



# pūrṇā vidyā newsletter 08|23

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## Ammaji's Message

*Dear Readers,*

The word *śānti* is derived from the *samskr̥tam* root ‘śam’ which means tranquil. In English it is often translated as ‘peace.’ It is important to note that *śānti* does not refer to a transient emotional state of joyfulness or happiness. People mistakenly see it as one of the emotions experienced in their minds. Individuals often conclude it is something that can be ‘lost’ or ‘gained’. Thus, “I lost my peace of mind!” “Where can I find Peace?” Peace is also seen as something to be sought by performing an action just as one would seek a state of mind that makes one happy by doing something desirable. One often hears questions being asked such as “How can I find Peace?” “What should I do to get Peace?”

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It is interesting to note that in a social sense, the word "peace" often refers to an absence of disturbance, absence of war or conflict between individuals, neighbours, countries, etc. While peace can be disturbed it is not something that can be produced. In other words, Peace is the default state. It seems to exist until it is disturbed. It is not created by us. It ever exists. We can either enjoy it or cause disturbance.

The word *śānti* is commonly used at the end of every Hindu prayer, in the form of *om śāntih śāntih śāntih*. In this sense it is a prayer that asks for absence of disturbance in one's environment with respect to natural events and manmade disturbances. It is also a prayer asking for absence of disturbance within one's own mind created by one's mind itself. Therefore, we repeat the word *śāntih* three times.

Another deeper meaning of *śānti* in the scriptures refers to one's essential abiding nature of oneself. One's essential nature is not something that is variable, changeable, or transient. It is not created or in fact even disturbed. However, it is not known to us due to self-ignorance. While it is not created, it is something that can be discovered. One's spiritual pursuits and religious life have as their final goal the discovery of one's essential nature as being one with *Īśvarā*. That state of oneness is what is referred to as *svarūpa-śānti*, that ultimate state of inner tranquility that is one's essential nature. May we be able to abide in that stillness, in that peace that is within us always!



Love and Blessings,

*Amma j'i*

## Śiva-aparādha-kṣamāpaṇa-stotram

&gt; Part 9

स्नात्वा प्रत्यूषकाले स्नपनविधिविधौ नाहृतं गाङ्गतोयं  
 पूजार्थं वा कदाचिद्द्वितीयग्रहनात्खण्डबिल्वीदलानि ।  
 नानीता पद्ममाला सरसि विकसिता गन्धधूपैः त्वदर्थं  
 क्षन्तव्यो मेऽपराधः शिव शिव शिव भो श्रीमहादेव शाश्वो ॥

*snātvā pratyūṣakālē snapanavidhividhau nāhṛtam gāṅgatōyam  
 pūjārtham vā kadāchid bahutaragahanāt khaṇḍabilvīdalāni ।  
 nānītā padmamālā sarasi vikasitā gandhadhūpaih tvadarthaṇ  
 kṣantavyō mē'parādhah śiva śiva śiva bhō śrīmahādēva śambhō ॥*

The first four verses comprise a review of the person's life from prenatal to childhood to adulthood to old age and how he seeks forgiveness from Lord Shiva.

During a life review, when you examine what you failed to do but should have, or what you did that you shouldn't have, in relation to the divine and the infinite being, a series of omissions and commissions in human life becomes apparent. Subsequently, the soul compiles a significant list of aparadha, a list of omissions and commissions.

The fifth verse outlines Vedic obligations, encompassing obligations to one's ancestry, culture, and religious traditions, as well as obligations towards living beings in one's immediate environment, obligations to the gods, and obligations to humanity.

The vedas define five-fold duties, all of which are one's daily duties. These involve actively contributing to the world around us, remaining fully aware of our actions, and making sure our contribution aligns with the various realms discussed being discussed in the five-fold offerings.



