

## AMMAJI'S MESSAGE



The attitude of gratitude, as mentioned in the last newsletter, is essential to one's peace and harmony with oneself and the universe. It is an attitude which focuses on what we have, rather than what we do not have in life. Feeling blessed for all that we receive daily, and sharing that blessings with others is the key to a peaceful society.

Gratitude is not merely 'big things' in life. An awareness of noticing and appreciating every good thing that happens in life and recognizing that no situation is too small for extending an appreciation is truly experiencing gratitude within oneself. This could be as simple as appreciating a good quality in a colleague or a friend, thanking someone who held the door open for you, respecting elders, and so on. The fact, that we wake up each morning to the warm rays of the golden sunrise calls for gratitude. The fact that our body and mind are healthy and functional calls for gratitude. The fact that we have a family that loves and cares for our well being calls for gratitude, and so on.

And so friends, let us take a few moments each day to acknowledge all the happenings in our lives and share our gratitude with our family, neighbourhood, friends, society, culture, life-forms on earth and the Universe.

Once we start honouring the little happenings in our daily life that we have missed before, we will begin to notice more and more greatness surrounding us and the miracle of life itself! Gratitude will eventually blossom into humility and compassion in oneself, which is the key to Spiritual success!

Love and blessings,  
Ammaji

Be part of  
Purna Vidya family



## INSPIRATIONS ...

### QUOTES FROM AMMAJI



*"To be who you really are, you need to let go of what you are not"*

*"Love people because of who you are, not because of what they are – because the former means you are living your truth, while the latter means you are living their truth which begs completion!"*

## UPCOMING EVENTS

### GANGA DASAHARA RETREAT



4-13 June, 2019  
Tapasyalayam

On the banks of the sacred Ganga, Tapasyalayam offers you, the spiritual seeker an opportunity to enjoy not only the rich culture of the Ganga Belt, but the spiritual truth behind your inner longing for happiness.

Celebrate this auspicious time of Mother Ganga's descent to our Earthly realm, by joining Ammaji in this sacred retreat. Ammaji will unfold the Mundakopaniṣad and lead meditation and intense reflection sessions. The study sessions will be complemented with yoga sessions and treks to the neighboring villages



[Enroll](#)

## Europe Vedanta Retreat



### Europe Vedanta Retreat 17th July - 20th August, 2019

In July 2019, Ammaji, will be in Spain to share the teachings of Vedānta, meditation and have a yoga retreat. This weekend retreat will be based on the sacred ancient Indian scripture Bhagavad Gita.

Ammaji will elaborate on topics such as how to calm and focus the mind, proper action and proper attitude, life after life and awakening to the oneness underlying all differences.

[Enroll](#)

## PAST EVENTS

### Arrival of the Spring season



### Tapasyalayam Apr, 2019

Spring has arrived. It is a bliss to dwell in the laps of Gangama along with Ammaji teachings. Sharing a glimpse of Tapasyalayam that's filled with wonderful fragrances of roses, jasmine, night queen flowers everywhere!



## Purna Vidya Yoga Series



### Purna Vidya Yoga Series

Teacher: Nicole, Purna Vidya Studio, Chile

Asana: Savasana, modified to adopt the deep Lordosis

Students performing Savasana, but in a modified version, with the legs up, against the wall.

When one does Savasana, it's a relaxation posture, with the legs straight on the floor, the lower part of the spine adopts a deep lordosis that doesn't allow to the muscles of that zone to relax. But if one does this asana with the legs up, relax against the wall, the lumbar arch doesn't adopt that deep lordosis and it goes down against the floor and this support of the floor allows the muscles to relax deeply.

