



12|24

NEWSLETTER

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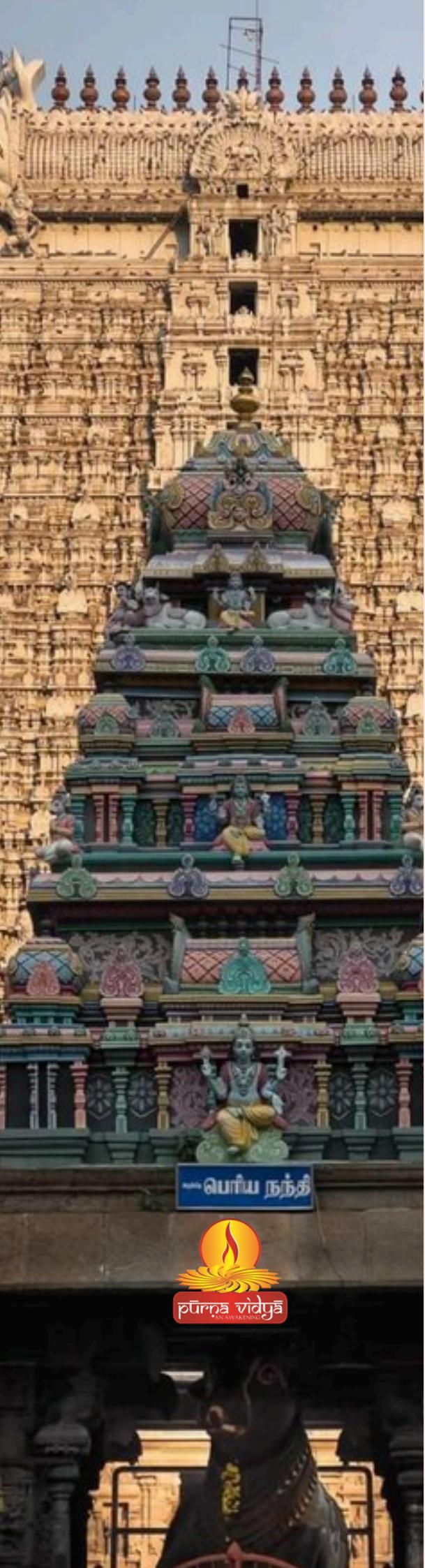
AMMAJI'S MESSAGE

Dear Readers,

Another year means another chance to choose again. And this time, wiser than before as life-experiences would have helped one grow. Therefore as a human being it is very important how we make use of our faculty of choice. From the time we wake up to the time we retire for the night, our waking moments are all filled with making choices.

Choosing is important because a wrong choice means a wrong result. We can't change what we have done because what we are experiencing today is what we did before. That means if we want tomorrow to be better, we must choose today differently. We need to be deliberate in making choices and not give in to our impulsive tendencies.





We cannot change our current situation as it is already done, but we can change our attitude in handling the situation. How we are going to move forward depends on how our attitude is going to be towards what we experience. Choice is not just about mindset but also of action. Action to make changes and these changes will bring about transformations in our life.

Choosing is a privilege that is unique to our humankind. We have a choice to respond or react. We have a choice to choose peace or being right. We have a choice to try or give up. We have a choice to grow from life experiences or crumble under the weight. We have a choice to choose who we want to associate with and what we would want to do during our free time. Just remember, what we choose today becomes our reality tomorrow. So what is it that you choose as the year comes to an end and we usher in the new year.



Love and Blessings,

Ammaji

लिंगाष्टकम्

{Part 10}

We've explored five verses of the Liṅgāṣṭakam, and as you chant them, their essence begins to resonate, offering deeper meaning and inner peace. The sixth verse beautifully describes the liṅga, the cosmic form of the divine.

देवगणार्चितसेवितलिङ्गं भावैर्भक्तिभिरेव च लिङ्गम् ।
दिनकरकोटिप्रभाकरलिङ्गं तत् प्रणमामि सदाशिवलिङ्गम् ॥

**devagaṇārcita-sevitaliṅgam bhāvair-
bhaktibhireva ca liṅgam
dinakara-koti-prabhākaraliṅgam tat
prāṇamāmi sadāśivaliṅgam (6)**

Here we see a very beautiful description of that liṅga — the cosmic form of the divine represented by the **Śivaliṅga** image.

This liṅgam is dinakara kōti prabhākara liṅgam. **What is prabhākara?** It is the sun — the light of the sun. We know the sun that lights up our day, that one single sun. But imagine if there were kōti — ten million of these suns, rising at the same time. Can you fathom it? If you can, visualize ten million suns rising simultaneously. What kind of brilliance would that be in the Universe? That brilliance — the infinite light is the infinite cosmic light transcending physical perception. The brilliance, the light of the cosmic being, is not meant to be taken in through our physical eyes. It is the light of your consciousness, of your very existence. It is the *parama-jyotiḥ*, unto that cosmic being, which is my obeisance, my *namaskāra*.



