



05/26

NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

What is enough? It's a question that quietly follows us through every stage of life, even when we don't pause long enough to hear it.

On the physical level, we rarely ask ourselves how much food, clothing, or comfort is truly enough. Our cravings stretch without limit, and we often move through life believing that satisfaction lies just one step ahead. As we grow into adulthood, achievements become our compass. We measure ourselves against others, and in that comparison, we begin to see only what we lack. The more we chase, the further contentment seems to drift.

But there comes a moment—sometimes subtle, sometimes jarring—when we realise that the pursuit itself has left us empty. We sense an inner misalignment, a quiet unrest. That is when we begin to turn inward.

>>>





In spirituality, enough is not a quantity. It is a feeling. It is the soft, steady peace that comes from graceful acceptance. It is the recognition that I already have what I need to live meaningfully. It is the understanding that acquiring more will not fill the spaces that only awareness and presence can touch.

Inner contentment begins when we see the limits of endless wanting. When we recognise the abundance already woven into our lives. When we stop long enough to breathe, reflect, and listen.

Spiritual growth asks for awareness. A moment of honest reflection. A willingness to live with purpose and trust the divine rhythm of life. It also asks us to notice the subtle ways our peace is disturbed—being overlooked at work, seeking validation, longing to be seen. These quiet hurts often cut the deepest because they reveal our most tender expectations.

The subtler the wound, the more it teaches us. And the more it invites us back to ourselves. Subtle discontentment is rarely loud. It doesn't arrive with dramatic upheaval or obvious suffering. Instead, it slips quietly into the spaces of everyday life — in the pauses between conversations, in the moments after we complete a task, in the silence that follows a small disappointment. These are the inner disturbances that don't look like pain from the outside. They are the soft bruises of the heart — the ones we often dismiss because they seem too small to matter.

When we pay attention to these quiet disturbances, something shifts. We begin to see that the discomfort is not a flaw but a doorway. It is the soul's way of whispering that we are ready to grow beyond old patterns of seeking, pleasing, or proving. It is an invitation to return to ourselves — to the inner steadiness that does not depend on recognition, achievement, or comparison.



Love and Blessings,

Ammaji



उमामहेश्वर स्तोत्रम्

{Part 03}

The Umāmaheśvara-stotram continues to unfold profound spiritual and philosophical insights through its poetic descriptions of Lord Śiva and Goddess Pārvatī. In the opening verse, the inseparable nature of Śiva and Pārvatī was emphasized.

Verse 1 (Contd...)

Nagendrakanyā-vṛṣaketanābhyām:

Pārvatī is described as Nagendrakanyā, the daughter of Himavān, the snow-capped Himalayas, while the other is Vṛṣaketana, the Lord whose flag bears the symbol of the bull. The bull on Śiva's flag is not merely decorative symbolism. The bull, known as Nandi, represents dharma, purity, and cosmic justice. In the śaiva tradition, Nandi is revered as an exalted devotee of Lord Śiva and is regarded as the guardian of Kailāsa, the divine abode of Śiva.

Nandi's white form symbolizes purity and righteousness. He is also traditionally regarded as the head of the eighteen siddhas and the guru of several great disciples, including Sanaka, Sanandana, Sanātana, Sanatkumāra, Tirumūlar, Patañjali, Vyāghrapāda, and Śiva-yogamuni.

Thus, the vṛṣadhvaja, or bull-banner, symbolizes the assurance that cosmic justice will always prevail under the divine order of Śiva. Dharma may appear challenged at times, but ultimately righteousness endures.



Verse 2

नमः शिवाभ्यां सरसोत्सवाभ्यां

नमस्कृताभीष्टवरप्रदाभ्याम् ।

नारायणेनार्चितपादुकाभ्यां नमो नमः

शङ्करपार्वतीभ्याम् ॥ २ ॥

namaḥ śivābhyām

sarasotsavābhyām

namaskṛtābhīṣṭavarapradābhyām .

nārāyaṇenārcitapādukābhyām

namo namaḥ

śaṅkarapārvatībhyām(2)

The word *śivābhyām* refers to both Śiva and Śivā—the Lord and the Goddess together. The grammatical form indicates duality, signifying the inseparable divine pair.

