



07/25

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Imagine a beautiful multi coloured tapestry depicting the world made up of a variety of inanimate and animate objects and scenes. All are nothing but a single thread woven in a horizontal/vertical axis. When one thread comes loose, the tapestry is in danger of becoming unravelled or distorted. Such is the truth of the universe. When we hurt a particular element, we hurt our own life and if we protect life, life protects us.

The five elements: **air, water, fire, space and earth** in their gross form represents the Divine, as the subtle. Even though they appear as gross elements, they are the life forces which bring a beautiful tapestry of interwoven existence in the universe.



Saints and sages knew Nature in this form and they understood, knew, and lived with the conviction that human beings have to live in harmony with these elements.

Every element is considered important. They are not just physical substances but they are energies that influence our physical, mental and spiritual life. The **air** is perceived as the Medicine-man in the Veda, because the wind brings seeds and herbs with it, and therefore the air is revered. Air also represents movement, breath and life force. It also symbolises freedom.

Similarly, the **water** is loved because it is the basis of human life. Water is life-giving and symbolises purity, fluidity and adaptability.

Fire represents energy, transformation, and destruction. It is the blessing of the Sun-god of the higher worlds, that remains on earth to become a source of light and warmth for all life on the planet, in the absence of the Sun rays.

Earth is looked upon as the Mother- a nourisher, a provider of grains, fruits, trees and shelter. Earth also represents groundedness, stability and strength.

Space is considered to be the Father. It represents Infinite Consciousness as it contains and pervades everything. It is the element that transcends physical boundaries, connecting the material world with the spiritual. We are ever protected by our father and mother.

The sacred cultural forms of the Vedic civilisation provide us with the right attitude to respect all forms of life that we share the earth with and to live in harmony and oneness with Nature! When one element is perturbed, it can cause ripples that can manifest as waves in our lives through physical and mental ailments, unrest in the world and natural disasters.

Thus, it is important to revere all elements and ensure that we do not plunder from the elements to satisfy our own greed. We need to start living consciously and be mindful of how the five elements serve as metaphors for our own deeper spiritual truths and practices. By recognizing the interconnectedness of the elements, we can cultivate a deeper appreciation for the unity of all life and the Divine essence that permeates the cosmos.



Love and Blessings,



Ammaji

मार्गबन्धु स्तोत्रम्

{Part 04}

We are touching upon this beautiful work of devotion, the Mārgabandhu-stotram, and the idea here is to show you how the Bhakti Literature had flourished in those ages. Being an ancient land, we have a vast and diverse body of literature. All kinds of knowledge and traditions exist in this country, and among them is poetic and devotional literature — a tradition that is truly pan-Indian.

In every state, we find writings and expressions of Saints — from the tenth century onwards whose works are still with us today. As I've said before, when we look for the roots of this kind of devotion, we see that devotion itself carries different intentions.

Rāvaṇa, the great demon, was also a devotee of Lord Śiva. But his intention wasn't pure—it wasn't about merging into Lord Śiva, but about acquiring power and control over the Universe. So the intention behind one's devotion determines what kind of devotee one is.

Are you a devotee in distress? Do you approach the infinite being as a partner in your ambitions and desires? Or are you a seeker of truth? In fact, we say that one who desires to know the truth of the Self is also a devotee. For in that quest, "Who am I?"—lies the key to an even deeper secret; the nature of the infinite.



Devotees in Upaniṣads – the Jijñāsu, seeker of truth

When we look into the Vedic literature, especially in the **Upaniṣads** we find amazing devotees of the infinite being. In the **Kenopaniṣad** —the powers of nature themselves, such as **Agni-devatā** (the fire god), **Vāyu-devatā** (the wind god), and **Indra-devatā** (the King of the heavens); are all shown to be powerless without the divine will.

There's a story where the infinite being challenges these gods. Agni cannot burn a single blade of grass, and Vāyu cannot move it— even when he blows with all his might, but still he fails. Because without the will of the infinite, nothing moves.

मार्गबन्धु स्तोत्रम्

Eventually, these celestial beings realize their arrogance and accept that their power is not truly theirs—it belongs to the divine. It is only when they bow their heads that the glory of the infinite is revealed.

Naciketa, the child devotee from the **Kaṭhōpaniṣad**, seeks knowledge from Lord Yama himself. He is an example of a **jijñāsu**. The Upaniṣads primarily focus on this type of devotee—the seeker of truth.

