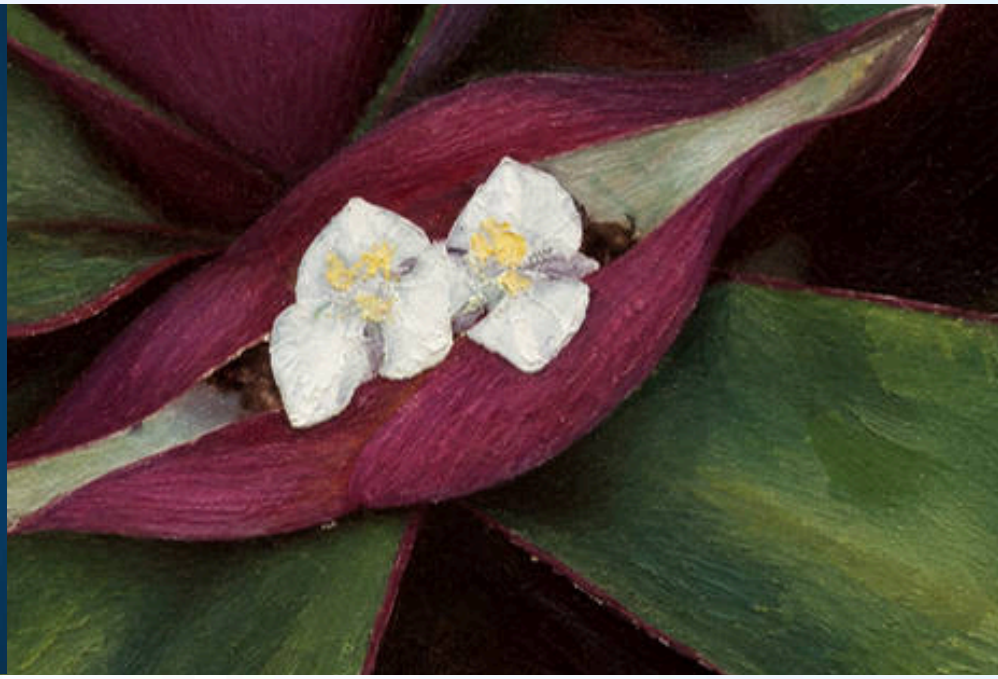
October 2026 | Issue 1

The Purnam Newsletter

A *New Light* for the Journey

> *Life must blossom like a flower offering itself to the Divine.*
>
> ***The Mother***



Glimpse of what's inside

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Pause at the Depths

READ . REFLECT . JOURNAL

The Courage of Radha: Can a Sensitive Heart Also Be Strong?

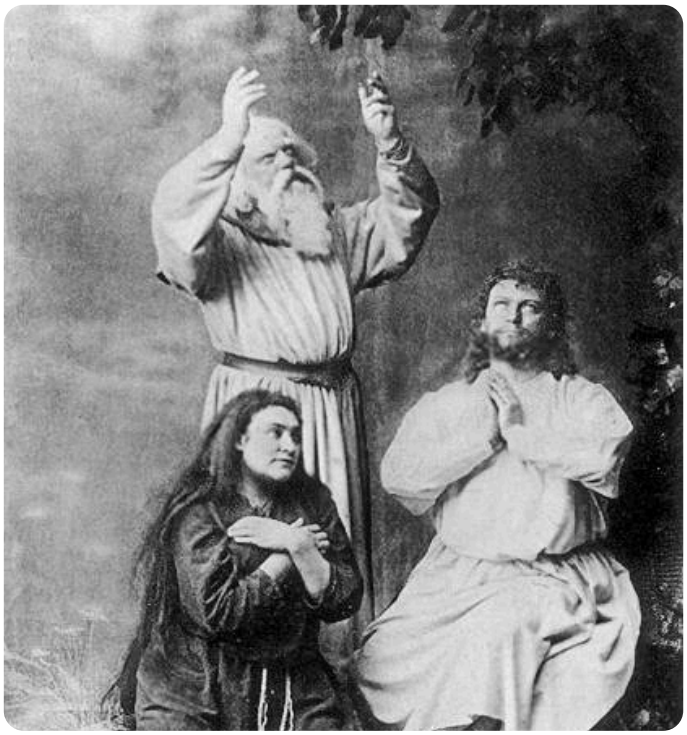
Adapted from Divyanshi Chugh's talk at NAMAH

We often imagine sensitivity and courage at opposite ends of a spectrum. The sensitive heart is seen as tender and vulnerable, the courageous one as firm, fearless and battle-ready. Yet the consciousness of Radha reveals another possibility: true sensitivity is not weakness. Divine Love is soft, but immensely strong in its action. Transcending from Either/ Or.

Radha represents the soul's complete consecration to the Divine. A love that gives itself wholly, without demand or possession. But such a delicate and powerful consciousness cannot be sustained by an unprepared nature. Before we can welcome Radha, the inner warrior must awaken: not to harden the heart, but to protect its purity; not to wage war upon others, but to conquer our own fear, falsehood and weakness.

The Mother described this ideal instrument as "a kind of Super Parsifal" Born into a warrior lineage but raised in the innocence of nature, Parsifal grows up with a heart of gold. When he later becomes a knight, he learns discipline and stoicism. Yet, when he encounters the suffering Grail King, his training prevents him from voicing the spontaneous question arising from his heart: "Why do you suffer? Can I help?" By suppressing his compassion, he misses the sacred moment for which he had been chosen.