Try now

## Ganga-Samskriti Utthan Samiti



### Ganga-Samskriti Utthan Samiti

Apr, 2019

Maneri



Purna Vidya, in keeping with one of its core objectives of Community work and preservation of Sacred Heritage and Hindu Culture, has initiated a series of events to develop, preserve and propagate the sacred culture of Ganga Belt, what we called the Ganga Valley or Ganga Ghati. These series of events will be done under a committee that comprises of people from the Ghati who are influencers and beneficiaries. We are calling this committee - Ganga-Samskriti Utthan Samiti and this Samithi started its first subcommittee for Maneri village weekly Purna Vidya classes have been inaugurated. And after this subsequently there will be training to the women and the weekly Purna Vidya Satsang's will begin.



# GO-DANAM

पूर्ण विद्या संस्थान  
(गंगा संस्कृति उत्थान समिति)  
गोदान कार्यक्रम

२८ मई, २०१९



स्वामी  
सिद्धबोधानन्द सरस्वती

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अम्माजी  
स्वामिनी प्रमानन्दा

Ammaji travelled extensively in the Ganga Belt from Uttarkashi to Gangotri during the Nagadevata Project and there were many observations good and bad during this meticulous exercise. The temperatures went below -10 degrees last winter and it had snowed in Uttarkashi heavily this time, and Gangotri was even worse.

Many families in the Ganga Belt have only one source of income and that is the cow, while we all know the importance of cow in Hindu culture and heritage, it also has economical importance in many poor families in the Ganga belt where it is also a bread winner. It is deeply saddening that as many as 300 cows were left lifeless due to the inability to sustain the winter. Not only have the families lost their income, but it is a very bad sign in our culture.

Purna Vidya is donating cows to these families and has taken up the noble task and on May 28th this program is being held in Uppala Taknaur, near Gangotri. Many members of Purna Vidya families are actively donating for this cause and each cow would cost 15000 Rs for donation and members of Purna Vidya extended families can use this opportunity to participate in this Godanam program.



सर्वकामदुधे देवि सर्वतीर्थीभिर्भेचिनि ॥  
पावने सुरभि श्रेष्ठे देवि तुभ्यं नमोस्तुते ॥

Sarvakaamadudhe devi  
sarvatithirbhishechini I  
Pavane surbhi shreshte devi tubhyam  
namostute II

लक्ष्मीर्या लोकपालानां धेनुरूपेण संस्थिता ।  
घृतं वहति यज्ञार्थं मम पापं व्यपोहतु ॥  
Lakshmiryam Lokapalanam Dhenurupena  
Samsthita I  
Ghritam Vahati Yagyartham Mama Papam  
Vyapohatu II

Donate



## ĪŚVARA



### The Individual Deities

#### Brahmā

Brahmā is the creator. The word “Brahmā” derives from the verbal root “bṛhi” meaning ‘to grow’. The derivation of the word is “bṛm̄hati, vardhayati yaḥ saḥ brahmā” - Brahmā is one who causes growth.

In the purāṇas, Brahmā is depicted as having four heads. These are said to represent four directions of the four Vedas. Brahmā is said to have been born from the navel of Lord Viṣṇu at the beginning of the creation.

#### Sarasvatī

Creation is possible only when one has knowledge of that which is to be created. Brahmā being the creator, is wedded to the knowledge. His consort, Sarasvatī, represents all forms of knowledge. The word ‘Sarasvatī’ means “saro nīram, jñānam vā, tadvat, raso vā tasyāḥ iti” - one who possesses water or knowledge, or one who is the essence of everything.

Sarasvatī is depicted in white, holding vīṇā in one hand and the Vedas in the other. The color white represents purity. Knowledge is pure when it is unsullied by doubts, errors or vagueness. The vīṇā represents the fine and performing arts. The Vedas represent all scriptural knowledge.

