



# pūrṇa vidyā newsletter 04|23

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## Ammaji's Message

Dear Readers,

In times of stress or when things go wrong, how do you deal with it? Are you able to overcome the adversity and bounce back or do you fall apart? Resilience is about the capacity to bounce back from difficulties. It is about harnessing the psychological strength to cope in difficult times. Not all setbacks are bad for it enables one to build the capacity to meet challenges head on.

When you have resilience, you are able to bounce back quickly but when you lack resilience, you tend to dwell on the situation, victimize yourself, become overwhelmed or even gravitate towards unhealthy coping mechanisms. Is it to say that resilient people do not face any problems? Definitely not!

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Resilient people do go through their share of unfavourable situations and outcomes but instead of becoming broken and down trodden, they are able to look past it, find various ways to cope and handle the situations and importantly they continue to enjoy life and learn to ride the waves instead of drowning under water. They grow under these experiences and gain strength from it.

Building resilience becomes important as life today is complicated and there are constant and rapid changes that we need to get used to. If we are not resilient, we can become broken, have reduced productivity, our relationships sour and can become meaningless and we subject ourselves to a higher level of dissatisfaction and unhappiness. Thus, how can one grow to be more resilient? First and foremost, one needs to have proper support and this can be garnered via connections. Building positive relationships with close and loved ones is essential and building connection with GOD is of utmost importance for HE oversees everything and HE is omnipotent-the all POWERFUL one! Second, we can make each day meaningful by engaging in purposeful activities that gives us a sense of accomplishment. Third we need to be open to learn from our experiences and instead of being like an ostrich that buries its head in the sand, we need to own up the experience and see what it is teaching us. Next, we need to learn to have compassion for ourselves and be kind. And finally, we need to be proactive and remain hopeful. Proactive in terms of not minimizing the issues but taking steps to plan and execute and through it all not losing hope and having the future in mind.

As we chart across these unprecedented times, may we learn to look within and gain strength. May our eyes and heart be open to see the areas that we need to work on and not be pushed back by adversities. Learning to harness the resilience skills to rise above life's adversities is a core life skill that each of us need to be mindful of and by tapping on HIS grace know that we will be OK in today's world!



Love and Blessings,

*Ammaji*

## Śiva-aparādha-kṣamāpaṇa-stotram >Part 5

We are looking at this set of verses which describe and reveal a certain attitude towards the Lord. In the different stotrams we have been doing in the past months, each stotram has its own character. While the devotee being invoked in you is the same soul, the script is different. It is like the relationship you have with your child, you are a mother or a father to the child, but you take on different scripts as a parent in different situations – that of scolding, loving, caring, protecting, providing, etc. So too is your relationship with the infinite or the divine being, your creator. Devotion brings forth different expressions in different times of your life, just like how you relate to your parent differently; sometimes in celebration, sometimes in pain, sometimes in seeking, sometimes in asking, and sometimes in wanting, so too we have been seeing different expressions of devotion starting with Vaidyanāthāṣṭakam. Devotion needs to be a very tangible experience in engaging with the Divine, it is dynamic and changing all the time; one's relationship with the Lord is alive, and rich. Thus we find that divinity is understood and expressed in a very powerful multifold fashion.

### A Life Review

In this stotram, is yet another turn to my equation in engaging myself with the lord, it is an equation in which my emotions of submission, of confession, of seeking an apology, of wanting forgiveness for all the omissions and commissions done by me not in just one birth but in multiple births. This dynamics with the Lord in Śiva-aparādha-kṣamāpaṇa-stotram began in this first verse where this devotee is an awakened soul, he is a sādḥaka, he is a spiritual seeker. He sees through his own life and he recognises, he is sensitive, he is educated in the law of karma. And therefore, he is very conscious of what experiences he has been through and why.

Here is a life review, it's very beautiful. When I am living, there is nothing like a life review because I still have time left to choose differently. It is said after a person passes on, the first thing he is given is a life review of how he lived, what were the right things he did, what were the wrong things he did. It is like watching a movie and he sees through and he is given time to heal and make new decisions for making a change, understanding the bigger purpose and coming back to the Earth with a bigger purpose and he does.



