



pūrṇa vidyā newsletter 06|23

Contents

- 1** Ammaji's Message
- 3** Śiva-aparādha-kṣamāṇa-stotram (Part 7)
- 7** Yoga-Practice (Part 28)
Ayurvedic Yoga
- 11** Upcoming Weekend Workshops
- 12** Upcoming Courses/ Events
- 17** Past Events – Ashram & Online
- 33** Editorial Team Message



Ammaji's Message

Dear Readers,

Karma yoga is an attitude towards the results of action; how I handle life situations and how I handle the very doing of an action. Either things can happen through me or I can make things happen. It is like the potter's wheel. When you put the right material on the wheel and you have the right spin, you only need to give it the right touch. You just allow it to happen. You do not do much, you are just there to make it come together. You are the facilitator, an instrument through which the pot is made.

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We have all come into this world with our own karmic package, and that karmic package is unfolding in our lives as our destiny through our relationships and through those we love, hate, through all these intense emotions. We have karmic connections to the land, people and living beings. We are all connected. A person who is aware of the karmic unfoldment of his own life does the work, but he uses his will and effort like the potter. The thing is already in motion, so he makes a choice only to fall inline with the motion. If he pulls and pushes against the motion, he will be stressed out. This fighting with our karma, the results of our actions is like fighting with shadows.

Karma Yoga is an attitude towards action, in which I am so graceful in what I do, that truly speaking I am not really doing at all. I am just a facilitator within what is already happening. There is a beauty in handling life situations with this attitude. Similarly, the results of my karma come back to me. Every action has a result. That is the law of nature. We are getting in life what we have put in. Therefore karma yoga is the capacity to accept the results of your actions when they come to you. Whatever comes, you trust the cosmic justice.

You know that the law of karma will not fail because it is a law like the law of gravity; it never fails. You trust that so totally, that you can receive any result with grace. The one who has brought into his awareness a certain attitude of graceful acceptance of action and its result, such a person is a karma yogi!



Love and Blessings,

Ammaji



Śiva-aparādha-kṣamāpaṇa-stotram >Part 7

We have been seeing this life review of a human being beginning from inception, then childhood into adulthood. In adulthood, the connection with the divine could have been a very good possibility because I had my whole body-mind- sense-complex in full energy and vitality to support my journey with the divine. However, I gave in to material acquisitions, my discriminative capacity was totally covered by my desires, by my likes and dislikes, by the vulnerability of my senses. I never thought that I should even worship you. Prayer is the least of our priority when we are young. We always see how quickly we can dash out of your puja room or resort to shortcuts. What is the shortest prayer Ammaji; give me the shortest prayer. Why, what are you going to do in other time that is so much more important than prayer? Well, everything else is more important than prayer **is a conclusion we live from** can delete. He says this came because, mama hṛdayam, my heart was sitting with garva and with mana, mānagarvādhirūḍhaṃ. In other words, my heart had no understanding of the role of the divine in my day to day living. Everything that happened in my life had the divine touch, had grace, had divine interventions, and had the blessings through my karmaphala, results of my actions, this I don't acknowledge. No karma sees through a fulfilment without divam. Divam is that unknown or the unseen factor that makes all the difference in my life between success and failure, but I never acknowledge it. I think it's all me; I am a self-made man or a self-made woman. How did you make yourself? Did you put your bones and muscles and joined together yourself? What do you mean I am self-made? Nobody had to do anything with your successes? How many hundreds and thousands of hours your teachers drilled in one plus one is two and two plus two is four?



The love and forgiveness your father, mother, siblings has no role in your growth? All those cars, all those vehicles on the roadside that **sort to it** replace by “avoid you so” that you don't come under the wheels because of your clumsy and careless ways of handling yourself. Don't we have to thank them for protecting and saving your life? There is so much that has gone into me being who I am today, where I am today. All the farmers working out there so that I can get my food on my table, so much rain had to come, the earth had to cooperate, and the wind. Come on! What is the self-made man; this is such a bluff. **One of the biggest bluffs of the ego is to think that I am self-made** and with this thinking I have denied myself an attitude of gratitude towards the divine, towards the world, towards the other fellow beings.

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

I have no gratitude in my heart to my ancestry. If there is gratitude to my parents and grandparents why would anybody move away from their cultural traditions? Why would you move away from your faith into somebody else's faith who you don't even know, you are not even brought up with?

