

Ammaji's Message



Universe is a sacred Living Being, with the life-force such as air, space, water, fire and earth. It is this life-force that sustain our lives and hence if we hurt these elements, we hurt ourselves. The rishis knew this and were in communication with them. They prayed to the elements to protect the existence of living beings by bestowing Auspiciousness.

The Shatapatha-brahmana section of the Veda talks about "Water as the basis of the Universe". The Parjanya suktam of the Rig Veda describes Rain-water as the purest of all water bodies, as it removes impurities of air, thus removing pollution from the atmosphere. Atharva Veda describes water as 'Hiranyavarna' – Golden in color, meaning pure, when the sunrays and fire have manifested in them and have the power to frees us from disease and give peace. It further describes Jala-cikitsa, or water as medicine, being a destroyer of disease.

While many civilizations appeared on banks of the big rivers such as Nile and Huangho, the Vedic seers regarded rivers as life bestowing, life nurturing and life protecting Divine Mothers. Water and culture are deeply interlinked because while the former is the vital source of life, the latter determines the person's way of life, and how the people adapt themselves to the environment in which they live by managing their water resources.

For centuries sustainable water management has been a daily practice in many cultures, resulting in a delicate balance between water resources and human society. We look upon rivers such as Yamuna, Godavari, Narmada, Kaveri and so on as sacred! Among them is the Mother Goddess, embodied in the towering Himalayas, named Ganga! Goddess Ganga is a symbol of life, and is revered as a Goddess with purificatory and emancipatory powers. She is part of the great web of life and is essential to the wellbeing of the whole.

Let us wake up to the cultural heritage that has taught us to look upon life forces as sacred and reverential. Let us protect the water resources if you wish to protect your own lives and life forms on earth!

Love and blessings,
Ammaji

Be part of
Purna Vidya family

Ganga Dasahara, Tapasyalayam



Ganga Dasahara Retreat was an remarkable and delighfull experience for all sadhakas as were engaged in soul-stirring Mundakopanishad discourses along with Vedic Chanting and Meditation. To complement the classes were daily temple prayers, Vedāntic meditations, personal reflection time, satsangs with Swamiji and Ammaji, yoga sessions, visit to local temples and calming walks in the lush nature embracing the ashram. The reflection time in the afternoons was imperative in making the students critically analyse and integrate the Vedāntic teachings with one's life experience.



Upcoming Events

Spain Retreat



VEDĀNTA PHILOSOPHY, YOGA AND MEDITATION RETREAT
"AN INVITATION TO GO DEEPER INTO ONENESS"

About Ammaji
Swamini Pramananda, fondly known as **Ammaji**, is a spiritual guide, a highly regarded teacher of Vedānta and a Sanskrit scholar with over **30 years of teaching experience**.
Vedānta is the Hindu Philosophy which concerns itself with the ultimate nature of humankind. Ammaji worked in New York for 10 years where she completed a Masters Degree in Microbiology. She has a strong scientific background and is familiar with our Western thought. She has represented Hinduism in the Buddhist-Hindu and

This 2-day retreat includes:
- 5 workshops on Vedānta with Ammaji
- 2 yoga classes
- The course material
- A 15-minute one-to-one meeting with Ammaji (optional)
- Accommodation
- All meals and tea breaks
Dates: July 26th - July 28th, 2019.
Location: Mamakilla, a country house located 9k

Barcelona, Spain Retreat
July 26th - 28th, 2019

Vedanta Philosophy, Yoga and Meditation Retreat

Time: July 26th - 28th

Venue : Barcelona

Info : www.mamakilla.cat

Registration: purnavidyaspain@gmail.com

Video Links:-

1. Retreat with Ammaji - English Version -
<https://youtu.be/2TFxZpxHPJw>

2. Retreat with Ammaji - Spanish Version -
<https://youtu.be/H7uMbkTQPOM>

Germany Retreats



Munich, Germany Retreats
30th July - 11th August, 2019

1) Philosophy Teacher Training

Time: July 30th - August 4th

Venue : Munich

Info : www.yinplusyoga.de

Registration: office@yinplusyoga.de

2) Vedanta Workshop 'Yoga and Meditation'