He reselects and rechooses what he will do for his improvement, for his growth, for the soul's evolution; the problem is, he forgets all over again. He made a good decision up there but then when he comes here he forgets and goes back in circles of vengeance. He has repeatedly forgotten the absolute, the higher nature, the cosmic being and so he says, ādau karmaprasaṅgāt, it is by this karma alone that I have been born in the womb, mātṛkuṣṭhau sthitaṃ mām, I have entered the womb of my mother associated with indulging in pāpa-karma. An experience of affliction doesn't come without asking for it and therefore, it is born of an omission and commission – mama aparādhaḥ kṣantavaḥ, "May you forgive my omission and commission O Lord Śiva! You are the giver of auspiciousness, O Mahādeva! You are the Lord of all divinities, you are the very omniscience, unto you my prayer." With this he continues to talk about the omissions and commissions during his infant days in the next verse.

## "Power of Prayers" – Śiva-aparādha-kṣamāpaṇa-stotram

बाल्ये दुःखातिरेको मललुलितवपुः स्तन्यपाने पिपासा  
नो शक्तश्चेन्द्रियेभ्यो भवगुणजनिताः जन्तवो मां तुदन्ति |  
नानारोगादिदुःखाद्द्रुदनपरवशः शङ्करं न स्मरामि  
क्षन्तव्यो मेऽपराधः शिव शिव शिवभो श्री महादेव शम्भो ॥२॥

*bālye duḥkhātireko malalulitavapuḥ stanyapāne pipāsā  
no śaktaścendriyebhyo bhavaguṇajanitāḥ jantavo māṃ tudanti |  
nānārogādiduḥkhādrudanaparavaśaḥ śaṅkaraṃ na smarāmi  
kṣantavyo me'parādhaḥ śiva śiva śiva bho śrī mahādeva śambho (2)*

Here we have a life review of infant years where he says **bālye duḥkhātirekah** – in my childhood, there was so much sorrow; my body was always smeared with dirt and dust – **malalulitavapu**. How many times I got a beating and a scolding for ruining my shirt, for coming home with mud smeared all over me with dishevelled hair. As a little baby I had all impurities in my own clothes and I did not even know what to do until my mother came to change my diaper. Then what did you do when you had such an issue? It is your body, what did you do? Well, all I knew was to cry. I was always thirsting for mother's milk – **stanyapānē pipāsā**. That's all I knew. I wanted mother's milk whether I was hungry or not, in thirst I wanted the milk, in my hunger I wanted the milk. I always wanted the pacifier. If nothing was there I put my thumb in my mouth and I remained. I needed to be pacified. My state of affairs was so bad. He says when I was little, my sense organs were incapable of avoiding all the bugs that were tormenting me – **indriyebhyaḥ na śaktaḥ**. Have you ever seen these little calves when they are born? How many bugs and flies and mosquitoes keep on tormenting the baby. They also like fresh blood and tender skin so that their fangs can dig inside. My eyes could see them bugs but I didn't know how to prevent them from landing on my body. What are these – **bhavaguṇajanitāḥ jantavaḥ** – the world gave rise to these bugs and what did the bugs do to you, **māṃ tudanti** – even the bugs hurt me. I kept falling sick, ask your mom what a sick baby you were! What trouble she went through trying to raise you! Every bug in the neighbourhood you would catch. What did you do to prevent that, nothing,

I was so helpless, my senses were helpless, and all I wanted was a pacifier.

**Nānārogādiduḥkhā** – I had chickenpox, I had small pox, I had jaundice, I had toothache I had something or the other. I kept falling, I couldn't eat properly, I had weakness, I would catch every cold that came in every season. In all these illnesses what did you do? All I did was crying, **rudanaparavaśaḥ**. I was so dependent on crying, "I was subjected to all these afflictions but I never once thought of you O Lord! Had I been able to think of you then, all omissions and commissions of mine would have been forgiven, please forgive me O Divine-being!"

