



pūrṇa vidyā newsletter 12|22

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Ammaji's Message

Dear Readers,

When we think of 2022, inevitably we cannot stop thinking of the past 2 years. The pandemic battle was one that we will not really be able to forget nor appreciate fully. During the hard times in this last couple of years it may be difficult for some to think of things to be grateful for. We eased into 2022 with less anxiety when there was more normalcy in our daily life and that alone brings us to reflect on what to be grateful.

As the year draws to a close, we got the opportunity to celebrate festivals with our families and friends again face to face whereas during the pandemic we celebrated via unique ways like connecting online which created unique and new memories for all of us. 2022 was a good time to make up for missed celebrations and festivities.

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As the year concludes, it is time to thank our families, colleagues and friends who have made many sacrifices during these last two years. Remember to also thank yourself for making it through all those moments that you thought you would not be able to make it. Thank others for the sacrifices they had and continue to make for us to emerge and stay strong. We certainly can appreciate the air we breathe in compared to the times we had to wear a mask. There certainly is a lot to be grateful for if we look hard enough.

Appreciating life as it is, brings wisdom. Every part of our journey, there is something for us to experience; something different for us to learn and things or memories to let go. We are capable of learning how to navigate obstacles and pick up essential skills that will help us in our journey. Life is not just about dealing with obstacles; we also celebrate when we can have moments of peace. As much as how we have taken from the universe, we need to learn to give back. As you reflect upon the doings of the past months, look forward to where you would like to see yourself go and grow.

Love and Blessings,

Ammaji



new sequel

> Part 1

Śiva-aparādha-kṣamāpaṇa-stotram

शिव-अपराध-क्षमापण-स्तोत्रम्

Today in our series of the power of prayers we begin yet another unfoldment of a very beautiful set of verses called śiva-aparādha-kṣamāpaṇa-stotram. A stotram refers to a set of verses while śloka refers to one verse. This stotram is a set of verses seeking forgiveness for the aparādha – the wrong done. Seeking forgiveness for the commission and omission of my actions. This omission and commission is with reference to Lord Śiva. This title is a very interesting compound in Saṃskṛtam, which has a very powerful meaning and is different from what we have seen so far. This is an amazing set of fourteen verses seeking forgiveness.

Who Should Seek Forgiveness

It may seem like a Christian theology where you seek forgiveness, where you atone for your sins and so on. In the advaita-vedānta tradition, when you say that you are seeking forgiveness from the Lord, here Lord Śiva needs to forgive. Does he need to forgive? Let us understand the basic philosophy here. Who needs to forgive and why? Definitely not I because I am the one who has done the omissions and commissions. If the Lord needs to forgive me, then there has to be some expectation from me. If the expectations are not met, and I disappoint the divine as a result, then I seek forgiveness. So the question here is, does the Lord have any expectations? Does the Lord have any hope, or wish, or a want or an expectation from me to be in a certain way and I have violated it? The whole dynamics between the created and the creator, is it one of expectations and hope? The truth is, the infinite being, the divine has no expectations. If the Lord also has expectations then he becomes like my uncle, he becomes very ordinary in other words. The Lord is someone who has no expectations because he has no judgement. We call him, we invoke him as an infinite being. Do we even understand what we mean when we say infinite! He is not a finite being with attitudes of a mortal; He is consciousness, He is of the nature of light, He is She, and She is He.



All that is here is one and therefore what is the expectation on behalf of the infinite. There is no expectation. You may know He has no expectation, but at the same time feel you have done things to hurt the Lord. This is style of the language certain theologies use – you are hurting God, you are damaging God. What is it that is actually hurt or damaged here.

Does God have a self-image based on what you think of Him; or does He have a mind which gets hurt like your mind does. There is no way to hurt the infinite being because He is infinite; because He has no expectation; because He is the form of love – pure unconditional love. In fact, love means unconditional. Can love be measured, can there be an agreement or an exchange deal?

Love is that which is always understood as unconditional.

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Why to Seek Forgiveness

We always seek unconditional love from the world. Whether I receive unconditional love, or I give unconditional love, is a whole different subject.

Here the infinite being is declared as someone who has unconditionality, who has no judgement, no expectation, no hurt. He is not a victim of my hurting and therefore, why should I seek forgiveness. The infinite is definitely not hurt, Lord Śiva is okay, but I have hurt, I have guilt, I have done omissions and commissions. In fact, as children of the divine, as beings of this world created by the Lord, we exist in the image of the infinite. Am I a person of guilt and hurt? Is hurting my normal existence? In fact, the entire Vedantic tradition, the entire spiritual ecology, the philosophy, the backbone of a spiritual civilization is awakening to your truth, your essence, your essential nature, which is ever free from guilt and hurt. Like is the nature of the infinite so is the nature of the children of the infinite. Every child grows up in the image of his parents. We are here as human beings, living a life in the physicality and our essential nature is not different from the nature of the infinite.