Are you saying that your parents didn't know what they were doing, grandparents didn't know what they were doing, your great grandparents didn't know what they were doing and you are going to prove all of them wrong and move into a whole new way of living life? What kind of arrogance is that? Have I even tried to own up, to claim all the wealth of my cultural traditions? I don't even know what they are half the time, how deep and profound and rich it is. I don't even know where to begin, to dive into it and I throw the whole thing out the window; what makes me do that, mana and the garva, nothing else. It is mana and garva that denies me this beautiful attitude of humility and gratitude towards the gifts of my life. Moving on, our young man has now grown old, he has become a senior citizen and he looks at his life as a senior citizen. It is good thing that some countries call you senior citizen. In the beginning when you enter senior citizenship you think it's a great laurel, a feather on your cap. But very soon you realise that once you become a senior citizen time, goes 100 times faster than it did when you were younger. I don't know how? This mystery I am still trying to figure out. Suddenly you are 62, suddenly you are 70, and suddenly from shashtyabdi poorthi you celebrate sathabhishekam, 82 and 83.

What happened, how did time fly by like this? Well, let us see what he has for his life review in old age.



*vārdhakyē chēndriyāṇām
vigatagatimatīschādhidaivādītāpaiḥ
pāpai rōgairviyōgaistvanavasitavapuḥ
prauḍhahīnaṃ cha dīnam |
mithyāmōhābhilāṣairbhramati mama manō
dhūrjaṭērdhyānāsūnyam
kṣantavyō mē'parādhaśiva śiva śiva
bhōsrīmahādēva śambhō ||*

He says here, vārdhakyē, vridha avastayam, in old age. This is also very peculiar thing, when we say old age, I remember when we were in the twenties, somebody who has reached forties, we used to think they are old. When we became forty we used to think somebody in fifties are old. When you touch fifty, we used to think somebody in seventies is old. Ask a person in seventies whether he feels he is old, he will say the fellow in his ninety is old.

Who is old? How do you measure you are young or old? Is it your maturity? Oh! That is a very vague area and therefore he says, indriyāṇām vigatagatimatih, gati, the pace, the speed of my senses, of my mind, sharpness of my intellect, of everything that I could do, what has happened now? It has become weak. vigatagatimatih, mateh gatih vigata, the movement of the mind is slowed down, has almost gone. If you ask the same question five times then your family members will tell you I think you should see the doctor, you are forgetting too much these days. Then you go see the doctor and tell the doctor I am forgetting these days. Oh really! Since when did this illness begin? Which illness doctor? The fellow cannot hold a thought line for one minute, this is the _____ (17.13) of the old man, **vigatagatimatih ādhidaivādītāpaiḥ**.

Anavasitavapuh, vapuhu means the body, the body is not stable any more, lack of coordination, you try to walk your knees buckle, you want to get up but the body doesn't cooperate; you want to sit you require a support to sit otherwise you will plop on the floor. Why does this happen? Well, due to so many reasons. **ādhidaivāditāpaiḥ pāpai rōgaihi viyōgai**, this situation has arisen because of so many obstacles, my own karmaphala. At the end of my life, my shani dasha came, what to do, I am stuck for years together; the worst affliction I have to experience, well it is your own karmaphala, isn't? **ādhidaivāditāpaiḥ** or the afflictions born of my body, of my mind, of my environment; you may be healthy but your family members are not healthy, so many reasons why we are afflicted. **tāpaiḥ pāpaihi rōgaihi**, with diseases we are afflicted, **vīyōgai**, we are afflicted with so many losses. Old childhood memories stick but not new memories. If there is something hurtful that had happened that sticks all the more, but these hurts stick to what. Who is the one they are sticking to? We forget all the happy times with our loved ones, we forget we made a home; we forget we raised a family, we forget that situation gave me an identity, it made me who I am today because what I am today is all my experiences of my past life.

If all that had not happened, how can I be where I am today? Therefore, there is so much to cherish. But what happens is all these happy memories don't stick because the mind resolves into itself; when I am happy my mind resolves, there is no person or individual, there is a meltdown, there is absorption, there is contentment, there is peace and so there is no memory bank of happy memories.

This happy memories don't come to my rescue, only pain filled memories keep popping up, all your grievances with your parents, with your siblings, with neighbours because of this person who is hurt. The guilt and the hurt are two things that really eat you up in your old age. The guilt for not doing what I should have done for my children, for my parents; every NRI, OCI goes through this in life. Parents are somewhere, children are somewhere else, we are living in this globe as global citizens unable to hold all our loved ones under one roof, in one space, how much guilt we have in our heart for not doing what I should have done and hurt for doing what I should not have done. I am also hurt by other's actions, why did he do what he should not have done, why did he not do what he should have done, these two inner shadows of our individuality, of the ego. These two shadows are like Rahu-ketu eclipsing the sun, these are the two things that eclipse the happiness and peace of my life.

Taitri Upanishad tells us **kim aham sadhunakaravam kimaham papamakaravam** – why did I not do good actions, why did I do things that I should not have done. This guilt, this hurt hounds us in our old age because you have nothing else to do. We have all the time in the world either to read newspaper from cover to cover or to sit in old memories with guilt and hurt. He says why did you reach that way, because **prauḍhahīnaṃ cha dīnam**. In the third verse the first word was **prauḍhō'haṃ yauvanasthah**, I am proud. Now, what has happened in the old age, **prauḍhahīnaṃ**, why, where did all that pride go?

