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pūrṇa vidyā
AN AWAKENING

10|26 NEWSLETTER

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AMMAJI'S MESSAGE

Dear Readers,

We call her Ma, Mother, Amma, and by many other names in the languages we know. She is known and called by countless names, forms and expressions across cultures, traditions and generations. Sometimes she is called Durga, the fierce protector. At other times, Kali, the destroyer of all that no longer serves us. She is Tara, Sarasvati, Mahalakshmi, Brahmacharini, Gauri, Ganga, Lalitha, and so many more. Yet beyond all these names and forms, there is just **One Mother, One Universal Love, One Infinite Compassion.**

A sense of safety, protection and being loved envelopes us whenever we remember her, no matter where or whatever situation we may be in.

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Her answers to our questions, her guidance, and even her presence are always there, if only we learn to pause, listen, see and go within. Sometimes her voice may not come in the way we expect. It may come through a person, a circumstance, a moment of silence, an unexpected turn in our journey, or simply through a quiet knowing within our own hearts.

Her love and protection can be bewildering at times. Her presence can sometimes appear as absence. Her silence can feel like distance. Her replies may not always be what we want to hear, and the path she places before us may not always be the path we would have chosen for ourselves. But perhaps that is the deepest expression of a mother's love. She does not always give us what we ask for. She gives us what we need.

Beyond her ferociousness is a gentle calmness. Beyond her anger is infinite love and compassion. And beyond her dark and frightening form is subtle beauty, grace and generosity. She is the Mother who gives, who comes to protect with her ten hands carrying weapons, and who carries us gently in her lap in our moments of despair. She is both the fire that burns away what binds us and the coolness that soothes us when we have been wounded. She is the strength that makes us stand and the tenderness that allows us to rest.

Mother teaches us that strength and tenderness are not opposites. That courage can exist alongside compassion. That destruction can sometimes be necessary for renewal. That darkness does not always signify fear, but can also be the sacred space from which something new is born. And perhaps most importantly, she does not measure us by what we possess, what we have achieved, how others see us, or how many times we have fallen. She simply sees us as her children.

Mother is ever there — not only in our moments of despair, need and failure, but also in our moments of safety, joy and success. Perhaps we need to remember her not only when we need something, but also simply to offer our gratitude for everything she has given us.

May this Navaratri be a time for us to pause, reflect and give thanks to this Universal Mother who has looked after every creation and stood by and within us through every birth, every beginning and every transformation. May we bow down to that infinite Mother in reverence and gratitude, and may we always keep her close to our hearts.

Shubha Navaratri.

ॐ

Love and Blessings,

Ammaji

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उमामहेश्वर स्तोत्रम्

{Part 08}

The ninth and tenth verses of the Uma–Maheśvara Stotram reveal the Divine through the symbolism of light, time, creation, and transcendence.

The ninth verse presents Śiva and Pārvatī through the three luminaries—the **Sun, Moon, and Fire**—and compares the Divine face to the radiance of the full moon. The Sun is presented as a significant manifestation of the cosmic Being and as the source of light and life. Through the imagery of the Sun's chariot, its seven horses, and its single wheel, the verse also connects manifestation with the diversity of creation and the movement of time.

The tenth verse begins:

नमः शिवाभ्यां जटिलान्धराभ्याम्
जरामृतिभ्यां च विवर्जिताभ्याम्
जनार्दनाब्जोद्भवपूजिताभ्याम्
नमो नमः शङ्करपार्वतीभ्याम्॥

Namaḥ Śivābhyāṃ Jaṭilāndharābhyām
Jarā-mṛtyubhyāṃ ca vivarjitābhyām
Janārdanābjodbhava-pūjitābhyām
Namo Namaḥ Śaṅkara-Pārvatībhyām

The verse once again begins with नमः शिवाभ्याम् — Namaḥ Śivābhyām—salutations to Śiva and Pārvatī.

The repeated use of namaḥ has a deeper significance. Repeatedly bowing before the Lord helps soften the ego. The ego finds it difficult to bow because it is naturally rigid and self-centred. The physical act of prostration therefore becomes a symbolic expression of surrender.



Every verse begins and ends with salutations. This repeated act of offering namaḥ cultivates humility and devotion.

The verse describes the Divine as जटिलधर — Jaṭila-dhara, the One who bears or supports the matted locks, but the expression is also interpreted in the broader sense of the Divine as the support of the entire creation.

Without the Divine, where would creation be? There is no creation without its source. According to Vedānta, however, the Divine is not merely the creator who stands apart from creation. The Divine is also the very reality appearing as creation.

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The example of a dream helps illustrate this idea. In a dream, the dreamer creates the dream world, but the dreamer also experiences that world. The creator, the experiencer, and the experienced world are all connected through the same consciousness.

Similarly, the Vedāntic understanding is that the Divine is not merely the creator of this intelligent universe but is also the very reality appearing as the universe.

Thus, the devotee offers salutations to that Divine Reality which is both the source and the substance of creation.