Only after passing through trials and purification does Parsifal receive another opportunity. This time, his courage and sensitivity act together. He speaks the word born from his deepest compassion and becomes the keeper of the Holy Grail. Parsifal's journey offers the seeker a profound clue: the spiritual path does not ask us to choose between a tender heart and a strong being. It asks us to cultivate both.

Radha consciousness becomes possible when innocence is joined with discernment, compassion with courage, and purity with the strength to embody Divine Love in life.



Where in your life are you being asked to remain tenderand still act with courage?

When the Body Becomes a Field of Sadhana

What can an ancient martial practice teach us about the battles we face within?

Adapted from Dr. Sahana Uppar's talk at NAMAH





At The Way of the Warrior, Dr Sahana Savitri, a core team member of Purnam, presented Embracing the Warrior Spirit: Insights from a Kalaripayattu Journey. Drawing from over a year of practice, she explored how Kalaripayattu—or Kalari—can become far more than a physical discipline: it can become a field for cultivating awareness, courage and inner mastery.

In Kalari, every movement begins with learning how to stand. Its four foundational postures, or chuvudus, teach the practitioner to locate the centre, remain rooted and move from that ground. Even while the body stretches in different directions, it must stay connected to one central point. For the seeker, this becomes a living question: Can I remain grounded in my deepest truth while life pulls me in many directions?

Four principles accompany every movement: the chest remains open, the eyes look forward, the feet stay grounded and the body remains free. Together, they create a posture of vigilance—alert, receptive and ready to respond without becoming rigid.





Kalari also offers a subtler understanding of control. Control is not suppression or tightness. It is the freedom to move while remaining conscious of both movement and stillness.

For Sahana, the fullness of the warrior lies in the meeting of Shakti and Saundarya—strength and beauty. The true warrior is neither merely forceful nor passively gentle, but rooted, graceful and awake: carrying intensity without aggression, freedom without carelessness, and power guided by love.

As the practice deepens, it is said that "the body becomes all eyes." Awareness is no longer limited to physical sight; the whole body begins to sense what is approaching and what force is moving through it. Psychologically, this invites us to notice not only our actions, but also the impulses behind them. What is moving me—fear, desire, habit or a deeper aspiration?

When life pulls you in many directions, what helps you remain rooted in your centre?



The Rising Bharat Shakti

What if India's spiritual renaissance is to unfold not only in temples and scriptures, but also in our classrooms, companies, cities and systems?

Adapted from Divyanshi's talk

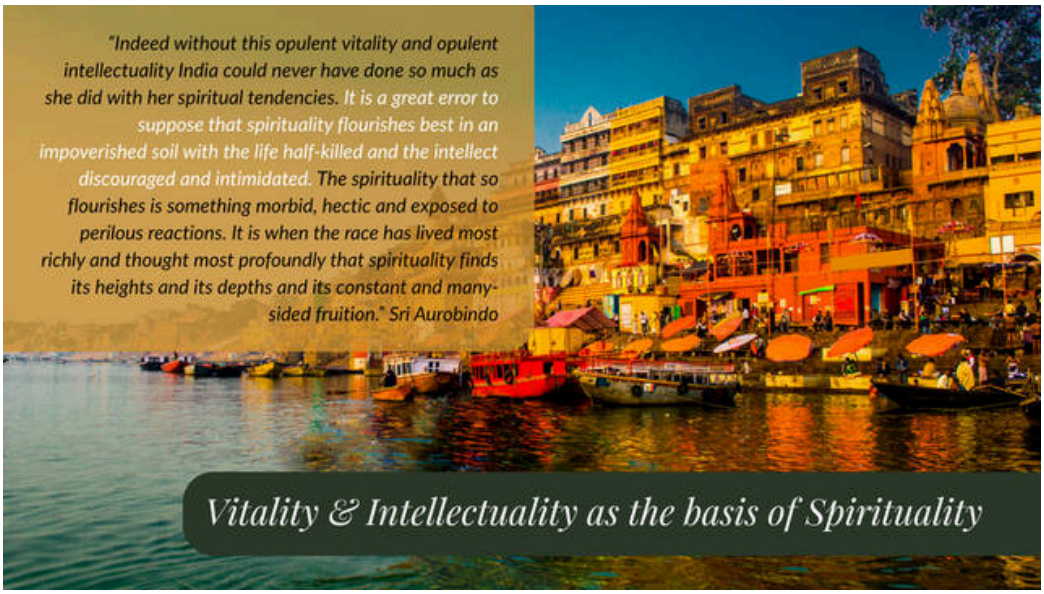


Sri Aurobindo described spirituality as "the master key of the Indian mind." Yet this spirituality was never meant to be bare, ascetic or removed from life. India's spiritual flowering was accompanied by tremendous vitality, intellectual precision, beauty, ethical enquiry and creative action. Her yogis were not only those who meditated in forests or upon mountains. A person governing a kingdom, shaping an institution, creating art or performing the most ordinary work could also live as a yogi.

India's renaissance therefore cannot be completed merely by returning to ancient forms or celebrating a glorious past. Sri Aurobindo points towards three essential movements: recovering India's spiritual knowledge and experience in their splendour, depth and fullness; allowing that spirit to permeate every field of human activity; and responding originally to contemporary problems in the light of the Indian spirit.

This asks for a demanding synthesis. Our inner pursuit must reach towards the highest spiritual realisation, while our outer work strives for the greatest possible precision and perfection.

Inner experience that cannot find expression in life remains incomplete; outer excellence without a deeper spiritual source eventually loses its direction.



We can already glimpse this synthesis in unexpected places. Systems such as UPI seek to hold collective efficiency together with individual freedom. Organisations such as Zoho create structures of empowerment rather than dependence. Auroville experiments with collective stewardship, human unity and abundance beyond personal ownership. These may not resemble conventional spirituality, yet they suggest how spiritual principles can quietly begin reshaping material life.

