



12/25

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Sukham(pleasure) and **dukham**(pain/suffering) are seen as pairs of opposite in our tradition. People experience them as a result of interaction with this world.

Just like the saying goes, one man's meat is another man's poison, likewise what one experiences as pain can be seen as pleasure by another. The scriptural texts explain that ignorance, ego, likes, dislikes and fear are often the five causes of pain and suffering with ignorance being the biggest cause. In forgetting that we are eternal spiritual beings, we mistakenly start to identify material things as being permanent and falsely establish that our experiences we go through in this birth are the final truth.

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We also identify with the physical body and when the body breaks down due to age or illness, the experience and pain (physical, mental, emotional and spiritual) becomes unbearable at times. It's in these unbearable moments when our belief in GOD gets questioned and at times becomes challenging to trust HIS plan.

Our human mind is often referred to as the Kurukshetra (the battlefield) and rightly so because it is the mind that processes experiences and emotions and delivers the verdict of pleasure and pain! We need to understand that there will always be fluctuation in pleasure and pain. This wave is constant throughout one's life. Just like how absence of light is darkness, likewise absence of pleasure is pain. This is not to say that when one is physically ill or in a lot of pain, you ignore that. Not at all! You still do what is necessary which is seeing the doctor, taking medications etc and if despite all of that the pain persists then know it's time to surrender. Time to ask what is the message in this for me. Time to go deep within instead of getting frustrated with the pain. At times what we have ignored in our lives for too long manifests as specific pain areas. By learning to go within and being aware releases these pain areas. Pain can serve as a catalyst for personal and spiritual growth.

By also learning to de-identify with the body, one learns to become detached which helps one to cope with pain in a more subtle and deeper manner. Meditation and Yoga helps one to become steadfast within and gives one tools to cope with things including building resilience. Mindfulness enhances emotional processing and helps with reconnecting with the true Self. We need to cultivate the forbearance of experiencing physical sensations of pain without mental and emotional afflictions. It's not going to be an easy mountain to climb but know that when you take one small step towards knowing who you truly are, GOD is walking with you as You. It's in seasons of pain that we need to hold on to this even more tightly to get strength, comfort, solace and more importantly clarity.



Love and Blessings,

Ammaji



मार्गबन्धु स्तोत्रम्

{Part 09}

नित्यं चिदानन्दरूपं निहृताशेषलोकेशवैरिप्रतापम् ।
कार्तस्वरागेन्द्रचापं कृत्तिवासं भजे दिव्यसन्मार्गबन्धुम्
॥ ३ ॥

शंभो महादेव देव शिव शंभोमहादेव देवेश शंभो ॥
शंभो महादेव देव ॥

*nityam cidānandarūpaṁ nihnutāśeṣa
lokeśa vairipratāpam*

*kārtasvarāgendra cāpaṁ kṛttivāsaṁ
bhaje divya sanmārgabandhum (3)*

*śaṁbho mahādeva deva śiva śaṁbho
mahādeva deveśa śaṁbho śaṁbho
mahādeva deva*

Nityam: The word nityam in this verse means that which is eternal and anityam refers to that which is transient. In this world of names and forms, everything that is born will eventually perish; some sooner, some later. Certain life forms last only seconds, while others remain for longer periods. So, what does nityam truly mean here? Does it simply mean a very long duration of time?

If time itself were the ultimate reality, then we could speak of something lasting a long time. But when time itself is held in the hands of the divine, when the Lord is kāla-atīta — beyond time, then time cannot bind Him like it can bind us. Everything that is born is in the grip of time, but the divine is the one who wields time.



This is why, in the form of Lord Natarājā, we see four hands – one holding fire, symbolizing destruction; another holding the drum, symbolizing sound and creation; the third hand symbolises liberation while the fourth is a symbol of protection. Creation, sustenance, and destruction are all held by this single omniscient being. That is why He is called nityam —free from time, above time, and the master of time.

Is there anything in this world truly free from time? The Upaniṣads reveal a profound truth – only that which is eternal can observe the transient nature of time. The observer of time must be beyond time. That observer is consciousness itself; the awareness you call “I.” This consciousness precedes time and holds time within it.

