



11|24

## NEWSLETTER

## CONTENTS

- 1 Ammaji's Message**
- 3 Lingāṣṭakam** (Part 9)
- 5 Yoga-Practice** (Part 43)  
Yin Yoga with Helga
- 9 Ongoing** Weekend Sessions  
& Online Learning
- 12 Upcoming** Retreats & Courses
- 27 Past** Events Online & Offline
- 32 Children's Corner**
- 34 Editorial Team Message**



## AMMAJI'S MESSAGE

*Dear Readers,*

Money is a legal tender by which people conduct trade and acquire various objects. Money can become an object of compelling desire. Even though money has an objective value most people have a subjective relationship with money that depends upon their attitude towards the things that money can buy. The attitude that most people have towards money is described in the following verse: "People devoid of nobility gain nobility by money. Human beings cross calamity by money. Indeed, there is no superior relative in this world than wealth. So, earn money, earn money."

It appears as though money can buy almost anything, such as objects, family and friends. Money is looked upon as a source of power, security, and happiness.



One who has a lot of money is considered to be happy and is looked upon with envy. This is a narrow and unrealistic perception of the role of money.

When one enquires into what money can really give, it becomes evident that money can only provide some comforts, but it cannot ensure happiness. There are many things in life that money cannot buy. Money can buy a mansion but it cannot make a home. Money can buy a library but it cannot make one read a book. Money can give one the capacity to acquire things, but it does not give one an inner freedom to enjoy them.

One may be wealthy and still not feel rich, or one may not have much money or possessions and yet have no sense of poverty within. The inner feeling of richness is related to one's sense of security. Wealth does provide an individual with a relative degree of comfort and security. A true sense of security, however, is born of an appreciation of inner fullness, not of external wealth.



**Love and Blessings,**

*Ammaji*



# लिङ्गाष्टकम्

{Part 9}

We have seen four verses of the **Liṅgāṣṭakam**. The Liṅgāṣṭakam is a beautiful rendering of one's namaskāra to the Lord in the form of the śivaliṅga. Each verse in the Liṅgāṣṭakam unfolds how significant and poignant it is to remember the bhāvanā of surrender to the divine. Continuing along these lines, let us now see the fifth verse.

कुङ्कुमचन्दन लेपित लिङ्गं पङ्कज हार सुशोभित  
लिङ्गम् ।  
सञ्चित पाप विनाशन लिङ्गं तत्प्राणमामि सदाशिव  
लिङ्गम् ॥ 5 ॥

**kuṅkuma candana lepita liṅgaṃ  
paṅkaja hāra suśobhita liṅgaṃ  
sañcita pāpa vināśana liṅgaṃ  
tatpraṇamāmi sadāśiva liṅgaṃ (5)**

**Kuṅkuma candana lepita liṅgaṃ** — This liṅgaṃ is lepitam, adorned, anointed with kuṅkumam and candanam. Kuṅkumam is considered a very sacred offering to the Lord, made from turmeric and lime-slate. It is considered auspicious, sacred, and protects the ājñā-cakra. Kuṅkumam brings auspiciousness. Hence, women in our culture wear it not only on their forehead but also in the centre parting of their hair. Men too wear kuṅkumam as an offering taken back from the altar; it is indeed a sacred symbol. Candanam, on the other hand, is a fragrant sandal paste, and here, the form of the Lord is anointed with both kuṅkumam and candanam.



**Paṅkaja hāra suśobhita liṅgaṃ** – Additionally, this liṅgaṃ has been beautifully decorated with a garland of lotus flowers, paṅkajahāra. The lotus flower, paṅkaja, symbolizes purity. Though its roots sit in muddy, slushy waters, the lotus itself remains pristine, untouched, and unblemished. It sits above the waters, as if it transcends the impurities. This purity makes it an ideal symbol for worship, and here, the liṅgaṃ is adorned with a sacred, celestial, fragrant garland of lotus flowers. Flowers, fruits, and other natural elements serve as expressions of our devotion to the divine. This is the sentiment carried by all offerings in our culture.

