BEYOND YOUR MIND FOUNDATION

VASUDHAIVA KUTUMBAKAM

eNewsletter in English

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FOUNDER'S MESSAGE

Dear Family Members,

I hope you are enjoying the monthly newsletters that connect our global BYM family through the heart. So, the universe gave us a miraculous opportunity to connect with the divine nature once again.

On the banks of the **Rubicon River**, surrounded by the beautiful mountain ranges, wildlife and green pastures, we conducted our fifth BYM Australian retreat from 25th to 27th September this year in **Camp JUNGAI** in Victoria.

Every morning we would be welcomed with a beautiful sunrise and great weather, and every sunset was celebrated with dozens of kangaroos who visited us every evening to say hello. In the silence of the night, we would have the melodious background music of the flowing Rubicon River.

The organising team chose the retreat theme as ***"Invitation to slow down"***. There was a lot of discussion about why slowing down is so important in daily life and how to bring our living from the heart instead of the mind. Participants took the theme to heart and reminded each other throughout the retreat to slow down and live from the heart.

The outstanding part of the retreat was the participation from the children. On Day 1, **Mukund** (age 13) presented on *Happiness,* and **Aparajitha** (age 14) presented on *Surrender*. On Day 2, **Veditha** (age 8) presented on *Panchakosha,* and **Sachin** (age 16) presented on *Gratitude*. The presentation material was excellent, and the confidence with which the children presented their topics was exemplary. These children made me and the whole BYM family so proud.

The infamous spiritual debate on Day 2 was conducted in 4 teams, and every team was led by teenagers, namely, **Om Sai, Sachin, Mukund and Aparajitha**. I would like to share an incident during the debate that left me spellbound. One of the teams got the topic Compassion, and the other Unconditional Love. And as usual, both teams, along with the other two, were arguing and discussing in good spiritual faith as part of the debate. Suddenly, an eight-year-old girl Sai came to me very seriously and said,



"Amma, Compassion and Unconditional Love are the same; why are they arguing so much over this?" This little girl, who understood the concept behind the two themes so well, was thinking over and beyond the debate game that we were all role-playing. I hugged the little girl, and my heart sang with joy for the great wisdom she understood at such a tender age.

Another divine opportunity that the universe gave us was during the campfire. We were all happily enjoying the fire meditation and dancing around the fire with Nirwana Shatakam in the background. We were all fully energetically charged. Fire meditation on the banks of the Rubicon River was heavenly.

Suddenly the speakers ran out of charge, and the music stopped. There was silence for two minutes, and then the magic happened. The participants began to sing Aham Prema one after the other. Soon there was a chorus song of **AHAM PREMA** from all the meditators that took the fire meditation to an unprecedented level. I must mention **Kishore Sir** here, who was singing the loudest in great spirit and giving a boost to co-meditators. This connected everyone even deeper that night.

Though we all returned from the retreat a week ago, the vibes from the retreat are still going strong in our hearts. At night, when I go to sleep, I can still hear the flowing Rubicon River from far away.

With Love,
Saroja Amma



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Editorial Review

Where there is surrender, divine wisdom flows.

It is remarkable that two extraordinary retreats took place under the guidance of Saroja Amma this September—one in India during the first week and another in Australia during the last week. Even more special is that these mark the 10th retreat of the BYM Foundation. Through this edition, let us experience and celebrate the divine energy that flowed through both retreats.

There were many moments that showed how each program unfolded through the flow of wisdom from the Divine Intelligence, rather than the thinking mind. The experiences shared by the organizers who shaped these programs were living examples of this flow. At the heart of it all were ***love and surrender***. These qualities are blossoming more deeply in BYM Masters, nurtured further by the energy of the retreats.

The venues that welcomed us in India and Australia felt like blessings from the universe to the BYM family. Every heart experienced these spaces as a loving acknowledgement of the service Saroja Amma continues to offer through BYM energies for the welfare of all.

The India retreat was especially heartwarming, with many new participants of different age groups, including young people. People like ***Sunitha Madam***, who joyfully embraced every program through feeling rather than language, became an inspiration to us all. Their experiences remind us that in spirituality, the language of the heart matters more than words.