Bharat Shakti is therefore not merely a national idea, nor a force belonging to the past. She is a living consciousness seeking expression through us.

India's renaissance remains unfinished because its next chapter must be embodied—in how we think, learn, create, organise, work and serve.

What part might you play in shaping India's spiritual future?



Money as a Force, Not a Possession

By Manoj Pavithran

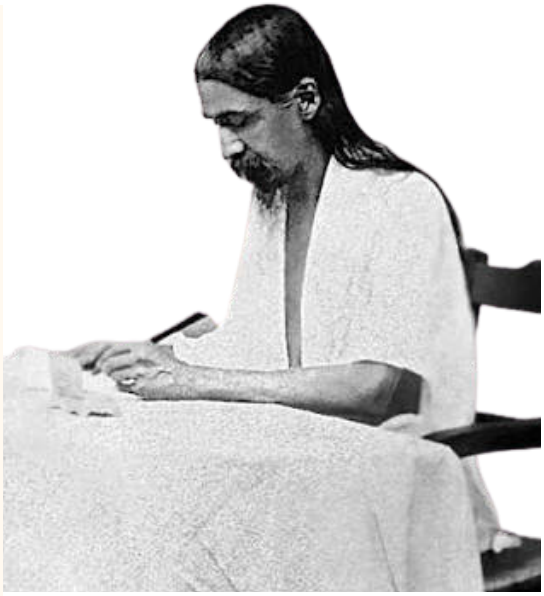


Most of us carry a quiet unease about money. We need it, we worry about it, we sometimes judge ourselves for wanting it, and we rarely stop to ask what it actually is.
For a seeker, that question is worth asking, because the answer changes how we earn, spend, save and give.

Sri Aurobindo offers a starting point that is neither worldly nor world-denying:

"Money is the visible sign of a universal force, and this force in its manifestation on earth works on the vital and physical planes and is indispensable to the fullness of the outer life. In its origin and its true action it belongs to the Divine."

Sri Aurobindo, The Mother, Chapter 3 (CWSA Vol. 32)



Two things follow. First, money is not the enemy of the spiritual life. Sri Aurobindo is clear that turning away from wealth in the name of purity is an error, because it simply leaves this power in the hands of those who will misuse it. Second, money is not ours. It belongs to the Divine, and at best we are its channels.

This is where the practice begins. The Mother put it simply:
"The first thing, to begin with (this is elementary), is to have no sense of possession." - **The Mother, Mother's Agenda, 10 April 1968**

In the same conversation she compares the right attitude to a receiver-transmitter: the more impersonal and generous we become, the more of this force can pass through us for good use. Money that is hoarded stagnates. Money that moves with clarity enriches life for many.

What might this look like in an ordinary week?



Earning:
Work becomes Karmayoga when it is offered rather than merely exchanged. The question shifts from "How much can I get?" to "Is this work true to my Swadharma, is it done well and offered to the Divine?"



Spending:
Each purchase is a small vote for the kind of world we want. Every product has a life cycle and its impact on ecology and psychology. Before buying, we can pause and notice whether the impulse comes from the psychic being or from restless desire. What impact does it has on the world?



Saving and giving:
Security is not wrong, but fear-driven accumulation is different from careful stewardship. Giving, even in small amounts, loosens the grip of "mine."



Inner work:
Our anxieties about money are rich material for Sadhana. Scarcity, pride, guilt and comparison all surface here, and each can be observed and offered.

None of this requires dramatic renunciation or sudden wealth. It asks for something quieter: that we hold money the way a good trustee holds what is entrusted to them, with care, clarity and a steady sense of whom it truly serves.



What would change if I saw money as a force entrusted to me by the Divine?

Journal guide

Step 1: Make a little space
Find a quiet, comfortable place where you can journal undisturbed for 20–25 minutes.

Step 2: Choose your question
Read the three reflection questions and sit with the one you feel most called to explore.

Step 3: Become still
Close your eyes, take a few gentle breaths, and allow your attention to turn inward.

Step 4: Let the words flow
Write freely for 18 minutes, without editing or judging. Let thoughts, feelings and discoveries unfold on the page.

Step 5: Share with the community
If you're part of the Purnam Community on Mighty Networks, feel free to share a question or reflection from your journalling

Purnam Goes Offline

On-ground events and Programmes

Savitri Painting Experience Session: An Offering of Beauty and Inner Discovery

Shared by Vaishnavi

Developed by Divyanshi Chugh, CEO of Purnam Center for Integrality, Savitri Painting brings together poetry, music and art as a means of touching the inner being. Through Sri Aurobindo's Savitri, the Mother's organ music and the joy of painting, the process gently turns the attention inward, allowing participants to connect with their inner being and give form to what they experience within.

Over the past few months, Savitri Painting has travelled to spaces and communities in Auroville and beyond, offering seekers a quiet invitation —to pause, listen within, and allow something deeper to find expression.

These 2-3 hours one-off experience sessions offer a glimpse into this process, which is offered as a 12-week-long journey at Purnam Centre for Integrality.





Pranashakti Center for Vital Education, Auroville: An open session at Pranashakti brought together guests, volunteers, newcomers, Aurovilians and teachers into the sacred atmosphere of Savitri. For some, the experience opened into a quiet sense of being held by the Mother—of going deeper within until, in the stillness, there was only Her presence. *(Continued on next page...)*





Integral Education Practitioners Gathering, Auroville: At IEPG, teachers from Auroville and the surrounding bioregion came together for an experience of Savitri Painting, which offered a gentle pause—a space to turn inward, reconnect with the deeper source within, and be nourished.

