



03/25

NEWSLETTER

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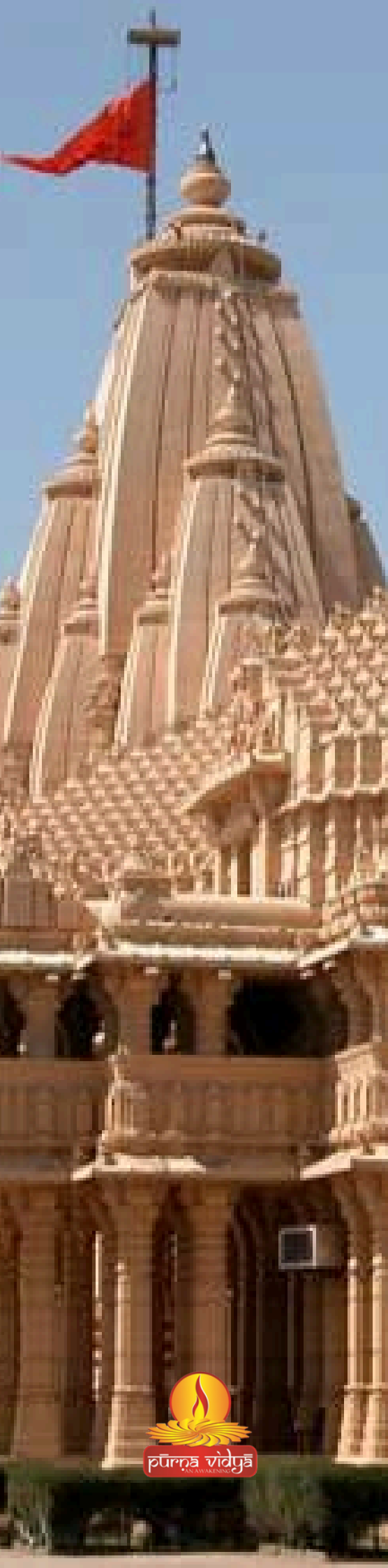
AMMAJI'S MESSAGE

Dear Readers,

The sun, being the life sustaining force of this planet, is worshipped by the Vedic culture as well as by other ancient cultures around the world. The sun is worshipped for the warmth, energy and light it continuously provides for all the living beings. In the Vedic vision, worship of the sun is worship of īśhvara, the Lord in the form of the sun and its functions. As an object of this worship the sun becomes the sun deity, called Sūrya -devata.

Prayers to Sūrya -devata can be offered in the form of a Shloka, a Stotram or the Gāyatri mantra. The Gāyatri mantra is an important prayer dedicated to the sun deity.





It is a Vedic chant which is considered as a highly efficacious prayer for brilliance and knowledge. The Gāyatri mantra is in the meter called Gāyatri and recited following the meter. Traditional practice is done with a formal initiation process through a Guru who teaches the meter and proper intonations.

In the Yoga literature various physical postures known as āsanās are described. These āsanās are performed as an exercise for the well being of one's body and mind. One such āsana is called Sūrya namaskāra, prostration to the sun. The physical posture is accompanied by a prayer to the sun deity, which consist of twelve mantras to be chanted for each posture.

Worship of Ishvara in the form of the sun deity occupies an important place in this Vedic way of life. The sun is the source of life-giving energy and sustenance. One expresses one's gratitude to the sun deity by offering prayers unto him.

Sūrya devata is also represented in Hindu astrology and is known as the Chief deity among the nine classical planets known as the Navagraha. He is the radiant force that illuminates the cosmos and energizes every living being.



Love and Blessings,

Annaji



महामृत्युञ्जय मन्त्रः

new sequel
{Part 01}

Today, we spent the session unfolding the meaning of the mahāmṛtyuñjaya-mantra. The mahāmṛtyuñjaya-mantra is said to be a mṛtasañjivana-mantra or a mokṣa-mantra. It is a mantra with the power to grant release from death itself. This ancient and very special mantra appears in all three Vedas, and it is said that if chanted regularly, it wards off untimely death. Even if a person is very sick, it is believed to slow down the process of death, delaying and pushing it away. Such is the power of this mantra.

In fact, when people apply bhasma (vibuthi) —the sacred ash—on their foreheads or bodies, the mṛtyuñjaya-mantra is often chanted. This mantra is used not only during japa (repetitive chanting of a mantra) but also in fire rituals called homa. In japa, a mantra is chanted a minimum of 108 times while counting on a string of beads. The mṛtyuñjaya-mantra is also chanted for protection through a special fire ritual called mṛtyuñjaya-homa. It is part of the culture to organize a mṛtyuñjaya-homa when someone is seriously ill, or facing danger to their life. Family members often arrange for this ritual to invoke divine protection and healing. The mantra is believed to bring healing, rejuvenation, and nurturance to one's health.



According to the Purāṇas, Sage Mārkaṇḍeya was the only one on earth who knew this mantra. He taught it to Satī, the daughter of Dakṣaprajāpati, so that it could be passed on to Candra, the moon god. Candra had been cursed by his father-in-law, Dakṣa, for favouring one of his 27 wives, Rohiṇī, above the others. To protect himself from the effects of this curse, Candra sought refuge in Lord Śiva and used the Mṛtyuñjaya-mantra for his protection. This ancient story reflects the power and significance of the mantra.

