



# NEWSLETTER

## Ammaji's Message



In ancient India, teaching was one-on-one through the guru-kula system in which students would live with the teacher and serve him in payment for the teaching received.

The purpose of education was not only the transmission of knowledge but also the modelling and reshaping of the individual into an “Aryan” which means a “noble” person - possessed of right thinking and practice, high mindedness, honour, fairness and compassion — a transformation of the whole person – spiritually, intellectually and morally.

One cannot learn about the Ultimate Truth from the Scriptures through personal reading and self-interpretation — the teaching must come from an authority, the Ācārya. The spiritual preceptor, Ācārya, has an essential place in all the great wisdom traditions of the world.

According to the orthodox Vedic tradition the credentials of the Ācārya are established from the Lineage, sampradāya to which he/she belongs. No knowledge is considered as valid unless it comes from a preceptor who belongs to an authorised lineage and actually practices the teaching and lives a spiritual life. The term Ācārya means one-who-teaches-by-example.

The Ācāryas must be of unimpeachable conduct and above all, compassionate. The function of an Ācārya is to interpret and explain the teachings of the Scriptures in harmony with the teachings of the previous Ācāryas in the lineage, sampradāya. The Ācārya is a direct link between the spiritual aspirant and the Lord, and as such deserves the highest respect and adoration. One should have complete faith and surrender towards such an Ācārya because it is only in a spirit of humility that one can learn anything from another.

As long as pride and ego have control over the mind one can never absorb or assimilate and practice the teachings. With self-discipline obtained from the service of the Ācārya, one becomes fit for the practice of the dharma.

Thus the concept of an Ācārya is important to Indian civilization and culture, and is essential for the study of all sciences — art, sculpture, architecture, medicine, music, politics, law etc. and of course, spirituality.

The Ācārya is not merely a teacher, but also a guide, mentor, a surrogate parent, a role model and a friend. May this spirit of one's teacher guide the Education of India!



# The Meaning of OM



## Philosophical Meaning

The 'order' in the creation which is the basis for the existence of things and beings in the universe is non-separate from the Lord and Om, being the name of the Lord, this order is, therefore, Om. Om pervades everything in the world. How?

When we mention the order behind everything, it is not in terms of location. It is the very thing as such. For instance, when one analyses what makes a given cup, many questions arise. What is the material of the cup? Why can not mercury make a cup? Why does a cup appear in a given form? Why does it not have any other form? Why does it not rust, if it is a stainless steel cup? Why does the other cup, made of pig iron rust? It is all an order. A steel cup is a steel cup whenever one perceives it. If it loses its form tomorrow, that also is within the order. The flower that is seen today is gone tomorrow and there is a fruit - this is also within the order.

All the possibilities in the creation form part of the order. It is the order that makes a thing what it is. That a chair is a chair, is because of the order. Anything that is here is pervaded by this order. One is not going to get behind the objects to find the order. Order means how things are as they are. Every created thing, is maintained by the order, called niyati. That niyati is Īśvara, the Lord, and Om being the name of the Lord, is the order behind the creation.

The scriptural teaching helps one to see this meaning of Om and connect it to the word 'Om'. A word and an object denoted by the word, are one and the same. When one asks another to bring a pot, the other does not write 'p.o.t' and bring it. A word and the object meant by the word, are identical, in the sense that one cannot think of the word without thinking of the meaning. If one does not know the meaning then it is not a word - it only becomes a group of sounds. Once it is known that for this group of sounds this is the meaning, then without thinking of the meaning, one cannot think of the word. Thus, Om is a name of the Lord and being identical with the Lord, what it means is the truth of the Lord.

## Om̐kāra as a Prayer

Om, as a sound symbol, indicates auspiciousness and is chanted at the beginning of prayers and Vedic studies. When one chants Om with the understanding that it is a name for the Lord, one can call him, invoke him or pray to him through Om. Hence many of the prayers, chants or mantras begin with 'Om' and Om thus becomes a prayer for one's protection.