# लिङ्गाष्टकम्

**Sañcita pāpa vināśana liṅgam** – When I come to you, Lord, your compassion and love for us are so profound that even if I arrive with a lifetime of accumulated wrong actions, pāpa, I find refuge. No one else imposed these actions; I alone, as a doer, performed them over many lifetimes. The kārmic results of these actions, both good and bad, sit in my account as ‘deposits’. This stored karma, known as sañcita-karma, matures and manifests in each new birth, bringing experiences of both joy and sorrow. A human birth is always a mix of good and challenging karma, and so we experience both in life, each resulting from our own actions in past lives.

Yet, in prayer, there is hope. While past actions shape our present fate, we can mitigate the outcomes through mindful, positive actions, including prayer—the best gift we can give ourselves to build good karma and overcome challenging circumstances. Thus, we find refuge in the Lord, in the form of the liṅgam that removes difficulties for those who surrender to the divine.

Although the challenges we face may seem unfair, they are indeed due to our collective actions, **sañcita-karma**. Divine law is infallible, and every effect has a cause rooted in past choices, whether personal or collective. But how do we change our present? It is through the choices we make today. Every action defines us, revealing our thinking, nobility, and philosophy of life. Living mindfully, aligned with universal dharma, allows us to shape our future positively. So, **praṇamāmi**, I come to you, Lord, and surrender, asking for wisdom in my choices.





# Yin Yoga ♥ 7

## Yin Yoga – The Shoelace Archetype

### Yin Yoga version of Gomukhasana (गोमुखासन)

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 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. After presenting you the first four archetypes (the **forward** bends, the **back** bends, the **side** bends and the **twists**), now its time to look at the next archetype, the **Shoelace Archetype** in Yin Yoga. We will look at two different options.

### SHOELACE ARCHETYPE:

The Shoelace archetype is characterized by poses that involve crossing the leg(s) and bringing the feet towards the pelvis. These poses are typically used to stretch the hip (lateral) rotators, the gluteal muscles, the mid and lower back, and are often used to help relieve stress and tension in these areas.

#### 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.

### 1. SHOELACE – Yin Yoga version of Gomukhasana गोमुखासन

Target area of the pose (this is where you will possibly feel a stretch): hip rotators, IT-band, gluteal muscles, erector spinae. The here presented version of Shoelace – Gomukhasana is focused on the legs, leaving out the upper body arm-variations of Gomukhasana.



#### How to enter the pose:

To enter the Yin Yoga pose of Shoelace from all fours, start by bringing one knee back and crossing it behind the other knee. Then gradually bring your feet out to the two sides forming a V-shape from the knee outwards, and prepare one or two blocks in between the heels. Now slowly sit back onto the block placed underneath your sitting bones to support your hips, in this way stacking the knees if possible. Adjust the height of the blocks, making sure that your knees stay comfortable, placing a blanket between the knees if necessary. If however, the knees won't get comfortable in this pose, you could stretch the lower leg out (called half shoelace).

Lengthen your spine and, if desired, fold slightly forward to deepen the stretch while maintaining a relaxed posture. Or allow your body to sink fully forward into the pose, feeling the stretch on the side of the hip rotators, IT-Band, glutes, and on the back in the erector spinae.

Notice how you will relax more and more into the āsana with any additional minute. Maintain a completely natural, even breath as you stay in the āsana for 2-5 minutes, allowing your body to releasing and relaxing tension gradually, and to open the back and the side lines. If you are feeling strain in any way, don't remain, making sure to leave the pose earlier as to your own comfort level. Stay in the pose for a few minutes, breathing deeply and allowing your body to settle in.

#### How to leave the pose:

To exit Shoelace pose slowly and carefully, use your hands pushing down to support yourself as you gently lift your torso, then lifting your buttocks off the blocks, uncross your knees and return to all fours, pausing to realign your body in this neutral position. Take a few deep breaths to settle before transitioning into the second side. Alternating stretch one leg back after the other, moving those joints which were static in the pose before, increasing the microcirculation around these joints again (hips, knees, ankles).