Further describing, that being is *devagaṇārcita-sevitaliṅgam*. It is this liṅgam that is worshiped and served by the celestial beings — the *devagāṇas*. These higher powers, the forces that maintain the rhythm and movement of the Universe, serve the infinite power. Imagine if the sun did not perform its duty, or if the planets did not move in their orbits as dictated by the divine order. Imagine if each planet crossed into another's orbit or if galaxies collide with each other. Consider the stability, strength, intelligence, and order—the law of the infinite omniscience—that governs all these powers. These local powers do not violate the cosmic power. This is called servitude.

This servitude is in compliance with the rhythm of the Universe. This rhythm is well portrayed by a beautiful prayer in the Rig Veda called **Samvāda-sūktam** or **Aikamatya-sūktam**. This prayer is a plea from humanity to the divine being, known to us through Agni-deva, the fire deity. Humanity prays for blessings, prosperity, and happiness. In reply, Agni-deva conveys a profound message; just as the higher powers of the Universe share equally and comply with their given roles, humanity must learn the value of sharing and giving.

The natural world teaches us this law of giving. The seasons give to the earth, the earth gives to life, and the ocean gives water, which rises as clouds and returns as rain. Trees produce far more seeds and fruits than they need for survival, giving abundantly. Even animals, like cows, produce milk beyond their immediate need, providing for others. This principle of giving sustains life. The Rig Veda inspires us to learn to give and share equally, just as the celestial powers do, which will then be followed by prosperity and happiness.

To align with the rhythm of the Universe, let your thoughts be guided by your heart. Let your heart lead, not your head. This alignment is embodied in the concept of **sevitam** where all powers serve the divine with the attitude of surrender — **bhāvair-bhaktibhīḥ**. This service is filled with channelled emotions, expressed as devotion or **bhakti**.

Devotion is not merely recitation or singing hymns; it is a dynamic emotion that manifests through a life of dharma and **sādhanā**. Devotion is a relationship with the divine — a deeply personal connection. This relationship can take many forms; friend, child, beloved, parent, or master. Each relationship brings forth core emotions such as loyalty, trust, and transparency.

For example, Mother **Yaśodhā** saw Lord **Kṛṣṇa** as her child, even when he revealed the Universe within his mouth. Her love as a mother overwhelmed the divine revelation. Similarly, devotees may see the divine as a friend, a commander, or a beloved. Each relationship is unique, allowing the devotee to express their innermost emotions with sincerity.

All life forms and cosmic powers align and comply with the divine order through devotion. And so, to the **lingam** on my altar, I offer my worship and surrender with all my devotion. You are the being of infinite light and brilliance beyond imagination, like ten million suns. Unto that cosmic power, my **namaskāra**.



YinYoga

• 8

Yin Yoga – The Dragonfly Archetype

Yin Yoga version of Upavistha Konasana (उपविष्ट कोणासन)

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

DRAGONFLY ARCHETYPE:

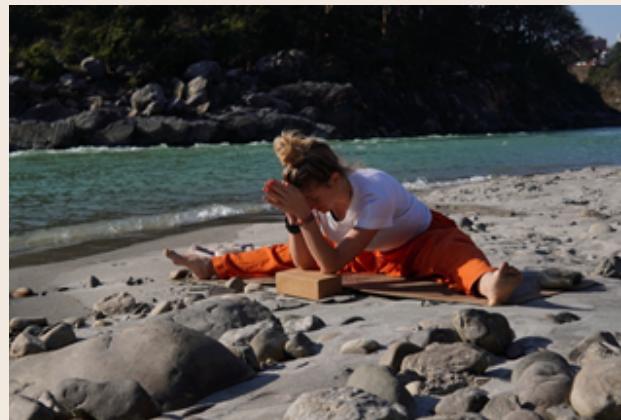
The Dragonfly archetype is characterized by poses that involve sitting with straight legs, wide apart, folding forward and resting the chest on or toward the floor. These poses are typically used to stretch the inner thighs, groin, and hip socket, and are often used to help improve flexibility and relaxation in these areas.

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

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

1. Dragonfly – Yin Yoga version of Upavistha Konasana (उपविष्ट कोणासन)

Target area of the pose (this is where you will possibly feel a stretch): Adductors / inner line of the leg, erector spinae.



How to enter the pose:

To enter the Dragonfly pose mindfully, begin seated on a blanket to slightly elevate your hips, supporting a forward tilt in the pelvis. Extend your legs out wide in a comfortable V-shape, ensuring there is no strain on the inner thighs. Place a bolster or yoga block in front of you for support. Slowly walk your sitting bones back, and your hands forward, lowering your torso, and rest your elbows on the block (foto) or your chest on a Yoga bolster. Relax your back, neck and shoulders, and adjust as needed to find a position of ease and stillness.

6 YOGA PRACTICE

Allow your body to gently sink forward into the pose, noticing the stretch along the inner leg lines and the erector spinae muscles in the back. With each passing minute, feel yourself relaxing more deeply into the *āsana*. Maintain a steady, natural breath, and remain in the pose for 2–5 minutes, gradually releasing tension and allowing the back and inner legs to open. If you experience any discomfort or strain, exit the pose early, prioritizing your comfort and well-being. Let your breath guide you as your body settles in.



