



08/25

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

Mauna, silence is a religious discipline that involves refraining from speaking. This discipline helps one develop an introspective as well as a contemplative mind. The one who has such a mind is a contemplative person.

Often speech is used as a means of escaping from oneself. People engage in many futile and meaningless conversations throughout the day. By doing so, they keep their minds occupied and avoid facing themselves. It is only when one stops speaking for a length of time that one tends to be more aware of one's thoughts. Instead of focusing one's attention on expressing oneself through speech all the time, during mauna one focuses one's attention on thinking.

>>>





Practising mauna helps one gain an alertness in one's thinking and speech.

Let us be mindful that silence is also not merely the absence of sound. The whole mind and body must become silent, wherein, thoughts, desires, feelings must dissolve into silence. It is this state of inner quietude and peace that becomes conducive for self-realization and spiritual growth.

Without becoming silent, one cannot have a dialogue with another person or facilitate exchange of knowledge and information. Likewise, only by silencing the external chatter, can we connect with our inner self and experience a closer connection with the divine.

To remain silent amidst disturbances and temptations is an indication that one is on the path of liberation. Noise is ignorance and confusion. It indicates that the mind is still preoccupied with the pulls and attractions of the world. Suffering is the noise, which the mind fails to contain when it is driven by passions and desires. **Only silence**, can break that pattern and bring relief.

In essence, silence in **Hinduism** is not merely the absence of sound, but a profound spiritual practice that leads to self-discovery, inner peace, and a deeper connection with the divine.



Love and Blessings,

Ammaji



मार्गबन्धु स्तोत्रम्

{Part 05}



The Vedas, Upaniṣads, and later literature like the Purāṇas are full of stories of great seekers. The Purāṇas blend the seen and unseen worlds.

Devotees in Purāṇas

Take the life of Dhruva, the child who was denied his father's lap by his stepmother. Guided by his mother, he prays to Lord Viṣṇu; not for liberation, but just to sit on his father's lap. But that devotion transforms. The Lord blesses him, and Dhruva is embraced by all. Yet he feels he asked for too little, he wondered – “Why did I ask for a throne, when the Lord Himself had appeared?” His devotion deepens, and he renounces the Kingdom, seeking only the infinite. Dhruva becomes immortalized as the Pole-star — a symbol of unshakable devotion guiding others to the spiritual north.

Similarly, **Prahlāda**, **Mārkaṇḍeya**, and **Gajendra**; all demonstrate powerful devotion. These Purāṇic stories are over five thousand years old and are filled with emotion, pain, love, surrender — all directed to the divine.

Devotees in Itihāsas

The epics present a treasure house of devotees. In the **Rāmāyaṇa**, **Lord Rāma** appears before His ardent devotees like **Hanumān** and **Śabarī**. Śabarī, an old woman, waits her whole life to see Lord Rāma. When He finally arrives, she offers him berries after tasting each one to ensure it's sweet. Her love has no rules, only pure surrender. Even the bird **Jaṭāyu** gives up his life to protect **Sītā** from **Rāvaṇa**, embodying true dharma.

In the **Mahābhārata**, **Lord Kṛṣṇa** becomes the centre of the universe for **Rādhā**, the gopīs, and **Sudāma**, his childhood friend.

मागबिन्धु स्तोत्रम्

Saintly Devotees

After the epics come the Bhakti movements and contemporary saints. Across India—Assam, Bengal, Punjab, Gujarat, Maharashtra, Tamil Nadu, Kerala, Karnataka—every region has its saints. Some, like Meerabai and Surdas, wrote in local dialects. Meerabai, a princess, sang in devotion to Kṛṣṇa. Surdas, blind from birth, expressed deep love for the Lord. Tulsidas composed the Rāmacaritamānas.

Narayana Bhattathiri's Nārāyaṇīyam, written in the Guruvayoor temple while he was suffering from illness, is another gem. Over 100 days, he wrote 1,034 verses retelling the Bhāgavatam, concluding with a miraculous vision of Lord Kṛṣṇa and complete healing.