After completing the second side, take a few deep breaths to settle into a neutral pose laying down on your back or your belly (supine or prone position), letting your body relax fully, feeling the re-alignment of prana in your body. Take one or two minutes to 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:

- ✓ Opening of the gluteals muscles and the hip rotators (piriformis): intense external rotation in the femur / hip joint in combination with adduction and flexion
- ✓ With all three axial movements of the hip in an extreme range of motion (ROM), shoelace is a challenge for many yoga practitioners
- ✓ With forward bend: decompression in the lower back
- ✓ Can be challenging for men: Sleeping swan, Square pose or Supine Shoelace (laying down) might be a better option
- ✓ The more support you place under your sitting bones, the less external hip rotation is required in the pose
- ✓ The adduction or abduction angle of the legs often has a major impact on the ROM (range of motion) in the hip joint. So you could also widen your knees (more abduction) to get a seamless transition from Shoelace to Square Pose.

#### Contraindications to the pose:

- ✗ With sciatica, put a soft blanket underneath the sitting bones, and don't stay in a static stretch, but moving in and out of the pose more dynamically.
- ✗ Make sure the knees don't absorb the tension / rotation of the (lack of) external hip rotation!
- ✗ If the posture affects the knees and not the hip joints, use props, try a different variation or go to an alternative pose
- ✗ If your lower knee hurts, try Half Shoelace Pose.
- ✗ Half shoelace is most intense one-sided hamstring stretch and puts quite a pressure on the lower knee - put a rolled blanket underneath that knee, if needed
- ✗ If your upper knee stands high in the air / is uncomfortable, try placing a pad under that knee.

**22. SLEEPING SWAN****Yin Yoga version of Eka Pada****Rajakapotasana (एक पाद राजकपोतासन)**

Target area of the pose (this is where you'll possibly feel a stretch): hip rotators, IT-band, gluteal muscles.

**HOW TO ENTER THE POSE:**

To enter the Yin Yoga pose of Sleeping Swan from all fours, start by bringing one knee forward between your hands with your shin diagonal or parallel on the mat, ensuring the front knee is comfortable and not under strain. Extend the opposite leg straight back, keeping your hips square to the mat. Place a blanket, bolster or block underneath the front hip / sitting bone for support, ensuring stability and comfort. Slowly lower your torso forward, resting your forearms on a bolster or on the floor, adjusting your āsana to avoid any sensation of pressure on the front knee. Breathe deeply and settle into the pose for several minutes. Notice how you will relax more and more into the āsana with any additional minute. Maintain a completely natural, even breath as you stay in the pose for 2-5 minutes, allowing your body to releasing and relaxing tension gradually, and to open the hip and the outer leg line. If you are feeling strain in any way, don't remain in the pose, rather leaving the pose earlier as to your comfort level.

**HOW TO LEAVE THE POSE:**

To exit Sleeping Swan slowly and carefully, press your hands into the mat and gently lift your torso. Tuck the back toes under and walk your back knee forward, then carefully slide the front leg back, returning to all fours. Pause in a neutral position, taking a few breaths to realign and release any tension before transitioning to your second side. Alternating stretch one leg back after the other, moving those joints which were static in the pose before, increasing the microcirculation around these joints again (hips, knees, ankles). After completing the second side, take a few deep breaths to settle into a neutral pose laying down on your back or your belly (supine or prone position), letting your body relax fully, feeling the re-alignment of prana in your body. Take one or two minutes to 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:**

- ✓ If the upper body sinks forward, the pose is called Sleeping Swan and is a forward bend. Its a moderate to strong hip opener via gravity in external rotation.
- ✓ If the upper body is more upright, the pose is called Up Swan, and is a moderate to strong backbend which stretches the hip flexors (hip extension) and quadriceps (when knee is bent = 'tail') in the back leg.
- ✓ According to Iyengar (Light on Yoga, p.392), a posture that can help harmonise sexual drive as it stimulates blood flow to the region
- ✓ If there is any knee issue, a great entry into sleeping swan can be to start in deer pose and then experiment with slowly going towards the swan pose. This avoids any unguided movement in the knee.