Sarasotsavābhyām: The phrase carries a beautiful meaning. Their union itself is a celebration. The togetherness of Śiva and Pārvatī becomes the source of joy, harmony, and creation. Their divine union symbolizes the cosmic balance that sustains existence.

This concept is beautifully reflected in the great festival of Karthigai-dipam celebrated in Tamil Nadu. The festival commemorates the mystical union of Śiva and Pārvatī.

According to tradition, Goddess Pārvatī once left Kailāsa and came to Earth in human form. She arrived in Kanchipuram, where she created and worshipped a Śivaliṅga made of sand. The place is known as Ekambareswarar Temple.

Later, Lord Śiva manifested at Tiruvannamalai as the sacred hill Arunachala and called Pārvatī to join him there. She stayed near the Ashram of Agastya and performed intense spiritual practices. Finally, at the destined moment, a divine light merged with the Arunachala hill. This sacred event is commemorated as Karthigai-dipam.

On this day, lamps are lit throughout Tamil Nadu, symbolizing the reunion of Śiva and Pārvatī. Śiva then manifests as Ardhanārīśvara — the Lord who is half-male and half-female. This form carries immense philosophical significance because it includes all of existence within itself. The divine is complete only when both masculine and feminine principles are united.

Namaskṛtābhīṣṭa-varapradābhyaṁ:

The verse further describes Śiva and Pārvatī as the granters of cherished boons to devotees. However, the divine does not arbitrarily distribute blessings. In Hindu philosophy, the Lord is understood as karma-phala-dātā, the giver of the fruits of actions. Every action inevitably produces a corresponding result according to cosmic law.

The uncertainties of life remind us of this truth.

Human beings often make plans without knowing what the future holds. Unexpected events, such as pandemics or global crises, reveal how little control individuals truly possess. Yet, rather than living in fear, spiritual wisdom teaches trust in the divine order.

One may either fear the unknown or trust the divine process. Trust grows through devotion, prayer, and reflection upon the stories and glories of the Lord. As devotion deepens, one gradually learns to relax amidst uncertainty, understanding that while effort is necessary, ultimate control does not belong to the individual.

Nārāyaṇenārcita-pādukābhyaṁ: The line states that even Lord Viṣṇu worships the feet of Śiva and Pārvatī. This reflects the harmony among the deities of the Hindu trinity — *Brahmā*, *Viṣṇu*, and *Maheśvara*. Many traditions describe incarnations of Viṣṇu worshipping Śiva. One of the most famous examples is the sacred Ramanathaswamy Temple, where Lord Rāma worshipped a Śivaliṅga before crossing to *Laṅkā*.

Similarly, stories of *Gopeśvara-mahādev* describe Śiva participating in the divine dance of Lord Kṛṣṇa with the Gopīs on the banks of the Yamunā. Paraśurāma is also remembered as a devoted worshipper of Śiva.

These stories emphasize unity rather than rivalry among the divine forms. Together, Śiva and Pārvatī represent the perfect balance between asceticism and compassion, renunciation and beauty, stillness and creativity. Thus, the second verse of the Umāmaheśvara-stotram beautifully portrays the divine couple as the source of cosmic balance, justice, devotion, and spiritual wisdom. Through mythology, symbolism, and philosophy, the hymn reminds devotees that the ultimate reality is not divided but complete in the inseparable union of Śiva and Śakti.

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Hatha Yoga



Yoga practice - twists A Gentle Turning Within

In this month's issue, we will explore a seated twist as well as an alternative twist practiced while lying on your back.

Enjoy discovering the nature of twisting — not only within the physical body, but also within your inner world.

As you know, we love traditions and rituals. Let us take a brief look at the Sanskrit names of this month's āsanās:

Ardha-matsyendrāsana
ardha means half
matsya means fish

Jaṭhara-parivartanāsana
jaṭhara means belly, abdomen
parivartana means to twist around oneself

Complete your yoga routine by simply adding a twist. Both postures invite calmness, softness, and release. Explore the variations, find your own expression, and enjoy the practice.

Remember: trust your body, be gentle with yourself, and never force yourself into a posture. Instead, explore your own range of motion with curiosity and patience. In time, the beauty of each āsana will naturally unfold.

Both āsanās are asymmetrical, so please remember to practice on both sides.