Some of this literature glorifies the Lord in general; some connects to Purāṇic stories, while others express longing and the pain of separation from the infinite, such as in Jayadeva's Gīta-govinda. Others were Vedic scholars, like Tyagaraja or Appaya Dikshitar. Their writings like the Mārgabandhu-stotram are deeply poetic and devotional.

Devotional Friendship with God

If you wish to become the third-type devotee, a **jijñāsu**; but feel you're not ready due to life's pain and distractions, begin by building your devotion.

Understand that friendship with God is a deep commitment. You must know, trust, and confide in Him. You must partner with Him, work with Him, and help Him help you.

This spirit of devotional friendship is what **Appaya Dikshitar** captures in the **Mārgabandhu-stotram**, this beautiful set of five verses dedicated to **Lord Śiva** at the **Mārgabandhīśvara Temple** in **Virinchipuram**, near Chennai. We will explore the details of this text from the next session.



Yin Yoga & the WOOD Element

In the current 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 two newsletters we started with an overview of the five elements and the water element. This month we are exploring the **wood-element** as our second element. We will explore the qualities of the wood element, and how Yin Yoga can help restore harmony within the wood element—leading to greater health, and enhanced capacities for planning, decision-making and leadership.

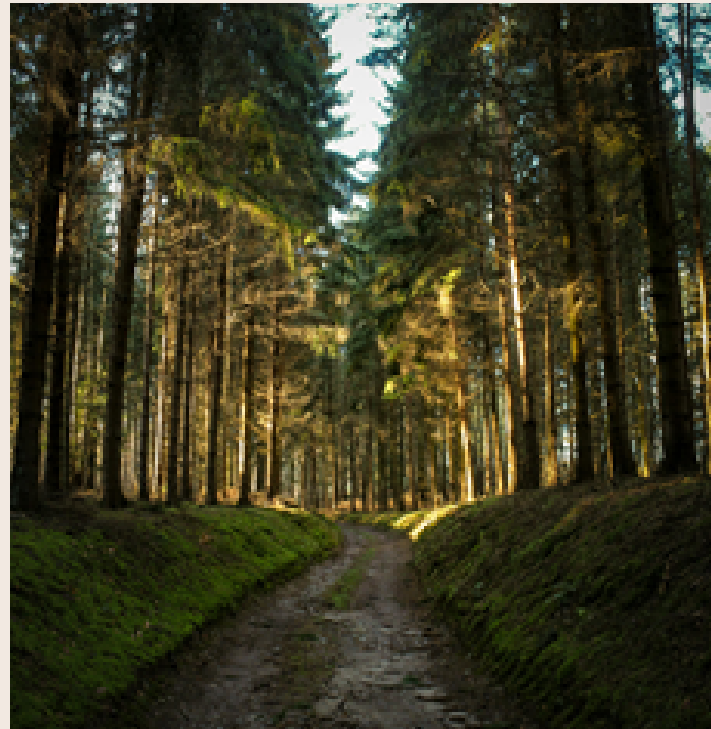
The Wood Element in Traditional Chinese Medicine: an Introduction

1. Season: Spring

The **Wood Element** awakens with the green shoots of **spring**, a season of renewal, growth, and forward momentum. Just as trees stretch toward the sun, Wood energy urges us to rise, expand, and move into action after the quiet of winter. It is a time of vision and beginnings, when dreams take root and new life pushes through the soil.

2. Inner Nature

The inner nature of a Wood-type person is like a strong, flexible tree—grounded in roots yet always reaching upward. They carry within them a sense of purpose and an unyielding drive to grow, change, and create. Their essence is dynamic, thriving when given space to move freely and express itself.



3. Organs / Meridians

The **Liver** and **Gallbladder** govern the Wood Element. The Liver, Yin in nature, stores blood, smooths the flow of Qi, and nourishes vision—both physical and metaphorical. The Gallbladder, Yang, gives us courage and decisiveness, providing the spark to act on our visions. Together, they guide growth, direction, and vitality.

4. Personality

Those with strong Wood energy are often **driven, assertive, and visionary**. They see possibilities where others see obstacles and thrive on challenge and innovation. Like pioneers, they are natural trailblazers, pushing boundaries and inspiring others to follow their lead.