**Contraindications to the pose:**

- ✗ With any awkward sensation in the knee, finetune the pose with props or the help of a skilled teacher, until you feel the pose in the other hip or outer leg again.
- ✗ With any knee injury, especially the inner meniscus, be particularly careful not to put too much pressure or a twist into the knee joint. With any knee injury, you might want to flex the front foot to stabilise the knee joint (pushing the fibula upwards).
- ✗ If the hips are too tight, you might struggle in Sleeping Swan. Try out a bolster under the pelvic region, or shift to Deer pose or Eye of the needle pose.

***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 in Dec 2024 with Ammaji



### Every Saturday

Morning

#### The Power of Prayers Series Sri Siva Panchaksara - Stotram

Starting Date : 02nd Nov' 24

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, 14th Dec, 2024; 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, 21st Dec, 2024; 5:00 to 6:30 p.m. IST

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



### Sunday

New  
Course

#### 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



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>

10

NEW

ONGOING WEEKEND SESSIONS

# PRAŚNOPANISAD

- 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.

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

Link for puja contribution: <https://purnavidya.org/ashram>

Link for Program registration: <https://purnavidya.org/vedicwisdom>

Link for books purchase: <https://purnavidya.org/shop>

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

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# Purna Vidya Foundation



## GITA JAYANTI

11 Dec, 2024



## Program Schedule

8.30 - am  
Puja at the Altar

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

12:30 - pm  
Maha Arati

12:30 - 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/3e2yI>

Donations are welcome

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**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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# 12 UPCOMING 2025 VEDIC HERITAGE



## Vedic Heritage Courses for Young Generation Starting on January 5, 2025

**Fun, Interactive sessions for children to get a taste  
of the rich and sacred culture of India**

The course is beautifully designed with storytelling,  
games, puzzles, quizzes, and activities.

**JOIN  
NOW**



### Puranic and Moral Tales

Starting Jan 5th, 2025

5-7 years

### Ramayana

Starting Jan 5th, 2025

7-12 years

### Mahabharata

Starting Jan 5th, 2025

8-14 years



### Bhagavata Purana

Starting Jan 5th, 2025

7-12 years

### Values

Starting Jan 5th, 2025

12-18 years

### Isvara and Religious Discipline

Starting Jan 5th, 2025

12-18 years

Make a difference to one more Child by joining this course.

To know more, Click Below

<https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

For More Information:

**REGISTER NOW**

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## VEDIC HERITAGE TEACHING PROGRAMME

### Story-time for Kids

Based on the Purna Vidya series of books  
'Panchatantra' & 'Puranic Tales'

Starting on Jan 05, 2025

Sunday 2.30 to 3.30pm

30 sessions

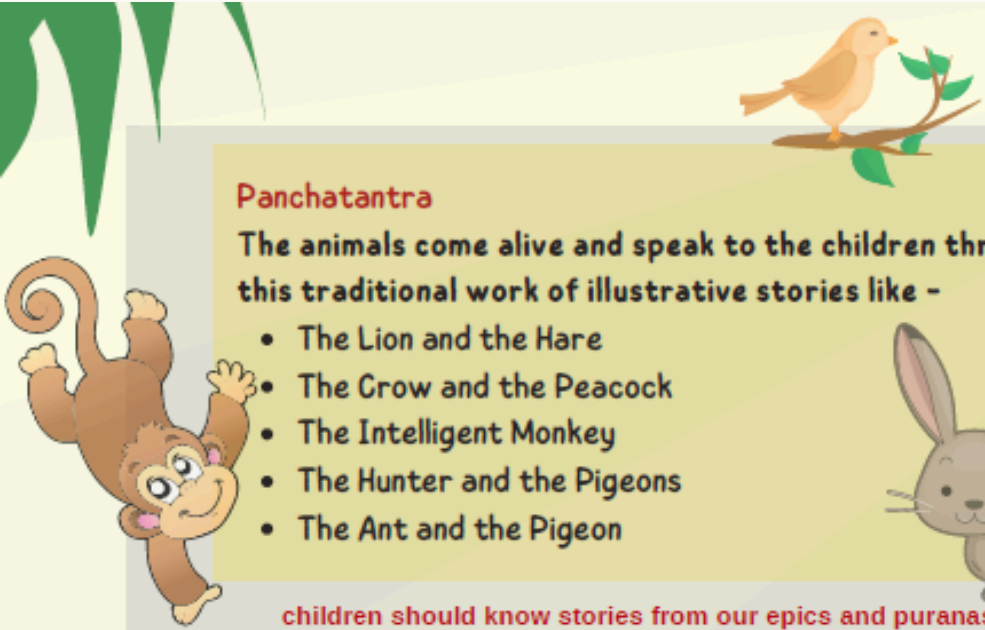
(Ages 5 to 8)

