth. All across the globe we were sharing messages about this. I saw this message of a Deer at this ocean, playing with the waves, in such jubilation and joy, jumping and walking through the waves, hopping and walking again, you wonder why are they so happy! Why are all the animals so happy? Why are the birds so happy? Are we the ones who kept them away from being free? Nature put us behind bars and let them loose. It's a huge message and a big hit, a big slap on the face of humanity. Did we deny them their space? Did we destroy thousands of acres of forests that belong to them! Have we cared to think that they too have gratitude? We have not made an effort to engage in a relationship with them. Did we forget that laws of nature allow us to connect with other life forms that are also seeking food, shelter, protection of their species just like us humans!

>>>



Therefore, any wrong actions done by me through my karmendriyas or through my jñānendriyas, disturb my alignment with the divine. I do not want to do anything, say anything, see anything or hear anything that disturbs me; not only at the physical level, but also internally or mentally.

Infact every child that goes through upanayanam (the sacred-thread ceremony) takes a two-fold pledge – śrutam ca me aśrutam ca me tanme ubhayam vratam – I will hear what I'm supposed to hear. I'll not hear what I'm not supposed to hear. This is just one of the many pledges. Like this, an eight year old takes up a series of pledges declaring great restraint in action both external and internal, to align with the cosmic dharma.

When I thus ask forgiveness, for all kinds of aparādhām done by me – *karacaraṇakṛtaṃ vākkāyajaṃ karmajaṃ vā śravaṇanayanajaṃ vā mānasaṃ*; mentally or physically, it then becomes my vratam, a pledge I take.

Vihitam-avihitam vā: Actions that are to be done are called vihitam and actions that are not to be done are called avihitam. I am filled with doing what I should not do and not doing what I should do. My daily worship is the greatest example. My daily worship is a privilege. My greatest time to be with the divine being but it ends up being the most hurried and quickest.

Suppose you are in the midst of you prayers, somebody calls you for your breakfast, you say, "Yeah, give me two minits" and your twenty minutes become two minutes. Breakfast became more important than the divine. Similarly, my daily duties too I cut short.

Sarvametaṭkṣamasva: Oh Lord! Please forgive all these actions of mine. Why should the Lord not punish? Should he not be punishing us all the way? When we do good actions, we want good results and all the merits attached. So, it is only fair that wrong actions should come with punishment, is it not? The difference being, I recognize my mistakes. I recognize where I have gone wrong, and therefore seek forgiveness. Seeking forgiveness implies seeking compassion too.

Jaya jaya karuṇābdhe śrīmahādeva śambho: Oh Lord! You are the ocean of compassion! Victory unto you! You are the supreme Lord, Mahādeva! You are the wielder. The one who wields this creation! Oh ocean of compassion, Karuṇābdhe! You are the one who brings about auspiciousness, Oh śambho! You can bring about the healing. You are the one who can release me from my pain; release me of all my wrong actions. You are the one who can help me own you up, awaken me to my higher self, my truth, in my own heart. The truth that is You. Anything that I have done short of that truth, I seek your forgiveness. Let wrong actions not block me from owning you up again. Once you forgive me, I'll begin with a clean slate and move forward in my spiritual journey.

With this bhāvanā, with this prayer conculdes the Śivamānasa-pūjā, one of the most powerful worships. If you move into this kind of worship and chant these verses keeping the meaning in your mind, you will begin to see the impact of this meditation in your life.





Āyurvedic Yoga ♥¹⁰

Namaste dear Sadhakas,

After examining the effect of the vāta-doṣa on our physical level in the last newsletter, we now turn our attention to the energetic level prāṇamayakośa:

Energetic imbalance caused by vāta

If vāta, the dynamic power of the wind, is increased in us, we notice this above all in an inner restlessness or in the discontinuity of our actions. We then often switch from one activity to another before completing the previous one and quickly feel exhausted. However, most of the time we do not find restful sleep but suffer from deep sleep phases that are too short and too shallow. The nervous system overstimulated by increased vāta thus lacks the literally "necessary" rest for regeneration... an exhausting downward spiral!

Energetic harmonization of vāta

Since we know that āsanās also always work on the prāṇa level, warming *sūryanamaskāra* or also the grounding āsanās from the last newsletter can be useful to calm the vāta-doṣa here: *tadāsana*, *utkaṭāsana* & *uttānāsana* as well as an extended śavāsana.