He says, "I didn't do any of them, I didn't even realise, in doing simple fire rituals I have made many mistakes. I have not even looked into the moral order or dharma which should be the guidelines of my choices, I never spent time to understand what is dharma, what is the moral order of the universe, what to talk about listening to the scriptures, listening to the self-knowledge, imbibing the highest knowledge, well, I have really missed the boat, please forgive me, Oh Lord!". Thus, the fifth verse we discussed in the previous class concludes, and now the speaker transitions to more specific topics.

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>>> He proceeds to discuss specific prayer, a ritual through which we connect to the unseen force, a ritual which helps us move from the physical to the non-physical dimension of the universe. This ritual is called one's nithya puja, my daily prayers. Even within these daily prayers, he says, how many mistakes I have made. In verses 6 and 7 we get to understand what the daily prayers are, they offer a model of using the physical materials in worshipping the lord, and using your limbs to worship the lord.

In the 6th verse, he says, *snātvā pratyūṣakālē*, every dawn after taking bath, this bathing itself is a purificatory activity, we have prayers during bathing in the vedic tradition. In this tradition, there is nothing mundane. Even ordinary cultural practices, including anything we do in our day-to-day lives; everything is elevated to an awareness of the sacred and therefore the simple act called bathing is not so simple, it is done with prayers in which you invoke different waters of the rivers, different powers of the oceans of the rivers and mantras are chanted. It is said *mama śhāntyartham duritakshaya kārakāḥ*, signifying that waters cleanse and remove karmic impurities and bring peace to the soul and may the powers of the water come and abide in this bucket of water of mine and while I take a bath, and kindly purify me and bring peace. Like this there are prayers.

ॐ सर्वे समुद्राः सरितस्तीर्थानि जलदा नदाः  
आयान्तु मम शान्त्यर्थं दुरितक्षयकारकाः  
पुष्कराद्यानि तीर्थानि गङ्गाद्या सरितस्तथा  
आगश्वन्तु पवित्राणि स्नानकाले सदा मम

*Om sarve samudrāḥ saritastīrthāni  
jaladānadaḥ  
āyāntu mama śhāntyartham duritakshaya  
kārakāḥ  
pushkarādyāni tīrtāni gaṅgādyā saritastadā  
āgachanthu pavitrani snānakāle sadā mama*

While taking a bath, may all the energies of this pure water, essence of life come and abide and cleanse me, and bring peace to my soul. However while taking a bath I have never chanted any such prayers. Additionally, after a bath you are supposed to collect some Ganga water, *snapanavidhividhau*. This is the cultural tradition called *nāhṛtam gāṅgatōyam pūjārtham*. For my puja I did not get the Ganga water; you can either physically bring water from Ganga or invite Ganga's presence mentally. Ganga has a physical form and She is also a non-physical being. Therefore, in her non-physical higher form you can invoke her presence by chanting

गङ्गे च यमुने चैव गोदावरि सरस्वति ।  
नर्मदे सिन्धु कावेरि जलेस्मिन सन्निधिं कुरु॥

*gaṅge ca yamune caiva godāvari sarasvati.  
narmade sindhu kāveri jalesmin sannidhiṁ  
kuru.*

You can invite water goddesses to abide in the waters and with these waters, I am ready to offer my puja, my prayer. "However," he says, "I didn't do that". Then what else did you not do? He says, *kadāchid bahutaragahanāt khaṇḍabilvīdalāni*, he laments "I never took the care to go to the deep woods and bring the Bilva leaves which are so dear to Lord Shiva." Bilva tree is associated with Lord Shiva, said to have emerged from the sweat of Goddess Parvati, and in this tree sits all the powers of the Goddess. It is said the goddess Girija is at the roots, Dakshayani is in the stem, Maheshwari is in the branches, Parvati is in the leaves, Kartyayani is in the fruits, Gowri is in the bark, Durga is in the flower, Uma is in the branches and in the thorns. There are numerous thorns in the bilva tree and there are 9 crores of protective powers