मार्गबन्धु स्तोत्रम्

The consciousness present in this individual body is a reflection of the same cosmic consciousness. That omniscient being is Lord Śiva, who also resides in our hearts as the higher self. There is no separate higher Lord— there is only one Self, one consciousness.

Thus, nityam refers to that Śiva who is the basis and also the observer of time.

Cidānandarūpam : That Śiva is of the nature of cit — pure consciousness. Every life form reflects this consciousness through the physical and subtle bodies. All life is sacred because it reflects the divine consciousness, even if it is not self-aware. His nature is also ānanda or bliss. This consciousness is not confined to a single body; it holds the intelligence and knowledge of the entire universe. All disciplines of knowledge — science, geography, physics, chemistry, etc., exist within consciousness. Knowledge cannot exist in inert matter; it exists only in a conscious being.

Therefore, the divine is ānanda — fullness. There is no lack in the infinite being. These two words alone contain the secret of the universe.

This Mārgabandhu, the great friend of our life journey, is nityam, and is of the nature of cit, and ānanda.

Nihnutāśeṣa-lokeśa-vairi-pratāpam:

He is the one who destroys the pride of enemies, particularly the pride of Rāvaṇa. Rāvaṇa, though a demon king, was a great devotee of Lord Śiva. He performed intense penance and was granted boons, but his intentions were destructive.

When Rāvaṇa attempted to lift Mount Kailāśa to carry Śiva with him to Laṅkā, Śiva merely pressed his toe, crushing Rāvaṇa beneath the mountain. This story teaches us about the arrogance of thinking “I am the doer.” Such pride must be humbled.

The Kenopaniṣad echoes this lesson, showing how even the Gods — Agni, Vāyu, and Indra are powerless without divine will. Pride inevitably leads to humiliation.

Today, humanity too is being humbled. When we cannot even hug our loved ones without barriers, is this not nature’s message to correct our course? If we do not realign our philosophy and purpose, we will continue to suffer the consequences of our actions against nature.

Kārtasvarāgendra cāpam : Lord Śiva holds Mount Meru, the King of mountains, as His bow. In the story of Tripura-saṃhāra, Mount Meru becomes the bow, Vāsuki the bowstring, Lord Viṣṇu the arrow, Agni the arrowhead, Vāyu the feathers, and Lord Brahmā the charioteer. All cosmic forces unite to destroy the three demonic cities.

Whether Śiva truly needed such assistance or whether this symbolism conveys deeper truths will be explored in the next session, along with the teachings of Tripura-rahasya and the form of Śiva as Tripurāntaka. We will see more about this verse in the next session.

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KATHOPANIṢAD

Adi Shankaracharya's Bhasyam study for Samskrtam students.

-by Swami Siddhabodhanandji

Starting on Feb 08, 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.

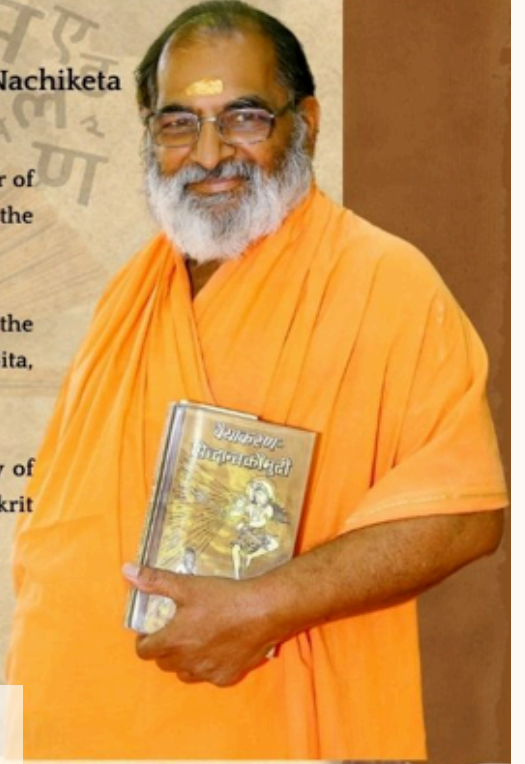
Sri Swami Siddhabodhananda has a 45 year legacy as a teacher of Vedanta and Sanskrit, having taught Paniniyan Sanskrit to the residential disciples of Vedanta Courses for over three decades.

