



02/26

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

In today's world, humans appear to be consumed in wanting to acquire more and more. In this process, we also end up acquiring more unwanted memories, emotions, stress and have difficulty letting go of things that impacts us in an adverse manner. Acquiring and holding on to emotional baggage takes its toll in many levels.

Holding on to grudges, anger, hatred and resentments leads to physical illness and impacts mental health. Memories weigh us down and letting go of these things enables more space to be created in our hearts and mind for peace, joy and love to occupy.





We become free from judgements of others and ourselves and regain control over our senses and life. Our faculty of discrimination works better and decisions made becomes more beneficial for all.

In allowing our mind to get cluttered with things from the past and worries about the future, we stop living in the present. The result is our mental power gets dissipated and we lose our ability to be and to remain focused. In multiple occasions we are physically present, but mentally we are transported to either the past or future. This serves no true purpose to us, to others around us and to what we need to achieve.

By holding on to negativities of the past and worries of the future our mind will not become steady instead it will continue to get more muddled and muddled. Letting the small things remain small, we learn the art of letting go and the mind becomes content and serene. Mind doesn't fluctuate when it is peaceful and contented. Letting go of past experiences also enables us to become humble to the experiences we subject ourselves to and we become more compassionate towards ourselves.

The day we realise that our true purpose is not to keep acquiring but rather to let go; not in strengthening our physical bank balance but to strengthen our spiritual bank account we become more open to what the universe has in store for us. There is a famous anecdote in India on how to catch a monkey. You drop a handful of nuts into a jar with a small opening and when the monkey puts his hand into the jar, grabs the nuts and then finds that he can't get his fist out through the opening. If the monkey would just let go of the nuts, he could escape but he won't. Likewise let us see what nuts we are holding on to that needs to be dropped! Instead of fighting with life we will start embracing it!



Love and Blessings,

Amuraji



मार्गबन्धु स्तोत्रम्

{Part 11}

In the verses we have seen so far, the Lord has been described as the friend of our path, the companion of our life's journey. Moving forward, the concluding verse reveals a profound truth: everything that exists is divine. This is not an ordinary statement. If we pause and reflect upon it, we begin to understand the majesty, vastness, depth, and all-encompassing nature of the Lord. The fifth verse beautifully captures this vision.

Verse 5

मन्दारभूतेरुदारं मन्दरागेन्द्रसारं महागौर्यदूरम्।
सिन्दूरदूर प्रचारं सिन्धुराजातिधीरं भजे मार्गबन्धुम्॥५॥
शंभो महादेव देव शिव शंभोमहादेव देवेश शंभो ॥ शंभो
महादेव देव ॥

mandārabhūterudāraṃ
mandarāgendrasāraṃ
mahāgauryadūram
sindūradūra pracāraṃ
sindhurājātīdhīraṃ bhaje
mārgabandhum (5)
śaṃbho mahādeva deva śīva śaṃbho
mahādeva deveśa śaṃbho
śaṃbho mahādeva deva

The verse, we find a wonderful poetic embellishment known as śabda-prāsa, where words repeat with subtle variations in meaning, creating rhythm and depth. We saw this earlier in verse 4 in expressions such as kandarpa-darpaghnā-īśam, where similar-sounding words convey distinct meanings.



Mandārabhūterudāraṃ : The Lord is supremely generous; udāraṃ means generous, compassionate, and kind. His generosity flows effortlessly because he is complete, bountiful, and whole. The name Mandāra refers to the Kalpavṛkṣa – the wish-fulfilling tree, symbolizing abundance. Yet, the generosity of the cosmic being surpasses even that. His grace flows simply through prayer and humility.

Mandarāgendrasāraṃ: This phrase refers to Mount Mandara, the great mythical mountain used as the churning rod during the churning of the milky ocean. Agendra means the king of mountains, and sāraṃ means essence. The poet points out that even the immense strength and essence of this legendary mountain originate from the Lord. When all strength in the universe comes from him, how can we claim our own strength as independent? Everything we possess is already given by the universe.

मार्गबन्धु स्तोत्रम्

Mahāgauryadūram: The verse continues with the phrase mahāgauryadūram, indicating that the Lord is inseparably united with Mahāgaurī, the divine feminine, the Ādiśaktī. This opens a profound reflection on the nature of divinity, which transcends gender. The divine cannot be limited to the concepts of male or female. The Lord is one with Śaktī, manifesting as Ardhanārīśvara, the perfect union of Śiva and Śaktī.