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in these thorns to protect that very life. The bilva tree is looked upon as sacred, it represents Goddess Parvati and these leaves are offered to Lord Shiva but I never bothered to go and get these Bilva leaves and offer them to the Lord. These are all omissions that I have done. "*Nānītā padmamālā sarasi vikasitā*", when Lord Vishnu prayed to Lord Shiva, he offered a thousand fully bloomed white lotuses in the lake. While pink lotuses represent goddess Lakshmi, the white lotus is offered to Lord Shiva. "*sarasi vikasitā padmamālā na ānītā*," He says, "I never bothered to bring the lotuses to offer you". The idea is I didn't do my puja properly, "*gandhadhūpaiḥ tvadartham*", along with the fragrance and incense, for you.

Puja is a beautiful way to express your devotion to the Lord. Through the offering of flowers, fruits, waters, and many elements connected to Lord Shiva in mythology, the devotee expresses their devotion. He says "I did not do any of this. Not only that, there is more." In a nitya puja, there is a five-step puja, and even there I failed, let alone the 10-step puja, the 16-step puja, and the 64-step puja. In a previous discussion on the Lingastakam, I had elaborated on the different steps of puja; what the five-steps puja are and when you move on to 10-step puja, what the steps to add are. When you move to 16 what more do you add, these are all structured puja steps. Here I am, I have not done any puja properly and continuing the spirit he says:

दुर्धैर्मध्वाज्ययुक्तैर्धिसितसहितैः स्नापितं तैव लिङ्गं  
नो लिप्तं चन्दनादैः कनकविरचितैः पूजितं न प्रसूनैः ।  
धूपैः कर्पूरदीपैर्विधरसयुतैर्नैव भक्ष्योपहारैः  
क्षन्तव्यो मेऽपराधः शिवं शिवं शिवं भो श्रीमहादेवं शम्भो  
॥

*dugdhairmadhvājyayuktairdadhisitasahitaiḥ  
snāpitam naiva lingam  
nō liptam chandanādyaiḥ kanakavirachitaiḥ  
pūjitatam na prasūnaiḥ ।  
dhūpaiḥ  
karpūradīpairovividharasayutairnaiva  
bhakṣyōpahāraiḥ  
kṣantavyō mē'parādhah śiva śiva śiva bhō  
śrīmahādēva śambhō ॥*

He proceeds to talk about, "*naiva lingam snāpitam*", I did not bathe the lingam. In my relationship to the Lord, in connecting to him with the help of physical materials, we have seen all these offerings, and this bathing of the lingam is one very beautiful ritual included in the 16-step puja; but not in the five step or the 10 step. In the 16-step puja, you have the bathing of the lord. Dugdhaiḥ, with milk, मधु, madhu, with honey, आज्ययुक्तैः, ājyayuktaiḥ, mixed with ghee, दधि, dadhi, curd, सितसहितैः, sitasahitaiḥ, sita is sugar. With these five items - milk, honey, ghee, curd and sugar - the lingam is bathed. I did not do this. After bathing, we apply sandal paste; we make a fresh paste from original sandalwood, and it is offered to the lingam. "नो लिप्तं चन्दनादैः, Nō liptam chandanādyaiḥ," - I did not anoint the lingam with sandal paste, with कुम्कुमम्, kumkumam, with ash or विभूति, vibhuti, I didn't do anything like that, "kanakavirachitaiḥ pūjitatam na prasūnaiḥ", I did not do puja with golden flowers. People offer puja with silver flowers, golden flowers; I didn't do anything like that. Nor did I put incense, Dhūpaiḥ, to you and dīpaiḥ, no lamp and no camphor light, karpūra.