LIVE online interactive sessions designed to educate children on values such as truth, love, sacrifice, friendship, devotion and more.

- Structured and Illustrative story sharing
- Learning to recite simple shlokas / bhajans
- Interactive Games & Fun activities




# 14 UPCOMING 2025 VEDIC HERITAGE



**Panchatantra**  
The animals come alive and speak to the children through this traditional work of illustrative stories like -

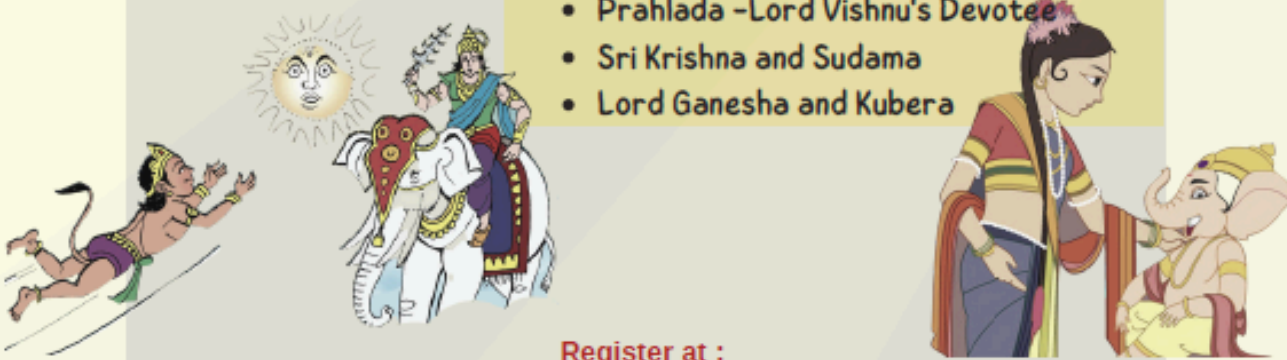
- The Lion and the Hare
- The Crow and the Peacock
- The Intelligent Monkey
- The Hunter and the Pigeons
- The Ant and the Pigeon



children should know stories from our epics and puranas

**Puranic Tales**  
Children relate to child-hood stories of Gods and Historical Heroes like -

- Lord Ganesha's Birth
- Clever Hanuman
- Prahlada - Lord Vishnu's Devotee
- Sri Krishna and Sudama
- Lord Ganesha and Kubera



**Register at :**  
<https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

Donations are welcome to support the Education of deserving Children


**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.

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## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### RĀMĀYAṆA

(30 sessions)

Starting from Jan 05, 2025 onwards(Sunday)

Time : 02.30 to 03.30pm IST



For Ages 7 to 12

\*\*\*\*\*

- Rāmāyaṇa, is not just the story of Lord Rāma. It presents the life of Lord Rama as a role model for a child. Lord Rama is an ideal son, brother and an ideal friend.
- He is the embodiment of righteousness. Understand the values Sri Rama stood for by looking into this historical poem as presented in the Valmiki Ramayana.
- Gift your child a fun, interactive live online learning experience to learn about their rich cultural heritage.
- 1 hour session includes sloka chanting, story of Lord Rama and fun interactive activities.

\*\*\*\*\*

#### Program Includes

- Listening to stories from Rāmāyaṇa
- Learning to chant shlokas
- Sing Bhajans

#### Syllabus Plan

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

and more ....

Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

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# 16 UPCOMING 2025 VEDIC HERITAGE



## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### MAHĀBHĀRATA

(30 Sessions)

Starting Jan 5, 2025



Sunday 02:30 to 03:30 PM IST (1 hour)

Frequency : Weekly Once [ Age : 8 to 14 Years ] Medium of Instruction : English

children should know stories from our epics and puranas

#### Key Features :

- The lessons are based on "Purna Vidya" book series - which is a structured course for teaching Vedic Heritage to children.
- These course books are well written in a child-friendly and lucid manner by spiritual scholars - Swamini Pramananda (affectionately known as Ammaji) and Sri Dhira Chaitanya ji.
- The books are beautifully illustrated with games and activities.
- Fun interactive Live ONLINE sessions !!!

#### Program Includes

- Listening to stories from Mahabharata
- Learning to chant shlokas
- Sing Bhajans



#### Syllabus Plan

- Adi Parva - Story of Satyawati, Birth of Karna & Pandavas
- Story of Ekalavya & Karna
- Bhima kills Bakasura, Arjuna weds Draupadi
- Sabha Parva and more ....

Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

Donations are welcome to support the Education of deserving Children

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## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### BHĀGAVATA PURĀṆA (30 Sessions)



Starting Jan 04, 2025

Regular Sessions - Every Saturday, 2:30 to 3:30 P.M. IST

For Ages 7 to 12

children should know stories from our epics and puranas



Explore stories from this Purāṇa that bring to life great heroes of our tradition. Embark upon this journey of appreciating the attitudes and values portrayed by these characters. Understand what makes them relevant even to this age!

#### Program Includes

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

#### 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 ....

Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

Donations are welcome to support the Education of deserving Children

#### 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.

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# 18 UPCOMING 2025 VEDIC HERITAGE



## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION



### VALUES (35 Sessions)



Starting Jan 05, 2025  
Every Sunday 1:30 to 2:30 P.M. IST  
For Ages 11 to 18

We all need to know the value of a value for the value  
to become valuable to you in your life - Ammaji

Physical growth is common to all forms of life. The human being, in addition, is blessed with the capacity for emotional growth and maturity. One's emotional maturity is influenced by many factors. These sessions on Values help a child to analyse and understand a number of universal and cultural values.

children should know stories from our epics and puranas

#### Program Includes

- Learning about values based on our vedic Heritage
- Learn to chant shlokas
- How to perform a simple puja

#### Syllabus Plan

- Dharma
- moral Values in Vedic tradition
- Truthfulness,
- non-injury,
- friendship,
- anger, and other values

and more ....

Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

Donations are welcome to support the Education of deserving Children

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## Vedic Heritage Teaching Program For Young Generation

### Īśvara and Religious Discipline



Starting Jan 5th, 2025

Sundays 10:30 to 11:30 A.M. IST

35 sessions

Live online zoom sessions

(Over a year with school holiday breaks)

For Ages 12 to 18

children should know stories from our epics and puranas

Religious culture touches every aspect of one's life. These include language, dress, food, customs, etc. All these elements are connected to the Vedic religion. In the Vedic vision of God, the world is non-separate from Him.

#### Topics Covered

- Moral development, self & cultural identity
- Vedic and modern influences including Peer pressure, value for traditions & more ....

Swamini Pramananda (Ammaji)

#### Topics Covered

- Introduction to Isvara
- Three forms of the Lord
- Symbol worship of Īśvara
- Religious vows
- Japa & more ....

Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>

Donations are welcome to support the Education of deserving Children

#### Option 1:

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# 20 UPCOMING 2025 VEDIC HERITAGE



## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### *Sanatana Dharma*



*An insight into the vision of the Vedas, the vast literature and religious culture of India*

**Starting Jan 4, 2025**

**Saturdays 5:30 to 6:30 P.M. IST**

**35 sessions**

(Over a year with school holiday breaks)

**Live online zoom sessions**

**For Ages 13 to 18**

**Children should know stories from  
our epics and puranas**

**Topics Covered:**

- Fourteen fold Vedic knowledge
- Four Purusharthas
- Understanding Avatara
- Karma & Rebirth
- The Hindu Samskaras
- & more ....