The verse says:

जरामृत्युभ्यां च विवर्जिताभ्याम्
Jarā-mṛtyubhyāṃ ca vivarjitābhyām
Jarā means old age, and **mṛtyu** means death. **Vivarjita** means free from or devoid of.

The Divine is therefore described as being free from old age and death.

This follows naturally from the understanding of the Divine as timeless. Whatever belongs to the world of time is subject to change. There is growth, decline, transformation, and eventually dissolution.

The timeless reality, however, is not subject to these modifications. It is the very basis upon which time operates.

The traditional story of **Mārkaṇḍeya** illustrates this principle beautifully.

Mārkaṇḍeya was destined to live only until the age of sixteen. When he approached his sixteenth year, Yama, the Lord of Death, came to take him.

Mārkaṇḍeya, however, was a great devotee of Lord Śiva. He entered the sanctum and held on to the Śiva Liṅga with complete devotion.

Yama threw his noose to take Mārkaṇḍeya, but the noose also encircled the Śiva Liṅga. According to the traditional story, this was beyond the limits of Yama's authority. Lord Śiva then manifested as Mṛtyuñjaya, the conqueror of death, and protected Mārkaṇḍeya.

Mārkaṇḍeya subsequently became a great sage.
The deeper teaching of the story is the movement from the **time-bound to the timeless.** Devotion and spiritual understanding help the seeker develop dispassion towards that which is temporary and turn towards the eternal.

Human life is normally experienced within the limitations of time. We are conscious of age, change, growth, decline, and death.

Spiritual life invites us to look beyond these temporary conditions and recognize the timeless reality.

This does not mean rejecting ordinary life. Rather, it means developing the discrimination to understand what is temporary and what is eternal.

Devotion becomes a means of making this shift. Through prayer, contemplation, and surrender, the mind gradually turns away from excessive attachment to the time-bound and begins to recognize the timeless.

The story of Mārkaṇḍeya therefore becomes a powerful symbol of the spiritual journey—from mortality towards immortality, from limitation towards the eternal.

>>>

उमामहेश्वर स्तोत्रम्

The verse concludes with:
जनार्दनाब्जोद्भवपूजिताभ्याम्
Janārdanābjodbhava-pūjitābhyām
Here, **जनार्दन (Janārdana)** refers to Lord Viṣṇu, while **अब्जोद्भव (Abjodbhava)** refers to Lord Brahmā, the one born from the lotus.

According to the traditional understanding, Viṣṇu and Brahmā themselves worship this timeless Divine Reality represented as Śaṅkara and Pārvatī.

This emphasizes the exalted status of the Divine Couple and reinforces the idea that the ultimate reality is beyond the distinctions of individual forms and functions.

The devotee therefore concludes:
नमो नमः शङ्करपार्वतीभ्याम्
Namo Namaḥ Śaṅkara-Pārvatībhyām

“Repeated salutations to Śaṅkara and Pārvatī.”

These salutations are not merely formal words. They are an expression of devotion, surrender, gratitude, and the joy of recognizing the Divine.

The tenth verse moves from manifestation to transcendence. The Divine is the source and support of creation, yet is itself beyond old age and death. The story of Mārkaṇḍeya illustrates the spiritual movement from the time-bound to the timeless and emphasizes the transformative power of devotion.

Ultimately, the verses invite the devotee to recognize that the Divine is not confined to a single form or dimension. The Divine encompasses opposites, manifests as the light of the Sun, Moon, and Fire, pervades creation, and yet remains beyond the limitations of time.

To that timeless and all-encompassing Divine Reality, represented as Śaṅkara and Pārvatī, the devotee offers repeated salutations:

नमो नमः शङ्करपार्वतीभ्याम्।
Namo Namaḥ Śaṅkara-Pārvatībhyām.



purnā vidyā FOUNDATION

UPCOMING RETREAT / COURSES



NOV TO DEC, 2026



Vedanta & Yin Yoga

Teacher Training in South India

14 to 29 Nov, 2026



Gita Jayanti

20 Dec, 2026

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@ PURNA VIDYA FOUNDATION, COIMBATORE

13th Jan – 12th Feb, 2027

Join us for an immersive one-month course which offers an unique opportunity to explore the timeless wisdom of the Upanisads by providing practical insights and relatable solutions to modern life. In addition, a talk series on "Spiritual Heritage of India", as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.

★ ISAVASYOPANISAD | ★ UPADESA SARAM



VEDANTA



SANSKRIT



VEDIC CHANTING



MEDITATION



YOGA



SATSANG

This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience.

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YOGA PRACTICE {Part 66}

Hatha Yoga

30

Yogapractice – Mālāsana & Paripūrṇa-Nāvāsana

Grounding into Stillness

This month's issue takes us on a journey through two complementary asanas, guiding us from the grounding qualities of Malasana to the strength and balance of Paripurna Navasana.

We will make our way down to the yoga mat, one step at a time. First, we explore **Mālāsana, the Garland Pose,** a deep squat that invites us to reconnect with the earth. From there, we settle onto our mat and move into a balancing posture: **Paripūrṇa-Nāvāsana, the Full Boat Pose.**

One posture brings us closer to the ground; the other invites us to find balance above it. Together, they offer an opportunity to explore grounding, strength, stability, and inner stillness.