Like this he starts from prenatal stage, moving into an infant age and then he moves into adulthood. Okay, you may argue that it was not my fault wanting something and not wanting something, going with my likes and dislikes. Even when my parents tell me not to do something that is precisely what I would do, I made it a point to say an emphatic 'No'. Such was my mind, immature. And yes, of course I went through a lot of pain because of my immaturity. Does that mean that in your adult years you became mature? We are very proud of you if you did. Let us take a life review and see what you did in your adult years which the next verse is going to describe very beautifully. As a young man, I was fully capable of worshipping you O Lord! But, my senses were overpowered with something else because of which I missed the boat in my young years also. Details of what went wrong in the youthful years we will see in the next talk.



# Āyurvedic Yoga ♥ 15

*Namaste dear Sadhakas,*

this article is about a Checklist for better sleep. Like an old saying reminds us: "Healthy sleep begins during the day". Here is a small selection of tips that can improve sleep:

## 1. Main meal at noon, (early) evening something easily digestible

At noon, *pitta time* is dominant from 10 a.m. to 2 p.m. and your *agni*, the digestive fire, burns highest at this time. Therefore, midday is the ideal time for your main meal. If you eat a light meal in the evening, your body can regenerate better while you sleep. The light meal gives your body enough time to complete the digestion process and thus has enough time at night for cleaning and repair processes in the body. This can help you feel fitter in the morning.

## 2. Sufficient exercise and sunlight during the day

This is how the cortisol (wake-up hormone) can break down well during the day: gentle endurance sports outside are particularly suitable.



## 3. A quiet evening

In the Ayurvedic tradition it is said that the *kapha time* prevails from 6 p.m. to 10 p.m., in which it is particularly possible to find peace. Use this time for rest and relaxation:



- A warm shower or bath (e.g. with lavender, lemon balm or thyme) in the evening can help to relax.



- Go for a walk or gentle yoga



- Meditation



- Light keeps you awake: it inhibits melatonin production. Melatonin is important for sleeping. So surround yourself in the evenings...
  - with soft light that is not too bright.
  - read or listen rather than look at a screen.
- Go to bed as early as possible to optimally support the melatonin rhythm. In the Ayurvedic tradition, the recommendation is to go to sleep before 10 p.m. in order to use the *kapha* energy for this as well.
- Avoid coffee in the evening: This has an effect on the body for many hours.



#### ***4. Going to bed at the same time every day***

With an even rhythm, the body is better able to form the sleep and wake hormones at the right time in the long term. This way you will get tired more reliably in the evening. A functioning internal clock helps us to feel good and fit. For example, set a timer that reminds you to go to sleep now.

#### ***5. The Right Bedroom***

...should be dark: The body needs as much darkness as possible in the evening to build up melatonin. Black out your windows when street light shines in. It should be well ventilated and not too warm, creating a calm, harmonious atmosphere. Make sure you don't do active things like work, watch exciting movies, or eat where you sleep.



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

pics





## Upcoming Workshops / Satsangs in May 2023 with Ammaji



### Sunday

#### Kenopanisad

Starting Date : 2nd Apr'23

Every Sunday at 12 Noon IST ( 1 hour session)

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



### Saturday

#### Taittiriya Upanisad - Bhasyam

Introductory Bhasyam Studies of the Ten Upanisads

Starting Date : 11th Mar'23

Every Saturday at 12 Noon IST ( 1 hour session)

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



#### Bhagavad Gita Satsang with Ammaji

3rd Saturday, 20th May 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

### Taittirīya-Upaniṣad-bhāṣyam

Starting Date: 11 th Mar, 2023

Every Saturday, 12 Noon IST (1 hour session)

Who can Join?

Students of Swamiji & Ammaji,

Who are Studying Vedanta, Samskrtam,

Vedic Heritage & Yoga.