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

Well, I have become dīnam, I am helpless and I am in a pitiable state; I am the setting sun, I have one foot in my grave, I am declining but not yet dead and therefore, dīna bhava, the feeling of helplessness has grown in the old age.

We have one beautiful prayer: ***anāyāsenā maraṇaṃ vinādānyena jīvanaṃ. dehi me kṛpayā śambho tvayi bhaktiṃ acançalām...***

I have two desires from you I don't need anything else; *anāyāsenā maraṇaṃ*, when death comes let me just drop and not decline; I should not have to put any effort, it must happen to me with no pain, no illness. The second is, *vinādānyena jīvanaṃ*, without dīna bhava, without this feeling of a beggar, always wanting, always seeking pity from the world over my state of affairs. No, when I live, I live with gratitude, with fullness knowing that I have everything; my glass is always half full, never half empty, focusing on my blessings in my life. When I live, let me live focusing on what I have rather than what I don't have. In other words, let gratitude be there in my daily living. ***Dehi me kṛpayā śambho acançalām tvayi bhaktiṃ*** O lord! give me a devotion towards you that is not sporadic, not a devotion that comes and goes, a devotion that becomes an attitude of gratitude, of humility, of simplicity that becomes my baseline; on and above this I engage with the world but this baseline I never let go. This is called acançala bhakti, an unwavering devotion towards you; give me in my life so that I can live with these two attitudes.

Here, what has happened to the old man, *prauḍhahīnaṃ*, he lost this vitality, the energy; the time has taken a toll on his body-mind -sense complex and therefore he is helpless, dīnam. ***Mithyāmōhābhilāṣaihi bhramati mama manah***, even at this age my mind is always rotating, sitting or orbiting in falsehood, in mitya; falsehood of moha and abhilasha, falsehood of desires.

Even after living a full life of 60 years, now he is an old man, he has entered his senior citizen still he craves for gulab jamun and pani puri, he has not learnt how to handle his tongue, he has not learnt how to handle his heart and his hormones; he violates dharma. What kind of false projections on sense pleasures? Can he afford to continue having them in old age and therefore mithyāmōhābhilāṣaihi I am hooked on to them because I have not seen the truth of the limitations, of all these pursuits despite living a full life. He still looks for a life partner, he is 86 and still dating. Why can you not live cherishing these moments for a higher purpose. This was the time when my activities should have reduced and my inner journey should have grown but, ***dhūrjaṭērdh dyānaśūnyaṃ***, I did not think of, I did not contemplate on the Lord, I don't even know how to sit in contemplation -- not that my body will co-operate now -- how am I going to sit in any posture? When I could I didn't, now when I can't I complain about that also. *Dhūrjaṭērdh dyānaśūnyaṃ*, *kṣantavaḥ mē'parādhaḥ*, oh lord please forgive me for my omissions and commissions, hey Shiva you are the mangalakari, you are the one who is the giver of the auspicious, you shower blessings. ***śiva śiva śiva bhō śrīmahādēva śambhō***, bhagwan bless me, please forgive me for these omissions and commissions. From verse five he is going into specifics, by specifics we understand where we need to focus while there is still time to bring about the necessary changes in our life.



Ayurvedic Yoga ♥¹⁷

Namaste dear Sadhakas,

this article is the first part of a sevenfold series about our inner energy centers. We begin with **Muladhara Chakra**. You will get to know a series of exercises with meditation, yoga asana and a visualization exercise to harmonize your 1st chakra – Muladhara.

Brief overview of Muladhara Chakra (root chakra):

Location: tailbone, pelvic floor, between perineum and anus

Glands: adrenal glands // **Color:** red // **Mantra:** LAM // **Element:** Earth

Sense: smell // **Planet:** Mercury

Central themes: Survival, earthing, stability, basic trust, material security

Positive aspects: Development of life energy, will to live, vitality, self-preservation, endurance, rhythm, grounding, closeness to nature, basic trust, stamina, assertiveness

Negative aspects: Selfishness, impulsiveness, inertia, existential fears

Physical indications of disorders: Intestinal disorders, constipation, hemorrhoids, sciatic problems, lower back pain, varicose veins, bladder and kidney problems, prostate disorders, bone disorders, anemia, blood pressure fluctuations

Mental indications of disorders: fears, weakness, depression, lack of trust, disorientation



Exercise program for Muladhara Chakra

Pranayama – Nadi Shodana (Alternating Breathing)

Loosen your body, shake out your arms and legs, then sit upright on the floor and perform *Nadi Shodana* for a few minutes.

• **Instructions for Nadi Shodana:**

In Nadi Shodana, you breathe in through one nostril, then breathe out through the other nostril. You let your left hand sink comfortably, simply place it on your left thigh.