The meaning behind the names

Following our tradition, lets take a moment to explore the Sanskrit names of these two asanas.

माला — Mālā means garland.
नाव — Nāva means boat,
while **परिपूर्ण — Paripūrṇa** means complete or full.

The names themselves offer a glimpse into the character of each posture: the gentle image of a garland and the steady presence of a boat navigating the water.

Mālāsana — The Garland Pose



Mālāsana is a grounding posture that invites us to soften, settle, and reconnect with the earth beneath us.

In English, it is commonly known as Garland Pose. The name is often associated with the shape of the arms and hands as they come together in front of the heart or with the traditional imagery of a garland.

A deep squat is a natural movement for the human body, yet for many of us, it has become less familiar. Long hours of sitting in chairs, limited movement, and our modern habits can make this position feel challenging.

Mālāsana reminds us that returning to the ground can be an invitation to slow down. As the feet root into the earth, the spine gently lengthens, and the breath moves freely, we begin to find a sense of steadiness.

>>>

Benefits

Mālāsana can help develop mobility in the hips, ankles, and knees, depending on your individual range of motion. It can also encourage awareness of the pelvic position, support lower-body strength, and provide a gentle opportunity to explore breathing and relaxation in a low position.

Some people find a comfortable squat soothing during menstruation, although individual experiences vary.

How to practice

Begin in **Tadāsana, Mountain Pose.** Place your feet approximately hip-width apart or slightly wider, adjusting the distance to suit your body.

Slowly bend your knees and lower your hips toward the earth. Allow your feet to turn outward naturally as you descend, keeping your heels grounded if this is comfortable.

Bring your palms together in *añjali-mudrā,* the gesture of prayer, in front of your heart. Let your elbows gently meet the inner thighs, using this contact to encourage the thighs to open without forcing them outward.

Lengthen through your spine and gently lift your sternum. Allow your shoulders to soften and your breath to settle.

Feel the connection between your feet and the ground. There is no need to sink deeper than your body allows today.



A gentler variation

If your heels do not comfortably reach the ground, place a rolled blanket or a firm support, like blocks, beneath them.

You can also widen your stance slightly. If balancing feels challenging, rest your hands on the floor or on yoga blocks in front of you. You may also sit on a yoga block/firm yoga bolster to make the posture more accessible.

Listen to your body

If you experience pain in your knees, ankles, hips, or lower back, come out of the pose or choose a more supported variation. If you are pregnant, have recently undergone surgery, or have a significant joint injury, seek individualized guidance from an appropriately qualified professional before practicing.

Let the posture become a conversation with your body rather than a demand placed upon it.

>>>



Paripūrṇa-Nāvāsana — The Full Boat Pose

From the grounded stillness of Mālāsana, we move toward a different kind of stability.

Paripūrṇa-Nāvāsana, the Full Boat Pose, asks us to find balance through the strength of the trunk and the coordinated engagement of the body.

Here, the ground beneath us becomes smaller. We balance on our sitting bones, lift our legs, and extend our arms forward. The body forms the shape of a boat, steadying itself on an imagined sea.

This posture can be physically demanding, yet it also invites concentration and patience. We learn to remain present, to breathe through effort, and to find steadiness even when the body begins to tremble.

Perhaps this is where the deeper lesson of the boat emerges: balance does not mean the absence of movement. It means learning to meet movement with awareness.

Benefits

Paripūrṇa-Nāvāsana can strengthen the abdominal muscles and hip flexors while challenging the postural muscles of the trunk. It also develops balance, coordination, and body awareness.



The effort required to maintain the posture can encourage concentration and a sense of engagement with the present moment.

How to practice

From Mālāsana, sit down on your mat. Bend your knees and place your feet on the floor. You may initially support yourself with your hands behind your hips.

Lengthen your spine, gently lift your sternum, and lean your torso back slightly while keeping your back long.

Begin to lift your feet from the floor. You might start by raising your shins until they are approximately parallel to the ground.

Find a steady balance on your sitting bones. Engage your abdominal muscles while continuing to breathe, and avoid rounding your lower back excessively.

If you feel stable, gradually straighten your legs. Extend your arms forward at shoulder height, with your palms facing one another.

Keep your chest open, your shoulders relaxed, and your gaze soft. Your body does not need to be perfectly still; small adjustments are part of the balancing process.

>>>



A gentler variation

Keep your knees bent and your shins parallel to the floor. You can hold the backs of your thighs for additional support or place your fingertips on the floor beside or slightly behind your hips.

Choose the version that allows you to maintain a long spine and steady breathing. You can also practice for shorter periods, resting between attempts.

Listen to your body

If you experience pain in your back, hips, or shoulders, stop or modify the posture. If you are pregnant, have recently undergone abdominal surgery, or have a medical condition that may be affected by abdominal exertion, seek individualized professional advice before practicing.

Balance is not about pushing beyond your limits. It is about discovering the point where effort and ease can exist together.

From grounding to balancing stillness

Mālāsana teaches us to settle into the earth.

