



02/25

## NEWSLETTER

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## AMMAJI'S MESSAGE

*Dear Readers,*

The Lord, as revealed by scriptures, is non-separate from the creation. As the whole creation is looked upon as a manifestation of the Lord, every form in the creation is His form. To recognise this, it becomes necessary to have the awareness of the sacred in a given form. For this purpose, one invokes the Lord in an idol.

For generations, the Lord has been worshipped in certain forms and those forms have been handed down in the tradition, which is a great blessing. When one sees Lord Ganesha, one recognises the form as the Lord, not as a strange creature with an odd head and a big belly.





This is what is known as tradition. One should understand this as a treasure. Through this tradition, one is fortunate to have inherited this particular legacy of forms, without any effort on one's part. The idol invokes in everyone the devotee within and that is a great heritage. When a person worships, he is not worshipping an idol. Everybody worships the Lord. The sculptors who make the idol do not look upon the idol as a stone or marble, once the Lord is invoked in it.

The depth of attitude behind a symbol is experienced very well in our daily life. For instance, when one stands before the picture of one's departed parents, what is in front is just a photograph. When a person places a flower there, his offering is not to the piece of paper, but it's a mark of respect to his / her parents. Without such forms of expressions of respect, of friendship, of love, life will be void.

One may ask, 'why do people worship the Lord?' One cannot ask 'why do people worship the idols?' Because one never worships idols. One worships the Lord as it brings about purity of mind, which is needed to understand that the Lord is everywhere. For this purpose, a person seeks the Lord's grace by worship, which is an action, an act of devotion.

Until one knows that the Lord is Omnipresent, one has to keep one's ego under check. In fact the Lord being everything, this ego is annihilated by worshipping the Lord. Expressions of worship such as placing a flower at the feet of the Lord while glorifying him, keeps one's ego under check. A symbol, such as an idol, plays an important role in this form of worship. May we remember to bring forth this attitude during Maha Shivaratri prayers and worship rituals.



Love and Blessings,

*Ammaji*



# लिङ्गाष्टकम्

{Part 12}

In this concluding eighth verse of the Lingāṣṭakam, we see a beautiful description of the pūjā performed by the higher powers in the higher worlds.

सुरगुरु-सुरवर-पूजितलिङ्गं सुरवन-पुष्प-सदार्चितलिङ्गम् ।  
परात्परं परमात्मकलिङ्गं तत् प्रणमामि सदाशिवलिङ्गम् ॥८॥

**suraguru-suravara-pūjitaliṅgaṃ  
suravana-puṣpasadārcitaliṅgaṃ  
parātparam paramātmakaliṅgaṃ tat  
praṇamāmi sadāśivaliṅgaṃ (8)**

As human beings, we perform our pūjā with local flowers and fragrances and offer our devotion to the divine. But what happens in the higher worlds? Who performs the pūjā, what flowers do they use?

Flowers from the celestial gardens – suravanasya puṣpāṇi, are offered in the pūjā. The cosmic form is sadārcitam, meaning eternally worshipped by offering these celestial flowers. The celestial flowers and the celestial fragrances are offered to the cosmic being by suraguru-suravara. The guru of the higher powers is suraguru. The higher powers have an advisor, and that guru is called Bṛhaspati. He is the Lord of all the higher powers that align with the Universe. Here, the poet refers to the suraguru not only as the advisor to the divinities but also as suravara, the host of the celestial beings. These divine beings also offer their pūjā to the lingam. (There are also powers that do not align, the asuras. These powers also have their guru called Śukrācārya.)



As I mentioned, in the higher worlds, the offerings of the higher powers are in alignment with the law of the Universe, to the lawgiver, the moral order, the justice, and the rhythm of the Universe. The whole Universe is moving in its own rhythm. There is constant movement and energy being generated every second, every moment. This movement is precisely what we call the cosmic dance of Lord Śiva. This cosmic being, in this cosmic dance, is represented as Lord Naṭarāja. He is the cosmic being who performs the cosmic dance.

### **Cosmic dance – the five-fold manifestation of eternal energy**

It is the **ānanda-tāṇḍava**, the rhythm of the Universe that symbolizes the cosmic cycles. The cosmic cycle is described differently in various models of philosophy, but here it is explained through the five-fold manifestation of the eternal energy.

These manifestations are seen in the form of creation, sustenance, dissolution, illusion and grace.

Creation, as we are all aware is nothing but a manifestation of divine energy, so is sustenance and dissolution of what was created.

