



pūrṇa vidyā newsletter 4|22

Contents

- 1** Ammaji's Message
- 3** Śivapañcākṣarastotram (Part 5)
- 6** Bhagavad Gītā Q&A (Part 8)
- 8** Yoga-Practice (Part 14)
Ayurvedic Yoga ♥3
- 10** Upcoming Weekend Workshops
- 12** Upcoming Courses & Retreats
- 16** Past Events – Ashram & Online
- 25** Children's Corner
- 27** Editorial Team Message



Ammaji's Message

Dear Readers,

In times of stress or when things go wrong, how do you deal with it? Are you able to overcome the adversity and bounce back or do you fall apart? Resilience is about the capacity to bounce back from difficulties. It is about harnessing the psychological strength to cope in difficult times. Not all setbacks are bad for it enables one to build the capacity to meet challenges head on.

When you have resilience, you are able to bounce back quickly but when you lack resilience, you tend to dwell on the situation, victimize yourself, become overwhelmed or even gravitate towards unhealthy coping mechanisms. Is it to say that resilient people do not face any problems? Definitely not! Resilient people do go through their share of unfavourable situations and outcomes but instead of becoming broken and down trodden, they are able to look past it, find various ways to cope and handle the situations and importantly they continue to enjoy life and learn to ride the waves instead of drowning under water. They grow under these experiences and gain strength from it.





>>>

Building resilience becomes important as life today is complicated and there are constant and rapid changes that we need to get used to. If we are not resilient, we can become broken, have reduced productivity, our relationships sour and can become meaningless and we subject ourselves to a higher level of dissatisfaction and unhappiness. Thus, how can one grow to be more resilient?

First and foremost, one needs to have proper support and this can be garnered via connections. Building positive relationships with close and loved ones is essential and building connection with GOD is of utmost importance for HE oversees everything and HE is omnipotent – the all POWERFUL one! **Second**, we can make each day meaningful by engaging in purposeful activities that gives us a sense of accomplishment. **Third** we need to be open to learn from our experiences and instead of being like an ostrich that buries its head in the sand, we need to own up the experience and see what it is teaching us. **Next**, we need to learn to have compassion for ourselves and be kind. And **finally**, we need to be proactive and remain hopeful. Proactive in terms of not minimizing the issues but taking steps to plan and execute and through it all not losing hope and having the future in mind.

As we chart across these unprecedented times, may we learn to look within and gain strength. May our eyes and heart be open to see the areas that we need to work on and not be pushed back by adversities. Learning to harness the resilience skills to rise above life's adversities is a core life skill that each of us need to be mindful of and by tapping on HIS grace know that we will be OK in today's world!

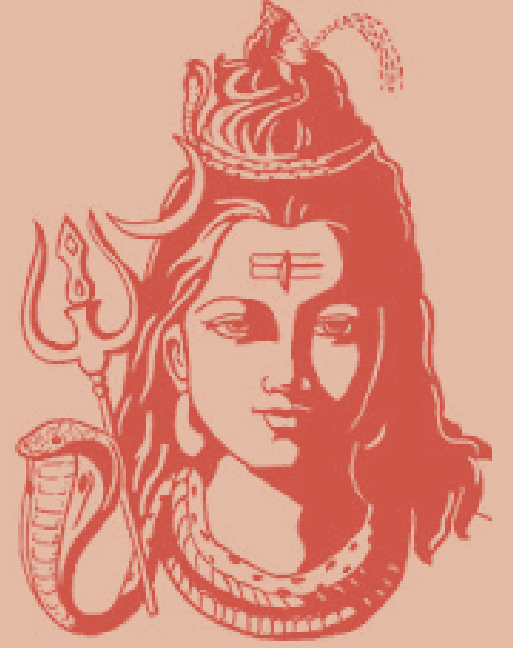
Love and Blessings,

Ammaji



> Part 5

Śivapañcākṣara Stotram



वसिष्ठ-कुम्भोद्भव-गौतमार्य-मुनीन्द्र-देवार्चितशेखराय ।
चन्द्रार्क-वैश्वानरलोचनाय तस्मै वकाराय नमः शिवाय ॥ ४ ॥

*vasiṣṭha-kumbhodbhava-gautamārya munīndra-devārcitaśekharaṃ
candrārka-vaiśvānara-locanāya tasmai vakārāya namaḥ śivāya //4//*

In the fourth verse, the great sages like **Vasiṣṭha**, **Kumbhodbhava** (Agastya), and **Gautama** are highlighted incidentally describing the greatness of the lineage of this civilization. They possessed highly exalted sātvik qualities that originated as a result of their severe penance and austerities. It is to all such exalted sages that the mantras of the Veda were revealed. Next, the devas are mentioned. Devas are the different power centers of the Universe. They operate or handle

the different phenomena of nature. Therefore, the great sages along with the devas worship the cosmic being, Lord Śiva.

Lord Śiva, is ever effulgent, the infinite being of light that manifests to the human eye as the Sun, the Moon and the fire. Here, the three eyes of Lord Śiva are comparable to the Sun, the Moon, and the fire. And the Lord is represented by the syllable 'va' – unto that Lord my salutation.

