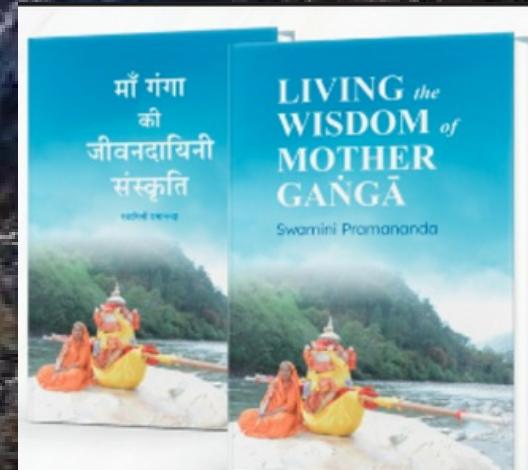




# pūrṇā vidyā <sup>special</sup> newsletter

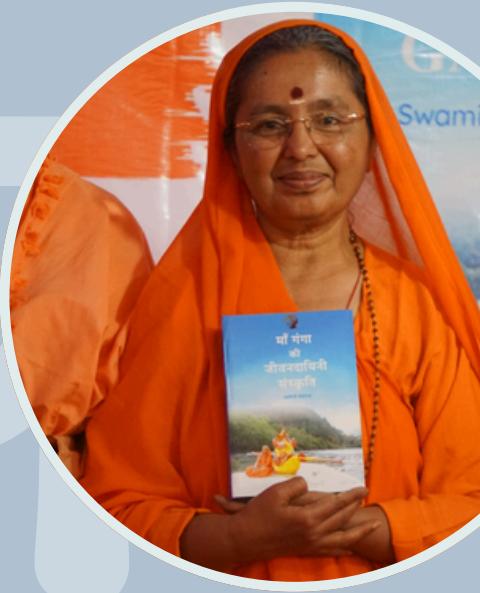
*living the wisdom  
of MaGanga*

Book Release



Intro

# Dear Readers,



As the meandering rivers rush towards the ocean, their source, as the salmons struggle upstream through rapids towards their birthplace, a human is impelled by an inner urge to seek the source of one's existence and relationship with the world one experiences. An awareness of this urge in oneself may arise in some individuals in response to a life changing event, in some as a consequence of a series of life experiences. In my spiritual journey, I found myself traveling on a path that seemed to be pushing me in a direction unrecognized, and meant to be discovered in time.

