



11/25

NEWSLETTER

CONTENTS

- 1 Ammaji's Message
- 3 Mārgabandhu stotram (Part 08)
- 7 Upcoming Retreats & Courses
- 11 Yoga-Practice (Part 55)
Yin Yoga with Helga
- 16 Ongoing Weekend Sessions
& Online Learning
- 17 Past Events Online & Offline
- 23 Editorial Message

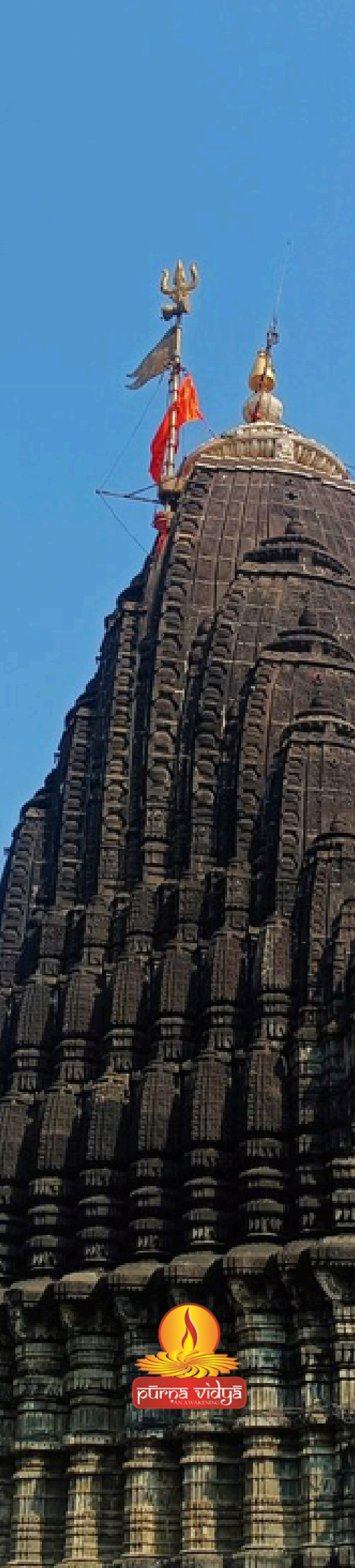


AMMAJI'S MESSAGE

Dear Readers,

Greed and **contentment** are two sides of a coin. Greed is the condition of the mind in which one is not satisfied even after gaining what one wants. Human greed expresses itself as wanting more of what one already has, having difficulty parting with what one has, or wanting what others have. This perpetual wanting robs individuals of peace and happiness, leading to a constant state of dissatisfaction. It clouds judgment, leads to unethical actions like corruption and thievery, damages relationships as we disregard the needs and rights of others in our pursuit of what we want and creates negative karma.





Contentment, on the other hand is a highly valued state of inner satisfaction and acceptance, a powerful antidote to greed. It is regarded as the highest form of happiness and the real wealth, as it is a state of inner satisfaction that does not depend on external circumstances. It is considered essential for spiritual growth, allowing for mental peace and a focus on higher virtues.

Contentment is about liberating oneself from the clutch of **“not enough”** and remembrance that we are already whole. It breaks the false identify that accumulation brings about satisfaction and fullness. It helps us in finding peace and happiness in what we have, rather than always craving for more.

When we're content, we're not swayed by life's trajectories. We don't fall into the trap of greed, always wanting more when things are good, or lamenting when things don't go our way. One of the ways to develop this is to practice gratitude, to appreciate what we have instead of focusing on what we lack. Another way is to be engaged in meaningful work and service that is in line with dharma. To execute one's duties without expecting anything in return.

Greed leads to spiritual imbalance while contentment leads to spiritual upliftment. May we realise that true fulfillment comes from within, through spiritual realization and a mindset of sufficiency and generosity, rather than the endless pursuit of material possessions driven by greed.



Love and Blessings,

Ammaji



मार्गबन्धु स्तोत्रम्

{Part 08}



In the previous session, I described the beautiful story of the descent of Gaṅgā, the celestial Goddess, onto Earth. Such, is the power of prayer, the power of penance – the power of the wish of the mortal King Bhagīratha, who was committed to reviving and giving his 60,000 ancestors a journey into the higher worlds. With great will and commitment, after three generations he was able to bring the very Goddess to touch the Earth. Gaṅgā is thus regarded as the only Goddess who has traversed the three worlds – the upper worlds, the earth, and the nether regions where those ancestors were waiting to be released.