In the **Praśnopaniṣad**, six seekers go to Sage **Pippalāda** with profound questions. In the **Taittirīyopaniṣad**, **Bhṛgu** asks his father Varuṇa for knowledge of the infinite. The **Chāndogyaopaniṣad**, is full of such examples of **jijñāsu** – **Janaśruti** seeks out Raikva, Satyavatī approaches Sage Gautama, Uddālaka learns from King Aśvapati, and later his son Śvetaketu seeks knowledge from him.

The greatness of a Jijñāsu

Whether you are searching for the infinite, or you are searching for the truth of your own self, the journey leads to the same destination; an expanded consciousness and unity with the infinite. This type of devotee, the **jijñāsu**, the seeker of truth—is unique. And then, there is another type – one whose devotion is not born of desire or seeking, but of oneness. There is no separation between the individual and the infinite. This “i” is that “I”—the self and the divine are one. Such a devotee is called a saint or a person of wisdom.

Whether Kings or sages, men or women, old or young — none of this matters when it comes to truth. What matters is the truth itself, the essence of being. That is the defining quality of the third kind of devotee; the spiritual aspirant, the **jijñāsu**.

Today, we use the word “**spiritual**” so casually. Just doing a few yogāsanās doesn’t make one spiritual. Where is spirituality without gratitude? Where is spirituality without a desire to know the infinite?

Some may simply be religious, like a child going to an elder in times of trouble. That’s fine if that’s where you are. If you want God only in times of distress, so be it — we’ll show you how to reach Him in that state. But if your devotion matures, it transforms into a deep inner longing – not for the limited, but for the limitless. Eternal happiness lies in awakening to the divine. When this shift happens, devotion undergoes a massive transformation.

The Vedas, Upaniṣads, and later literature like the Puraṇas are full of stories of such seekers. The Puraṇas blend the seen and unseen worlds. Yogīs travel across realms and bring back knowledge from higher planes.



Yin Yoga & the WATER Element

In the next five editions of the Newsletter, we're excited to introduce **Yin Yoga** as a powerful and accessible practice for balancing the **Five Elements** of **Traditional Chinese Medicine (TCM)**. In the last newsletter we started with an overview of the five elements, this month we are exploring the water element as our first element. We will explore the qualities of the **water element**, and how Yin Yoga can help restore harmony within the water element—leading to greater health, resilience, and inner peace.

The Water Element in Traditional Chinese Medicine: an Introduction

1. Season: Winter

In the stillness of winter, the world turns inward. Nature withdraws, conserving energy beneath the surface, wrapped in silence and snow. This season belongs to the Water Element—a time for introspection, replenishment, and deep rest. Just as the earth slows its pulse, so too are we invited to pause, reflect, and restore our inner reservoirs.

2. Inner Nature

The inner nature of a Water-type person is like a deep, quiet lake—mysterious, steady, and profound. Their essence is inward-flowing, driven by a thirst for meaning and truth. They are attuned to the unseen, with a natural pull toward contemplation, solitude, and spiritual depth.



3. Organs / Meridians

The **Kidneys** and **Urinary Bladder** are the organs of the Water Element—guardians of our life force, willpower, and ancestral energy. In TCM, the Kidneys house the Jing (essence), our deepest vitality, while the Bladder helps regulate the flow of fluids and Qi. Together, these meridians govern growth, reproduction, bones, and the strength of our reserves.

4. Personality

Water element personalities are often wise, introspective, and adaptable. Like a river navigating the contours of the land, they know how to bend without breaking. Their quiet presence holds deep intelligence, and they often appear as the old soul, the mystic, or the quiet observer in the room.

5. Strengths

The resilience of water lies in its ability to persist—soft, yet unstoppable. Water-type individuals are resourceful, finding solutions in silence and strength in surrender. Their intuition runs deep, often guiding them with a wisdom that surpasses logic and emerges from the heart of stillness.

6 YOGA PRACTICE

6. Imbalances / Pathologies

When the Water Element is out of balance, fear may surface like ice cracking in a thaw. One may feel burnt out, drained, or overly withdrawn. Signs like low libido, bone weakness, chronic fatigue, or lower back issues may appear, indicating a depletion of kidney energy and a need to restore one's foundational strength.