Let us now look at the mantra and its recitation:

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥
**Oṃ tryambakam yajāmahe
sugandhiṃ puṣṭivardhanam
urvārukamiva bandhanān-
mṛtyormukṣiya mā'mṛtāt**

महामृत्युञ्जय मन्त्रः

The mantra begins with the sacred syllable Om, which represents the divine. Om is a name of the Lord and signifies the protector of all life and the Universe. In this context, the cosmic being is given the form of Lord Śiva, the three-eyed One.

Tryambakaṃ yajāmahe – means we offer our worship. Why do we worship this form of Lord Śiva? Because his three eyes represent the luminaries – the sun, the moon, and fire. These natural sources of light symbolize his effulgence and cosmic power. Unto that divine form, we offer our worship.

Sugandhim – The mantra describes this form as meaning fragrant— a fragrance that heals, nurtures, and protects.

Puṣṭivardhanam – means one who enhances well-being and prosperity. Lord Śiva is known as the compassionate being who bestows blessings on all devotees, regardless of who they are.

Urvārukamiva – The mantra uses the example of a ripe watermelon to illustrate this liberation. Just as how an urvārukam, a ripe watermelon effortlessly detaches from the vine. Similarly, may our minds mature and detach from the bondage of death. This maturity comes through learning and inner growth. Just as the ripe fruit separates naturally, so too should our consciousness separate from the limitations of physical existence.

Mṛtyormukṣīya-bandhanāt – means, liberate me from death. Bandhanāt refers to the bondage of death. This is what we seek from him. The mantra requests freedom from the cycle of death and rebirth.

Achieving deathlessness is compared to attaining emotional maturity. This maturity precedes the realization of our immortal nature. The body undergoes changes—birth, growth, decay—but the soul is beyond these physical transformations. The soul is not composed of the five physical elements but is of a higher, eternal nature connected to the cosmic being. Our essential self is consciousness itself—timeless, deathless, and infinite.

The mantra emphasizes the need to awaken to our true essence, which is already immortal. The obstacle to this realization is our lack of preparedness or maturity. Just as a fruit must ripen to detach from the vine, we too must mature emotionally and spiritually to realize our eternal nature.

Mā'mṛtāt – The final line of the mantra, means “do not let us turn away from immortality.” Despite our true nature being immortal, we often identify with the physical body and the material world, which leads us to perceive ourselves as mortal. The mantra seeks divine grace to keep us aligned with our immortal essence.

The mahāmṛtyuñjaya-mantra is a profound Vedic prayer revealed in the three Vedas. Chanting it is believed to offer the greatest protection against death and to invoke the healing grace of Lord Śiva, the cosmic protector.

Yin Yoga



Yin Yoga – the Seagrass archetype - Yin Yoga version of Viparīta Karani (विपरीतकरणी)

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, twists, and poses focusing on the hip rotators, hip flexors, hip adductors, and the shoulders/ chest area. I have added two archetypes as an addition to Paul Grilley's seven archetypes in my training manuals.

Now, as we are completing the Yin Yoga series on the archetypes with this newsletter, you will have gained an overview of all 7+ 2 archetypes. After presenting the first eight archetypes (forward bends, backbends, side bends, twists, hip rotator stretches, adductor stretches, poses for the shoulders-chest area and poses with hip extension), it's time to explore the last archetype of the nine: the Seagrass archetype of the inversions in Yin Yoga. In Hatha Yoga, there are a few inversions that turn the whole body upside down, such as Shoulder Stand and Headstand. In this newsletter, we present three Yin Yoga inversions that partially invert the body: Seagrass primarily inverts the legs, Golden Gate provides a gentle inversion of the torso, and Dangling offers a full inversion of the upper body.

Seagrass archetype:

The Viparita-Karani archetype is characterized by postures in which the body or parts of the body are in inverted positions. These postures often serve to relieve pressure on the veins and lower extremities and to improve lymph flow in these areas (when the legs are inverted, as in Seagrass).

To relieve/stimulate the abdominal organs and thus digestion (when the torso is inverted, as in Anahata), and possibly even to relieve pressure on the spine (e.g. in Dangle). Inverted postures create new perspectives on life. Many practitioners also experience that inversions calm the mind and the nervous system. The ability to concentrate can increase, tiredness can disappear, excitement can calm down - all of these are possible individual benefits.

1. Seagrass - Yin Yoga version of Viparīta Karani (विपरीतकरणी)

Viparīta Karani translates to "inverted action" or "legs-up-the-wall pose." Target area of the pose (this is where you will possibly feel a stretch): for some a mild, for others an intense stretch of the whole back line of the body, with focus on the back leg.

How to enter Seagrass Pose:

To enter Seagrass Pose mindfully, begin by lying on your back in a comfortable position on your mat. Ensure that your body feels supported and that you are grounded in the present moment with a few deep breaths.