Ardha-matsyendrāsana (Seated Twist)

The spiraling movement of Ardha Matsyendrāsana invites the breath to deepen and expand.



The twist creates space through the spine and hips while helping release held tension in the deeper muscles of the back. The soft compression and release within the abdomen may gently stimulate the kidneys and pancreas. Beyond the physical body, this posture can cultivate clarity, focus, and inner awareness.

How to do it:

Begin in ****Daṇḍāsana****.

We start with the right side.

Place your right foot to the outside of your left thigh. Then bend your left leg so the heel rests near the right side of your glutes.

As you inhale, lengthen your spine and lift the crown of your head toward the sky. As you exhale, softly rotate your upper body toward your right thigh. Keep both sitting bones grounded and allow the twist to arise from deep within rather than forcing it from the surface.

Your left arm may rest around your right knee, or — if the twist naturally deepens — the left arm may come to the outside of the right leg. Place your right fingertips gently behind you on the floor for support.

Alternative: You may keep the left leg extended if that feels more comfortable. Be sure to maintain an upright and steady seat. A folded blanket or cushion beneath the hips can offer helpful support.

Please avoid / contraindication: Avoid practicing this posture if you are recovering from injuries or experiencing pain in the knees, hips, or spine.

Jaṭhara-parivartanāsana (Supine Spinal Twist)

Benefits: Jaṭhara Parivartanāsana is a reclining twist, practiced while resting on the back. As the spine gently rotates, the abdominal organs receive a soft compressing and releasing action, like an inner massage. The posture supports mobility along the spine and may encourage healthy digestion and circulation. Its deeply calming quality can quiet the nervous system and prepare the body for profound rest.

This posture is especially nourishing when practiced before Śavāsana.

How to do it: Lie comfortably on your back and bend your right leg. Guide the bent leg across the body toward the left side, entering a gentle twist.

Your left hand may rest on the outside of the right thigh. Extend your right arm out to the side, or stretch both arms outward at shoulder height. Keep both shoulder blades grounded as much as possible. If one shoulder lifts away from the floor, support it with a folded blanket.



Your head may remain neutral, or you may softly turn the tip of your nose toward the right.

Alternative: You may also bend both knees and draw them toward your chest for a moment before lowering them together to the left side.

The arms and head can remain as described above. Placing a cushion or blanket between the knees may create additional comfort and ease.





YOGA PRACTICE



Like all yoga, twisting is not only a physical movement, but also a subtle turning inward: a reminder that growth often happens gently, breath by breath, layer by layer.

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 : *Kerstin Kubal*

• Photos & Model : *Judit*



Ongoing Weekend Sessions in June 2026 with Ammaji



Morning

Every Saturday 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, 6th June, 2026; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 810 0919 4929 | Passcode : purnavidya

Evening

2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 13th June, 2026; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 857 5665 2364 | Passcode : purnavidya

3rd Saturday Sessions

Evening

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 20th June, 2026; 5:00 to 6:30 p.m. IST

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

Sunday

New
Course

Starting Date : 07th June' 26

A Bird's Eye View of the Gita
Chapters 1-18

Morning

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>

10 UPCOMING ONLINE SESSIONS



VEDIC HERITAGE TEACHING PROGRAMME

Story-time for Kids

Based on the Purna Vidya series of books
'Puranic tales and Value based learning'

Starting on June 06, 2026

Saturday 3.30 to 4.30pm

10 sessions

(Ages 5 to 12)

LIVE online interactive sessions designed to educate children on values such as truth, love, sacrifice, friendship, devotion and more.

- Structured and Illustrative story sharing
- Learning to recite simple shlokas / bhajans
- Interactive Games & Fun activities



Donations are welcome to support the Education of deserving Children

Register at : <https://purnavidya.org/>



Pūjā Vidhānam

Pūjā Basics (8 Sessions)

Starting 07 June 2026

Every Week Sunday, 2:30 to 3:30 PM IST



Pūjā is a beautiful physical form of worship, to bring out the devotee within oneself and to establish a relationship with Īśvara, the Lord.

Objectives :

- Learn to perform pañcopacāra (5-step) pūjā with explanation.
- Learn to chant ślokas and mantras relating to the pūjā.

Open to children and adults. Join and learn as a family!!

