Vol.80_04|2025

pūrṇa vidyā
AN AWAKENING

04|25 NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Trust is a sentiment which generates a sense of security, a confidence that my environment is responding to me positively. Trust means that whatever situation or environment I am in is for me to experience. It's a very silent emotion. An emotion that doesn't speak but it's an experience of a security. It tells me that my environment is responding to me. However, trust towards people is relative because it begins from a basic trust to a basic mistrust. It can depend on how trust was developed in our childhood.

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As a child, if the environment and family was not consistent nor conducive, from the standpoint of the caregiver or elders or it may not have been available to me, then at a young age I form a basic mistrust. A basic mistrust can creep from infancy.

To understand trust, two factors are very important. One is what has been our experience with people. The second is whether one has the capacity trusting or distrusting people or situations. Both are needed in developing trust. Both are needed in developing trust.

When we talk about trust in GOD, it is a trust we know from how I perceived, and how the environment supports. Trust in God means trust in the infallible. “The Lord is Infallible.” Do we trust in the infallibility of the cosmic order being called the Divine being that His universe operates with HIs laws? He’s the lawgiver and there’s order in this creation. There’s justice in this creation and it’s a law that does not fail. It’s the same law for all. All life forms enjoy a law that we call Dharma; the moral order of the universe that holds life together. This law from the omniscient being cannot fail because it’s coming from the infallible being. We say it doesn’t fail because in the life forms which are programmed, there are no issues, it is consistent.

Likewise Dharma exist for human beings too as we have a faculty of choice. Thus, when one chooses a good or right action then the consequence will be positive. When one chooses a disturbing action that disturbs the harmony or the balance of that order, the consequence will be harmful to the environment and to oneself. This is law that cannot be surpassed nor bypassed because the universe is consistent in executing its laws for all. For a devotee trust needs to beeffortless. Therefore the question we now need to ask is whether our trust is effortful or effortless? Maturing of devotion is about working with this trust.

ॐ

Love and Blessings,

Ammaji

मार्गबन्धु स्तोत्रम्

new sequel

{Part 01}

Today, we begin our study of a new text, one that holds a special place in the hearts of devotees, the ***Mārgabandhu-stotram***. As many of you already know, a stotram is a collection of devotional verses, usually composed to praise and invoke the blessings of a deity. If you have only a single verse, it is often referred to as a śloka. But when a number of such verses are grouped together, forming a unified set with a devotional theme or purpose, that is called a stotram. And so, the Mārgabandhu-stotram is precisely that — a cohesive group of verses composed to invoke and celebrate a divine friend, a guide on life's path.

Let us look more closely at the name itself. The word ***mārgabandhu*** is a compound Sanskrit term – ***bandhu*** means friend or companion, ***mārga*** means path, or more expansively, the journey of life. So mārgabandhu translates to 'the friend of the path' or 'companion on the journey'. It's a beautiful way to describe the divine as one who does not merely sit on high to be worshipped from afar, but one who walks alongside you, step by step, through the twists and turns of life.

This ***stotram*** is traditionally chanted before undertaking any significant journey—physical, emotional, or spiritual. Whenever we step away from our familiar base, whenever we enter unknown territory, we recite the ***Mārgabandhu-stotram*** to remind ourselves that we are not alone. The divine presence, our eternal friend, walks with us. He is our ***bandhu***, our true companion.

It is no ordinary thing to be able to call the 'Infinite' — this vast, divine, boundless being —our friend. Think about that. First, we saw the divine as a healer, as someone who could cure us of our afflictions. Then we elevated him to the status of creator, and ourselves to the role of humble devotees or created beings. But here, we see an even more intimate relationship unfold – the divine as our friend.

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मार्गबन्धु स्तोत्रम्

Now, what truly is a friend? In Sanskrit, a friend is described as ***snehena manaḥ badhnāti*** — one to whom the mind is bound through affection and love. Friendship is not just about shared experiences; it is about emotional connection, a bond of trust, of mutual support and companionship.

However, there's a beautiful contrast to note here. In worldly friendships, we often find ourselves becoming attached, emotionally entangled, dependent, sometimes even drained. But when we cultivate friendship with the divine, that very friendship leads us to detachment from the world. It leads us to ***vairāgya***, a sense of inner freedom. In the company of the Lord, we do not become weighed down, we become lifted.

This is the essence of the wisdom behind the saying ***satsaṅgatve nissaṅgatvam*** —in the company of the good, the wise, the divine, we develop detachment from what is false and fleeting. There is a deep pull, an absorption that happens when we align ourselves with the divine. All we truly need in life is one trustworthy companion. Isn't that true?