**Tirobhāva** is a powerful energy in the world which refers to the energy of illusions. Tirobhāva means illusion, where the truth of the divine remains evasive. We get caught in thinking that matter is the final truth when it is not. This illusion is what makes us see the unreal as real, the non-metaphysical as the experiential truth. For instance, the illusion of 'not enough' is a big one humanity faces. Another illusion is the separation from the infinite being. We worry about outcomes in life — what will happen with the pandemic, my job, my family, my health? This constant worrying about outcomes rather than living in the present is another illusion. The more we live in the present, the more we are grounded, centered, and able to handle any outcome. Every day is the outcome of yesterday, and our birth is the outcome of a past life. What are we truly worried about in this life's outcome! This is the illusion, the energy of illusion. How do we get out of these illusions?

**Anugraha** or grace is the fifth energy with which we can overcome illusion. We can escape these illusions when we invoke grace through our prayers, dharma, maturity, humility, and gratitude. When we engage with the world with the right attitudes, we invite grace, which clears our head and allows us to see things for what they are.

Thus, the eternal cosmic dance of the divine manifests in these five energies – **śṛṣṭi, sthithi, laya, tirobhāva**, and **anugraha**. This cosmic dance of Lord Śiva is symbolized in the form of Lord Naṭarāja. The paradox is revealed in his image – holding the drum, which describes the sound of creation, and the fire, symbolizing destruction, he sustains energy. At his feet, he blesses with anugraha. The paradox is that, while Naṭarāja stands still, his hair moves as if in motion. This is the paradox — the eternal movement and the inner tranquility. The key is in uniting inner stillness with outer activity. The cosmic dance symbolizes this unity of inner tranquility and outer movement.

#### **The five-step journey of bhakti, devotion**

So, how can we contribute to this cosmic rhythm? The divinities offer their pūjā by aligning with the cosmic order, and we too must learn to align. The sun, moon, fire, ocean, and earth all do their part. To make our offering, we must learn to unite our inner tranquility with our external actions. Whatever happens outside, we remain in our calm inner space. This is what the cosmic dance represents. The cosmic being, while creation moves and subatomic particles are always in motion, is omniscient in its stillness. Our offering is made by growing in bhakti, in devotion to the divine. This devotion is dynamic and grows through a five-step journey described in the Bhagavad Gītā, Chapter 12.

The first step is to learn to gracefully accept the results of our actions. Whatever result comes, we accept it with grace, understanding that the laws of karma are fair and not partial.





The second step is moving from desire-based actions to duty-based actions, fulfilling our roles with responsibility. The third step is prayer and contemplation, where we connect with the divine internally. The fourth step is to see the divine in all things, relating to the world with reverence. The fifth step is realizing the essence of the divine and transcending names and forms, uniting with the non-physical, infinite consciousness.

This fifth step is where we offer our ego. In the first two steps, we offer our activities; in the third and fourth, we offer our mental space. The fifth step is the offering of the ego at the feet of the divine, completing the journey of the devotee in merging with the divine. This journey awakens us to the infinite and to the cosmic being represented by the liṅgam. Unto that cosmic being, my salutation – tat praṇamāmi sadāśivaliṅgam.

लिङ्गाष्टकमिदं पुण्यं यः पठेत् शिवसन्निधौ ।  
शिवलोकमवाप्नोति शिवेन सह मोदते ॥  
*liṅgāṣṭakamidaṃ puṇyaṃ yaḥ paṭhet*  
*śivasannidhau*  
*śivalokam-avāpnōti śivena saha*  
*modate*

In conclusion, it is said, liṅgāṣṭakam idam puṇyam – whoever recites this sacred set of eight verses at the altar of Lord Śiva, whether physical or mental, will attain śivaloka, the world of inner tranquility and peace. Once you awaken to this peace, you will never lose it again. You will rejoice in that space of divinity within you. The one who recites these verses grows in devotion, to the highest level as a devotee. This growth happens by crossing the five steps in the journey of the relationship with the cosmic being. In simple terms, living in gratitude, living in alignment with cosmic justice, and living in reverence. These two attitudes — gratitude and reverence, align us with cosmic dharma. If humanity lived with gratitude and reverence, much violence would be eliminated, and respect for life would return. Peace would prevail in all beings, not just humans. This is the essence of dharma.



# Yin Yoga



## Yin Yoga – the Dragon Archetype

### Yin Yoga version of Añjaneyāsana (अञ्जनेयासन)

*In recent newsletters on Yin Yoga, we introduced it as a particularly slow and static form of Hatha Yoga, rooted in both Taoist yoga principles and the Hatha Yoga tradition. We explored why Yin Yoga works with archetypes: Paul Grilley's functional approach identifies seven archetypal poses, each targeting specific areas of the body and serving unique purposes. These archetypes include forward bends, backbends, twists, and poses focusing on the hip rotators, hip flexors, hip adductors, and the shoulders/ chest area. I have added two archetypes as an addition to Paul Grilley's seven archetypes in my training manuals. After the complete Yin Yoga series in this newsletter, you will have an overview of all 7+2 archetypes. After presenting the first seven archetypes (forward bends, backbends, side bends, twists, hip rotator stretches, adductor stretches and poses for the shoulders-chest area ), it's time to explore the next archetype: the Dragon Archetype in Yin Yoga, with three variations presented here today.*

#### DRAGON ARCHETYPE:

The Dragon archetype is characterized by poses that involve the front knee bent and the back leg stretched out behind. These poses are typically used to stretch the hips, knees, legs, ankles and lumbar spine and are often used to help improve flexibility and relaxation in these areas.