Paripūrṇa-Nāvāsana teaches us to find steadiness when our connection to the ground becomes smaller.

One invites us to soften; the other asks us to engage.

Both remind us of the same essential principle:

trust your body, be kind to yourself, and never force your way into a posture.

Explore the variations. Be patient with the process. Let your practice change as you change.

With time, awareness, and breath, each asana can reveal its own beauty.

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 and Photos & Model: Judith

12 ONGOING ONLINE WEEKEND SESSIONS

pūrṇa vidyā

Ongoing Weekend Sessions in Nov 2026 with Ammaji



Every Saturday

Bhagavad Gita Chanting

Learn to Chant the Gita

Starting on : 12th Sep 2026

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 Nov, 2026; 5:00 to 6:00 p.m. IST

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

2nd Saturday Sessions

Vedic Heritage Teacher Training

2nd Saturday, 14th Nov 2026; 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 853 5665 2364 | Passcode : purnavidya

3rd Saturday Sessions

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 21st Nov, 2026; 5:00 to 6:30 p.m. IST

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

Every Sunday

Starting Date : 07th June' 26

A Bird's Eye View of the Gita

Chapters 1-18

Every Sunday at 12 Noon IST (1 hour session)

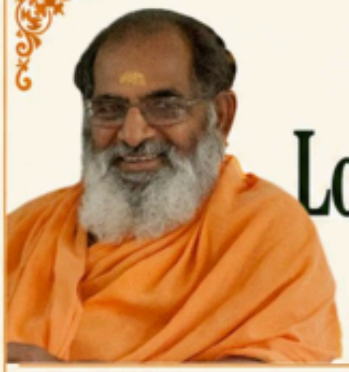
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Lord Vanalingesvara Temple

Pradosha Puia



Purna Vidya Foundation

Monthly twice

Coimbatore

4.30 P.M. to 6.00 P.M.



4.30 P.M.
SANKALPA

5.00 P.M.
RUDRA ABHISHEKAM & ARCANA

6.00 P.M.
MAHA ARATI & PRASADAM

Upcoming Pradosham date

ॐ (06 Nov 2026 Friday)

For Puja Offering Lord Vanalingesvara Temple :

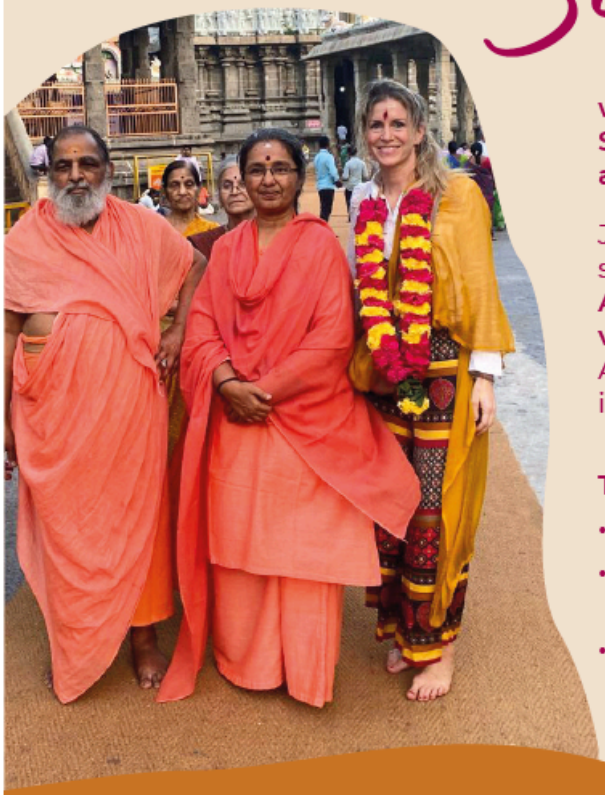
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For Foreign nationals, please mail us at enquiries@purnavidya.org to know the process.

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with Ammaji (Swamini Pramananda), Swamiji (Swami Siddhabodhananda) and Helga Baumgartner

Join us in the tropical beauty of the Coimbatore hills, surrounded by palm trees and jungle wildlife!
A 15-day residential training (100 hrs) with temple visits, nature outings, and Indian cooking class.
A deeply immersive ashram experience rooted in Indian spirituality.

This program counts as:

- **Module 3 – Philosophy Yin Yoga TTC (40 hrs) &**
- **Module 2 – Yin Yoga, Chakras and Meridians Yoga TTC (40 hrs) &**
- **Bhakti Yoga: 20 hrs temple prayers, temple visits and bhakti culture**

date: **November 14th – November 29th, 2026** // venue: **Coimbatore (South India)**
15 days residence training (100 hrs) with Indian cooking classes, temple visits, nature outings // **Special Experience:** visit to Kerala

more Infos: *www.yinplusyoga.de* // **contact:** *office@yinplusyoga.de*



GITA JAYANTI



Program Schedule

20th December, 2026 Sunday

8.00 - am

Puja at the Altar

9.00 am - 12.30 pm

Bhagavad Gita Chanting (Chapters 1-18)

by

Swami Siddhabodhananda
Sri Dayadasan Senthil

Swamini Pramananda (Ammaji)
Brni. Maheshwari

12.30 - 1.00 pm

Gita's Message - by Ammaji

1.00 - pm

Maha Arati

Join us online and participate in the collective recitation of Bhagavad Gita & receive the blessings of Lord Krishna.