5. Strengths

The great strength of Wood is its **ability to plan, organize, and lead**. Its energy supports **decision-making** and the ability to channel vision into form. With clarity and determination, Wood personalities can chart a path forward, providing structure and direction for themselves and others.

6 YOGA PRACTICE

6.Imbalances / Pathologies

When Wood is unbalanced, it may manifest as **anger, frustration, or irritability**—like a tree whose growth is blocked. Physical symptoms may include **migraines, PMS, or digestive issues**, reflecting a stagnation of Liver Qi. Without healthy outlets, their natural drive can become rigidity, impatience, or self-destructive intensity.

7.Balancing Habits

To balance the Wood Element, engage in **gentle stretching** practices like **Yin Yoga**, which helps release tension in the Liver and Gallbladder meridians. Spend time in **nature**, journaling or reflecting to create clarity and direction. Reduce **alcohol** and **processed foods**, which burden the Liver, and instead nourish yourself with light, fresh meals. In giving yourself space to breathe and move freely, you allow your inner tree to grow strong and supple once again.

8. Mini Sequence to harmonize the Woodelement

Mermaid



Place a bolster crosswise on your mat. Sit down with the left side of your pelvis close to the bolster, and let your legs rest comfortably to the right.

Bring your hands to the floor on the far side of the bolster for support. Then begin to glide your left hand along the floor, away from the bolster, and gently lower your left side body onto the bolster let your head rest on your right arm.

If the bolster feels quite high or thick, you may place an extra prop under your head - a folded blanket or a block - so that the neck feels easy and supported. Take the time to experiment, adjusting until you find what feels right for you.

Allow your right hand to rest softly in your left hand, if that feels natural. Or, you might explore other arm variations- perhaps the lower arm bent, the upper arm resting gently on top.

There is no single correct way. You decide how much length and opening you invite into the upper side body and chest today.

Allow the props to carry your weight. Let your shoulders soften, breathing gently, and your face release any tension. Notice the fluidity of your breath - rising and falling like gentle waves. Imagine yourself as a mermaid resting at the edge of the sea. Your tail is heavy and grounded, yet your upper body is light, floating with the rhythm of the water. There is no need to move - the ocean itself carries you. Feel the opening across your hips and the soft lengthen your spine as an invitation to release control.

With each exhale, surrender a little more into the flow of gravity, into the embrace of stillness. Stay curious, stay soft... and stay here for 3-5 minutes, or longer if it feels nourishing. In Yin, the goal is not to deepen the stretch, but to allow sensation to settle and the body to open with time & gravity.

To come out of the posture, gently press your right hand into the floor in front of your chest, allowing the head and upper body to lift with ease. Slowly turn your back toward the bolster, and let both legs move side to side like gentle windshield wipers, releasing any tension. Then allow your knees to fall softly to the right, so that you arrive with the right side of your pelvis resting against the bolster, ready for the second 'Mermaid' side.

After completing both sides, come down onto your back (supine savasana). Rest here in stillness and sense the flow of energy, the subtle echo along the side body, and within the organs of the belly and chest.

Physical Effects:

- Lateral flexion of spine => Lateral line of the torso and ribs may open
- Perceived release of tension in the truncus sympathicus, the sympathetic trunk => Nerve fibres that originate from the spine mostly in the thoracic region and run along the spine from skull to coxis

- Even possible during pregnancy with the bolster higher up at the side chest.

Mental Effects:

- Can encourage presence => the gentle intensity of the posture draws awareness into the body, quieting mental chatter
- Can support focus & clarity => by opening the hips and chest, tension is released, which can free the mind from restlessness and distraction
- Can soften control => Mermaid reminds the mind to move with the natural flow of life, rather than grasping for outcomes

Contraindications:

- With pinched nerves, injuries, strong scoliosis and slipped disc, consult with your doctor and therapist before practicing any yoga pose.





YOGA PRACTICE

Reclined Butterfly

Sit in the middle of your mat and place a bolster lengthwise behind you , so that when you lean back, it will support the length of your spine.

Bring the soles of your feet together and allow your knees to gently fall out to the sides. Slide a block or cushion under each knee so your legs feel supported and there is no strain in the hips or inner thighs.