The purity of Gaṅgā waters

We must remember that any water is holy water and everything in the creation is sacred. But we forget very quickly and make everything monotonous and ordinary. The value of sanctity, the value of the sacred, is lost. But, the waters of Gaṅgā continue to hold this sacred value over the ages – as she is a Goddess who descended on Earth. She came down from the abode of Lord Śiva and landed in the Himalayas. This devotion and faith have been held by millions of people for thousands of generations. These waters also have unique features not found in other waters.

It is said that during British rule, ships carried barrels of Thames water from Britain to India and the water would become infected halfway through the journey, causing many deaths before reaching India. But when returning, they carried Gaṅgā water back, because they knew that germs do not breed in Gaṅgā waters, and they would reach home safely.

When Gaṅgā comes from the Himalayas, she carries with her many elements— even fine particles like gold, silver, mica, and other minerals. She also brings medicinal herbs, and no germs could thrive in her waters. It is said that in the upper regions, if they kept Gaṅgā water in a copper vessel in the pūjā room, it remained pure for three generations. But not anymore.

मार्गबन्धु स्तोत्रम्

We have dumped so much industrial waste and pollutants into the river that now we blame Gaṅgā for causing disease. I once read in the papers someone saying Gaṅgā gives cancer. It was annoyingly absurd. Gaṅgā does not give cancer; it is our industrial waste. What can she do! She has to carry whatever is put into her. And so, our sentiments are mixed with the hidden truth of what we have done to her.

The Civilizational Identity of Sacred India - Gaṅgā

The entire northern region of India is Gangetic alluvial soil, and the whole civilization grew on the flow of Gaṅgā, from Gaṅgotrī to Gaṅgāsāgara. Gaṅgā's flow is not ordinary. She runs for thousands of miles and a great Gangetic civilization, a sacred civilization developed on her banks. It is Gaṅgā that saved thousands of lives, that helped the ancestors who needed an onward journey. It is Gaṅgā that has supported millions of people economically.

The Sacred Parents of the Sacred Land

The Himalayas are considered the father of the nation, and Gaṅgā the mother. The ṛṣi's were inspired by her, sages did penance there, spiritual seekers lived there, even Kings seeking atonement went to the Gaṅgā belt in the Himalayas. Sitting by Gaṅgā, they could travel into the celestial worlds. It is said that many celestial beings come to take a dip in Gaṅgā — the Siddhars, Saints, Gandharvas, Nāgas, Yakṣas, Kinnaras. These higher worlds exist and they are all connected to Gaṅgā because she is the great Goddess who continues to live on Earth.

Even those who did not receive a ritualistic journey, if her waters could merely touch their soul, they were believed to be released. Gaṅgā gives mukti; Gaṅgā gives mokṣa. This is the faith and the consciousness of billions of Hindus.

This is the civilizational identity of sacred India – the Himalayas and Gaṅgā. They are the sacred parents of this land. That is why I consider India a sacred land, not that sanctity is absent elsewhere, but it is in this civilization that sanctity is still honoured.

Mā Gaṅgā - The Timeless and the Eternal

One has to remember that today's India is the outcome of a thousand years of invasions, atrocities, and destruction of civilization. We are not speaking of a civilization that is a thousand years old, but one that goes back many thousands of years. The thousand-year period of invasion was a dark patch, like the dark ages in Europe. We are still recovering from its effects—confusion, negligence, carelessness, and denial of sacred India.

If people could acknowledge the pain and suffering of that period, we could move past it and return to our roots of glory of sacred India. Our History books were written by the British and have barely changed in seventy years. Sacred India remains alive mainly in the hearts of spiritual seekers, monks, and devotees. For the rest, it is secular India. My guru used to say, "India is a sacred civilization except New Delhi — that is the only place that promotes secularism."