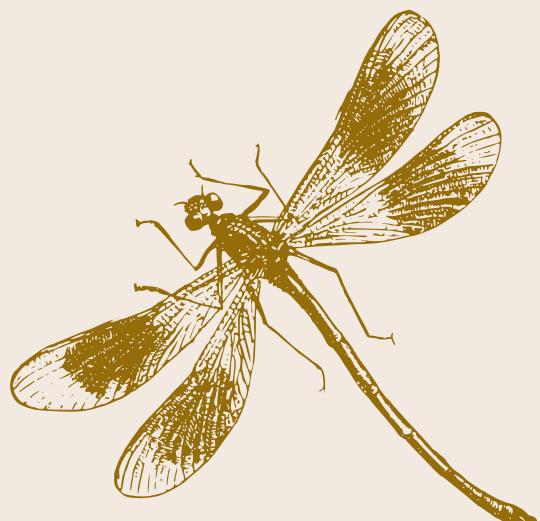
2. Dragonfly with side bend

You could also practice the version with a sidebend, to additionally opening the side body:

Begin seated with your legs extended wide apart, resting on a blanket to elevate the hips slightly. Gently lean to one side, allowing the torso to bend laterally over one leg. Place a block beneath the elbow of the bending arm for support. Adjust the position so that the stretch feels gentle along the side body, including the ribs and the inner leg line(s). Rest the top arm overhead or comfortably on your side, and settle into even, relaxed breaths as you stay in the pose as described above.

3. Half Dragonfly with side bend

Or you could practice a version with one bent leg, as this makes the pose easier accessible. This variation is called half Dragonfly. I'm showing the version of half Dragonfly with a side bend. Begin seated with your legs extended wide apart, having one leg bent. Resting on a blanket to elevate the hips slightly. Gently lean to the side of the extended leg, allowing the torso to bend laterally over the extended leg. Place a block or bolster underneath the elbow of the bending arm for support. Adjust the position so that the stretch feels gentle along the side body, including the ribs and the inner leg line of the extended leg. Rest the top arm overhead or comfortably on your side, and settle into even, relaxed breaths as you stay in the pose as described above.





HOW TO LEAVE THE POSE:

To exit Dragonfly pose, slowly and carefully lift your torso upright with the help of your hands. Gently bring your legs together, avoiding any abrupt movements, and roll down onto your back, one vertebra at a time, transitioning into a neutral position. Rest in stillness for one to two minutes, noticing the rebound effect in the areas that were stretched, such as the inner thighs and lower back or side torso. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice. If you chose a one-sided version, please proceed to the second side in the same way as described above.

Effects of the pose:

- ✓ Stretches the adductors, groins, and the back of the legs.
- ✓ Lengthens the back during forward bending.
- ✓ Works the hip abduction.
- ✓ The wall version of Dragonfly is particularly beneficial for athletes, individuals with limited range of motion (ROM), and those with back issues that prevent forward bending.

Contraindications to the pose:

✗ With sciatica issues, try positioning your pelvis higher than your knees, and don't stay that long in the pose - rather practice a dynamic version of the pose, going in and out of the pose several times.

✗ 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..

✗ However, this position is very helpful for complaints that originate in the stiffness of the back fascia (thoracolumbar fascia). Either way in case of doubt, leave it out!

✗ If you have neck injuries, slipped disk or other problems in the cervical spine, support your head (with hands, block, bolster etc.) and do not go into a deep stretch of the cervical spine.

✗ When suffering a back issue that prevents forward bending, the wall version of dragonfly is great as the back stays neutral.

✗ Make sure the inner knee (pes anserinus) does not get to much stress - a blanket or block under the knees to bend the joint slightly helps a great deal, if there is too much stress around the knee.

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

8 ONGOING WEEKEND SESSIONS



Ongoing Weekend Sessions in Jan 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series

Uma - Mahesvara Stotram - Stotram

New Course

Starting Date : 04th Jan' 25

Every Saturday at 12 Noon IST (1 hour session)

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



2nd Saturday Sessions

Evening

Vedic Heritage Teacher Training

2nd Saturday, 11th Jan, 2025; 5:00 to 6:00 p.m. IST

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



3rd Saturday Sessions

Evening

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 18th Jan, 2025; 5:00 to 6:30 p.m. IST

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



Sunday

Prasnopanishad

Morning

Starting Date : 1st Dec' 24

Every Sunday at 12 Noon IST (1 hour session)

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456



Register for our weekend classes and make your weekends a learning weekend!