If we reflect honestly on our lives, we might know many people, perhaps thousands. Facebook might list 5000 friends. WhatsApp might have 2000 contacts. But how many of these people are truly companions on your life's journey? How many walk with you through your joys and your sorrows, through your celebrations and your despair?

In each of our lives, if we have four or five people who are genuinely present with us, who walk with us in harmony, that is a blessing beyond measure. You may say, "Ammaji, no, I have a large extended family and so many friends." But really ask yourself, in your day-to-day life, how many people are truly there, not just in name but in presence? You can count them on your fingers.

And so, to have the divine as that companion, to feel that presence in our daily lives, is an extraordinary blessing. In the Bhagavad Gita, there is a classification of devotees. One of them is called the **जिज्ञासु** , ***Jijñāsu***—a seeker of truth. This seeker has grown tired of false friendships and shallow relationships. They are searching for a truth that lasts, a friend who will never abandon them.

A true friend is one who stands by you in adversity. Not the kind who appears only when life is good and disappears when the storms hit. Unfortunately, many people experience that kind of abandonment. You may have thought you had someone to lean on, only to find them gone when you needed them the most. But the divine companion never leaves you.

You may have heard the beautiful story called "Footprints in the Sand." It speaks of a man who, looking back at his life, sees two sets of footprints in the sand— his and the Lord's. But during the most difficult times, he sees only one set and feels abandoned. "Why, Lord?" he asks. "Why did you leave me when I needed you most?" And the divine answers with love, "My child, I did not leave you. It was during those times that I carried you." This is the quality of divine friendship — it is ever-present, even when we do not perceive it.

मार्गबन्धु स्तोत्रम्

Such stories are not limited to one faith or culture. Across the world, in every tradition, we find saints and sages who have lived their lives with God as their closest friend and confidant. Their devotion was not based on desperation or lack. It was an expression of fullness, of joyful relationship.

There are different kinds of devotion. One is born out of distress. When we are in pain, we cry out, "Help me, Lord!" Many of us approach the divine only in such moments. The poet Kabir writes, ***dukh mein sumiran sab kare, sukh mein kare na koi, jo dukh mein sumiran kare, dukh kahe ko hoi*** – everyone remembers God in sorrow; few remember Him in joy. But the one who remembers in joy will not be touched by sorrow.

Another kind of devotion is transactional. We go to the temple or our altar with a long list of requests: a new job, a child, a home, or something else we want. But can I stand before the divine not as a beggar, but as a grateful child? Can I say simply, "Thank you"? Thank you for life, for intelligence, for the beauty of this world, for nature's abundance, for the opportunities I have been given.

When we go on vacation, we might pay thousands for a five-star hotel. But do we stop to appreciate the five-star hotel that nature has already provided, every single night? Look up. The stars, the moon, the endless sky—this magnificent ceiling of the cosmos is part of our world. It's free. It's glorious. But we're so busy, we don't even look up.

This universe is a miracle. The seasons, the stars, the rains, the mountains, the oceans, the trees, the birds—everything is part of a grand design. The divine is not just some concept tucked away in your mind; He is life itself. He is your very breath, the intelligence in your body, the spark in your eyes. Think of your hand—how marvellously it is made. Bones, joints, muscles all working in perfect harmony. If it were designed differently, you wouldn't be able to lift, hold, or move. This is no accident—it is intelligent creation.

And who created this? The divine. The same intelligence that governs the orbits of planets also manages the systems in your body—circulatory, respiratory, digestive. This is the work of the great provider—***Bhagavān***, the Lord, who gives us everything, yet asks for nothing but love in return.

मार्गबन्धुस्तोत्रम्

Throughout history, souls have risen in every civilization who sought to understand this divine being. Saints who were born into poverty, others into wealth, some educated, some illiterate—but all driven by a longing to know God. Their lives were testaments to the presence of the divine as a friend, a nurturer, a guide.

Some of these saints composed devotional works—poems, songs, stotrams. One such great soul was ***Appayya Dikshitar***, a towering figure in South India's spiritual history. A scholar, devotee, and poet, he composed the ***Mārgabandhu-stotram*** as an offering to Lord Śiva, whom he saw not as a distant deity but as a companion on life's journey.

This stotram is traditionally associated with an ancient temple in Tamil Nadu— the ***Mārgabandhīśvarar*** Temple, over 1300 years old, located in Vellore district. There, Śiva is worshipped not as a fearsome god, but as a loving friend who walks beside you.