7. Balancing Habits

To nourish the Water Element, embrace rest and solitude as sacred practices. Sip warm water, soak in baths, and allow yourself space to simply be. Meditation, gentle breathwork, and early nights can replenish your essence. Like the stillness of a moonlit lake, returning to yourself is not retreat—it is renewal.

8. Mini Sequence to harmonize the Water element

Happy Baby



Come to lie down on your back in a quiet, grounded way. Allow the weight of your body to sink into the mat. Take a few breaths here, letting your body settle and your nervous system begin to shift. Yin is about yielding , not forcing.

When you are ready , slowly bend your knees and draw them toward your chest - not with effort, but with an invitation.

Gently open your knees wide, towards your armpits, and reach your hands to the outsides of your feet. If that feels to intense , feel free to hold your ankles , shins, or even use a strap or a scarf around the arches of your feet- arms, shoulders , and back remain relaxed and lengthened. A blanket under the back of the head prevents overextension of the cervical spine.

Let your soles of the feet face the sky. You might notice that your hips begin to open- allow that , don't push it. Soften your grip . There is no need to pull the feet hard. Just enough to feel a gentle invitation in the inner thighs and hips . Let your tailbone stay heavy, rooted to the earth. If it lifts, you can place a folded blanket or bolster under your sacrum to support the spine. Close your eyes and bring your awareness inward. Let gravity do the work.

You can stay in a 'Still Happy Baby' . If you want to come in a 'Moving Happy Baby' , gently rock from side to side . Playfully explore how different leg movements and extensions can guide a massage into the kidney area.

Stay here for 3 to 5 minutes , or longer if your body welcomes it. Let your breath be slow, quiet and natural- no effort.

To come out , release the feet slowly, bring the knees together and then come slowly into resting pose. In your reclined position , take your time to feel .

How do your kidney area and your legs feel ?

Variation:

Half Happy Baby



You bring just one leg in happy baby position , the other is bent on the floor. After 2- 3 minutes you change your legs.

Physical Effects:

- Stretching the inside of the leg/ back of the leg
- Stretching in the lower back
- Decompression ISG
- Massage of the abdominal organs

Mental Effects:

- Calms the mind and can give a blissful peace
- Happy Baby is very grounding , it can relieve stress and anxiety

Contraindications:

- If the spinous processes are very pronounced, a blanket underneath will help
- If you roll off to one side, even two blankets on both side of the spine will help
- With slipped discs: when lower back doesn't touch the floor, change your grip & lengthen the arms with straps
- Avoid a strong backbend in the cervical neck region, a blanket underneath will help



Sphinx

Begin by lying on your belly in a quiet way. Let yourself arrive- no rush. Place a bolster lengthwise underneath your chest and belly, allowing it to support the front body fully. Adjust it so your ribcage and upper abdomen feel gently held, not compressed. Slide a block in front of you and rest your forehead on it. Let your neck be long , your jaw soft , and your eyes closed, if that feels safe.



YOGA PRACTICE

Your arms can drape softly forward or bend at the elbows with hands resting gently on the mat - whatever brings ease to your shoulders. Take a moment to sense into the front of your spine, especially the lower back and the space just above the sacrum. Breathe slowly and naturally. Let each exhale guide you deeper into stillness. With each breath, allow your belly to soften more into the support beneath you. Stay for 3-5 minutes , or longer if it feels nourishing.

To release, gently press into your hands, remove the props slowly, and come down into a prone position and take a moment to feel - how does your lower back feel now ?

Can you sense a flow of warmth or energy in that area ?

If you notice any pressure or discomfort in the lower back, gently rock your pelvis from side to side

Physical Effects:

- The sphinx pose - its a backbend - can give a deep stimulation of sacro- lumbar curve (lordosis)
- For some , even lying on the stomach might be enough of a backbend
- Sphinx is stretching the front of the upper body, it promotes expansion of the ribcage, which can lead to deeper breathing and better oxygen supply in the body
- It can have a soothing effect on issues in the lower back , especially with complaints caused by prolonged sitting
- The gentle compression in the abdominal area massages and stimulates the abdominal organs , which can promote digestion.

•Can be very therapeutic for intervertebral disc problems/hernias

Mental Effects:

- Can have a calming effect on the nervous system and help reduce stress and tension , it can promote a sense of inner peace.
- Can help develop a deeper awareness of your own body and needs
- Can be very therapeutic for exhaustion symptoms

Contraindications:

- If there is any sharp pain / burning/ numbness, be sure to change or leave the pose
- For some back/intervertebral disc problems, backbend are therapeutic, for other they are absolutely not recommended: In case of doubt, always consult with your doctor and therapist.