If the infinite has no hurt, if the infinite does no wrong, if the infinite is infallible, then my essential nature, the nature of the soul is also free from hurt, free from guilt, free from fallibility. This is the master equation; this is a very powerful metaphysics, a very powerful master key. The king of all secrets of the universe is that, you, the individual is free from hurt, is free from guilt, never a victim of circumstances; ever reflecting the nature of the infinite, the divine. If this is true, then Ammaji, is the class closed, you have chosen a text which has no meaning. Where do we place this particular series here?

Owning up to the Limitlessness

All I wanted was to be a happy person and I am on a daily depression dose. Which person did not want to be an adult dreaming of living a happy life? Everyone of us has. That is all we want from this world – to be a happy person.

But we find ourselves so restricted, we feel ourselves a failure that we could not make it. It is this ego which lives in guilt and hurt that is being addressed. It is the ego that is guilty; it is the ego that is hurting. In the spiritual world, the realm of the higher altar there is no guilt and there is no hurt. We will see when we look into the stotram, Lord Śiva becomes a guru in the next series and the teachings are revealed, we will understand how the soul is free from guilt and hurt. It is full and complete and it is really a self-awakening. Because of me living in the ignorance of my higher self and

because I am so totally identified with the physicality with my body-mind-sense complex, because I am living a fallible life, a life of conditionality, a society of conditionality, I find that everybody wants to transact with me. Nobody talks about just being a giver, everybody wants to transact. I will give this what will you give. In this process of transactions, I have made many mistakes. My biggest mistake or my biggest loss is that I separated from you, Oh Lord! I did not know that I am your reflection and I hold your power: your power in an individuated form is me, your power in the collective form is the infinite being. Your power in the collective we call Lord Śiva, your power in the individual is I.

What is the Biggest Omission or aparādha

This I has not known the loss of separating from the infinite; it is not an ordinary loss; it is an infinite loss. Not being awakened to the oneness of the divine is an infinite loss and it has given me birth after birth of pain, of sorrow, of afflictions.

I want to move away from this afflicting life. I wish to move away from a life which afflicts me. And why does life afflict you? Because of my own omissions and commissions. We are very clear that Lord does not afflict; he is uninvolved. He has no judgement to hurt you or to damage you. We are the ones who attract affliction by our own life, by seeing ourselves as limited beings in search of the limitless. But with limited knowledge we make mistakes. These mistakes will only attract negative results. What I put out there is what I am going to get back. What I send out will return to me; this is the law of the Universe and therefore today I am afflicted.

I don't want to be afflicted and so, in this set of verses there is a prayer to the Lord seeking forgiveness. If he doesn't forgive my omissions and commissions I will have to pay for my actions. I have realised what I have done; that in itself is a very big inner growth and so in this prayer recognising my omissions and commissions I seek forgiveness. Seeking forgiveness itself is such an empowering process in sharing and expressing my whole life. Every verse here is so clear and self-explanatory but I wish to use these set of verses for you to understand the metaphysics of life. Śiva-aparādha-kṣamāpaṇa-stotram, the biggest omission or aparādha here is the biggest loss or damage I did to myself – separating from the infinite, believing that the separation is real. I then went about trying to become one again with the infinite, to live in unconditionality but I have toppled all over. Hence, "Forgive me Oh Lord, own me up, claim me as your own "kṣantavyo me'parādha śiva-śiva-śiva bho mahādeva śambho".



A Global Satsang with Ammaji

for Purna Vidya's
Gita Group Study Members

Q Is there anything like a collective karma?

A Yes.

Sometime ago, Ammaji used the metaphor of Bank Account for puṇya and pāpa – similar to how money accumulates, reduces, becomes nil, etc. This is with reference to one single individual. If this is so, then on this Earth, there are billions of people and everyone is connected with some others directly or indirectly. This means that the life experiences are also intertwined. So, how does that go together with the individual and the group?

A: So, we talk about the individual or the group, there is no group without individuals. And you talk about individuals always within a group, you know, it's connected, like the tree and the forest. So, what is a forest? There is no forest, it is just trees but a group of trees you call a forest, it becomes an entity. And so, while we are talking about an individual, every individual is connected to every other life form. You bond with your parents, you have your brothers and your siblings. So, when you took birth, why were you born to this couple and not any other? Why were you born to this family, in this country, in this religion, with this language, with this culture, and in this particular era? There are certain common frames to all and then there is specific *karma* for you. The pandemic for instance, all of us have been affected, this is called collective *karma*. Collectively we were doing okay in the first round while some other country was not doing okay collectively. Now, collectively we are not okay but when collectively the bigger picture is not okay within that bigger picture every collective has individuals and the different individuals are living their own karmic path in the larger collective order.



The collective is connected to the individual and the individual is definitely connected to the collective and not just other human lives but all life.