Mahāgaurī refers to a radiant, pure form of Pārvatī. In the mythology, Pārvatī sheds her dark form and emerges as a luminous, white embodiment of purity, symbolizing supreme sattva. In her various forms — Kālī, Cāmuṇḍā, Kālarātri — she vanquishes demonic forces, while in the form of Mahāgaurī she represents purity, serenity, and divine grace. The Lord is described as never distant from her, emphasizing their inseparable unity.

Sindūra-dūra-pracāram: This is describing the Lord's complexion as deeper and more intense than vermilion, sindūram. Even the deepest red is insufficient to describe his radiant glow.

Sindhurājāti-dhīram: This phrase is comparing the Lord's steadfastness, wisdom, and depth to the ocean. The ocean is vast, powerful, and resolute, yet it remains within its boundaries, symbolizing discipline, restraint, and wisdom. Just as the ocean gives birth to life and absorbs it back, the Lord governs creation and dissolution with perfect balance.

This powerful imagery reminds us that life itself is sustained by divine order. When we surrender to this wisdom, we gain the strength to face challenges without fear. Thus, the devotee prays to the Lord as the mārgabandhu, the friend of the path, the companion of life's journey. With the Lord beside us, we need not resist life's flow; instead, we align ourselves with it, trusting the divine process.

Verse 6

अप्पय्ययज्ज्वेन्द्र गीतं स्तोत्रराजं पठेद्यस्तु भक्त्या प्रयाणे ।

तस्यार्थसिद्धिं विधत्ते मार्गमध्येऽभयं चाशुतोषो महेशः॥६॥

शंभो महादेव देव शिव शंभोमहादेव देवेश शंभो ॥
शंभो महादेव देव ॥

appayyayajjvendra gītaṃ stotrarājaṃ
paṭhedyastu bhaktyā prayāṇe
tasyārthasiddhiṃ vidhatte
mārgamadhya'bhayaṃ cāśutoṣo
maheśaḥ (6)

śaṃbho mahādeva deva śiva śaṃbho
mahādeva deveśa śaṃbho
śaṃbho mahādeva deva



मार्गबन्धु स्तोत्रम्

This is the phalaśruti, or concluding benediction. It is attributed to the great saint-scholar Appayya Dikṣita, a revered Vedic scholar and performer of sacred yajñas. He declares that one who chants this stotram with devotion, especially before embarking on a journey, will attain success and remain fearless along the way. The Lord, being Āśutoṣa—easily pleased—grants protection, fulfillment of purpose, and freedom from fear.

Thus, the Mārgabandhu-stotram becomes a prayer of trust, gratitude, and surrender. It is traditionally recited before journeys after invoking Lord Gaṇeśa, to ensure safety, clarity, and divine guidance. May this sacred hymn inspire us to walk our paths with devotion, courage, and unwavering faith.



6 UPCOMING 2026 RESIDENTIAL COURSE

pūrṇā vidyā

Purna Vidya Foundation invites spiritual seekers to

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- Yoga
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Hatha Yoga



Sitting Postures — Finding Your Inner Axis

In the rhythm of modern life, we have almost forgotten how to sit. We lean, collapse, brace, or fidget. Yet the simple act of sitting holds profound wisdom

To sit with ease is to trust the earth beneath you. It is to surrender to gravity without collapsing, to rise without hardening. When the body aligns naturally with the ground, stillness arises on its own.

स्थिरसुखमासनम्
sthira-sukham-āsanam

Imagine yourself as a young tree. Your sitting bones are roots growing deep into the soil. Your spine is the trunk — steady, rising effortlessly. Your breath moves like sap within you. And the crown of your head reaches gently toward the sun.

Please remember:

The key principles in all seated postures:

- * Pelvis slightly anteriorly tilted
- * Knees ideally lower than the hip joints
- * Even weight distribution on both sitting bones
- * Axial extension of the spine
- * Neutral cervical alignment

If the pelvis posteriorly tilts (slumping), lumbar flexion increases and spinal load shifts to passive structures.

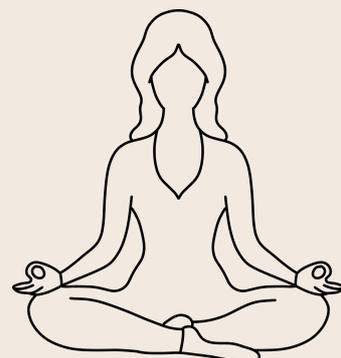
Sukhāsana — The Seat of Ease



A simple cross-legged position, yet a profound gesture of arrival.

Let your pelvis be slightly elevated so the knees soften downward. No Force - when the abdomen relaxes and the breath flows without resistance, the posture is found.

Here, the mind quiets. Here, prāṇāyāma becomes spacious. Here, meditation can begin naturally.