And that is the spirit in which we approach the ***Mārgabandhu-stotram***—with the recognition that this divine friend is not far away. He is beside us, always ready to guide, support, and uplift. In the coming sessions, we will explore the stotram verse by verse, understanding not just the meanings of the words, but the ***bhāva***, the emotional essence and spiritual wisdom embedded in each line.

Let us walk this journey with reverence and joy, knowing that we are not alone. Our ***mārgabandhu***—our companion on the path—is with us, always.

YinYoga

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Yin Yoga – Surya Namaskar #1

Salutation to the Sun Deity

A Journey through Movement & Awareness

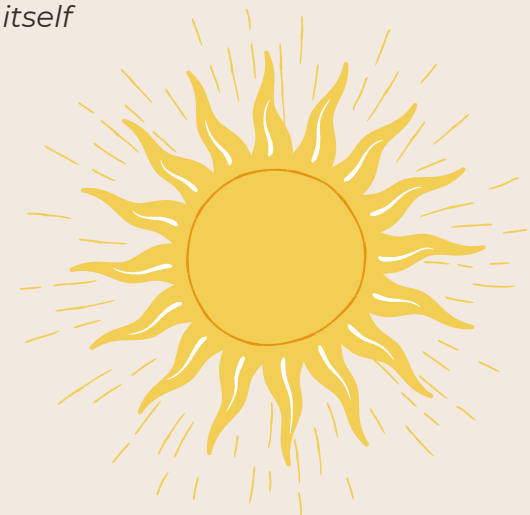
The Sun Salutationand its meaning

The Sun Salutation also known as Surya Namaskar is one of the most well-known sequences in Yoga. It connects body, mind & breath in a flowing rhythm. Surya Namaskar is a reverence practice in yoga that holds a deep significance in the philosophy and tradition of this ancient discipline.
In Yoga Philosophy, the sun symbolises the ultimate source of energy and consciousness.
Sun Salutations are a way of honoring & connecting with the sun, which is considered the life force that sustains all living beings on earth. The sun is worshipped for the warmth , energy & light it continuously provides for all the living beings . Through the practice of Sun Salutation we express our gratitude for it & for the life it gives to us and all other beings on earth.
Surya Namaskar is also referred to as the wheel of life and thus represents the never-ending-cycle of rebirth. The Sunprayer , which is named after the sun god Surya, invites us to practice the Sun Salutations in the face of the morning sun, by bathing our whole body in the life-giving-rays of the sun and anchoring the energy of the sun within us.
Practicing the Sun Salutation becomes a prayer to the sun. On a physical level this is expressed , for example, through bowing , as in Uttanasana (standing forward bend), as well as through the hands folded in front of the heart.

What are Sun Salutations ?
It's a dynamic sequence in Hatha Yoga, traditionally completed in the morning to welcome the rising sun. You will find this to be a key element in many yoga styles, as it's perfect for warming up before various activities or even as a standalone 10 minute-practice-prayer to the sun. The sun salutation consists of twelve postures .These alternating forward and backward bends maximize the flexion and extension of the spine and the entire body. The postures are performed in sync with the breath, with each movement counterbalancing the previous one to create a harmonious balance between bending & extending. Synchronising the movements with the breath ensures that you breathe deeply and rhythmically. The movements always follow the breath, lasting as long as each new inhale or exhale.

The number 12 symbolises the 12 hours of sunlight in a day & also represents the 12 months of the year . The sequence can be performed either at a brisk pace or slowly & fluidly.

The Sun Salutations combine asana, pranayama, mantra & awareness techniques.
Therefore it's a holistic, spiritual practice in itself



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YOGA PRACTICE

When to practice Surya Namaskar?
The best time to practice Surya Namaskar is at sunrise between 3:30 am and 5:30 am. This period of the day is known as Brahma Muhurta, the most conductive time for yogic practices. During Brahma Muhurta , the levels of cosmic prana (vital energy) are highest, the atmosphere is peaceful and quiet and the mind is empty of thoughts.

If you can, practice outdoors while facing the rising sun. Although your muscles might feel extra stiff in the morning , taking this time to practice will positively impact the way you move through your entire day. If practicing at sunrise does not fit into your schedule you can also practice at sunset . Sun Salutations can be a great way to unwind after a busy day , loosen up tight muscles, and find more clarity of mind. In general , you can practice anytime , as long as your stomach is empty.
(two to three hours after a big meal , less for a light snack.)

What are the Benefits of the Sun Salutation?

The Sun Salutation is a perfectly coordinated sequence of asanas seamlessly connected in a flowing movement. Each posture has physical, mental and energetic effects that, when combined and repeated multiple times , amplify one another.