यज्ञस्वरूपाय जटाधराय पिनाकहस्ताय सनातनाय ।
दिव्याय देवाय दिगम्बराय तस्मै यकाराय नमः शिवाय ॥ ५ ॥

*yajñasvarūpāya jaṭādharaṃ piṇākahastāya sanātanāya
divyāya devāya digambarāya tasmai yakārāya namaḥ śivāya //5//*

Yajñasvarūpa means He is of the very form of the fire ritual. There is a unique form of worship in the Vedic tradition and the first form of worship to reach the unseen is the fire ritual or yajña. Fire is a luminary and it is the first seen messenger of the divine to the planet Earth. First element being space, which is unseen, then comes air which is also unseen and third is the fire which can be seen and has

a physical existence. Hence fire becomes the first seen element and therefore, when you need to touch the unseen, we use fire as the medium of communication. The power of fire operates with the divine like the power of the wind, the power of water, the power of earth; they operate from an all-knowing intelligence. Here, it says, that the Lord is in the form of yajña which itself is divine.

>>>

>>>

The Vedas – User Manual for the Creation

It is said in the Vedic civilization that at the beginning, along with the creation there was manifestation of the knowledge systems. The knowledge of creation was also given with the creation. When a new product with a new technology is manufactured, the user is supplied with a user manual. Without the manual the user will not be able to operate the product or understand its technology. So also, with 'creation' (Universe) – if we look upon it as a product, there is a requirement of a 'manual' which teaches us how to use the 'creation' properly. But with reference to the 'creation', there is no process of creation as such. There is only manifestation

because it is returning from its unmanifest state. This change from manifest state to unmanifest state and vice versa is the cycle of creation and destruction or dissolution. Along with manifestation of the 'creation', the manifestation of the knowledge also happened. This knowledge is what we call the Vedas.

Jaṭādhara – jaṭā means matted hair lock. Lord Śiva, has a matted hair lock and he holds piṇāka the bow. Lord Śiva has several weapons. These weapons stand for justice. He will always bestow justice with these weapons. Piṇāka is the name of the bow given to Lord Śiva by Viśvakarma, the architect of the Universe. Viśvakarma, is said to have made two bows, one for Lord Śiva and one for Lord Viṣṇu. Lord Viṣṇu's bow is called śārṅga and Lord Śiva's bow is piṇāka.

Sanātana means He is the eternal one, one who is free from death. He is divya – he is pure and effulgent. He is also a deva, he can be worshipped. We can worship the infinite being in a particular form. Even though the actual form of Lord Śiva is infinite, we can worship him in the form of a deva.

Digambara – He is also the formless, where his clothes are the four directions. His whole body is described as the Universe. Tasmai yakārāya namaḥ śivāya - unto that Śiva who is represented by the syllable 'ya' – my salutation.

Elemental significance of the pañcākṣarstotram

The entire Universe is looked upon as a single living being and this living being has a soul. The Universe is in the form of five elements: air, space, water, fire and earth. These five elements sustain life and therefore, whenever we hurt a particular element we hurt ourselves, we hurt our own life. If we protect life, life protects us. These five elements in their gross form represent the divine. Even though they appear as gross, they are the life forces which bring a beautiful balance in the Universe. The sages knew the nature in this form and they also knew that the human beings have to live in harmony with these elements. There are many mantras which describe this harmony. It is to be noted that every element is important. The air is called as medicine in the Veda, because the wind brings seeds and therefore the air is revered. Similarly, water is loved because it is the basis of human life. Earth needs to be loved because she is the mother. Mother is a nourisher, a provider and so the earth provides us our grains. She provides us plants, trees, bushes, fruits, flowers and seeds. She provides lot of other life forms like animals, birds and so on. The space is considered as the father. We are protected by our father and mother. This is the attitude of connecting to the Earth as one family, where mother is the Earth, father is the space. Then whoever lives on the Earth becomes one family.

पञ्चाक्षरमिदं पुण्यं यः पठेत् शिवसन्निधौ ।
शिवलोकमवाप्नोति शिवेन सह मोदते ॥

pañcākṣaramidaṁ puṇyaṁ yaḥ paṭhet śivasannidhau /
śivalokamavāpnoti śivena saha modate //

The concluding verse is a *phalaśruti* – benefit of chanting this verse. The one who recites this 5-syllable verse and its mantra in **śivasannidhi** – near Śiva. So, either you sit in a Śiva temple or you create a Śiva altar and you sit before it, light a lamp and chant this prayer. **śivalokamavāpnoti** – that person who does so will definitely attain śivaloka, the abode of Lord Śiva. Finally, **śivena saha modate** – enjoys the bliss or revels in the bliss of Lord Śiva.



PurnaVidya Mobile App is now available in the Google/Android Play Store. The mobile App is an easier way of staying connected with Ashram programs and Ammaji's teachings.

- **The App** has been developed to keep all interested sevaks with information necessary in terms of courses, retreats, articles and PDF-Books, access to various audio and media material.
- **The features** and navigation in the App are very user friendly and best explored by the sevaks.
- **Login** can be created manually or signed in through an existing Google email account.

*With Guru's blessings, PurnaVidya is now in the palm of your hands!
We wish you an enriching spiritual journey ahead.*

>>> <https://play.google.com/store/apps/details?id=com.purnavidya.mobileapp> <<<



A Global Satsang with Ammaji

for Purna Vidya's
Gita Group Study Members

Q What activities/disciplines one has to follow to become a *sthitaprajña*?