Zoom Meeting ID: 843 5592 7229 / Passcode: purnavidya

The Bhagavad Gita is the most sacred Hindu scripture that has influenced millions of people for thousands of years. Gita Jayanti is celebrated as the day when the teachings were given by Lord Krishna to disciple Arjuna.

Contributions for Puja-Sankalpa are welcome

https://purnavidya.org/puja-contribution/



All are Welcome for this Ashram/Online Event

Join us in the **recitation**
with your own Bhagavad Gita Pocket book



Vedanta Course in Tamil

@ PURNA VIDYA FOUNDATION, COIMBATORE

06th Mar to 06th Apr, 2027

Join us for an immersive one-month course which offers an unique opportunity to explore the timeless wisdom of the **Upanishads** by providing practical insights and relatable solutions to modern life. In addition, a talk series on **"Spiritual Heritage of India"**, as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.

- Study of Upanishads
- Talk Series on Spiritual Heritage of India
- Yoga & Meditations
- Sanskrit & Vedic Chanting
- Satsangs



GITA SARA TALATTU

A gentle devotional song that beautifully conveys the essence of Bhagavad Gita through the soothing form of a lullaby.

TATTVA BODHAH

A foundational text of Advaita Vedanta that introduces the essential concepts of Self, mind, body, and reality, preparing the seeker for deeper study of Vedantic teachings.



SANSKRIT GRAMMAR AND CHANTING

By Swamini Gitasarananda Saraswati

SWAMI SACCINMAYANANDA SARASWATI

Swami Saccinmayananda Saraswati is a direct disciple of Pujya Sri Swami Dayananda Saraswati. He has done a long term residential study of Vedanta and Samskrtam. Swamiji has been teaching for over a decade in schools, community centers, temples, including prisons in many states in Malaysia. His spiritual camps for the young generation and adults has been well appreciated and sought after by one and all.

This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience.

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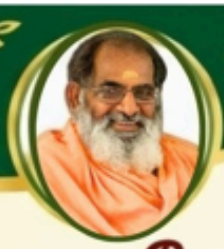
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@ பூர்ண வித்யா பவுண்டேஷன், கோயம்புத்தூர்

06 மார்ச் முதல் 06 ஏப்ரல், 2027

உபநிஷதங்களின் காலமற்ற ஞானத்தை அறிந்து கொள்ளும் ஒரு மாத காலம் ஆழ்ந்த வேதாந்தப் பயிலரங்கத்திற்கு உங்களை அன்புடன் அழைக்கிறோம்.

இந்த உரையாடல் தொடராக, "இந்தியாவின் ஆன்மிக மரபின் சிறப்பும் நடைமுறைத் தீர்வுகளும்" என்ற தலைப்பில், யோகா, தியானம், வேத பாராயணம் மற்றும் சத்சங்கம் ஆகியவை இடம்பெறும்.

- உபநிஷத் ஆய்வு
- இந்தியாவின் ஆன்மீகப் பாரம்பரியம் பற்றிய விரிவுரைத் தொடர்
- யோகா மற்றும் தியானம்
- சமஸ்கிருதம் மற்றும் வேத பாராயணம்
- சத்சங்கங்கள்



கீதா சார தாலாட்டு

பகவத் கீதையின் ஆழமான ஞானச் சாரத்தை இனிமையான தாலாட்டு வடிவில் எளிமையாக எடுத்துரைக்கும் ஆன்மிகப் பாடல்.

தத்துவ போதா

ஆத்துவைத வேதாந்தத்தின் அடிப்படைத் தத்துவங்களை சுய உணர்வு, மனம், உடல் மற்றும் பிரபஞ்சக் கருத்துகள் ஆகிய நிலைகளுடன் விளக்கும் ஆழமான நூல்.



சமஸ்கிருத இலக்கணம் மற்றும் பாராயணம்

சுவாமினி கீதாசரணந்த சரஸ்வதி

ஸ்ரீ சுவாமி சச்சின்மயானந்தா

- சுவாமி சச்சின்மயானந்த சரஸ்வதி அவர்கள், பூஜ்ய ஸ்ரீ சுவாமி தயானந்த சரஸ்வதி அவர்களின் நேரடி சீடர் ஆவார். வேதாந்தம் மற்றும் சம்ஸ்கிருதத்தில் நீண்டகாலம் தங்கி இருந்து முறையான கல்வியைப் பயின்றுள்ளார்.
- சுவாமிஜி அவர்கள், கடந்த பத்தாண்டுகளுக்கும் மேலாக மலேசியாவின் பல மாநிலங்களில் உள்ள பள்ளிகள், சமூக மையங்கள், கோயில்கள் மற்றும் சிறைச்சாலைகள் உள்ளிட்ட பல்வேறு இடங்களில் வேதாந்தத்தைப் போதித்து வருகிறார். இளைஞர்கள் மற்றும் பெரியவர்களுக்காக அவர் நடத்தி வரும் ஆன்மிக முகாம்கள் அனைவராலும் பெரிதும் பாராட்டப்பட்டு, ஆர்வத்துடன் வரவேற்கப்பட்டு வருகின்றன.