Slowly lower your upper body back- first onto your hands, then your forearms, and if it feels right , all the way down onto the bolster allowing your spine to open and your chest to gently lift. Adjust so that your head is fully supported - you may place an extra folded blanket under your bolster or under your head if you would like more height.

Let your arms spread like the wings of a bird and allow your legs to open to the sides like butterfly wings. Close your eyes , and allow the props to hold you completely. Nothing to do, nowhere to go. Just letting the body soften , feel the gentle opening across the chest, through the arms , and along the inner thighs.

With each exhale , notice how your hips, thighs, and belly release into the earth. With each inhale, sense a gentle spaciousness through the heart and chest. Remain here for 5 -10 minutes , inviting stillness, softness, and openness.

To come out, use your hands to carefully guide your knees back together. Roll gently to one side and ease your way back down onto the floor. Lie on your back (supine savasana) for a few quiet moments to observe and feel. Notice how the areas you just stimulated - the chest, the inner thighs, the arms - feel now.

Perhaps there is a subtle echo present: physical, emotional, mental, or energetic.

Simply rest with whatever arises, allowing it to be just as it is.

Physical Effects:

- A good stretch of the inner line of the leg: adductors and groin area
- A mild backbend for the lumbar spine
- The higher up the body on props , the more the target area also moves to chest , shoulders, arms

Mental Effects:

- Can calm & quiet the mind & reduce stress & restlessness => the openness across the chest and gentle hip release can soften emotional tension
- Can encourage surrender and acceptance => resting into props teaches the mind to let go of control and lean into support, cultivating trust and surrender
- Can support emotional openness => the heart opening nature of the pose can encourage receptivity , compassion, and vulnerability.

Contraindications:

• Injury in adductor / groin region - please practice very softly (5%stretch)

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 three issues of the Newsletter, we will continue to explore and explain the following three elements (fire, earth and metal) 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.*

10 ONGOING WEEKEND SESSIONS



Ongoing Weekend Sessions in Sep 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, 13th Sep, 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, 20th Sep, 2025; 5:00 to 6:30 p.m. IST

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



Sunday

Ganapaty Atharvashirsha Upanisad

Morning

Starting Date : 31st 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>

Om Gan Ganapataye Namah

Ganapaty Atharvashirsha Upanisad

- BY SWAMINI PRAMANANDA (AMMAJI)



EVERY SUNDAY, 12 NOON - 1:00 P.M. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

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

AUGUST

SUNDAY

31

AT 12:00 NOON

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

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

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

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

For More Information:

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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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pūrṇā vidyā

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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- Samkshepa Ramayanam
- Samskrtam
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A New Journey Begins — One-Month Vedanta Immersion

From **July 10th to August 8th, 2025**, **Purna Vidya Ashram** witnessed the launch of a transformative one-month residential Vedanta immersion, blessed by Pujya Swami Dayananda Saraswathi ji and inaugurated on the auspicious occasion of Guru Purnima. Rooted in Gurukula culture, the course offered participants a rare opportunity to live and learn in the spirit of ancient Indian tradition, where every moment becomes a lesson in self-inquiry and inner growth.

Over this month, 24 seekers from across the globe came together—diverse in their backgrounds, yet united in their sincere longing for Truth. The curriculum wove together **Ammaji's teachings on the Bhagavad Gita, Samskrtam with Swami Siddhabodhananda, Vedic chanting and temple rituals with Arulji, and daily practices of yoga and meditation. Silent contemplative walks in and around the Coimbatore ashram added depth and stillness to the learning.**



A highlight of the course was a sacred field trip to Palakkad, where students visited the ancient Swami Venugopala temple, lovingly restored by Ammaji. In a gesture of devotion, Ammaji had also offered her family home in Palakkad to the temple priest, which now serves as a small ashram supporting the temple's rituals. The visit not only connected participants to the temple and the heritage of Kalpathi—renowned for its Tamil Brahmin culture—but also nourished them with a traditional, sumptuous meal and a beautiful satsang by the local residential Krishna devotees that reflected the warmth of the region.