<https://purnavidya.org/>

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12 UPCOMING ONLINE SESSIONS



Om Namo Bhagavate Vāsudevāya

A Bird's Eye View of the Gita
Chapters 1-18

New Course

Starting Date 07th June' 26

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

Join Zoom link with:
Meeting ID: 815 8491 1952; Passcode: 123456
<https://bit.ly/3urHDsN>

JUNE
SUNDAY **07** 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.

<https://purnavidya.org/>

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GANGA DASAHARA CELEBRATIONS EVENT-1 AT NALD VILLAGE,UTTARKASHI

Nald Village adopted by Purna Vidya's Charity initiatives saw a wonderful dance and music performance by the children of the village. This celebration was in honor of Gangadasahara, a festival of MaGanga's descent on earth.

Daily tuition classes throughout the year, women's Mahila Sangh and Hygiene and Sanitation initiatives have brought a great confidence and cohesiveness in the village and deep gratitude was expressed by the villagers, during the celebration.









Yet another celebration of Ganga-dasahara took place at Gorshali Village adopted by Purna Vidya's Charity initiatives.

Ganga Sanskriti Kendra's Tuition Children performed their talents on stage and brought great joy and enthusiasm in the village community.

Ammaji launched the Hygiene and Sanitation awareness drive during the gathering, yet another important initiative by Purna Vidya for village cleanliness.



GANGA DASAHARA CELEBRATIONS EVENT-3 AT PURNA VIDYA ASHRAM,UTTARKASHI

17



In the divine presence of Vasuki Nagdevata doli, Ganga Dhara Puja, Havan-firerituals, Ganga-bhajans and Annadanam for all present brought the Gangadasahara festival series of village events to a grand completion!





"Ganga Dasahara Festival celebrated as a series of Events in the villages and Tapasyalayam ashram in the presence of Vasuki Nagadevata Doli".



SPIRITUAL CONFERENCE

19





Ancient Wisdom, Modern Classrooms

A National Dialogue on Spirituality in Education

On **27 April 2026**, at the India International Centre, New Delhi, educators and thought leaders gathered for a significant conversation on integrating spiritual wisdom into modern education. The National Conference on Spirituality in Schools, supported by The Millennium Schools with Adi Vidya Foundation as Knowledge Partner, served as a meaningful platform for this dialogue.

A central moment of the conference was Ammaji's keynote address on "Ancient Wisdom in the Modern Curriculum." Invited by Shantanu Ji in recognition of her pioneering work through the Purna Vidya series, Ammaji brought to the forum over three decades of lived engagement with cultural heritage education.

Her address was both powerful and deeply evocative, striking a chord with the audience and reinforcing the timeless relevance of India's knowledge traditions in shaping young minds today.

In a fitting acknowledgment of her visionary contribution—well ahead of its time—Ammaji was presented with a special award, marking a moment of collective recognition for her sustained work in this field.

With over 400 participants and a series of interactive sessions, the conference reflected a growing interest in re-examining the role of spirituality within contemporary education.

While the long-term outcomes of such initiatives will unfold over time, the conference has certainly added depth and direction to an important and ongoing national conversation.



22 "Purna Vidya Foundation receives an award for its decades of "Pioneering Work in bringing Inner Sciences in School Education in India"



Namaste, we are ending the one year course of vedanta study and I am happy to share my experience. The only goal from the beginning for me was to find my own path and learn more about myself with help of scriptures. I also had a desire for advanced study, better understanding. It's a long process, I am just having an introduction.

What I will remember from this one year is the place really quiet in the Ashram at Coimbatore. I felt the love and care of Ammaji and Swāmiji so we feel comfortable for the study, their patience and the very good pedagogy. Precision and sharpness of teaching were also encouraging me to continue my effort. I also have a thought for the members of the Ashram who contributed also in that journey, I want to thank them for their kindness. Since spirituality is right thinking, everyday was just a new set of occasions to apply teachings in seva, in Ashram's life.

The teaching on Bhagavad Gita, Atma Bodha, Upanishads and others texts, stotrams, samskr̥tam, introduction to bhashyam and pānini sūtras, satsangs, discovering of spiritual education with Vedic Heritage, teacher training program it gave a large view about Hinduism and culture, I discovered something that helped me to understand importance of culture.