Here is how the Sun Salutation works on different levels:
- Physical Body: it warms up the body, stretches & prepares it for the subsequent asana practice. It stimulates the cardiovascular system & engages all major muscle groups.

- Mental and Emotional Level: The balanced mix of forward bends , backends & inversions harmonizes body & mind, promoting focus and inner calm.

- Energetic Level:The Sun Salutation activates the body , encourages energy flow& prepares us energetically for yoga practice. It expands the breathing capacity, increasing lung volume.

How to practice the Sun Salutation

While advanced practioners can practice 12 sets of Surya Namaskar , beginners should start with two or three rounds to avoid fatigue and muscle strain. They are also advised to hold each pose for a few breaths. This slow pace gives your body time to get used to the shapes, promotes mindfulness and lowers the risk of injury.

Once you are familiar with the sequence , you can flow from one pose to the next with each breath.

The Sun Salutation as a meditative practice

Beyond it's physical challenge the Sun Salutation can also be understood as a moving meditation. Each breath brings mindfulness and each movement creates space for awareness. As you flow through each asana it's an opportunity to connect with a sense of gratitude, oneness and a deeper understanding of your place in the grand scheme of life. Those who focus on the connection between body and mind can discover a deep, almost trance-like quality within this practice.

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Sun Salutation Mantras & their meaning

Sacred Chants , known as Sun Salutation Mantras, may also accompany the Surya Namaskar. These Chants bring harmony in body, breath and the mind. As the practice deepens , so do the benefits. When chanted with sincere gratitude, awareness & humility , this sacred sequence can take the practice to an enhanced spiritual level. It harmonizes the individual'senergy channels (nādīs), awakens inner fire (agni) and restores balance to the circadian rhythms of the body. As your being begins to pulse in harmony with the sun's eternal cycle, inner and outer alignment unfolds.

How to chant the Sun Salutation Mantras ?

You can either chant the Sun Salutation Mantras out loud or repeat them silently in your mind. The important thing is to chant them with gratitude. The breath is normal and easy. Be aware of your breathing while chanting the Mantras. This will help regulate the mind. You may chant a unique mantra at each of the twelve- steps of the sequence , invoking a specific aspect of Surya with every posture.. Alternatively, you may choose a single sacred mantra , repeating it as a japa (repetition) through the entire flow- letting it become a pulse of prayer through your movement and breath.

What are the Benefits of Sun Salutation Mantras ?

You may perform the asanas at different speeds for different benefits. Chanting mantras alongside makes the practice of Surya Namaskar more powerful. It has subtle , yet penetrating effects on both , the mind and body. The mind is focused on the chanting of the mantras rather than on any discomfort in the body. The mantras praise their various qualities of the sun. In appreciating and recognizing these qualities , you open yourself to assume them.

Words have the ability to create. The intonations and meanings of the Sun Salutation create a world of positivity and power for you. These mantras unite the mind and body, breath and soul.They make the asanas more profound and fulfilling . Surya Namaskāra , when infused with mantra becomes a ritual that opens the inner gateways- to receive the solar energy-with each repetition the mantras help to transmit & assimilate this divine light into the physical and energetic body .

The Varieties of Sun Salutation

There are many other variations of Surya Namaskar, depending on the yoga tradition.
Although sun salutations usually include almost the same asanas, multiple variations are being used in different practices , each with unique elements.
I will give you a short overview into the most well- known:

1. Sun Salutation A (Surya Namaskar A).

Surya Namaskara A is a sequence of yoga poses often practiced as a warm-up and a foundational flow in Ashtanga Yoga . It is one of the most basic types of sun salutation and a shorter version compared to Surya Namaskara B.

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2. Sun Salutation B (Surya Namaskar B)

Surya Namaskara B is a slightly longer and more dynamic variation of Surya Namasakara A. It is part of the the warm-up sequence for Asthanga yoga and is also practiced in Vinayasa.It includes all the postures in Surya Namaskara A, but has additional poses, such as Chair Pose (Utkatasana) and Warrior (Virabhadrasana I) , making it more challenging and strengthening.

3. Moon Salutation (Chandra Namaskar)

The Moon Salutation (Chandra Namaskar) is a cooling, meditative yoga sequence that honours the lunar energy (Chandra) in contrast to the sun salutation , which are energizing and heat building. It is often practiced in the evening or during a full moon to cultivate calmness, balance and introspection.

Unlike Sun Salutation , Moon Salutations are performed side to side , resembling the phases of the moon.