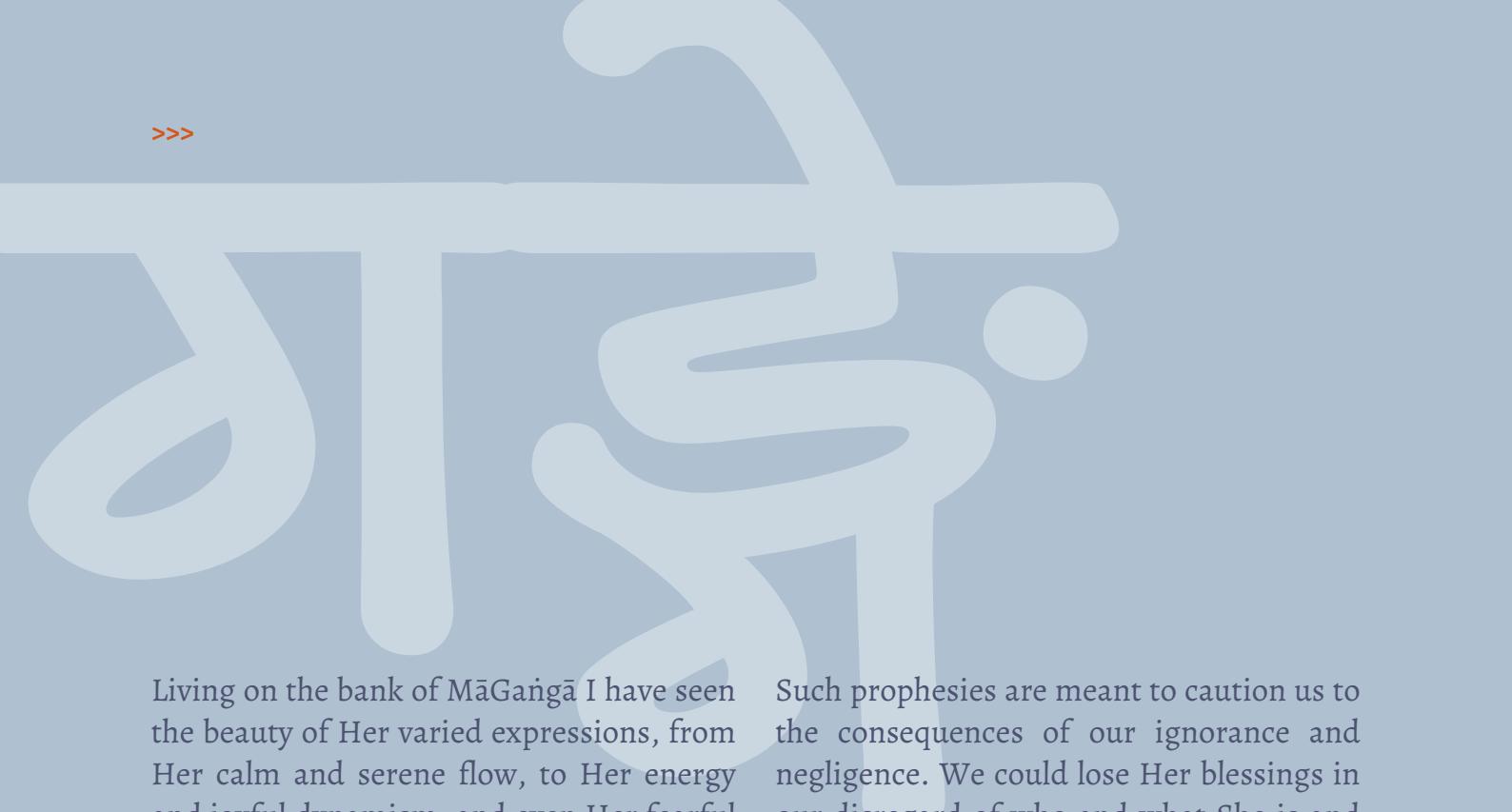
Every seeker knows that fulfillment of this inner quest has its moments riddled with periods of doubts and clarity, its ups and downs, its trials and tribulations. There are moments of uncertainty and joy, not experienced before.

Pilgrimages to the sacred MāGangā, in my early life, exposure to sages living on her shores and later on living as a monk for twenty years on Her banks, the forces that blessed my spiritual journey inspired me to share some of my personal experiences and understanding of this land known for eons as devabhūmi, the land of Gods.

While Divinity is all pervasive, it is experienced as unavailable or even absent, when it is not recognized. The Gaṅgā valley in the Himālayas is one place where for thousands of years, ṛṣis, yogis, tapasvis, kings and seekers have lived in recognition of its multifarious expressions of the Divine. It is a land where Mother Gaṅgā descended from the heavens to bless humanity, and bring to them the gift of immortality. It is a cradle of spirituality wherein one can find nurturance and fulfillment of one's inner quest. It has been so for thousands of years and continues to be so to this day.

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Living on the bank of MāGangā I have seen the beauty of Her varied expressions, from Her calm and serene flow, to Her energy and joyful dynamism, and even Her fearful and destructive forces with their thunderous noise of huge boulders crashing against each other.

In more recent times, I have witnessed with increasing concern the disregard that some among us show towards Her. With tears in my eyes, I have watched the countless dams being built that impair and stem Her flow and seem to chip away at Her majesty and beauty. Seeing this would make me imagine how my ancestors would have felt when they witnessed the icons of our Gods being defiled and the homes of our Gods destroyed. I would listen with a sinking heart to the lamenting prophecies of the residents of the mountain villages, that before long Mother Gaṅgā would leave earth and return to her abode in the heavens. And even the presence of Divine beings of nāgaloka and celestials would no longer be felt among the human beings in this land of Gods. Such thoughts and sentiments inspired me to share my personal journey with those having a desire to know the truth of the Gaṅgā valley.

Such prophesies are meant to caution us to the consequences of our ignorance and negligence. We could lose Her blessings in our disregard of who and what She is and represents. Such a loss would be due to our inability to understand, recognize and accept Her.

Our loss would be due our inaction, rather than Her action. Wanting in humility and faith, we must not become bereft of the blessings of the Divine beings of nāgaloka and other celestials that we experience among us. However one must not lose hope. The Divine mother always responds to those who seek refuge in Her.