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Gently bend your knees and place your feet flat on the mat, hip-width apart. Keep your arms resting by your sides or by your head with your palms facing up, encouraging openness and relaxation. Press into your feet and slowly lift your hips off the ground, creating space to slide the bolster underneath your sacrum. Ensure that the bolster supports the back of your pelvis rather than the lower back, allowing for a stable and comfortable foundation. Take a moment to notice how your sacrum rests on the bolster, making any small shifts to find a position where you feel both supported and at ease. When you feel ready, gently extend your legs upward, allowing them to relax completely. You can rest them in stillness, or move them slightly, just like seagrass under water would move. Close your eyes and bring awareness to your breath. Allow each inhale to create space in your body and each exhale to release any lingering tension. Feel the gentle opening in the back body, the restful inversion in the legs, and the grounding support of the bolster beneath you. Hold for 2–5 minutes, observing sensations with awareness and maintaining a gentle, meditative focus. If you are experiencing any discomfort or strain, please exit the pose before time is up, prioritising your comfort and well-being. Let your breath guide you as your body settles in.



How to leave the pose:

To exit Seagrass Pose, begin by bringing awareness to your breath and very gently engaging your core. Slowly lower your legs back to the ground one at a time. Gently slide off the bolster and bring your sacrum back to the ground. Rest on your back for a few breaths, letting your body integrate the effects of the pose before moving into your next position. Move mindfully, honoring your body's sensations as you transition. Resting on your back, notice the rebound effect in the areas that were stretched or inverted. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.

Effects of the pose:

- ✓ Decompression of the entire length of the spine.
- ✓ According to Iyengar, a posture that 'relaxes' the heart.
- ✓ Inversion: in inverted Yoga poses the flow of blood, lymph and of the cerebrospinal fluids are stimulated.
- ✓ Compression and massage of the digestive organs on the diaphragm in the inverted position.
- ✓ Massage and stimulation of all internal organs in the inversion with every breath.

Contraindications to the pose:

- ✗ Avoid putting any strain, tension or pressure towards the neck area, especially if it's a sensitive area for you (this neck strain can happen if you are using too high of a bolster underneath the sacrum).
- ✗ During menstruation some women avoid inversions completely and it stops their blood flow. Others love them and it even relaxes their cramps. Make your own experience with the pose.



2. Golden Gate - Yin Yoga version of Setu Bandha Sarvāṅgāsana (सेतु बन्ध सर्वाङ्गासन)

Setu Bandha Sarvāṅgāsana translates to "Bridge Pose", emphasizing the lifting of the pelvis and chest, forming a bridge-like shape with the body." Target area of the pose (this is where you will possibly feel a stretch): hip flexors, (quads), lower abdomen, chest, shoulders, spine in backbend.

How to enter Golden Gate Pose:

To enter Golden Gate Pose mindfully, begin by lying on your back in a comfortable position on your mat. Ensure that your body feels supported and that you are grounded in the present moment with a few deep breaths. Gently bend your knees and place your feet flat on the mat, hip-width apart. Keep your arms resting by your sides with your palms facing up, encouraging openness and relaxation. Press into your feet and slowly lift your hips off the ground, creating space to slide the bolster underneath your sacrum. Ensure that the bolster supports the back of your pelvis rather than the lower back, allowing for a stable and comfortable foundation. Lowering your pelvis onto the bolster, letting your body adjust to the support beneath you. Take a moment to notice how your sacrum rests on the bolster, making any small shifts to find a position where you feel both supported and at ease.

When you feel ready, gently extend your legs forward, allowing them to relax completely. Let your feet roll outward or inward naturally, softening any tension in the hips and legs. Alternatively, you can put blocks underneath the heels - this would be milder for your lower back. You can place a blanket over your pelvis to encourage protection and relaxation, allowing your body to settle into the pose with ease. Try out positioning your arms next to your head. Close your eyes and bring awareness to your breath.

Allow each inhale to create space in your body and each exhale to release any lingering tension. Feel the gentle opening in your front body and the grounding support of the bolster beneath you. Hold for 2-5 minutes, observing sensations with awareness and maintaining a gentle, meditative focus. If you are experiencing any discomfort or strain, please exit the pose before time is up, prioritising your comfort and well-being. Let your breath guide you as your body settles in.

How to leave the pose:

To exit Golden Gate Pose mindfully, first bring awareness to your breath and gently engage your core by rolling your feet up again. Slowly bend your knees back towards the bolster, ensuring minimal effort. Press your feet into the mat, lift your hips slightly, and carefully roll the bolster towards your knees, before easing your spine down to rest fully on your back. Resting on your back, notice the rebound effect in the areas that were stretched or inverted. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.

Effects of the pose:

- ✓ Nicely targeting the psoas and the iliac part of the iliopsoas muscle.
- ✓ Stretching deep into the lower abdomen.
- ✓ Opening of lower abdomen can help in cramps: both menstrual and stomach cramps.
- ✓ Stretching the whole frontside of the body.
- ✓ Releasing in the area of the inguinal ligament.
- ✓ Blocks under heels help release if there is too much compression / pressure in the lower back.



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Contraindications to the pose:

✗ lower the bolster or exchange with a blanket, if the lumbar backbend is too intense.

✗ go slow if there is scar tissue (like in recovery after a cesarian): start with a blanket underneath the sacrum, then maybe a low and soft block, and only after months proceed to a higher bolster.

3. Dangling - Yin Yoga version of **uttānāsana** (उत्तानासन)

Target area of the pose: whole back of the body, especially hamstrings and erector spinae.