According to jyotiṣa-śāstra, astrology in general, your very birth is looked upon as an event in time when the stars are placed in a certain constellation. There is a certain configuration in the skies of the planets that influence the newborn. How you're connected latitudinally, longitudinally in that particular time and place is defined, it is specific, it is intelligent. So, every collective has individuals and every individual is full of collective, it goes together, I am an individual, but how many millions and millions of cells I have in me, right? So, I am an individual, but my race is collective. So, while I am an individual, I am part of the collective and while I am a collective being, I am an individual. So, every time I see you, it is an individual perception. But while I see you, I also see the stairs behind you, the ocean behind you, I see others there, I see a collective group. So, I see individual in an individual perception, collective in a collective perception. It moves together. That's why we say we are all connected, you're connecting to this one hour and in this one hour we are deeply connected in being with the divine in satsang, you're deeply connected.



Q: Wonderful, thank you Ammaji. Now I would like to ask a question that is a little bit maybe funny. Which kind of bill am I paying at the end?

A: You're not paying a bill at the end, you're paying your bill every day. There is no free lunch in this Universe. We are exhausting our karma every day, in every moment, because the exhaustion of your merit and demerit happens as you experience life. Experiencing of life, experiencing of conducive and non-conducive situations is called exhaustion of your merit and demerit. Human birth is for exhausting so sometimes you're exhausting merit when you hit the jackpot and sometimes you are exhausting demerit and that's why you encounter a mugger on the road when you are walking. So, merit and demerit are moment to moment, manifesting, giving you appropriate experiences.

But we are not only exhausting our merit and demerit, we are also constantly creating new **karma**. So, we say that while you're creating, at least now you have the option to create intelligently. Keep creating **karma** but choose **karmas** which are loving, forgiving,

accommodating and accepting. Live from a higher frame so that you create better karma as you experience your past merit and demerit. If you're experiencing a bitter relationship, that's your past demerit fructifying but don't feed into that. If you choose to feed into that, you're creating more bad **karma**.

So, what should I do? Create new merit by your lessons in forgiveness, accommodation, love, care, and tenderness. In that, you keep creating good merit for yourself. Don't get caught in the cycle of revenge – you hurt me, so I hurt you. Don't get into a new bad karma. So that's how you build your sattvic-karmic path to such a point that with prayers and acceptance and love and so on, all of that then becomes a shield that protects you. And that finally helps you navigate the karmic path of merit and demerit to get to know who you are eventually. But for that to happen, I need to build my sattvic bank account, not the tamasic and rajasic.

Āyurvedic Yoga ♥¹¹

Namaste dear Sadhakas,

we are nearing the end of the year and the end of our Yoga-doṣa-series! After we examined the influence of vāta-doṣa on our energetic level in the last newsletter, this newsletter is about the mental-emotional level: manomaya-kośa. How does increased vāta affect this?

Mental-emotional imbalance caused by vāta

(The explanations on manomaya-kośa from the June '22 newsletter can be helpful again.)

The "airiness" and "flutteriness" of the mind shows itself in us, for example, in creativity and inventiveness. These are very valuable vāta qualities. However, if vāta manifests itself too much in our mental plane, these qualities can also become active on the shadow side of the mind. Then we are plagued by numerous worries, multi-faceted fearful imaginings and never-ending carousels of thoughts! Sometimes we lose ourselves in such pictorial imaginations that it is difficult for us to distinguish our imaginations from reality.

If the constantly changing thoughts prevent us during the day from concentrating on one thing and it is extremely difficult for us to make decisions, this is also an expression of the restless vāta-being. It is not uncommon that we suffer from problems falling asleep and sleeping through the night - these also intensify the already high, vāta-typical nervousness and restlessness!

The restlessness shows its picture also on the emotional level. Various states of anxiety arise here, perhaps even leading us into despondency and hopelessness. Even depressions can arise from the vāta-doṣa.



The harmonization of vāta

Fortunately, there are some ways to calm the vāta in the manomaya-kośa. All practices that can give us earthiness, firmness and stability are conducive to this. The āsana and prāṇāyāma practices that we have presented in the previous two articles show their vāta calming effects on the mind as well!

Basically, all forms of exercise that train concentration bring the scattered mind and restless mind back into balance! The creative vāta nature is especially addressed by visual meditation exercises. Focusing on grounding images are very suitable for this. We would like to present one possible visual exercise:

The "Mountain Meditation"

The essence of the mountain holds qualities of stability, strength, stillness, patience and an imperturbability in the face of all things that happens over time. If we internalize these mountain qualities, they can give us strength and stability in challenging situations, so that we can still act calmly and clearly!