இந்தப் பயிற்சி, வேதாந்தக் கருத்துகளை புதிதாக அறிந்து கொள்ள விரும்புகிற புதியவர்களுக்கும், தங்கள் புரிதலை ஆழப்படுத்த விரும்புகிறவர்களுக்கும் திறந்துள்ளது.

TO REGISTER

கீழே கொடுக்கப்பட்டுள்ள இணைப்பின் மூலம் பதிவு செய்யவும்.

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PAST EVENTS



A MEMORABLE DAY WAS SPENT AT TAPASYALAYAM WITH SWAMI SADATMANANDAJI AND STUDENTS

A memorable day was spent at Tapasyalayam with Swami Sadatmanandaji and students on 27th Sept., 2026. Unexpectedly, Suresh and family joined the reunion.
Though brief, satsangs were held at the ashram, sharing the mystical stories of Nagdevata-dolis and Mahatmas of the Ganga Valley.









NAVARATRI CELEBRATIONS AT PURNA VIDYA FOUNDATION



Purna Vidya Ashram celebrated Navaratri with daily pujas, archana, chanting, bhajans, and arati. The celebrations began with Lord Vighneshwara Puja, Sankalpam, Kalasha Puja, Nava Durga Puja, and other traditional rituals.

Throughout Navaratri, various pujas and parayanams were performed, including Durga Ashtottaram, Lalita Trishati, Lalita Sahasranamam, Durga Sahasranamam, Lakshmi Sahasranamam, Saraswati Sahasranamam, and other Devi stotrams. Kumkum and flower archana were offered to the Divine Mother, followed by arati and prasadam distribution.

The chanting of Sri Devi Mahatmyam continued throughout the festival, covering its chapters in a spirit of devotion and reverence. The celebrations brought the Ashram community together in prayer, chanting, and devotion to the Divine Mother.







20

NAVARATRI CELEBRATIONS AT TAPASYALAYAM













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Nine Blissful Days at Tapasyalaya, Netala — A Journey of Dharma, Devotion and Divine Grace 🙏🌺

Some journeys take us to places; a few take us closer to our own soul. ❤️
Our nine days at Tapasyalaya Ashram, Netala, in the sacred Himalayan lap of Dev Bhoomi Uttarakhand, celebrating Navratri, have been nothing short of divine. Amidst the majestic Himalayas and the sacred flow of Maa Ganga in the form of Bhagirathi. we immersed ourselves in our traditional Navratri rituals, pujas, sacred mantras and japas, experiencing the timeless spiritual richness of our Bharatiya Sanskriti.

Every prayer, every mantra and every ritual reminded us of the extraordinary civilisational heritage our ancestors nurtured over thousands of years — a way of life rooted in Dharma, harmony, self-discipline, compassion and inner peace. Our Sanatana Dharma is not merely a tradition passed down through generations; it is a living wisdom that continues to guide humanity towards peace, happiness and spiritual fulfilment. How blessed we are to be inheritors of this timeless legacy! 🪔🌺

A heartfelt pranam to the revered Garhwali Panditjis, whose devotion, knowledge and meticulous performance of the rituals brought sanctity and spiritual depth to every day of our celebrations. Our sincere thanks to the wonderful cooks who nourished us with the most cherished, wholesome Satvik food, and to every member of the Ashram staff whose care, warmth and dedication made our stay so comfortable and joyful.

Above all, Amma Ji's divine presence, affection and blessings made everything truly complete. Her presence transformed these nine days into a memorable spiritual retreat that we will carry in our hearts for a long time.

My heartfelt gratitude to my wonderful companions — Dr. Shitesh, Dr. Chandana, Deepa Poduwal, Tanishta, Shoba, Prakash,Ragu Anna, and Shama — for making this journey so special. The shared prayers, meaningful conversations, moments of laughter and collective devotion have created memories that will remain with us long after we leave these sacred mountains. ❤️🙏

As we prepare to return to our respective homes, we carry hearts overflowing with happiness, minds filled with peace and souls enriched by the blessings of Maa Durga, Maa Ganga and Amma Ji. We leave with deep gratitude and one beautiful hope — to reunite at our beloved Tapasyalaya next year and experience this divine togetherness once again.
Until then, our prayers and memories will remain here, in this sacred Himalayan abode.

A sadhak at Navaratri Retreat
Tapasyalayam



ANNABHISHEKHAM AT LORD VANALINGESVARA TEMPLE









Annabishegam is the Ritual Conducted all the Shiva Temples across the world.

The ceremony begins with abhishekam of the Shiva Lingam using sacred substances like holy water, milk, curd, honey, sugarcane juice, coconut water, sandalwood paste, and sacred ash.Rice Offering.
Large quantities of freshly cooked white rice are piled onto and completely cover the Shiva Lingam.