Both retreats also offered beautiful opportunities to connect more deeply with nature and the five elements. These moments in the lap of nature helped us experience the consciousness within us more deeply.

As the understanding of ***Sakshi Jnanam***, shared by Saroja Amma, continues to deepen, we can see renewed strength, confidence, enthusiasm, and fresh energy among BYM Masters. This inner transformation is reflected not only in their personal lives but also in the service they offer.

The loving consciousness of BYM continues to expand, touching countless hearts and bringing healing. As we receive the divine inspiration flowing through this edition, let us open our hearts to it and become one with this beautiful energy.

Let us meet again in the next edition with more inspiring experiences. Until then, may we continue our inward journey.

With love, humility, and gratitude,
Jwala Sagi

Self-love is ...infinite Love

Upcoming Events & Programs Calendar

2026 SPIRITUAL PARENTING

We are delighted to announce that the new batch of Spiritual Parenting English/Telugu classes is about to begin! This specially curated spiritual journey is for Parents

Register via https://forms.gle/XbHQ3TUQbHCneLnR8

2026 Inner Child

Join this year's transformative Inner Child Program under the guidance of Saroja Amma. Please fill out the Google Form below to register. The program dates will be announced shortly.

Register via https://forms.gle/ZiW9vWvytD67gL886

YouTube Links

Brahmotasavam Glimpses

https://youtube.com/watch?v=oriOAMKPjZA&si=2zOB2s-0ym6mNj-u

BYM Australia Retreat-5

https://youtube.com/playlist?list=PLVldDHxph5o0&si=8uRXS-9eM5V6mktF

Australia Retreat-5 Attractions









Inspiration That Shines in Young Hearts

An Inspiration... A Creation Brought to Life Through Surrender!



Mrs. Sailaja Sagi | Vizag

I had the opportunity to organize the three-day India Retreat held in September this year. Initially, I sensed an inspiration coming through. I observed it, and once I gained some clarity, I messaged Saroja Amma, saying, "Amma, I am ready."

I got an opportunity to share my idea with Amma near the statue of Goddess Saraswati in our college, a place very dear to me. When Amma asked, "What are you thinking of doing?", I shared the concept of ***"Presenting the Life of a Great Guru"***. Another wonderful opportunity was to share insights about **Madame Blavatsky** with the Masters on the second day.

Building on this idea, we chose **"Live the Wisdom"** as the central theme for the three-day retreat. The programs were designed around understanding and discussing how to live with acceptance, balance, and love.

We also included the essence of the ***63 Sakshi episodes*** as a key focus. As I took each step forward, more ideas for programs began to emerge in alignment with this theme. Gradually, the entire three-day schedule took shape. I had particular clarity about the inauguration. I wanted to welcome everyone with love and begin the retreat with love balloons, heart symbols, and Guru Stotram.

Many BYM Masters came together to shape these inspirations received from Creation, bring them to life, and present them beautifully. With everyone's collective support, each program unfolded smoothly.

This opportunity brought me immense satisfaction and many beautiful experiences. Above all, I deeply realized one thing during this journey — when I remain in surrender, without claiming the ideas as my own, and receive the inspiration with an open heart, the path for it to manifest unfolds naturally.

My heartfelt thanks and gratitude to Saroja Amma for giving me this beautiful opportunity and to all the BYM Masters who supported me at every step.

A Divine Vision... A Step Towards Holistic Education!



Mrs. Deepti Gayam | Hyderabad

This retreat gave me many opportunities to grow, share my thoughts, and express my creativity.

On the very first day, I had the opportunity to welcome everyone, participate in the inauguration, and anchor the programme. As my mind became calm, I wrote down the thoughts that flowed through the divine intelligence within me. While presenting them, I involved everyone and kept the programme lively and engaging, ensuring that no one felt bored. Most importantly, I was connected to my heart, experiencing every moment deeply and making the best use of this opportunity.