MaGaṅgā is Śrī Sarasvatī manifest in the form of jñāna-gaṅgā, the sacred knowledge of oneness with Divinity that is our source. She is Śrī Durgā also called malāpahā, who with Her powers purifies ones who seeks refuge in Her from the pāpa karmas of their past, as She did for the ancestors of sage Bhagīratha, our forefathers and as well as those who seek Her. She is Śrī Lakṣmī, also called Nalinī, as She sustains and brings riches and prosperity while She meanders through the land that has been and is Bhārat.

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She is the threefold śakti associated with tripūti. She is Brahmāṇī, she is Viṣṇupadī and a consort of Śiva. In skanda purāṇa, kāśī kāṇḍa in describing Mother Gaṅgā, Lord Skanda tells sage Agastya that Gaṅgā is none other than īśvara śakti (parāśakti).

A self recognition in the form of oneness with one's Divine source is the message of the Vedas; the voice of our ancient culture and heritage. Such recognition in regards to one's self and the world, manifests in a mind that is at peace with itself and in harmony with the phenomenal world.

Such is the wisdom of our scripture, our sages, the wisdom of Mother Gaṅgā. Living in recognition of and surrender to Her is 'Living the Wisdom of Mother Gaṅgā'.

I pray that every reader of these newly released books (English and Hindi) of mine, enjoys the blessings of Mother Gaṅgā and discovers oneness with Her in Her Divine presence.



Love and Blessings,

*Ammaji Swamini Pramānandā*

*O Bhagavati Gange!*

*You are the essence of the three worlds, the necklace of the earth.  
May you remove our ignorance that impels us blindly  
to destroy your river-form. Guide us to honor and worship you  
in your full glory as did our rishis of the past!*

# Message from the Prime Minister of India



प्रधान मंत्री  
Prime Minister

New Delhi

चैत्र 27, शक संवत् 1946

16<sup>th</sup> April, 2024

**Swamini Pramananda Ji,**

It is a pleasure to learn about the publication and release of the bilingual book – ‘*Living the wisdom of Mother Ganga*’ authored by you.

Our holy rivers occupy a special place in the growth of Indian culture and civilisation. The divine waters of Maa Ganga purify various centres of knowledge and spirituality with Her continuous, pure stream. Your effort to author a book on Maa Ganga is commendable.

I am confident that this book will help in spreading various aspects of Maa Ganga among the people and the readers will shower their love and affection on the publication.

With best wishes for your sustained good health.

Yours,

(Narendra Modi)

**Swamini Pramananda**

Chairperson, Purna Vidya Trust  
P.O. Pooluvapatti, Off. Siruvani Main Road  
Molapalayam, Coimbatore  
Tamil Nadu - 641101

# living the wisdom of MaGanga



Vasuki Nagdevata blessing the new book

On March 28th, 2024, a rare book launch event took place in the Ganga valley, for which the Sadhu Samaj, the pandits of the land, the village-heads, women and children came into Tapasyalayam on Gangā bank in large numbers.

It truly was a life changing event for all who were blessed to witness the great Lord Vasuki Nagdevata, to whom Ammaji has dedicated her new book, 'Living the Wisdom of Mother Ganga' and its Hindi translation, 'MaGanga ki Jivandayini Sanskruti'.

To purchase the book  
please visit  
[pv.purnavidya.org/bookset](http://pv.purnavidya.org/bookset)



or just scan this QR-Code:

Given below are reflections from some of the sevaks who were instrumental in the publication of this sacred work of Ammaji and who were present for the book launch and the retreat that followed.



# Reflections...

## Hari Raja, Dubai

My visit to Tapasyalayam Ashram was nothing short of transformative. Each discourse you imparted was a beacon of enlightenment, illuminating the path to self-realization.

Gangotri, the origin of the sacred river, stirred a profound reverence within me. Standing at its banks, I felt humbled by the magnitude of nature's grandeur. **It was a reminder of the impermanence of life and the eternal flow of the divine essence.**

As I reminisce about my journey, your wisdom has been a guiding light illuminating the darkest corners of my soul. I am eternally indebted to you for nurturing my spiritual growth and leading me towards the path of self-realization.