#### Before we begin with the poses, let's revisit the concept of the rebound:

The rebound in Yin Yoga is a vital pause that allows the body to absorb the effects of the pose. It helps release residual tension, supports the flow of energy, and creates a space for stillness and awareness. This moment enhances the meditative aspect of the practice, giving you the opportunity to observe and connect with the subtle changes in your body and mind.

#### 1. (Baby) Dragon - Yin Yoga version of Low Lunge Pose or "Añjaneyāsana" (अञ्जनेयासन)

It is named after Añjaneya (अञ्जनेय), another name for Lord Hanuman, as he is the son of Anjana. Target area of the pose (this is where you will possibly feel a stretch): Hip flexors, quads, rectus abdominis. In some versions: spine, back, hamstrings, IT-band, adductors.

#### How to enter the pose:

To enter **(Baby) Dragon Pose** mindfully, begin in a tabletop position with a blanket underneath both knees and a yoga bolster in front on your knees (not shown on foto). Put one or two blocks in front, then step one foot forward between your hands, ensuring your knee is more or less aligned over your ankle (Baby dragon). Slowly slide your back knee further behind you, allowing your hips to sink toward the mat or the bolster while keeping your front foot grounded. Stay present with your breath, exhaling relaxing your shoulders and soften into the pose without forcing, letting gravity guide the stretch, gradually releasing tension in the front of the hips and groin area.

Adjust as needed to find a position of ease, either with some micro-movements, or in physical stillness. Hold for 2–5 minutes, observing sensations with awareness and maintaining a gentle, meditative focus. If you are experiencing any discomfort or strain, please exit the pose before time is up, prioritising your comfort and well-being. Let your breath guide you as your body settles in.

## 2. Winged Dragon Pose

Alternatively, you can allow the front knee to "wing" out to the side. This variation, called **Winged Dragon**, adds a stretch to the adductors along the inner line of the front leg, as well as a possible glute stretch in the same leg. In Winged Dragon, you can either come onto the outside edge of your front foot or point your toes in the same direction as your knee. You can also combine both variations for a deeper stretch (see photo).



## 3. Dragon flying low Pose

As a third alternative, you can lower your upper body. This variation, called **Dragon Flying Low**, adds a stretch to the back as well as to the hamstrings of the front leg. In Dragon Flying Low, you can either bring your forearms down to the floor (see photo) or rest them on blocks for a less intense stretch. You could even combine these three dragon variations into a short Yin Yoga dragon sequence, practicing all three first on one side, then on the other side.

### How to leave the pose:

To exit **Dragon Pose**, slowly press into your hands to gently stabilize your core. Walk the back foot forward, and gently shift your hips back. Step your front foot back, returning to Tabletop. Or push yourself into a Downward-Facing Dog. Take a few deep breaths to release any remaining tension before switching sides. Move mindfully, honoring your body's sensations as you transition.

After the second side of **Dragon Pose**, find a rebound position. Either laying down on your back, or sit your hips back onto your heels to move into Child's Pose, resting your forehead on the mat and arms forward or beside your body. If you prefer you can also sit with your spine straight, either on your heels or cross-legged. Move slowly and mindfully to avoid strain. Rest in either of these three poses in stillness for one to two minutes, noticing the rebound effect in the areas that were stretched, such as the groins and hip regions. Observe sensations like spaciousness, warmth, or permeability, this is a key aspect of Yin Yoga's "rebound" practice.





#### Effects of the pose:

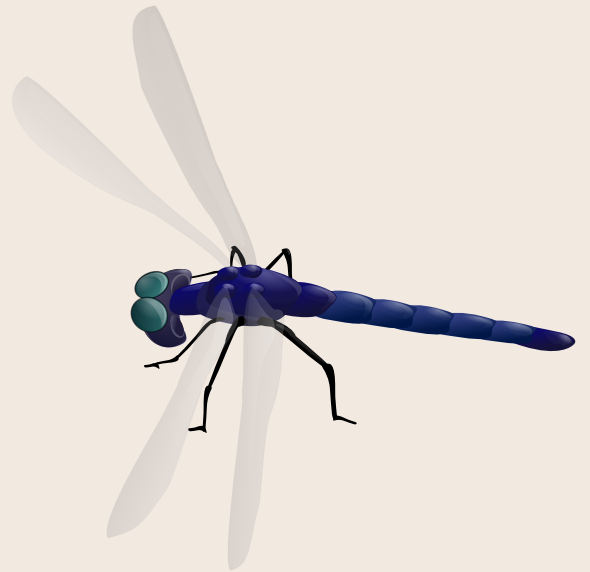
- ✓ Deep stretch of the thighs, groin and hip flexors of the back leg.
- ✓ There are many dragon variations that can reach all segments of the leg.
- ✓ There are also different variations for the spine: forward bend, backbend, sidebend and twists are possible.