The energy of our BYM group and the divine energy of the retreat brought a beautiful change within me. The constant urge to run outward, do something physically, and achieve something gradually faded away. Even the little confusion I had disappeared, leaving me with a deep sense of silence and clarity. I felt a strong inner inspiration to pause and observe my inner state of energy more deeply.

What Do Students Truly Need?

My own experiences as a student have given rise to many thoughts and insights about the present education system. As I am now part of the same field, I can observe these challenges more closely.

Children are made to memorise so many subjects that have little relevance to their lives, creating unnecessary stress. Society often measures a person's worth by academic degrees and believes that happiness comes from earning more money.

But at what cost? Children are losing their precious childhood in this race. They must first learn to live happily. When they act from a place of happiness, their desire to achieve becomes more meaningful, and their creativity naturally blossoms.

Our education system teaches so many subjects, but where is the education that teaches children how to understand themselves? This understanding should begin in the early stages of life.
What is the value of discovering ourselves only in our forties or fifties, after so much of life has already passed?

Happy Student.com — Towards a Happier Student Life

These thoughts inspired us to introduce the Happy Student.com project through BYM.

Our vision is to bring the concept of emotional



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Wellness for children through BYM CCC Academy, a subject supported by books. This education helps children understand their minds and develop the wisdom to understand and accept different situations in life. In this way, they can begin to develop a holistic way of living from their student years.

During the retreat, when I presented this project in detail and shared our vision of bringing this divine intention into reality, the response from the Masters was wonderful. Many came forward voluntarily to be part of this initiative, which filled me with immense joy.

I believe that meaningful change in society begins with educational institutions. The way we teach must change. If we take one sincere step, the universe will support us in ways we may not even imagine. With this faith, I believe that the spirit of surrender is our greatest strength.

This vision is not mine alone. It lives in the hearts of many, and I feel that the time has come for it to manifest.

My heartfelt gratitude to Saroja Amma, whose love, wisdom, encouragement, and constant support have helped transform my perspective and nurture my thoughts.

I also extend my loving gratitude to all BYM Masters and everyone who attended the retreat for their love and support throughout this journey.

Learning, Serving, and Growing Within



Smt. Lavanya Vishawanath Australia

I had the wonderful opportunity to be part of the organizing team for the Australian Retreat held in September.

One of the special aspects of this retreat was encouraging both adults and children to volunteer and share their knowledge and experiences. Gangadhar Sir and I facilitated the Sakshi sessions, which were truly inspiring. Participants shared how they practise accepting life as it is and living with surrender. The children at the Crystal Children Corner (CCC) also brought joy by confidently sharing their understanding and insights.

The heartfelt feedback from new participants, who spoke of the peace they experienced and how deeply they were touched, was very fulfilling. As Saroja Ma'am says, even if we help just one person, our purpose is fulfilled.

Australian retreats offer a beautiful opportunity for families to come together, with adults and children learning and growing alongside one another.

Despite a few challenges and changes to the schedule, everything flowed smoothly through everyone's love, warmth, and support. It was a joy to share with others the values we have learned from Saroja Ma'am.

My biggest learning from this retreat was that no one is greater or lesser than anyone else. ***Each person is a unique piece of a puzzle, and only when we come together does the complete picture emerge.***

I am deeply grateful and gratitude to Saroja Ma'am for this opportunity to learn, serve, and grow with every retreat.

A Spiritual Experience Blossoming in Nature



Shri Gangadhar | Australia

Being part of the organizing team for the 5th BYM Australia Retreat, held in September amidst the lush natural beauty of Camp Jungai, Victoria, was a deeply joyful experience. Those three days offered beautiful spiritual experiences and lasting memories.

Slowing Down... Turning Inward

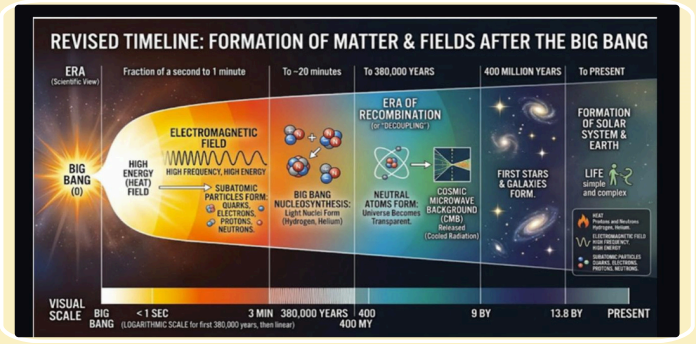
The sessions, thoughtfully designed under the guidance of Saroja Amma and Lavanya Madam, gently guided us towards a deeper understanding of ourselves. Saroja Amma's opening message and the Sakshi Wisdom Wall, created by Naveena Madam, inspired us throughout this inner journey.