A This infact was Arjuna's question to Lord Kṛṣṇa in Chapter 2 of the Bhagavad Gītā. Having heard in detail, on the topic of karma-yoga by Lord Kṛṣṇa, a natural question arises in Arjuna. He asks, “How do I recognize a wise man? How does a wise person talk? How does he sit? How does he walk? What is the nature of his mind? How does his knowledge manifest in his behaviour?” – as Arjuna himself wanted to become a *sthitaprajña*.

The Vedānta tradition has clearly carved out the parth for achieving this and prescribes a three-fold model of *sādhana* – *śravaṇam*, *mananam* and *nididhyāsanam*.

Śravaṇam is not only exposure to the teachings. It also involves reflections about the teachings. I should consciously direct the mind to be exposed to those sense perceptions that will facilitate purity and steadiness of the mind. I should avoid those sense perceptions that agitate the mind and take it away from its real purpose.

Mananam is cultivating a thought flow which is healthy for absorption of Vedānta. Do not bother about the arrival of thoughts, because that is not under your control. You cannot change the past. What you should do is to allow the thoughts to come, but decide whether or not to cultivate those thoughts.



Center your life not on the ‘small-self’, instead, center your life around the big ‘I’, the ‘higher-Self’. So, find out what this Self is. Who is it? What is its nature? How will you find out – by exposing yourself to the teachings of oneness, which reveal the nature of the Self.

In the *Bṛhadāraṇyaka Upaniṣad* this message is very clear from the samvāda between Sage Yājñavalkya and his wife Maitreyī. Sage Yājñavalkya tells his wife Maitreyī, “You don't think my dear, that you love me for my sake. I know the truth. You love me only for your sake. Why? Because when you are with me, you are happy. You want happiness. My presence gives you happiness. You don't love me. You love happiness. You love your happiness”. That's why the moment I stop giving you happiness, you will show me the door! Therefore, who do you love?

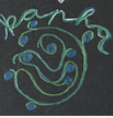


Nidhidhyāsanam is dwelling upon this teaching as often as possible. The only way to live life is by manifesting the highest Self. People say, ‘be selfless’. I say, ‘be self-centered’ – centering your life on the self is called being self-centered. We do that anyway, don’t we? We just need to try bring about a shift in the self.

Clearly, you love your happiness alone. Naturally, now Maitreyī was very hurt when he spoke like this. But he’s a very fair husband. So, he says, “My dear, I love you not only for your sake. I also love you because of what you mean to me. When I am next to you, you bring joy into my life. Therefore, in your presence, I am happy, and therefore, happiness is what I love”.

The same is true for anything — for money, for power, for whatever you want in life. It is not for the sake of ‘someone’ or ‘something’ – it is all for ‘my’ sake, and because of this, we are the most self-centered, understand.

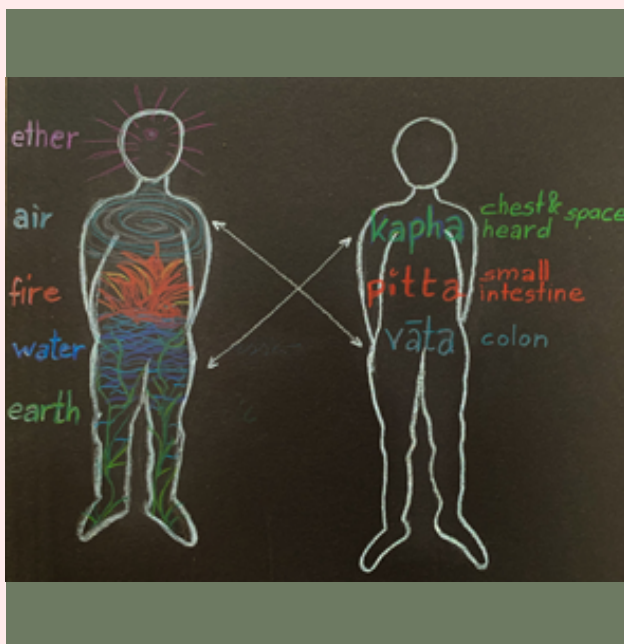
Sthitaprajña is a person who has clearly gained self-knowledge, the knowledge that I am ātmā, I am not the body or the mind. Not only has he got this knowledge, he has assimilated this knowledge and has converted this intellectual knowledge to emotional strength. Because without emotional strength, you cannot face the crises of life. Therefore, knowledge must be converted into emotional strength. Prajña means intellectual knowledge; sthitaprajña means intellectual knowledge along with the emotional strength to face life. First become prajña, then become sthitaprajña.



Āyurvedic Yoga^{♥3}

Namaste Dear Sādhakas,

today we take a closer look at **kapha**. Kapha, the dosha of spring and of growth. We examine how it manifests itself on the physical level and we offer suitable exercises that can rebalance a kapha dosha disharmony.



Physical imbalance of kapha:

We remember the sluggish nature of kapha, which is determined by the elements of water and above all earth. When the kapha dosha becomes imbalanced by too much kapha flowing or by blocking kapha, inertia can manifest itself in very different ways on the physical level:

Fat tissue often develops – especially in the body regions of the lower abdomen, buttocks and legs, which are all ruled by the earth and water elements. The water element can cause edema, primarily in the legs and feet. Sluggish digestion can also be attributed to increased kapha. Other typical symptoms are congestion in the head (sinuses) and chest (bronchi) area, because this is where kapha's headquarters are located. Sites of action of the elements Headquarters of the doshas.