Sri Aurobindo Bhavan, Bangalore: In Bangalore, the session was held at Sri Aurobindo Bhavan. What unfolded was beauty, spontaneity and joy. Many participants were new to Savitri, yet found themselves moved to share what they had received, the Mother's love, guidance and healing.











Purnam Goes Offline

On-ground events and Programmes

Into the Living Dream: The Auroville Karmayoga Programme

Shared by Neel Adhiraj Kumar

Auroville draws many young seekers seeking community, purpose, spirituality, or something as yet unformed. While much learning in Auroville happens spontaneously and serendipitously over time – and there is a certain magic to that as well – we wanted to create an opportunity for people who were willing to take some time out to dive deeper into the Dream of Auroville, reflect on what role they can play in it, and explore how it connects to their own dreams.



We began with The Mother's words: "For those who are satisfied with the world as it is, Auroville obviously has no reason to exist." We reflected on that dissatisfaction – moments in our life where we first felt a better world is possible, shared stories, and then dreamed together a better world. Here the power of the collective – the sangha – was manifest. We heard resonances of ourselves in each other's stories and saw how many of our aspirations are shared, how we are not alone on this adventure. The dream world we envisioned together is perhaps all of our dreams before social conditioning hammers us into the rigid confines of "realism".

We then read the Mother's Dream, the epitome of all our human and spiritual aspirations, both for the individual and the collective. We reflected on how it shared much with what we had dreamed together, while also taking it further than we had imagined.



But what does this Dream have to do with the Auroville we encounter today? Auroville is itself a uniquely fertile campus for learning, and Aurovilians—through simply sharing their lives and stories can be transformative educational catalysts, helping seekers connect with the ideals and spirit of Auroville and, consequently, with their own deeper purpose. B, Deepti and Manoj, are three Aurovilians who have each spent more than 30 years trying to "live the dream", practicing Karmayoga, and pursuing the unending education and endless progress that Auroville asks of us. Hearing their stories and perspectives was enlightening, but more than their words and insights, what touched us was the living fire behind those words. Even after all these years, the aspiration and the love was palpable in each of them.



That same fire greeted us at Ilaignarkal Education Centre, which supports Auroville's workers and their children. Meenakshi Akka won our hearts with stories of the land and the loving hospitality of Tamil culture. Beneath her gentle, maternal warmth lay five decades of Karmayoga—serving Auroville, its people and, through them, the Divine.

As we reflected on and synthesised the day's experiences, it became clear that Auroville is more complex and multi-faceted than most had expected. There were few straight answers to the many questions people had come with. Instead, what Auroville offered was inspiration, and endless opportunities to serve and progress. For the true Karmayogin, there can perhaps be no greater gift.



On the Horizon

Upcoming delights to look forward to





A Journey of Courage, Surrender & Joy | Upcoming Purnam Podcast with Kalsang - Steward Tibetan Pavilion, Auorville

Shared by Vivek Presingu

What does it take to walk through life's struggles with courage, keep the heart open, and still greet the world with a smile?

In our upcoming Purnam Podcast, Kalsang, steward of the Pavilion of Tibetan Culture Auroville, shares her deeply inspiring story of her journey to Auroville. Her life carries stories of challenges, strength, and perseverance but also a beautiful spirit of surrender and love towards The Mother.

Through her work at the Pavilion, she has touched and inspired many children who visit Auroville, sharing something of her warmth, strength, and joyful presence with them. Kalsang's warmth is a simple reminder of The Mother's words:
"Try to be happy immediately, you will be closer to the Light."

This conversation offers a glimpse into the strength of a woman who has faced difficulties without allowing them to take away her joy, courage, or faith.

Podcast out on - 11th October 2026

On the Horizon

Upcoming delights to look forward to

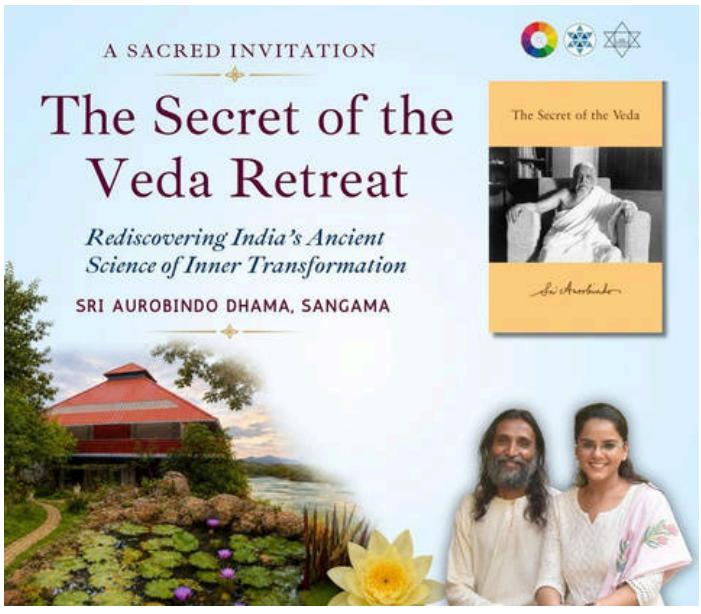


Come join us offline for a weekend with the Vedas

Shared by Vani L

Come, discover Sri Aurobindo Dhama — just 90 km from Bengaluru, yet deep in the lap of forests, hills and rivers, where the quiet of nature creates space to pause and listen. We invite you to join us at Sri Aurobindo Dhama for The Secret of the Veda retreat — an opportunity to spend time with the Sangha, meet Manoj Da and Divyanshi in person, and explore the profound writings of Sri Aurobindo on the Rig Veda.