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## "Power of Prayers" – Śiva-aparādha-kṣamāpaṇa-stotram

I did not do any of this and "vividha rasayutaiḥ naiva bhakṣyōpahāraiḥ", I could have made different tasty foods for you. You have given us 7 different tastes on the tongue, I could have made spicy, non-spicy, sweet; I could have made so many types of tasty food for you lord but I didn't. Look at me, I did not do any puja properly, I have omitted the beauty of connecting with you in a physical connection. In this tradition, prayers done, puja done are three fold, you can either perform pure mental worship through meditation, or you can add your speech to that mental worship - this is called recitation. Further, to the mental worship with speech you can add a physicalized form of worship called the puja and doing puja is the beginning point.

It is like learning to connect to the infinite. And like connecting to any new relationship, you always look for materials that can support your sentiment. For example, one presents a red flower on February 14th to your beloved, why not a yellow flower? No, it is red which will carry your sentiment. How do you know a red rose will carry your love? I know, because I put my heart in that red rose and give it to my beloved. Why can't you put your heart in a yellow rose? Somehow, I don't think a yellow rose will carry my love, it is the red rose. How interconnected and associated we are with different forms to express different sentiments.

Puja is one rhythm, an important learning wherein the physical space I gather flowers and fruits, and so on and so forth and I prepare the materials to do a proper invocation of the lord. He says in the two verses, 6 and 7, "I did not do anything like that to connect with you in physical dimension".

So here the physical form of worship begins with a minimum of five steps, called 5-step worship in which we use sandal paste, flowers, incense, lamps and food. These five steps represent the five elements of which the universe is made up of. Each step represents one of the divinity's own elements - his material form in which he is manifested in the world - and that step makes an offering back of that element. Hence, 5-step is the minimum number of steps for a physicalized form of worship in which five elements representing the five-fold universe are offered to the Lord. This is the minimum puja that is done, advancing from which one can engage in the 10-step worship in which you add some more steps called पाद्यम्, padyam, अर्घ्यम्, arghyam, आचमनीयम्, achamaniyam, मधुपर्कम्, madhuparkam and karpura arathi and you get 10 steps. The next jump is 16-step worship which is very common and often done in homes, in which bathing is included. These are all ways of elaborating your connection, your expression of love and devotion towards the divine. Our devotee in his life's review finds, "oh my god, I have missed this also. Along with the other things even this I did not do properly, I was always short cutting puja; I was looking at how quickly I can finish it and escape, and what a fool I have been, I have not given enough time and energy and attention to nurture my relationship with the divine" and that omission he regrets and seeks forgiveness from the Lord.



# Āyurvedic Yoga

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**Namaste dear Sadhakas,**

*This article is the third part of a sevenfold series about our inner energy centers. We will continue with Manipura Chakra. You will get to know a series of exercises with meditation, yoga asana and a visualization exercise to harmonize your 3rd chakra – Manipura.*

Brief overview of Manipura Chakra – Navel Chakra:

**Location:** above the navel, stomach area, between the lumbar vertebra and the twelfth thoracic vertebra

**Glands:** pancreas

**Color:** yellow, golden yellow

**Mantra:** RAM

**Element:** fire

**Sense :**sight

**Planet :**Mars

**Central themes :** feelings, willpower, power, self-control, personality, distribution of life energy in the body

**Positive aspects:** self-awareness, emotionality, compassion, empathy, sensitivity, longing, assertiveness, spontaneity

**Negative aspects:** emotional coldness, sentimentality, self-pity, jealousy, ruthlessness

**Physical clues to disorders:** stomach disorders, diseases of the liver, spleen and gallbladder, indigestion, back pain in the lumbar region, nervous disorders, diabetes, obesity, arthritis

**Mental indications of disorders:** irritability, anger, anxiety, insomnia, nightmares, insecurity, lack of self esteem, eating disorders



Exercise program for Manipura Chakra – Navel Chakra

## Pranayama – Nadi Shodana (Alternating Breathing)

Loosen your body, shake out your arms and legs, then sit upright on the floor and perform Nadi Shodana for a few minutes.