The Mountain Meditation

- Find yourself in a comfortable, upright sitting position - preferably directly on the ground. If you can do it well, close your eyes. (If not, you can put the photo of the mountain in front of you on the floor and fix it with slightly open eyes.)
- First feel yourself sitting here, your feet, your legs, your pelvis. Feel your foundation in firm contact with the ground. Feel the natural flow of your breath and deepen with the exhale into the felt contact to the ground. Feel free to take a few breaths for this...
- Now let the image of a mountain arise internally. Become aware of its massive form, its base penetrating deep into the earth's crust. Be aware of its whole form, its massive slopes, its soaring peak...
- Stay with this image and breathe with this image. And as you breathe with the mountain, allow your body to become as grounded and stable as the body of the mountain. Allow yourself to merge with it completely, to become one. Your head becomes a towering peak - completely free, looking far above everything. Your shoulders and arms become the massive flanks, buttocks and legs the solid foundation of the mountain.
- Allow yourself to be completely mountain! Feel yourself unmoved and unshakable in the stillness of body and mind... Allow yourself time for this! :)
- Become aware of how the mountain remains in its unshakable stillness day in and day out, while light and shadow change. The mountain always remains the same mountain, even while the seasons change, cold or heat, hail showers, snow and even thunderstorms and storms come and go. The mountain accepts all events and yet remains unaffected by them.
- Receive the stability, power and calmness of the mountain with every inhalation – and with every exhalation let stability, strength and calmness be anchored deep within you! Keep breathing as long as you are comfortable.
- Then give yourself a few deep breaths, knowing that worries, emotional storms, crises - everything that comes our way behaves like the constantly changing weather on the mountain. It comes, lingers and passes by!

When we connect with the power and firmness of the mountain, we can face challenges with vigor and resilience.

We can always connect with this strength and firmness - we just have to remember it...

We wish you a good connection to your inner, resting power!

In the next and final newsletter of this Yoga-doša-series, we will summarize the significant findings so far and dare to take a broader look into the working of the forces on the spiritual level.

We wish you a relaxing end of the year and a powerful start to 2023! :)

*> Text and photos by Nina;
Support: Helga, Gela, Judit, Kerstin and Birgit*



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 10,000 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!

-Swamini Pramananda (Ammaji)



Upcoming Workshops / Satsangs in January 2023 with Ammaji



Sunday

Ammaji's New Year Message

1st January 2023 at 12 Noon IST

Join with Zoom Meeting ID: 885 5647 6609 | Passcode: purnavidya

Vedic Vision and Way of Life

From 8th Jan. to 26th Mar. 2023, Every Sunday at 12 Noon IST

Join with Zoom Meeting ID: 815 8491 1952 | Passcode : 123456

Saturday

Muṇḍakopaniṣad Bhasyam

Introductory Bhasyam Studies of the Ten Upanisads

From 7th Jan, Every Saturday, 12:00 p.m. to 1:00 p.m. IST

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

Bhagavad Gita Satsang with Ammaji

3rd Saturday, 21st Jan, 2023; 5:00 to 6:30 p.m. IST

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



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Introductory Bhasyam Studies of the Bhagavad Gita and the Ten Upanisads *Muṇḍakopaniṣad*

Starting Date: 31 st Dec, 2022 (Talk 5)

Every Saturday, 12 Noon IST (1 hour session)

Who can Join?

*Students of Swamiji & Ammaji,
Who are Studying Vedanta, Samskrtaṃ,
Vedic Heritage & Yoga.*

Join Zoom link with :

Meeting ID: 849 4938 5815; Passcode: Bhasyam

<https://bit.ly/3bxw3pH>

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संस्कृतम् for Yoga-students

1 Course – 2 Modules: from Alphabets to Yogasūtras



with Ammaji
(Swamini Pramananda)

Module 1 (30 sessions)

Sanskrit Alphabets

read & write Devanagari (Samskrtaṃ)

20. May, 2022

Module 2 (45 sessions)

Patañjali's

Yoga-Sūtras

phonetics (sandhis),
recitation & studying

Launch: 10. Dec. '22, 12:00 (IST)

(7:30 a.m. Berlin-time)

Start: 6. Jan. '23, 12:00 (IST)

(7:30 a.m. Berlin-time)

Now!

Start of Modul 2 →

Now that Module 1 (getting familiar with the Samskrtaṃ-Alphabets) has been successfully completed for many new students it's time to launch of **Module 2**:

In this course you start to apply the concepts learned so far: reading Patañjali's Yogasūtras and learn to chant them. Sūtra means „thread“ or „line“, here it can be taken as a „guide-line“. The Yogasūtras of the scholar Patañjali is considered a central standard work of yoga. Ammaji in this course introduces the 195 concise verses of this ancient scripture, making the sandhi rules and word-to-word meanings accessible in a very practical way.

Ammaji is a Vedanta Teacher and a Sanskrit Scholar. She has been studying Samskrtaṃ from young age. As an āchārya she taught Vedānta with Shankara bhāsyam and Paniniyan Sanskrit Courses at Arsha Vidya Gurukulam for a decade

registration's open now: purnavidya.org/samskrtaṃ

Weekly class: fridays

07:30 – 08:30 a.m. (Berlin-time)

Cost: 180 € (₹ 15,000) per module,
flexible choice of modules.