<https://purnavidya.org/upcomingevents>

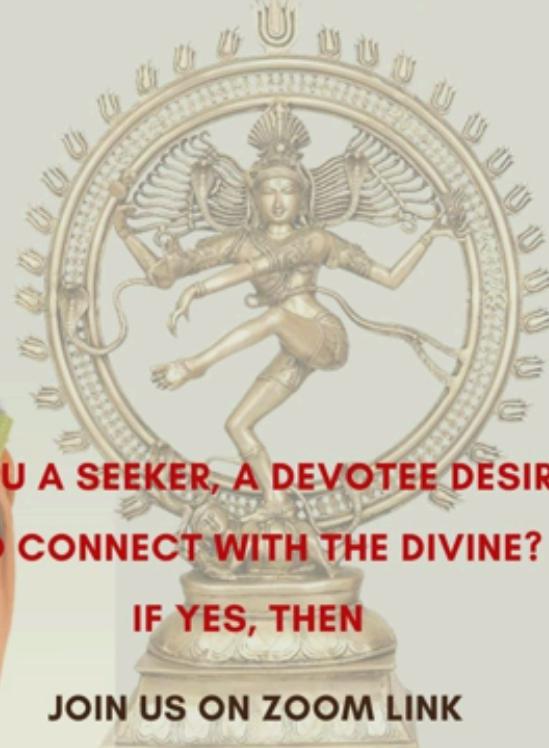
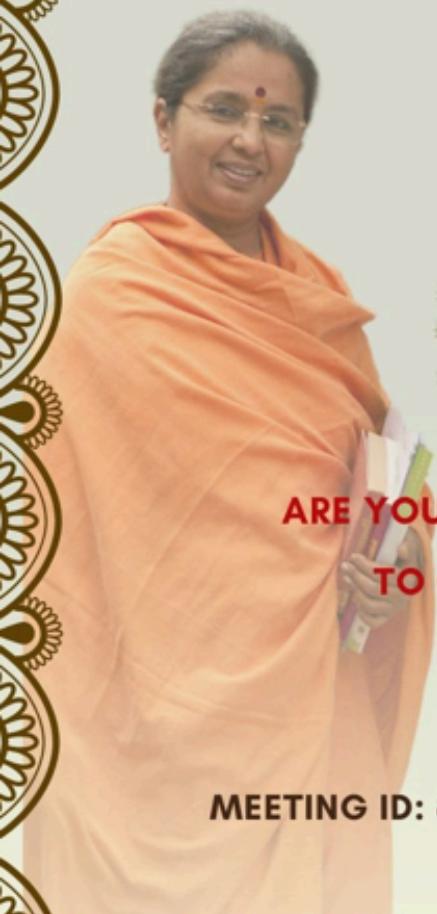
Donations are welcome. Click here to Contribute.

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

The Power of Prayers Series Uma-Mahesvara Stotram-Stotram

-A Hymn on Lord Shiva

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



ARE YOU A SEEKER, A DEVOTEE DESIRING
TO CONNECT WITH THE DIVINE?
IF YES, THEN

JOIN US ON ZOOM LINK

MEETING ID: 849 4938 5815; PASSCODE: PURNAVIDYA

[HTTPS://BIT.LY/3BXW3PH](https://bit.ly/3bxw3ph)

- by Swamini Pramananda (Ammaji)

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

Books purchase: <https://purnavidya.org/shop>

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

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

Program Registration: <https://purnavidya.org/vedicwisdom>



For More Information:

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 <https://purnavidya.org/>



10 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>

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PURNA VIDYA PROGRAM CALENDAR 2025

11

|  <h2>Program Calendar 2025</h2> | | | |
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|  <p>Jan</p> | Vedanta & Samskrtam <p>4 - 5 : Vedanta Retreat 10 - 12 : Gita Retreat (Tamil) 18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)</p> | Vedic Heritage <p>5 : Vedic Heritage Program for Children (Launch of 6 Course) 6 - 7 : Sukanya - Camp for Young Women 11 : Vedic Heritage Satsang (Online) 11 - 12 : Vedic Heritage TTC (Online) 20 - 21 : Sushreshta - Camp for Elderly 25 : Vedic Heritage TTC (Parts 1-6) 27 - 28 : Subala - Camp for School Kids</p> | Yoga <p>17, 24, 31 : Mantra Workshops (Online) 31 Jan. - 2 Feb. : Yoga - Vedanta Retreat</p> |
| | <p>15 : Gita Satsang (Online) 22 - 27 : MahaSivaratri Retreat (Tamil) 26 : MahaSivaratri Event 1, 8, 15, 22 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)</p> | <p>1 : Vedic Heritage TTC (Parts 7-12) School & Communities 5 - 6 : Sushreshta - Camp for Elderly 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sukanya - Camp for Young women 13 - 14 : Subala - Camp for School Kids</p> | <p>8 - 14 : Yoga - Vedanta Retreat</p> |
| | <p>15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23, 30 : Vedanta studies (Online)</p> | <p>6 - 7 : Subala - Camp for School Kids 8 : Vedic Heritage Satsang (Online) 15 - 16 : Sukarma - Corporate Retreat</p> | |
| <p>For Registration, Jan., Feb. and Mar. Programs Registration Link : https://shorturl.at/rw2rf</p> <p>For more Information, Contact Us at :  +91 95972 15559  +91 95975 46669  programs@purnavidya.org</p> | | | |