Join Zoom link with :

Meeting ID: 849 4938 5815; Passcode: Bhasyam

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

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# Kenopanisad

- BY SWAMINI PRAMANANDA (AMMAJI)

Started on : Apr 2nd, 2023

30 Sessions

Every Sunday, 12 noon - 1:00 p.m. IST



Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

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*Bhagavad Gita Workshop  
with Ammaji*

*3rd Saturday of every month  
We are pleased to invite you for*

*"Gita Satsang"*

*May. 20th 2023 @ 5:00 to 6:30 p.m. IST*

*Join us Online*

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

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**purna vidya**  
AN AWAKENING

Namaste all. We are pleased to announce that the much-awaited improved website of Purna Vidya is launched. You can access the same at <https://purnavidya.org>. Phase 1 of the launch is bringing you the below as key differentiators (we hope!!) that would help you have a better experience and ease of navigation.

**Creation of User Profile:**  
This feature enables you to create your profile with which you would be able to have a summary of your transactions/ engagement with Purna Vidya – Accommodation request, Program enrollment, payment history and so on.

**Registration Form**

First Name \*

Last Name

Email \*

Mobile Number \*

Is Whatsapp number same as the Mobile number?

Yes

No



**Program Enrollment:**  
Online programs (Learnworlds), Residential programs and Retreat programs (Domestic+International)\*  
(<https://purnavidya.org/vedicwisdom>)

**Accommodation Request:**  
Booking accommodation at Purna Vidya centers (<https://purnavidya.org/ashram>)



**Charity Contribution:**  
Support Purna Vidya projects on Education, Donation of Food, Environment and more.  
(<https://purnavidya.org/education#education>)

# 12 Improved Website Launched

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**Europe | UK | USA :**  
Exclusive pages for students and sevaks of Europe | UK | USA with region calendar.  
(<https://purnavidya.org/public/eu>)  
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Share your experience with Purna Vidya  
(<https://purnavidya.org/blog>)

**Calendar:**  
Annual calendar, Retreat registration and Weekend class registration.  
(<https://purnavidya.org/upcomingevents>)



Looking forward to your active participation and engagement with Purna Vidya!! Happy Learning !!

**Purna Vidya Foundation**

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## Vedanta & Vedic Heritage Programs Calendar 2023

### UK Programs

- Jun 09 - 13 : Bhagvad Gita Message - Preston & Manchester  
Jun 14 - 19 : Vedanta Programs - Kent  
Jun 20 - 22 : A Message on Vedanta - Wales  
Jun 23 - 26 : Bhagavad Gita- Vision of life  
- Bedford & Milton Keynes  
Jun 27 - 30 : Vedanta Satsangs - Birmingham  
Jul 01 - 03 : Gurupurnima Family Retreat  
- Leicester Beaumanor



### Europe Programs

- Jul 7 : Ammaji's Birthday - Blessings (online)  
Jul 10 - 15 : Yin Yoga Philosophy Course 1  
- Munich, Germany  
Jul 18 - 23 : Yin Yoga Philosophy Course 2  
- Munich, Germany  
Jul 24 - 30 : Vedanta Saatsangs  
- Groningen, Netherlands