Bring your right hand up, fold your index and middle fingers down toward your palm, and place your right thumb on the small dent on the right nostril, and your right ring finger on the top of the small dent on the left nostril, if it is not clear, please look on the top of the picture.



Then alternately close both nostrils by applying very light pressure with your ring finger or thumb. You always start on the left. So at the beginning you close the right nostril with your thumb and breathe in from the left for 4 seconds. Close the left nostril and open the right nostril and exhale from the right for 4 seconds. Then inhale on the right again for 4 seconds, close on the right and open on the left for an exhalation of 4 seconds. That was one round, please practice another 5 rounds.



Warm-up and mobilization yoga asana – **Bitilasana** (cow) & **Marjarisana** (cat)

• Bitilasana



For the Bitilasana, carefully set up the **quadruped position** first.

The knees are directly under the hips, wrists, elbows and shoulders form a vertical line. The head and spine are also in a neutral position, and the gaze is directed to the floor. To activate your hands as well, fan out all ten fingers individually. Depending on your anatomy, either your middle or index finger will point to the beginning of your mat.

Then, **with an inhalation**, lift your sit bones, chest and head and let your stomach sink. The gaze is straight ahead. Your shoulder blades contract behind your back to further intensify the backbend. **Exhaling**, return to the starting position on all fours, or combine Bitilasana with Marjarisana

• Marjarisana



Start on all fours, hands and knees, as described above.

On an **exhale**, arch your back up from the pelvis like a cat's hump. The shoulders and hips remain aligned over the hands and knees. The head sinks easily downwards. But the chin is not drawn to the chest.

With an **inhalation** you return to the neutral position on all fours or continue in Bitilasana.

This creates a form of flowing, dynamic sequence in the breathing rhythm... Inhaling Bitilasana (cow), exhaling Marjarisana (cat). You deepen your breath, let the movements flow slowly and consciously and perceive the fine movements of the individual vertebrae.

Malasana (squat) & Kakasana (crow)

• Malasana (Variant for beginners)



Place your **feet shoulder-width apart**, toes pointing slightly outwards. Squat down slowly and carefully, making sure your spine stays upright. Rest your upper arms relaxed on your knees and try to keep your feet flat on the floor. Watch your stretch limit.

In the beginning it is sufficient if your buttocks are at knee level. Inhale and exhale deeply seven times. Slightly pull up on the sphincter with each inhale and relax on the exhale.

Then slowly come back to a standstill.

• Kakasana (Variant for advanced users)



Drop into a **wide squat**, placing your hands on the yoga mat in front of you with your fingers spread wide. Press your shins, or knees, against the backs of your upper arms. Lift your buttocks and come up on tiptoe.

Direct your gaze forward to the beginning of your yoga mat. This head position will make you more likely to avoid ambushing the front. Slowly shift weight onto hands and carefully lift first one foot, then the second, off the floor. The legs placed on the arms give you stability.

Gain strength and stability by tightening your abdominal and core muscles and slowly tilting your upper body to a horizontal position. Your feet will automatically lift off the yoga mat.

Inhale and exhale deeply seven times.



Chin Mudra

You sit cross-legged with your back straight. Place the backs of your hands on your knees and form a circle with your thumbs and forefingers; those on fingers are stretched out loosely.

Breathe in deeply through your nose, and on the exhale repeat the mantra "LAM" several times in a row. Repeat this seven times, concentrating on the 1st chakra.



Visualization Exercise

Lie on your back and close your eyes. Feel how you are carried by the earth. Place your hands on the abdomen in the groin area. The thumbs are at the level of the pubic bone, the other fingers point downwards.

Imagine yourself absorbing life energy as you inhale. Exhale deeply and allow the energy to flow to your root chakra. As you do this, imagine a stream of red, warm light flowing from your hands into your abdomen. Do this exercise for at least seven breaths, then put your hands on the floor and feel the effect for a few more minutes for visualization exercise.

If you do these exercises regularly, the first signs of the harmonization of the Muladhara chakra will be a significant increase in your life energy.

An important rule to benefit from your yoga practice, is to listen to your body and always practice mindful and without any feeling of pain.

Every human body is anatomically different and therefore every posture should be practiced from this perspective. A practice is to be designed differently for healthy, injured or handicapped practitioners.

If practiced without a teacher and therefore without the possibility of a professional adjustment of the āsanās, the risks of injuries can be more common. Should you be uncertain if some of the offered āsanās might be good for you or not, we give the heartfelt advice to talk to a certified yoga teacher or a doctor before practicing these āsanās.