How to enter Pose:

To enter the Yin Yoga pose of Dangling from Down Dog using props, start from a kneeling position into Downward Facing Dog with your hands and feet firmly grounded. Walk your hands back towards your feet, bending your knees generously to protect your lower back. Optionally place a vertical standing bolster or stacked blankets under your chest and forehead for support as you fold forward, allowing your head and neck to relax completely. Let your arms hang down or rest them on the props, ensuring your body is fully supported. Arm variations include holding elbows, resting the hands on the back of the legs, or resting your hands on the back of the head to intensify the neck stretch.

Maintain a completely natural, even breath as you stay the pose for 2-3 minutes, allowing your body to releasing and relaxing tension gradually, sinking deeper and deeper into the pose.

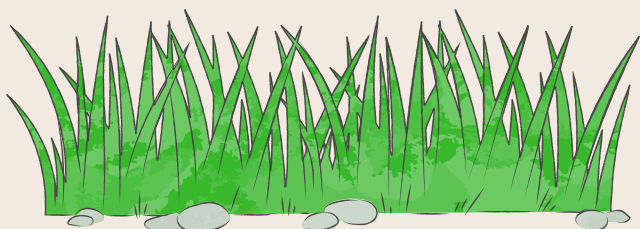


How to leave the pose:

To exit the Yin Yoga pose Dangling, slowly bend your knees deeply and lower your hands to the floor. Gently lower your hips and transition into a squat, then carefully roll down onto your back or turn onto your belly, using your hands for support and control. Resting on the floor, notice the rebound effect in the areas that were stretched or inverted. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.

Effects of the pose:

- ✓ Stretching of the fascia in the back area.
- ✓ Stretching from toes to eyebrows, the entire back of the body.
- ✓ Strong stretching along the back of the legs and possibly also the calves for people who do not feel any stretch there in Caterpillar.
- ✓ Inverted posture, thereby stimulating the diaphragm and digestive organs.





Contraindications to the pose:

✗ with high blood pressure, high intra-ocular pressure, glaucoma, diabetes, migraines/headaches, don't let your head sink lower than your heart. Otherwise an excessive feeling of pressure can arise in the head area.

✗ Same counts when having a temporary head cold, cough, etc - there might be a unpleasant pressure in the head.

✗ If you have back pain, bend your knees a little more if the pain is coming from the intervertebral discs. If you have fascial pain, approach the posture slowly.



Please always consult with your doctor and/or therapist before practicing any yoga pose, making sure the practice is adequate for you.

• Text & model: Helga Baumgartner
 • Fotocredits: Ankit Sharma, Yogaphotography Rishikesh
 • Support: Isabel, Kerstin, Judit, Alexandra, Gela, Birgit und Nina



Ongoing Weekend Sessions in April 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series

Sri-daksinamurti-Srotram

New
Course

Starting Date : 08th Mar' 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, 12th Apr, 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, 19th Apr, 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



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The Power of Prayers Series Sri-daksinamurti-Srotram

-A Hymn on Lord Shiva

STARTING DATE: 08 MARCH, 2025

EVERY SATURDAY, 12 NOON IST

TOTAL 19 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

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- by Swamini Pramananda (Ammaji)

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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:

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

   Program Calendar 2025			
	Vedanta & Samskrta	Vedic Heritage	Yoga
April	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)	12 : Vedic Heritage Satsang (Online)	
May	17 : Gita Satsang (Online) 3, 10, 17, 24, 31 : Power of Prayers (Online) 4, 11, 18, 25 : Vedanta studies (Online)	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	1 - 18 : Sri Vidya Upasana Course (Tamil)
June	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)	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	21 : International Yoga Day 24 - 29 : Yin Yoga Teacher Training (Online)
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	Vedanta & Samskrtaṃ	Vedic Heritage	Yoga
July	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)	5 : Vedic Heritage Teacher Training 12 : Vedic Heritage Satsang (Online)	
Aug	16 : Gita Satsang (Online) 2, 9, 16, 23, 30 : Power of Prayers (Online) 3, 10, 17, 24, 31 : Vedanta studies (Online)	9 : Vedic Heritage Satsang (Online) 20 - 21 : Subala - Camp for School Kids 23 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 30 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	
Sep	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)	6 - 7 : Sukarma Retreat 11 - 12 : Subala - Camp for School Kids 13 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 13 : Vedic Heritage Satsang (Online) 20 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	

			
<h2>Program Calendar 2025</h2>			
<div>Oct</div>	<h3>Vedanta & Samskrtaṃ</h3> <p>18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)</p>	<h3>Vedic Heritage</h3> <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>	<h3>Yoga</h3>
<div>Nov</div>	<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>	<p>20 Nov - 5 Dec : Yin Yoga Teacher Training</p>
<div>Dec</div>	<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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Upcoming Retreat / Courses Apr to May, 2025



Vedanta Retreat

Apr 26 to May 06, 2025

Srimad Bhagavad Gita Course (Tamil) Chapter 1 -18

01 to 18 May, 2025

Vedic Heritage Teacher Training (Part 1 - 6) School & Communities

May 24, 2025

Vedic Heritage Teacher Training (Part 7 - 12) School & Communities

May 31, 2025

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>
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16 UPCOMING 2025 RETREAT/COURSES