#### Contraindications to the pose:

✗ Blankets under the back knee / the dorsal (foot) can alleviate uncomfortable pressure towards the floor, but at the same time can increase the stretch!

✗ If the kneecap presses uncomfortably into the knee joint of the back leg, a U-shaped blanket around the knee can be very helpful, lifting the actual kneecap a bit of the floor and releasing pressure in the joint

✗ Some experience uncomfortable compression in the groin / inguinal ligament region or directly in the hip joint: try to put your arms on the inside of the legs (versus outside), and maybe buffer the intensity of the pose with a bolster in front of the back leg



***Please always consult with your doctor and/or therapist before practicing any yoga pose, making sure the practice is adequate for you.***

• Text & model: Helga Baumgartner

• Fotocredits: Ankit Sharma,  
Yogaphotography Rishikesh

• Support: Isabel, Kerstin, Judit, Alexandra,  
Gela, Birgit und Nina





## Ongoing Weekend Sessions in Mar 2025 with Ammaji



### Every Saturday

Morning

#### The Power of Prayers Series

#### Sri-daksinamurti-Srotram

New Course

Starting Date : 08th Mar' 25

Every Saturday at 12 Noon IST (1 hour session)

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



### 2nd Saturday Sessions

Evening

#### Vedic Heritage Teacher Training

2nd Saturday, 08th Mar, 2025, 5:00 to 6:00 p.m. IST

Join with Zoom Meeting ID: 853 5665 2364 | Passcode : purnavidya



### 3rd Saturday Sessions

Evening

#### Bhagavad Gita Satsang with Ammaji

3rd Saturday, 15th Mar, 2025, 5:00 to 6:30 p.m. IST

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



### Sunday

#### Prasnopanishad

Morning

Starting Date : 1st Dec' 24

Every Sunday at 12 Noon IST (1 hour session)

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



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# 10 ONGOING WEEKEND SESSIONS

## The Power of Prayers Series Sri-daksinamurti-Srotram

-A Hymn on Lord Shiva

STARTING DATE: 08 MARCH, 2025

EVERY SATURDAY, 12 NOON IST

TOTAL 19 SESSIONS



ARE YOU A SEEKER, A DEVOTEE DESIRING  
TO CONNECT WITH THE DIVINE?

IF YES, THEN

JOIN US ON ZOOM LINK

MEETING ID: 849 4938 5815; PASSCODE: PURNAVIDYA

[HTTPS://BIT.LY/3BXW3PH](https://bit.ly/3BXW3PH)

- by Swamini Pramananda (Ammaji)

For further information on books, donations for course, please follow the link below:

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# PRAŚNOPANISAD

- BY SWAMINI PRAMANANDA (AMMAJI)

Starting on : Dec 1st, 2024  
Every Sunday, 12 noon - 1:00 p.m. IST

Join Zoom link with:

Meeting ID: 815 8491 1952; Passcode: 123456

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



Swamini Pramananda is a well known international Vedanta Teacher and a Sanskrit Scholar. She has been sharing the Vedantic Wisdom in her simple eloquent teachings for over forty years.

For further information on books, donations for course, please follow the link below:

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Link for Program registration: <https://purnavidya.org/vedicwisdom>