YOGA PRACTICE

***Siddhāsana* — The Accomplished Seat**



A classical meditative posture, steady and contained.

One foot draws toward the perineum, the other settles comfortably in front or above. Both sitting bones root evenly. The spine rises without rigidity.

This seat invites alert stillness — a balance between grounding and opening.

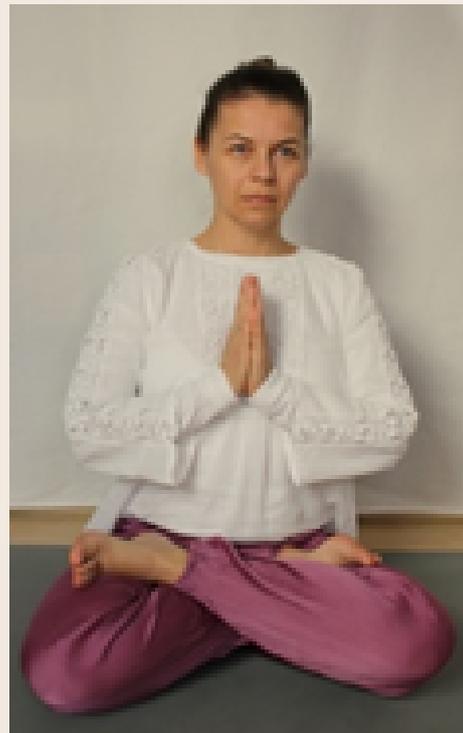
***Virāsana* — The Hero's Seat**



Kneeling, you sit between your feet, supported by the earth. The thighs release, the ankles lengthen, the chest lifts softly.

This posture asks for quiet courage — the courage to remain steady, to stay present.

***Padmāsana* — The Lotus**



The lotus grows from mud yet blossoms untouched.

Approach this posture with patience and humility.



First, Half Lotus (*Ardha Padmāsana*), gently placing the foot without strain.
Then, if the hips allow, Full Lotus.

Never force. The lotus will open when it is ready.

****Practice Note:****

Except for *Vīrāsana*, these postures contain a subtle spiral through the pelvis. Alternate the crossing of your legs to cultivate balance and harmony in the hips and spine.

**Always remember:
Stillness is not rigidity.
It is strength but relaxed.
It is rooted lightness.**

An essential rule of yoga practice is to listen to your body.

Practice mindfully and never move into pain.

Every body is anatomically unique, so postures should always be adapted to individual needs. A practice must be adjusted appropriately for healthy, injured, or physically limited practitioners.

If you are practicing without the guidance of a qualified teacher, the risk of injury may increase. If you are unsure whether a particular āsana is suitable for you, please consult a certified yoga teacher or medical professional before practicing.

• *Text, Photos & Model : ·Kerstin Kubal*

• *Support: Helga, Nina, Isabel, Judit, Alexandra, and Gela*

10 ONGOING ONLINE WEEKEND SESSIONS



Ongoing Weekend Sessions in March 2026 with Ammaji



Every Saturday

Morning

The Power of Prayers Series Hamsa Gita

Every Saturday at 12 Noon IST (1 hour session)

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

1st Saturday Sessions

Sanskrit live Q & A with Gurus...for students

1st Saturday, 7th March, 2026; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 819 0019 4929 | Passcode : purnavidya

Evening

2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 14th March, 2026; 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, 21st March, 2026; 5:00 to 6:30 p.m. IST

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

Sunday

Morning

Tattva Bodha

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>

The Power of Prayers Series

Hamsa Gita

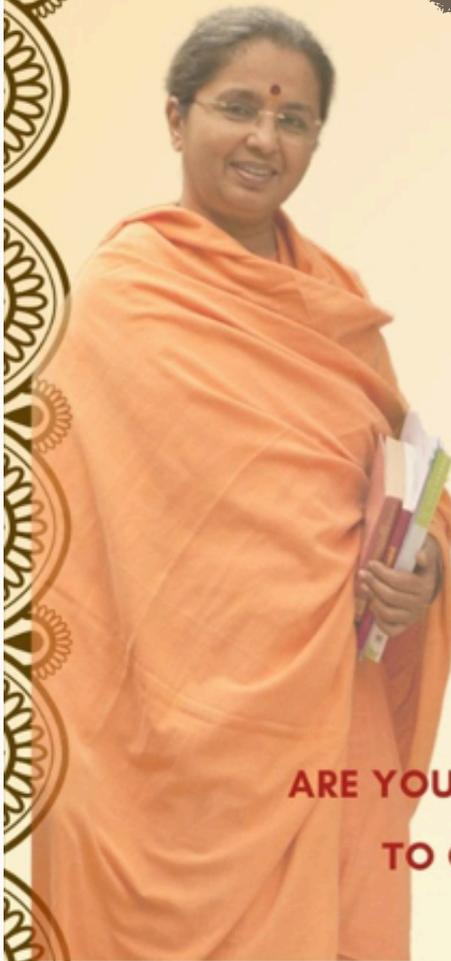
-A Hymn on Lord Krishna

STARTING DATE: 28 FEB, 2026

EVERY SATURDAY 12 NOON IST

TOTAL 20 SESSIONS

- by Swamini Pramananda (Ammaji)