My own connection with this place began unexpectedly. Last October, when a planned trip to Pondicherry during Navaratri did not work out, I came instead to the Gurukula near Sangama for a musical offering. As we approached, I saw the symbol of Sri Aurobindo and the Mother. I was moved. I later discovered that the Gurukula was part of Sri Aurobindo Dhama, and since then, I have had the joy of volunteering here.



Imagine Vedic chants at sunrise, forest walk with Manoj Da, a quiet evening by the river, and discovering the living experiments unfolding around the Centre's community, Aurograma. Come not just for the sessions, but for the experience of being here — in nature, in silence, in good company, and in the company of Sri Aurobindo's words.

From 20th to 22nd November - Register here

The Sangha That Holds us

Reflections from the Purnam Delhi-NCR Gathering

Reflection from Vikas Pal

The Delhi-NCR gathering, for me, is always special. I am very candid here: there is a part of me that always craves to visit Auroville, but as we learn in our weekly sharing, Sangha matters, irrespective of distance. Community life keeps you on the right path, the path of divinity.

To keep myself in the loop with the practices we are doing in Purnam, for me, it's the gathering that keeps the aspiration high and keeps me grounded at the same time. The best part of the gathering is the energy of the group. Irrespective of one's background, Purnam offers a space where anyone can express themselves in the most vulnerable way.

The aspiration of the individual and the group collectively builds the foundation of every gathering, a space where devotion, followed by surrender to the Mother, itself facilitates the gathering.



As someone who has attended almost all the Delhi-NCR gatherings in the last 4–5 years, no matter what stage of life I am in, this space always welcomes wholeheartedly. One more thing I have experienced in every gathering is that there is a divine energy that runs through all of us. The space is very optimistic. When I hear how others are performing their practices and how they are navigating the challenges in their respective lives, it pushes me towards sincerity. I can be very disciplined, but still, I need community.





This is why physical gatherings matter. A shared space allows the Divine to bless us and guide us. I face my truth in the gatherings—the questions I was avoiding, the challenges.

Every gathering gives me hope and fuel to live up to my full potential by following the divine path. Sangha matters; it is the way to devote oneself to the service of the Divine.

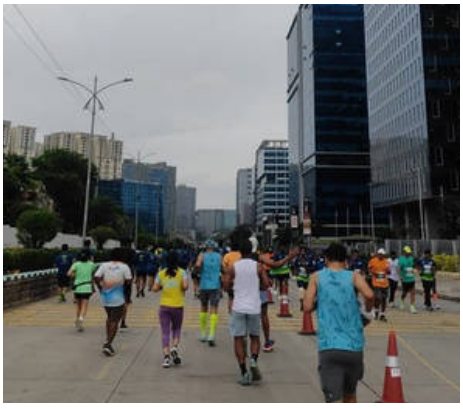




Running as an Offering

Training for the Auroville Marathon every February has gifted the Purnam Team the joy of coming alive in the body. This year Surya and Vaishnavi from the team also participated in the Hyderabad marathon in August, their second marathon of the year. Here is a short reflection from Vaishnavi on her experience of running the 21KM half marathon.

For me, running began as a physical activity that slowly became something more, almost meditative, that deeply nourishes the body, the instrument, for the work to be done. As the Auroville Marathon takes place every February, running its 21-kilometre half marathon has always felt like an offering to the Mother in Her birthday month
And, an aspiration quietly grew within me: to run a long distance in August as an offering to Sri Aurobindo. I feel deeply grateful that, through this year's Hyderabad Marathon, I was able to do that.



The Hyderabad Marathon was much harder than we anticipated it to be. It was the first time running a long distance in a city, and the flyovers and inclines made it a tough challenge. At the same time, it was deeply inspiring to see a diverse sets of runners come together in the spirit of joy and progress of the body. *(Continued on next page)*

From the Sangha

Personal Reflections from the Sangha



It was also beautiful to see the city that I grew up in this way. The roads, usually packed with vehicles and the relentless sound of horns were now packed with runners and the air was filled with enthusiasm and joy!



When the body pushes through and overcomes such a challenge, there is a sense of confidence and a muscle of perseverance that strengthens within — to walk the path with a Smile, meeting challenges along the way with a deeper ease and confidence in the Divine.

Perhaps this is what I would like to take away from my second half marathon of the year: to smile and offer to the Divine, through the inclines and flyovers on the path. To rest in the child-like confidence that it is the Divine grace that has enabled me to place one foot before the other, gently carrying me towards the finish line.

The path has been laid out and the goal is certain. I simply have to hydrate :) , keep taking the next step, along with the sangha running beside me!

I returned to Auroville with that sense of an inner smile and renewed energy, to quietly carry on with the work at Their Lotus Feet.



"The body must learn to obey before it can manifest power; and physical education is the most thorough discipline for the body.
So be eager and sincere in your efforts for physical education and you will acquire a powerful body.
My blessings are with you."
The Mother

Joyful Crochet

Joy in simple creations

Reflection from Usha Arvind



At the beginning of this year, I picked up crochet again. I initially bought the yarn to comfort and engage my daughter while she was sick and weak. But as we worked together, I fell deeply in love with the craft. There is something so beautifully addictive about creating things with your own hands.

What started with simple stitches soon turned into small, lovely patterns.