I encourage everybody who has some opportunity to do some study to discover the richness of our culture, to discover scriptures. Whenever the chance is there, take it, give your best.
Hari Om

>>>Dakshinamurti





As I loved to study Vedanta in a Gurukula ashram, I had joined one year Vedanta course on July'25 in Purnavidya, a beautiful ashram situated in a serene atmosphere at the foothills of western ghats in Coimbatore and a perfect place to study Vedanta deeply. With a wonderful way of teaching by Ammaji, Swamiji and Arulji, this one year has gone just like that. With the grace of Sri Vanalingeshwara, Ma Gangadevi and Sri Venugopalaswamy, we have completed Bhagavad Gita, Kathopanishad and Antoine book 1 in Sanskrit and few other granthas with all blessings and teachings by Ammaji and Swamiji. I don't feel my course is completed in Purnavidya and will continue atleast a few more years to complete all upanishads by online and one month retreats.

Last 20 days, we have been in Tapasalaya, a more beautiful ashram of Purnavidya in Uttarkashi on the bank of Ganga, in Himalayas to complete our one year course. It is a beautiful place to meditate and I feel Silence comes naturally here as many tapasvis lived in this region. At the end of this course, I heart fully thank Swamiji, Ammaji and Arulji for their love and blessings and all fellow students especially Dhakshinamurthy, my roommate for all support and all well caring and loving staffs and sevaks of Purnavidya, Tapasalaya and Sri Venugopalaswamy ashrams.