|  <h2>Program Calendar 2025</h2> | | | |
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|  <p>April</p> | Vedanta & Samskrtam <p>10 -15 : Upanisad Retreat (Tamil) 19 : Gita Satsang (Online) 26 Apr. - 6 May : Vedanta Retreat 5, 12, 19, 26 : Power of Prayers(Online) 6, 13, 20, 27 : Vedanta studies (Online)</p> | Vedic Heritage <p>12 : Vedic Heritage Satsang (Online)</p> | Yoga |
| | <p>17 : Gita Satsang (Online) 3, 10, 17, 24, 31 : Power of Prayers (Online) 4, 11, 18, 25 : Vedanta studies (Online)</p> | <p>10 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Online) 24 : Vedic Heritage Teacher Training (Part 1-6) School & Communities 31 : Vedic Heritage Teacher Training (Part 7-12) School & Communities</p> | <p>1 - 18 : Sri Vidya Upasana Course (Tamil)</p> |
| | <p>1 - 8 : Ganga Dasahara Retreat 5 : Ganga Dasahara Event 21 : Gita Satsang (Online) 7, 14, 21, 28 : Power of Prayers (Online) 8, 15, 22, 29 : Vedanta studies (Online)</p> | <p>7 - 8 : Sukarma - Corporate Retreat 14 : Vedic Heritage Satsang (Online) 14 - 15 : Vedic Heritage Teacher Training (Online) 19 - 20 : Subala - Camp for School Kids 21 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 28 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities</p> | <p>21 : International Yoga Day 24 - 29 : Yin Yoga Teacher Training (Online)</p> |
| <p>For more Information, Contact Us at :  +91 95972 15559  +91 95975 46669  programs@purnavidya.org</p> | | | |

|  <h3>Program Calendar 2025</h3> | | | |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|  July | Vedanta & Samskrtam <p>9 July - 9 Aug. : Vedanta Course 10 : GuruPurnima Event 19 : Gita Satsang (Online) 5, 12, 19, 26 : Power of Prayers (Online) 6, 13, 20, 27 : Vedanta studies (Online)</p> | Vedic Heritage <p>5 : Vedic Heritage Teacher Training 12 : Vedic Heritage Satsang (Online)</p> |  Yoga |
|  Aug | <p>16 : Gita Satsang (Online) 2, 9, 16, 23, 30 : Power of Prayers (Online) 3, 10, 17, 24, 31 : Vedanta studies (Online)</p> | <p>9 : Vedic Heritage Satsang (Online) 20 - 21 : Subala - Camp for School Kids 23 : Vedic Heritage Teacher Training (Part 1 - 6) 30 : Vedic Heritage Teacher Training (Part 7 - 12)</p> | |
|  Sep | <p>20 : Gita Satsang (Online) 22 Sep - 3 Oct.: Navaratri Retreat 6, 13, 20, 27 : Power of Prayers (Online) 7, 14, 21, 28 : Vedanta studies (Online)</p> | <p>6 - 7 : Sukarma Retreat 11 - 12 : Subala - Camp for School Kids 13 : Vedic Heritage Teacher Training (Part 1 - 6) 13 : Vedic Heritage Satsang (Online) 20 : Vedic Heritage Teacher Training (Part 7 - 12)</p> | |

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|  <h3>Program Calendar 2025</h3> | | | |
|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
|  Oct | Vedanta & Samskrtam <p>18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)</p> | Vedic Heritage <p>4 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 8 - 9 : Subala - Camp for School Kids 11 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities 23 - 24 : Sukanya - Camp for Young women 28 - 29 : Sushreshtha - Camp for Elderly</p> |  Yoga |
|  Nov | <p>15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)</p> | <p>1 : Vedic Heritage Orientation 3 - 4 : Sukanya - Camp for Young women 6 - 7 : Subala Camp for School Kids 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sushreshtha - Camp for Elderly</p> | 20 Nov - 5 Dec :Yin Yoga Teacher Training |
|  Dec | <p>20 : Gita Satsang (Online) 26 - 28 : Vedanta Retreat (Tamil) 28 : Gita Jayanti Event 6, 13, 20 : Power of Prayers (Online) 7, 14, 21 : Vedanta studies (Online)</p> | <p>6 - 7 : Vedic Heritage Teacher Training (Online) 8 - 9 : Sukanya - Camp for Young women 11 - 12 : Subala Camp for School Kids 13 : Vedic Heritage Satsang (Online) 15 - 16 : Sushreshtha - Camp for Elderly 20 - 21 : Sukarma - Corporate Retreat</p> | |

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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

**JOIN
NOW**

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



Puranic and Moral Tales

Starting Jan 5th, 2025

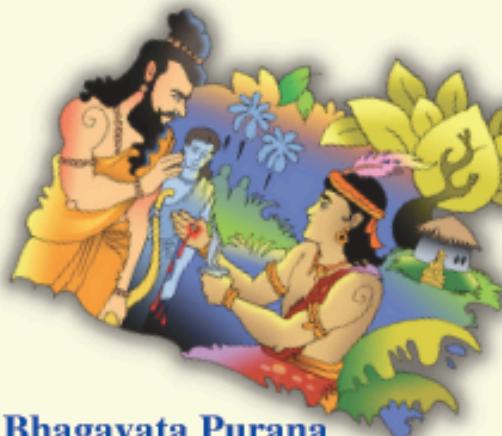
5-7 years



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

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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

purna vidya





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.

Option 2:

Visit <http://bit.ly/4fViabu> and opt for "general donation or to the project of your choice".

For Foreign nationals, please mail us at helpdesk@purnavidya.org to know the donation process.

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16 UPCOMING 2025 VEDIC HERITAGE



VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

RĀMĀYANA

(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>

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.