# The Journey Within



## Maatsarya – Envy

The sixth sentiment that is described as being inimical to oneself is maatsarya commonly understood as Envy. It is defined as:

**ष्वसमाजसम्पत्तिदर्शनासहनम्**

Svasamaajasampattidarshanaasahanam

Difficulty to tolerate another individual in one's society having something that one lacks.

Having this sentiment one is distressed by seeing another person having a possession or an attribute that one does not have or that one lacks. Not only that, but also one does not want the other person to have what they lack. One may wish ill for the other person or even go so far as to deprive them of what they have by employing improper means and devious schemes.

Maatsarya is a sentiment that robs one of happiness and tranquility. It leads to resentment, anger and damaged relationships. It leads to loss of friends and family and isolation for oneself. Envy invades the mind of a person who feels deprived and inadequate of what they have. A person, who has a sense of inner deprivation, focuses their attention on what they do not have rather than on what they do have. Add to this a low self worth, they focus on what other individuals have. A combination of the two gives birth to and fuels envy along with its consequences.

There are well know examples of individuals talked about in itihisas and puranas, such as Kaikeyi the mother of Bharata, Suruchi the step mother of Dhruva, in whose lives and actions one sees the manifestations and consequences of this inimical sentiment. Maatsarya in Kaikeyi would not allow her to accept the possibility of Sri Rama rightfully acquiring the throne and she schemed to send him away in exile. Suruchi did a similar thing for the eight year old Dhruva scheming to destroy him. Every individual recognizes maatsarya as a sentiment they have experienced to varying degrees both as its perpetrator and victim.

Like every other sentiment it needs to be managed. As in anger the first obstacle to deal with it is acknowledgment of its presence in one's mind. No one wants to entertain the possibility that one feels jealous of another. By its nature that becomes an admission of feeling deprived and inadequate. So one becomes defensive. However one must recognize what is inimical to replace it with what is not.

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# The Journey Within

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Every individual is endowed with strengths and weaknesses. However, they are not the same in all. While one tends to categorize the world in terms of those that 'have' and those that 'have not', the reality is that everyone has some positive and some negative attributes. In this regard all are the same. It is an unrealistic assessment and conclusion to view only one aspect of oneself or even others. The very basis of comparisons is erroneous. Definitely its conclusions are also erroneous. There is no need to compare oneself to others based on one's own and their strengths and/or weaknesses. There is no need to see oneself as inferior, thereby being consumed by maatsarya, or see oneself as superior to another thereby being consumed by mada.

It also helps to understand the role of Karma. What one does and does not have is related to one's own actions done in the immediate and remote past. It is an order of Bhagavan which is just and non prejudicial. Cultivating empathy which is natural but easy to lose is another means to overcome maatsarya.

One also needs to discover the joy of seeing the good fortune of others. There are many things in this world that give joy but one cannot possess like a beautiful sky, a beautiful sunset, and many others sights in nature, good qualities in people and so on. One can find joy in seeing and experiencing without having a need to possess all the things that one admires.

*- Sri Dhira Chaitanyaji*

*to be continued ...*





# Goodbyes and Hellos - Dhiraji

Every goodbye signifies a new hello  
Every end a new beginning  
As a setting sun heralds an expectation  
of a new dawn to come.

Aaditya's ekachakra ratham!  
Does time pass on leaving behind it a past?  
Does it really arrive bringing with it a future?  
In its seeming departures and arrivals remain  
nothing but imprints of memories and hopes.  
He says I am sarvaharah mrtyuh the one who  
initiates the goodbyes.  
He says I am bhavishyataam udbhavah  
the creator of future.

Truth be told I am akshaya kaalah the  
imperishable time.

Tasmai kaalaaya Namah Unto that time  
is one's salutation.

- Sri Dhira Chaitanyaji



Onam celebrations at Purna Vidya Foundation on Aug 31st, 2020 was marked with beautiful flower design offerings in the sacred spaces of the ashram, such as the Temple, gurusthanam and Devi-altar. A wonderful sumptuous lunch followed and the day ended with showers of blessings!