*Sadhu samaj of Uttarkashi arrive for the function*

## Rajiv

The most overwhelming part of the journey remained and continues to remain that I spent more than a few minutes with my gurus, Pujya Swami Dayananda Saraswati, Swami Siddhabodhananda and Swamini Pramananda. I felt the deepest silence ever! All my wants disappeared watching their smile. **Reality as a householder and entrepreneur melted away into the Absolute Truth that is Brahman.**

My first trip into the Holy mountains. Tapasyalayam banked by MaGanga's motherly embrace, invited by no less than Bhakta Hanuman facing East, Ammaji's Tapasyalayam is run by the grace of MaGanga herself in her lovely cave. She beckons everyday to come to her and chant the Lalita sahasranama or Trishati. I claim to have attended Ammaji's Gita and Isavasya Upanisad in 2002. I cannot quote anything other than the above. Like a bee searching for nectar in a garden, I have been seeking out her presence for just over two decades now. I am blessed to have been able to be with her for 8 days. Never have I been so careless or carefree to be taken care of outside of home. For the first time, the Mata, Pita has moved to 'guru' truly in the physical world. I am blessed, truly. I pray that this start leads to more and more retreats and learnings with Ammaji.



*Vasuki Nagdevata Doli arrives at Tapasyalayam*

# living the wisdom of MaGanga

## Gela, Germany

Tapasyalayam became my home. I am so very grateful to be allowed to spend time with you and Swamiji. Both of you are so dear to me. Thank you so much for all the small and big lessons I have been given... I pledge that I will not stop learning, but give my best to surrender to the universe, to MaGanga and to every moment as best as I can.

I love you Ammaji!



Welcome address by Swami Siddhabodhanandaji

## Trilocana and Vipul

I cant thank you enough for the life-time memorable experience we got in Tapasyalayam. The book launch event was a great undertaking wherein I saw all the people coming from far villages, and everyone listening carefully to Ammaji's profound message.

I was amazed to see the ashram packed with people and I felt **Ammaji's book is the need of the hour** to create an awareness about MaGanga's culture for all Indians. Tapasyalayam is a place where we literally felt the presence of higher celestial beings. Ammaji is like a mother to all, be it a young kid of 18 or a young person of 40s or people of 80s. Her mission is to give love and the gift of the great Self Knowledge that she has to all who come to her. It is in Tapasyalayam we meet two mothers, the great MaGanga and our own Ammaji.

Visit to Gangotri educated us about the mountains and the villages as described in Ammaji's book. Visits to Nagdevata temple, Kasi Vishwanath temple was soul quenching. The trek to Nachiketa tal was truly enjoyable along with samosas and sweets that we ate. Our gratitude to our dear Ammaji and respected Swamiji for this memorable week.

# Reflections...

## Kairav Prasad

The retreat gave me a chance to understand the 'real life' that I was aware of, but never really could pinpoint on it. **It suddenly hit me that the entire Himalayas were a self-sustaining ecosystem, independent and pristine in nature.** Everything seemed in harmony around me. The harmony I have been craving for years was right there in front of my eyes.

## Arun

Ammaji's retreat was flawless. It was designed around the principles of knowing who you are or a culture, as a heritage, as legacy. **One cannot know God if he/she does not know who they are.** Ammaji strives to spread Himalayas wisdom, protect and strengthen our culture inspires me and reminds me of my role.



Swami Siddhabodhananda welcomes  
Swami Hariharashram



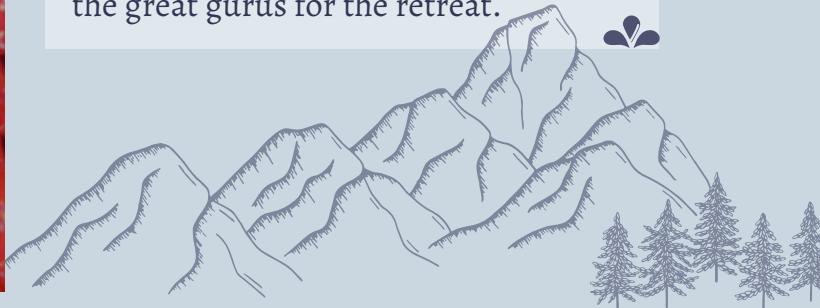
Offerings to the Doli being given by the villagers

## Nagakanyakumari

On the day of the book event, we were blessed to have darshan and blessings of many great sadhus and divine Nagdevata. **I strongly believe that due to my some good karma I could meet Ammaji** and every is happening here only because of her. We are blessed to do seva to the ashram whichever way we are instructed to do... it is our sadhana and we are grateful for life.