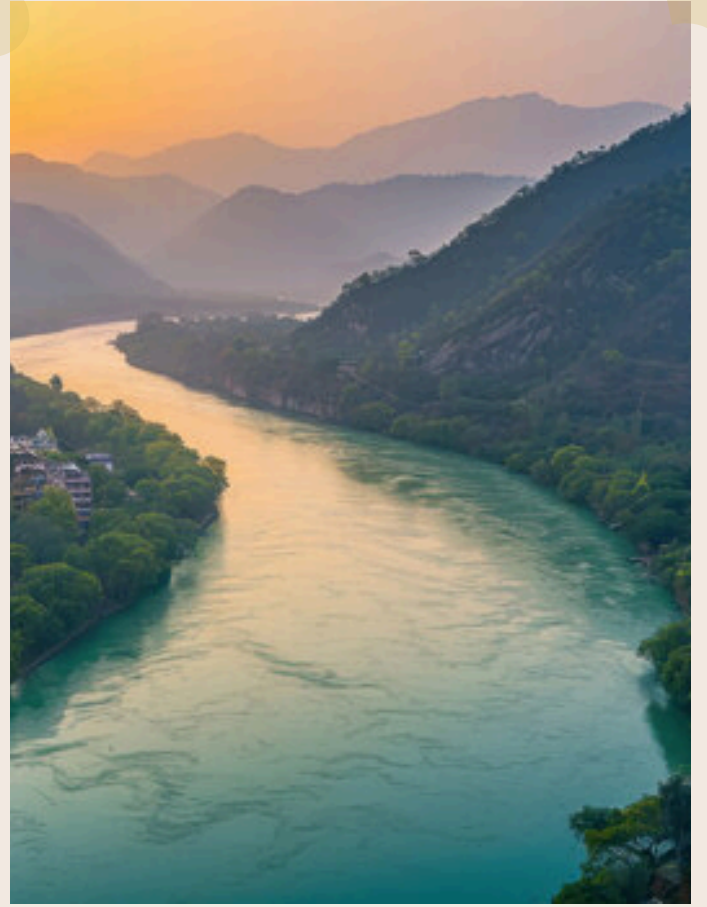
मार्गबन्धु स्तोत्रम्

India is sacred because the civilization has held sanctity in its consciousness, aligning itself with nature. In that spirit, I speak of Gaṅgā, the river Goddess.

This Gangetic civilization still exists in the Himalayas. In the higher regions, in the small villages, the sacred culture remains alive. Having lived there for twelve years, I know personally how they tune in to the higher altars and how higher beings descend into their daily lives. I have seen the power of Goddess Gaṅgā myself. When you consider her a Goddess and mother, she looks after you. If you fear calamities, you are left to yourself. But if you surrender to her —“You are Mā; you decide whether this child should live” — and place your life in her hands, the protection is astonishing. She may flow beside you in powerful waves, appearing as if she will swallow you in a moment, yet you remain untouched. This has been my own experience during the greatest calamities — the Kedarnath disaster, cloudbursts, and more. I do not question the faith of others, but I know that when you declare, “My life is in your hands,” and surrender, you learn to go with the flow. Conflict comes when you think you must decide. But nothing happens without divine will—whether pleasant or unpleasant. Let me surrender to that will and learn the lessons hidden in every experience.

Invest in the Power of Prayer

The power of prayer is not in asking for money, job, child, car, or bank balance. That would be wasting our energies on what is transient. Invest with prayer in areas that sustain happiness, convictions, faith, and our onward journey even after leaving the body.



Use the power of prayer for a higher purpose, to find deep peace and to contribute to society. If you have faith in the infinite, invest it in the infinite. Asking for small things from the divine is like asking for chicken soup when a boon is granted. This is the time to ask for the highest, to bring about growth and change in my consciousness so that I see the world with new eyes.

Gaṅgā is a representation—a Goddess whose tangible form helps us connect with the intangible through mythology. The question is not to prove these stories scientifically but to take their essence and awaken the devotee within. If we are learning about the power of prayers, it is to become a devotee, not a sceptic.

Continuing Verse 2....

मार्गबन्धु स्तोत्रम्

Om̐kāravāṭīkuraṅgaṃ: All that is here is Om where Lord Śiva moves freely; like a deer roaming freely in a garden, Lord Śiva revels in this garden of Om that pervades the universe. He is the consciousness behind all three states of waking, dream and deep-sleep; at the individual level. He is the consciousness behind the physical, subtle, and causal worlds at the cosmic level.