4. Classical Hatha Sun Salutation (Surya Namaskar)

The classical Hatha sun salutations known traditionally as Surya Namaskar is rooted in the timeless wisdom of Hatha Yoga. Unlike Suarya Namaskara A and B , this version is performed with a meditative grace - slower in pace , deeply intentional and often accompanied by sacred mantras that invoke a sense of reverence and connection to the divine light within and around us.

In the next newsletter in May (Surya Namaskar #2) I will explain each step of the Classical Sun Salutation. You will find guidance for each pose, including instructions on your breath and the corresponding mantra.

The step by step guide will help you to adapt the traditional Surya Namaskar practice to body & hopefully , your daily routine.

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

- *Text & model: Birgit Steger*
- *Photos by: Annika Nagel*
- *Support: Isabel, Kerstin, Judit, Helga, Nina, Alexandra and Gela.*

Ongoing Weekend Sessions in May 2025 with Ammaji

Every Saturday

Morning

The Power of Prayers Series

Sri-daksinamurti-Srotram

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, 10th May, 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, 17th May, 2025; 5:00 to 6:30 p.m. IST

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

Sunday

New Course

Vijnana-nauka

Morning

Starting Date : 18th May' 25

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!.

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The Power of Prayers Series

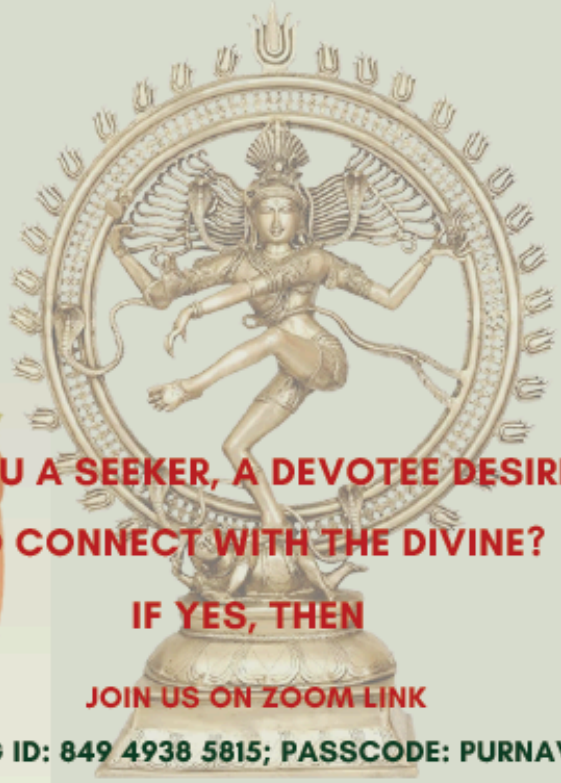
Sri-daksinamurti-Srotram

-A Hymn on Lord Shiva

STARTING DATE: 08 MARCH, 2025

EVERY SATURDAY, 12 NOON IST

TOTAL 19 SESSIONS



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- by Swamini Pramananda (Ammaji)

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Vijnana-nauka

- BY SWAMINI PRAMANANDA(AMMAJI)

Starting on : May 18, 2025

Every Sunday,12 noon - 1:00 p.m. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

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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.

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Program Calendar 2025

	Vedanta & Samskrtam	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

Registration Link : https://shorturl.at/rw2rf

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Program Calendar 2025

	Vedanta & Samskrtam	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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Program Calendar 2025

	Vedanta & Samskrtam	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	

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Program Calendar 2025

	Vedanta & Samskrtam	Vedic Heritage	Yoga
Oct	18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)	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	
Nov	15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)	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	20 Nov - 5 Dec :Yin Yoga Teacher Training
Dec	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)	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	

For more Information, Contact Us at: +91 95972 15559
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Upcoming Retreat / Courses
May to June, 2025

Ganga Dasahara Event

05 June, 2025

Ganga Dasahara Retreat

01 to 08 June, 2025

Yin Yoga Teacher Training (Online)

24 to 29 June, 2025

Sukumara - Corporate Retreat

Jun 07 to 08, 2025

Subala - Camp for School Kids

Jun 19 to 20, 2025

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

For More Information:
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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#PVF
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 is Gangotri

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

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Upcoming Course in 2025

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

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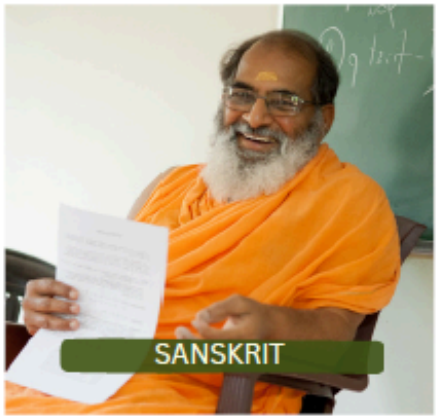
UPCOMING 2025 VEDANTA COURSE