Enjoy your YINpractice ♥

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

In the next four issues of the Newsletter, we will explore and explain the other four element in more detail, and present a special mini Yin Yoga sequence for harmonizing each one element.

- *Text & Model Yin Yoga Sequence: Birgit Steger*
- *Photos by : Annika Nagel , www.annikanagel.com*
- *Text Water Element: Helga Baumgartner*
- *Support: Nina, Isabel, Kerstin, Judit, Alexandra and Gela.*

ONGOING WEEKEND SESSIONS

9



Ongoing Weekend Sessions in Aug 2025 with Ammaji



Every Saturday

Morning

The Power of Prayers Series
Shiva-aparadha-ksamapana-Stotram

Starting Date : 19th July' 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, 09th Aug, 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, 16th Aug, 2025: 5:00 to 6:30 p.m. IST

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



Sunday

New
Course

Tattva Bodha

Morning

Starting Date : 24th Aug' 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!.

<https://purnavidya.org/upcomingevents>

Donations are welcome. Click here to Contribute.

<https://purnavidya.org/education#education>

Tattva Bodha

- BY SWAMINI PRAMANANDA (AMMAJI)



Starting on : Aug 24, 2025

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

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

<https://bit.ly/3urHDsN>



Swamini Pramananda is a well known international Vedanta Teacher and a Sanskrit Scholar. She has been sharing the Vedantic Wisdom in her simple eloquent teachings for over forty years.

For further information on books, donations for course, please follow the link below:

Link for puja contribution: <https://purnavidya.org/ashram>

Link for Program registration: <https://purnavidya.org/vedicwisdom>

Link for books purchase: <https://purnavidya.org/shop>

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

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📺 <https://youtube.com/purnavidya>

📷 https://www.instagram.com/purnavidya_foundation/



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Upcoming Retreat / Courses Aug to Sep, 2025



Navaratri Retreat at Tapasyalayam

22 Sep to 03 Oct, 2025

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

23 Aug to 13 Sep, 2025

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

30 Aug to 20 Sep, 2025

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

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12 UPCOMING 2025 RETREAT



pūrṇā vidyā

NAVRATRI RETREAT

Tapasyalayam, Uttarkashi, Himalayas



Through this Unique Retreat, Spiritual Seekers will Do their Contemplative Practices and Pujas, in the Presence of Vasuki Nagdevata doli and learn about the mystical culture of Ganga valley.

O DEVI - A CALL OF THE SOUL!

-Annamaji

Arrival: 22nd September

Departure: 03rd October



Register at www.purnavidya.org/navaratri-retreat/

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NAVRATRI RETREAT

Tapasyalayam, Uttarkashi, Himalayas



- Spend 10 days with Ammaji and the most sacred of rivers, Goddess Ganga, in Contemplative Practices during Navaratri!
- Revel in Ganga Temple Pujas, Chantings, Yoga, Reflections, Bhajans, Satsangs and an opportunity to meditate on the banks of MaGanga, in the presence of Vasuki Nagdevta Doli.
- Yatra to Gangotri Temple (optional on 2 Oct.)



Register at www.purnavidya.org/navaratri-retreat/

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14 UPCOMING 2025 RETREAT



pūrṇā vidyā NAVRATRI RETREAT Tapasyalayam, Uttarkashi, Himalayas



Participate in the Navami Puja, if you cannot attend the Retreat in person at Tapasyalayam

Join our prayers with your personal Sankalpa, and pray for world peace and your family's well-being.)

(Choose one or more option)

Nava –Kanya Puja (offering to young girls)
Sumangali Puja(offering to married women)
Annadanam (Charity of Food)
Balika Vidya Danam (Girls Child Education)



Link for puja contribution : <https://purnavidya.org/ashram>



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Honoring the Light of Wisdom — Guru Purnima at Puna Vidya Foundation

Nestled in the tranquil greenery under the majestic foothills of the Vailangani Mountains—affectionately referred to by the local community as the South of Kailash—Puna Vidya Foundation became a vibrant center of devotion and reverence during this year's Guru Purnima celebrations.