ARE YOU A SEEKER, A DEVOTEE DESIRING
TO CONNECT WITH THE DIVINE?

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— Ganga Dasahara 2026 —

Ganga Dasahara Retreat

Tapasyalayam, Uttarkashi, Himalayas | May 24-31, 2026

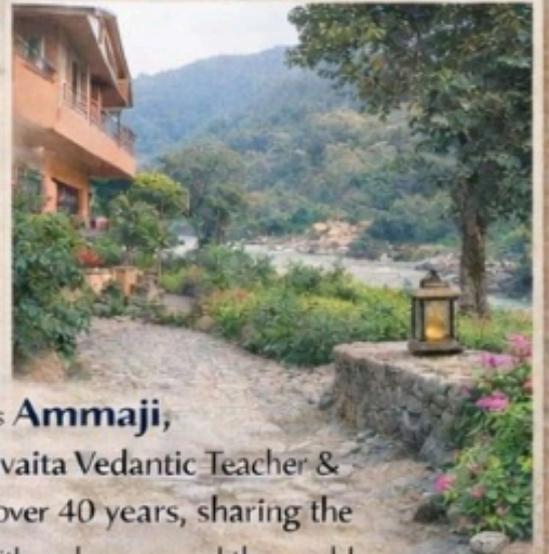


Through this unique retreat, spiritual Seekers will learn about the **Celestial World of Himalayas**, the intricate spiritual practices and **Vedantic teachings**:

Daily Schedule:

- ◆ Talks on **Ma Ganga** - *A sacred civilization*
- ◆ **Meditation**
- ◆ **Yoga**
- ◆ **Chanting**
- ◆ **Satsangs**

Affectionately known as **Ammaji**, an international Advaita Vedantic Teacher & Sanskrit Scholar for over 40 years, sharing the vision of *Oneness* with seekers around the world.



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PAST EVENTS



MAHĀŚIVARĀTRĪ



14





A student's reflection of Mahashivaratri celebration

📖 Mahāśivarātrī — A Homecoming

Just back from Mahāśivarātrī at the āśrama — and it truly felt as though I had gone to my native village.

This note is not to tease all of you 😊 — but simply to share the joy of what I experienced, because it belongs as much to our batch as to me.

What began as a simple three-day visit became something deeply moving. The warmth from the residents — many of whom I had barely interacted with during our one-month course — touched me in an unexpected way. This time, there was such openness, such affection, as though long-lost family were reconnecting. By the end, everyone insisted on a photo together — such simple gestures, yet so full of love.

It was my very first Mahāśivarātrī... and my first jāgaraṇa — and it unfolded so effortlessly that I surprised myself. I felt completely at home — like a duck to water — slipping naturally into seva, conversations, silence, and laughter.

In just three and a half days, bonds formed with each and every person — with an ease that sometimes even years together do not create. It truly felt like a large joint family, each one instinctively taking up their role.

I remembered those closing words at the end of our course — to look upon the āśrama as our spiritual home. This time, I felt it deeply — as though Vāṅaliṅgeśvara Swāmi Himself had drawn me back and woven me into it again.

Witnessing the precision and detail with which everything was organised — especially the way the entire event was handled — left me in awe. The smooth and effortless stay we had during our course must have rested on that same unseen care. Seeing even a glimpse of it expanded my gratitude.

Above all, I returned feeling showered with so much love — from every direction. I came back full.

Truly, it felt like the quiet grace of Vāṅaliṅgeśvara Swāmi holding it all together. ✨

With deep gratitude and pranāms in my heart, ❤️



Anuradha
Hariḥ Om.



The students from Mumbai College 10th February visited the Purna Vidya Foundation for a meaningful and inspiring experience. The visit was filled with learning, devotion, and service.

During the program, Arulji and Vishalji conducted an enlightening class for the students. They shared valuable teachings about life, values, spirituality, and the importance of selfless service. The session was interactive and helped students gain new perspectives and clarity.

As part of the visit, the students also participated in Annadhanam (food offering). They received blessed food with gratitude and understood the importance of sharing and serving meals with love and humility.