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

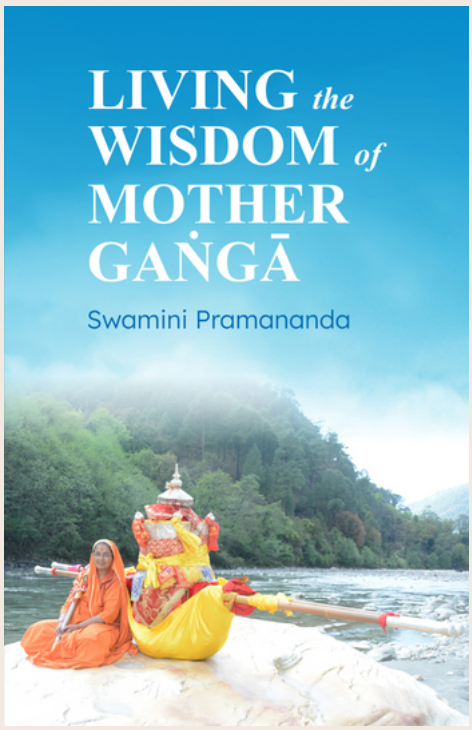
You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

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

GANGA BOOK Being handed over to Himanshu Joshi, senior Advocate, Uttarkashi



SRI MAHARSHI BHRGU DHARMARTHA CHIKITSALAYA

Sri Maharshi Bhrgu Dharmartha Chikitsalaya, Uttarkashi, celebrated its 2nd annual function. Ammaji and Swami Vishnu tirthji blessed the occasion with their benedictory messages.

THE KYM RETREAT

The KYM retreat participants at Tapasyalayam had a treat of their lives when Ammaji took everyone to Nald village. They were received with honors and received great blessings of Vasuki Nagdevata. The women and men joined the villagers in 'raasu' and sang garwali bhajans with them. The experience will remain etched in the hearts of all forever!

As our Yatra gracefully draws to a close, I extend my heartfelt gratitude to each of you for joining me on this dream—a purposeful journey together by music, storytelling, meaningful dialogues, and intimate sharing circles, all while we sat by the riverbanks of ancient spiritual towns, immersing ourselves in the enchanting beauty of the Himalayan landscape

- Har Har Gange 🙏

TAMIL NEW YEAR CELEBRATION

The Tamil New Year celebration was marked by a puja at Vanalingeswara temple in the ashram led by Sri Arulji and attended by all the staff.

VISIT OF VIVEKANANDA HEALTH MISSION TEAM

Doctors and staff of Vivekananda Health Mission visit Ammaji at and plan Health awareness campaign programs for the villages of Ganga valley for 2025.

MEETING WITH HONORABLE CHIEF MINISTER OF UTTARAKHAND

Ammaji met the Honorable Chief Minister of Uttarakhand regarding the Panchprayag Project of Ganga Valley. Her efforts for the preservation of Nagdoli Culture of the valley and the infrastructural development of the panchprayags were commended. It was very encouraging that the government would support in taking this project of Ganga Valley forward. Nagender Chauhan - BJP Jilla Adhyaksh, Rajesh Semwal - Gangotri Temple Priest and Br. Mohan were also present.

पंच प्रयागों और नाग देवडोलियों को संरक्षित करे प्रदेश सरकार

■ सहारा न्यूज ब्यूरो

■ सीएम धामी से मिला क्षेत्र का प्रतिनिधिमंडल

देहरादून।

गंगा घाटी के पंच प्रयागों व नाग देव डोलियों के संरक्षण व पुनर्जीवन की मांग के साथ शनिवार को एक प्रतिनिधि मंडल मुख्यमंत्री से मिला।

पूर्ण विद्या सेवा संस्थान गंगा घाटी की संस्थापक स्वामिनी प्रणानंद ने कहा कि गंगा घाटी के पंच प्रयोगोंका धार्मिक और पौराणिक महत्व है। इसके साथ ही गंगा घाटी में नाग देव डोलियों की पुरानी परंपरा है। लेकिन यह प्रयाग और नागडोली संस्कृति लुप्त होने के कगार पर पहुंच गई है। यदि इनका उचित देख रेख और संरक्षण न किया गया तो यह धरोहर इतिहास के पन्नों में सिमट जाएगी।