**Register at : <https://purnavidya.org/upcomingevents#headingonline-zoom-sessions>**

**Donations are welcome to support the Education of deserving Children**

**Option 1:**

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**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**



**ஸ்ரீ அருள்ஜி**

**ஆச்சார்யாரை பற்றி :**

ஸ்ரீ அருள்ஜி அவர்கள் பூஜ்ய ஸ்ரீ சுவாமி தயானந்த சரஸ்வதியின் சீடர். மேலும் சுவாமி சித்தபோதானந்தா அவர்களிடமும், சுவாமினி பிரமானந்தா (அம்மாஜி) அவர்களிடமும், பயின்றவர். ரிஷிகேஷ் ஆர்ஷவித்யா பீடத்திலும், ஆனைகட்டி ஆர்ஷவித்யா குருகுலத்தில் குருகுலவாசமாக இருந்து, வேதாந்த பாடங்கள், சமஸ்கிருத பாடங்கள் மற்றும் ஆன்மீககிரந்தங்களை முறையாக கற்றவர்.

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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# 22 UPCOMING 2025 EVENT



## 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>

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## 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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# 24 UPCOMING 2025 VEDANTA COURSE



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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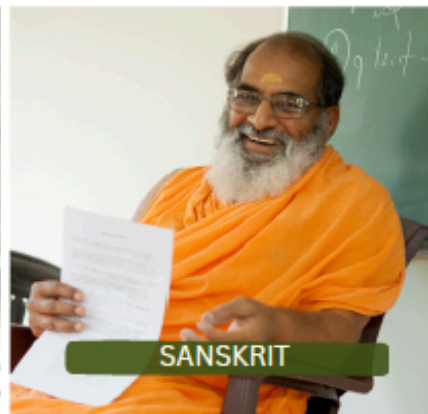


# UPCOMING 2025 VEDANTA COURSE

25



Join us for an immersive one-month course which offers an 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](https://purnavidya.org/upcomingevents)  
or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)**



# ASHRAM EVENTS 27



## DIWALI

A quiet and serene Deepavali was spent at Purna Vidya Foundation with our village staff and their families. Rows of beautiful oil lamps lit by our children at our sacred spaces at the temple, Gurusthanam, Devi abode as well as the Annakshetra, Office and guest rooms brought the presence of Divine Mother with us making it a memorable event.











Perur Temple visit



Lunch break during Coimbatore visit



Coimbatore visit



An Evening walk around PV Ashram



Dear Ammaji,

For two weeks I have been living in your beautiful Ashram. From the first moment I felt a very warm welcome & a special holy energy. The Ashram has touched my senses with its beautiful surroundings full of green shades, lovely smells from the trees & flowers, intense bird calls & a variety of beautiful animals.

In front of my room every day there is a carpet of flowers offering itself to the earth.

The very lovely & always supportive staff provided us with delicious sattvic meals 3 times a day - Idly is now my favorite breakfast ;))

In the early morning we listened to Ammaji's sacred & inspiring teachings - Prasna Upanishad - which perfectly complemented Helga's dedicated Yin Yoga Teacher Training Chakras & Meridians. Over time, our group experienced a deep spiritual journey into the power of oneness, the Pranas/Energies. The teachings make me so humble for life.

Whether it was the ritual of the puja, chanting mantras with Swamiji, experiencing the 5 elements in the practice of Yin Yoga, studying the meridians & chakra meditation with Helga, Ammaji's profound Vedanta teachings & great anecdotes about Indian culture in the daily Satsang - in every moment I felt so much love & gratitude for the magic & beauty of life & all existence.

To connect more with the Indian culture, we went to Coimbatore & Kerala: we visited some ancient auspicious temples, experienced rituals & the Holy Spirit of India! In addition, our group had a perfect day at Ammaji's ancestral home village, including a special cow ritual in the Krishna temple. We were invited for a very special lunch: 17 different dishes were served on a large banana leaf. We spent the whole day with very nice & devote people who have been very close to Ammaji for years.