More than an academic course, this immersion was an invitation to rediscover the cultural and spiritual roots of Bharat, to soak in the living essence of Vedanta, and to walk the path guided by tradition and truth. **As a testament to its impact, 6 (six) participants** have already committed to continue this journey by enrolling in the **upcoming year-long Vedanta program**, carrying forward the flame of wisdom kindled during this sacred month.









Celebrating India's 79th Independence Day at Purna Vidya Ashram

On August 15th, the Purna Vidya Ashram in Coimbatore resonated with patriotism and gratitude as we celebrated India's 79th Independence Day. The morning began with the flag hoisting ceremony led by Swami Siddhabodhananda and Arulji, the guiding pillars of the Purna Vidya Foundation. The long-term Vedanta students, in-house guests, the Purna Vidya office team along with their spouses and children all gathered together to mark this sacred occasion. As the tricolor unfurled gracefully in the morning breeze, voices rose in unison to sing India's national anthem—a moment deeply emotional, stirring pride in every heart.

Arulji then addressed the gathering with an inspiring speech that reflected upon the true meaning of independence, not merely as a historical event, but as a living legacy. He reminded us that freedom was won through decades of relentless struggle, sacrifice, and courage of countless men and women who dreamed of a free Bharat.

From Mahatma Gandhi's vision of non-violence, to the fiery courage of Bhagat Singh, Subhas Chandra Bose, Rani Lakshmibai, Sardar Vallabhbhai Patel, Sarojini Naidu, and innumerable unsung heroes—their sacrifices are the reason we breathe free air today. Each martyr, each revolutionary, and each freedom fighter gave up comfort, family, and in many cases, their very lives so that future generations could live with dignity, equality, and opportunity.

As a gesture of gratitude and joy, chocolates were distributed to everyone, a special festive lunch was shared, and miniature Indian flags were given to each person present, worn proudly as a symbol of unity and belonging. The atmosphere was filled with reverence as we collectively remembered the blood, sweat, and resilience that birthed the nation we cherish today.

This celebration at Purna Vidya was not just a commemoration of history, but a living reminder of the values that our freedom fighters stood for—courage, selflessness, and unwavering love for the motherland. On this day, we bowed our heads in gratitude to each national hero who gifted us this precious freedom, and we rededicated ourselves to living responsibly so that their sacrifices continue to find meaning in the life of every Indian.



This August, the Purna Vidya Ashram came alive with devotion and joy as we celebrated Janmāṣṭamī—the divine appearance day of Lord Krishna. Janmāṣṭamī holds a very special place in the Hindu tradition, for it marks the birth of Bhagavan Krishna, the embodiment of dharma, love, and wisdom. Krishna's life and teachings remind us that true strength lies in upholding righteousness, while living with joy, compassion, and playfulness. For devotees, Janmāṣṭamī is not just a commemoration of an event from millennia ago, but an opportunity to invoke Krishna's presence in our lives and hearts today.

The celebrations at Purna Vidya began with the āratī and pūjā of Bāla Gopāla (Little Krishna), lovingly performed in the basement of the Kuṭiya. A beautifully adorned swing for Krishna was decorated with colorful flowers, filling the space with festivity and fragrance. A 108-nāmāvalī (chanting of 108 names of Lord Krishna) was offered with devotion, each name invoking His divine qualities. The atmosphere turned joyous as Arulji led soulful bhajans, with every participant joining in to offer flowers at the feet of Little Krishna.

No celebration of Krishna is complete without prasāda, and the ashram kitchen filled with the aroma of special dishes prepared for the day. An array of prasādam and sweets, including a traditional payasam, was lovingly prepared, followed by a festive lunch shared by all. With every offering, the spirit of togetherness and devotion grew stronger.

Celebrating Janmāṣṭamī in this way is more than just a ritual; it is a living reminder of our cultural and spiritual heritage. By decorating, singing, chanting, and sharing prasādam together, we nurture the timeless traditions of Bhārata and keep them vibrant for generations to come.