उन्होंने कहा कि शनिवार को इसी संदर्भ में मुख्यमंत्री पुष्कर सिंह धामी से मिलकर इन प्रयागों को पुनर्जीवित करने के साथ ही गंगा घाटी के पौराणिक नाग देव डोलियों के संरक्षण के लिए एक कार्य योजना काप्रस्ताव प्रेषित किया। उन्होंने कहा कि गोमुख से उत्तरकाशी तक पांच प्रयाग हैं। उन्होंने अपने 30 वर्षों के अनुभव में यह देखा है कि इन प्रयागों में जल की निर्मलता और पवित्रता दिन प्रतिदिन प्रभावित हो रही है। यदि ऐसा ही रहा तो इन प्रयागों के लुप्त होने का खतरा बढ़ जाएगा।

उन्होंने कहा कि गंगा घाटी में नागडोलियों की संस्कृति रही है ,लेकिन यहपौराणिक परंपरा भी धीरे-धीरे कम होती जारही है। स्वामिनी प्रेमा नंद ने कहा शीघ्र एक प्रतिनिधि मंडल प्रधानमंत्री से मुलाकात कर कार्रवाई के लिए अनुरोध करेगा। प्रतिनिधिमंडल में मोहन सिंह, गंगोत्री के रावल राजेश सेमवाल, महिपाल तोमर आदि मौजूद थे।

कार्यालय मसूरी देहरादून विकास प्राधिकरण ट्रांसपोर्ट नगर, सहारनपुर रोड देहरादून

पंजाकः 63/विकास कार्य/2025-26 दिनांक 26.04.2025

अल्पकालीन निविदा सूचना

मसूरी देहरादून विकास प्राधिकरण द्वारा जनपद देहरादून के विधान सभा क्षेत्र ऋषिकेश में माननीय मुख्यमंत्री जी द्वारा की गई घोषणा के अन्तर्गत नगर निगम, ऋषिकेश की भूमि पर पूर्व से स्थापित कार्यालय भवनों जहां हैं जैसे के आधार पर को तोडने एवं इसका मलवा हटाने को उठाने हेतु इस प्रकार के कार्य करने वाली दक्ष एवं अनुभवी फर्मो एवं व्यक्तियो से दिनांक 12.05.2025 को अपरान्ह 2.00 बजे तक सील बन्द निविदा आमंत्रित की जाती है। प्राप्त निविदाओं को निविदा समिति /अधिकृत प्राधिकारी द्वारा उसी दिन अपरान्ह 3.00 बजे उपरान्त उपस्थित निविदादाताओं/ प्रतिनिधियों के समक्ष खोली जायेगी। इच्छुक फर्म/व्यक्ति द्वारा अपनी सील बन्द निविदा के साथ दिनांक रु. 1,00,000/- की एफ.डी.आर. जो अधिशासी अभियन्ता, म.दे.वि.प्रा. के नाम बनवाकर होगी, जी.एस.टी. व पैन कार्ड की सत्यापित प्रतिलिपि सहित को उक्त तिथि व समय तक निविदा बाक्स में डालना होगा। किसी भी निविदा को स्वीकृत /निरस्त करने का अधिकार प्राधिकरण को सुरक्षित रहेगा। समस्त फर्म अथवा उक्त निविदादाता को कार्यादेश जारी करने की तिथि से तीन दिन के अन्दर एक मुश्त राशि प्राधिकरण में अग्रिम रूप से जमा करने के उपरान्त 20 दिन के अन्दर विधिवत भवन ध्वस्त कर सम्पूर्ण मलवा उठाना होगा। तत्समय के अन्दर कार्य पूर्ण न करने की दशा में रु. 25,000/- प्रतिदिन अर्थदण्ड जमा करना होगा। अन्य किसी प्रकार की जानकारी प्राधिकरण कार्यालय से प्राप्त की जा सकती है

अधिशासी अभियन्ता,
मसूरी देहरादून विकास प्राधिकरण, देहरादून

गंगा घाटी के पंच प्रयागों और नाग डोली संस्कृति पर संकट के बादल

उत्तर भास लाइव ब्यूरो
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देहरादून। पूर्ण विद्या सेवा संस्थान गंगा घाटी की संस्थापिका स्वामिनी प्रणानंद ने कहा कि गंगा घाटी के पंच प्रयागों का धार्मिक और पौराणिक महत्व है। साथ ही गंगा घाटी में नाग देव डोलियों की पुरानी संस्कृति भी गहराई से जुड़ी हुई है। लेकिन, वर्तमान समय में यह पवित्र प्रयाग स्थल और नाग डोली परंपरा लुप्त होने के कगार पर पहुंच गई है। उन्होंने चेताया कि यदि इनका उचित संरक्षण और संवर्धन नहीं किया तो यह धरोहर इतिहास के पन्नों में सिमट जाएगी।