Option 2:

Visit <http://bit.ly/4fVjaBu> and opt for "general donation or to the project of your choice".

For Foreign nationals, please mail us at helpdesk@purnavidya.org to know the donation process.

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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 Satyavati, 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>

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18 UPCOMING 2025 VEDIC HERITAGE



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.

Option 2:

Visit <http://bit.ly/4fVjaBw> and opt for "general donation or to the project of your choice".

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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

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/t7h5q> to contribute the amount of your choice.

Option 2:

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20 UPCOMING 2025 VEDIC HERITAGE



Vedic Heritage Teaching Program For Young Generation

Íśvara 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 Íśvara
- Three forms of the Lord
- Symbol worship of Íśvara
- Religious vows
- Japa
- & 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

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 Avataras
- 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

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22 UPCOMING 2025 RETREAT/COURSES



Upcoming Retreat / Courses Jan to Feb, 2025



Vedanta Retreat

Jan 4th to 5th, 2025

Gita Retreat in Tamil

Jan 10th to 12th, 2025

Yoga Vedanta Retreat

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

Mantra Workshops

Jan 17, 24, 31, 2025

Maha Sivaratri Retreat in Tamil

Feb 22 to 27, 2025



Sukanya - Camp for Young women

Jan 06 - 07 to Feb 10 - 11, 2025

Subala - Camp for School Kids

Jan 27 - 28 to Feb 13 - 14, 2025

Sushreshtha - Camp for Elderly

Jan 20 - 21 to Feb 05 - 06, 2025



Maha Sivaratri Celebration

26 Feb, 2025

Course of the month: Who am I?

(To join, please visit <https://friendsofpurnavidya.org/>)

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>
(Select upcoming programs registration)



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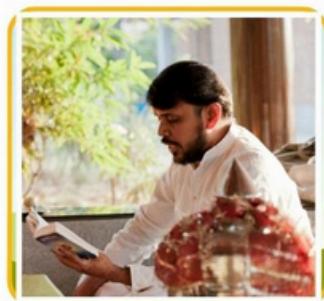
பூர்ண வித்யா

ஆன்மீக அன்பர்களை அழைக்கிறது

Upcoming
Course in
2025

கீதை காட்டும் பாதை

இரண்டு நாட்கள் மட்டுமே



Jan 10 to Jan 12, 2025



ஸ்ரீ அருள்ளி 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 அறிய

<https://purnavidya.org/vedicwisdom>

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24 UPCOMING 2025 COURSES

THE POWER OF MANTRAS #3

STUDY WITH VEDIC MASTER TEACHER
SWAMINI PRAMANANDA (AMMAJI)

3-part Online Workshop on Mantra and
Prayers (English). Live-Online or On-Demand
(4 weeks). Includes Worksheets.

FR 17.01.2025, 14:00 – 16:00 Uhr

Topic: Ganga Aarti

One will learn to chant this beautiful prayer to Goddess
Ganga, and join the devotees singing every evening on
Ganga banks from Haridvar till Gangotri.

FR 24.01.2025, 14:00 – 16:00 Uhr

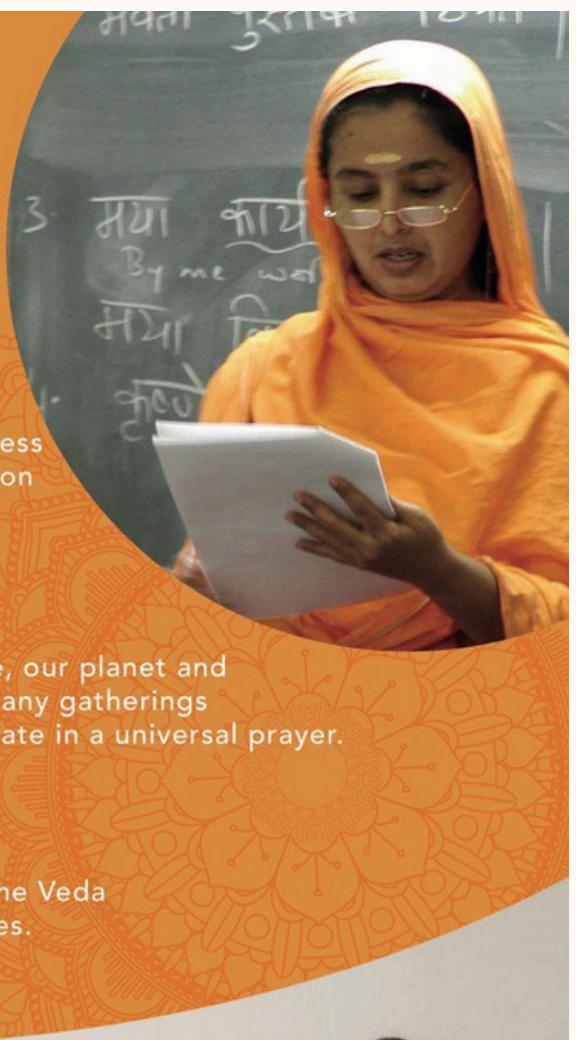
Topic: Shanti Mantra

Global Peace Prayer ...a universal prayer for our race, our planet and
our galaxy. It can be an opening or closing prayer in any gatherings
where a group of people collectively wish to participate in a universal prayer.