>>>Gunasekaran

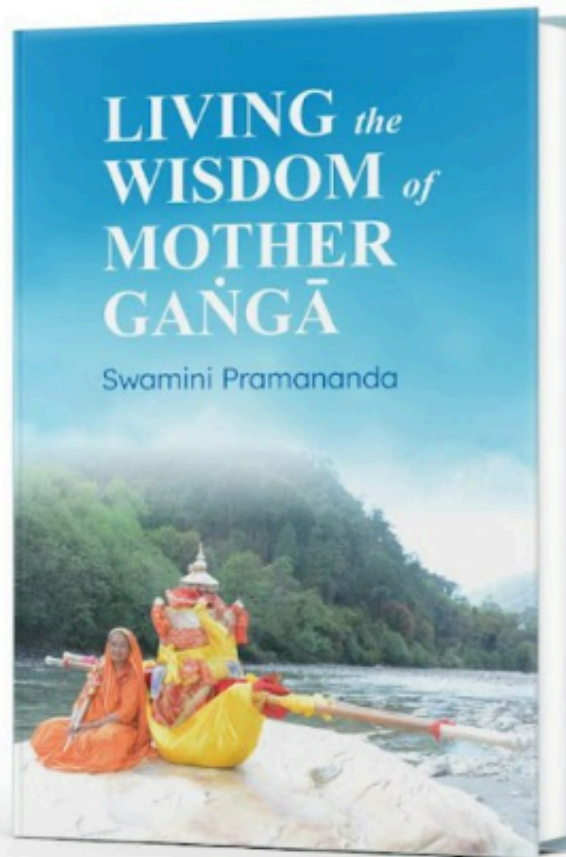


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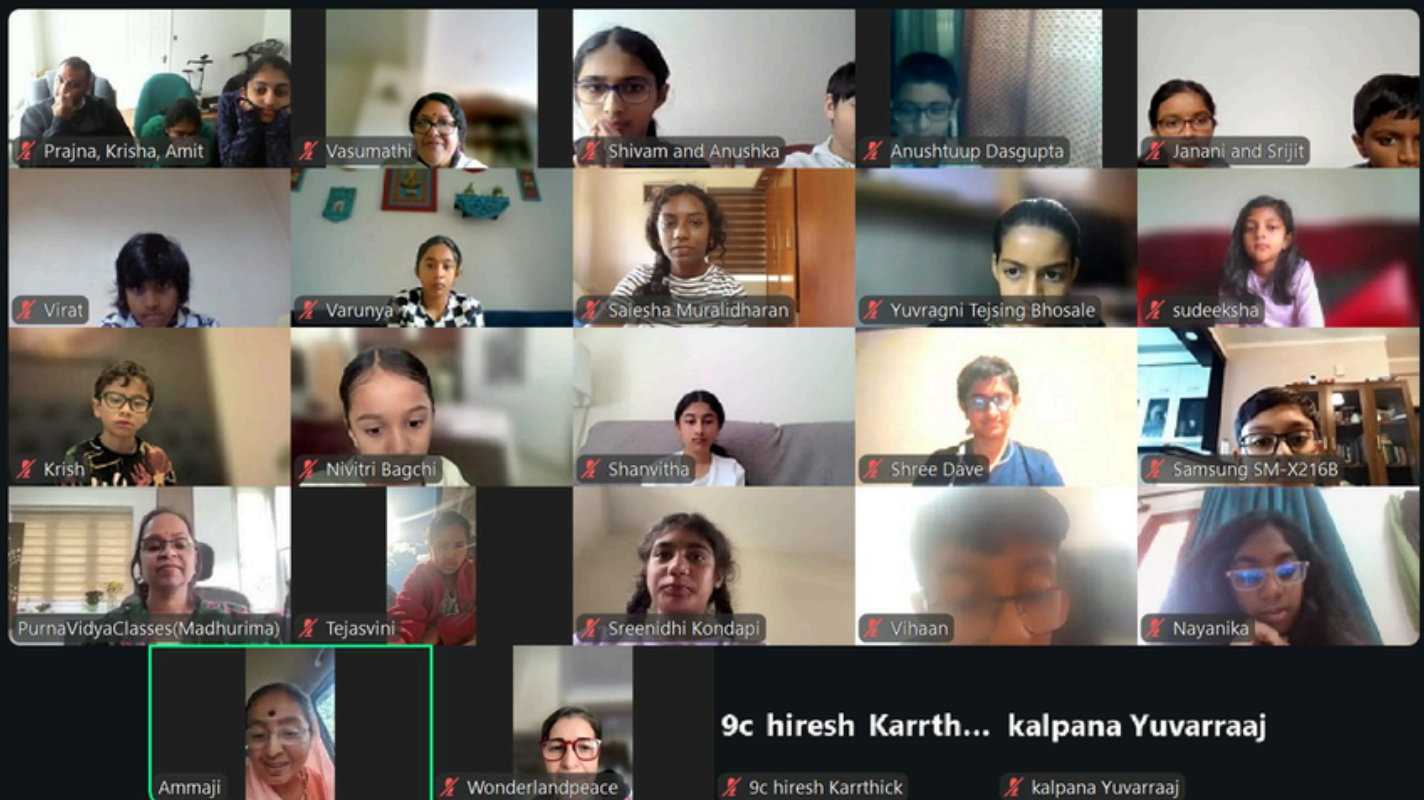


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Purna Vidya Heritage Teaching Program for Young Generation : May 2026

This month we had special satsang celebrating the journey of second batch of children who completed learning chanting all the verses of Bhagavad Gita.

Over the last three years, children under tutelage of Madhurima ji, learnt the chanting focusing on the correct pronouciation and meter.

Ammaji joined the satsang from the banks of Ganga, listened to the children chanting select verses and blessed them to continue their learning and practise connecting with the divine.

We also continued our journey in the satsang series focused on places of Pilgrimage , by learning about the panchabuta Ksetra. We learnt about the five temples of Shiva representing the five elements of nature i.e air, space, water, wind and earth. Children were especially keen to understand the significance.and stories linked with these ancient temples.



*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!

Awakening does not happen in a single moment of revelation. It unfolds quietly, just as subtle discontentment does. It begins with small shifts — simple, sincere practices that help us return to ourselves.

Here are a few ways to begin:

1. Pause when something feels “off.” Instead of brushing aside the small sting of being overlooked or the faint ache of comparison, pause. Notice it without judgment. These moments are signals, not flaws. They show you where your inner alignment is asking for attention.

2. Name the feeling gently. Often, subtle discontentment lingers because it remains unspoken. When you name it — “I felt unseen,” “I hoped for appreciation,” “I feared not being enough” — the emotion softens. Awareness itself begins the healing.

3. Choose one moment each day to appreciate what already is. Gratitude is not a ritual; it is a shift in perception. When you notice the small blessings woven into your life, the grip of subtle discontentment loosens.

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