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Register to join the course

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pūrṇā vidyā

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Rāmāyaṇa

A joyful online journey into this timeless epic for young minds to explore their rich cultural heritage.

Ages 7 -9 | Starting from 6th January 2026 | Every Tuesday : 7:00 - 8:00 pm

Syllabus plan

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

Program Includes

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Donations are welcome to support
the Education of deserving Children

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8 UPCOMING 2026 NEW ONLINE COURSE

Vedic Heritage Teaching Programme For Younger Generation

Story-time for Kids

Based on the Purna Vidya series of books

'Panchatantra' & 'Puranic Tales'



Panchatantra

The animals come alive and speak to the children through this traditional work of illustrative stories.



STARTS JANUARY 10, 2026

SATURDAYS 4:30 PM IST / 11:00 AM UK

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Yin Yoga & the Nutrition Cycle of the Five Elements

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 one newsletter each on the water, wood, fire, earth and metal element. This month we are exploring **the Nutrition Cycle of the Five Elements**.

In Traditional Chinese Medicine, the **Nutrition Cycle of the Five Elements** describes how energy nourishes and supports itself in a continuous, harmonious flow. In this generative order—**Water, Wood, Fire, Earth, and Metal**—each element gives rise to the next, creating balance, resilience, and vitality in body and mind.

Water, calm and deep, is the source of life; it stores our essence and offers stillness, rest, and inner security. From this depth arises **Wood**, gently expanding, carrying the impulse to grow, plan, and move forward with vision and flexibility. Wood fuels **Fire**, which is warm and alive, bringing joy, connection, circulation, and the sparkle of the spirit. Fire's energy settles into **Earth**, stable and supportive, where nourishment, digestion, grounding, and integration take place. Finally, **Metal**, clear and quiet, refines what has been gathered, guiding breath, boundaries, and the art of letting go—before returning energy back to Water once more.

Practicing a **Yin Yoga sequence in this elemental order** mirrors this natural cycle of nourishment. Beginning with Water invites deep calm and safety in the nervous system, allowing the body to soften and receive. Moving through Wood and Fire gently mobilizes energy and emotion without overstimulation, while Earth poses support integration and embodied stability. Ending with Metal creates clarity and spaciousness, helping both body and mind release what is no longer needed. This cyclical approach supports **physical health** through balanced organ function and fascia hydration, and **mental-emotional well-being** by honoring natural rhythms of rest, growth, expression, digestion, and release.



YIN Nutrition Cycle of the 5 Elements—Water, Wood, Fire, Earth and Metal



Come to lie down on your back in a quiet, grounded way. Allow the weight of your body to sink into the mat. Take a few breaths here, letting your body settle and your nervous system begin to shift. Yin is about yielding , not forcing.

When you are ready for **Happy Baby** , slowly bend your knees and draw them toward your chest - not with effort, but with an invitation.

Gently open your knees wide, towards your armpits, and reach your hands to the outsides of your feet. If that feels to intense , feel free to hold your ankles , shins, or even use a strap or a scarf around the arches of your feet- arms, shoulders , and back remain relaxed and lengthened.

A blanket under the back of the head prevents overextension of the cervical spine.

Let your soles of the feet face the sky. You might notice that your hips begin to open- allow that , don't push it. Soften your grip . There is no need to pull the feet hard. Just enough to feel a gentle invitation in the inner thighs and hips .

Let your tailbone stay heavy, rooted to the earth. If it lifts, you can place a folded blanket or bolster under your sacrum to support the spine. Close your eyes and bring your awareness inward. Let gravity do the work.

You can stay in a **'Still Happy Baby'** . If you want to come in a **'Moving Happy Baby'** , gently rock from side to side . Playfully explore how different leg movements and extensions can guide a massage into the kidney area.

Stay here for 3 to 5 minutes , or longer if your body welcomes it.

Let your breath be slow, quiet and natural- no effort.

To come out , release the feet slowly, bring the knees together and then come slowly into resting pose. (supine savasana) In your reclined position , take your time to feel .

How do your kidney area and your legs feel ?