## Rachna

I thank Ammaji and Swamiji for arranging visits of such special and beautiful places after the book launch, which itself was a great blessing to be part of. We visited Nagdevata temples, Gangotri, a wonderful experience of snow fall. **How joyfully we stand and danced in the snow at the Gangotri gate.** The trek to Nachiketa tal was another miracle where the rain stopped for us till we were safe under a roof. Visit to every place has given a learning of humility, and sharing love which is the main ingredient for any life. My perspective of life has changed after visiting Tapasyalayam and staying with the great gurus for the retreat.





*Lighting of the Lamp in presence of Lord Vasuki Nagdevata*

## Krishna

Every moment at Tapasyalayam will be cherished for long time to come. Ammaji's love, care and concern towards everyone is unparalleled. The satsangs with her is filled with pearls of wisdom. To me, she is an embodiment of Goddess Saraswati. The book launch event is the best organised event witnessed by all. The presence of sadhu mahatmas and their messages were inspiring. The villagers who came in large numbers brought glitter to the festivity. Vasuki Nagdevata's blessings were personally received by us, for which we thank Ammaji to have created the opportunity.

The most important observation of the launch was that the sadhu samaj expressed their solidarity with Ammaji in her mission of creating awareness of Panchprayags of Ganga valley. The yatra to Gangotri was thrilling as unique snowfall experience we had. Our joy knew no bounds as Ammaji described it as a blessing and gift from MaGanga. In conclusion, my experience throughout my stay at Tapasyalayam was that Ammaji is none other than MaGanga in human form. **My salutations to Ammaji and Swamiji for giving us this rare opportunity to be in their divine presence on the bank of MaGanga.**



*Bhanda for Sadhus*



## Satyen

The spiritual retreat opened up the mind on MaGanga. The Gangotri incidents made us realize that **the celestial beings in the Himalayas are listening and give what you desire** and this started to bring back my lost beliefs. The blessings from Vasuki Nagdevata during the book launch truly felt like being cleansed up from within and made me feel lighter. Time truly stood still during the week we were with our dearest Ammaji and Swamiji.

The curiosity about our Vedas was ignited by Ammaji. The simple way in which she explained the play of karma, just removed the thorns against my own and helped me see life in a totally different way as her words just slowed down the inner storm. The icing on the cake was the preview of 'Seekers' where I connected with Edgar and felt as if Ammaji was talking to me, guiding me to liberation. I have been my new journey of life towards Beingfulness grateful to the Gods for having met such great teachers.



Vasuki Nagdevata Doli and Dignitaries after the book launch





*Ammaji's opening prayers to MaGanga*



*Dr. Lakshmikant Vyas, Hindi translator*



*Audience listening attentively*





*Annadanam for one and all*

# Get your copy

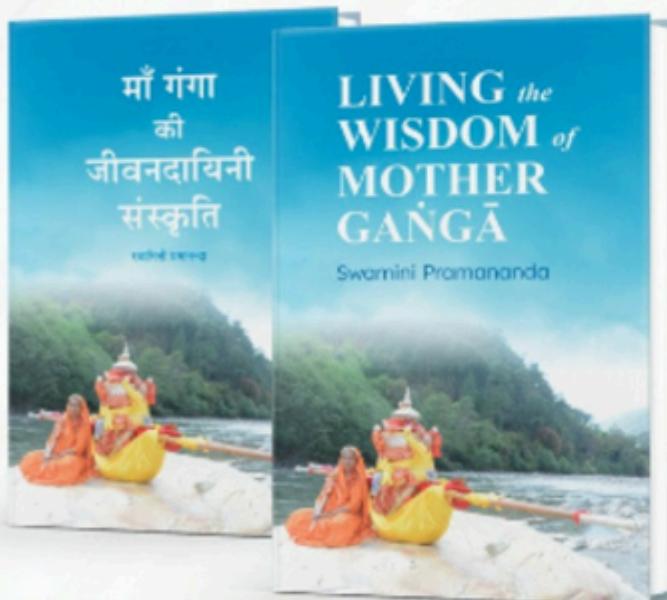


Grab your copy of Ammaji's new book  
released on Mar 28, 2024

## LIVING THE WISDOM OF MOTHER GANGA

Available in Hindi as

**MA GANGA KI JIVANDAYINI SANSKRITI**



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

[pv.purnavidya.org/bookset](http://pv.purnavidya.org/bookset)