பூர்ண வித்யா

ஆன்மீக அன்பர்களை அழைக்கிறது



Upcoming
Course in
2025

ஸ்ரீமத் பகவத் கீதை

ஆன்மீக முகாம்



1st to 18th May, 2025

- கீதையானது, நம் வாழ்வில் அன்றாடம் சந்திக்கக்கூடிய அனைத்து சிக்கல்களைப்பற்றியும் ஆராய்ந்து தீர்வை அளிக்கக்கூடிய 18 அத்யாயங்களை கொண்ட நூலாக இருக்கிறது.
- நம் மனதில் பொதுவாக வரக்கூடிய அனைத்து சந்தேகங்களைப் பற்றியும் அலசுகிறது. இந்த பிறப்பு, இறப்பு, மானுட வாழ்க்கை இறைதத்துவம், மோட்சம், அதை அடைதல், ஆகியவைகளை மிகவும் ஆழமாகவும், விளக்கி நம்மை மேலான நிலைக்கு உயர்த்துகிறது.
- இந்த விவரங்களை புரிந்து அனுபவிக்க, நம் மனதை தயார் செய்ய தேவையான பயிற்சியான தியான வழிமுறைகளையும் நமக்குத் தருகிறது.
- இவைகள் அனைத்தையும் ஒருங்கே பயின்று 18 அத்யாயத்தை 18 நாட்கள் இருந்து முழு பகவத்கீதையும் கற்பதற்கு இது கிடைப்பதற்கரிய வாய்ப்பாகும். எனவே இதை பயன்படுத்தி நாம், நம் வாழ்க்கையை செம்மைப்படுத்தி ஆன்மீகத்தில் நிலைத்து நிற்போமாக.

மேலும் அறிய

<https://purnavidya.org/upcomingevents/programs/bhagavad-gita-in-tamil>

For More Information:

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UPCOMING 2025 RETREAT 17



Ganga Dasahara Celebration

June 5th, 2025

Our scriptures are rich with hymns extolling the upliftment of all humanity through charitable giving (daana) and selfless service (seva), not only for the betterment of the lives of those suffering, but also for the giver's own spiritual growth. Lakhs of people visit the Ganga belt each year, to pay their tributes to the only ancient living civilization and experience the Deva Bhumi.

As we celebrate Ganga Dasahara on June 5th, 2025, please join us in supporting the outreach activities in the Ganga Valley.

Join Us in Offering to our Sacred MaGanga

Annadanam (for three meals/day)	Rs.16,001/-
Annadanam (For one meal /day)	Rs.7,501/-
Evening refreshments for tuition kids	Rs. 4,001/-
Dipa-danam – Sacred Lamp Offering	Rs.3,001/-
Balika Vidya Danam (Educate a girl child)	Rs.15,000/-

For Puja Offering and Donations:

Option 1:

Contribute for Dipa-Danam offerings: <https://purnavidya.org/ashram#PVE>

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

Please sign in with your user profile and contribute by visiting <https://purnavidya.org>.

Option 2:

<https://www.trusteddonations.com/ngoDetails/TN-2021-0277856>

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Annadanam (for three meals/day) : Rs. 16,001/-



Annadanam (For one meal /day): Rs. 7,501/-



Evening refreshments for tuition kids: Rs. 4,001/-



Balika Vidya Danam (Educate a girl child): Rs. 15,000/-



Ganga Dasahara Retreat

Tapasyalayam, Uttarkashi, Himalayas June 1-8, 2025
(Arrival - 1st June ; Departure 8th June)

Ganga Dasahara is a festival that celebrates the descent of the River Ganga on Earth. At Tapasyalayam on the bank of the sacred Bhagirathi-Ganga, each year Purna Vidya celebrates this festival with a Spiritual Retreat for Seekers.

Join Us and Register Now.

The daily Program Schedule Includes

- Talks on 'Ganga Stotram - Hymns to MaGanga'
- Meditation
- Yoga
- Chanting
- Satsangs on MaGanga & Himalayas
- Village Treks

**Also includes a day trip to Gangotri*

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

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UPCOMING 2025 VEDANTA COURSE 19



Purna Vidya foundation invites
Spiritual Seekers to

Upcoming
Course in
2025

VEDANTA COURSE

One month Residential course



July 9th to Aug 9th, 2025

Join us on a transformative one-month retreat, where we explore the timeless wisdom of the Bhagavad Gītā with personalized, experiential guidance from an acharya with over 40 years of experience

TO KNOW MORE

<https://purnavidya.org/vedicwisdom>

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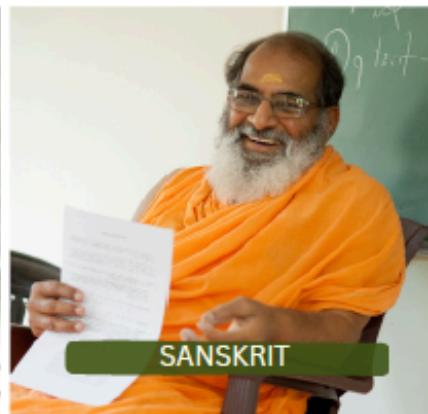
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20 UPCOMING 2025 VEDANTA COURSE



Join us for an immersive one-month course which offers an unique opportunity to explore the timeless wisdom of the Gītā by providing practical insights and relatable solutions to modern life. In addition, a talk series on "Spiritual Heritage of India", as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.