# Sri Swamiji's Samskrta Course Launch on his Birthday



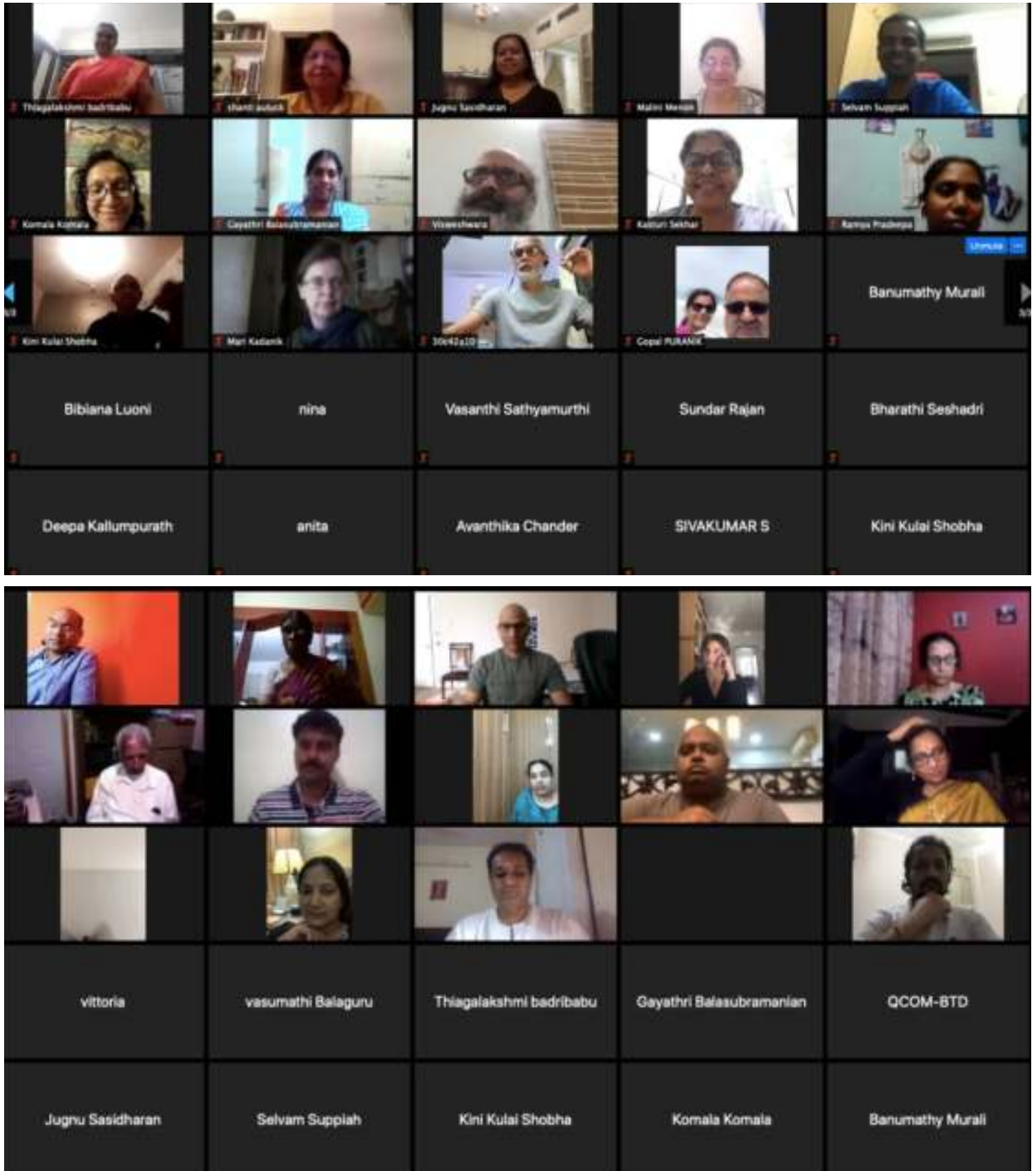
Sri Swami Siddhabodhananda's birthday on September 14th, 2020 was a great blessing for Purna Vidya Foundation, as Sri Swamiji's Online "Learn Samskrta Course" was launched for those desiring to study Samskrta in a self-paced manner. The event was marked by Sri Swamiji's message on the importance of Samskrta study and its role in a sadhaka's life in Scriptural studies. The online meet was heartwarming as many recounted their cherished memories with Sri Swamiji and his teachings.