However, the most direct way of healing remains the application of *prāṇāyāma*. Gently warming breathing exercises very reliably calm an elevated vāta and thus enable rapid relief.

We already know *sūrya-bhedana* and *kapāla-bhāti* as warming prāṇāyāma, which we can use to harmonize the cold kapha-doṣa (see the May newsletter). However, due to its very dynamic and intensively heating effect, *kapālabhāti* is not suitable for the tender vāta nature - this would only fuel the unrest and dryness of the vāta-doṣa even further. But *sūrya-bhedana*, the gentle "sun breath," is good breathing practice for vāta too!

As another vāta soothing breathing practice, today we would like to introduce *bhrāmārī* – "the sound of bees". The very grounding and thus stabilizing effect of this prāṇāyāma unfolds above all through the deep, long-lasting buzzing tone, which immediately calms the nervous system. The focused exhalation supports the vāta-reducing effect.

BHRĀMĀRĪ

(Bhrāmārī is the goddess of the bees. The right image shows her sending her army of black bees against the army of Aruṇāsura.)

In this exercise we hum while exhaling, which creates vibrations primarily in the head space, neck and chest. The vibrations cause increased blood flow to the tissue, which we can feel as pleasant warmth. The deep sound fills us completely during the exercise. It generates a calming feeling of being held and invites us to relax and let go.





This prāṇāyāma is often practiced with the śaṅ-mukhī-mudrā, which further intensifies the turning inward:

- First, make sure that your seat is sufficiently warm! Then find yourself in a sitting position that is comfortable for you and set yourself up so that you can easily stay upright for about 5-7 minutes. Maybe a pillow and a blanket will help you with this... take your time...
- Feel free to close your eyes and listen to the natural coming and going of your breath for a few breaths.
- Deepen your breath into an even, slow and complete inhalation and exhalation. Make sure that you still let your breath flow! No hurry, no pressure... (If you are familiar with the ujjāyī breath, you can use it here.)
- After a few breaths, let the exhalation create a low, humming sound. The deeper the tone, the more calming it is on the nervous system. Give yourself time to find your tone.
- Try to keep the tone long, calm and even. - After the fading away, let the inhalation flow in gently and widely.
- Practice in this way as long as you are comfortable. When you finish the exercise, sit still and listen to the sound inwardly.

May you find serenity and comforting rest in your steady breathing! :)

In the next newsletter we will take a third and final look at manomaya-kośa, the mental-emotional level. We will show you a grounding meditation that can support the resolution of vāta disorders! We look forward to you ...

CAUTION!

If you have a headache or dizziness, please breathe particularly gently! Please do not practice with inflammation of the vocal cords or the larynx!

ŚAṆ-MUKHĪ-MUDRĀ

- At śaṇ (six)-mukhī (mouths)-mudrā (seals), the six openings of the head are (partially) closed. By closing the outer sensory organs, all our attention flows inwards.
- Raise your upper arms outwards at shoulder height and gently close your ears with your thumbs.
- Close your eyes and place your index fingers above and your middle fingers below the eyeball.
- Let your ring fingers rest in the hollow of your nostrils. Here you can adjust the air flow with fine movements inwards and outwards.
- Your little fingers touch your closed lips.

If we practice **bhrāmarī** with this mudrā, the deep sound and its vibration come to the fore even more!

Always conclude your practice with **śavāsana**. In this way, the prāṇa flow can be harmonized and stabilized in the long term! The quiet evening hours are particularly suitable for this calming practice.

Alternative: If you are particularly exhausted, you can also practice **bhrāmarī** lying down. This also has the advantage that your arms do not tire so quickly when you want to practice with the **śaṇ-mukhī-mudrā**! ;)

> Text and photos by Nina;

Support: Helga, Gela, Judit, Kerstin and Birgit



Upcoming Workshops / Satsangs in December 2022 with Ammaji



"My Yatra - Sadhana Pancakam"

A Satsang for Sevaks

1st Saturday 3rd Dec, 2022; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID : For Sevaks Only | Passcode : For Sevaks Only



"Workshop on Youth for Parents and Teachers" "Part 2"

A Satsang for Vedic Heritage Children

2nd Saturday, 10th Dec, 2022; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID : 892 6178 0444 | Passcode : Heritage21



"Arjuna's Spiritual Renaissance Concludes"

Bhagavad Gita Workshop with Ammaji

3rd Saturday, 17th Dec, 2022; 5:00 to 6:30 p.m. IST

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



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Purna Vidya Foundation



Dec 3
Saturday

GITA JAYANTI



Program Schedule

8.00 am - 9:00am

Puja at the Altar

9:00 am - 12:30 pm

Bhagavad Gita Chanting by
Swami Siddhabodhanandaji,
Ammaji and Arulji

12:30 pm - 1:00 pm

Gita's Message - by Ammaji



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.