Every single project I finished brought me so much joy and satisfaction. Moving from a tiny flower to a small pouch became my daily therapy. It calmed my mind and beautifully distracted me from my back pain. Soon, I was happily making cute little jewelry and useful everyday items.

When I saw the invitation for the Purnam Rakhi celebration, mentioning handmade gifts, my heart melted with joy. I made a few necklaces, bracelets, and brooches. I wanted to make bracelets for everyone, but time ran out, so I could only finish a few. It brought me so much happiness to make something special for Manoj da. Even though the bracelet and brooch turned out a bit girlish, I gave them to him with a full and happy heart. *(Continued on next page)*







Creating pieces for Divyanshi and Sahana brought me that same deep sense of peace.

I can truly say that creativity is a beautiful addiction. It shows us that when we weave yarn, we are really weaving love, healing, and happiness into our lives.



"Music, dance, and poetry are the three great gateways to the soul." — Sri Aurobindo

Recently, our dear Divyanshi had the opportunity to participate in the SPIC MACAY Convention 2026 at IIT Kharagpur seven days immersed in the beauty, discipline, and spirit of India's artistic traditions.

For Sri Aurobindo, Indian art was never merely aesthetic. Its highest purpose was not entertainment or self-expression alone, but the revelation of the Divine through beauty, rhythm, form, movement, and sound. Art, approached in the right spirit, becomes a form of sadhana.
This spirit could be felt throughout the convention. The performances, teachings, meditations, and interactions carried a distinctly spiritual heartbeat, allowing the soul of India to shine not as an abstract ideal but as a living presence. One could sense why Sri Aurobindo envisioned India offering her spiritual gifts to the world.



One of the most unforgettable experiences Divyanshi shared was witnessing Parvathy Baul. In the Baul tradition, dance is not entertainment, nor even expression it is bhakti in motion. One gradually becomes the dance, one is dancing, the song one is singing but beyond the-

-technique lies an intense longing for the Divine, a devotion so complete that it borders on self-forgetfulness. The seeker dances not for an audience, but for the Beloved. *(Continued on next page)*



Among the many artistic offerings at the convention were traditions that emerged from centuries of spiritual seeking. Through song, movement, rhythm, and poetry, generations of artists have sought not merely to create beauty, but to awaken consciousness.

The arts were presented not as performances alone, but as living pathways to something deeper within.



Swadhyaya Journey Reflections

The first trimester of Swadhyaya recently concluded with participants sharing their first-person inquiries and discoveries from their journeys within.

Under the Vast Sky, I Met the Soul Within

Reflection from Vedvyas's first person inquiry

I grew up hearing about the soul, or Atman, within Bharatiya culture. Yet, during my spiritual explorations, I also encountered traditions that questioned whether the soul existed at all. This contradiction stayed with me until I came across Sri Aurobindo's writings and the phrase "soul to soul" in The Synthesis of Yoga. Something in those words awakened a deeper curiosity: What is the soul, and how can we experience its presence in everyday life?

My inquiry gradually led me to the Psychic Being—the evolving soul within us. I began to understand that while the Atman remains above evolution, the Psychic Being grows through life and quietly guides our nature towards truth, beauty and the Divine. Its awakening is essential not only for liberation, but for the transformation of our thoughts, emotions and actions.

Alongside this study, I chose a simple transformational practice: sky gazing. Whenever I felt disturbed or reactive, I would pause beneath an open sky and allow its vastness to enter me. The practice was not regular or rigid, but it arrived when I needed it most. Slowly, agitation gave way to silence, and I found myself responding to difficult situations with greater calm and maturity.

As the inquiry deepened, something within began to shift. Painful memories and old compulsions did not disappear, but I could meet them from another centre—a place of quiet strength within the heart. I also began to see others differently: not merely through their behaviour or outer personality, but as souls moving through their own journeys of evolution. (Continued on Next Page)



What began as an intellectual question gradually became an experience. “Soul to soul” was no longer only a beautiful phrase; it became a new way of relating to myself and to those around me.

My journey now is to deepen this contact with the Psychic Being and allow its light to increasingly shape the mind, life and body. **And whenever I need to return to that inner vastness, the sky remains—open, silent and waiting.**

Swadhyaya Journey Reflections

The first trimester of Swadhyaya recently concluded with participants sharing their first-person inquiries and discoveries from their journeys within.

When the Heart Begins to Grow Wings

Reflection from Roshni's first person inquiry

What does it mean to move from living primarily in the mind to listening to the heart?
I chose the emotional being as the focus of my first-person inquiry because I often felt closed within and found it difficult to connect with my emotions. During the Savitri Painting journey, I received a small glimpse of what opening could feel like. Through Swadhyaya, I wanted to explore this more deeply.

As I read Sri Aurobindo's writings, I began to recognise emotions as waves of reactions and responses arising from within us. I also saw how many of my reactions were shaped by habit and emotional memory. Anger, sensitivity and the urge to respond immediately could disturb my inner peace before I had even become conscious of what was happening.



One teaching stayed with me deeply: equality is not the suppression of emotion, but the capacity to speak and act from a calm inner poise. I began pausing before responding, particularly in difficult moments with my teenage daughter. Sometimes, this pause was still suppression rather than true inner mastery. Yet I noticed that the words arising after a moment of quiet were very different from those that came in the rush of emotion.

For my transformational practice, I began making flower mandalas. Walking outdoors to gather flowers and leaves became calming and refreshing. Initially, I tried to control every arrangement. Then I was encouraged to loosen my hold and allow the process to reveal itself. I began floating the flowers in water, letting them find their own places, making only small adjustments at the end.