## ĪŚVARA

### Viṣṇu

Lord Viṣṇu is the sustainer of creation. The word 'Viṣṇu' means "vyāpnoti viśvam yaḥ"- the one who pervades the world. In the process of sustaining the creation, Viṣṇu also preserves an pervades the creation. He is also the preserver of dharma. The purāṇas describe how Lord Viṣṇu manifests in the world to preserve dharma, when unrighteous becomes rampant . The ten manifestations , avatars, of Lord Viṣṇu that the purāṇas describe are : Matsya, fish ; Kūrma, Tortoise ;Varāha, boar; Narasiṁha, lion-man; Vāmana, dwarf; and Paraśurāma, Rāma, Kṛṣṇa, Buddha and Kalki, the last avatāra, is yet to manifest.

Lord Viṣṇu is depicted in a reclining picture asleep on the serpent Ādiśeṣa. In this posture, he represents the creation in unmanifest form. The coiled serpent, Ādiśeṣa, symbolizes the latent power of creation. When the creation is to become manifest, Brahmā arises from Viṣṇu and begins the process of creation.

### Lakṣmī

Lakṣmī, the consort of Lord Visnu, represents wealth and prosperity, the sustaining power of creation. She is ornamented in gold and jewels. The word 'Lakṣmī' means "lakṣayatī paśyati udyoginam iti"- the one who can be obtained with diligence and perseverance. Lakṣmī is manifest in many different forms. The eight forms of Lakṣmī that are commonly worshipped are: Dhanalakṣmī in the form of wealth, Dhānyalakṣmī in the form of grains and crops, Dhairyalakṣmī in the form of courage, Vīryalakṣmī in the form of valour, Vijayalakṣmī in the form of success, Gajalakṣmī in the form of sovereignty; Saubhāgyalakṣmī in the form of good fortune; and Vidyālakṣmī in the form of knowledge.

### Rudra or Śiva

Rudra is a form of Lord Śiva. The word 'Rudra' means "sarva-samhārakah" - the one who destroys everything. With reference to the creation, Rudra is depicted as the deity of destruction. Lord Śiva also has other manifestations. In one form he is depicted as Lord Dakṣiṇāmūrti, the first teacher of self-knowledge. In this form, he destroys ignorance of oneself and helps one gain freedom.

### Pārvatī

To destroy, one needs power and strength. Lord Śiva's consort, Pārvatī, represents strength. This is why she is also called Śakti, which means strength. The purāṇas describe Śiva and Pārvatī as residing in the mountains of Kailāsa. The word Pārvatī is derived as 'parvatānām adhiṣṭhātrī devi' - the one who is presiding deity of the mountains or "parvato himācalas-tasya apatyam" - the one who is the daughter of (the deity of) Himālaya mountains.

## Food



Food is one of the basic needs of a living organism. A good portion of one's waking life is devoted to fulfilment of this need through acquiring, preparing, eating and digesting food.

Besides being a physiological necessity for human beings, food also assumes importance on an emotional level. As one grows, food becomes a vehicle for social interactions. Most societies have elaborate etiquette related to eating and sharing food. These customs express a society's attitude towards food.

In the Vedic culture, food is considered to be sacred. In traditional homes, the preparation of food is carried out with a prayerful attitude. Before cooking begins, the lady of the house takes a bath and sanctifies the hearth. Then alone is the ritual of cooking considered kosher. The food is never tasted during cooking. Once the cooking is completed, it is offered to the Lord at the altar in one's home. Only then it is looked upon as prasada and received with gratitude. Food is always handled with respect and is never discarded. The attitude towards food and the customs associated with it emphasize the daily reminder of the Lord's grace in one's life.

Food is perceived, not merely as nourishment for the physical body, but also as serving one's inner growth. The scriptures classify food into three types: sattvic, rajasic and tamasic. Sattvic foods are sweet and pleasing and bring vitality, strength and cheerfulness. Sattvic food includes rice, wheat, milk, fruits and vegetables. Food is also considered Sattvic when it is acquired by rightful means, cooked with prayerful attitude and served after being offered to Lord. Such food alone is considered conducive to gaining the contemplative disposition necessary for self-knowledge. Rajasic foods are stimulating in nature. Non-Vegetarian foods evoke lethargy and dullness. Tamasic foods include fermented goods and leftovers. One who is committed to life abstains from eating rajasic and tamasic foods as well as goods which are not cooked at home. Unlike in western society, 'eating out' is not a common practice in traditional homes.