> Text and photos by Alexandra Ø Alexandra pic 2, 3, 4 private / pic 1, 5, 6, 7 stock-canva

Support: Helga, Gela, Judit, Kerstin, Birgit, and Nina



Upcoming Workshops / Satsangs in July 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

Hastamalakiyam

Introductory Bhasyam Studies of the Ten Upanisads

Starting Date : 13th May'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, 15th July, 2023; 5:00 to 6:30 p.m. IST

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



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Guru Purnima Celebrations

An offering to our Guru
**Sri Swami Swami Siddhabodhananda
 Swamini Pramananda (Ammaji)**
 June 30th Friday - Registration by 5pm
 Welcome and Opening session: 6.00 to 7.30pm
 1st & 2nd July 2023

Program Schedule	1st July 2023	Program Schedule	2nd July 2023
Meditation(30mnts) Text 'Prarthana Satpadi-1'	07:00 A.M. to 09:00 A.M	Meditation(30mnts) Text 'Prarthana Satpadi-4'	07:00 A.M. to 09:00 A.M
Breakfast	09:00 A.M. to 09:30 A.M	Breakfast	09:00 A.M. to 09:30 A.M
Teachings on 'Prarthana Satpadi' - 2	10:00 A.M. to 11:30 A.M	Teachings on 'Prarthana Satpadi' - 5	10:00 A.M. to 11:30 A.M
Learn to chant	12:00 A.M. to 01:00 P.M	learn to chant	12:00 A.M. to 01:00 P.M
Lunch and rest	01:00 P.M. to 03:00 P.M	closing session for family camp	01:00 P.M. to 02:00 P.M
Prarthana satpadi-3	03:00 P.M. to 04:30 P.M	Lunch	02:00 P.M
Family Games and Outdoor satsang	05:00 P.M. to 07:00 P.M	-----	-----
Dinner	07:00 P.M. to 08:30 P.M	-----	-----

Guru-daksina offerings can be made at:
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Guru Purnima Celebrations

An offering to our Guru
Pujya Sri Swami Dayananda Sarsaswati
 1st & 2nd July 2023

Program Schedule	1st July 2023	Program Schedule	2nd July 2023
Thelivu Guruvin Thiruvaarthai Thirumanthiram (Session1)	09:30 A.M. to 10:30 A.M	Welcome & Opening Prayers	10:30 A.M. to 10:40 A.M
Thelivu Guruvin Thiruvaarthai Thirumanthiram (Session2)	11:00 A.M. to 12:30 A.M	Guru-Paduka-Puja by Sri Arulji	10:40 A.M. to 11:30 A.M
Thelivu Guruvin Thiruvaarthai Thirumanthiram (Session3)	04:00 A.M. to 05:00 A.M	Guru Purnima Message by Arulji	11:30 A.M. to 11:55 A.M
Aarti & Satsang	06:00 P.M. to 07:30 P.M	Closing Prayers	12 Noon IST

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GURU PURNIMA RETREAT

Prarthana Satpadi

Prarthana Satpadi, a poetic short work from Shankara emphasize the true nature of the individual self as being non-separate from divinity. The shlokas seeking the grace of Lord Vishnu is remarkable for its potential to evoke devotion and describes the spirit of total surrender to the Lord. It redefines the role of devotion in purifying the heart of the seeker.

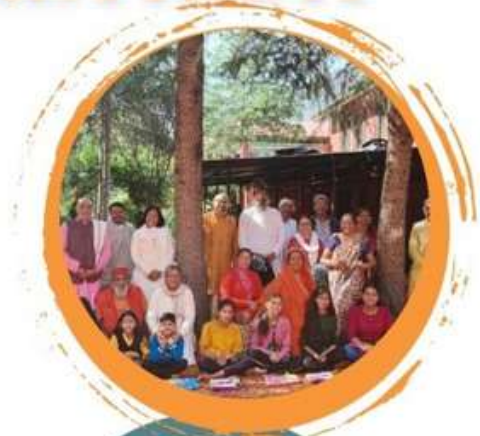
Meditation & Outdoor Satsang

Add a description of the package here. This could be what is included in the package or the type of outcome the client will get from purchasing the package.

Dharma Seva Purna Vidya

Add a description of the package here. This could be what is included in the package or the type of outcome the client will get from purchasing the package.

Register -
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LOCATION



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14 Upcoming Courses – Events

Bhagavad Gita Workshop with Ammaji

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

"Gita Satsang"

July 15th 2023 @ 05:00 to 6:30 p.m. IST

Join us Online

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

*Donations are Welcome
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Vedanta & Yin Yoga Teacher Training in *South India*

with Ammaji (Swamini Pramananda),
Swamiji (Swami Siddhabodhananda)
and Helga Baumgartner

Are you ready for a deep dive into the Vedic wisdom of **One-ness**? Experience the intrinsic spirituality of the Indian culture at a traditional ashram near Coimbatore - surrounded by **red mountains and green jungle**. Join a beautiful group for a **life changing training on Vedic philosophy and Yin Yoga**. Including daily chanting and Sanskrit, Yin & Yang Yoga, Pranayama & Meditation. As well as Indian **cooking classes, temple visits and nature outings**.