FR 31.01.2025, 14:00 – 16:00 Uhr

Topic: Gayatri Mantra

The most sacred of all mantras, it is the essence of the Veda
and used for initiation of a child into Vedic studies.



1 Workshop 35 Euro //
Package of 3 Workshops 90 Euro

More information & registration:
www.yinplusyoga.de





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

- சங்கலபம்
- வனவிப்கேஸ்வரருக்கு ரூத்ர அபிஷேகம் & அர்ச்சனை
- மஹா ஆரத்தி & பஜுனைகள்

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

ஆச்சார்யாரை பற்றி :

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

ஸ்ரீ அருள்ஜி

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

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

REGISTER NOW

Purna Vidya Foundation
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26 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>

For More Information:

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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 is Gangotri**

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

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28 UPCOMING 2025 VEDANTA COURSE



Purna Vidya foundation invites
Spiritual Seekers to

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>

For More Information:

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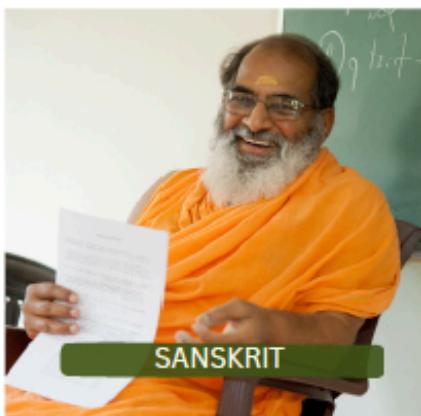
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UPCOMING 2025 VEDANTA COURSE 29



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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30 JOIN: THOUGHT OF THE DAY

Join 'Thought for the Day' series

How about gifting yourself peace and vedantic learning daily amidst the "busyness" of the world? Sign Up!!

Namaste all!

Hope you are enjoying the daily video snippets that are being on hosted <https://www.youtube.com/@PurnaVidya/videos> and gifting yourself time for you finding inner balance and peace amidst the hustle and bustle of today's world.,

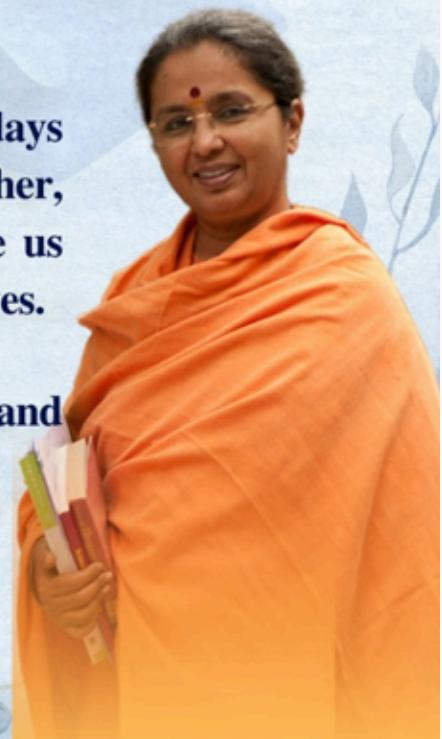
We have initiated "Thought for the Day" series. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<https://purnavidya.org/poll-response-handler>

You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

Embark on a journey of enlightenment and inspiration with us!

Warm regards,
Suresh Ramamurthi
Trustee



more informations: purnavidya.org/upcomingevents
or mail us: info@purnavidya.org



The day on which Gita was given to Arjuna by Lord Krishna was celebrated with an elaborate Puja and chanting of all 700 verses from Bhagavad Gita





The Auspicious month of Karthigai was welcomed in the ashram by taking blessings from Lord Vanalingeshwar and lighting lamps across the entire ashram.





A program for sales executives from Sahyadri Industries was conducted at our ashram in Coimbatore on 7th and 8th of December. There were 16 participants who attended the workshop. They were introduced to various frameworks and concepts that would help them to be more effective sales executives

Apart from the sales frameworks they also went through inner awareness sessions. The methodology adopted were both classroom sessions and experiential.



34 YOGA CAMP



A one day program for the shop floor staff of Sahyadri Industries was conducted at our ashram at Coimbatore on 10th December. 18 participants attended the program. The sessions were focused on improving inner awareness and more self-balance.



A Glimpse..... of Purna Vidya 2024

35

Please select below link and click to see the video

Video Link- https://youtu.be/GdcsVHqy_lE

January 2024



February-2024

1.OBL Camp

2.Heritage Program



March - 2024

- ❖ Book Launch-Living the wisdom of Mother Ganga
- ❖ Shivaratri
- ❖ Sukarma



April-2024



May-2024

- 1.Gangotri on Akshaya tritiya day
- 2.Coimbatorians with Siddha doctor Vivenanandan on a yatra to Gangotri
- 3.Himalayan culture of the Ganga Valley
- 4.Ammaji with the Astadasa-mahapurana samiti of Uttarkashi
- 5.Uttar Prayag