Link for books purchase: <https://purnavidya.org/shop>

Link for charity contribution : <https://purnavidya.org/education#education>

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# 12 PROGRAM CALENDAR 2025

   <b>Program Calendar 2025</b>			
	<b>Vedanta &amp; Samskrta</b>	<b>Vedic Heritage</b>	<b>Yoga</b>
<b>Jan</b>	4 - 5 : Vedanta Retreat 10 - 12 : Gita Retreat (Tamil) 18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)	5 : Vedic Heritage Program for Children (Launch of 6 Course) 6 - 7 : Sukanya - Camp for Young Women 11 : Vedic Heritage Satsang (Online) 11 - 12 : Vedic Heritage TTC (Online) 20 - 21 : Sushreshtha - Camp for Elderly 25 : Vedic Heritage TTC (Parts 1-6) 27 -28 : Subala - Camp for School Kids	17, 24, 31 : Mantra Workshops (Online)  31 Jan. - 2 Feb. : Yoga - Vedanta Retreat
<b>Feb</b>	15 : Gita Satsang (Online) 22 - 27 : MahaSivaratri Retreat (Tamil) 26 : MahaSivaratri Event 1, 8, 15, 22 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)	1 : Vedic Heritage TTC (Parts 7-12) School & Communities 5 - 6 : Sushreshtha - Camp for Elderly 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sukanya - Camp for Young women 13 - 14 : Subala - Camp for School Kids	8 - 14 : Yoga - Vedanta Retreat
<b>Mar</b>	15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23, 30 : Vedanta studies (Online)	6 - 7 : Subala - Camp for School Kids 8 : Vedic Heritage Satsang (Online) 15 - 16 : Sukarma - Corporate Retreat	
<b>For Registration, Jan., Feb. and Mar. Programs</b> <b>For more Information, Contact Us at :</b>  +91 95972 15559  +91 95975 46669  programs@purnavidya.org <b>Registration Link :</b> <a href="https://shorturl.at/rw2rf">https://shorturl.at/rw2rf</a>			


   <b>Program Calendar 2025</b>			
	<b>Vedanta &amp; Samskrta</b>	<b>Vedic Heritage</b>	<b>Yoga</b>
<b>April</b>	10 -15 : Upanisad Retreat (Tamil) 19 : Gita Satsang (Online) 26 Apr. - 6 May : Vedanta Retreat 5, 12, 19, 26 : Power of Prayers(Online) 6, 13, 20, 27 : Vedanta studies (Online)	12 : Vedic Heritage Satsang (Online)	
<b>May</b>	17 : Gita Satsang (Online) 3, 10, 17, 24, 31 : Power of Prayers (Online) 4, 11, 18, 25 : Vedanta studies (Online)	10 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Online) 24 : Vedic Heritage Teacher Training (Part 1-6) School & Communities 31 : Vedic Heritage Teacher Training (Part 7-12) School & Communities	1 - 18 : Sri Vidya Upasana Course (Tamil)
<b>June</b>	1 - 8 : Ganga Dasahara Retreat 5 : Ganga Dasahara Event 21 : Gita Satsang (Online) 7, 14, 21, 28 : Power of Prayers (Online) 8, 15, 22, 29 : Vedanta studies (Online)	7 - 8 : Sukarma - Corporate Retreat 14 : Vedic Heritage Satsang (Online) 14 - 15 : Vedic Heritage Teacher Training (Online) 19 - 20 : Subala - Camp for School Kids 21 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 28 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	21 : International Yoga Day 24 - 29 : Yin Yoga Teacher Training (Online)
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# Program Calendar 2025




	Vedanta & Samskrtaṃ	Vedic Heritage	Yoga
July	9 July - 9 Aug. : Vedanta Course 10 : GuruPurnima Event 19 : Gita Satsang (Online) 5, 12, 19, 26 : Power of Prayers (Online) 6, 13, 20, 27 : Vedanta studies (Online)	5 : Vedic Heritage Teacher Training 12 : Vedic Heritage Satsang (Online)	
Aug	16 : Gita Satsang (Online) 2, 9, 16, 23, 30 : Power of Prayers (Online) 3, 10, 17, 24, 31 : Vedanta studies (Online)	9 : Vedic Heritage Satsang (Online) 20 - 21 : Subala - Camp for School Kids 23 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 30 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	
Sep	20 : Gita Satsang (Online) 22 Sep - 3 Oct.: Navaratri Retreat 6, 13, 20, 27 : Power of Prayers (Online) 7, 14, 21, 28 : Vedanta studies (Online)	6 - 7 : Sukarma Retreat 11 - 12 : Subala - Camp for School Kids 13 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 13 : Vedic Heritage Satsang (Online) 20 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities	