date: **Oct. 27th until Nov. 9th 2023** // venue: near Coimbatore / South India
14 days residence training (100 hrs) with Indian cooking classes, temple visits, nature outings
Cost : **1590 Euro TTC / 490 Euro ashram food and board // total 2080 Euro**

more Infos: www.yinplusyoga.de // contact: office@yinplusyoga.de

Vedanta & Yoga Retreat in the *Himalayas*

with Ammaji (Swamini Pramananda),
Swamiji (Swami Siddhabodhananda)
and Helga Baumgartner



Are you ready for a deep dive into the life changing **Vedic wisdom** of Self-knowledge? An experience of the remote **wilderness of the Himalayan mountains**? Five hours from Rishikesh, at a remote and simple ashram right at the banks of the Ganga. **Join us with an amazing group for this retreat** on Vedic philosophy, chanting and Sanskrit, Yin & Yang Yoga, Pranayama & Meditation!



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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



✉ info@purnavidya.org

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संस्कृतम् Alphabet Course for german students

After a Yin yoga teacher training with Helga Baumgartner, where we enjoyed an extraordinary philosophy session with Ammaji, I decided that I wanted to learn more about Vedic philosophy and also about Samskrtram. This is why I joined a course with Purna Vidya, which was facilitated by Isabel. One of my goals was to be able to read and pronounce Mantras correctly. I am convinced that Mantras are a quite powerful instrument to influence our subtle and indirectly also our material world and I am also convinced that they have to be pronounced exactly. I was also curious about the script writing and wanted to know more about this. So I was lucky to have Isabel as our German teacher who is herself a long time student of Ammaji.

In fact our teacher was so motivated to spread this knowledge that despite all the other tasks and obligations that we carry out in our daily lives, we tried to be up to date. You could virtually feel the love with which Isabel fulfilled her task.

The course itself mainly consists of online videos that Ammaji had pre-recorded some time ago. Every week we would meet online with Isabel, ask our questions, do some reading and pronouncing practice and get additional information from her. After completing the course, I am very grateful for this knowledge and am very often delighted to be able to read and pronounce mantras and other texts written in Devanagari. Many thanks to Ammaji, Isabel and Purna Vidya.

>> Volker

>>>

The online Hybrid-Course for the Introduction to Sanskrit was a great experience for me. The videos with Ammaji were a pleasure to watch and the live group meetings with our german facillitator, Isabel, gave the opportunity to ask questions in my mother tounge. We were also very flexible with the study plan and decided together as a group how fast we go, which was great for me. I can recommend this course to anyone, who thinks about diving deeper into Sanskrit and looks for a flexible yet supportive study plan. It is great fun to be able to read texts in the Devanagari Scripture!

>> *Laura P. Kappes*

For me, the course was full of new insights and a wonderful group of people with whom the weekly sessions were a lot of fun. Learning Sanskrit is like learning yoga. As soon as you start to study it and go further and further along the path, the more clarity you gain for yourself and about this foreign language. It is fascinating how clear and unambiguous Sanskrit is, even if it was not always easy to learn. The moments when you started to be able to read and translate the scriptures were all the more beautiful. I am proud of myself that I went this way and that I have now come a little closer to the scriptures of yoga in their origin.

>> *Steffi*

It was really a great pleasure for me to walk this path together with this ambitious group. For me it was a wonderful opportunity to experience myself a little in the role of a teacher. The enthusiasm, seriousness and commitment of the students Steffi, Laura and Volker were impressive and made the accompaniment easy and pleasant. So I am looking forward to continuing with this group the 2nd module of this course: learning to recite Patañjali's Yogasūtras and along with it, getting familiar with most of the common sandhi rules in Sanskrit.

I thank Ammaji for encouraging and entrusting me with this task. With my great teacher Ammaji I was not only able to learn the basics of this ancient and fascinating language, but also got an insight into the way in which to convey this knowledge in a helpful way. Much love and thanks!

>> *Isabel*



GLTA Chanting Group 2021-23



Advitha G Rao



Anirruadh Anand



Kranti Mam



Atharv Khanna



Girik Niyogi



Khushi Sunil



Mukunda K



Sahana S



Kartik Sawhney



S. S. Taniska



Tanush Ram
Naidu

Purna Vidya Foundation, Pooluvampatti, Molapalayam, Coimbatore - 641101, India
www.purnavidya.org

Bhagavad Gita Chanting for kids

My name is **Advitha G. Rao** and I am 11 years old. I'm a student of the Bhagavad Gita chanting course for kids. The classes were really good. We were taught to pronounce the verses correctly. After learning a chapter, we would revise all of its verses. Our teacher focused not only on making us chant verses, but also kept the classes fun and amusing. We used to take quizzes on Ramayana, Mahabharata, and other topics, occasionally. Sometimes we would make two teams and compete against each other. A member of one team would recite a given sloka and the other team's members would point out the mistakes, and points were given by the teacher accordingly. We never used to feel as though learning.