12 YOGA PRACTICE

Place your bolster for **Mermaid** crosswise on your mat . From the resting pose draw your knees together and place your feet on the mat .Gently roll to your left side , allowing your left ribs to melt onto the bolster and let your legs rest comfortably to the right , knees softly bent. The pelvis turns slightly with them , finding a natural angle.

Once your upper body is supported , lengthen your right arm overhead - if the bolster feels quite high or thick, you may place an extra prop under your head - a folded blanket or a block - so that the neck feels easy and supported. Take the time to experiment, adjusting until you find what feels right for you.

Allow your right hand to rest softly in your left hand, if that feels natural. Or, you might explore other arm variations- perhaps the lower arm bent, the upper arm resting gently on top.

There is no single correct way. You decide how much length and opening you invite into the upper side body and chest today.

Allow the props to carry your weight. Let your shoulders soften, breathing gently , and your face release any tension. Notice the fluidity of your breath - rising and falling like gentle waves. Imagine yourself as a mermaid resting at the edge of the sea. Your tail is heavy and grounded , yet your upper body is light, floating with the rhythm of the water.

There is no need to move - the ocean itself carries you. Feel the opening across your hips and the soft lengthen your spine as an invitation to release control. With each exhale , surrender a little more into the flow of gravity, into the embrace of stillness. Stay curious, stay soft... and stay here for 3-5 minutes , or longer if it feels nourishing. In Yin , the goal is not to deepen the stretch , but to allow sensation to settle and the body to open with time & gravity.

To come out of the posture, gently press your right hand into the floor in front of your chest , allowing the head and upper body to lift with ease. Slowly turn your back toward the bolster, and let both legs move side to side like gentle windshield wipers, releasing any tension. Then allow your knees to fall softly to the right, so that you arrive with the right side of your pelvis resting against the bolster, ready for the second ,Mermaid' side.

After completing both sides, come down onto your back (supine savasana). Rest here in stillness and sense the flow of energy, the subtle echo along the side body, and within the organs of the belly and chest.

From your resting pose begin to roll on one side, moving without hurry, as though you are gliding through warm water. Press yourself up just enough to come on all fours, in a gentle tabletop position. Take a moment to arrive , softening your breath and grounding through your hands and knees.

For **Anahata Asana** place a bolster crosswise on your mat , either under your elbows or under your chest area, depending on the kind of support you need today.

YOGA PRACTICE 13

Slowly walk your hands forward and allow your chest to melt down toward the earth, resting onto the bolster. Your hips stay above your knees, high and stable.

If the bolster is beneath your elbows, let your forearms sink into softness, perhaps bringing the palms together in prayer (Anjali Mudra), lifting the hands to the sky for a deeper opening through the shoulders.



If the bolster is beneath your chest, let your heart and upper body be supported so the pose feels safe, soft, and sustainable.



Allow your forehead or chin to rest, whichever feels comfortable for your neck. You may place an extra block or blanket beneath the head if the bolster feels too high or if you want more ease.

Close your eyes. With every breath, feel the front of the body melting down, through the chest, shoulders, and arms. Let gravity and the props do the work for you.

Remain here for 3-5 minutes, or only as long as the posture feels supportive and easeful- noticing the gentle sensation, as if a 'suspension bridge' stretches between your elbows and your pelvis, creating spaciousness across the heart center.

To release, press your forearms gently in the bolster until you feel your belly begin to re-engage. Slowly lift the head, walk your knees closer toward the bolster, and then rise the upper body back up with care.

Take a few quiet breaths to observe the after-effect of the posture, sensing the echo in the heart space and spine.



For **Up- Swan** gently bring your right knee forward, placing it between your hands. Let your right shin angle comfortably, the way it fits your knee. The safe angle for your front leg is guided by your body's natural potential for external rotation in the right hip joint.

Your left leg extends back, the top of the foot resting softly on the mat.

14 YOGA PRACTICE

Take a moment to center your hips, and then place a folded blanket or a bolster under your buttocks of your front leg — so that your pelvis feels evenly supported and the body can truly release. Push your hands into the floor & slowly and gently lift your upper body, allowing the front of the body to open. You can also make a loose fist with your hands, which helps take the pressure of your wrists. Try out what feels good for you.