=> detailed description please find in June-Newsletter.



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## Warm-up and mobilization yoga asana – Bitilāsana (cow) & Mārjāryāsana (cat)

The shoulders and hips remain aligned over the hands and knees.

### • Bitilāsana



For the Bitilāsana, carefully set up the quadruped position first. With an inhalation, lift your sit bones, chest and head and let your stomach sink. The gaze is straight ahead. Your shoulder blades contract behind your back to further intensify the backbend. Exhaling, arch your back up from the pelvis like a cat's hump.

### • Mārjāryāsana



The shoulders and hips remain aligned over the hands and knees. The head sinks easily downwards, but the chin is not drawn to the chest. You deepen your breath, let the movements flow slowly and consciously and perceive the fine movements of the individual vertebrae.

## Yoga āsana for Manipura chakra

### • Purvotthasana (inclined position)



Sit straight on the floor with your legs together and stretched forward. Place your palms next to your buttocks, fingers pointing back or forward. With the inhalation bring the pelvis up: the entire upper body should form a line. Let the pelvis sink back down on the exhale and repeat the exercise three times.

## Mudra for Manipura chakra



While seated, clasp your hands in front of your chest. The right thumb should be placed over the left, both thumbs are placed between the palms, and the fingers are stretched upwards, enclosing the thumbs, but feel free to apply some pressure.

Close your eyes, breathe in deeply through your nose, and repeat the mantra "RAM" several times in a row as you exhale. Repeat this seven times concentrating on the Manipura Chakra.

## Visualization Exercise

Lie on your back, close your eyes, let go of all the stresses of everyday life and observe your body, feelings and thoughts. Place your hands on your abdomen and stomach above your navel. Let the breath come and go. Imagine that as you inhale, cosmic energy is absorbed through inhalation and as you exhale, the energy flows from your hands into your Manipura Chakra.

With each breath, imagine a yellow beam of energy pouring from your hands into your navel area. Healing energy beams of yellow light are created, which gradually spread throughout the body. Stay with this idea for at least seven breaths, then put your hands back on the floor and lie relaxed for a moment to feel the exercise.

**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 āsanas, the risks of injuries can be more common. Should you be uncertain if some of the offered āsanas might be good for you or not, we give the heartfelt advice to talk to a certified yoga teacher or a doctor before practicing these āsanas.**



> Text and photos by Alexandra pic 1 stock, pic 2 - 6 private Support: Helga, Gela, Judit, Kerstin, Birgit und Nina

## 10 Ongoing Weekend Sessions



### Ongoing Weekend Sessions in Sep 2023 with Ammaji



#### Saturday

##### Aitareya Upaniṣad

Introductory Bhasyam Studies of the Ten Upanisads

Starting Date : 29th July'23

Every Saturday at 12 Noon IST ( 1 hour session)

Join with Zoom Meeting ID: 849 4938 5815; Passcode: Bhasyam

#### Heritage Satsang with Ammaji

2nd Saturday, 9th Sep, 2023; 5:00 to 6:30 p.m. IST

Join with Zoom Meeting ID: 846 5132 7321 | Passcode : purnavidya

#### Bhagavad Gita Satsang with Ammaji

3rd Saturday, 16th Sep, 2023; 5:00 to 6:30 p.m. IST

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

#### Sunday

##### Kenopanisad

Starting Date : 2nd Apr'23

Every Sunday at 12 Noon IST ( 1 hour session)

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456

Register for our weekend classes and make your weekends a learning weekend!

<https://purnavidya.org/upcomingevents>

Donations are welcome. Click here to Contribute.

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

For More Information:

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NEW!



## BHAGAVAD GITA STUDY ONLINE

*Course Launch by Ammaji  
on September 15th, 2023*

*at 7:00 p.m. IST*



- This Program has a unique method of Teaching Bhagavad Gita verse-by-verse, along with recitation.
- Applauded by the seekers of truth from different nationalities.
- This journey into the Gita is so binding and enriching, that the experience brings deep fulfilment and peace.