Harmonization of kapha:

All of these symptoms can be alleviated by reducing excess kapha dosha. This works particularly well with both dynamic and enduring physical exercises. The body moves internally and externally. The effort stimulates sweating and counteracts sluggishness.

Rapid and powerful sun salutations, in numerous repetitions (12x), is an excellent practice for this. (sūrya namaskar was elaborated and explained in detail in several newsletters last year!) But a specific selection of individual āsanās also offers a good, purposeful practice: kumbhakāsana & adho mukha śvanāsana are support exercises that reduce kapha through their respective power and stamina generating effect. A dynamic combination of both āsanās with numerous, powerful repetitions (at least 10x) increases their effects!

CAUTION!

Please don't practice support exercises if you have acute complaints in your shoulders and arms, in your lower back or if you have a herniated disc!

Please practice carefully if your neck and shoulder muscles are very tense, it is better to stand on your forearms, if you have tendonitis, lean on your fists, if you have slight high blood pressure, emphasize exhalation, if you are pregnant, please only practice this exercise in the first six months!

And: an important rule to benefit from your yoga practice, is to listen to your body and always practice mindful and without any feeling of pain. Every human body is anatomically different and therefore every posture should be practiced from this perspective. A practice is to be designed differently for healthy, injured or handicapped practitioners.

If practiced without a teacher and therefore without the possibility of a professional adjustment of the āsanās, the risks of injuries can be more common. Should you be uncertain if some of the offered āsanās might be good for you or not, we give the heartfelt advice to talk to a certified yoga teacher or a doctor before practicing this āsana.

1. kumbhakāsana

- Get on all fours on a non-slip surface. Align your legs and feet hip-width apart, your arms perpendicular under your shoulders, rooting your palms apart firmly into the ground.
- Now extend one leg after the other long backwards and point your toes up. Draw yourself in a long, straight line from your heels to the top of your head. Your gaze goes to your fingertips. Many of your muscles support you here so that you can remain in this stretched (plank) position: activate your buttocks and pelvic floor muscles, tense your abdominal muscles – feel the power in your core!

=> Simple variant "small power posture": in the quadruped position, only slightly lift your knees about 5 cm.



2. adho mukha śvanāsana

- From the above basic position on all fours, let your back sink into a slight backward bend.
- Now lift your buttocks far up and back with the exhalation. Maintain a long, straight back. If it wants to round itself, bend your knees slightly. Push yourself powerfully away from the floor over your stretched arms, widen your shoulders and open your chest as much as possible. Your gaze goes to your knees. Feel the power of your arms and your shoulders!

=> More challenging variant: "three-legged dog": in this position, stretch one leg back and up into an extension of your arms and torso. After a few deep breaths, switch the legs.



► The breath:

- Breathe in and out powerfully and completely in the respective position. If you are familiar with ujjāyī, feel free to use this breath. The longer you hold the poses, the more you reduce excess kapha (stamina versus inertia)!
- If you combine both positions, always assume **kumbhakāsana** with the inhalation and switch to **adho mukha śvanāsana** with the exhalation.

► After practice:

A lying relaxation position is necessary for regeneration and harmonization, but it should only be practiced for a short time, as this in principle increases kapha again. With a practice time of 10-15 minutes, 1-2 minutes of relaxation time are sufficient. Enjoy doing! ☺

In the next newsletter possibilities for kapha reduction on an energetic level will be presented!

We look forward to seeing you...

Text and photos by Nina; support: Helga, Gela, Judit, Kerstin and Birgit



Upcoming Workshops / Satsangs in May 2022 with Ammaji



"Learn to Chant - Sadhana Pancakam"

A Satsang for Sevaks

1st Saturday 7th May, 2022; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID : For Sevaks Only | Passcode : For Sevaks Only



"Holiday"

A Satsang for Vedic Heritage Children



"Role of Dharma and Values in The Gita"

Bhagavad Gita Workshop with Ammaji

3rd Saturday, 21st May, 2022; 5:00 to 6:30 p.m. IST

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

*Donations are Welcome
for the Sacred Knowledge Propagation and Charities
Log onto: <https://purnavidya.org/register-offerings/>*

✉ info@purnavidya.org
 f <https://facebook.com/purnavidyapage>
 y <https://youtube.com/purnavidya>
 g www.purnavidya.org

Contact Us at :
 ☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org



Ganga Dasahara Retreat

Tapasyalayam, Uttarkashi, Himalayas June 5-10, 2022

(Arrival - 5th June ; Departure 10th June)

Through This Unique Retreat, Spiritual Seekers will learn about India's Mythical Stories of Himalayas, the intricate spiritual practices and how it relates to one's life. Join us for a treat in Vedantic teachings.



Daily Schedule

- Talks on
Ma Ganga - A Sacred Civilization
- Meditation
- Yoga
- Chanting
- Satsangs
- Visit Sacred Places

Affectionately known as Ammaji, an international Advaita Vedantic teacher and Sanskrit Scholar for over 40 years, has travelled sharing the vision of Oneness with seekers around the world. Ammaji is a rare teacher who communicates the ancient teachings in a way, that is relevant and meaningful for the modern spiritual seeker.