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# The very special Book launch Retreat



Raithal overlooking the Shivlinga Peak and Matri Peaks



Surya Temple, Kyark Village





Rana ka mahal, Raithal village



Ammaji at the Kuthar in Raithal

*The presence of the River Goddess Ganga,  
with her spiritual traditions and culture,  
has become my life today.*

*Swamini Pramananda (Ammaji)*



Snow on route to Gangotri



More snowfall...



Trek to Nachiketa Tal.





*I would embrace this Master who had  
embraced that Infinite Light, and, in his love,  
I would become a source of love myself.*

*-Swamini Pramananda (Ammaji)*



नेहला में पुस्तक का विमोचन करते साथु-मंता। तस्वीर

## उत्तरकाशी में भी हैं पंचप्रयाग, लें विकास का संकल्प : प्रमानंदा

उत्तरकाशी। नेहला किंतु रापस्यालय आश्रम में गंगा की जीवन्त्यागिनी संस्कृति पुस्तक का विमोचन याम देवता आमुनी नाम के सनिध्य में हुआ।

पुस्तक की लेखिका स्वामीना प्रमानंदा सरस्वती ने कहा कि उत्तरकाशी गंगा की मूल घाटी है। यहां भी पंच प्रयाग हैं। जिनमें गंगोत्री घाट का शेत्र-गंगा प्रयाग, इर्विल हरिप्रयाग, सुककी सोनप्रयाग, भट्टखाड़ी भाष्टर प्रयाग व उत्तरकाशी प्रयाग में शामिल हैं।

इनके लिकरस का संकल्प लेना चाहिए। उन्होंने कहा कि जब यह घाटी बदलेगी तभी गंगा वही का अस्तित्व रहेगा।

मुख्य अतिथि दंडी स्वामी हरिहरनंद ने कहा कि स्वामीना प्रमानंद ने यह पुस्तक लिखकर गंगा

मां गंगा की जीवन्त्यागिनी संस्कृति पुस्तक का विमोचन

के आध्यात्मिक महत्व से परिचय करता है। स्वामी हरिहरनंद ने कहा कि आत्मज्ञान विना जीवन अवश्य है। गंगा के लट पर आत्म ज्ञान सहज होता है। इसलिए विश्वभर के होम कांग दर्शन को लालित रहते हैं।

लेखिका प्रमानंदा ने गंगा की मूल घाटी में स्वच्छता व शशबद्धता के साथ लोगों से अपनी संस्कृति के प्रति जागरूक होने का आह्वान किया। इस गीते पर साथु समाज अध्योष्ठ स्वामी शशिंद्रनंद, स्वामी आत्मानंद, मिठ्ठोद्धानंद, अशोक सेमवाल, चनानंद, नैटिवाल, सुरेश सेमवाल, हरीश सेमवाल, लाल्मीकांत व्यास, जियोवामी आदि भौजूद रहे। संकल

# Article in Dainik Jagran newspaper



पुस्तक का विमोचन करते अतिथिगण।

**मां गंगा की जीवनदायिनी संस्कृति पुस्तक का विमोचन**  
उत्तरकाशी। तपस्यालय आश्रम नेताला में मां गंगा की जीवनदायिनी संस्कृति पुस्तक का विमोचन हुआ। यह पुस्तक स्वामिनी प्रमानंदा सरस्वती अम्माजी ने लिखी है। वासुकी नाग देवता के सानिध्य में पुस्तक का विमोचन हुआ। लेखिका प्रमानंदा ने कहा कि इस पुस्तक में उन्होंने मां गंगा की पवित्रता, निर्मलता और जीवन के भावों को व्यक्त किया है। कार्यक्रम के मुख्य अतिथि दंडी स्वामी हरिहर, स्वामी सचिदानंद व स्वामी प्रेमानंद सरस्वती आदि रहे।

*Stop commodification of earth's resources!*

*Today water, forests, minerals and lands are exploited  
to feed the greed of a few,  
rather than to nurture life and enhance the wellbeing  
of the whole.*

-Swamini Pramananda (Ammaji)

# Upcoming Events

## GANGA DASAHARA RETREAT



Wouldn't it be great if you are able to spend your time at the bank of the sacred Bhagirathi-Ganga during Ganga Dasahara, the festival that celebrates the descent of Ma Ganga on earth?

