

## AMMAJI'S MESSAGE



Gratitude is appreciation and thankfulness with reference to all aspects of our life, whether small or big. There are many languages in the universe, but most important is the language of gratitude. In simple words, Gratitude means "Thank You!" or a readiness to show appreciation for and to return the kindness received."

Gratitude contributes to our inner peace without which, we can never truly discover fullness or satisfaction in life. It is a high frequency feeling that resonates in the same field as joy and love. When we are grateful for all experiences in our life, we are inviting the Universe to give us more abundance, happiness and joy in return. It is essential that we take the necessary steps to put thankfulness into practice.

The more grateful we are, the more positive and present we are in the moment. And the more positive and present we are, the more peaceful and fulfilled will we be!

So let us become aware of all the gifts we have received and continue to receive from the Universe and discover the tender attitude of Gratitude within ourselves!

Love and blessings,  
Ammaji

Be part of  
Purna Vidya family



## INSPIRATIONS ...

### QUOTES FROM AMMAJI



"May today be that Timeless day, in which each moment is lived in the 'Here and Now'."

## UPCOMING EVENTS

### GANGA DSAHARA RETREAT



4-13 June, 2019  
Tapasyalayam

On the banks of the sacred Ganga, Tapasyalayam offers you, the spiritual seeker an opportunity to enjoy not only the rich culture of the Ganga Belt, but the spiritual truth behind your inner longing for happiness.



Celebrate this auspicious time of Mother Ganga's descent to our Earthly realm, by joining Ammaji in this sacred retreat. Ammaji will unfold the Mundakopaniṣad and lead meditation and intense reflection sessions. The study sessions will be complemented with yoga sessions and treks to the neighboring villages

[Enroll](#)

## PAST EVENTS

### Heart of Sound Retreat



Heart of Sound Retreat  
Mar, 2019  
Tapasyalayam

Heart of Sound Retreat was conducted by Anandra and group at Tapasyalayam ashram, which focussed on yoga using the transformational power of sound.

### Rediscovering Mother Sita



Rediscovering Mother Sita and Her Relevance Today  
8-10 Mar, 2019  
Jñāna-Pravāha, Varanasi

Ammaji was invited as a speaker delegate at an event organized by Global Peace Initiative of Women in partnership with Jñāna-Pravāha during International Women's day conference. Ammaji spoke on two topics, "Rediscovering Mother Sita and Her relevance today" & "Reconnecting to Mother Earth"





## Interactions at Ashram



Swami Brahma-paranandaji and Swami Aishvarya-nandaji visited Purna Vidya Foundation for a short stay with their students. It had been an delightful moment and meaningful interactions over a range of topics.

## Bhagavad Gita Classes



We are glad to share the completion of Chapter 2 Bhagavad Gita class conducted by Ammaji for devotees from Selvapuram, Coimbatore.

## ĪSVARA



### Three Forms of the Lord

In the Vedic vision, the Lord is both the intelligent and the material cause of the creation. He is appreciated in the form of various laws and functions as the trimūrti. Masculine and feminine aspects of the creation are represented in this vision denoting the intelligent cause as masculine and the material cause as feminine.

Creation and destruction go together, like two sides of a coin. One cannot exist without the other. In fact, the creation of one object necessarily involves the destruction of the other. For example, the creation of a pot-form from a lump of clay involves the destruction of the lump form. And, between creation and destruction, sustenance of the created object is inevitable. Even though these functions are interdependent, for the sake of worship, the Lord is invoked through each function independently.

From the standpoint of the created universe, the Lord is conceived as having a threefold form, corresponding to three simultaneous functions: creation, sustenance and destruction. He is looked upon as the deities Brahmā, Viṣṇu and Rudra respectively, representing the intelligent aspect of each function. The consorts for these deities are Sarasvatī, Lakṣmī and Pārvatī, respectively. These consorts represent the material aspect of each function.

*To be continued ...*



# Form & Spirit of Vedic Culture

Continued from Volume 6

## The name Hinduism



The word 'Hindu' can be etymologically derived as 'him apaśabdam dūṣayati khaṇḍayati iti hindū'- one who destroys adharma, unrighteousness, is a Hindu. Even though the word 'Hindu' did not originate in the Vedic tradition, it defines the commitment of its people to a dharmic way of life.

In ancient times, invaders came to the northwest frontiers of India through the Khyber and Golan pass from Greece, Persia and other lands. When they crossed the Sindhu River, they encountered an indigenous group of people who lived a highly structured religious life. In order to identify these people, the invaders called them Hindus and their way of life Hinduism.

It is believed that these invaders originally named the people Sindhus, as they lived on the banks of river Sindhu, but because the sound 'sa' was pronounced as 'ha' in their language, the word 'Sindhu' was replaced with the word 'Hindu'.