Course Free, Donations Welcome

Ganga Dasahara Retreat Registration Rs. 10,000/- see link below



<https://purnavidya.org/programs.php>

Offerings on Ganga Dasahara Day - June 9th, 2022



Ganga Dasahara Puja

Rs. 5,001/-

Annadanam

Rs. 10,000/-

Dipa-danam – Sacred Lamp Offering

Rs. 2,001/-

Balika Vidya Danam

Rs. 15,001/-

Join Us in Offering to the Sacred MaGanga Our Contributions

<https://purnavidya.org/register-offerings/>

✉ info@purnavidya.org
 🌐 <https://facebook.com/purnavidyapage>
 📺 <https://youtube.com/purnavidya>
 🌐 www.purnavidya.org

Contact Us at :
 ☎ +91 91503 19999
 📞 +91 78128 91579
 ✉ programs@purnavidya.org





इवलइकृतवल for Yoga-students

1 Course – 3 Modules: from Alphabets to Yogasūtras

with Ammaji
(Swamini Pramananda)

Module 1 (30 sessions)

Sanskrit Alphabets

read & write Devanagari
(Samskr̥tam)

May 20th, 2022

&

Module 2 & 3 (30 s. each)

Yoga-Sūtras

phonetics (sandhis),
recitation & studying

December 2022

- pre-recorded + live-sessions by Ammaji & co-teachers
- Homework-correction & feedback
- each student assigned a facilitator, with weekly meeting (live)
- customized & flexible study plan
- live online connection with Gurus (Ammaji & Swamiji) through monthly mentoring sessions

Medium of instruction: english

Cost: 180 € (₹ 15,000) per module,
flexible choice of modules.

More information & registration:
purnavidya.org/europe



Have you ever thought about learning Sanskrit in a way that you can learn to recite Patañjali's Yoga-Sūtras?

Sanskrit, the holy mother of languages has a very special power. All wisdom teachings of Vedānta are written in it. Uttering the letters and words, experiencing the vibrations of the sounds and getting aware of that clear structure is an uplifting and inspiring practice.

You will go through this journey with Ammaji. Ammaji is a Vedānta Teacher and a Sanskrit Scholar. She has been studying Samskr̥tam from young age. As an āchārya she taught Vedānta with Shankara bhāṣyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade.

How you will proceed in this journey? • **Module 1:** You will learn to read and write vowels and consonants of Samskr̥tam, incl. conjunct consonants. Along with, you will understand and use the transliteration key. • **Module 2 & 3:** Apply concepts learned in module 1 – reading Patañjali's Yogasūtras and learn to chant them. Using this ancient scripture, the sandhi rules and word-to-word meaning are made accessible in a very practical way.

ASHTANGA YOGA SUTRA

26.04. – 01.05.2022

with Ammaji & Swamiji (Purna Vidya Foundation)

Yin Yoga TTC Module 3 · MINDFUL YIN+YOGA

An Online Teacher Training Course for students of Yoga and Philosophy, who are keen to study Yoga Philosophy in the tandem of Vedanta and the Yoga Sutras.

6 days full of inspiring Vedic Yoga philosophy (English, with Ammaji), Sanskrit Phonetics and Sutra recitation (English, with Swamiji). Plus 5 Yin Yoga classes (German/English, with Helga).

The focus of this years course from 26.04. to 01.05.2022 is: **'The teachings of the Ashtanga Yoga Sutra'** by the sage Patanjali.

Ammaji will unfold the different key concepts of the Yoga Sutras for us, by accompanying them with gems of Vedic philosophy which is being presented in the Bhagavad Gita. Both the Yoga Sutra and the Bhagavad Gita are seen as texts containing the essence of Yoga Philosophy and wisdom.

In the sessions on the Yoga Sutras of Patanjali we are learning Sanskrit Phonetics and some basic meanings with Swamiji, allowing us to recite the Yoga Sutras together.



Yoga Alliance accredited as part of our 200h Yin Yoga Teacher Training & YACEP accredited.

Wiederholer von Modul 3 (Abschluss 200h) erhalten 50% Ermässigung. Wenn du beide Kurse ('Ashtanga Yoga Sutra' und 'Vedic Yoga Philosophy') belegst, erhältst du 50% Ermässigung auf den 2. Kurs.

Schedule

Ashtanga Yoga Sutras – Course 1: Tuesday, 26th April – Sunday, 1st May
Berlin Time: 08.30 – 12.15 and 13.30 – 16.35 // 6,75 h per day

08.30 am – 09.30 am – Ashtanga Yoga Sutras
09.40 am – 10.25 am – Yoga Sutras: Phonetics & Sutra Recitation
10.35 am – 11.30 am – Ashtanga Yoga Sutras
11.35 am – 12.15 pm – A Guided Meditation
12.15 pm – 13.30 pm – Lunch Break
13.30 pm – 14.00 pm – Reflection time (group work)
14.05 pm – 15.15 pm – Satsang - Question and Answer Session
15.25 pm – 16.35 pm – Yin Yoga
Last day afternoon: Closing Ceremony

For more information: <https://www.yinplusyoga.de/event/online-m3-1-2022/>
Any questions: office@yinplusyoga.de



VEDIC YOGA PHILOSOPHY

04.05. – 09.05.2022

with Ammaji & Swamiji (Purna Vidya Foundation)

Yin Yoga TTC Module 3 · MINDFUL YIN+YOGA

An Online Teacher Training Course for students of Yoga and Philosophy, who are keen to study Yoga Philosophy in its most fascinating way, unfolding the wisdom of the Vedic revelations.

6 days full of inspiring Vedic Yoga philosophy (English, with Ammaji), Sanskrit Phonetics and Mantra / Stotram recitation (English, with Swamiji). Plus 5 Yin Yoga classes (German/English, with Helga).