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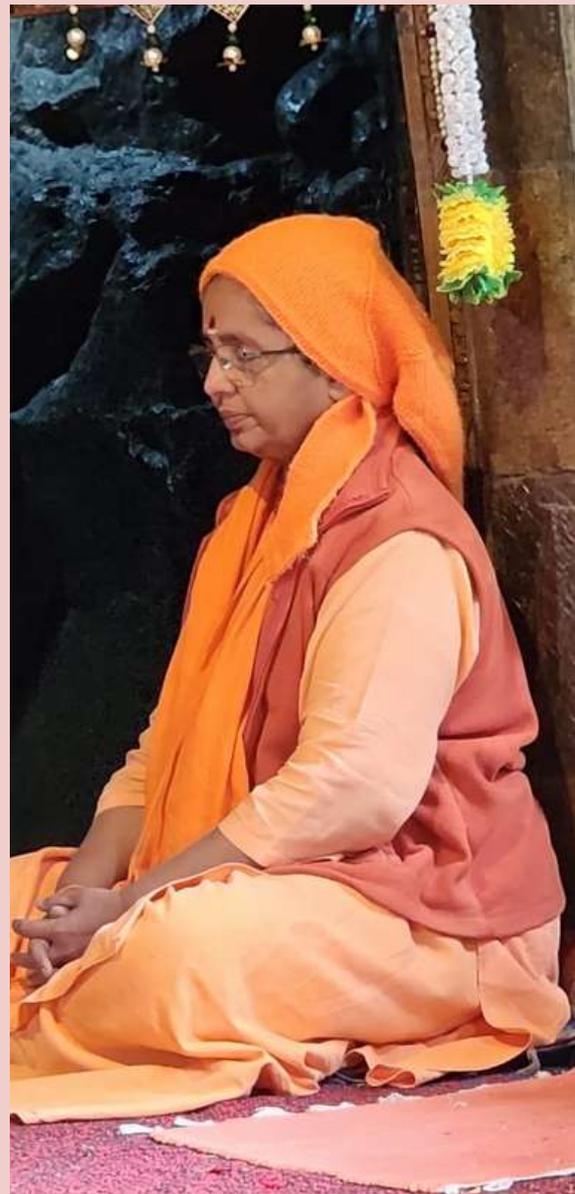
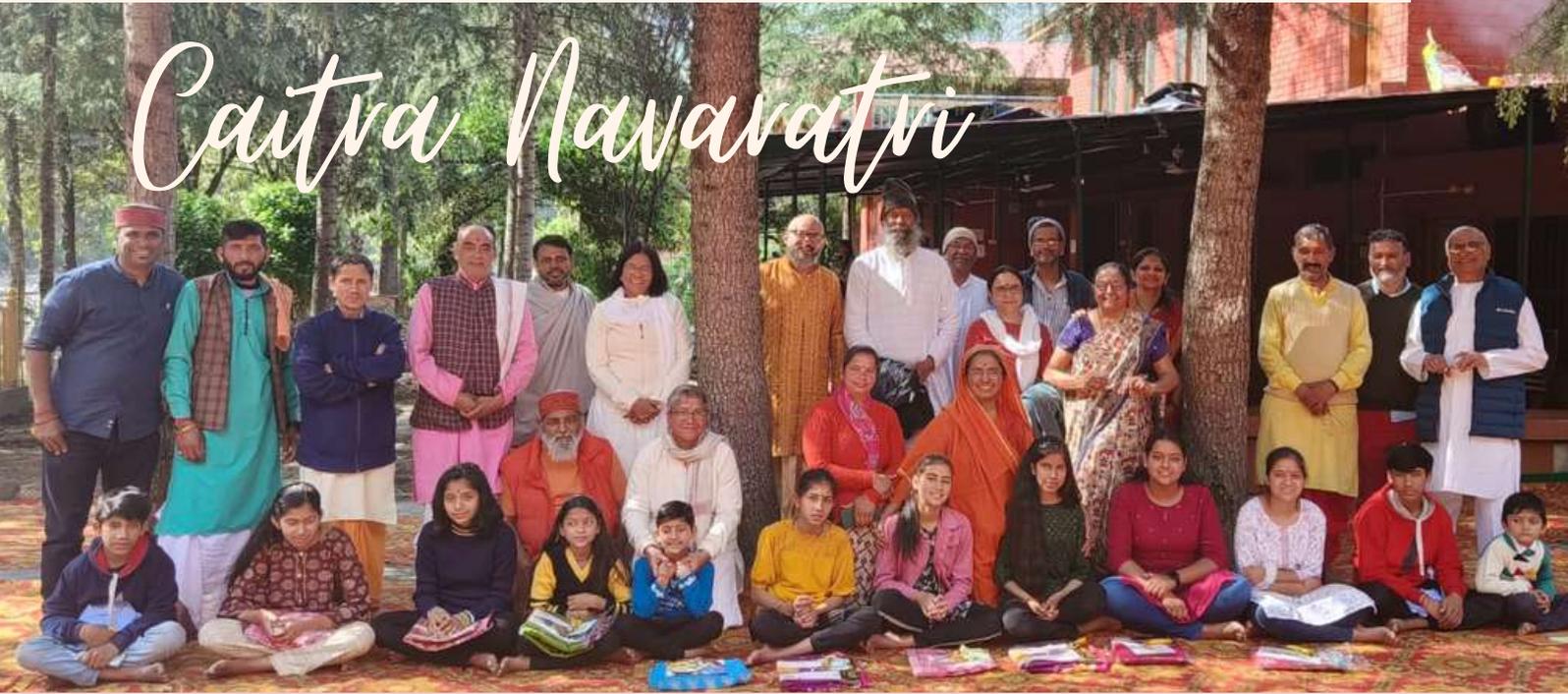
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# *Caitra Navaratri*