The visit was a memorable and enriching experience for everyone. The students left with happy hearts, positive thoughts, and a deeper understanding of spiritual values and community service.

SOLAR LIGHT GIFTS TO ADIVASIS' TRIBAL VILLAGE



The end of the year spells a weather change in the areas around the Koothadi Hills where Purna Vidya Foundation is located. The nippy cold weather blessed Purna Vidya an opportunity to bring relief to the Adivasi families, who lacked basic amenities for this cold. Warm blankets and solar lights were distributed to the families and this was warmly welcomed and deeply appreciated by them.





The Purna Vidya Foundation organized a Tamil Retreat Camp featuring Kandhar Kali Venba chanting and spiritual sessions. The program began with the traditional lighting of the lamp by Swami Siddhabodhananda Ji and Swamini Pramananda (Ammaji).

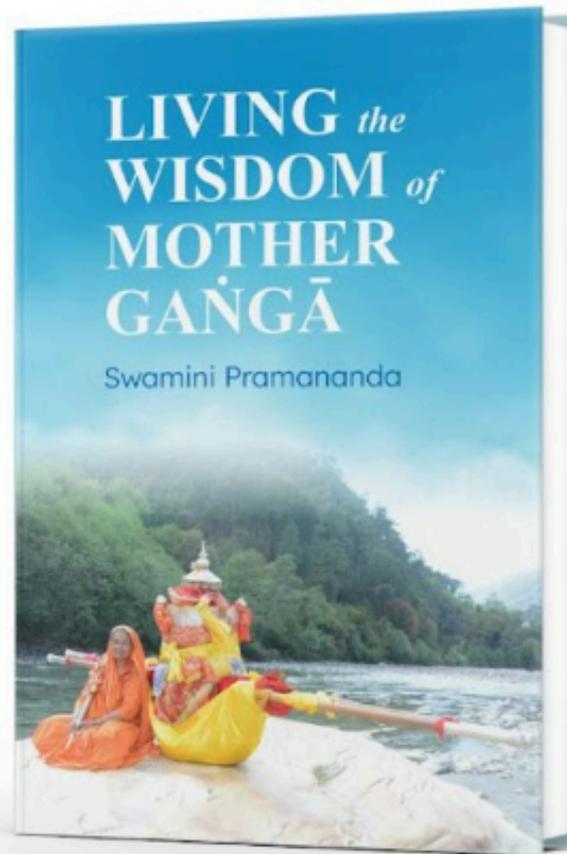
All the students actively participated in the retreat and were also part of the Sivaratri retreat celebrations, making the event spiritually uplifting and memorable for everyone.

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Virat



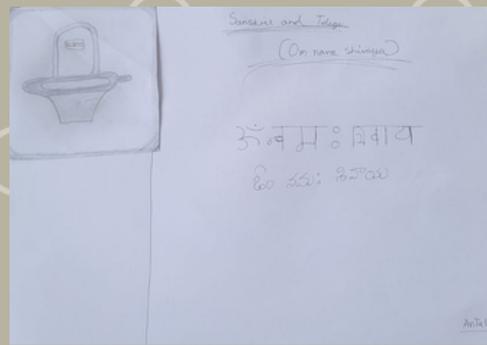
Ayra



Vindaa



Krish



Anjali



Isha



Naisha



Arvin

LORD SHIVA / SHIVARATRI

Lord Shiva is the epitome of eternal wisdom. Shivaratri celebrates Lord Shiva's divine energy and his wedding with Goddess Parvati.

Some of the lessons that I learn from Shiva:

1) Power of focus through meditation

Lord Shiva stays deep in meditation, showing power of concentration.

2) Look beyond the surface

Shiva's third eye represents wisdom and see beyond illusion. Kids should learn to question, seek deeper truths.

3) Shiva remains detached from material desires

We should learn to differentiate between needs and wants and practise self discipline and self control.



Sudeeksha

Sudeeksha



Anvit



Yuvraj



Vaibuav



Amyra



Kimaya



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!***

Swaminī Pramānandā (Ammaji)

Namaste Dear Friends!

Ammaji has time and again reminded us to consider the fundamental question we need to ask ourselves which is “do I want to be right or do I want peace?” When we choose peace as our answer, we inevitably start the process of letting go. In order to let go, we need to acknowledge what that experience meant to us and then conscientiously make a decision to stop thinking about it! At times we may need to talk to others and process things too. To let go, we need to be humble and not let our ego come in the way. By letting go of old patterns and beliefs we start to develop inner maturity. We start to appreciate the big things when we stop making judgements and learn to let the small things remain small.

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