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

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



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

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

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

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

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

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

When you feel ready, plant your palms firmly into the mat, fingers spread, hands grounded. Begin to tuck the toes under and on a gentle inhale, lift the hips up and back into **Downward-Facing Dog**. There is no need to straighten the legs or push the heels down. Let the knees remain soft, the spine long, allow the head and neck to hang freely. Take a few breaths here, setting into the shape rather than shaping the pose.

From **Downward-Facing Dog** begin to walk your feet slowly forward until they arrive behind your hands, soften your knees generously, squat down and come to a comfortable seat.



For **Butterfly with Crossed Arms**, 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 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. For **Twisted Roots**, bend your knees and place your feet on the floor. Gently shift your pelvis slightly to the right, creating space for the twist. Now draw both knees in toward the chest.



With a slow exhale, allow the legs to sink over to the right, effortlessly.

You may place a folded blanket or a block under or between your knees, so the posture feels pleasant and supported for the lower back. Let the arms rest comfortably out to the sides, palms relaxed. Allow the shoulders to soften and release their weight. The head may remain centered, or gently turn to the right, choosing what feels natural for your neck. Stay here for about three minutes. Notice the sensation in the spine, hips and belly. Whatever arises try to meet it with kindness.

When you are ready to come out, slowly guide the legs and pelvis back to the center- pause for a moment in neutral. Sense the echo of the posture.

16 YOGA PRACTICE

Then, when it feels right , practice the second side in the same way. After completing both sides, rest in a symmetrical supine position.

Take a few quiet breaths and listen inward:

How do you feel now— in your body, in your breath, in your nervous system ?



Before you completely relax in **Savasana**, maybe you want to put a blanket over the body, a sense of being held. Lie down again in a comfortable supine position. Allow the body to soften and be received by the ground.

The cycle of the **Five Elements** has been nourished.

Water— calm and deep.

Wood — gently expanding.

Fire— warm and alive.

Earth— stable and supportive.

Metall— clear and quiet .

Let these qualities integrate without effort. The breath flows on its own, the nervous system settles.

Stay in stillness, absorbing the nourishment of the practice.

When it feels right , gently return with small movements, bringing this sense of balance and peace with you.

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.

• *Text & Model Yin Yoga Sequence: Birgit Steger*

• *Photos by : Annika Nagel ,
www.annikanagel.com*

• *Text : Nutrition Cycle of the Five Elements: Helga Baumgartner*

• *Support: Nina, Isabel, Kerstin, Judit, Alexandra and Gela.*



Ongoing Weekend Sessions in Jan 2026 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, 3rd Jan, 2026; 5:00 to 6:00 p.m. IST

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

Evening

2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 10th Jan, 2026; 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, 17th Jan, 2026; 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

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Upcoming Retreat / Courses Jan to Feb, 2026



One Month Vedanta Course

03 Jan to 31 Jan, 2026

Maha Sivaratri Event

15 Feb, 2026

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>
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PAST EVENTS

19



KĀRTTIKAI DEEPAM

As the Sacred Flame was lit on Arunachala, in Tiruvannamalai, we gathered in our ashram to mark this auspicious moment together.

Kārttikai Deepam is a celebration of light as revelation, a reminder of Shiva as presence rather than form, and of Arunachala as a living symbol of this silent truth.

In the warmth of shared prayers and chanting, we lit many small flames, one after another. Each lamp was simple, yet together they filled the space with quiet radiance. The act itself became a form of prayer.

We remembered that the sacred fire does not belong to a single place. The light seen on the holy hill is mirrored wherever awareness, devotion, and togetherness are present.

In this way, our ashram became part of the Deepam, a living circle of voices, hearts, and flames, honoring the inner light that unites us all.





Living in an ashram has been an education all on its own. The rhythm of classes, meditation, and shared meals creates space for deep study, while also giving me plenty of opportunities to practice what I'm learning in real time. I've learned as much from navigating daily life here as I have from the formal teachings.

The decades of dedication and commitment of Ammaji and Swamiji are both humbling and inspiring - what they've achieved and what they offer through the teachings and the environment they provide.