**All are Welcome to join us in the recitation
with your own Bhagavad Gita Pocket book
In the Ashram or In the Live Streaming**

Join Zoom Link

Meeting ID: 820 9706 8869; Password: Gita03Dec

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

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NEW!

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*Launch on
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by Ammaji*

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**Classes commence on
3rd December 2022**

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This **two year course** is conducted by our proficient Purna Vidya teachers and aims to -

- Introduce the Bhagavad Gita at an early age.
- Explain the importance of the Bhagavad Gita.
- Develop an attitude of reverence towards this sacred text.
- Ensure authentic pronunciation of the verses.
- Listen to relevant episodes from the Mahabharata

Join Zoom Link:

Meeting ID: 810 1214 0788;

Passcode: Gita#0312

REGISTRATION

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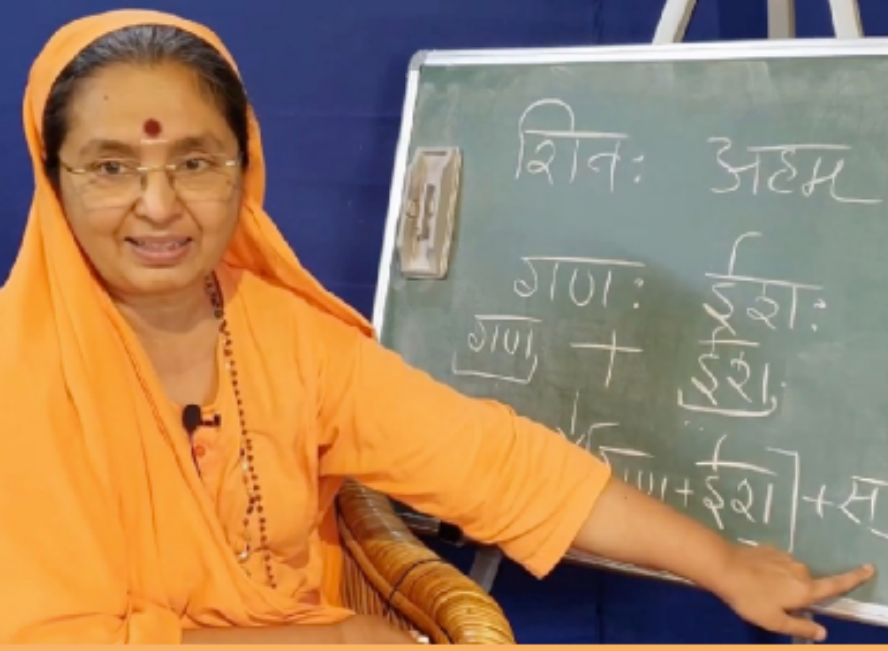
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इवलइरलल for Yoga-students

1 Course – 2 Modules: from Alphabets to Yogasūtras



Now!

Start of Modul 2 →

Now that Module 1 (getting familiar with the Samskr̥tam-Alphabets) has been successfully completed for many new students it's time to launch of **Module 2**:

In this course you start to apply the concepts learned so far: reading Patañjali's Yogasūtras and learn to chant them. Sūtra means „thread“ or „line“, here it can be taken as a „guide-line“. The Yogasūtras of the scholar Patañjali is considered a central standard work of yoga. Ammaji in this course introduces the 195 concise verses of this ancient scripture, making the sandhi rules and word-to-word meanings accessible in a very practical way.