On the banks of the sacred Ganges River, Tapasyalayam offers the spiritual seeker an opportunity to enjoy not only the rich culture of the Ganga Belt but the spiritual truth behind their own inner longing.



- Meditation
- Yoga and Pranayama
- Village Treks

📍 TAPASYALAYAM, UTTARKASI  
UTTARAKHAND

*Journey to the Banks of the Ganges and Himalayas;  
An essential for every seeker!!  
Reserve your seat now to attend the Ganga Dasahara Retreat!*

- Workshops on “Vision of the Gita”
- Satsangs
- Gangotri Yatra (additional payment)



JUNE 12 - 18, 2024

join us!



Scan the QR code  
to register  
Avail early bird discount by  
registering on or before  
May 15 2024!!

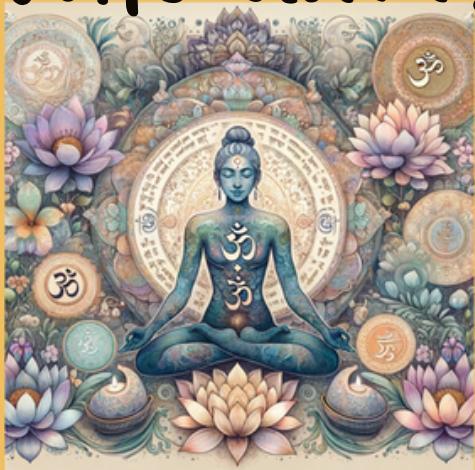
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# Upcoming Events

## Who am I?



### Details

- **4 hours** self paced video course
- **Access for 8 weeks** from the time of enrollment
- Available only **until July 31st.**
- Cost **25 €**



**Swamini Pramananda** (fondly known as **Ammaji**) is a Vedānta teacher and a Sanskrit scholar.

Her scholarship is grounded in the timeless teachings of Rishi tradition and her direct experience of the truth they reveal. She has been sharing the vision of Oneness and Harmony with seekers around the world for about a period of 40 years.

As a result, she has become one of the clearest and most eloquent teachers of the Vedic vision of Oneness and Happiness. She unfolds the answers to the question "Who am I" in an eloquent manner for us and guides us to focus on our journey of self-realization.

### About 'Who am I'

We are all seekers in life. We keep seeking things that bring us happiness, joy and peace.

This seeker in ourselves leads us to seek something beyond the ordinary, beyond the struggles for survival and we end up in asking "Who am I?". This is the most central question to one's spiritual journey.

In this course, Ammaji unfolds the answers to this question in an eloquent manner and guides our journey of self-realization.

**by Swamini Pramananda (Ammaji)**



**Register now here:**

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by email: [info@purnavidya.org](mailto:info@purnavidya.org)



# Ongoing Events



## Ongoing Weekend Sessions in May 2024 with Ammaji



**Saturday**

### The Power of Prayers Series Sri Lingastakam

**Starting Date : 25th May' 24**

**Every Saturday at 12 Noon IST ( 1 hour session)**

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

### Bhagavad Gita Satsang with Ammaji

**3rd Saturday 18th May, 2024; 5:00 to 6:30 p.m. IST**

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

**Sunday**

### katopanisad

**Started Date : 19th Nov'23**

**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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## Our Pledge for Ma Ganga

O Mother, today we come together as your children.

We take this pledge to protect your purity, honour your sanctity, love you and restore you to your full glory.

Forgive us for our greed, selfishness and ignorance.

Forgive us for all the damages we have caused to you and nature.

From this moment, we refuse to participate in activities that damage your beauty and form and nature around you.

We will not allow others to hurt you and nature's glory.

We shall leave no stone unturned to bring you back to your old glory, and honour you, the Goddess that you are, as our ancestors did.

As children of this soil, we also pledge to protect our land, its rivers, its lush green trees and its majestic mountains.

You are our Goddess Mother, please be with us.  
Continue to guide our lives and to nourish us.

You are our very life essence. If we lose you, we lose ourselves.

Please Mother, give us the strength and courage to honour our pledge.

Jai MaGanga!

– from Purna Vidya Family