During the outdoor discussion on the ***Four Brahmaviharas***, Sharada's team emerged as the winner for the third consecutive time. Heartfelt thanks to **Navya Gullapalli** for sharing her insights through the programme reflections.

Saroja Amma's morning message on unconditional love filled our hearts with joy. The spiritual question-and-answer session with Amma opened doors to deeper understanding and inner clarity.

Joy... Togetherness... Celebration!

The spiritual quiz, games, and cultural programmes added enthusiasm and warmth to the retreat.



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The delicious meals arranged by **Ragini** Madam and the catering team, the cultural celebrations coordinated by **Naveena** Madam, and the joyful gathering around the cake lovingly prepared by **Keerthana** Madam made the experience even more memorable. Special thanks to **Purna** Sir for capturing these precious moments.

A Valuable Lesson... Heartfelt Gratitude

One of the most valuable lessons I learned from this retreat is that the present moment is sacred. It has taken billions of years since the Big Bang for this very moment to unfold exactly as it is.

Keeping this understanding alive in my awareness, I learned not to colour the present moment with my personal fears, expectations, beliefs, or emotional blocks. Instead, I can meet each moment with awareness, gratitude, and compassion and offer the very best of myself.

BYM is a reservoir of love and energy. Whenever we need support, we can draw love and energy from this shared pool. When we feel abundant within ourselves, we can give back to it.

This beautiful exchange of receiving and sharing love and energy is the true spirit of the BYM family, where we support one another and grow together.

My heartfelt gratitude to Saroja Amma for guiding us through this wonderful experience, to the Camp Jungai team, the organizers, the volunteers, every participant, and the Universe for bringing this opportunity into our lives

A Retreat That Inspired New Possibilities



Bhargavi | Bengaluru

I have completed my B.Sc. in Biotechnology and M.Sc. in Systems Biology, and I am currently pursuing an **MPH in Global Health in New York.** During my visit to India, I attended the BYM Brahmotsavam in Hyderabad along with my mother.

When Saroja Amma visited our home in Bengaluru some time ago, she showed a keen interest in my volunteer work and asked me about it with great warmth. I still remember how deeply she inspired the women there. They continue to move forward with that same inspiration.

I have attended meditation sessions and other spiritual programmes before, but the BYM Brahmotsavam was a unique experience. Along with meditation and wisdom, the cultural programmes and the experiences shared by Masters who are applying this wisdom in their daily lives were truly inspiring. I also enjoyed connecting with young people my age, and exchanging ideas with them.

Three things that especially stood out to me were enthusiastic personalities, creative energy, and women's empowerment.

On the first day, I was quiet and mostly observing everything around me. Over the next two days, I became more involved and participated enthusiastically in the activities. I also had the opportunity to share my ideas, future plans, and current research with others, including on stage. It was wonderful to see people take a genuine interest in my thoughts and work.

The existing BYM initiatives, along with the new projects introduced at the retreat, greatly interested me. I look forward to contributing to these initiatives and working alongside other Masters.

I also had some precious time with Saroja Amma, during which I shared many of my thoughts with her. Her guidance meant a great deal to me.

The three days of Brahmotsavam gave me fresh perspectives, meaningful connections, and renewed enthusiasm to move forward with my ideas and aspirations.
My heartfelt gratitude to Saroja Amma and everyone who worked together to make this beautiful retreat possible.

When Belief Blossomed... and a Dream Came True!