I'm deeply grateful for what this year has given me - space to step back from work in Australia, to fully immerse in study, developing practices I'll carry with me forever. The witness consciousness I've been cultivating here is already changing how I meet both the inner world and what's happening around.

This time has been exactly what I came for: a chance to deepen my understanding of Vedanta while living somewhere completely dedicated to these teachings.

>>> Cara

It is my longtime wish that I want to study Vedanta and Sanskrit with well experienced teachers in a Gurukulam. I am very happy by joining one year Vedanta course in Purnavidya ashram in a beautiful and serene atmosphere, situated at the foothills of western ghats mountain range. By God's blessings, we are very fortunate to have wonderful experienced teachers like Ammaji, Swamiji and Arulji.

Ammaji's in-depth knowledge in Vedanta made us to learn Bhagavad Gita with clear understanding. Doing reflections at the end of every chapter give us more clarity in applying them in our day to day life situations. Ammaji is always there to help and can be always reached out at anytime in the ashram, if we have any doubts and clarification.

Learning Sanskrit becomes more fun here by Swamiji's brilliant and cool way of teaching with his wits and wisdom.

Arulji's unique voice in chanting help us to learn all shlokas without any mistakes.

I wish the Vedanta course will be continued some more years for me to complete all Upanishads and other texts.

>>> Gunasekaran Arumugaraj





My two-week stay at Purnavidya was truly a life-changing experience. Participating in the Yin Yoga and Vedanta courses allowed me to dive deeply into teachings that were not only profound, but also conveyed with remarkable clarity, depth, and authenticity. The knowledge shared was clearly rooted in lived wisdom. What touched me most were the heartfelt efforts of everyone at Purnavidya. Their warmth, dedication, and sincere presence created a space that was deeply enriching on every level. I leave Purnavidya with immense gratitude and carry these teachings and experiences with me far beyond my time there.

>>>Bernadette, Germany





I had a truly wonderful experience with the Vedanta and Yin Yoga Teacher Training. The ashram itself is absolutely beautiful, offering a serene and peaceful environment that made it easy to slow down, reflect, and fully immerse myself in the practice. The calmness of the space, combined with the natural surroundings, created the perfect setting for deep learning and inner growth.

The staff were incredibly friendly, supportive, and welcoming, which made me feel at home from the very beginning. The teachers were very knowledgeable, kind, and deeply grounded in their teachings. They transmitted the teachings in a really clear, thoughtful, and inspiring way, making even complex concepts easy to understand and integrate.

I learned a lot and I am deeply grateful for this training. I would recommend it 100% to anyone interested in Vedanta, Yin Yoga and a more authentic and meaningful yoga journey.

>>>Selina, Germany



A Glimpse..... of Purna Vidya 2025

Please select below link and click to see the video

Video Link- https://youtu.be/VStHBO_-d64

January 2025

- 1.Pongal
- 2.Sukarma Retreat
- 3.Heritage Launch

February 2025

- 1.India Pilgrimage MahaKumbha
- 2.Shivaratri

March 2025

1. International Women's Day
- 2.Gangotri Trip
- 3.Supporters to the Ganga valley (PM Modiji)

April 2025

1. Meeting with Honorable Chief Minister of Uttarakhand
- 2.Sri Maharshi Bhrgu Dharmartha Chikitsalaya, Uttarkashi
- 3.Tamil New Year Celebration
- 4.The KYM retreat participants at Tapasyalayam
- 5.Visit of Vivekananda Health Mission Team

May 2025

- 1.Mahila Sanghs of Netala and Siror Villages
- 2.Vedanta Retreat
- 3.Village Temple Annadanam

June 2025

1. Ganga Dasahara Retreat
- 2.Launch of Ganga Sanskriti Kendra at Gorshli Village
- 3.Swamini Sumatmananda Conducts a family camp

July 2025

1. GauriPurnima Celebration
- 2.Online Philosophy Course Yin Yoga Retreat
- 3.Vedanta Course
- 4.Vedic Heritage Teacher Training for villages of Ganga Valley

August 2025

1. Independence Day
- 2.Janmastami
- 3.Vedanta Course
- 4.A Reflection on Living the wisdom of mother Ganga
- 5.Ganesh Chaturti