Siddha-saṃsevitāṅghriṃ: His feet are worshipped by the siddhas. The yogis visualize his feet in the sahasrārā and worship them, building their powers through yogic and tantric practices. We, however, simply worship the Lord whose feet are worshipped by great sages. To that Lord Śiva, I offer my worship. He is omniscience, the very form and the formless at the same time.

To discover the divine is to discover the sacred in the world. It is seeing beyond the physical eyes, perceiving the five elements through the eye of wisdom, and developing an attitude of reverence for both the seen and the unseen. Every country and every part of the Earth is beautiful and bountiful. Do we carry reverence for this sacred Earth and sacred universe?

Through this verse, we adore the Lord in this form and offer worship as He alone is the friend of our life's journey.





GITA JAYANTI



**Dec 28
Sunday**

**8.30 - am
Puja at the Altar**

**9:00 am - 12:30 pm
Bhagavad Gita Chanting
(Chapters 1-18)**

**12:30 - pm
Maha Arati**

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

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

Zoom Meeting ID: 828 1714 0726 / Passcode: purnavidya

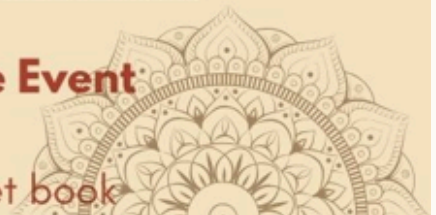
The Bhagavad Gita is the most sacred Hindu scripture that has influenced millions of people for thousands of years. Gita Jayanti is celebrated as the day when the teachings were given by Lord Krishna to Arjuna.

Donations are welcome

<https://purnavidya.org/education#education>

All are Welcome for this Online Event

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





UPCOMING 2026 RESIDENTIAL COURSE

pūrṇa vidyā

Purna Vidya Foundation invites spiritual seekers to

Vedanta Course

One month Residential course

Join our one-month Study Program on the timeless wisdom of Kathopanisad & Sankshepa Ramayana, guided by an acharya with 40+ years of experience



What you will learn:

- Kathopanisad
- Samkshepa Ramayanam
- Samskrtam
- Vedic Chanting
- Yoga & Meditation

Join us for a transformative journey

Upcoming Course

3rd Jan - 31st Jan 2026

Purna Vidya Foundation,
Coimbatore

Register at www.purnavidya.org

+91 95972 15559

+91 95975 46669

programs@purnavidya.org

www.purnavidya.org

Bhagavad Gita Chanting

(Learning to Chant the Gita)

Starting on 9th January 2026

Every Friday 6:30 to 7:30 pm IST



Sessions conducted by our very proficient Purna Vidya Teachers

- Learn to chant the verses with authentic pronunciation
- Open to children and adults having basic knowledge of chanting

3-year course covering six chapters in a year

Annual registration will be required



Register now on
Purnavidya website

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

Program registration: <https://purnavidya.org/upcomingevents>

For More Information:

- ✉ info@purnavidya.org
- 📘 <https://facebook.com/purnavidyapage>
- 📺 <https://youtube.com/purnavidya>
- 📷 https://www.instagram.com/purnavidya_foundation/

Contact Us at :

- ☎ +91 95972 15559
- 📞 +91 95975 46669
- ✉ programs@purnavidya.org
- 🌐 www.purnavidya.org

10 UPCOMING 2026 NEW ONLINE COURSE



KATHOPANISAD

Adi Shankaracharya's Bhasyam study for Samskrtam students.
-by Swami Siddhabodhanandji

Starting on Jan 11, 2026
Every Sunday, 03.00 - 4:00 p.m. IST

Join Zoom link with:
Meeting ID: 810 4771 9108; Passcode: purnavidya
<https://surl.li/axqdsy>