Spoorthi Reddy | Hyderabad
Profession: Associate – Access Coordinator, HCA Healthcare

Last month, I attended the BYM Brahmotsavam Retreat in Hyderabad for the first time, along with my mother, my peddamma and my Jhansi pinni. I had previously attended a few Pragya and Indigo Youth classes but could not continue because of my college studies.

I have been amazed by the transformation I have seen in my mother, Peddamma, and Pinni through the knowledge they receive at BYM. They have moved beyond past emotional pain and now live with greater peace and happiness. At the retreat, I witnessed how women of an older generation, who often suppressed their feelings, are now moving forward with confidence. Seeing the women masters express their creativity so freely while continuing their inner journey made me feel truly proud.

I experienced an atmosphere filled with love and positivity throughout the retreat. I was especially inspired by Deepthi Madam's Happy Student.com initiative. I believe every school should have programmes that support students' well-being through

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yoga and meditation. Jwala Madam's BYM SREYAS initiative also impressed me. I believe it can provide people working in the corporate sector with the knowledge and support they need to navigate workplace stress and life's challenges. I am eager to contribute to these initiatives and be a part of this meaningful work.

A Beautiful Manifestation in My Life

Having completed my B. Tech just two months earlier, I had a slight concern that I had not yet secured a job. I came to the retreat hoping to relax and return with renewed energy. On the second day, I received a message that I had a job interview coming up in two days.

To my surprise, a strong sense of certainty arose within me: **"I am going to get this job. I will make it happen. This job is mine!"** I had no doubts and no negative thoughts. The love and positive energy I experienced at the retreat filled me with a new sense of confidence.

After the retreat, I attended the interview. Out of 150 candidates, only nine were selected, and I was one of them! Moreover, it was a wonderful job opportunity. I was overjoyed to see my belief turn into reality. For me, this was a truly beautiful **manifestation experience**. I feel that the retreat helped me develop the confidence to face this opportunity with courage and trust in myself.

I loved every programme, especially the **Fire Meditation and the debate**. The love and warmth of Saroja Amma and all the BYM Masters touched my heart deeply. Even after returning home, the experience of the retreat continues to live within me.

My heartfelt gratitude to Saroja Amma, the entire BYM family, and all the Masters who organised this wonderful retreat.

This retreat gave me more than happiness. It gifted me renewed self-confidence, a positive outlook on life, and the inspiration to contribute to meaningful change in the lives of others.

An Unexpected Visit... An Experience That Touched My Heart



Bhargavi Sagiraju | Hyderabad

Education: **MBA** in Hospital Administration
Profession: **Senior Manager** – Orthopedics Department, Financial and Surgery Counsellor, Star Hospitals

When my mother and Satya Aunty attended the BYM Retreat for the first time, I went there to drop them off. That evening, they shared their experiences with great enthusiasm and encouraged me to visit the retreat sometime if I could.

The next day, on my way to the hospital, I obtained permission at short notice and decided to spend at least an hour at the retreat. That was my first experience. I realized how important meditation is in helping us understand ourselves more deeply. Listening to the Masters share their personal experiences was truly inspiring.

On the third day, I felt like spending some more time there. My mother told me how wonderful the meditation facilitated by Saroja Amma that morning had been, along with the message she shared. In particular, Jwala Madam's session on self-love that day gave me a new perspective.

I understood that when we love ourselves, we develop a positive outlook and create space for inner healing. When we learn to treat ourselves with love, we can connect with others with that same love. This understanding touched me deeply.

I am usually not someone who gets emotional easily. Whatever the situation, I tend to focus on finding a solution. Yet, when I shared my experience on stage that day, I found myself becoming emotional. I felt it was the pure vibrations of love all around me that had touched me so deeply. Many people spoke to me with such warmth and affection, and meeting everyone filled me with positive energy. It was a beautiful feeling that words can hardly express.

Service Brings Me Joy... SREYAS Opens a New Path

My profession requires me to be available around the clock. People often say they do not have enough time, but I believe everyone has time; what matters is how we choose to use it. I prefer meaningful conversations and purposeful actions over casual talk.