Vegetable Decoration: Fresh fruits, colorful vegetables are arranged as Sun andMoon intricate patterns are used to adorn the rice-covered Lingam.

Vedic Chanting: Throughout the ceremony, priests and Hu devotees continuously chant sacred hymns like Sri Rudram, Chamakam, Purushasuktham, Sri Suktham, Sri Narayanasuktham, Sri Durgasuktham and Sri Shanti panchagam.
Also Mantrapushpam chanted after Karpoora haarti, followed with prasadam distribution.

SADHANA PAŃCAKAM-VEDANTA RETREAT IN TAMIL & INAUGURATION





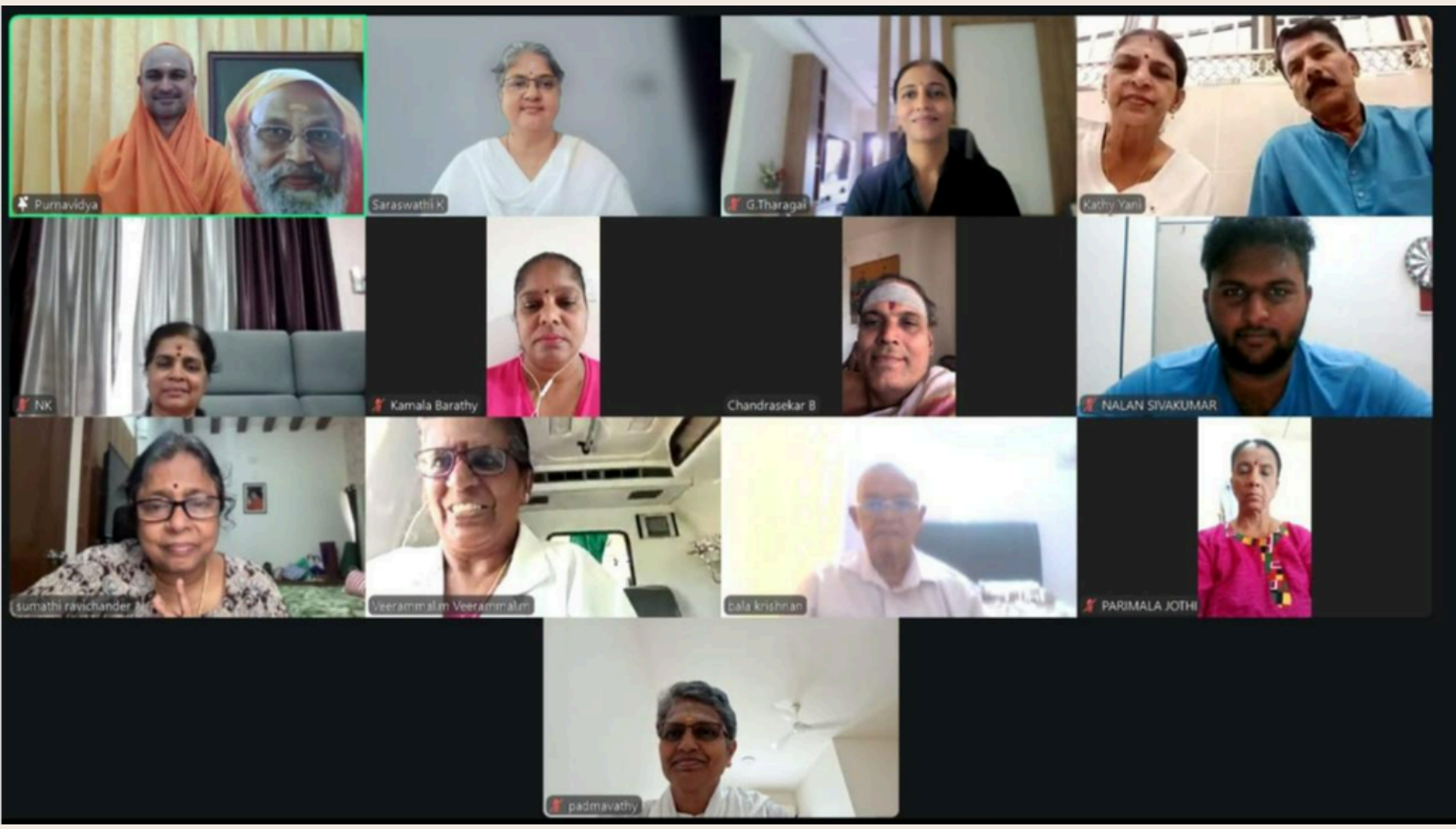








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Sadhana Panchakam Retreat at Purna Vidya Foundation

Purna Vidya Foundation is conducting a spiritually enriching retreat on Sadhana Panchakam, with the profound teachings of Pujya Swami Saccidānanda Saraswati Ji.

Through his insightful and inspiring teaching, Swamiji guides students to understand the timeless wisdom of Vedanta and the practical steps towards spiritual growth and self-discovery.