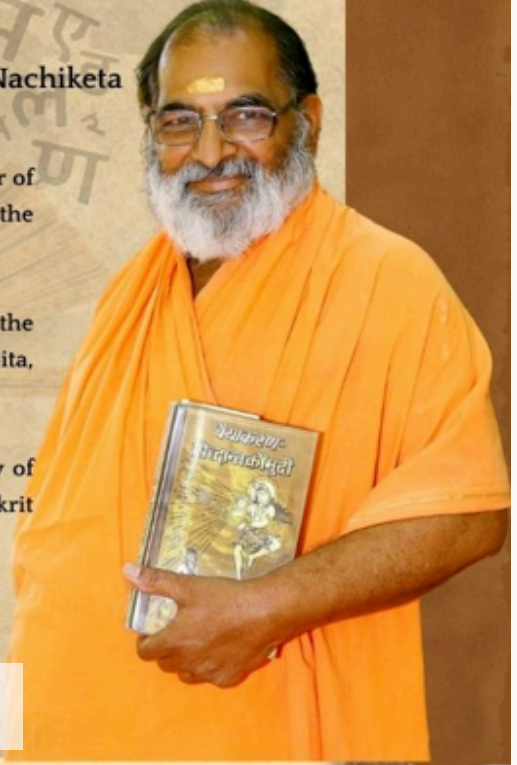
Kathopanisad is the story of a dialogue between Nachiketa and Lord Death, Yama.

Sri Swami Siddhabodhananda has a 45 year legacy as a teacher of Vedanta and Sanskrit, having taught Paniniyan Sanskrit to the residential disciples of Vedanta Courses for over three decades.

Sri Swamiji is a master in handling the Sankara-bhasyam, of the terse Vedanta texts such as Upanisads, Bhagavad Gita, Brahmasutras.

This program is an invitation for Sanskrit lovers for the study of Kathopanisad bhasyam, with a focus on decoding the Sanskrit syntax of the bhasyam in the English language.

Register to join the course
www.purnavidya.org/



Yin Yoga & the METAL Element

In the current 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 five newsletters we had started with an overview of the five elements and then the water, wood, fire and earth element. This month we are exploring the fifth and last element: the **metal-element**. We will explore the qualities of the metal element, and how Yin Yoga can help restore harmony within the metal element—leading to greater health, and enhanced capacities for a calm, quiet strength and an innate sense of purpose.



They are seekers of meaning, always refining their inner world and searching for truth beyond appearances. Their essence is disciplined yet spiritual, finding value in structure and the subtle art of letting go.

The Metal Element in Traditional Chinese Medicine: an Introduction

1. Season: Autumn

The **Metal Element** rules the season of **autumn**, when nature exhales and releases. The air turns crisp, leaves fall, and the world invites us to let go of what is no longer needed. It is a season of refinement—of distilling experience into wisdom and returning to simplicity. Like the brilliance of autumn light, Metal energy reflects both beauty and impermanence, reminding us of the sacredness of each breath.

2. Inner Nature

The inner nature of a Metal-type person is that of **the alchemist**—one who transforms the raw and ordinary into something precious and pure.

3. Organs / Meridians

The **Lungs** (Yin) and **Large Intestine** (Yang) embody the Metal Element's transformative power. The Lungs draw in life through breath, governing inspiration, vitality, and the exchange between inner and outer worlds. The Large Intestine helps us release waste—physically, mentally, and emotionally. Together, they teach us the rhythm of taking in and letting go, a delicate dance of renewal.

4. Personality

Those rooted in the Metal Element are often **precise, disciplined, and introspective**. They value order, integrity, and meaning in everything they do. Their presence is calm and refined, often inspiring others through quiet strength and an innate sense of purpose.

12 YOGA PRACTICE

5.Strengths

The strengths of Metal lie in **clarity, structure, and integrity**. These individuals see the essence of things, cutting through confusion with insight and reason. Like the craftsman shaping gold, they refine both themselves and their surroundings, embodying elegance, truth, and the beauty of simplicity.

6.Imbalances / Pathologies

When the Metal Element is disturbed, it can manifest as **grief, melancholy, or rigidity**. The body may express this through **respiratory issues, constipation, or skin conditions**, reflecting an inability to release or protect. Emotionally, one may hold on too tightly—to memories, ideals, or sorrow—disrupting the natural flow of life.

7.Balancing Habits

To harmonize Metal energy, practice **breathwork** to open the lungs and clear emotional residue. Engage in **decluttering**, both physically and energetically, and consciously **let go of emotional baggage**. Maintaining **consistent sleep** and a balanced routine strengthens inner structure and peace. By releasing what is complete, we make space for inspiration, purity, and the quiet brilliance of the present moment.