The event was a heartfelt homage to the timeless Guru Parampara—the sacred lineage of teachers who carry forward the lamp of wisdom across generations. Ammaji, in her deeply insightful address, spoke passionately about the profound importance of this living tradition. She highlighted how Bharat (India) stands uniquely rooted in this culture of honoring the Guru—not merely as a teacher, but as the one who dispels darkness and awakens truth.

Quoting Pujya Swami Dayananda Saraswati's teachings, **Ammaji emphasized that there is one quality that truly sets Bharat apart is the "Krutagnyata Bhava, the attitude of gratitude"**. This bhava of reverence and thankfulness is deeply embedded in the collective consciousness of Bharatiyas, and it is this attitude that sustains the Guru-Shishya tradition through generations.

In a world often driven by achievement and individuality, this culture of bowing down in humility and recognizing the contribution of the Guru is what keeps the spiritual thread of India unbroken.

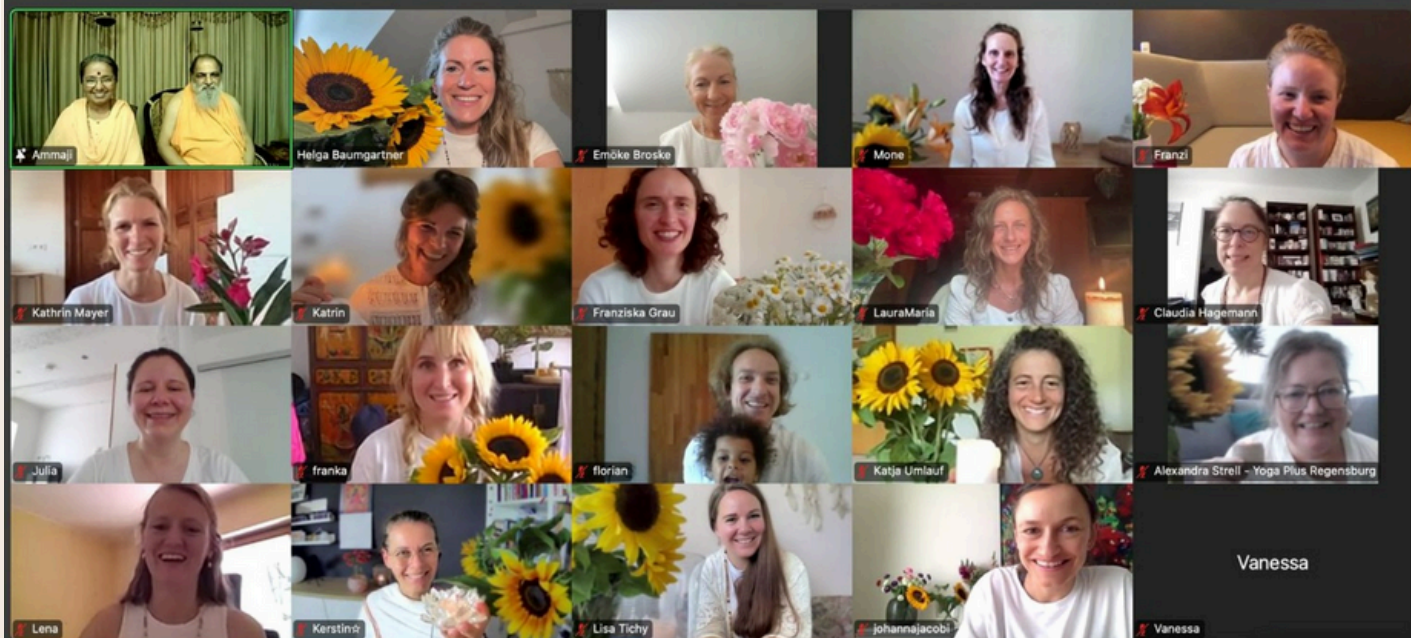
Her words reminded us that the knowledge we receive today is the result of an unbroken chain of selfless transmission—from Guru to shishya (disciple)—over millennia. The message resonated deeply with all who gathered, evoking both reflection and gratitude.

The celebration witnessed the participation of many from the local community, who came to seek blessings from Ammaji and Swami Siddhabodhananda, creating a beautiful confluence of devotion, wisdom, and community spirit. The gathering concluded with a traditional prasadam lunch, lovingly served and joyfully shared.