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<div> </div> <div>Program Calendar 2025</div>				
<div> </div> <div> </div>		<b>Vedanta &amp; Samskrtaṃ</b>	<b>Vedic Heritage</b>	<b>Yoga</b>
	Oct	18 : Gita Satsang (Online) 4, 11, 18, 25 : Power of Prayers (Online) 5, 12, 19, 26 : Vedanta studies (Online)	4 : Vedic Heritage Teacher Training (Part 1 - 6) School & Communities 8 - 9 : Subala - Camp for School Kids 11 : Vedic Heritage Satsang (Online) 11 : Vedic Heritage Teacher Training (Part 7 - 12) School & Communities 23 - 24 : Sukanya - Camp for Young women 28 - 29 : Sushreshtha - Camp for Elderly	
	Nov	15 : Gita Satsang (Online) 1, 8, 15, 22, 29 : Power of Prayers (Online) 2, 9, 16, 23 : Vedanta studies (Online)	1 : Vedic Heritage Orientation 3 - 4 : Sukanya - Camp for Young women 6 - 7 : Subala Camp for School Kids 8 : Vedic Heritage Satsang (Online) 10 - 11 : Sushreshtha - Camp for Elderly	20 Nov - 5 Dec :Yin Yoga Teacher Training
	Dec	20 : Gita Satsang (Online) 26 - 28 : Vedanta Retreat (Tamil) 28 : Gita Jayanti Event 6, 13, 20 : Power of Prayers (Online) 7, 14, 21 : Vedanta studies (Online)	6 - 7 : Vedic Heritage Teacher Training (Online) 8 - 9 : Sukanya - Camp for Young women 11 - 12 : Subala Camp for School Kids 13 : Vedic Heritage Satsang (Online) 15 - 16 : Sushreshtha - Camp for Elderly 20 - 21 : Sukarma - Corporate Retreat	
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# 14 UPCOMING 2025 RETREAT/COURSES



## Upcoming Retreat / Courses Mar to Apr, 2025



### Upanisad Retreat (Tamil)

Apr 10 to 15, 2025

### Vedanta Retreat

Apr 26 to May 06, 2025

### Subala - Camp for School Kids

Mar 06 - 07, 2025

### Sukumara - Camp for Young men

Mar 15 -16, 2025

To register for the programs, please visit: <https://purnavidya.org/upcomingevents>  
(Select upcoming programs registration)

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# UPCOMING 2025 RETREAT 15



## Ganga Dasahara Celebration

June 5th, 2025

Our scriptures are rich with hymns extolling the upliftment of all humanity through charitable giving (daana) and selfless service (seva), not only for the betterment of the lives of those suffering, but also for the giver's own spiritual growth. Lakhs of people visit the Ganga belt each year, to pay their tributes to the only ancient living civilization and experience the Deva Bhumi.

As we celebrate Ganga Dasahara on June 5th, 2025, please join us in supporting the outreach activities in the Ganga Valley.

Join Us in Offering to our Sacred MaGanga

Annadanam (for three meals/day)	Rs.16,001/-
Annadanam (For one meal /day)	Rs.7,501/-
Evening refreshments for tuition kids	Rs. 4,001/-
Dipa-danam – Sacred Lamp Offering	Rs.3,001/-
Balika Vidya Danam (Educate a girl child)	Rs.15,000/-

For Puja Offering and Donations:

### Option 1:

Contribute for Dipa-Danam offerings: <https://purnavidya.org/ashram#PVE>

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### Option 2:

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Annadanam (for three meals/day) : Rs. 16,001/-



Annadanam (For one meal /day): Rs. 7,501/-



Evening refreshments for tuition kids: Rs. 4,001/-



Balika Vidya Danam (Educate a girl child): Rs. 15,000/-



# 16 UPCOMING 2025 RETREAT



## Ganga Dasahara Retreat

**Tapasyalayam, Uttarkashi, Himalayas June 1-8, 2025**  
**(Arrival - 1st June ; Departure 8th June)**

Ganga Dasahara is a festival that celebrates the descent of the River Ganga on Earth. At Tapasyalayam on the bank of the sacred Bhagirathi-Ganga, each year Purna Vidya celebrates this festival with a Spiritual Retreat for Seekers.

**Join Us and Register Now.**

**The daily Program Schedule Includes**

- Talks on 'Ganga Stotram - Hymns to MaGanga'
- Meditation
- Yoga
- Chanting
- Satsangs on MaGanga & Himalayas
- Village Treks

*\*Also includes a day trip to Gangotri*

Click here to Register -> <https://purnavidya.org/vedicwisdom>

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# UPCOMING 2025 VEDANTA COURSE 17



Purna Vidya foundation invites  
Spiritual Seekers to

Upcoming  
Course in  
2025

## VEDANTA COURSE

One month Residential course






July 9th to Aug 9th, 2025

Join us on a transformative one-month retreat, where we explore the timeless wisdom of the Bhagavad Gītā with personalized, experiential guidance from an acharya with over 40 years of experience

**TO KNOW MORE**

<https://purnavidya.org/vedicwisdom>

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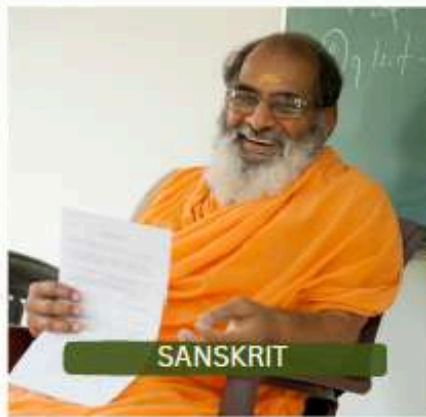
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# 18 UPCOMING 2025 VEDANTA COURSE



Join us for an immersive one-month course which offers an unique opportunity to explore the timeless wisdom of the Gītā by providing practical insights and relatable solutions to modern life. In addition, a talk series on "Spiritual Heritage of India", as well as Yoga, Meditations, Sanskrit, Vedic Chanting and Satsangs are included.