*To be continued ...*

## Ganga Dasahara, 2017



It was by chance that I was introduced to Purna Vidya for some work that needed to be done for the ashram and I kept knowing more and connecting more.

In the summer of 2017, I registered for the course Ganga Dasahara , which was a retreat in Tapasyalayam. By the banks of Ganga, daily we would get up and mediate and chant and be taught Chapter 9 of BhagavadGita - which was "The book of secrets".

While the spiritual quest was well on track, what was the most noteworthy part of my trip was as a family we were attending the first retreat, away from luxuries of 5 star hotels, but in an ashram.

My father who was 73 then and my youngest daughter who was 2 years old where the senior most and the junior most members attending the retreat. I had many life transforming events both witnessed and felt and one of the very simple things that happened is my family got used to praying before food. The enchanting chant of "Govinda Govinda" before food and the discipline of going for food when the bell rings, gave my kids a beautiful lesson, the lesson of providence and how we are lucky that we have be provided. Two years hence, both my daughters have an extremely changed behavior towards food. Biggest of the aspects and virtue being respecting "food at home" and this is the biggest blessing for any parent. That apart, my mother who is 58, and wife 35 and daughter at 9 years of age and with Cerebral palsy was chosen and blessed by Naga Devatas; And the bathing in Ganges that rejuvenated our souls and while I have some many things to talk, I will never forget to mention this aspect to everyone and anyone who comes and talks to me about the virtues, advantages of the retreats, satsangs and stay at ashram.

The biggest takeaway when I look back today and that will remain with me is "PEACE". "

*Vinod Achanta, India*



# Purna Vidya Book Series



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# Bhagavad Gita Course



## Bhagavad Gita Advanced Online Course Launch

On the auspicious occasion of Vaishaka Shukla Ekadashi, Purna Vidya announces the launch of Intense 160 hour online Bhagavad Gita Advanced course.

Please register using the coupon code WHATPV20 for an early bird discount valid for one month from the date of launch.

This course has been designed for all kinds of students from beginners to advanced learners where the Gurus are going to be directly addressing your queries one-on-one via the support team of Purna Vidya Online Global team.

Please reach out to +91 9701222770 in case of any difficulties.

Foreigners can pay via Paypal and for Indians there is a payment gateway that has been setup.