Gita was a grown-up kind of thing, which it actually isn't. The classes were really nice. I enjoyed them. I'm very grateful to my teachers – Jayalakshmi Ji, Gayatri Ji and Kranti Ji.

Hari om. After learning Geeta i feel fulfilled. Thanks to Purna Vidya for providing such a great platform for learning. Special thanks to kranthi mam for filling us with great knowledge. I feel confident and full of joy. These are in memory forever and i will try to apply the learning from Geeta every day. Want to learn more scriptures and Vedanta from Purna Vidya. Thanks.

Atharv Khanna

>>>

Bhagavad Gita Chanting for kids

I am **Kartik Sawhney**, a 21 year old university student, studying in the UK. As an oldest student within this cohort I felt that I may feel out of place. However, the teachers at Purna Vidya made me feel really welcome and introduced me to the teachings and sounds of the Bhagavad Gita in a beautiful manner. I would like to sincerely thank all of my teachers for their patience and starting me on this great journey.

The most important understanding I gained from Lord Krishna's teaching to Arjuna was the fact that all wars that are in your life, exist first within your mind. Once you have been able to understand your mind along with the teachings of Lord Krishna, then you will be able to win on the actual battlefield.

Hari om

My name is **Taniska SS**

I has taken part in Gita chanting. It was a very wonderful moment . In past two years I have a great journey with this speechless epic the whole of Gita is about the conversation with lord Krishna and Arjuna . I have joined at 5th and now I am 7th . I am so exlaimed now I am completely finished the great epic.

Here I would like to share about my wonderful angel my teacher her name is Kranthi ji . Some times I have made the mistake she calmly teach me again. So I would miss this class very much. Thank you



From **S Sahana**

1. I feel a sense of enlightenment while chanting the Bagawath Gita
2. The whole learning experience from Purna Vidhya has been very helpful. I learnt how Sri Krishna is the one who guides Arjuna during the battle. Similarly, He can guide us in our daily struggles as well
3. I enjoyed the teaching methodology and the teaching platform. The Kahoot Quizzes were so interactive. Also, whenever our Mam gave us quizzes, we would always debate about how many marks we can give to the students. The whole learning process was involved and a lot of fun.
4. If I were to quote what was my biggest take away from the class and what I would like to practice going forward , then it will be "Honesty" and "Believing in Sri Krishna".
5. To Summarize, this was a great opportunity to learn about our Lord Sri Krishna's Gitamritam – the Bagawath Gita . I understood that Gita is about "Dharma in The face of adversity" and "How we should stick to the path of Righteousness."

Bhagavad Gita Chanting for kids

My Experience in Bhagavad Gita Class
 1: A few lines about Bhagavad Gita

- Bhagavad Gita is what Lord Krishna told to Arjuna about action, knowledge, etc. before the Kurukshetra war started.
- It tells us how to live a good life, do good things and follow good manners.
- It has 18 chapters in which each chapter contains 20-78 verses.
- It starts with Arjunavishadaya yoga and ends with Mokshasannyasayoga.

2: How my experiences were

- I felt like learning values in a different language which I never knew while chanting Gita.
- I learnt about the advice of Lord Krishna to mankind.
- I remember that I got first place during the second or third question in a Kahoot quiz and I stayed in first place till the end.

Anirudh. A
 IV std - 9 years
 Bhagavad Gita class

Anirudh A

Name- Khushi Sunil Date- 22/4/2023

Station

All I want to say about the Purana Vidya Brahm Gita classes are that they were amazing and I really enjoyed them. At the start of the Gita classes I was a little nervous while chanting the verses. I used to think that I will chant something wrong, but nowadays, I feel really confident while chanting the Bhagavad Gita. I've learnt a lot about the Mahabharata too in the Gita classes and that we should always follow Dharma. After finishing the eighteenth chapter, I received a note from Purana Vidya and the Mahabharata book lately. I've been feeling really happy about it. Our teacher, Kharthi ji even made learning Bhagavad fun by playing games and having contests about Bhagavad Gita. We even used to play a game called kahoot. I will really miss all my teachers, Gnyptri ji, Jayalalashmee ji and Kharthi ji and my friends.

Thank You!!

Khushi Sunil

Mukunda-11 My reflection on
Gita chanting class

Gita chanting class in the starting was a bit difficult as I was not used to the sanskrit slokas so it was a bit difficult to pronounce the Gita. But as the classes went by I became better and better. I still have a bit of a problem with the mahaprasang but I think I can get better if I practice more. The teachers were very kind as they were very patient with me whenever I made mistakes. Overall I think I am very lucky to learn the Geetha at the age of 11. And hope to learn more sanskrit slokas.