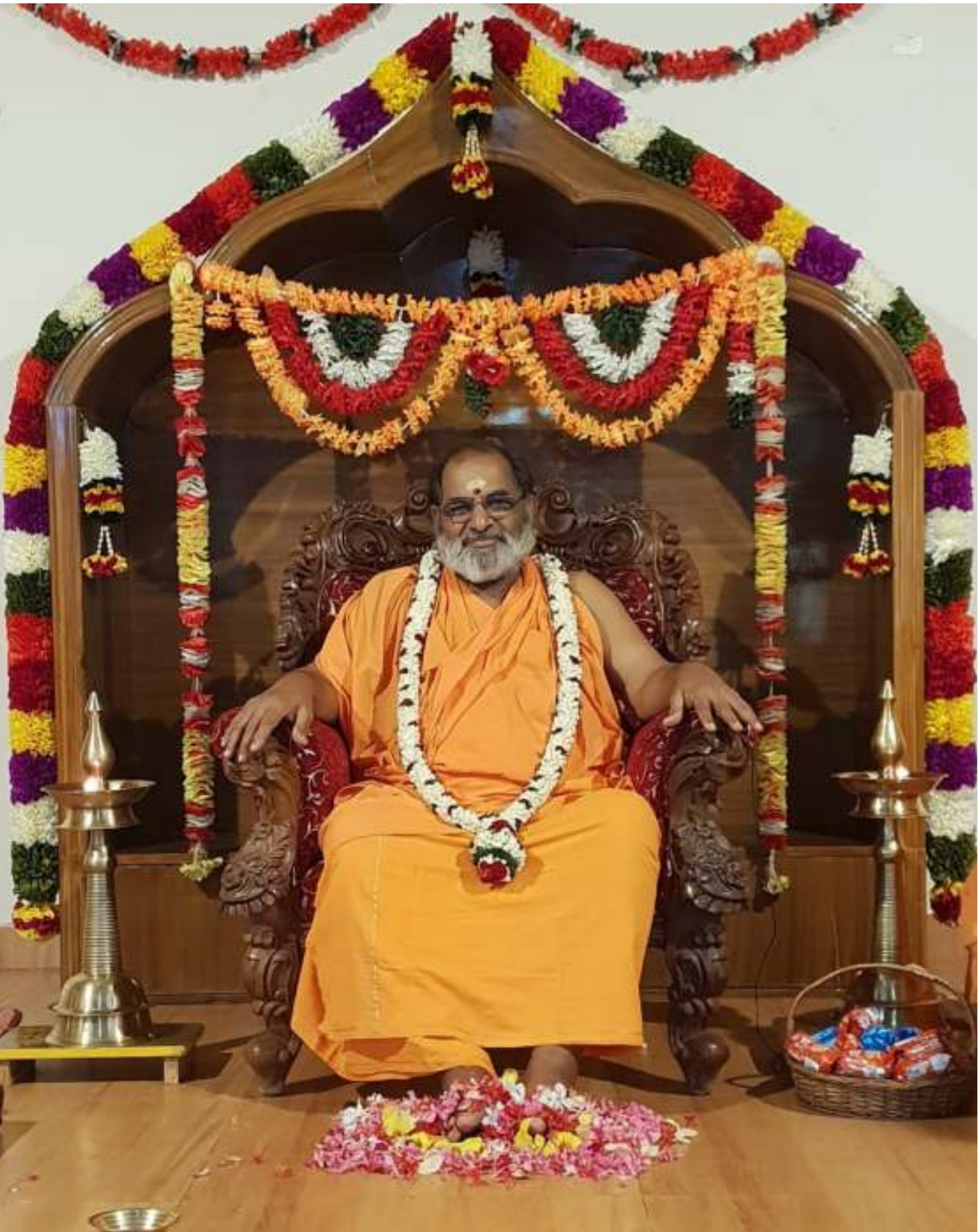
# Sri Swamiji's Samskrta Course Launch on his Birthday