8. Mini Sequence to harmonize the Metal element

Butterfly with crossed arms

Come to a comfortable seat and draw the soles of your feet together, letting your knees fall open like soft wings. There is no perfect shape here- allow the legs to settle where gravity naturally takes them. You may slide the feet closer in toward the pelvis's for more intensity, or further away for more ease.



Place a block behind your heels, standing at whichever height feels supportive. This block will be there to receive your elbows. From your seat, begin with an exhale to fold forward slowly, like you are pouring your weight gently over your legs. Take your right arm and cross it in front of the left, letting both hands rest wherever they naturally land — on the opposite thigh, knee or shin. As you settle into the fold, sense how the back of your lungs gently widens toward the shoulder blades with each inhale, like a quiet unfolding across the upper back.

Another option for supporting your head:

Place a bolster lengthwise between your gently opened legs. Lower your body forward and rest your elbows, right arm is crossed in front of the left, on the bolster. Place a block under the forehead and let the neck fully release.



After 2-3 minutes, slowly release the shape and switch the crossing of your arms , bringing the left arm in front.

Remain here for another 2-3 minutes, letting the breath soften and expand the back body. When you are ready to come out , take a steady, nourishing inhale, lift your head first, and then allow the upper body to rise slowly, letting your hands guide your knees back together.

Rest in prone savasana (belly pose) or in supine savasana (on your back) and take a few quiet moments to feel. Notice how your upper back responds— perhaps you feel a warmth, a gentle flow of energy, or a subtle spaciousness through the lung region.

Just observe without changing anything.

Physical Effects:

- Gently opens the hips, groins and inner thighs
- A good stretch of the lower back even for a person with tight hamstrings
- Softens tension in neck and shoulders as the arms cross and drape
- The further away the feet are from the pelvis , the more it is a hamstring stretch. If the feet are closer to the pelvis, the more it is an adductor stretch

Mental effects:

- Can calm mental activity and reduce overstimulation
- Can encourage soft focus and mindful withdrawal of the senses
- Can support introspective awareness and emotional clarity
- Can create a safe container for inner quiet, stillness, and surrender

Contraindications:

- With sciatica issues , try positioning your pelvis higher than your knees
- With issues in the lower back or in the intervertebral discs, do not bend forward too deeply or keep your back all the way straight
- If you have neck injuries , slipped disk or other problems in the cervical spine, support your head with block and bolster and do not go into a deep stretch of the cervical spine

Cat Tail Pose



14 YOGA PRACTICE

Come to lie down gently on your left side, supporting your head with your left hand, as though you were a resting side-lying Buddha. Allow the neck and face to soften. If it feels helpful, place a bolster or cushion under your upper right knee to create space and comfort for the hips and lower back. Gently slide your lower (left) leg a little further back, keeping it softly bent, and let your lower (left) shoulder move slightly back as well. This creates a subtle and easeful back-bend sensation through the front body. From here, reach your right hand back toward your left foot or ankle, and if possible take the foot so that your right palm faces upward toward the ceiling.

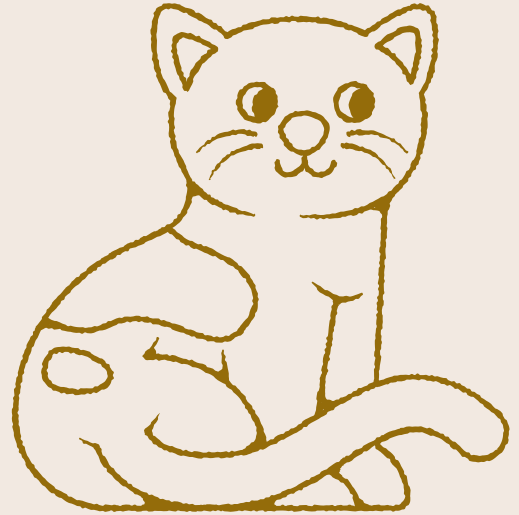
This arm position can give you more space across the front of the shoulder and chest, inviting a deeper opening into the upper lung region.

If it feels nourishing, gently draw your left knee or left shoulder a little further back, allowing the stretch to expand—never force, always listen.