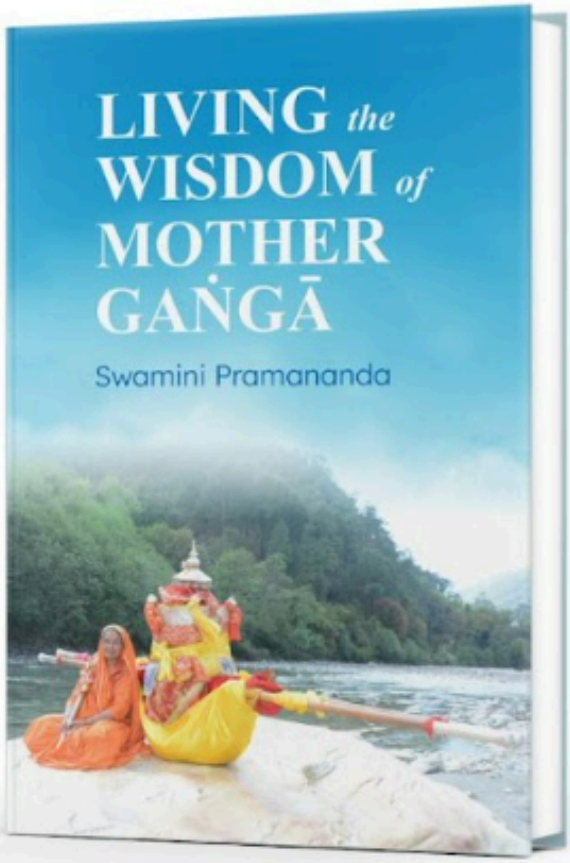
Students are participating in the classes both in person and online, coming together with great enthusiasm and devotion to learn, reflect, and deepen their understanding of these sacred teachings.

The retreat provides a valuable opportunity to imbibe the vision of Vedanta and apply its wisdom in our daily life, progressing steadily on the spiritual path.

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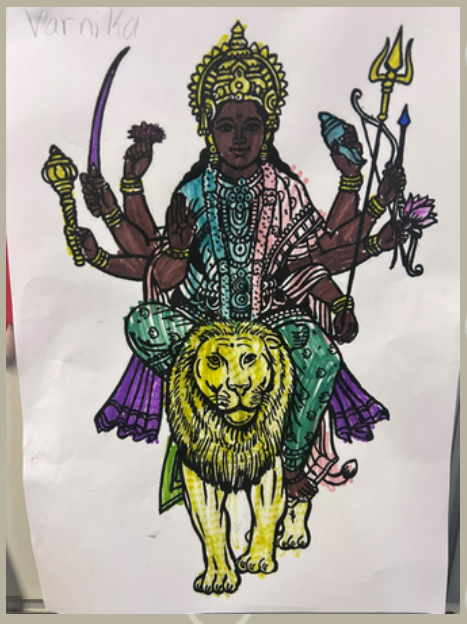
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Purna Vidya Heritage Program

Purna Vidya Vedic Heritage Teaching Program students heard various legends and celebrations of Navaratri across various regions of India. They particularly liked hearing about Navadurga and meaning of these. Children drew,coloured and painted the goddess as part of their learning journey



Dharani



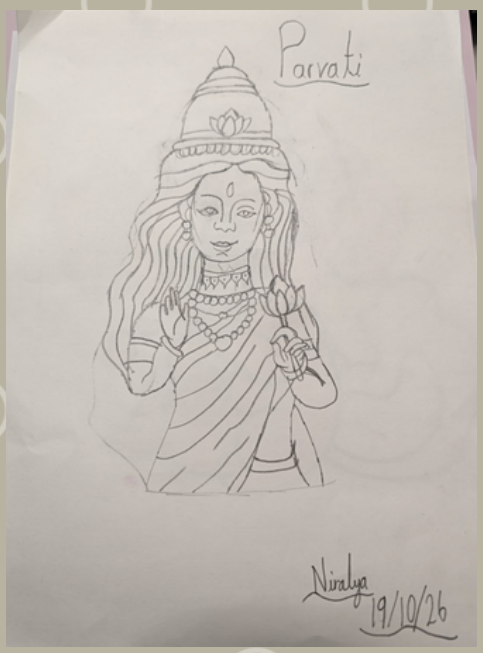
Varnika



Varunya



Krishi



Niralya

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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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)

EDITORIAL MESSAGE

Namaste Dear Friends!

We often remember the Mother when life becomes difficult, when we need strength, when we are afraid or when we have nowhere else to turn. But perhaps Navaratri also reminds us to remember her when life is beautiful — when we are healthy, when we are surrounded by loved ones, when our dreams are unfolding, and when we have reasons to celebrate. To offer not merely gratitude, but glorification — to pause and acknowledge, honour, and celebrate Her divine presence and grace in our lives.

May this Navaratri be a time when we pause from the busyness of our lives and turn inward. May we remember the Mother not merely as a deity in a form before us, but as the universal presence of love, strength, compassion and wisdom that lives within and around us. May we learn to see her in the people around us, in the beauty of nature, in moments of silence, in acts of kindness, in strength during adversity and in the love that continues to hold us together. May we always keep her close, not only in our prayers, but in our hearts.

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

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