The focus of this years course from 04.05. to 09.05.2022 is the text **Hastamalakiyam**.

Ammaji will beautifully elucidate all important key concepts of the Vedic Yoga Philosophy for us, by unfolding the gems of Vedic wisdom philosophy presented in the Hastamalakiyam text. This text contains the essence of Self-knowledge and presents an inspiring dive into the nature of Self ('who am I') in the form of ever effulgent light. Be ready to be inspired by a marvellously beautiful text, a true gem of the Vedic Philosophy and wisdom. In the sessions of Mantra / Stotram recitation we are learning Sanskrit Phonetics and some basic meanings with Swamiji, allowing us to recite the Mantra / Stotram together.



Yoga Alliance accredited as part of our 200h Yin Yoga Teacher Training & YACEP accredited.

Wiederholer von Modul 3 (Abschluss 200h) erhalten 50% Ermässigung. Wenn du beide Kurse („Ashtanga Yoga Sutra“ und „Vedic Yoga Philosophy“) belegst, erhältst du 50% Ermässigung auf den 2. Kurs.

Schedule

Hastamalakiyam – Course 2: Wednesday, 4th May – Monday, 9th May
Berlin Time: 08.30 – 12.15 and 13.30 – 16.35 // 6,75 h per day

08.30 am – 09.30 am – Vedic Yoga Philosophy with Hastamalakiyam
09.40 am – 10.25 am – Mantra / Stotram: Phonetics & Recitation
10.35 am – 11.30 am – Vedic Yoga Philosophy with Hastamalakiyam
11.35 am – 12.15 pm – A Guided Meditation
12.15 pm – 13.30 pm – Lunch Break
13.30 pm – 14.00 pm – Reflection time (group work)
14.05 pm – 15.15 pm – Satsang - Question and Answer Session
15.25 pm – 16.35 pm – Yin Yoga
Last day afternoon: Closing Ceremony

For more information: <https://www.yinplusyoga.de/event/online-m3-2-2022/>
Any questions: office@yinplusyoga.de





Bhaja Govindam

A Concise Set of Verses on Vedantic Philosophy

Starting Date :

May 22nd, 2022 Every Sunday, 12 noon - 1:00 p.m. IST

Teachings Include Lessons in :

Dispassion

Karma Yoga

Devotion

Philosophy of Oneness with the Divine

Join us Online & "Gift your Self to yourself"

Register at :

<https://purnavidya.org/prayers/Register-Prayers.php>

Donations are Welcome

for the Sacred Knowledge Propagation and Charities

Log onto: <https://purnavidya.org/register-offerings/>

✉ info@purnavidya.org

📘 <https://facebook.com/purnavidyapage>

📺 <https://youtube.com/purnavidya>

🌐 www.purnavidya.org

Contact Us at :

☎ +91 91503 19999

📞 +91 78128 91579

✉ programs@purnavidya.org



16 Past Events Ashram & Online – Navaratri





Dear Ammaji & Swamiji,

I thank you for the great opportunity you gave us in seeking the blessings of the Naag Devatas. It was a unique chance to see the spiritual world from a different perspective.

Every time we stay at the Ashram, the vibes and the energy is so good & in abundance, that we don't mind to stay disconnected from the world which we come from.

The Ashram itself is very pure and with Ammaji & Swamiji around, we always feel the divine powers with us. Their vast experience of spirituality, their personal Sadhanas and their blessings quench the soul. The Ashram is so divine, we can hear our soul, feels very light with no extra baggage of thoughts.

The dip in the Holy Ganga River is also unique. A dip freezes your soul for a moment and then next moment there is a unique burst of energy from the river Ganga which travels upward your spine and again starts the whole body, giving a fresh lease of life & uplifting the soul. It is a very unique experience to take a dip in the energised waters of the Ganga.

The two divine Avatars of Maa Gayatri: Kapila and Sita, our ashram's sacred cows calm our minds, blessing us with positive vibrations and thoughts.