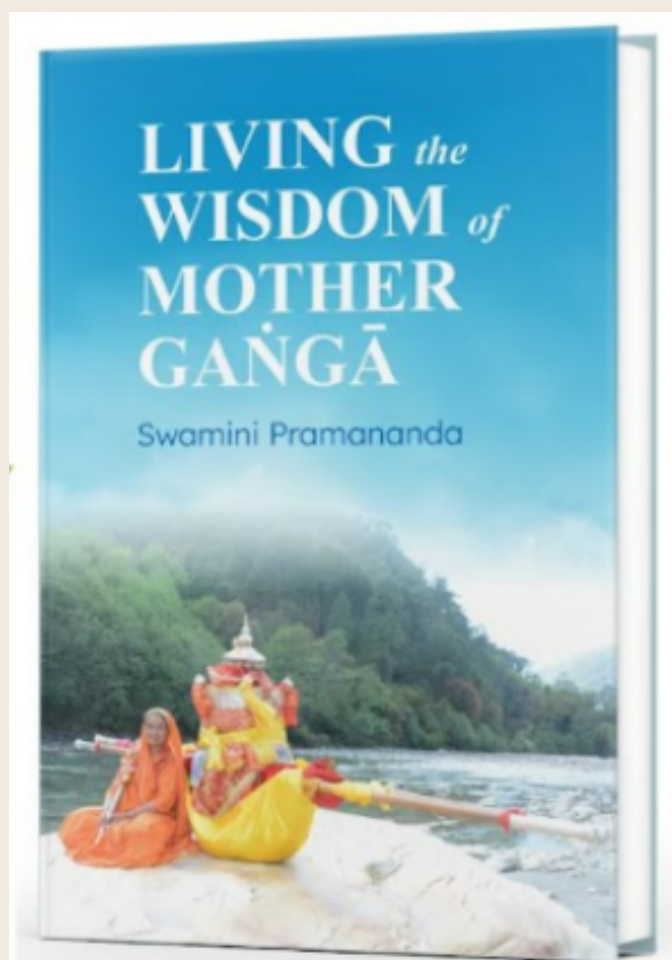
On 27th August, A significant festival honoring Lord Ganesha as the remover of obstacles and bringer of new beginnings. The 2025 Ganesh Chaturthi at Purna Vidya Ashram began with the auspicious celebrations by welcoming shree Ganesha clay Idol (clay also signifying eco friendly approach towards our environment).Offering prayers,performing rituals to invoke blessings and celebrate the start of new endeavours and peace for the planet.

I first visited **Purna Vidya Ashram on June 23rd, 2024**, and being my first ashram visit, I initially expected a traditional gurukul with straw huts and a Homa fire. Instead, I was welcomed by neat pathways, brick buildings, and even a computer room—all set against a breathtaking mountain backdrop. Yet, amidst these modern elements, the simplicity and serenity of the place deeply moved me.

I had only planned to stay a few hours before my flight the next day, but then I saw the Vanalingeshwar shrine. The way the lingam was lovingly adorned and how meticulously the shrine was maintained moved me to tears. The devotion in the air was palpable, and I knew I had to stay longer to learn more about the person who had installed it.

That's when I met **Ammaji**. She reminded me of my grandmother, with gentle crinkles around her smile lines and a warmth that immediately made me feel at home. She let me call her Patima and offered me food during my short visit. Naturally curious about her guru and spiritual journey, I asked where I should begin learning about our culture. That's when she gave me her book, **Living the Wisdom of Mother Ganga**.

From the very first page, I could tell this book was written straight from Ammaji's heart. It follows two intertwined journeys—her own spiritual growth and her pilgrimage along the banks of the **sacred river Ganga**. Her writing is beautifully immersive, making it feel as if you're traveling with her, visiting villages, meeting saints, and listening to ancient stories. She seamlessly weaves Sanskrit slokas into the narrative, providing translations and meanings at just the right moments, so you understand their essence without feeling overwhelmed.



What surprised me most was realizing just how alive **Vedic culture** still is in the Ganga valley. From the daily worship of Devatas and reverence for nature to the way saints selflessly feed pilgrims, there is a deep-rooted simplicity in their way of life. But Ammaji doesn't just describe the people—she shares their local beliefs, their Puranic stories, and the deep personal connections she has formed with them. It's clear she spent a great deal of time in these villages, listening to their stories, understanding their customs, and absorbing the essence of their traditions. The pictures scattered throughout the book bring these moments to life, yet so much is left for us to imagine and explore ourselves.