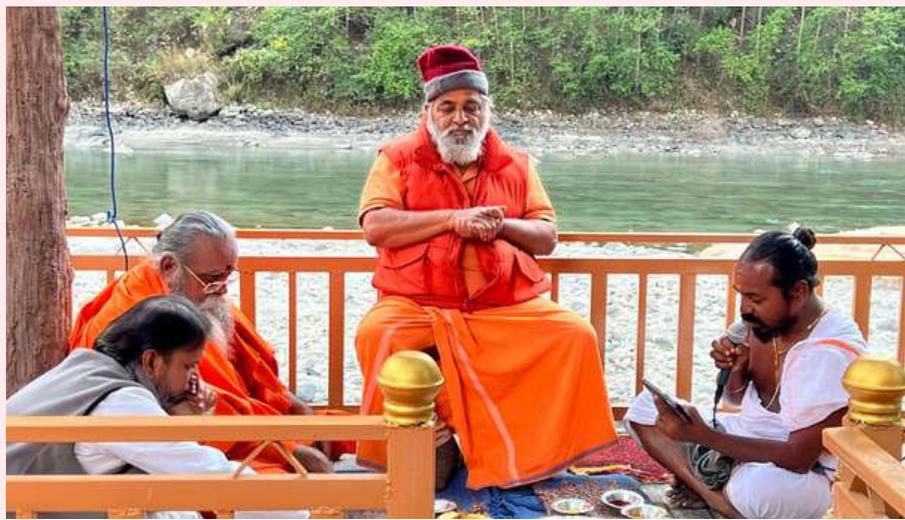


Caitra Navratri 2023 at Purna Vidya's TAPASYALAYAM in Netala, UttarKashi was a grand ceremony this year. All the more with blessings of Vasuki Nag Devata's palanquin presence throughout the Nine days was real pompous & memorable. This auspicious occasion was also graced by active participation of many devotees, from various corners of the world; as well as supporting volunteers from local villages



*Chiranjeevi Hanuman  
Temple Consecration*

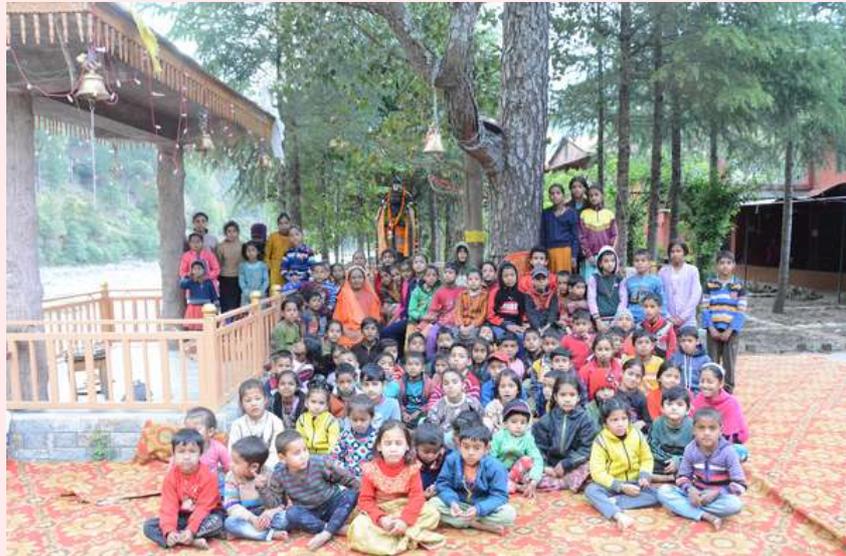
**Consecration of Chiranjeevi Hanuman's** 6' tall Sila (sculptured in Kanchipuram & transported by road to Tapasyalayam at Netala in Uttarkashi) was carried-out on Ramnavmi i.e. **30th March'23**. Concluding with Ammaji & Swamiji blessing with Chiranjeevi Hanuman ji's lockets to all attendees & stationary gifts to children. Elaborate Vedic rituals were conducted for fulfilling Prana-Pratishta. The divine presence and blessings of Vasuki Nag Devata was the highlight of this auspicious day. Sri Swami Pranavananda Brahmendra Saraswati, Gokul Sharma Ghana Pathikal and Arulji took personal care in managing the consecration ceremonies with great devotion and fervor.