September 2025

1. Swamiji's Birthday
- 2.Aradhana Decinial 2025 at Swami Dayananda Ashram
- 3.Ganesha Chaturthi
- 4.Navaratri
- 5.Onam

October 2025

- 1.Deepavali
- 2.Nald
- 3.Nirvanasatkam teachings for a Yoga Retreat
- 4.Satsangs with Ammaji Pilgrims at ashram
- 5.Satsangs with Ammaji Yogi Govinda

November 2025

- 1.Yoga Pilgrims at Purna Vidya Ashram
- 2.Reflections of Vedanta One Year Course Students

December 2025

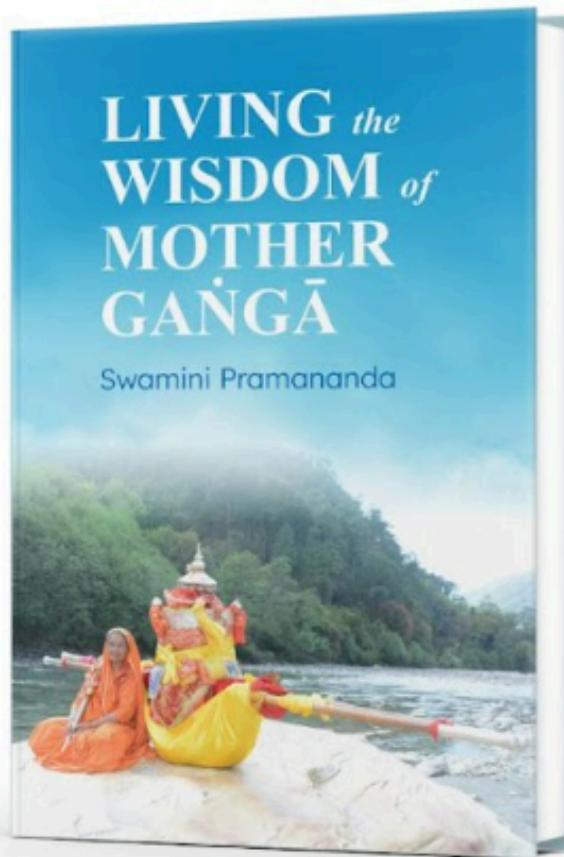
- 1.Karthigai Deepam
- 2.Yin Yoga Retreat

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We Thank Our Global Vedic Heritage Teachers For Their Seva In Teaching Our Younger Generation, Bharat's Sacred Cultural Heritage.

25

2025 Year End Report

2025 has been another exciting year for the younger generation in the live online programs.

Courses on Ramayana, Mahabharata and Puja Vidhanam were completed by enthusiastic group of children.

Children are actively continuing their learning journey programs launched on Topics of Bhagavata Purana, Values and Sanatana Dharma.

The Bhagavad Gita and Lalita Sahasranamam chanting courses have continued by children attending these classes regularly last two years.

Children and parents deeply appreciate the structured teaching of Purna Vidya online programs.

The three Heritage satsangs on topic of Puja Vidhanam was received well.

Vedic Heritage teachers participated in refresher training and about we had about ten participants commencing their teacher training program.

As we step into 2026 , we launch three new courses in the New year

These include the Puranic and Moral tales, Ramayana and Bhagavad Gita Chanting.

New groups of teacher training , refresher training for teachers and other exciting events are planned for Vedic Heritage Teaching Program.



Our Vedic Heritage Teachers



Madhurima Ji



Vasumathi Ji



Janaki Ji



Sudha Omprakash Ji



Kalpana Ji



Kranthi Ji



Satyapriya Ji



Milan Ji



Chandrasekar Ji



Amit Ji



Anil Ji



Subramaniam Ji



Bhupendra Ji



*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)

Namaste Dear Friends!

Let us learn to accept pain as part of the natural functioning of the body without any resistance. First and foremost we need to acknowledge our pain and express them. We need to seek medical expertise while immersing ourselves in prayers and meditation. By spending time with oneself, we allow ourselves to go deep within and to reflect. At times even thanking the pain would become essential. As we close 2025 and move into 2026, may we reflect and remember the moments when God's presence helped us in navigating our pains and remember that HE is always present. There is never a moment where and when we are separate from HIM.

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