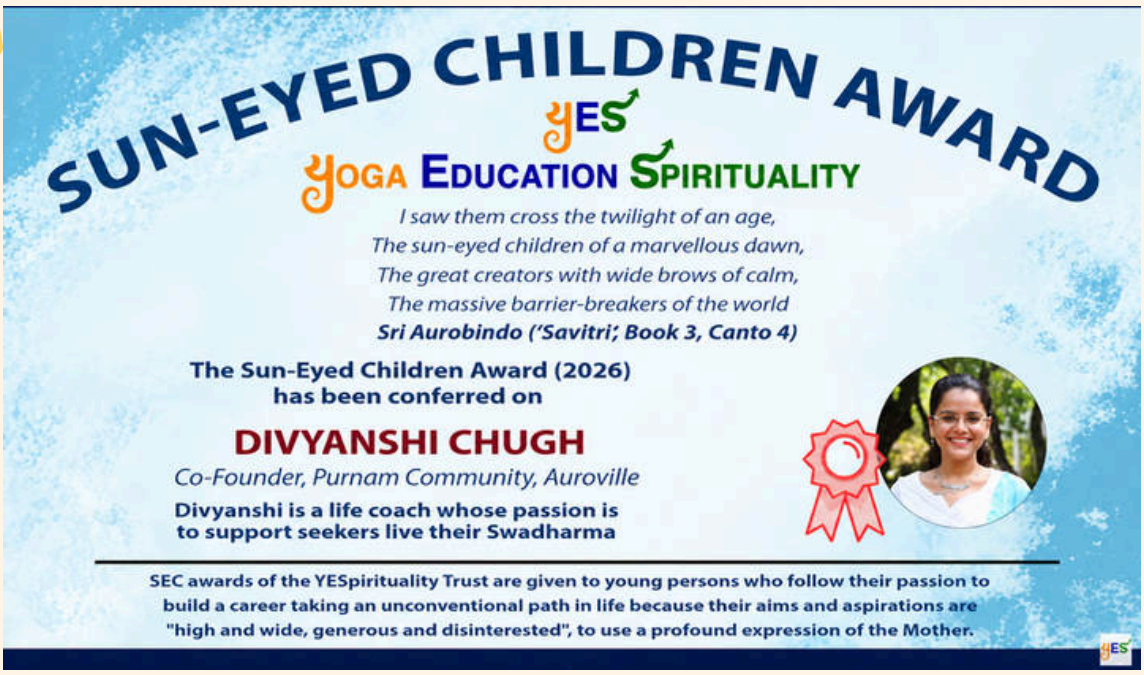




The practice became a gentle lesson in trust. It helped me step out of constant thought and enter a quieter, more receptive space. I also became more attentive to the people around me and more aware of whether my actions arose from love, habit, self-image or a deeper aspiration.

The journey has only begun. I want to continue practising self-observation, learning to meet emotional movements without either obeying or suppressing them. **The two qualities I carry forward are aspiration and persistence—and the hope that, little by little, the wings of my heart will open.**

Moments That Mattered



When the Calling Becomes the Life

Divyanshi Chugh Receives the Sun-Eyed Children Award

In 2026, Divyanshi Chugh received the Sun-Eyed Children Award for Yoga, Education and Spirituality, honouring young people who pursue unconventional paths in service of a higher aspiration.

From childhood, Divyanshi felt called to a life of service. Her study of psychology and engagement with public systems led her to question education and economics—and eventually this search brought her to Sri Aurobindo, The Mother and Auroville, where spirituality becomes a means of transforming life itself. Over the last decade, this aspiration has taken form through Purnam Centre for Integrality.

For Divyanshi, however, the deepest reward lies beyond recognition: witnessing seekers transform their lives, move from career to calling, and discover what becomes possible through surrender to the Mother.

Watch
Reflect
Receive







Conversations to deepen your understanding of yourself and life.

Dive into Purnam's YouTube Library

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Watch. Reflect. Carry it into life.



Purnam Podcast

Conversations on seeking, transformation and a life of deeper purpose.



What Is the Purpose of Life? | Sri Aurobindo, Integral Yoga & Auroville | Manoj Pavithran



How to Find Meaning Beyond Career, Money & Success | Dr Anju Khanna

A Library for Your Inner Journey

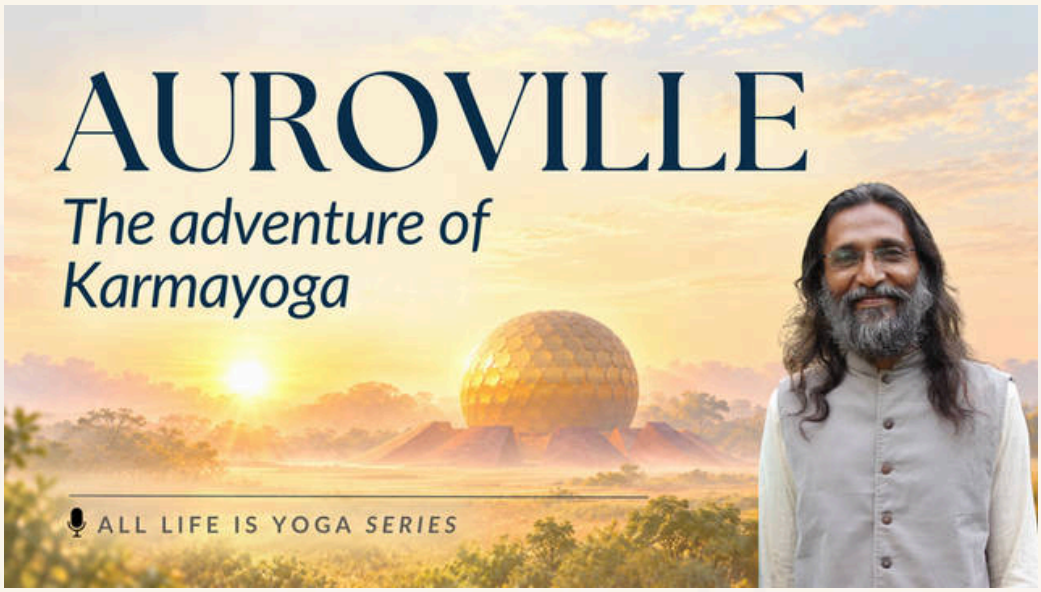
Watch. Reflect. Carry it into life.