स्वामिनी प्रणानंद ने बताया कि शनिवार को इसी विषय में उत्तराखंड के मुख्यमंत्री पुष्कर सिंह धामी से भेंट कर पंच प्रयागों के पुनर्जीवन और गंगा घाटी में नाग देव डोलियों के संरक्षण के लिए एक कार्य योजना का प्रस्ताव सौंपा गया। उन्होंने कहा कि गोमुख से लेकर उत्तरकाशी तक पांच प्रमुख प्रयाग हैं, जिनकी जल निर्मलता और पवित्रता उनके 30 वर्षों के अनुभव के अनुसार दिनोंदिन प्रभावित हो रही है। यदि समय रहते कदम नहीं उठाए गए तो इन प्रयागों के अस्तित्व पर गंभीर संकट आ सकता है। उन्होंने कहा कि गंगा घाटी में नाग डोलियों की समृद्ध संस्कृति रही है, जो आज तेजी से विलुप्ति की ओर बढ़ रही है। इस परंपरा को पुनर्जीवित करने और संरक्षित रखने के उद्देश्य से मुख्यमंत्री को ज्ञापन सौंपा गया है। स्वामिनी प्रणानंद ने जानकारी दी कि शीघ्र ही एक प्रतिनिधिमंडल प्रधानमंत्री से भेंट कर इस विषय में कार्रवाई के लिए अनुरोध करेगा। इस अवसर पर गंगोत्री धाम के रावल राजेश सेमवाल, मोहन सिंह और महिपाल तोमर भी उपस्थित रहे।

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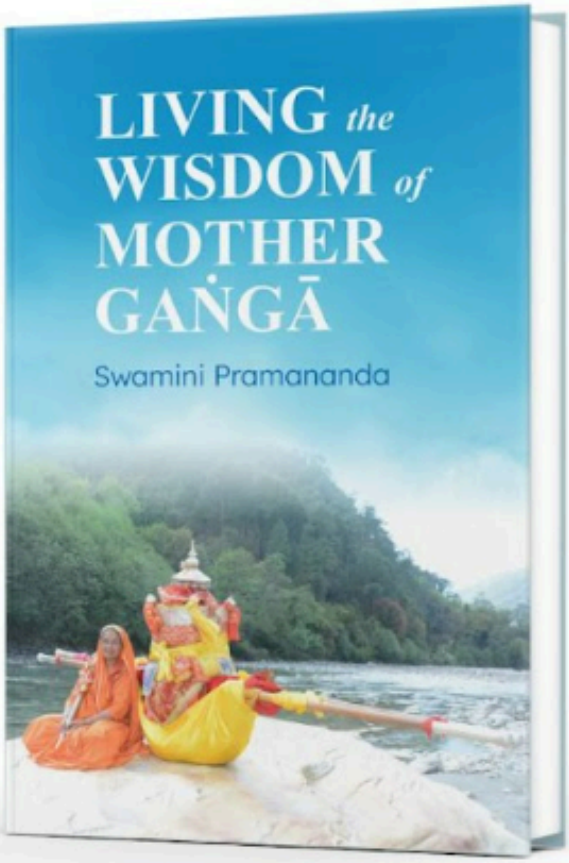

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Samyuktha

Dhruv

Purna Vidya Vedic Heritage Teaching Program Children have been learning steps of Puja Vidhanam in structured manner during monthly Satsangs. In the last three sessions they have learnt what is puja and prayer, setting up for puja and preparatory steps. They have also learnt slokas, stories from mythology related to special occasions like Ramanavami. For Rama navami, children participated in learning bhajan, writing Rama nama , drawing and colouring pictures of Lord Rama.

let's extend our gratitude and support the Ashram!

Gift A Day

purna vidya

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!

Is our trust effortful or effortless? This is a powerful question for us to answer. The more effort we put in trusting the universe or GOD indicates that we have to work on our devotion. This devotion can only deepen by cultivating a strong, loving connection with the divine. There are so many ways in which one can deepen this connection with God. God is not far and the most accessible if we trust He is near. Just connect like how a Wi-Fi connects us around the globe.

Trusting GOD, means letting go of control. It's embracing the unknown and seeing events as opportunities for growth and trusting that a greater force is guiding us. Let go of the need for certainty and find comfort in unknown can lead to greater peace of mind.

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

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