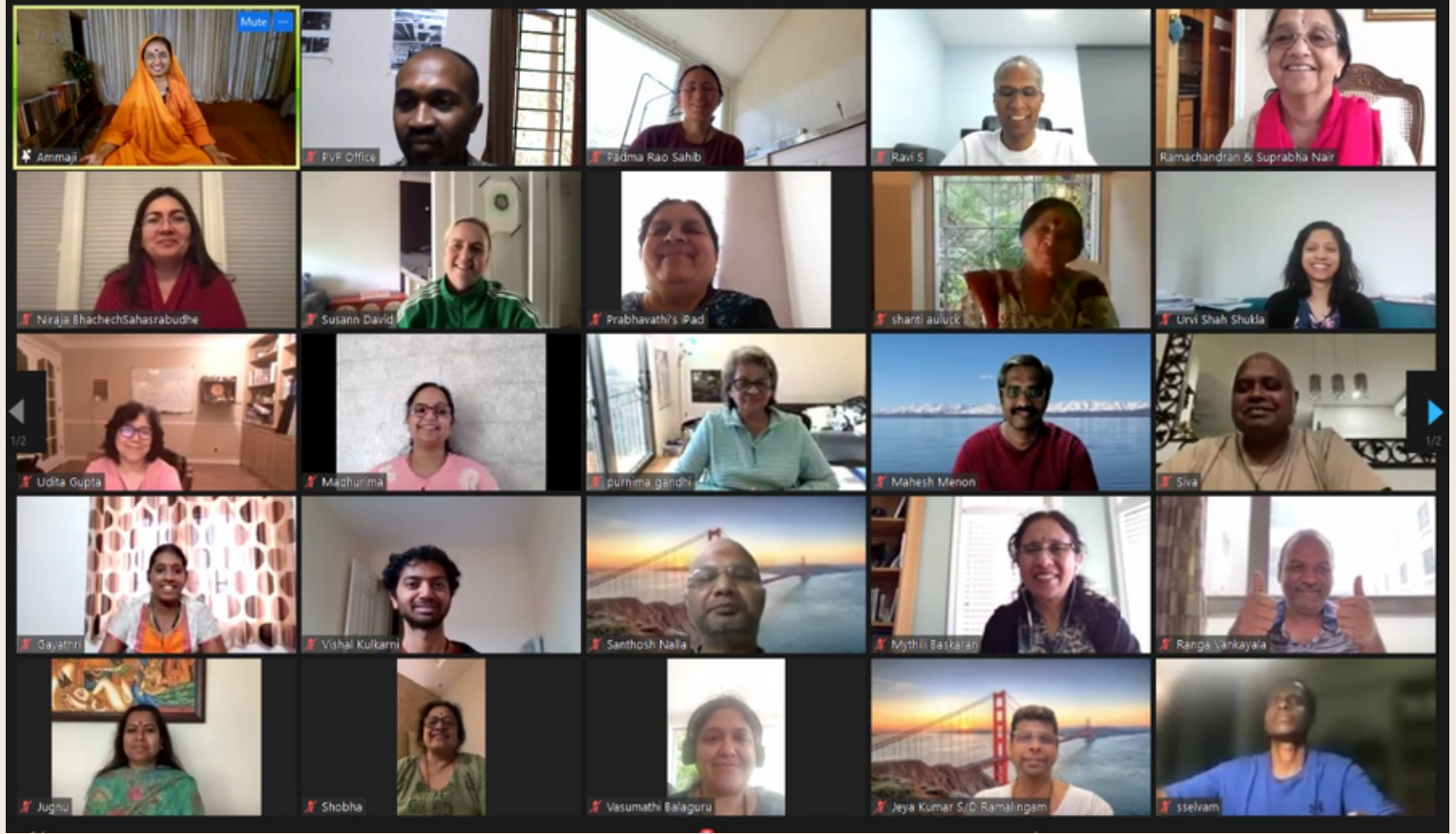
There are very few moments and places in my life which leave a lasting impression and hold a special place in my heart and soul. Our Ashram is definitely on the top, as it has become my spiritual home in the Himalayas!

*Seeking your blessings always,
Vipul Patel*





On **11th April 2022**, a long standing vision of Ammaji fructified by the creation of '**Sri Ramaswamy Veda-Patashala**' in Purna Vidya's Sri Venugopalswamy Ashram (in Palakkad) within a small "agraharam". At the time of establishing the Purna Vidya Venugopalswamy Ashram for the village temple 20 years ago in 2002, it was Ammaji's vision to establish an adjunct Veda Patashala using Ammaji's purva-ashrama family land for the cause. This noble undertaking, '**Sri Ramaswamy Veda-Patashala**' will support young children to learn Sama Veda's Gautama Sakha, in the ashram.



Bhasyam Studies

It was a great blessing to have begun the Sankara-bhasyam teachings from Ganga bank at Tapasyalayam, Himalayas. With MaGanga's grace, Purna Vidya's Samskrta students joined in good numbers to gain exposure to Vedantic Classical studies of the Bhagavad Gita. The opening session was beautifully unfolded by Ammaji, providing insights into the technicalities of Grammar, while the meaning of the prayers to the Guruparampara was unfolded.





Ganga avati mandapam



Caitra Navaratri at Lord Vasuki Nag

devata temple with the villagers at Netala Village, concluded in the birth of an Aarti-Mandapam project in the Himalayan ashram.

Tapasyalayam Ashram is the abode of a Ganga Temple which is the only Temple between Uttarkashi and Gangotri where a daily evening Arti is conducted to Bhagavati Maganga. It is here that the evening prayers will also be extended to the river Goddess Ganga for the Darshan and participation of the pilgrims that stay in Netala Village during the Pilgrim-season.

A Bhumi-puja was conducted on Hanuman Jayanti, **16th April, 2022** for the Ganga-Aarti-Mandapam. The sacred Mandapam will be inaugurated on Ganga-Dasahara Day, 9th June, with the blessings and in the Divine Presence of Lord Vasuki Nag Devata.



Self Managment Workshop



Description

April 17th 2022 a workshop on “Self-Management Skills” was conducted by Suresh Ramamurty for about 10 executives from a law firm. The coverage focused on managing stress and managing time to increase productivity and self-management. The participants were given inputs on the topics from the classical Vedantic and a contemporary perspective, which was a unique blend of approaches to manage-ment issues.

Testimony

What a fabulous day it was at Purna Vidya Foundation. Starting with Ammaji’s wonderful inaugural message, continued with an enriched guidance of Mr. Suresh,



I have no words express my gratitude to Purna Vidya. On the Hospitality side, we were provided with really tasty Panakagam, lunch and tea by the Ashram staff and a calming beautiful natural ambiance. We have all decided to repeat this program on many topics in the Ashram. The best thing that could have happened to me in my life is your association, Ammaji. Bless me that this spiritual learning with you always continues rest of my life.