# Sri Swamiji Birthday Photos



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# Sri Swamiji Birthday Photos





# Teacher's Day Message



On Teachers Day Sept 5th, Ammaji gave a beautiful message to the Purna Vidya Teachers on "Sradha - Faith". Ammaji spoke about the uniqueness and profundity of the Spiritual Knowledge that is taught in the Guru-disciple lineage and how the attitude of a student who is given to Faith-in-the-teacher is different from one who has belief-in the teacher. Ammaji referring to the right attitude of a disciple quoted Tagore, "Faith is that bird that sings in joy when the dawn is still dark". She described the disciples of the tradition who revealed implicit faith in their Masters and were blessed with Spiritual Knowledge such as Dhaumya of Mahabharata, Sri Padmapadacarya, and Shivaji who was devoted to Samartha Ramadas.





## Who is a Good Student?

*A good student is one who suspends all judgment, is a clean slate and one who has unwavering faith in the words of the scriptures and the guru, who is unfolding the truth to them.*

**- Yogeswary, Singapore.**

*A good student receives with an open mind, heart and intellect and for a time a good student will suspend his/her beliefs, judgements and perceptions so this knowledge can be received.*

**-Patricia Osborne, Australia.**

*A student(shishya) is one who selflessly surrenders to Guru with complete faith, trust, devotion and follows Guru's teachings and guidance in any personal conditions or circumstances to achieve Oneness with Infinite Consciousness in this life or next life.*

**-Anand, U.K.**



*A good student is one who has unwavering devotion towards his Guru/teacher and assimilates and integrates the teachings in one's life for his own spiritual growth and as an unconditional offering to humanity.*

**- Kalpana Sharma, U.K.**

*I feel that a good student is one who offers the Guru unconditional love, devotion, trust, resources & discipline and who tries to implement the teaching into his/her daily life.*

**-Tina, Europe.**

*A good student is a good learner like ekalavaya.*

**- Manohari J, India.**

*A good student is one who surrenders and serve and make enquiries from Guru.*

**- Krishna Kumari, U.K.**

*Student respecting everyone and has willingness to gain and share knowledge is a good student.*

**- Tulsi, Middle East.**

*A good student is one who practices his Sadhanas as prescribed in Śāstrās and taught by the guru. A good student is one who has complete faith in Shastras and his guru who is unfolding the truth.*

**-Pushpa, Singapore.**



## *My Teachers in Purna Vidya*



### *Purna Vidya Foundation*

It unites the whole nation

Ammaji imparts Sanskrit, Vedanta and Slokas

None can beat her spirituality in all three lokas

Janakiji teaches me Nama Ramayanam and Mantras

It registers in our mind faster than cheetahs

Ramayanam is narrated by Baluji

He always tells it with clarity

I am fortunate enough to have them as my gurus

For teaching me the foundation of all virtues

- Haren

## Reflections of Our Youngest Attendee of Vedic Heritage Teacher Training Course, - Mahuua Sharma Age 15 yrs



Purna Vidya Teacher's training feedback from Mahuua Attending Purna Vidya Teacher's Training was one of my most unforgettable experiences. I found myself hanging onto every word Ammaji uttered about these incredible epics that weaved the fabric of our culture and was so immersed that I constantly thought of these characters as larger than life itself. Probably being the youngest attendee in the class, Ammaji's preaching resonated within me to

extent at which I felt deeply moved and responsible to bear the torch of her teachings so its light reaches my entire generation.

I am appreciative of the way that Ammaji has so simply and beautifully narrated the stories of our heritage and I truly comprehend the meaning of guru as one who replaces darkness with light, as these teachings have done that for me! Once again, I thank Ammaji for charismatic and insightful nature as she imparted this higher knowledge onto me.

Hari Om.