For More Information:

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- 📺 <https://youtube.com/purnavidya>



### Session Format :

- Opening Prayers
- 1 hour Teaching of Ammaji
- 20 minutes 'Learn to Chant the Gita'
- Closing Prayers

### Unique features of this Program

- In-depth group study with Ammaji
- Learn to chant the Gita
- Summary of every chapter
- Self-Reflections of every topic
- These pre-recorded teachings will be facilitated by Ammaji's disciples.
- In addition, join Ammaji Online for a free Gita Satsang on 3rd Saturday of every month at 5.00 pm IST

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

### \*Facilitation Charges Apply

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## 12 Vedic Heritage programs - Launch in September 2023



### Vedic Heritage Courses for Young Generation Starting on September 10, 2023

JOIN  
NOW

Fun, Interactive sessions for children to get a taste  
of the rich and sacred culture of India  
The course is beautifully designed with storytelling,  
games, puzzles, quizzes, and activities.



**Ramayana**  
Starting Sep 10th, 2023  
7-13 years



**Mahabharata**  
Starting September 24, 2023  
8 - 14 years



**Bhagavata Purana**  
Starting Sep 10th, 2023  
7-13 years

**Bhagavad Gita Chanting**  
Starting September 17, 2023  
7 years and above

REGISTER NOW

To register, please visit <https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

To know more details on the above courses, check out the information in the subsequent pages.

#### For More Information:

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## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

### RĀMĀYĀNA

(30 sessions)



Starting : Sunday Sep 10th, 2023

Time : 2.30. to 3.30 PM, IST

For Ages 7 to 13

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\*

• Rāmāyāna, is not just the story of Lord Rāma. It presents the life of Lord Rama as a role model for a child. Lord rama is an ideal son, brother and ideal friend.

- He is the human embodiment of righteousness. Understand the values Rama stood for by looking into this historical poem as presented in the Valmiki Ramayana.
- Gift your child a fun, interactive live online learning experience to learn about their rich cultural heritage.
- 1 hour session includes sloka chanting, story of Lord Rama and fun interactive activities.

\*\*\*\*\*

#### Program Includes

- Listening to stories from Rāmāyāna
- Learning to chant shlokas
- Sing Bhajans

#### Syllabus Plan

- Bala Kanda - Birth of the four sons
- Episode of Visvamitra
- Sita's marriage to Rama
- Ayodhya Kanda - Manthara counsels Kaikeyi and more ....

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

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## 14 Vedic Heritage programs



### VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION

#### MAHĀBHĀRATA

(30 Sessions)



Starting September 24th, 2023

Sunday 10:30 to 11:30 AM IST (1 hour)

Frequency : Weekly Once    |    Age : 8 to 14 Years    |    Medium of Instruction : English

#### Key Features :

- The lessons are based on "Purna Vidya" book series - which is a structured course for teaching Vedic Heritage to children.
- These course books are well written in a child-friendly and lucid manner by spiritual scholars - Swamini Pramananda (affectionately known as Ammaji) and Sri Dhira Chaitanya ji.
- The books are beautifully illustrated with games and activities.
- Fun interactive Live ONLINE sessions !!!

#### Program Includes

- Listening to stories from Mahabharata
- Learning to chant shlokas
- Sing Bhajans



#### Syllabus Plan

- Adi Parva - Story of Satyavati, Birth of Karna & Pandavas
- Story of Ekalavya & Karna
- Bhima kills Bakasura, Arjuna weds Draupadi
- Sabha Parva and more ....