June - 2024

- Teacher Training Camp
- Ganga Dasahara Retreat



July-2024

- GuruPurnima Celebration



August-2024

- Ambulance donated to Vivekananda Health Mission
- Festivities of Netala village temple
- Independence day
- Janmastami
- Kathopanidasi with Arulji
- Naga panchami



September-2024

- Ganesh Caturthi
- Onam Celebration
- Seekars from Czech
- Swamiji's Birthday Celebrations
- Tapasyalayam-Women empowerment
- Teacher Day function at Adhya Shankaracharya Shiksha Sansthan



October-2024

- Navaratri Celebrations



November-2024

- Diwali Celebration
- Yin Yoga Retreat



December-2024

- Gita Jayanti
- Kartigai Deepam at ashram
- Sukarma with Erode group
- Yoga Camp...Tamil program by Arulji



Get your copy



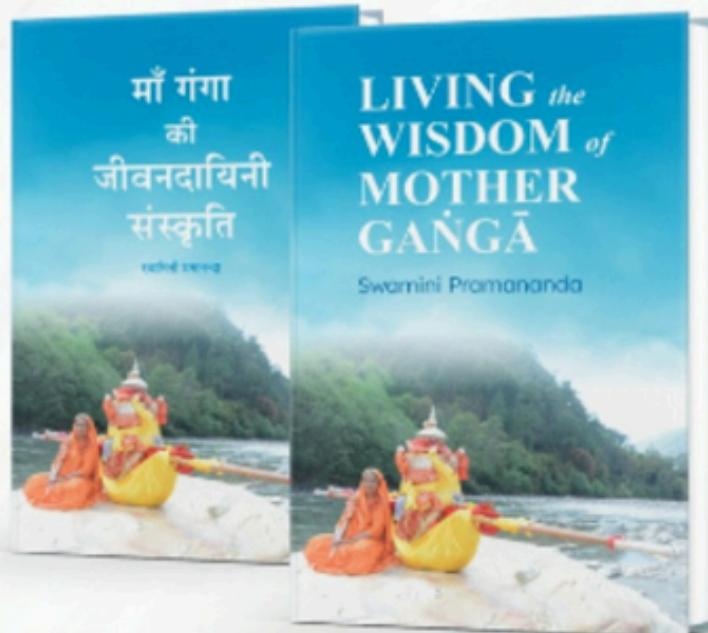
Grab your copy of Ammaji's new book
released on Mar 28, 2024



LIVING THE WISDOM OF MOTHER GANGA

Available in Hindi as

MA GANGA KI JIVANDAYINI SANSKRITI



Ammaji describes in her book on how Maa Ganga is a boon companion to every seeker. This book is a source of solace and enlightenment for generations to come. Dive into its pages and discover the profound wisdom and spiritual nourishment waiting to be uncovered.

For More Information:

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- <https://facebook.com/purnavidyapage>
- <https://youtube.com/purnavidya>

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Purna Vidya online teaching for younger generation for the fifth year Started in January 2024 with Heritage Satsang with Ammaji. Ammaji presented the very important topic of Prayers and devotion to children, families and teachers.

Over the course of year we had Satsangs with Introduction to vedic vision way of life, Satsang with Ammaji answering question and answers of teaching values to current young generation, refresher teacher training and final concluding satsang celebrating the Gita Jeyanthi in December 2024. Children from Heritage courses presented some interesting facts on the Bhagavad Gita .We also heard chanting of select verses from the Gita by children doing the chanting course.

In 2024 , courses on topics Ramayana, Bhagavata Purana, Human development and spiritual knowledge, Religious culture were completed successfully by students . New courses on Ramayana, Mahabharata, values and Vedic Knowledge were commenced and ongoing.

We are excited to announce range of courses commencing in Jan 2025 for all age range of children

See below link for courses commencing
<https://purnavidya.org/upcomingevents>

Our Monthly Heritage Satsangs on every second Saturday of month complimented with weekly refresher of teacher training on Monday mornings is open to all past, current and incoming teachers ,parents and children of Purna Vidya Vedic Heritage family

Children flourish and value their learning with Purna Vidya. Below is brief excerpt of students experience of Bhagavata Purana course

“A Student Reflections of Vedic Heritage courses”

The Bhagavata Purana course guided me on various aspects of life. Through the stories of avatars for Lord Vishnu, we learnt purpose of incarnations in different yugas and establishing dharma or victory of good over evil.

My favourite story was of Narasimha Avatar.

This story reminds us that even in life's most impossible battles, we are never alone, the divine watches over us, protecting and guiding us when we hold on to faith, no matter how hard the storm may be. Prahlada's steady faith in Lord Vishnu teaches us the immense power of devotion. Despite facing life-threatening challenges, his belief remained firm, demonstrating that true devotion can overcome even the greatest of adversities.

It is important to listen to the Bhagavata Purana to understand teaching to always follow the right path in life.

>>> Harshini, UK



*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!

Life is not linear. Situations don't always make sense and appear logical. And therefore, i experience the consequences of what i choose all the time. Do I choose peace over being right? Do I choose tranquility over turbulent mind? The choice I make today, sets in motion the wheel for my happiness and tranquility.

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

*"We should
educate ourselves
on how to choose,
what to choose
and to know the
consequence of our
choices!"*

(Ammaji)