Hinduism has its basis in the Vedas. There is a common misconception that Hinduism is one of the religions of the world. While it is true that Hinduism shares certain facets of dharma with other religions, it is unique in that it does not have a historical origin.

While historians trace the origin of different religions to their respective founders or prophets, such as Christianity from Christ and Zoroastrianism from Zoroaster, the Hindu sages and saints were born into an already existent Vedic tradition. The avatāras, incarnations, such as Lord Rāma and Lord Kṛṣṇa were also born into this tradition.

Even today, in rural India, people do not identify themselves as Hindus or see their customs as constituting a religion. Their lifestyle reveals a culture based in the Vedas, a body of knowledge understood as a tradition. Being timeless, sanātana, this tradition is also known as sanātana-dharma.

*To be continued ...*



## Rivers of India



Water has always been looked upon with great reverence, being an important element in sustaining life. In the Vedic tradition, water is an object of worship. The Lord is invoked as Varuṇa-devatā and is glorified in the Vedic hymns such as Varuṇa-sūkta and Aghamarṣaṇa- sūkta. Since it has an inherent quality of cleansing, water is also used for religious purificatory rituals. In many of the obligatory Vedic rituals prescribed for an individual, water is used either for purifying oneself and also the material used for worship, or as an oblation to the deities and ancestors.

The rivers of India are worshipped with devotion. The epics and the purāṇas associate the rivers with deities and saints. The names of all the rivers end with the name 'Devī', meaning 'goddess'. The famous rivers worshipped as Devī are Gaṅgā Devī and Yamunā Devī, which are identified with the forms of these goddesses. These rivers have sustained the Vedic life of the people for centuries since the daily religious bath and prayers such as Sandhyāvandana and Brahma-yajña are intimately connected to the flowing waters of the rivers.

Certain places on the banks of the rivers are called tīrthas. The word 'tīrtha' is derived from the root 'ṭṛ' meaning 'to cross'. Thus, 'tīrtha' means 'that by which one crosses one's afflictions and sorrows'. The place where a given river originates is a tīrtha. A tīrtha also refers to a confluence of the holy rivers, such as in Allahabad, or a place of worship on the banks of a river, such as Vārāṇasi. There are many legends in the purāṇas that glorify the value of pilgrimage and a purificatory dip in these rivers especially on certain occasions.

Any confluence of two rivers is known as a prayāga and is a sacred spot. In the merger of two rivers there is an initial fulfilment of embarking on a journey together to reach their destination, the ocean. As they become one, their relentless journey towards the goal gains further momentum. Prayāga thus symbolises union and joyous pursuit.



# Children's corner

## Rivers of India

The given śloka is recited before bathing.

ga ge ca yamune caiva godāvari sarasvati  
narmade sindhu kāveri jale'smin sannidhiṃ kuru

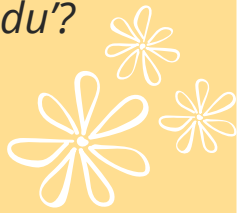
O Rivers Ga gā, Yamunā, Godāvarī, Sarasvatī, Narmadā, Sindhu, Kāverī, may you all be present in this water!

### *Something to think about...*

*Which rivers of India are called the holy rivers?*

*Name the river which has given us the name 'Hindu'?*

*How is water useful to us?*





## Vedanta course, Jan, 2019



For the last 3 years I have been completely stressed out. I wanted peace in my life. And I was wondering what I was going to do about it. Then I received an email from Purna Vidya about the Vedanta course. And I thought that this would be a good thing for me.

As soon as I came here, I thought that the entire environment of the ashram is so lovely. It is set up in a beautiful place. In a valley, surrounded by hills 360°, and coming here, it is a very peaceful environment. And I have felt peace from day 1. But in addition to that, the teaching has been very good. The teachers are very learned and spiritual. Their spiritual experience is vast. And they are very kind, loving and helpful. I learned a lot. I got far more than what I expected. And from what I have learned, I think and I hope I will be a better person. My understanding of spiritual life is more and I hope I will continue more on this and become a more peaceful and spiritual person. "

*Kishore, United Kingdom*





# Purna Vidya Book Series



## Purna Vidya 23 Bookset Gift pack

Journey into the Vedic Heritage of India.

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***The Purna Vidya book series is an attempt to bring an understanding of the Vedic Heritage into the lives of adults and children of Indian origin all over the world. This comprehensive program's unique style of instruction through play-way method has been successfully implemented in hundreds of Communities and Educational Institutions touching the lives of thousands of families.***