Medium of instruction: english

- prerecorded classes
- weekly sessions
- Homework-correction & feedback
- customized & flexible study plan
- live online connection with Gurus (Ammaji & Swamiji) through monthly mentoring sessions



Pūjā - The Pillar of Devotion

Sessions on Pūjā Basics



Pūjā is a beautiful physical form of worship, to bring out the devatee within oneself and establish a relationship with Īsvara, the Lord - Ammaji



**Starting 21st January 2023 (5 Sessions)
Every Saturday 1:30 to 3:00 P.M. IST - on Zoom**

Objectives :

- Understand each step in Ṣoḍaśopacāra (16 Step) Pūjā process
- Learn to Chant Slokas and Mantras pertinent to Pūjā Steps Correctly
- Handling the various items needed for Pūjā
- Understanding and learning the Various Actions (Mudras) performed in 16 Step Pūjā

Register at : www.purnavidya.org/vhttp

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Mahāśivarātri Celebrations

16th to 18th February, 2023



A Śivapurāṇam Retreat

- by Sri Arulji (in Tamil)

In Purna Vidya Foundation
Coimbatore

Feb 16 to Feb 18, 2023

Discourses and Q & A
10 A.M. to 5 P.M.

Feb 18, 2023

Lord Vanalingesvara Temple Program
5 P.M. to 8 P.M.

- Sankalpa
- Rudra Abhishekam & Arcana
- Maha Arati

அடி முடி காணாத இறைவனை
அறிந்து கொள்ளும் முயற்சி
சிவராத்திரி



Sri Arulji, an ācārya with the Purna Vidya Foundation teaches Vedānta with a focus on the Bhagavad Gītā, Upaniṣads and Purna Vidya Vedic Heritage Programmes and Tamil scriptures such as the Thirumanthiram, Thirukkural and Panniru Thurumurai. Sri Arulji is a disciple of Pujya Swami Dayananda Saraswati, Swami Siddhabodhanda and Swamini Pramananda.

For Puja Offering and Donations:

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Purna Vidya offers Courses (Online)



COURSES FOR YOGA PRACTITIONERS



Yoga & Meditation Course

1 hr/video

1.A Glimpse into Yoga Philosophy	2
2.Selections of Yoga Sutras	12
3.'Omkar Course' - based on Yoga Sutras	8
4.Ashtanga Yoga Sutras	12
5.'On Meditation' -based on Gita (Ch.6)&Yoga Sutras	12



Vedanta Course

1 hr/video

1.Bhagavad Gita - An Integrated Course	175
2.'Tattva Bodha - An Awakening of Truth	31
3.'Who am I?' - based on Nirvanasatkam	4
4.Hastamalakiyam' - Contemplative Verses on Truth	11
5.Vedic Vision & Way of Life - A Talks Series	12



Sanskrtam Course

1 hr/video

1.Learning Sanskrtam Alphabets (Level 1)	30
2.Yoga Sutras Phonetics & Recitation (Level 2)	45



Puja/Prayers and Mantras

1 hr/video

1.How to Perform a Puja/Why Prayers	2
2.Power of Mantras (Level 1)	3
3.Power of Mantras (Level 2)	3



General Talks

1 hr/video

1.Deepen Your Practice and Find Happiness	1
2.Growing Into Emotional Excellence	1
3.How to Calm Your Mind and Focus	1
4.Karma & You	1
5.Life After Life	1
6.Yoga & Meditation	1
7.You,Sacred Being and the World	1



Vedanta & Samskrtaam Program Calendar 2023

Jan 6	: Yoga Sutras Course (Phonetics & Recitation)
Feb 16 - 18	: MahaSivaratri Retreat (Text - Shiva Puranam in Tamil) *
Feb 18	: MahaSivaratri Celebration *
Mar 22 - 30	: Caitra Navaratri Contemplative Retreat •
Mar 30	: Lord Hanuman Temple Consecration (on Rama Navami) •
Apr 6	: Hanuman Jayanti Celebration •
May 25 - 31	: Ganga - Dasahara Retreat •
May 30	: Ganga - Dasahara Celebration •
Jun 15 - 18	: Vedanta Satsangs Kent, UK
Jun 19 - 21	: Vedanta Satsangs London, UK
Jun 21	: International Yoga Day
Jun 22-25	: Vedanta Satsangs Belford, UK
Jun 26-29	: Vedanta Satsangs Birmingham, UK
Jun 30 - Jul 3	: Gurupurnima Retreat, UK
Jul 3	: Gurupurnima Celebration *
Jul 4 - 6	: Vedanta Satsangs Preston, UK
Jul 7	: Ammaji's Birthday - A Benedictory Message, Germany (and online)
Jul 10 - 15	: Yin Yoga Philosophy Course 1, Munich, Germany
Jul 18 - 23	: Yin Yoga Philosophy Course 2, Munich, Germany
Sep 7	: Janmashtami Celebration +
Sep 8 - 10	: International Peace Conference, Varanasi
Sep 14	: Sri Swamiji's Birthday - A Benedictory Message (Online)
Sep 18	: Ganesha Caturthi Celebration * •
Oct 15 - 24	: Vedanta & Meditation Retreat (during Navaratri) * •
Oct 24	: Vijaya Dasami Celebration * •
Oct 27 - Nov 9	: Yin Yoga Philosophy & Anatomy Course *
Nov 24 - 26	: Tiruvannamalai Deepam - A Pilgrimage
Nov 28 - Dec 20	: Vedanta Samskrtaam Course *
Dec 22	: Gita Jayanti Celebration *
Dec 24 - 30	: Purna Vidya Family Retreat *