Reading about Ammaji's own spiritual transformation—meeting her Guru, eventually taking sannyas—was fascinating. Her reflections offer a rare glimpse into the evolution of a seeker's mind. She approaches the world with the same wonder, romance, and innocence that a child has, seeing divinity everywhere. You can feel that in every line.

By the time I finished this book, I couldn't stop thinking about making my own journey to the Ganga plains. I was deeply inspired to meet the saints and sadhus, experience the presence of the Devatas, and witness the living traditions Ammaji described. The culture of **Ātma-samarpana**—full surrender and trust in the divine—is still alive there, and that gives me so much hope.

Through this book, I was introduced to many shrines, Devatas, and unique traditions that I had never known in such depth before. One that particularly fascinated me was the **Vāsuki Nāga Devata Doli tradition**—a sacred practice of honoring the serpent deity with grand processions, rituals, and offerings. Reading about these living traditions brought back childhood memories of Puranic stories, their echoes still alive in these sacred lands. I was amazed at how the same stories had different regional variations, each carrying the essence of its land and people. It felt like rediscovering the wisdom I had grown up with but through a fresh, lived perspective—deepening my appreciation for the richness of our heritage.

What truly captured my heart, though, was Ammaji's relationship with Mother Ganga. She sees the river not just as life-giving water but as a living goddess—a divine mother who absorbs the sins of her children, offers shelter, and nourishes both body and spirit. Throughout her journey, Ganga guided her, provided her with a place to establish her ashram, and even graced her ashram with her presence as a deity.

If I had to sum up this book in one sentence, I'd say it is Ammaji's spiritual journey interwoven with her travels through the Ganga valley, where the beginning and end of each journey blur into one. But no single sentence can truly capture the warmth, wisdom, and devotion you feel while reading.

I wholeheartedly recommend this book to anyone who wants to experience the spirituality of the Ganga, whether from afar or as a call to undertake their own pilgrimage. Read it, and you may just find yourself packing your bags for the sacred plains.



Purna Vidya Vedic Heritage childrens are celebrated Ganesh Chaturthi welcoming Lord Ganesha by making Ganesha Idols (Eco friendly) with their tiny hands which marks pure devotion.



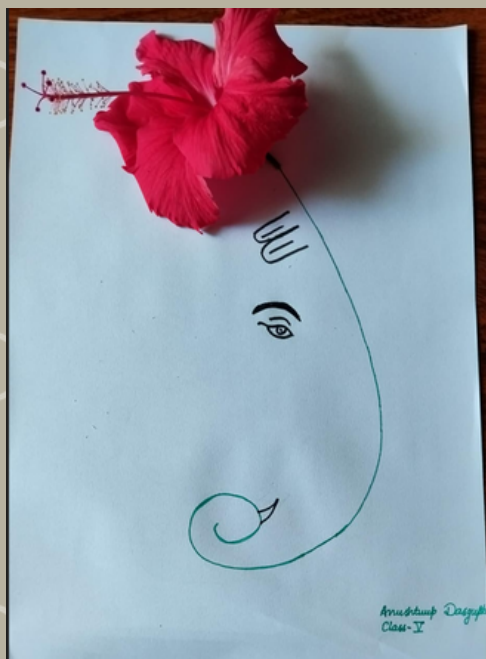
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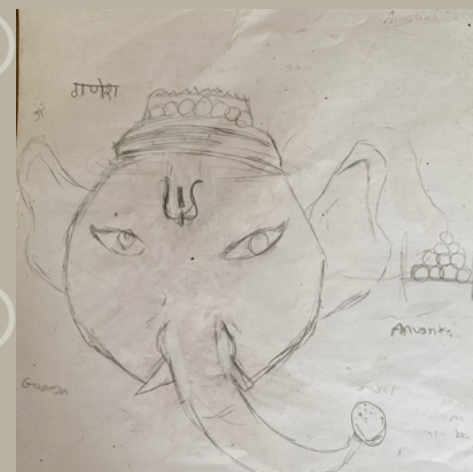
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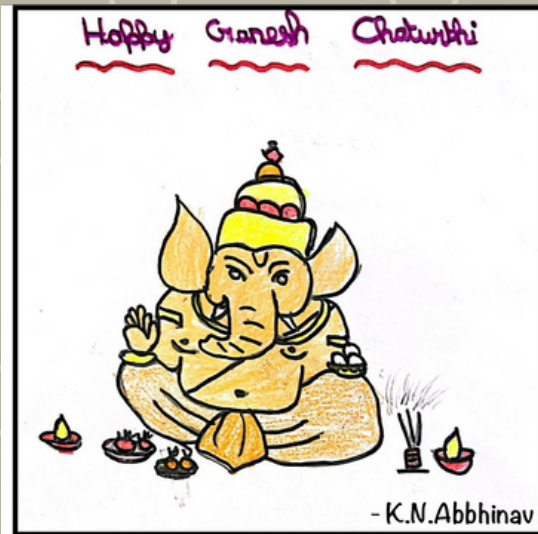
Anushtuup Dasgupta