Bhuvaneshwari, Lawyer

Ammaji's sessions on Understanding the essence of Vasudhaivakutumbakam & Seva



Vasudhaivakutumbakam



The Chettinad Group of School Institutions invited Ammaji to conduct an Online Seminar for two days **April 23 – 24th, 2022**, on '**Vasudhaiva Kutumbakam**'. Hundreds of Teachers and Management of the prestigious institution thoroughly enjoyed the fascinating journey into the Vedic Vision of our Planet, as Ammaji wove the intricacies of the sacred Culture of India.



Siruthuli

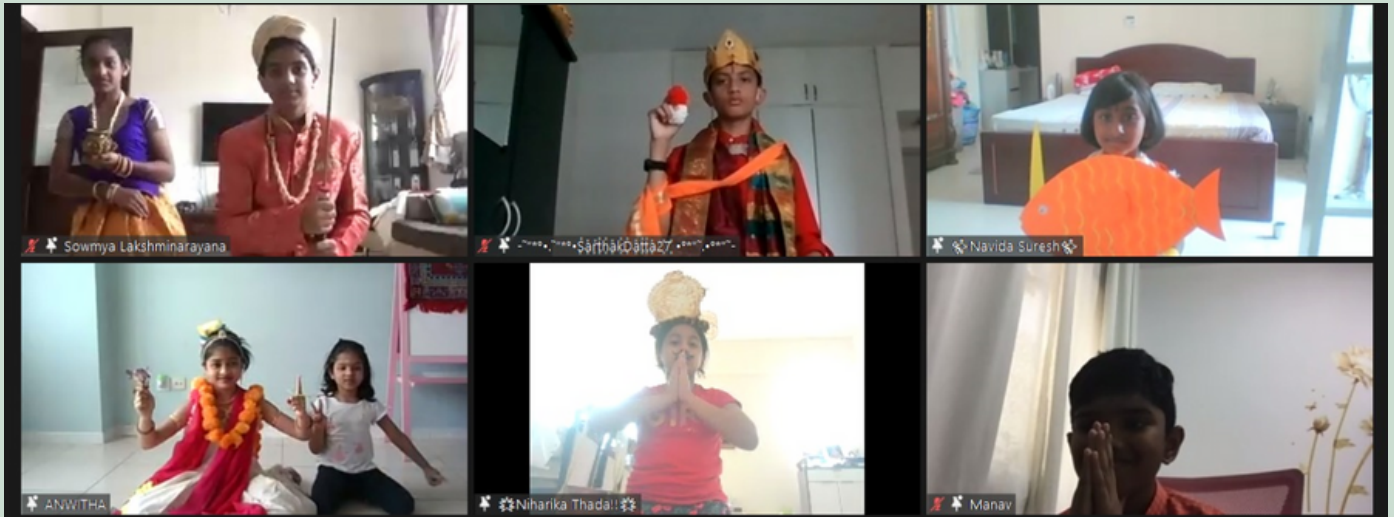
NGO Children Program



On 22nd April 2022 Siruthuli, an NGO working in the areas of water conservation and environment protection, had brought 75 school children to the Ashram to show them the Eco-friendly Ashram and bring about awareness on the importance and usage of palm trees through a lecture and demonstration. In the first part of the program, we made a presentation on the work done by Purna Vidya in water conservation, followed by a lecture emphasising the importance of the various parts of the palm tree and the role it plays in the conservation of water. This was followed by a demonstration of how to make products using palm leaves. The Children had the most enjoyable learning time and returned home with great memories of Purna Vidya's calm nurturing green ashram experience.



Children of the UAE **Bhagavata Purana Group** completed their Bhagavata Purana syllabus and are now enacting the Dasavatara Play to enforce their learning. Play was conducted online and here are the children with their fine costumes. Parents also cheerfully participated!





let's extend our gratitude
and support the Ashram!



Gift A Day



Dear Well Wisher,
Hari Om!

we are pleased to announce a 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 Maganga 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.

Contact Us: Dr. Arun /Venkat /Vasumatiji /Kalpana ji /Janaki ji.

Sponsor 10,000 INR for one day

Thank you all for your generosity and support.

For any additional information

Contact Us at :

+91 91503 19999

+91 78128 91579

programs@purnavidya.org

" Life is not a battle! Stop fighting with Life. We need to experience Life as it unfolds. How I engage with Life is my spiritual education.

-Swamini Pramananda (Ammaji)

Namaste Dear Friends!

All life situations are meant to teach us valuable lessons if we are open to them. We need to learn not to become broken every time we meet with an adversity. Resilience therefore becomes a core life skill for us to learn so as to adapt to face life situations, gain strength and for own internal growth. It is a reset button for our emotional and spiritual well-being. It is important to have aspirations and set goals to help us give purpose and meaning to our life. May we not forget that resilience requires the effort of the individual and also to tap on strength from God!

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



“Take life challenges in a stride. Don’t lose sight of the big picture and operate from the principal of inclusivity and free mind from judging!”
(Ammaji)

Editorial Team

Hari, Ramadevi, Yogesh, Pushpa.

Contributors

Shobha, Sudha, Gayatri, Madhurima,
Archana, Sreenivasan, Tina
Isabel, Nina, Judit, Kerstin,
Gela, Birgit.