In a quiet, contemplative moment, we also visited the Gurusthanam of Pujya Swami Dayananda Saraswati, where we sat in meditation and offered our salutations in silence. The energy of the space echoed with presence, reverence, and continuity—a reminder that the Guru is not a person, but a principle that eternally guides.

This Guru Purnima was not just a celebration—it was a reaffirmation. A return to roots. A reminder to walk this path with humility and clarity, knowing we are never alone.





REFLECTION FROM STUDENTS OF PURNA VIDYA

During the Philosophy Module of our Yin Yoga Teacher Training, I had the honor to study one week of Vedanta, Sanskrit and Meditation with Swamiji, Ammaji and Arulji. The teachings had my heart from day one. What I feel about this experience is far beyond, what words could possibly express. I'm deeply grateful for this journey and can't wait to continue walking this path together with the Purna Vidya Foundation.

Studying Sanskrit with Swamiji, who taught us so patiently how to read and pronounce the Sanskrit language, was so valuable, as it helps me so much with the words and the language, we so often come across as yoga teachers. Ammajis teachings and her deep wisdom are just so profound. She shared so much knowledge and so much kindness, while never getting tired of answering all our questions in the most patient and warmhearted way. The way she lays out the Vedanta teachings feels just incredible.

I also enjoyed meditations with Arulji very much. They were so relaxing and effective, giving us the opportunity to connect with a space of peace, balance and happiness within us.

I highly recommend to take advantage of any opportunity you get to enjoy the wonderful teachings offered by Ammaji, Swamiji and the Purna Vidya Foundation.

>>> **Lisa Tichy, Germany**

I recently participated in Module 3 of the Yin Yoga training led by Helga Baumgartner and Ammaji, and I can honestly say it was a deeply inspiring and transformative experience.

Although the module was held online, Ammaji joined us live from India – and from the very first moment, I felt her powerful presence. Her way of speaking, the words she chose, the clarity and depth of her wisdom – it all touched something deep within me. I perceived her as an incredibly wise and inspiring woman.

For the first time in my life, I felt that a philosophical system could actually help me navigate real-life questions – the kind of topics we all encounter regularly. Ammaji approaches them in such a unique and almost playful way, yet what she shares is filled with depth and relevance. She addresses essential life questions in a way that feels accessible, yet profoundly meaningful.

What made the experience even more valuable was the opportunity to engage with her directly – to ask questions, to receive her guidance, and to hear the stories from her own life. These personal insights were truly enriching.

I feel a strong desire to stay connected to her and to continue absorbing this way of thinking and being. Her presence, her teachings, and her authenticity have left a lasting impression on me.

>>> **Katrin Unger, Germany**



Namaste Ammaji,

My parents and I, we are back to everyday life in Germany and look back on our trip to India so thankfully. Staying with you in Tapasyalayam has definitely been the greatest gift of our journey. And returning to your ashram really felt wonderful, not only because of the familiar environment, but also its special ambience which truly promotes spiritual growth and transformation towards inner stillness and peace - No surprise I oftentimes felt literally speechless given the soothing beauty and calmness of your ashram on the bank of Ma Ganga. I am forever grateful to you and all your people who create and maintain this wonderful "heaven on earth" and who always welcome us so nicely und with great hospitality.

Even more, your transformative Vedanta teachings were so meaningful to me and will for sure keep carrying me through my everyday life back home until I hopefully return one day and we meet again.

Thank you very much for making this incredible and unforgettable time in Tapasyalayam possible and for always being my beloved spiritual teacher.

All my gratitude and love,
Viktoria Lehmann



Ganga Sanskriti Kendras at Nald and Gorshali village began with great enthusiasm for the Educational Wing of the Kendra. Mid June this year, a few educated village women from both the villages arrived at the ashram for training with Ammajji and Br. Mohanji, for conducting tuition classes for the village children as well as imparting Culture based value education.





A New Journey Begins — One-Month Vedanta Immersion at Purna Vidya

On the auspicious occasion of **Guru Purnima**, and with the divine blessings of **Pujya Swami Dayananda Saraswati ji**, a profound new chapter has begun at **Purna Vidya Ashram**—the launch of a **one-month residential Vedanta immersion**, rooted in tradition and dedicated to self-inquiry.

Set in the serene rhythm of **Gurukula culture**, this course invited participants to **live and learn** in the spirit of ancient Indian tradition, where knowledge is received with humility, and life itself becomes the classroom, returning to the heart of **Bharatiya wisdom**.