## *Chiranjeevi Hanuman Janmotsav*

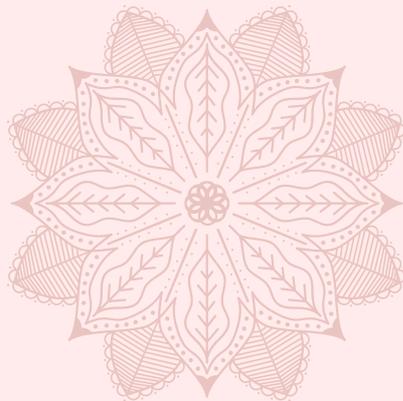
On the occasion of **Chiranjeevi Hanuman Janmotsav**, elaborate prayers were held; at the recently consecrated Chiranjeevi Hanuman Ji's pratishtha at Tapasyalayam in Netala at Uttarkashi. Powerful recitation of Sundarakanda from Tulasi Ramayana was accompanied by the chants of mantras and prayers in reverence to Lord Hanumanji. Tapasyalayam was filled with the aura of Chiranjeevi Hanuman ji's first Janmotsav celebration at the new abode. Swami Kashi's students sang bhajans in the early afternoon, while evening saw the flood of tuition kids who sang Hanuman chalisa and Hanuman Aarti, with all enthusiasm and excitement.





## *Bhrgu Dharmartha Cikitsalay*

**Bhrgu Dharmartha Cikitsalay hospital** was inaugurated on **4th April** in Ujeli for the residents of Uttarkashi. The efforts of Swami Vivekananda Health Mission Society has taken up an enormous task of supporting Health care facilities in Uttarkhand's Chardham yatra terrain. This noble mission offers a unique opportunity for the sadhus, sadhvis, and yogis of Uttarkashi district, to reach good medical support and receive Free treatment.





## Amrita Vidyalayam

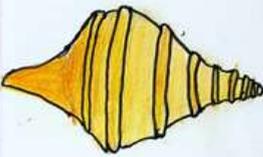


On **19th April'2023**, Amma ji delivered talks at Cultural Education Camp-2023 in two sessions followed by vibrant Q&A at **Amrita Vidyalayam** in Ettimadai. Scope of the session were "How Sanatana Dharma can be practiced in these days?", "How Dharma enables a person to face and overcome the modern day challenges?" & "How is Dharma relevant to every Amrita teacher?" It was a huge gathering, well received & appreciated; by educators from Amrita institutions, in and **Coimbatore & Puducherry**.

# Bhagavad Gita Chanting for Children Group

**TRANSCENDENTAL CONCHSHELL** NIHARIKA TADA 10y6

पाञ्चजन्यं हृषीकेशो देवदत्तं धनंजयः।  
 पौष्पं दृष्ट्वा महासुखं भीमकर्मा वृकोदरः॥2.25॥  
 अन्तविजयं राजा कुन्तीपुत्रो युधिष्ठिरः।  
 नमूनां सहदेवस्य सुद्योषमणिपुष्पकां॥1.16॥