Ammaji is a Vedanta Teacher and a Sanskrit Scholar. She has been studying Samskr̥tam from young age. As an āchārya she taught Vedānta with Shankara bhāṣyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade

registration's open now: purnavidya.org/samskr̥tam

with Ammaji
(Swamini Pramananda)

Module 1 (30 sessions)

Sanskrit Alphabets

read & write Devanagari (Samskr̥tam)

20. May, 2022

Module 2 (45 sessions)

Patañjali's

Yoga-Sūtras

phonetics (sandhis),
recitation & studying

Launch: 10.Dec.'22, 12:00 (IST)

(7:30 a.m. Berlin-time)

Start: 6.Jan.'23, 12:00 (IST)

(7:30 a.m. Berlin-time)

Weekly class: fridays

07:30 – 08:30 a.m. (Berlin-time)

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 December-2022	
Saturday	Sunday
Dec 03 <ul style="list-style-type: none"> Gita Jayanti 9 am to 1pm IST Sevak Satsang(Sadhana -Pancakam) 5pm to 6.30pm IST 	Dec 04 <ul style="list-style-type: none"> Nirvana - Satkam 12 noon to 1pm IST
Dec 10 <ul style="list-style-type: none"> Yoga Sutra Course Lanuch 12.30 pm to 1.30pm IST 	Dec 11 <ul style="list-style-type: none"> Maya – Pancakam(Talk 1) 12 noon to 1pm IST
Dec 17 <ul style="list-style-type: none"> Prasnopanisad Bhasyam(Talk 1) 12 noon to 1pm IST Gita Satsang 5pm to 6.30pm IST 	Dec 18 <ul style="list-style-type: none"> Maya – Pancakam(Talk 2) 12 noon to 1pm IST
Dec 24 <ul style="list-style-type: none"> Prasnopanisad Bhasyam(Talk 2) 12 noon to 1pm IST 	Dec 25 <ul style="list-style-type: none"> Eka-sloki 12 noon to 1pm IST
Dec 31 <ul style="list-style-type: none"> Holiday 	

Dear Friends

The Holiday Season is here.

Purna Vidya's ongoing online teachings of Ammaji has special programs, new texts and launches in December.

Reserve these timings with us over each weekend.

Look forward to having you join us for the December 2022 calender.

Best wishes

Purna Vidya Office



Yin Yoga Course



Yin Yoga Teacher Training

Light on Vedic Wisdom – The Bhagavad Gita

We were lucky to have Ammaji as a guest speaker for a module of our 120 hours Yin Yoga Teacher Training. The 3-day long introduction program about the Bhagavad Gita was beyond inspiring. For our students as novices to yogic philosophy but also for us as teachers the experience with Ammaji opened up a whole new level of vedic wisdom.

Her cheerful and approachable way of teaching helped us to understand complex perspectives on human existence.

Ammaji was very considerate to connect with all students individually and answered the questions that arose during reflection sessions in smaller groups enthusiastically. For us as a group those three days were eye-opening in pulling attention from around us and going within

the self to stop our obsessive thoughts about the past or future and truly arrive in the here and now. In addition, her impulses inspired us to look deeply within us to realize that by coming closer to our true selves we actually rediscover our divine and infinite nature.

In her presence we felt like sitting in a nest of humanity, deep appreciation and spirituality. Being part of the leaders of the teacher training it was beautiful for me to observe the students starting their journey to self-actualization and facing their true potential. Ammaji reminded us that "rather than being consumers on this planet, as humans we are invited to contribute to the cosmic order."

>> *Johanna Langner*



*clothes donation
for village children*



As part of the initiative in Uttarakashi to help the local people, especially children, we organised to distribute blankets and jackets to 108 children. This is to help them to weather the extreme winter conditions in the region. This was received with a lot of enthusiasm and joy by the children.





*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 10,000 INR for one day

Thank you all for your generosity and support.

For any additional information

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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!

-Swamini Pramananda (Ammaji)



Saanyika- Mahabharata Batch

Namaste Dear Friends!

A self-defeating attitude brings one away from Atma krpa. One needs to uplift oneself. I am as big as I think of myself to be. If I think of myself as a small person, I will be a small person. I am just a thought away from myself. If I think of myself as a noble good soul, I find myself that way in my actions too. Declare to yourself "I am the best". I become what I think. My own thinking creates my reality.

Change your thoughts and the world will start to look different. In the Bhagavad Gita, Bhagavan says one must not look down upon oneself. One can be humble, but humility should not be looked upon as an inferiority complex. You are either a friend or an enemy to yourself. Choose to be a friend to yourself and enjoy Atma krpa.

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

*"God's grace is
present
everywhere.
It makes no
distinction
between people.
However,
self-effort is
integral to one's
spiritual path.
One's effort in
one's sadhanas
makes one
available to His
grace!"
(Ammaji)*

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