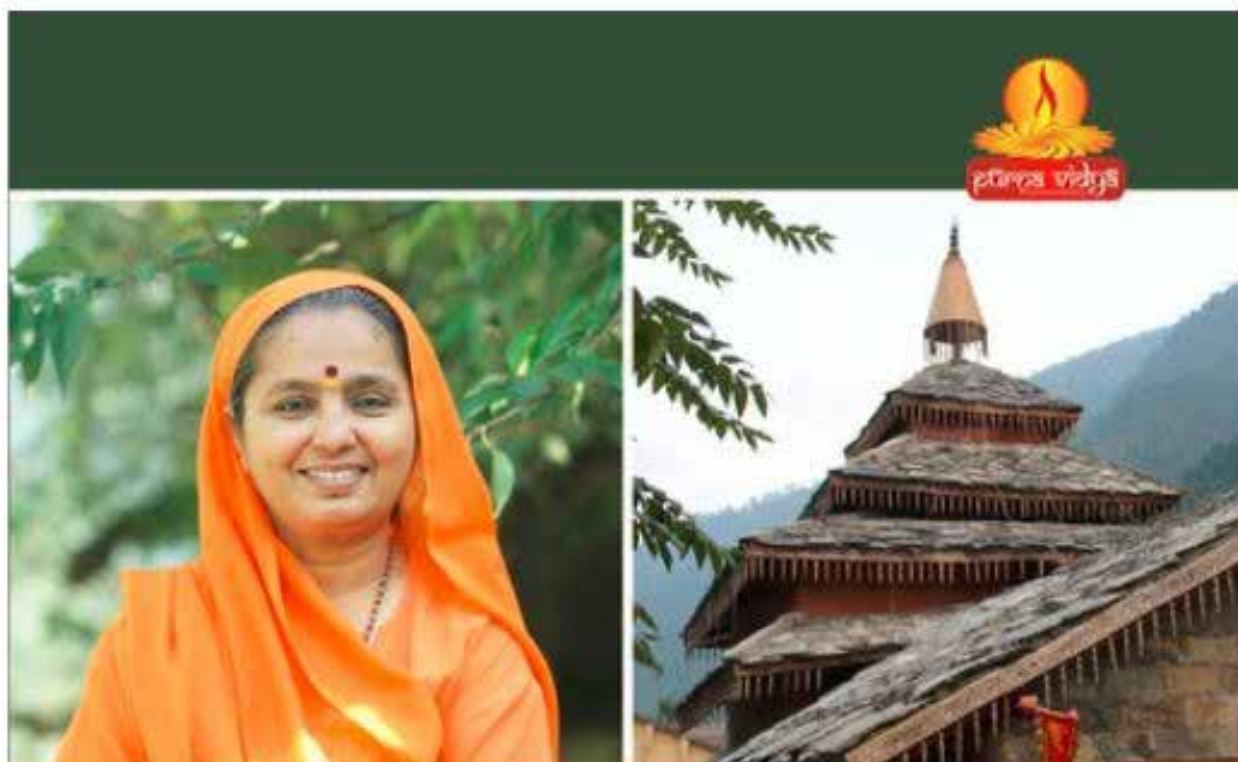
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# AMMAJI'S 2019 COURSES / RETREATS / TOURS



## **Ganga Dasahara Retreat @ Tapasyalayam**

4th - 13th June, 2019

[Enroll](#)

## **U.K & Europe Vedanta Tours**

17th July - 20th August, 2019

[Enroll](#)

## **Navarātri Retreat @ Tapasyalayam**

28th September - 9th October, 2019

[Enroll](#)

## **Vedanta Course (1 month) @ Purna Vidya Foundation**

8th November - 8th December, 2019

[Enroll](#)

## **Purna Vidya Family Reunion**

24th December, 2019 - 1st January, 2020

[Enroll](#)



# ARULJI'S 2019 COURSES / EVENTS



## VEDANTA

### **Vedanta Retreat (Tamil) @ Purna Vidya Foundation**

*1st - 15th June, 2019*

**Enroll**

### **Navarātri Retreat (Tamil) @ Purna Vidya Foundation**

*28th September - 9th October, 2019*

**Enroll**

## CULTURAL EDUCATION

### **Teacher Training Programmes @ Purna Vidya Foundation**

*April - September, 2019*

**Enroll**

### **Classes for Children and Youth @ Purna Vidya Foundation**

*2nd and 4th Sundays every month, starting 14th April, 2019*

**Enroll**

### **Outbound Learning Camps @ Purna Vidya Foundation**

*April - September, 2019*

**Enroll**

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## MESSAGE FROM THE EDITORIAL TEAM

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### **Namaste Dear Friends!**

We are living in a society that encourages us to become 'takers' than 'givers'. The more we see a lack in ourselves, the more we will have restless energies and unhappiness within us and will continue to be a 'I want' person.

There is a Chinese proverb that says; "I was once angry at God because I did not have shoes. But then I met a person with no feet." Being grateful means taking into consideration all that you have in your life, rather than have-nots.

It nurtures joy, peace, and self awareness, while removing anxieties, frustrations, sadness, loneliness, and envy. Cultivate the attitude of gratitude by focussing and appreciating what you already have. This is one of the best ways to count your blessings as you create a life that is worth living.

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

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## THE EDITORIAL TEAM

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