This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience

[REGISTER HERE](#)

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Join 'Thought for the Day' series

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

Namaste all!

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

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

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

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

Embark on a journey of enlightenment and inspiration with us!

Warm regards,
Suresh Ramamurthi
Trustee



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



INTERNATIONAL WOMEN DAY



On 8th March, Tapasyalayam Ashram hosted the International Women Day event. Many heart rendering stories were shared by women describing their life-challenges and how courage and self-confidence helped them tide over their troubles.

PM Modiji arrived in Mukhya village of Ganga Valley on March 6th. He flagged off Winter tourism for Uttarakhand. Ammaji participated in the event and met the PM along with the villagers.



A PILGRIMAGE TO MAHAKUMBH



The most remarkable pilgrimage of this lifetime was the journey to Prayagraj with dozens of devotees for Mahasivaratri at Mahakumbh.

Mesmerizing was the experience of our time together at the Sangam, while we offered our prayers and took our sacred dip in the holy waters.

We bow with deepest gratitude for the loving care and dedication of so many people seen and unseen, known and unknown as well as the great leadership of our Honorable Prime Minister Narendra Modi and chief Minister, Yogi Adityanath who made it all possible for 65 crores of Devotees globally to become one with Mother Ganga at the largest event of humanity.







Early March Ammaji brought many close supporters to the Ganga valley to share the great cultural work being done by Purna Vidya in the valley.



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GANGOTRI TRIP





The first agenda reaching Tapasyalayam, meant Darshan of Mother Ganga at Gangotri for Ammaji and the devotees. With the snow still on the ground and the appearance of the sliding Moraine, the cold devbhumi offered it's warm embrace and blessings.





After a quiet winter break of two months, the Tuition classes resumed for Children of Netala and Siror Villages at Tapasyalayam ashram.

Get your copy



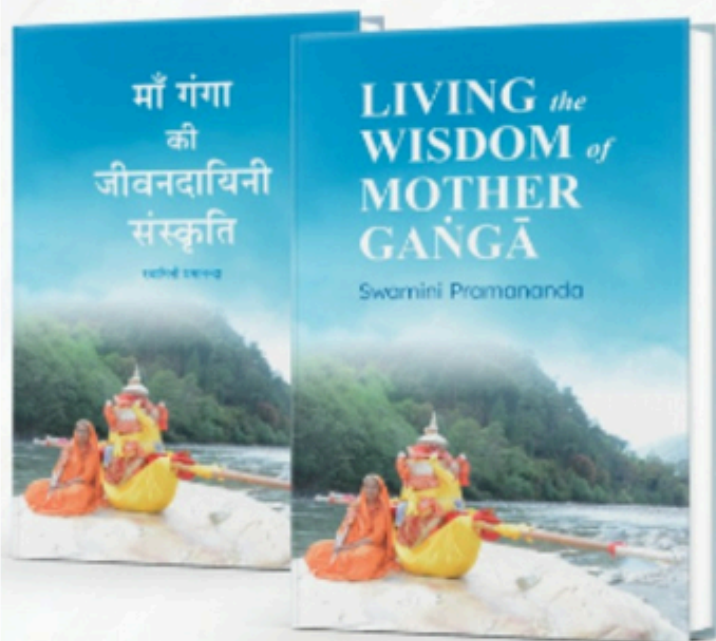
SCAN ME

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.

Contact Us at :

For More Information:

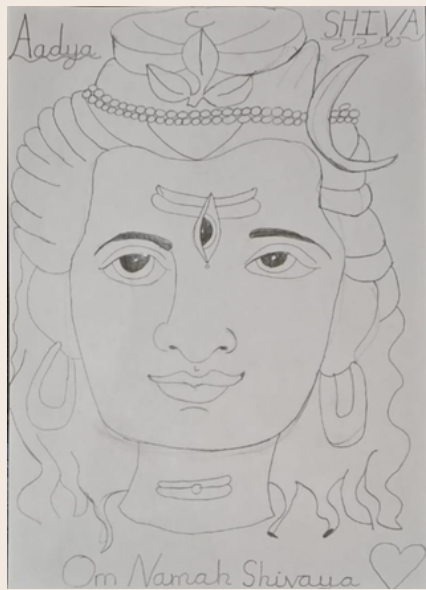
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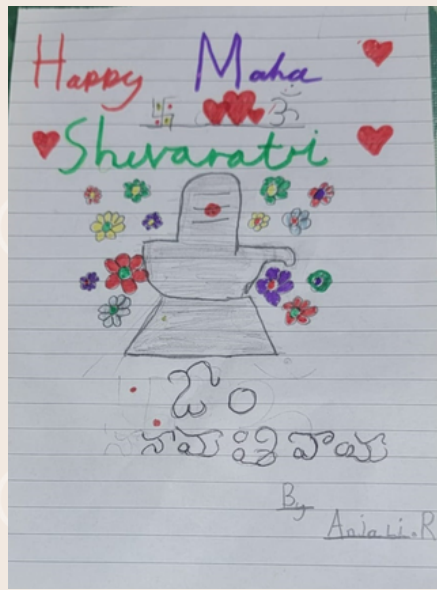
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30 PURNA VIDYA VEDIC HERITAGE COURSES STUDENTS-MAHA SHIVARATRI PICTURES