* at Purna Vidya Foundation
• at Tapasyalayam Ashram
+ at Lord Venugopalaswamy Temple, Palakkad

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VEDIC HERITAGE: CALENDAR 2023



Jan - Sat 21	1.30-3PM	:	Puja - The Pillar of Devotion (5 sessions)
Jan - Variable days/date	Variable times	:	Launch of New year Vedic Heritage Teaching Program Courses for children
Feb - Sat 11	5-7PM	:	Satsang for children
Mar - Sat 11	5-7PM	:	Satsang for families (children and parents)
Apr - Sat 8	5-7PM	:	Satsang for Purna Vidya Teachers and parents
May - Sat 13	5-7PM	:	Satsang for Purna vidya Teachers and parents
May - Dates TBC	TBC	:	Vedic Heritage teacher Training sessions: date/time TBC
Jun - Sat 10	5-7PM	:	Purna Vidya Online teachers meeting
Jul - Sat 8	5-7PM	:	TBC
Aug		:	BREAK
Sep - Sat 9	5-7PM	:	Inaugural session for Launch Second half year Vedic heritage courses for children
Oct - Sat 14	5-7PM	:	Festival special session for children
Nov - Sat 11	5-7PM	:	Satsang for families (children and parents)
Nov - Dates TBC	TBC	:	Teacher training orientation: date/time TBC
Dec - Sat 9	5-7PM	:	Satsang for Purna vidya teachers and parents

Gita Jayanti



Gita Jayanti was celebrated with religious fervor and devotion at the Coimbatore ashram. The day was marked with the recitation of all the verses of Gita lead by Swamiji, Ammaji and Arulji followed by a speech by Ammaji on the essence of Gita and its relevance in our life. We had about 100 guests who enjoyed the recitation of the Gita and were treated to a sumptuous lunch.



20 Past Events – Tiruvannamalai



Tiruvannamalai Deepam, the epitome of Devotion to the holy Arunachala Hill, which is marked by over 25 laks of devotees circumambulating the hill, reciting 'Om Namah Shivaya' has been an annual pilgrimage time for Swamiji, Ammaji and Arulji. Among Annadanam activity, prayers and pujas, and livestreaming the wonderful event, it was the most memorable experience for one and all, even though it was online participation for many.



Sanskrit for Yoga students:

Patanjali's Yogasutras Course launch

*Ammaji launched the **Yogasutra Course for yoga students** of Europe on 10th December. This course is the second module of a unique course of Samskrutam for Yoga students. The course covers phonetics (sandhis) recitation and study.*

*The course itself will start on **January 6th**. Please register on purnavidya.org/samskrutam*

My place of longing...

When I was looking for answers in life, I found Ammaji. I felt like I had finally arrived: where questions are addressed that have meaning, where explanations and answers are offered that are relevant to me, where I can relax and just sit and listen. My restless, impatient search for teachers and teachings was able to give way to relaxed and open learning.

What follows today is a deeper immersion in the wisdom insights of Vedanta, extensive Gita study, intensive Sanskrit learning and a lot of seva contribution to the Purna Vidya Foundation; my life has changed a lot in recent years, inside and out.

A feeling of trust and connection has grown, and as the desire to travel to my Guru and to my longing places in the Himalayas grew stronger, there (almost a bit suddenly) the opportunity came: my wonderful family has agreed to fulfill my greatest 50th-birthday-wish – **traveling to India for an incredible 6 weeks!** And so I started in September...

After a wonderful "cultural shock day" in **Delhi**, I travel further north and spend two days in the holy place of **Rishikesh**. In the so-called "yoga capital of the world" there are countless yoga schools and ashrams and I'm glad that I'm no longer looking for my teacher. I can just be here (the yoga ashram where I am accommodated is very suitable for this) – and through this place, at the foot of the mountains so auspicious, on the banks of the **Ma Ganga** so much sung about, familiarize myself with the energies in this vibrant, so different world.

I'm surprised to find that since I've landed in this amazing country, I've been able to remain absolutely calm and observant inside:

something inside me knows it's right to be here now – even if the traffic situation on the streets would give an unfamiliar European an acute reason to familiarize himself with the freedom from attachments to this body.

Sadhus and seekers, arti and animals, ashrams, shops and temples... united in agreeing trust in the divine flow of life. Smells, noises, crowds in peaceful co-existence illustrate the magical power of devotion.