<p><b>PANCAJANYA - Lord Krishna</b></p>  <p>Meaning - 5 elements of life</p>	<p><b>DEVADATTA - Arjuna</b></p>  <p>Meaning - God given</p>
<p><b>PAUNDRA - Bhima</b></p>  <p>Meaning - White Lotus Flower</p>	<p><b>ANANTAVIJAY - Yudhishthira</b></p>  <p>Meaning - Unending victory</p>
<p><b>SUGHOSHA - NAKULA</b></p>  <p>Meaning - Making a pleasant sound</p>	<p><b>MANIPUSPAKA - SAHADEVA</b></p>  <p>Meaning - Jewels Bracelet</p>

## The Sacred Conches

Sl.	CONCHES	OWNER
1.	SHASHANKA	BHEESMA
2.	HIRANYAGARBHA	KARNA
3.	PANCAJANYAM	KRISHNA
4.	ANANTAVIJAYAM	YUDHISTHIRA
5.	DEVADATTAM	ARJUNA
6.	PAUNDRAM	BHIMA
7.	SUGHOSHA	NAKULA
8.	MANIPUSHPAKA	SAHADEVA
9.	DAKSHINAVARTHI	LAXMI DEVI

Niharika Tada, 10 years

Anushtuup Dasgupta, 7.5 years

## Words search for names of Krishna

Q	G	V	I	H	A	R	I	W	K	S	A	N	V	K	S	B	K
F	J	C	Y	S	X	L	R	W	E	H	V	E	D	U	S	A	V
N	A	R	A	Y	A	N	F	M	U	R	L	I	D	H	A	R	J
Y	G	F	Z	G	I	D	D	H	I	I	D	H	S	W	M	B	U
K	E	S	H	A	V	R	Y	S	L	D	F	S	V	I	S	L	S
Z	X	L	F	E	A	Y	G	O	F	H	O	F	D	Q	I	A	N
K	T	T	P	W	I	M	A	D	H	A	V	D	O	Z	C	P	O
F	E	U	T	D	U	E	U	I	R	Z	A	H	J	R	O	U	
R	I	A	L	U	I	O	F	R	U	R	O	X	C	P	E	G	I
O	N	J	A	N	A	R	D	H	A	N	R	M	N	T	I	M	I
A	P	O	K	H	U	I	K	U	X	R	Y	B	A	X	Z	Q	L
C	S	H	P	U	M	H	F	T	Z	X	I	O	R	Y	I	T	A
H	R	I	S	H	I	K	E	S	H	N	W	P	D	D	H	N	N
Y	P	U	R	U	S	H	O	T	T	A	M	O	S	X	H	S	A
U	N	C	H	Z	U	J	J	K	L	E	W	W	V	S	W	K	N
T	H	A	D	J	G	Y	E	L	A	H	T	T	I	V	B	K	T
N	R	Z	Z	G	O	V	I	N	D	M	O	R	H	G	D	S	Y
I	P	J	J	R	D	X	Z	Q	J	Q	K	A	N	H	A	W	H

### Krishna Wordsearch

- VIHARI
- MURARI
- JANARDHAN
- MURLIDHAR
- VITTHAL
- VASUDEV
- RISHIKESH
- KANHA
- RANCHOD
- PURUSHOTTAM
- SHYAM
- GOPAL
- HARI
- KRISHNA
- GOVIND
- SHRIDHAR
- KESHAV
- ACHYUT
- ANANT
- NATWAR
- MADHAV
- NARAYAN



Shree Dave, 11 years

Saiesha muralidharan, 11 years



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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+91 78128 91579

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)

## Namaste Dear Friends!

All life situations are meant to teach us valuable lessons if we are open to them. We need to learn not to become broken every time we meet with an adversity. Resilience therefore becomes a core life skill for us to learn so as to adapt to face life situations, gain strength and for own internal growth. It is a reset button for our emotional and spiritual well-being. It is important to have aspirations and set goals to help us give purpose and meaning to our life. May we not forget that resilience requires the effort of the individual and also to tap on strength from God!

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



*“Take life challenges in a stride. Don’t lose sight of the big picture and operate from the principal of inclusivity and free mind from judging.!”  
(Ammaji)*

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