Notice how the sensation may travel: From the front of their left thigh, diagonally across the belly and ribs, all the way into the right chest and the inner line of the right arm.

Stay here for 3-5 minutes, breathing slowly, allowing the shape to soften you from the inside out.

When it feels time to leave the pose, slowly and mindfully release your hold on the foot, and transition into supine savasana (on your back) with bent legs or in prone savasana (belly pose) with windshield wipers - both for releasing lower back compression.

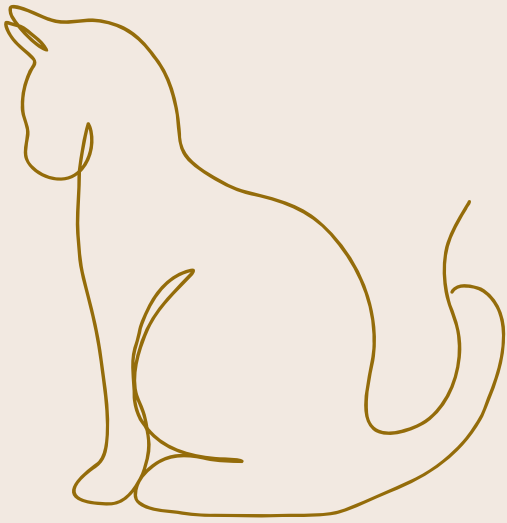


Once you have practiced the second side, take time to deeply feel the energetic echo of this complex shape—notice warmth, flow, emotion, space, or subtle vibration.

Let the experience integrate through stillness.

Physical Effects:

- Hip flexor / quadriceps stretch
- Mild backbend
- Mild spinal twist that decompresses the lower back
- Diagonally stretch throughout the whole body
- Good counter pose for long forward bends



Contraindications:

- If there is lower back pain, be gentle with the pose
- With shoulder issues/ frozen shoulder/impingements, the use of a belt looping from the back ankles the upper shoulder can be useful
- The same counts, if there is restriction in the ROM (Range of Motion) of the upper shoulder

Mental Effects:

- Can help the mind soften its grip and ease into presence
- Can support letting go through gentle twisting and yielding
- Can encourage quiet curiosity
- Can promote a slow, restorative mental state

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 issue of the Newsletter, we will continue to explore the elements and present a special mini Yin Yoga sequence for harmonizing all five elements.

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

16 ONGOING ONLINE WEEKEND SESSIONS



Ongoing Weekend Sessions in Dec 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series Ādityahr̥dayam

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, 6th Dec, 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, 13th Dec, 2025; 5:00 to 6:00 p.m. IST

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

Evening

Bhagavad Gita Satsang with Ammaji

2nd Saturday, 13th Dec, 2025; 5:00 to 6:30 p.m. IST

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

Sunday

Morning

Tattva Bodha

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>



YOGA-PILGRIMS AT PURNA VIDYA ASHRAM

It is the **fourth group** I've brought to Purna Vidya, and I can only say that I couldn't imagine beginning anywhere else. The presence of Ammaji — her love and warmth — feels like coming home after a long journey (literally, from **Mexico!**).

This ashram is the perfect place for anyone seeking devotion, calmness, and wisdom. For me, an ashram is not simply a beautiful place in nature; it is the living practice of the people who dwell in it. That practice is felt in the walls, the floors, and, of course, the temples.

The staff welcome us as part of their family, and I can't wait to return in 2026 for more chanting and Satsang!







Namah to all of you.

My name is **Dakshinamurti**, and I am a student in the **one Year Vedanta Program at Purna Vidya Foundation**. As a student, here are some words to describe my experience especially for those who may not know what it is like to study shastras everyday.

We usually read the same words everywhere, talking about progress, evolution, spirituality. Studying for months is a very unique experience, you have time to do personal introspection, space to practice, to go to meditation and engage in these activities.

But one thing is very important that I would like to mention, it's the meaning of all of those practices. Finding a meaning to my life through study of shastras is not a cliché. Being able to understand Hinduism, to understand spirituality. It's not about magic or coming to live an experience, short in time.

It's a deep and meaningful transformation of the mind, how you live everyday, how you handle your emotions. Learning prayers, learning samskrtam and understanding its importance.