Mukunda

26/4/23 Purana Vidya Newsletter

While Chanting and practicing the verses, at the start, I felt that I could not chant the verses properly, but overtime with practice, now I'm feeling way better with pronunciation, not only in Gita chanting but also in my reading skills. One day in the class when there was a quiz going on one of my friends said the answer out loud which helped me a lot in the quiz. I think that understanding and learning the Gita is a gift from god to humans and a benefit for my mental health and also for my perspective of the god. Learning the Bhagavad Gita with puranasidya, I had a lot of fun with quizzes of Bhagavad Gita, Mahabharat and with recipes of all verses from each chapter. I will miss the Gita classes and my friends and I will try to practice the Bhagavad Gita everyday.

M. Tanush Ram Naidu
 11 years
 Gita Chanting

Tanush



Preston temple satsang

*Swamiji and Ammaji arrived in **Preston**, U.K. for their month long tour. They met the Hindu community and conducted an evening of Bhagavad Gita teachings in the beautiful temple of Gujarati Samaj.*





Purna Vidya Vedic Heritage courses



Purna Vidya Vedic Heritage courses have been busy during month of June 2023. Children and families of Purna Vidya were excited to receive Ammaji and Swamiji in UK during their UK and Europe tour. Ammaji's first Satsang was held in Preston. Ammaji and Swamiji were welcomed with sounds of dhol, flowers and fruit offerings. they also chanted slokas learned from the Puja Prayers book of Purna Vidya. Children and families gratefully received blessings from Ammaji and Swamiji at end of the Satsang.

Ammaji and Swamiji were also special guests at the Kuchipudi Rangapravesam (entering the stage) of Purna Vidya sevak's daughter in UK. Ammaji eloquently spoke about importance of art and culture especially for children growing up abroad. Audience were also impressed with her succinct analysis of the performance. Purna Vidya UK will report further updates on Ammaji and Swamiji visit to UK in next month newsletter.



In the online space, we commenced the course on Human development and Spiritual growth based on Part 10 of Purna Vidya book series. The 10-session online retreat based on Purna Vidya Holiday course completed in June 2023.

New heritage courses will commence in September 2023. Details will follow. In meantime, please express your interest in courses on our new website.
<https://purnavidya.org/vedicwisdom#online-program-sec>



Manchester Gita satsang

Ammaji conducted a Vedanta Satsang at
Manchester on 10th june





Kent Gita Seminars



Next was a week-long visit to Kent U.K. The community organised many Satsangs and Bhagavad Gita Talks which were attended by the Purna Vidya members with great enthusiasm. These sessions led to the starting up of more Gita study groups in Kent Hindu community.





Cardiff and Bristol Gita Satsang



Swamiji and Ammaji travelled further to **Wales** and **Bristol** where they were received with warmth and excitement. Satsangs followed with different gatherings where the profound messages of the Gita were taken to heart.



Bedford Gita Study group



Our loving Purna Vidya members in **Bedford** were eagerly awaiting to receive Swamiji and Ammaji. Informal Satsangs and formal teachings followed in homes and the Bedford temple. Each moment was memorable and highly cherished. The long awaited trip of our gurus has brought an overwhelming response from the members to plan annual Himalayan family retreats in India and U.K. for continued spiritual guidance.

Abhisheka-pujas



*Lord Vanalingesvara Shiva's special Abhisheka-puja for Ammaji's Naksatra birthday at **Purna Vidya Foundation, Coimbatore** and Lord Venugopalaswamy special Abhishekha-puja at Palakkad Ashram in Coolimuttam Village.*



International Yoga Day



International Yoga Day was observed by Purna Vidya's village kids in Tapasyalayam, Uttarkashi performing the Yoga and meditation. The festivity in the morning ended with a sumptuous meal and gifts which the kids happily took home.





The Bedford Hindu Temple and Community Trust warmly welcomed Swamiji and Ammaji to conduct Vedanta and Heritage Teachings to the devotees of the temple. The families felt deeply bonded and spent a memorable day with Purna Vidya Gurus. The program ended with the puja aarti being conducted by Swamiji and Ammaji.



Gurupadapuja



A truly memorable visit to the Bedford Hindu Community ended with an intimate evening of Gurupadapuja and Satsang with Swamiji and Ammaji. The community eagerly looks forward to beginning Scriptural studies with Purna Vidya's courses on the Gita and Heritage and nurturing their newly formed bond with the Vedic Tradition.



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

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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!

Every action has a seen and an unseen result which goes into one's karmic account and comes into fruitification when it is time. It could be the very second, next day, year or even in the next life! Karma yoga is the capacity to accept the results of our actions when they fructify. Does that mean we do not expect the best? Not at all! You expect the best and you work for it but what will be the end result, we will not know. Whatever is the result, we need to learn to accept it with grace! When we cultivate the attitude of, I am just an instrument through which things gets done, the ownership mentality will melt away. May Isvara's grace always shine upon us as we continue with the work we have embarked in!

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

*“While doing
see yourself as
the non-doer.*

*In action, see
the non-action.*

*Doing happens
through you.*

*You are not
a doer!”
(Ammaji)*

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