All Life Is Yoga Series

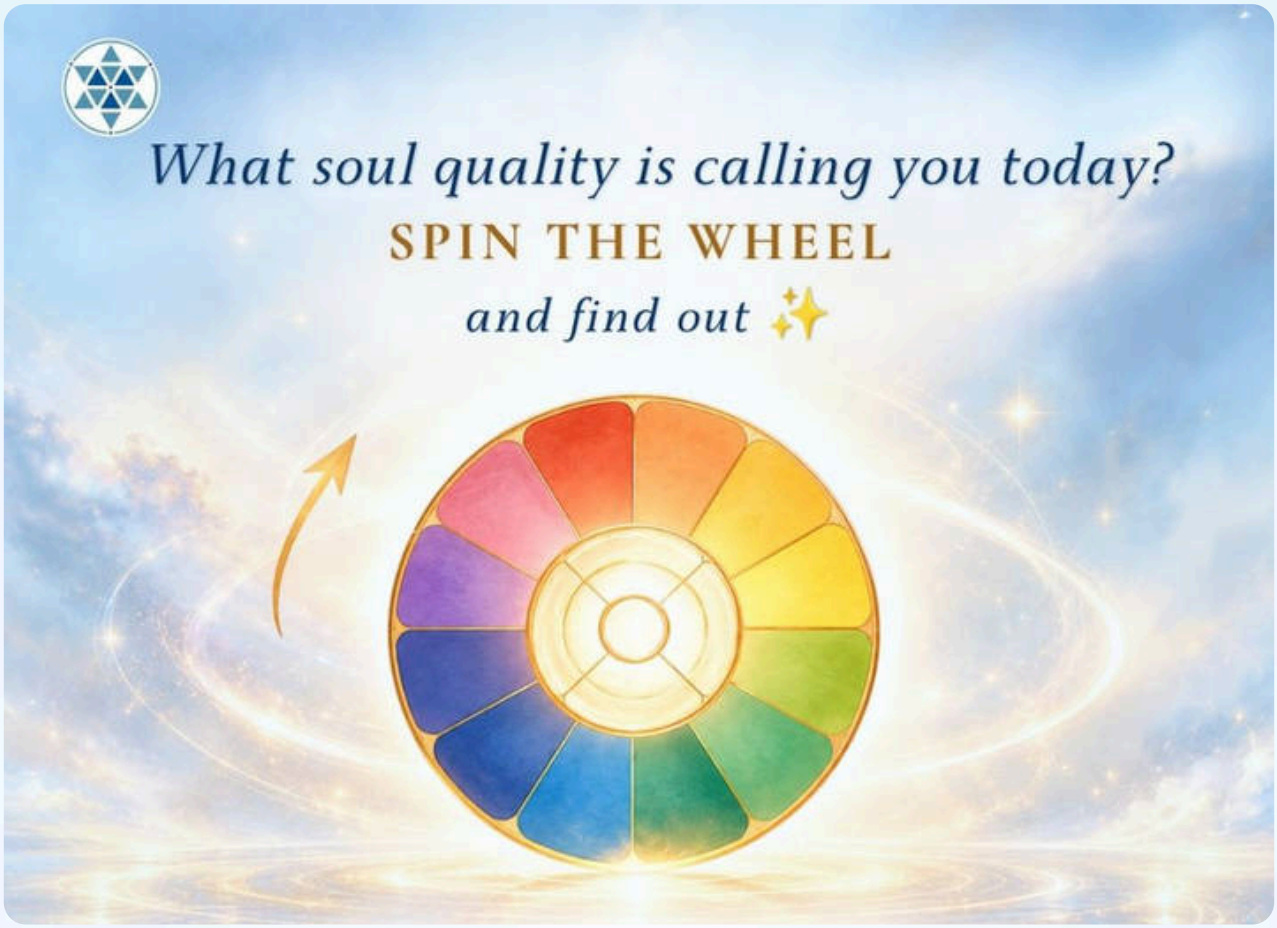


[Understanding the Art of True Surrender in Action | Divyanshi Chugh]



[Auroville and the Adventure of Karmayoga | Manoj Pavithran]

A sweet little gift for you



Click and Spin

As you reach the end of these pages, we have a little gift for you—a soul quality to carry into your day. Inspired by the twelve qualities represented in the petals of the Mother's symbol, we've created a small wheel of discovery.

Simply reflect. Notice it in a conversation, a reaction, a choice, or a quiet moment within.

The Purnam Newsletter

A *New Light* for the Journey

Until we meet again
What from these pages would you like to carry into your day?
Perhaps a question to sit with, a practice to try, or a story that helps you feel less alone on the path.

Thank you for spending this time with us, and for the love, sincerity and aspiration you bring to our Sangha.
We would love to hear what touched your heart.
Share a reflection in our Purnam community on Mighty Networks, or on social media and tag us.

With love,
Team Purnam