On the third day in **Rishikesh** I meet Purna Vidya's Trustee and disciple, Sureshji and his wife Renukaji, who I know well from numerous zoom meetings and with whom I soon become familiar in the taxi. Again and again I notice the calm in me: everything is just right. We start our way up (from 340 m asl to about 1300 m asl in 7 hours) and I place myself in the hands of my teacher, Ammaji. An uplifting and sublime feeling – accentuated by the scenery: it's the mountains, they called me too! Mighty, powerful, incorruptible, unshakable (if you disregard the landslides that people provoke with their urge for infrastructural development of these holy heights and that always make the way surprisingly adventurous for us). I am very relaxed and feel in the right place in every situation. How wonderful!



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Eventually we drive through the gate and we are there: Tapasyalayam. The place with the magic name, my place of longing. My Ammaji. Our spiritual home in the Himalayas, as Ammaji repeatedly emphasizes – right on the banks of Ma Ganga.

That tears come when getting out of the car feels just as natural as the moment when I hear the murmur of the river and when Ammaji hugs me in greeting... everything is right. This lingering, quiet feeling of coherence touches me.

The following weeks are difficult to describe. I can see and experience so much – things that I had previously imagined and so much that was unimaginable to me. This place alone: the ashram right on the banks of Ma Ganga. Originally a place with rocks and boulders, unbuildable, uninhabitable, and fruitless. Ammaji has dared to take on this place and created a true paradise out of it: lush gardens of flowers, herbs and vegetables, with trees and shrubs, all carefully laid out and cared for.

Parrots and many other birds are at home here and are happy about this beautiful home and the food that is offered to them – just as I feel at home in my beautiful room and am amazed and grateful for the wonderful food every day: three times a day there is varied food, freshly prepared and finely composed meals! Friendly and hard-working people who look after us here, in the garden and kitchen, with the cows and in the office... it's a pleasure to be part of this family for a while. Throughout my stay, Ammaji thoughtful and caringly ensures that I can experience and visit everything that is important to me and also what she wants me to see.

Navaratri, the festive period when the female aspects of God are worshipped in so many different ways for 10 days, is a very surprising start for me: all the numerous pujas and festive acts! The devotion and seriousness with which the people are connected to religion, rituals and traditions is amazing: divine energies, which are experienced here in a living presence, are as fascinating as they are unusual to me.



Impressive are the **Nagdevatas**, deities who are carried in colorful and lavishly decorated palanquins and who communicate in their very own way with the inhabitants of the mountain villages as well as with Ammaji and Swamiji. It is amazing to experience people who are so gripped by the energies during the puja or the fire ritual that they briefly fall into a kind of trance. The **traditional religious dances** of the village women in their colorful robes are enchanting, led in an elegant and graceful manner by Ammaji – so many new sides of my teacher! The moments with all the **children from the villages** around, who come to the ashram every day are heartwarming: Purna Vidya organizes teachers who study here with the children for school and along with Mangala (who is a wonderful friend and confidante for me there) I can practice yoga with them before we daily celebrate the **Ganga Arti** together. There are so many incredible moments that touch, confuse and inspire me!

An absolute highlight for sure is my dreamed yatra to the source of Ma Ganga! Ammaji knows how much this means to me and with Rajeshji she gives me a really great hiking guide. With him, always accompanied by Ma Ganga, I hike the route almost to the source of this great river – through the blazing sun and ice-cold snow flurries.

Jaya jaya Gange, hara hara Gange, jaya jaya Gange, hara hara Gange... We spend the night at almost 4000m altitude, surrounded by Mount Shivling, Bhagirati 1 and 2 and other sublime divine mountain peaks – freshly snowed, magnificently glittering and bursting with energy. And I can be here. How wonderful. These moments I will carry in my heart for the rest of my life.

I was able to learn and experience so much in my 5 weeks here in the Himalayas, alongside my teacher Ammaji. All accompanied by Ma Ganga...and she was truly a very special companion for me during this time. I spent many hours on Her banks! I just visited Her, meditated on the beautiful rock, which, depending on the water level, is at the very edge or almost in the middle of the river. Regularly, when I greeted Her with the prayer "namāmi Gange, tava pāda pankacam..." she touched my core, washed away my tears and comforted what I didn't even know needed comfort. Flowing, powerful and gentle... again and again She touched me with her eternal flow, her everlasting presence.

Her rushing singing accompanies the flow of life here day and night. A beautiful parable: everything flows, comes and goes – and yet there is one unchanging constant. Is it this implicit insight that brings me to tears when I connect with her?