Time: Friday August 9th. 16:30 - 20:00 pm

Venue : 8sam Yoga Kaufbeuren

Info : www.8sam-yoga.de

Registration: mail@superyogisch.de

3) Vedanta Workshop 'Karma and You'

Time: Saturday August 10th. 14:00 - 17:30 pm

Venue : Yoga 13 Stuttgart

Info : www.yoga13.de

Registration: mail@yoga13.de

4) Vedanta Workshop 'Yoga and Meditation'

Time: Sunday August 11th. 13:00 - 16:30 pm

Venue : Tarayoga Regensburg

Info : www.tarayoga.com

Registration: office@tarayoga-regensburg.de

Absence of Ego



The Sanskrit word 'anahaṅkāra', in its most general sense, means absence of ahaṅkāra, pride. It is important to clearly understand what is meant by the term ahaṅkāra. Ahaṅkāra is generally translated in English as ego or the I-notion.

Everyone is born with a twofold ignorance: ignorance of oneself and ignorance of the world. As a new-born child, one has some sense of one's physical needs, such as hunger, discomfort and pain, and also some awareness of one's environment. As one grows, one develops a sense of self-identity as an individual entity distinct from and, at the same time, a part of the world. In other words, one develops an I-sense.

The I-sense is a product of, and is influenced by, a number of factors. When one learns to respond to a given name, the I-sense takes on a nominal identity. One's cognitive capacities develop naturally with growth, and one gains an increasing knowledge of the world. Emotions arise in oneself as a response to the people and conditions in one's environment. One also learns from the positive and negative responses of others to one's own actions. All these interactions result in feelings of security or insecurity within oneself. Thus, one's cognitive capacities, emotions, perceptions and distortions go into the development of the I-sense.

The 'I' comes to be known in the context of one's body, feelings, knowledge, understanding and distortions; others' opinions and judgements; and one's own known and unknown insecurities. This is the I-notion that one lives with. It is called a notion because upon further analysis it can be shown to be merely a construct, different from the true nature of the subject 'I'.

As long as the 'I' is unknown, the I-notion is the operating entity. As the Bhagavad Gītā (3.2) points out: "ahaṅkāra-vimūḍhātmā kartāhamiti manyate- deluded by the I-notion, one thinks, 'I am the doer'. The perpetual doer, in the process of gaining accomplishments, is likely to develop a sense of pride.

Generally, one has all the more pride in one's accomplishments when others lack what one has. No one is proud of having hands and legs or an organ of speech. But an accomplished musician, for example, can develop pride. Is this pride legitimate? Many elements go into attaining skill in music. One's voice may be trained, but one has to be endowed first with a trainable voice. And merely having a pleasant voice is not enough. One must also be endowed with the ability to hear, grasp, remember and reproduce the notes. One can take these endowments as given or as gifts.

Further, one has to meet a person who knows music and has the patience and willingness to teach. Again, the musical elements such as sound, notes, scales and rhythm are not created by anyone, but are already available in the creation. Finally, there must be people available to appreciate the music. It is evident that there is no skill for which one can claim sole authorship. Thus, pride is false and anahaṅkāra is a value to be understood.

To become an accomplished musician, one must have the desire to learn and be willing to put forth the required effort. The capacity to desire, the ability to act and the capacity to know are essential principles necessary in any accomplishment. In Sanskrit, they are called icchāśakti, kriyāśakti and jñānaśakti respectively. The source of all these śaktis, or capacities, is the source of the creation, which one identifies as Īśvara, the Lord. Recognising the fact that the Lord is the source of all glories brings humility.

Hanumān, in the Rāmāyaṇa, exemplifies the quality of humility. Hanumān had immense strength and was invincible. Alone, he destroyed Laṅkā. No one else could perform the feats that he single-handedly performed. When he stood in Rāvaṇa's court as Lord Rāma's envoy, Rāvaṇa himself was filled with awe. Hanumān attributed the source of his strength to Lord Rāma. Later, when Lord Rāma expressed gratitude to Hanumān, saying that he could not repay Hanumān for all that he had done, Hanumān simply asked to be blessed always with devotion to Lord Rāma.