After five months of being in Purna Vidya Ashram, I feel more positive, have a better understanding of my mind, the place is very calm and you can feel as if you are at home.

Being able to study in a good atmosphere is possible for many reasons, because of the place (the ashram), having the right teachings (the sastras), being able to understand what is taught (interactions with the teacher, listening to the teaching) and having tranquility of mind, which is becoming more and more difficult in our modern world.

I made the choice of coming here to this ashram, being ready to discover and I feel motivated to continue. The Bhagavad Gita is a text which is very rich for the one who is able to connect and has the correct understanding.

May we have the blessing of the divine to guide us in our life.

Hari Om !



I'm now at almost five months of daily, dedicated study. Coming from Italy, this world is completely different, and every day my billowy has to adjust to a different climate, a different diet a different language and to our schedules that are really full.

But the Gita is a daily source of energy, and having the chance to study it in person is a priceless gift. Being able to work so closely and so continuously with the sacred texts, with explanations that are not online but given directly by our beloved swamis makes the process of purification and growth so much faster.

For this possibility, I will always be **grateful to Purna Vidya foundation.**

The sense of security and peace I felt within myself when I returned to Italy for two weeks to apply for the student visa is something I had been seeking for a long time. And surely, living in the Ashram and being so immersed in study is helping me find that peace and to make it stable.

I love every flower, every tree, and every animal here.

And classmates, workers and every person who contributes to this place gives me reasons to smile.

Many people ask me how it's possible that, coming from Italy, I find such resonance in this philosophy, but this is a shift in paradigm, a whole new way of seeing life, and it works anywhere in the world.

I wish many more people in Europe could come into contact with this philosophy, and I do my best to teach it once I return.

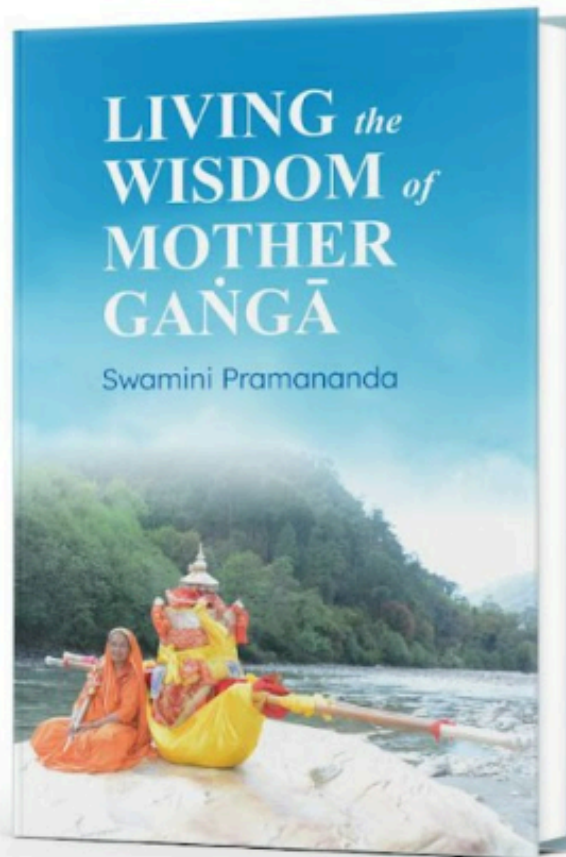
>>> **Maria Sole**

Get your copy now...

LIVING THE WISDOM OF MOTHER GANGA



Experience MaGanga and the world of Himalayas !
Immerse yourself in the glory of Ganga and her profound messages!



LIVING THE WISDOM OF MOTHER GANGA
Available on AMAZON KINDLE as e-Book

PLACE YOUR ORDER ON [**amazon**](https://www.amazon.in)kindle



*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 :

+91 91503 19999

+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)

Namaste Dear Friends!

We need to find satisfaction in what we have, rather than always craving for more. We can practice this by regularly expressing gratitude for what we have and focusing on our inner wealth rather than external possessions. Another attitude that helps to reduce greed that often comes from desperately wanting specific results is by focusing on giving our best in our actions rather than becoming hyper focused on the results. Thirdly, daily meditation or reflection on spiritual teachings also guides us to remember what is our true nature and helps us in not substituting the being for the having.

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