Arulji accompanied us on all our outings. He also perfectly organized our daily duties so that we could devote all our efforts into our studies.

I highly recommend the Ashram program to anyone interested in Yoga & the sacred Vedic scriptures! I feel so blessed & grateful for this auspicious time in my spiritual home together with a full-hearted group.

We are all one and complete.

>>>Birgit

The Vedanta & Yin Yoga Teacher Training in the Coimbatore ashram this November was indeed a lifetime experience:

Ammaji's inspiring talks on Prasna Upanishad perfectly matched with Helga's knowledgeable Meridian & Chakra Meditation Yin Yoga part. Swamiji's daily Sanskrit and chanting classes intensified our learning on the sacred Vedic knowledge. The evening prayers in the temple followed by an inspiring satsang completed the ongoing spiritual process in every one of us.

Our daily life issues such as boarding and delicious food were taken care of by the helpful and friendly ashram staff.

Last but not least there was the opportunity to explore Indian culture during various temple visits, walks in the neighborhood and an Indian cooking class. All this was made possible by Arulji's perfect organisation.

I am very grateful for being part of this wonderful group and highly recommend this programme to everyone into Yin Yoga and Vedanta.

>>>Karen Lehmann



Get your copy

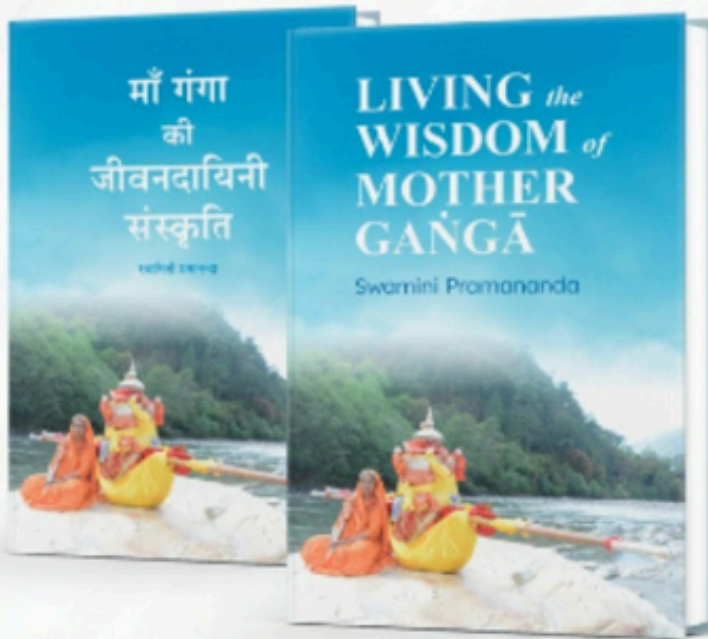


Grab your copy of Ammaji's new book  
released on Mar 28, 2024

# 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.

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# 32 CHILDREN'S CORNER



**Siya**



**Harshini & Yarshini**





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



## ***Gift A Day***



Dear Well Wisher,  
Hari Om!

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

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

**Sponsor 21,000 INR for one day**

Thank you all for your generosity and support.

For any additional information

Contact Us at :

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+91 78128 91579

programs@purnavidya.org

***There is only one Giver – the Lord,  
as everything we have in life is given by Him!  
We can only be instruments in sharing with others,  
what has been given to us.  
Share and discover the joy of giving!***

Swaminī Pramānandā (Ammaji)



# 34 MESSAGE FROM EDITORIAL-TEAM

## Namaste Dear Friends!

One needs to understand the objective value of money and its role in one's life. Money is a means for accomplishing various ends, but it can never fulfil one's need for emotional security nor can it compensate for an underlying sense of inadequacy. One needs to see the value of money for what it is.

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)**

*Poverty does not  
lie in a person's  
pocket but rather,  
it belongs to a  
heart that which  
is driven by a  
sense of lack*

(Ammaji)