This Course is open to all seekers—whether you're new to the teachings of Vedanta or looking to deepen your understanding. Reserve your seats for this transformative experience

[REGISTER HERE](#)

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## Join 'Thought for the Day' series

How about gifting yourself peace and vedantic learning daily amidst the "busyness" of the world? Sign Up!!

**Namaste all!**

Hope you are enjoying the daily video snippets that are being on hosted <https://www.youtube.com/@PurnaVidya/videos> and gifting yourself time for you finding inner balance and peace amidst the hustle and bustle of today's world,.

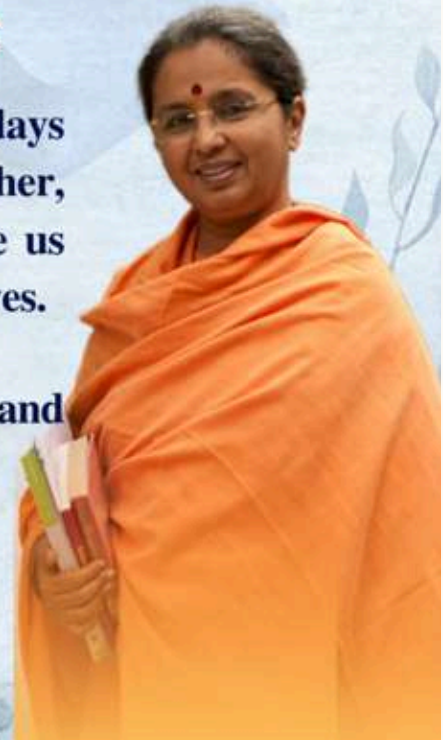
We have initiated "Thought for the Day" series. Your input matters!! You can subscribe for your preferences to receive snippets in form of Ammaji's quotes, short videos and insightful information by visiting the below link.

<https://purnavidya.org/poll-response-handler>

You will receive the snippets on prescribed days via Whatsapp only for signed users. Together, let's explore how timeless wisdom can guide us towards greater peace and harmony in our lives.

Embark on a journey of enlightenment and inspiration with us!

Warm regards,  
Suresh Ramamurthi  
Trustee



**more informations: [purnavidya.org/upcomingevents](https://purnavidya.org/upcomingevents)  
or mail us: [info@purnavidya.org](mailto:info@purnavidya.org)**





# MAHA SHIVARATRI







Purna Vidya Coimbatore celebrated Mahashivaratri in a traditional and spiritually enriching manner. The evening began with the sacred Abhishekam to Vanalingeshwar, followed by the chanting of the Rudram in multiple cycles. This was followed by the devotional recitation of the Bilvashtakam shloka, invoking Lord Shiva's blessings. A thought-provoking satsang by Arulji shed light on the deeper significance of Mahashivaratri and the science behind its observance, offering devotees a profound understanding of the occasion.

The satsang was followed by a beautiful Aarti, and a sumptuous dinner was served to the many devotees who gathered to partake in the celebrations. After the dinner, the atmosphere was charged with devotion as the chanting of the Panchakshara slokam and MahaMrityunjaya mantra continued for three hours. The night concluded with a final Aarti, bringing the entire celebration to a soulful and uplifting close.

The combination of sacred rituals, insightful teachings, and collective devotion made this Mahashivaratri a truly memorable and transformative experience for all.











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*The most powerful event of one's life - the Mahakumbha 2025! Humanity's faith and devotion to Mother Ganga in offering itself for self purification and liberation reached its culmination on Mahashivaratri day. Millions took the sacred dip at the Sangam, offered their prayers and faith, and shared unconditional love with one and all. It was Sanatana Dharma's great power of unity experienced in its diverse hundreds of spiritual lineages, holding together mutual respect and timeless wisdom of sacred Bharat!*