Accordingly, Hanumān is depicted in a posture of humility, sitting or standing with his palms joined together, and with eyes filled with tears of devotion and humility. No one who reads the Rāmāyaṇa can remain unmoved by the beauty of humility embodied in Hanumān.

One who has humility does not take anything for granted. There are many cultural practices that help one develop an attitude of gratefulness. For example, in the Vedic culture, one does not take the sun for granted. One is supposed to wake up before sunrise and welcome the sun by offering salutations. One offers daily prayers to the pitṛs, ancestors, and to the ṛṣis, sages, who handed down the knowledge and vision of the Vedas. Prayers to various deities acknowledge forces, functions and laws in the creation. Such acts help one develop the attitude of anahaṅkāra.

Ganga Dasahara, 2018



Initially I hesitated to be in ashram for more than 2 weeks. To my surprise, once the lessons started the days flew very fast. The lessons on Mundaka Upanishad were very enriching and aroused my interest to learn more on Vedas. Moreover, Ammaji's teaching, with a lot of examples was very clear even though I was quite new to this Vedantic studies. The lessons and the activities were paced very well.

I also enjoyed the village and the mountain trekking. I would like to thank Ammaji for taking lots of effort for arranging this wonderful trip to Gangotri. The ambience of the ashram was very conducive to pursue spiritual journey. I also would like to thank all the others who were a part of this retreat for their wonderful company, sharing of knowledge and clarifying my doubts.

Chinnamah

It was our first spiritual retreat. Staying in an ashram had been a very different experience for us. The topic Mundaka Upanishad was very heavy for us. But Ammaji's explanation, sub-stories and examples helped us to understand. Before we came to the ashram, we thought Ganga was only a river. After hearing the spiritual stories about Gangaji and daily puja, our perception changed. We started to pray Ganga Matha. We brought some stones from there as gifts for our grandchildren.

Village trekking helped us to understand people's life style in that area. The other amazing things were the love shown by the people of the Ashram, tuition classes that were conducted sincerely (we would like to render monetary support for that) and the kids of all age groups singing the bhajans and Ganga Stotram melodiously. We would love to get back in future for such retreats. Our Pranams to Swamiji and Ammaji.

Mdm Kaliammal and Bagiam





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AMMAJI'S 2019 COURSES / RETREATS / TOURS



Barcelona, Spain and Munich, Germany Retreats

17th July - 20th August, 2019

[Enroll](#)

Navarātri Retreat @ Tapasyalayam

28th September - 9th October, 2019

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Vedanta Course (1 month) @ Purna Vidya Foundation

8th November - 8th December, 2019

[Enroll](#)

Purna Vidya Family Reunion

24th December, 2019 - 1st January, 2020

[Enroll](#)



Europe Vedanta Retreats and workshop.

17th July - 20th August, 2019

In July 2019, Ammaji, will be in Barcelona, Spain to share the teachings of Vedānta, meditation and yoga. This weekend retreat will be based on the scriptural text, the Bhagavad Gita.

This retreat will be preceded by Vedanta workshops on topics such as 'Life after Life' and 'Awakening to Oneness' and 'Karma & You'.

The first fortnight of August 2019 will see Teacher Training of an Advanced Module on "Philosophy of Yoga" at Munich, Germany. This program will be followed by Workshops in Alps, Stuttgart and Regensburg.

ARULJI'S 2019 COURSES / EVENTS



VEDANTA

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

Enroll

Outbound Learning Camps @ Purna Vidya Foundation

April - September, 2019

Enroll



Message from Editorial Team

Namaste Dear Friends!

If we genuinely hold the sanctity of water in our hearts, we will find ways to protect our waters available to us and limit our daily usage in bathing, washing clothes, kitchen utensils, as well as not pollute our rivers with garbage and sewage. This is the only way each of us can release ourselves from the curse of water shortage and receive the blessings of Rain water and Snow melt!

To receive more cultural and spiritual teachings, register yourself for our retreats and courses in Vedanta and Vedic Heritage.

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

Editorial Team

Under guidance of Ammaji

EDITOR

RAMADEVI

DESIGN

PRASANNA

CONTENT SUPPORT

RAMADEVI

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KURABALAKOTA, VENKAT
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