Mahuua





# Online Vedanta Courses by Ammaji

## LIVE CLASSES

### Introductory/Intermediate Sanskrit Learning

Introductory and Intermediate courses are conducted to teach the Alphabet (letters and pronunciation), basic grammar such as verbs, nouns, cases and sandhis.

**"The Power of Prayers"** – 12 noon every Saturday and Sunday  
Vedantic teachings relevant to daily life and learning sacred chants and Prayers.

**Free – Join Us Now**



## ONLINE VEDANTA COURSES

### Bhagavad Gita – Introductory Course

A basic course offering the gist of topics covered in each chapter, self-reflections, Gita chanting and meditation. Also included is chapter-wise brief summary and overview of the Gita.

### Bhagavad Gita – Advanced Course

A course detailing the verse-by-verse explanation of each chapter, Gita chanting and meditations. Also included is an overview of the Gita.

### Tattva Bodha

An Introductory and a comprehensive text of Vedanta Teachings authored by Adi Shankaracharya, and unfolded in a lucid 'question & answer' style of teaching.

### Yoga-Sutras

A selection of Yoga-sutras and its comparative study with the Bhagavad Gita verses, unfolding the sacred teachings for the spiritual journey of a seeker.

Register at: [www.purnavidya.org/register](http://www.purnavidya.org/register)

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[purnavidyapage](https://www.facebook.com/purnavidyapage)





# Upcoming Programs



## NAVARĀTRĪ Puja and Sadhana



### Ammaji's Message

### O DEVI - A CALL OF THE SOUL!

Special talks by Ammaji on the occasion of Navaratri on Saturday and Sunday  
Dates **October 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup> and 25<sup>th</sup>** from 12:00 noon - 01:00 p.m. (IST)

#### NAVARĀTRĪ PROGRAMS COVERED

- Puja dravya offering for 9 days
- Mahasankalpam for 9 days (for a family of 4)
- Nava-Kanya Puja (offering to young girls)
- Annadanam (Charity of Food)
- Balika Vidya Danam (Girl Child Education)

Join our prayers with your personal Sankalpa, which will be read with your name, gotra, and nakshatra every day, and pray for world peace and your family's well-being.

Timings: 6 p.m. to 7.30 p.m. (IST)

Lalithasahasranam, Trishati and Astottara108.  
Aarti > Mantra-Pushpam > Sharada-Stotram,  
Mahalakshmi-Astakam > Ganga-Stotram > Svastiprajabhyah!



Register at : [www.purnavidya.org/navaratri-retreat/](http://www.purnavidya.org/navaratri-retreat/)  
Download and install the Zoom app from Playstore or App Store

For information and donation schemes contact

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# Message from Editorial Team

Namaste Dear Friends!

Who is a Good Teacher?

Education is a very hands-on field and often requires experimentation within the classroom to discover which methods of communicating with students work best. Teachers hold a very sensitive role in the modern civilized society. Regarded as social engineers, teachers possess immense knowledge on various issues that affect our daily lives as a community of human beings

One of the key skills needed to be a good teacher is a dedication to continued education and a love of learning. A good teacher should be able to understand the feelings of the students and be like a friend with them and support them in all their right decisions and correct them in all their wrong decisions. . But benevolence alone does not make a teacher, nor does learning alone. The gift of teaching is a peculiar talent, and implies a need and craving for clarity of knowledge in the teacher himself.

The test of a good teacher is not how many questions he can ask his pupils that they will answer readily, but how many questions he inspires them to ask which even he may find it hard to answer, at times. Good teaching is about supporting right questions from students than a giving of right answers.

A student may have appreciation for the brilliant teachers, but one remembers deeply with gratitude those who touched the soul of the child during one's student years. The curriculum of a subject is so much a necessary raw material, but the human warmth and love is a vital element for the growing child.

And hence, a teacher needs to always be aware that – a good teacher can make a world of difference in a student's life, impacting everything from their classroom learning to their long term success. While teaching is a gift that seems to come quite naturally for some, others have to work overtime to achieve a 'great teacher' status, yet the payoff is enormous — for both the teacher and taught.

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

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