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

For More Information:

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[programs@purnavidya.org](mailto:programs@purnavidya.org)

<https://purnavidya.org/>



## VEDIC HERITAGE TEACHING PROGRAM FOR YOUNG GENERATION



### BHĀGAVATA PURĀṇA (30 Sessions)

Starting Sep 10th, 2023

Sunday 1:30 P.M. to 2:30 P.M. IST

Frequency : Once a Week

Age : 7 - 13 Years

Medium of Instruction : English



#### Program Includes

- Listening to stories from Bhāgavata Purāṇa
- Learning to chant shlokas
- Sing Bhajans

#### Key Features :

- Children will hear stories from this Purana that brings to life great avatars, sages and heroes of our tradition.
- Embark upon this journey appreciating the attitudes and values portrayed by the characters in the stories.
- Understand what makes them relevant even at this age.
- Gift your child a fun, interactive live online learning experience to learn about their rich cultural heritage.
- The one -hour session includes sloka chanting and interactive activities.
- A contribution of Rs. 6000/- is requested to sustain the activities of Purna Vidya.

#### Syllabus Plan

- Introduction to the Bhagavata Purana
- Story of Dhruva
- Story of Prthu
- Story of Gajendra
- Story of Harishchandra
- Story of Ganga
- Dashavatara Stories
- and more ....

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

#### For More Information:

✉ [info@purnavidya.org](mailto:info@purnavidya.org)

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

📺 <https://youtube.com/purnavidya>



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## 16 Vedic Heritage programs



# Bhagavad Gita Chanting Review

## LIVE online zoom

40 sessions



Ages: 7 to 18

17th Sep., Every Sundays 4:00 pm to 5:00 pm ( IST )



This programme is conducted by our very proficient Purna Vidya teachers and aims to -

- Open to all students and learners Purna Vidya Bhagavad Gita sloka chanting or Gita studies
- Ensure authentic pronunciation of the verses.
- sessions focus on practising slokas already learnt.

To register, please visit the upcoming program section in our website by clicking the below path:

<https://www.purnavidya.org/upcomingevents>

Choose the program of your choice and submit the required details.

\*\*Facilitation Charges apply

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## Samskrtam Course Introductory Facilitated Level 1 (30 Sessions)

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### "Learning Samskrtam Alphabets"

Sunday, Sep 17th, 2023 at 7:00 p.m. IST



#### Syllabus Covered (30 Sessions)

- Devanagiri Alphabet Script Writing
- Devanagiri Alphabet Pronunciation
- Conjunct Consonants
- English Transliteration key

Swamini Pramananda is a Vedanta Teacher and a Sanskrit Scholar. As an Acharya, Ammaji taught Vedanta with Shankara-Bhasyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam and continues to teach short term courses, Online and in her Ashram.

#### Key features:

- Pre-recorded Videos of Teaching Lessons by Ammaji along with complete study materials
- Homework correction and feedback
- Customized and flexible study plan
- Online Monthly mentoring with Ammaji and Swamiji.
- Medium of Instruction is English

#### How to register:

<https://purnavidya.org/vedicwisdom>

- Select Saṃskṛtam from online programs section
- Choose the course : Learning Saṃskṛtam with Ammaji – Introductory Saṃskṛtam Course - Alphabets
- Register by creating your user profile and complete the process
- Look forward to the launch invite from us to join the session

For More Information:

[info@purnavidya.org](mailto:info@purnavidya.org)  
 <https://facebook.com/purnavidyapage>  
 <https://youtube.com/purnavidya>

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 <https://purnavidya.org/>



# Samskrtam for Yoga practitioners

## Level - 2

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### Text: "Yoga Sutras"

-Phonetics and Recitation

Sunday, Sep 17th, 2023 at 7:00 p.m. IST



#### Syllabus Covered (45 Sessions)

- Reading Yoga Sutras in Devanagiri & Transliteration
- Word-to-Word Meaning and Translation of Yoga Sutras
- Sandhi rules for Vowels, Visarga & Consonants
- Study of Phonetics
- Recitation of Yoga Sutras

Swamini Pramananda is a Vedanta Teacher and a Sanskrit Scholar. As an Acharya, Ammaji taught Vedanta with Shankara-Bhasyam and Paniniyan Sanskrit Residential Courses, she continues to teach short term courses, Purna Vidya Foundation in the online space.

