

AMMAJI'S MESSAGE



"Dīpavali is one of the significant festivals that all Hindus around the world celebrate as a family. It brings hearts together in love and festivities. It is a festival of vibrant colors and most importantly - Light.

The light is deeply symbolic for us. Light and the Divine are the same. Hence, we have worshipped it since our Vedic times. Where light is, there cannot be darkness. Where the light of knowledge is, there cannot be ignorance.

On Dīpavali day, as you light the oil lamps to dispel the outer darkness, may your hearts abide in the peace and stillness of the inner Light of the Self!

Swamiji and I warmly wish you, your families and friends a very Happy Dīpavali. "

Love and blessings
- Ammaji

INSPIRATIONS....

QUOTES FROM AMMAJI

"Love people because of who you are, not because of what they are - because the former means you are living your Truth, while the latter means you are living their truth which begs completion!"

UPCOMING EVENTS

VEDĀNTA COURSE (ONE MONTH)



PAST EVENTS



NAVARĀTRĪ, 9-19 OCTOBER 2018

PRAYER RETREATS

Both our Tapasyalayam and Purna Vidya Foundation ashrams conducted intensive prayer retreats during this Navarātri. Our Mother Goddess was invoked and glorified on all the days through elaborate prayer rituals. Additionally, students present at Tapasyalayam were blessed to be guided by Ammaji through yoga, meditation sessions and personal sādhanas.

This festival also provided opportunities for us to gift others through the Sumangali Pūja, Nava-kanya Pūja and Annadānam. Overall, it was a deeply meaningful retreat for all of us through the intensified connection with our Universal Mother.



AWAKEN TO YOUR TRUTH!

JĪVANMUKTI: LIBERATION WHILE LIVING

Continued...



A Heavenly Belief

Anything less than jīvan-mukti implies a promise of heaven after death. A religion that offers such a promise is rightly called a faith in as much as one has to believe and live and die with it in order to reach heaven. Therefore, there will always be a number of people who believe in such a non-verifiable promise.

That there is a heaven, is a belief. That one will reach heaven after death is another belief. That one will like heaven after gaining it is yet another belief. That one will not come back is an unbelievable belief. Just as anything that begins must one day end, so too, a heavenly life that begins must necessarily end. Also, a mokṣa that is dependent on a series of beliefs in the hereafter cannot be a solution to one's life fraught with afflictions here.

The Upaniṣads

The word 'mokṣa' is significant in that it comes from the root 'muc', whose meaning is to be free from bondage. The part of the Vedas which deals with the basic problem of the human being is called mokṣa-śāstra. It is also called Vedānta because this part of the teaching is found at the end of each Veda.

The teaching itself is in the form of teacher-student dialogues called the Upaniṣads. By exposing oneself to this body of knowledge through a traditional teacher, one gains mokṣa, the knowledge of oneself.

There are many statements in the śāstra indicating mokṣa as being in the form of knowledge. In one of the Upaniṣads it is said: "jñānāt muktim avāpnuyāt" - may one gain freedom through knowledge. The Bhagavad Gīta, which has the same subject matter as the Upaniṣads also says; "jñānam labdhvā parām śāntim nacireṇā dhigacchati"- one gains lasting peace the moment one gains self-knowledge. In his commentaries on the Upaniṣads and the Gīta, Ādi Śankara helps us clearly see that one has to know the free self as unfolded by the Upaniṣads in order to be free. .

To be continued...

VEDIC WOMEN



In early Vedic society, both men and women had access to Vedic learning. This is seen in the educational saṃskāra of upanayana performed for both of them. The smṛtis include upanayana for girls. For example, the Āśvalāyana Gṛhya-sūtra (1.15.4) states that both girls and boys should be given two names at the time of the nāmakaraṇa-saṃskāra, naming ceremony; an ordinary name to be used in all daily interactions and a special name, to be recited before the teacher at the time of upanayana.

The Harita-saṃhitā and Yama-smṛti also qualify girls for upanayana, and entitle them to perform Vedic rituals and study the Vedas. If unmarried, they may also receive alms as bhikṣā.

Patañjali, in his Mahābhāṣya, commentary on the sūtra 6.3.42 of Pāṇini, the ancient grammarian, defines words such as 'kaṭhī' which denotes a female student of the Kaṭha branch of the Vedas. Also, words such as 'upādhyāyāṇī' and 'ācāryāṇī' denote only wives of the teachers, while the words 'upādhyāyā' and 'ācāryā' refer to women teachers.



Dear Vedic Women,

Studying the Vedic scriptures is your birthright. Do not deny yourself this precious gift!
Let the light of knowledge in our scriptures illumine your lives and elevate you to living from your Highest Self.
Be that very light of knowledge for your families and children!

Love,
Ammaji



CHILDREN'S CORNER



DĪPĀVALI



This day celebrates the destruction of the demon Narakāsura by Lord Kṛṣṇa. It also commemorates the return of Lord Rāma to Ayodhyā after his victory over Rāvaṇa, the demon king of La kā. It is believed that Goddess Lakṣmī appeared on this day during the churning of the milky ocean by the devas and asurās.

At dawn on the new moon day, people take a ceremonial oil bath known as ga gāsnāna. They wear new clothes and seek the blessings of the elders. Every home is decorated with earthen lamps which are lit before dawn and after dusk. The day is celebrated with sweets and fireworks. The business community invokes the blessings of Goddess Lakṣmī on this day. This festival also marks the commencement of the New Year for certain communities, at which time businessmen open fresh account books.

SOMETHING TO THINK ABOUT...

To which Gods does your family offer prayers during Dīpāvali?

What special rituals does your family observe during Dīpāvali? Do you know the significance of these rituals?

STUDENTS' REFLECTIONS



PURNA VIDYA TEACHER TRAINING PROGRAMME

The programme sessions rejuvenated us mentally and physically, and gave us “wake-up” calls to carry these Purna Vidya lessons to large numbers of children both in rural and urban areas. The values-contained lessons will promote more disciplined, cultural and patriotic citizens.

As the training programme concluded, each one of us started planning on how to take these values through different methods to children in our communities and neighbourhoods. Many of us felt that the Purna Vidya’s cultural awareness transformation would impact not only individuals but the family and the wider community. Purna Vidya reinforces a nation’s strength through the bonds of love, respect, understanding, responsibility, security and most importantly, inner maturity among its people.

Ammaji’s dream of establishing more and more Purna Vidya Community Centres will be made true by all of us. We thank God, Swamiji and Ammaji for having given us this opportunity to be spiritual guides and contribute towards building a nation with more disciplined and honest people.

Let us all spread the Vedantic wisdom of Oneness and Harmony to the global human family under the guidance of Swamiji and Ammaji!

Malathi Sampath Kumar, India.

MESSAGE FROM THE EDITORIAL TEAM

Namaste dear friends!

The recent Navarātri observance was an intense and much-needed period of quietude and enhanced connection with our Universal Mother. For many of us, it was an excellent opportunity to turn the frequently vacillating and extroverted mind inwards to enquire into the Real I. This grounding is essential in equipping one to face more calmly the tumultuous challenges of the modern world and trusting in the Divine as the ultimate refuge.

As Dīpāvali approaches, many of us get caught up in the joyous, colourful and vibrant festivities. In the spirit of continuing the strengthening and calming introspection cultivated during Navarātri, we can also start the Dīpāvali day reflecting on our Vedic teachings. With the knowledge that our Highest Self is the source of all happiness and love, we can engage in the celebrations with family and friends emanating the very universal Love that is our nature.

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

We wish you, your families and friends the brightest and happiest Dīpāvali!