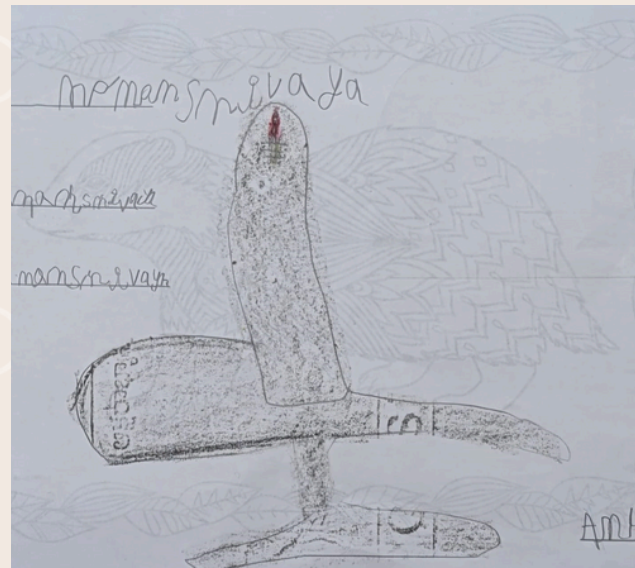
Aadya



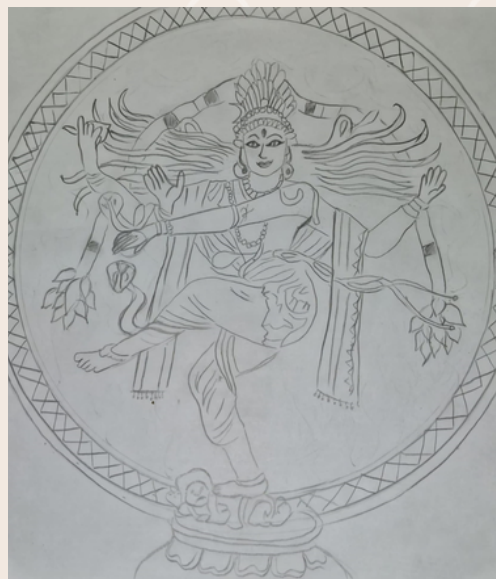
Anjali



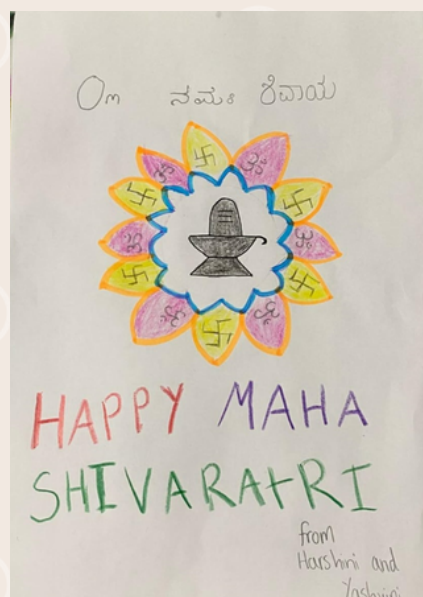
Anushtup



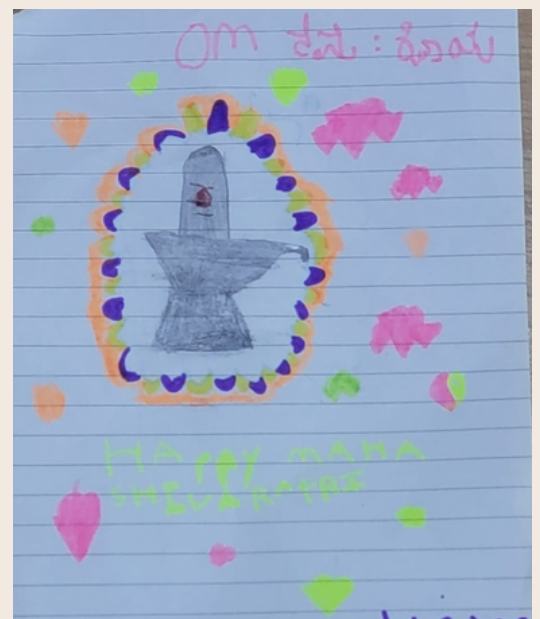
Harini



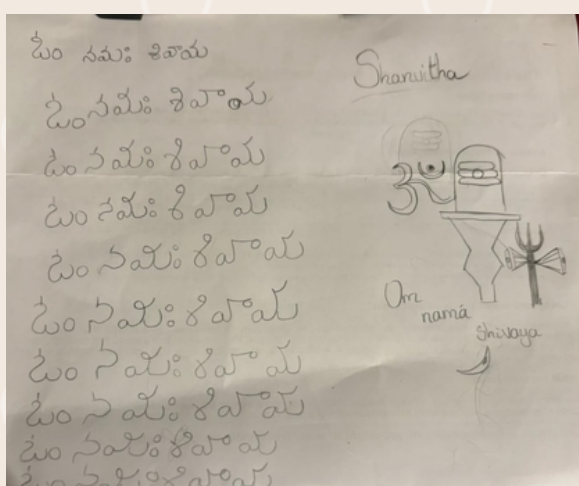
Harshini and Yashvini



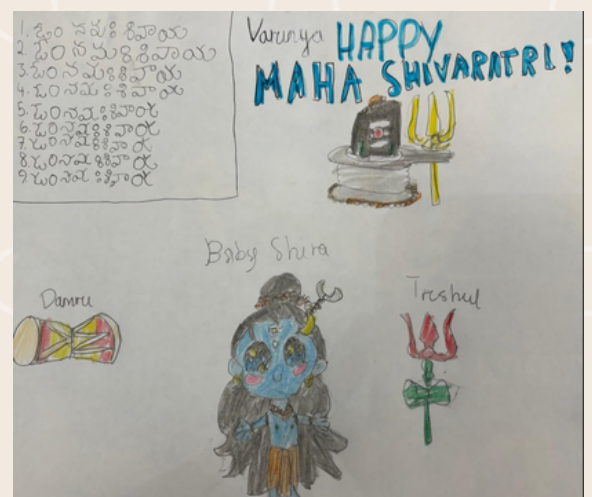
Rohan



Shanvita



Varunya





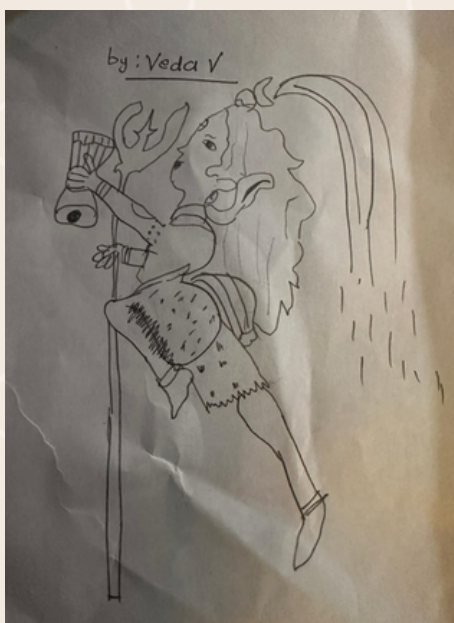
Sahishna



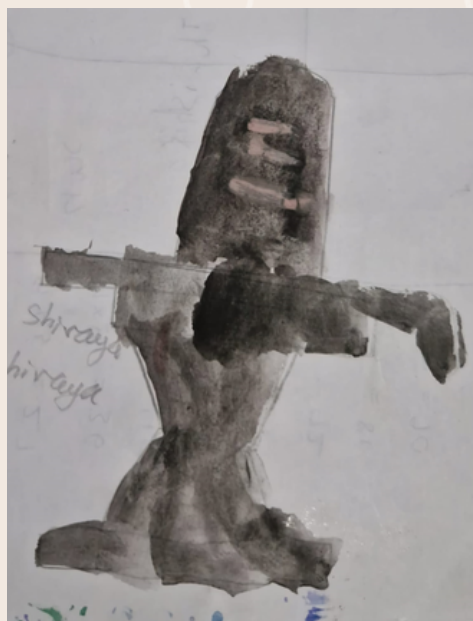
Sreehari



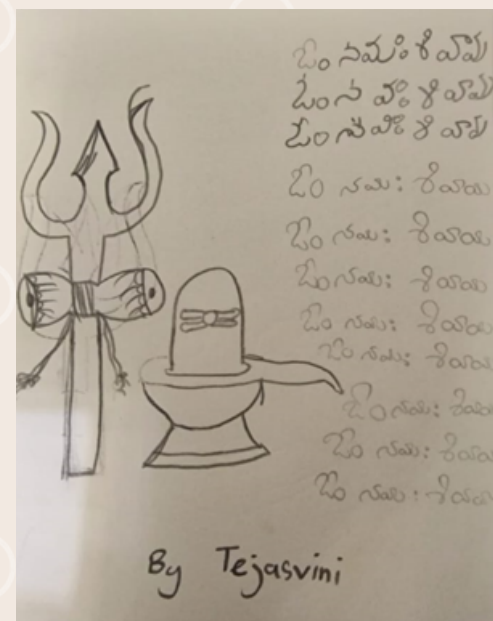
Tejasvini



Veda



Thrishika



Tejasvini



*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

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

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

The origin of Sūrya worship is found in the Rig veda. He is revered because He could be seen with the naked eye. The power of Lord Sūrya invokes courage, authority, willpower and vitality. There are several chants prescribed in the Vedas. A simple chant would be Ōm Sūryaya Namaha. This invokes the Sun's energy, promoting confidence, success, and health. Lord Sūrya is also celebrated widely in various festivals to extend our gratitude for a good harvest. These festivals vary regionally in India. They are known as Pongal or Makara Sankranti.

A fun fact is that Lord Sūrya was the guru of Lord Hanuman and that explains Lord Hanuman's brilliance and knowledge.

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