#### Key features:

- Pre-recorded Videos of Teaching Lessons by Ammaji along with complete study materials
- Homework correction and feedback
- Customized and flexible study plan
- Online Monthly mentoring with Ammaji and Swamiji.
- Medium of Instruction is English

#### How to register:

<https://purnavidya.org/vedicwisdom>

- Select Yoga from online programs section
- Choose the course: Yoga Sūtras Phonetics and Recitation(Level 2)
- Register by creating your user profile and complete the process
- Look forward to the launch invite from us to join the session

For More Information:

✉ [info@purnavidya.org](mailto:info@purnavidya.org)

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Pragnana Prakashika, an organization involved in the propagation of Sanatana Dharma, conducted a workshop from Aug 12th to Aug 15th at the ashram. This was inaugurated by Swamiji and Ammaji with the lighting of a lamp and a speech by Ammaji.



# Sani Paradosham



Sani Pradosham was celebrated at the ashram on **13th August** with the religious fervor with Swamiji and Ammaji leading the puja and prayers. It was special with all the participants of the Vedanta workshop attending the puja and prayers.





We celebrated **India's 77th Independence Day** at the ashram with great fervor. Sri Swami Siddhananda released a tamil book on Pujya Sri Swami Dayananda Saraswati's teachings, compiled by Acharya Suryapriya. The event concluded with an inspiring talk by Ammaji on Desha-bhakti, offering gratitude towards the martyrs and freedom fighters of our country.





Nagapanchami was celebrated at the ashram on **21st August** with religious fervor. We had an elaborate Abhishek and puja done at the Sri Vanalingeswara temple in the ashram. Swamiji, Ammaji and all the staff graced the occasion.





# TIE Women Forum

We had a workshop on **16th August** for Women Entrepreneurs of TIE Women forum on ways to develop a pitch deck and make an effective presentation.

Ammaji kick started the program with an inspiring message on the need for women to leverage their strengths and overcome their challenges to succeed in the business world.





## Trusted Donation

A new microsite by Trusted Donations was launched on **21st August** by Swamiji and Ammaji.

This is for soliciting donations through Whatsapp wherin donors can select the project for donating the money and donating seamlessly. The event included a walk through of the microsite, making a few donations and a message from Ammaji.





Swamiji and Ammaji arrived in Uttarkashi on **24th August**. The next day they undertook a long tedious journey from Mukhva village up the hills, to Candi Devi temple where Devi Bhagavatam was been conducted. They were given a warm welcome, honoured and asked to bless the occasion. Ammaji spoke to hundreds of villagers about the uniqueness of their sacred land and sacred culture and made the event memorable for one and all present.





Onam was celebrated on 29 August with flower decoration by the Staff.

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

Contact Us at :

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- ✉️ programs@purnavidya.org

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!

-Swamini Pramananda (Ammaji)

### Namaste Dear Friends!

We are always searching outside for happiness and peace and then get upset when we either do not experience them or they do not appear to last forever. It is looking for a lost key but searching in all the wrong places. We need to turn the search from outside to inside, from using our sense organs externally to slowly withdrawing and having mastery over the senses. One of the ways to reach the internal space within us is meditation. It is a tool that quietens the disturbances of the mind and allows one to withdraw into oneself and ultimately tap into the Divine nature that is within.

*We hope that you have enjoyed this volume of our newsletter. We warmly welcome your feedback and contributions through*

*purnavidya.newsletter@gmail.com*

*“Drop the thinking that the world is going to give me happiness, joy, and peace! Anchor into one's nature - the abiding stillness and peace. I am stillness in spite of activity.”*

*(Ammaji)*

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