This immersive month forms the foundation for a year-long journey into sacred scriptures. Teachings are anchored in:

- **Bhagavad Gita** with **Ammaji**
- **Samskrutam** by **Swami Siddhabodhananda**
- **Vedic chanting and temple rituals** led by **Arulji**
- **Daily Yoga and Meditation** practices that ground and uplift

With **25 students from across the globe**, the group is diverse in background but united in one aspiration—a sincere longing for Truth. What makes this experience unique is that it is not confined to academic learning. **It is an invitation to reconnect with the cultural and spiritual roots of India**, to soak in the essence of **Vedanta** through direct, lived experience —**guided by tradition, rooted in truth**, and fueled by the timeless longing to know the Self.



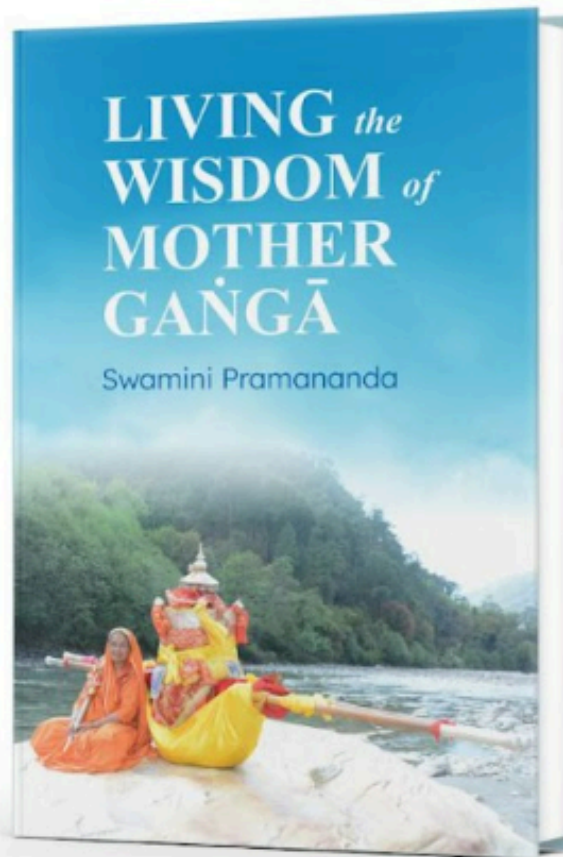


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*let's extend our gratitude
and support the Ashram!*



Gift A Day



Dear Well Wisher,
Hari Om!

we are pleased to announce Gift-a-day campaign for supporting the Ashram's one day expense. Mark a birthday, anniversary day, etc. as your annual support to ashram's sustenance and receive the blessings of prayers at our Lord Vanalingesvara and Ma Ganga Temples.

With Ammaji's wisdom, unconditional love, tireless effort of sharing the sacred teachings, let us extend our gratitude to Purna Vidya by offering to support the cost of running the Ashram for at least one day.

Sponsor 21,000 INR for one day

Thank you all for your generosity and support.

For any additional information

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

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

To achieve oneness with the Divine, we need to first understand and learn how to harmonize the five elements within oneself and the environment.

-Earth - provides stability and groundedness. We need to learn to cultivate a stable and balanced mind; to remain steadfast regardless of what life throws at us.

This can be achieved through inner centeredness and meditation.

-Water – life giving and adaptability. Our emotional state can be fluid and changeable like water. Thus, it is important to manage emotions to achieve inner peace and balance.

This can be achieved through pranayama (breath control), yoga and journalling.

-Fire – energy and transformation. It symbolizes the inner strength and determination required to overcome obstacles and achieve goal. Spiritual growth can be achieved by burning away ego, negative habits, thoughts, and emotions.

This can be achieved by disciplined practice and self-control

-Air – movement and breath. It enhances awareness by promoting mental clarity and alertness.

This can be achieved by pranayama. Techniques such as mindfulness of breath involve observing the natural flow of breath, which fosters a state of present-moment awareness and inner peace.

-Space – consciousness and Divine connection. It represents the ability to perceive beyond the ordinary senses.

Spiritual practices such as meditation, prayer, and contemplation help to bridge the individual consciousness with the divine.

May we remember that one can open the portal to Divinity, with the essential attitude of reverence of the five sacred elements.

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