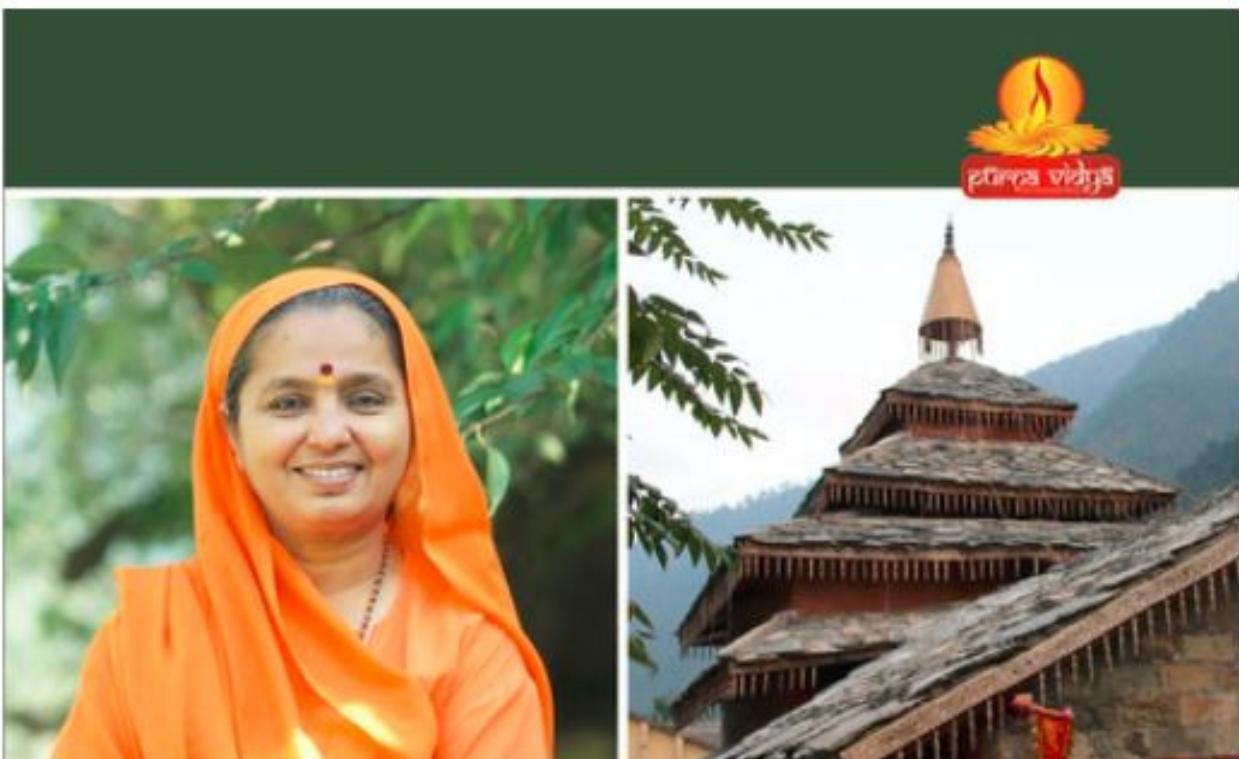
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**Enroll**

# AMMAJI'S 2019 COURSES / RETREATS / TOURS



## Ganga Dasahara Retreat @ Tapasyalayam

4th - 13th June, 2019

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## U.K & Europe Vedanta Tours

17th July - 20th August, 2019

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## Navarātri Retreat @ Tapasyalayam

28th September - 9th October, 2019

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## Vedanta Course (1 month) @ Purna Vidya Foundation

8th November - 8th December, 2019

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## Purna Vidya Family Reunion

24th December, 2019 - 1st January, 2020

[Enroll](#)

# ARULJI'S 2019 COURSES / EVENTS



## VEDANTA

### Vedanta Retreat (Tamil) @ Purna Vidya Foundation

1st - 15th June, 2019

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### Navarātri Retreat (Tamil) @ Purna Vidya Foundation

28th September - 9th October, 2019

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## CULTURAL EDUCATION

### Teacher Training Programmes @ Purna Vidya Foundation

April - September, 2019

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### Classes for Children and Youth @ Purna Vidya Foundation

2nd and 4th Sundays every month, starting 14th April, 2019

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### Outbound Learning Camps @ Purna Vidya Foundation

April - September, 2019

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# Message from Editorial Team

Namaste Dear Friends!

Life moves significantly fast. It can be easy to get swept away in the pace of life and forget to stop and show your appreciation for what you do have. To take a note from Ammaji, gratitude means taking action and putting the thankful thoughts into practice. Gratitude is about giving, listening, appreciating, accepting, and expressing.

Once created, gratitude lines the fabric of the universe and attracts abundance, love, compassion, wealth, and success. Increasing the energy of thankfulness in your heart can really enhance your life.

To receive these spiritual life-transforming teachings of Advaita Vedanta, register yourself for our online Bhagavad Gita courses, Introductory and Advanced, and receive Ammaji's teachings!

We hope that you have enjoyed this volume of our newsletter. We warmly welcome your feedback and contributions through [purnavidyaprograms@gmail.com](mailto:purnavidyaprograms@gmail.com)

## Editorial Team

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