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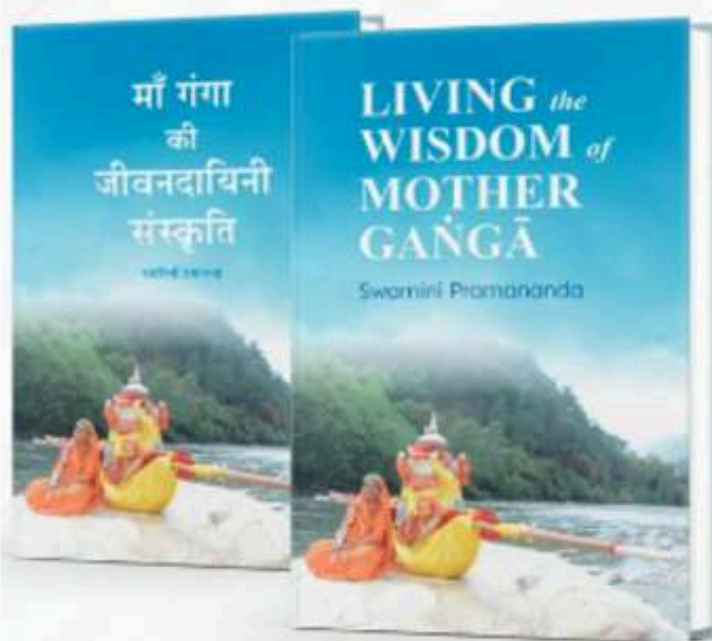
SCAN ME

Grab your copy of Ammaji's new book  
released on Mar 28, 2024

# LIVING THE WISDOM OF MOTHER GANGA

Available in Hindi as

**MA GANGA KI JIVANDAYINI SANSKRITI**



Ammaji describes in her book on how Maa Ganga is a boon companion to every seeker. This book is a source of solace and enlightenment for generations to come. Dive into its pages and discover the profound wisdom and spiritual nourishment waiting to be uncovered.

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# 26 PURNA VIDYA VEDIC HERITAGE COURSES FOR THE YOUNGER GENERATION: 2025

Purna Vidya Vedic Heritage Teaching Program for Young generation

Students, teachers and families of Purna Vidya program participated in the monthly Satsang on **9 February 2025** on topic of MahaShivaratri. We listened to Ammaji's talk on Lord Shiva, who is 'Ashutosh': one who is easy to please. We heard some of legends on this day like Lord Shiva drinking the poison during Samudra manthan, taking form of infinite light and hunter offering prayers with Bilva leaves all through the night on the Linga.

Ammaji highlighted importance of this night noting how many would seek to be blessed to path of sanyasa on this date. All can just offer simple prayer of chanting the pancakshari Om Na Ma Shi Va Ya through the day and night on Mahashivaratri.

We then heard introduction to concept of prayers, that include why, how we do prayers to set context of future Satsang's on steps puja Vidhanam.

As part of Mahashivatri celebrations, children will continue to learn slokas on Shiva, stories and fun activities on it. Attached is wordsearch on Names of Lord Shiva for children to solve

## Word Search Puzzle

```

D A N N A S A N U A R V S R L
A A S A R H B S A H V C A N T
M R A A A S H U T O S H A A D
K A A L B A V E D A H A M S R
A W R A M A U R B H N S N O M
L H A A A U A N U A R H S M A
A S H L G A N A S D U J S A V
B E D S I O A A A H R U J S N
H V A H D K A V D A A A H U A
A H G A B S N A A R R T N N A
I S N N A T N A K A L I N D V
R I A K N C N N T A A L N A A
A V G A S A N A H C O L I R T
V R T R T L N V V A G M G A A
A G V A E H O T A K K R A T T
  
```

Aashutosh	Nataraja	Somasundara	Digambara
Gangadhara	Mahadeva	Nilakanta	Rudra
Trilochana	Vishveshwara	Kalabhairava	Shankara

## Solution

```

D A N N A S A N U A R V S R L
A A S A R H B S A H V C A N T
M R A A A S H U T O S H A A D
K A A L B A V E D A H A M S R
A W R A M A U R B H N S N O M
L H A A A U A N U A R H S M A
A S H L G A N A S D U J S A V
B E D S I O A A A H R U J S N
H V A H D K A V D A A A H U A
A H G A B S N A A R R T N N A
I S N N A T N A K A L I N D V
R I A K N C N N T A A L N A A
A V G A S A N A H C O L I R T
V R T R T L N V V A G M G A A
A G V A E H O T A K K R A T T
  
```





*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!***

Swaminī Pramānandā (Ammaji)

# 28 MESSAGE FROM EDITORIAL-TEAM

## Namaste Dear Friends!

One does not even need a stone for worship. Even in a lump of turmeric powder, one can invoke Lord Ganesha before beginning a puja. In a bucket of water, one can invoke all the deities of holy river everyday and bathe in the Ganga, Yamuna and so on - one need not go to these sacred rivers. All that is required is the right attitude.

On Maha Shivaratri, Lord Shiva is worshipped in the form of a Lingam. One may observe their worship to the Lingam by offering sacred waters, sandlepaste, flowers, and spend one's day in chanting the pancaksari mantra and meditation.

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)