>Isabel

Please select below link and click to see the video

Video Link- https://youtu.be/CZReQoNG_Ts

January - 2022

PVF - January 2022



1. Pongal

February - 2022

1. Kenopanisad
2. Heritage Satsang
3. Swamiji B5 Concluded Session Part2

March - 2022

1. Shivaratri
2. Temple Function at Palakkad Village Ashram
3. Pradosha Puja

April - 2022

1. Ganga Arati Mandapam
2. Bhashya Studies
3. Navaratri
4. Self Management Workshop
5. Vasudhaivaakutumbakam and Seva
6. Siruthull NGO Children Program at PVF

MAY - 2022

1. Children Tuition classes in Tapasyalayam Ashram
2. Ashtanga Yoga Sutras
3. Hastamalakiyam - Course

June - 2022

1. Ganga Dasahara Retreat in Tapasyalayam
2. Gangotri trip
3. Temples visiting and Trekking In Uttarkashi
4. Teacher training program
5. Ganga Mandapam

July - 2022

1. Ammaji's Online Birthday Blessings
2. Bhagavad Gita Study Completion for Coimbatore students
3. Gurupurnima
4. Vedanta Vanam

August - 2022

1. Annadanam to Advisi
2. Independence day Celebration
3. Workshop for entrepreneurs

September - 2022

1. Ganesh Chaturthi
2. Swamiji's Birthday
3. Tuition Children Annadanam
4. Onam Celebration

October - 2022

1. Acharya Balakrishna Ashram Visit
2. Ammaji's Satsang for Ecuador Group
3. Navaratri
4. PVF Diwali Celebration
5. Swami Divyananda Satsangs in Tapasyalayam

November - 2022

- Yin Yoga TTC Course
- Ammaji - RSS Meeting
- Clothes Donation for Tapasyalayam Children

December - 2022

1. Gita Jayanthi
2. Ammaji - Tiruvannamalai yatra
3. Karthigai Deepam

The Year 2022 started with new hopes and beginnings as the world gradually came out of pandemic. Purna Vidya Vedic Heritage Teaching Program gradually stepped into new frontiers, while keeping online programs live, teachers and sevaks also started teaching in their local communities, organising retreats and festivals.

With the customary New year message and blessings of Ammaji, Purna Vidya flags off its courses.

Teacher Training courses saw an adaptable and flexible approach. The training was on demand and involved self-paced video learning modules. This added four new teachers to the Purna Vidya Faculty.

Heritage Satsang – Five Heritage Satsangs were held online in 2022. The Satsang for children on the topics – God my family member and Su-bala (Ideal Child) brought great value and understanding to the parents and children that participated with great enthusiasm. Two satsangs were dedicated towards developing skills for the parents and teachers of Purna Vidya family. Both these sessions were conducted by Sureshji, Professional Coach and Mentor. The sessions gave an overview of cognitive theories, understanding children development and challenges faced by youth. Audience was made aware of how learning and practising our heritage could provide solutions to support children. A fun festive satsang for children on topic of Navaratri and Diwali was held in October 2022.



Vedic Heritage Courses – for children based on the Purna Vidya books were launched in February and September 2022. A total number of nine courses were launched, including – Puranic and Moral Tales, Ramayana, Bhagavata Purana, Mahabharata, Values, and Iswara & Religious discipline. A 10-day summer holiday course was also conducted in July 2022. We had excellent positive feedback from older children who completed in the Iswara and Religious Discipline and Sanatana Dharma courses that commenced in 2021. A glimpse of this was seen in the excellent reflections and learnings published July 2022 Purna Vidya Newsletter

Bhagavad Gita Chanting Course - 2022 also saw the passion that children have in learning to chant the sacred and revered Bhagavad Gita. The first batch of children that commenced in 2021 progressed to their Part 2 learning after having completed the first six chapters of the Bhagavad Gita. The level of clarity in pronunciation achieved by the children is commendable. Ammaji was present in the concluding session to bless and encourage the children in this journey. The course originally planned for 3 years is expected to be completed over two years due to the childrens commitment and grasp.

A new batch of Bhagavad Gita chanting commenced on auspicious the Gita Jayanthi day, December 2022.

We are excited to share that Purna Vidya UK now has shipped their own stock of Purnavidya Books to meet the demand and distribution of books locally.

Children from across the world have continued to participate with enthusiasm and commitment, showing their interest to understand and learn our cultural heritage. They continue to learn slokas, bhajans and listen to stories with understanding of values in a communicative, playful and interactive manner. We have particularly heard their enthusiasm in playing the Kahoot quiz, enacting the plays with excellent costumes, props and active participation in learning Panchopochara puja vidhanam.

Purna Vidya hopes to do more and spread the joy of sharing the Heritage and Culture with its programs in the New year 2023.

With blessings and teachings of Ammaji, we look forward to expanding our family so as to benefit more parents and children across the world in this journey to learn share and spread message of oneness.

Namaste Dear Friends!

There are many benefits of being grateful. It brings about more positive emotions and builds healthier relationships. As we take stock of the year in review, let us forgive ourselves and others for the hurts and perceived failures. Let us learn to celebrate the small wins we have had while reflecting upon where we would like to see ourselves in 2023 and the kind of person we would like to become. Wishing all a good transition into 2023.

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

*“While I
experience
both bright
and dark,
choose to
focus on the
bright side.
I am the
master of
my
equipment!”
(Ammaji)*



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