Anushka and Shivam



Anushka



K.N.Abbhinav



Sahana



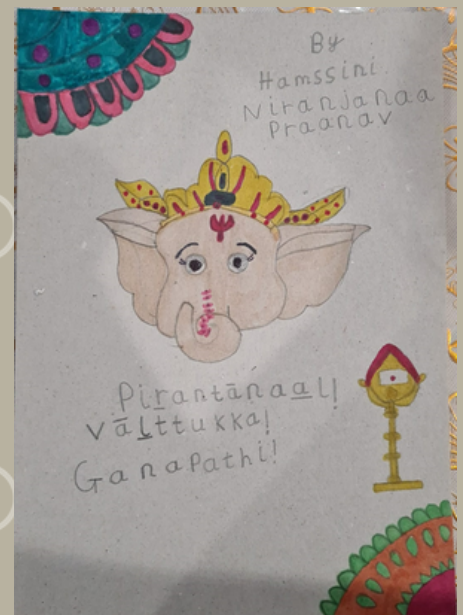
Varunya



Dharini and Varnika



Niranjanaa



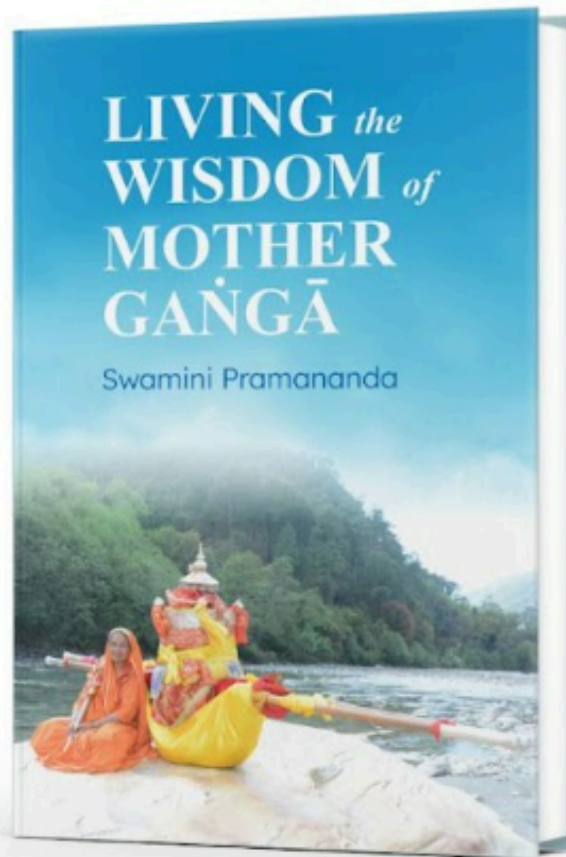
Hamssini

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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

Contact Us at :

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+91 78128 91579

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!***

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

It is said that where there is anger or misunderstanding or when there is a sense of judgement, it's best to stay silent rather than respond in anger and have regrets later. Practicing silence when there is an urge to respond helps one to become more self-aware and mindful. It promotes self-control. It is only in the depth of silence that the voice of God can be heard. May we in our daily interactions with the world around us, learn to be silent, watch our thoughts and go inwards, thus elevating our own spiritual practices and experiences.

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