During the COVID-19 pandemic, witnessing the difficult situations faced by so many people in the hospital deeply affected me. Through that pain, I came to recognize the compassion within me. It was then that I gained clarity about my life's purpose. Serving others brings me a deep sense of fulfilment and joy that is difficult to put into words.

Yet, I always felt there was more I could do. Learning about the BYM SREYAS initiative at the retreat gave greater clarity to this aspiration. With Saroja Amma's guidance, I am willing and ready to work with the SREYAS team and contribute in whatever way I can.

I believe in one simple truth: we must be honest in our intentions and have faith in what we do. When our purpose is clear, our actions are good, and we cause no harm to others, we should move forward with sincerity and commitment.

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I trust that such sincere efforts will find their way to fulfilment.

A Brief Visit... A Lasting Connection

Although I spent only a short time at the retreat, I felt there was a reason I had been drawn there.

In those few hours, I experienced many things that I still find difficult to express in words. The experience gave me an opportunity to look within and inspired me to journey forward with BYM in a more meaningful way.

I look forward to being part of the BYM family's journey and contributing to its service initiatives to the best of my ability.

With love and heartfelt gratitude to Saroja Amma and every Master who was part of the retreat for giving me this beautiful experience.

From Fear to Freedom... A Life Illuminated by Sakshi Wisdom !



Dr. Shruti , Hanuman Junction
Profession: Dentist and Nutritionist

Since childhood, I have been a joyful and energetic person who never took things too seriously. I also excelled as a national-level football player. However, at a certain point in life, some difficult circumstances left me overwhelmed with stress and fear. Overthinking and seeing myself negatively affected me so deeply that I could no longer even look at my face in the mirror.

Adding to this pain was the guilt that I was responsible for my beloved grandmother contracting COVID and passing away. I remained depressed for nearly a year. All I wanted was someone who would listen to me with understanding, without judging me.

One day, I asked myself, **"I am not someone who is meant to live like this forever. I need to come out of this pain."** I began immersing myself in my interests, such as art, painting, and Pichwai art. Whenever I painted, I would become completely absorbed in the process.

Around this time, I met BYM Master Padma Radhika Akka and learned meditation from her. Once, while painting an elephant, I found myself unable to draw its eye. That night, during meditation, I felt as though an eye was looking at me without blinking, which frightened me. When I shared this with Radhika Akka, she gently advised me, "**Don't be afraid. Ask and find out what it is."** A few days later, I came across the same eyebrowless eye on YouTube in one of Saroja Amma's Sakshi wisdom episodes. That was the beginning of a new chapter in my life.

Sakshi Wisdom... The Transformation Within

For the past six months, listening to Sakshi Wisdom episodes every day has become part of my routine. I would note down important points and discuss them with Radhika Akka and another Madam after 10 p.m. I even gave each episode a title and prepared notes as though each one were a chapter in a book. Gradually, I developed a deeper connection with Sakshi's wisdom.

As my understanding deepened, my fears began to fade, and I learned to let go of thoughts from the past. I gained clarity about not getting carried away by negative thinking. Today, I am able to see myself in a completely new light.

The Retreat... A World Filled with Joy

Meeting Saroja Amma in person and attending the Hyderabad retreat was a first for me. The moment I stepped into the retreat premises, I felt welcomed by an incredibly positive atmosphere. Throughout my stay, I was immersed in a beautiful sense of joy. I felt as though I were dancing, bouncing like a ball, and floating freely in the air. I participated wholeheartedly in every activity and drew inspiration from the Masters. I also found myself connecting with everyone so naturally.

The meditation guided by Saroja Amma, connecting with the water element among the five elements, touched me deeply. I was completely absorbed in that experience. Amma's love and encouragement filled me with even greater enthusiasm.

My Peacock Friends... An Unforgettable Farewell!

Peacocks used to wander behind my room at the retreat, and seeing them so close filled me with delight. I silently wished, **"I have never seen you so closely before. Won't you spread your beautiful feathers for me?"** Within moments, one of them fully spread its magnificent plumage and began moving gracefully around. I even captured the beautiful sight on video. As I was leaving the retreat, I felt as though I was leaving my dear peacock friends behind without saying goodbye. While walking away with my luggage, I noticed them at a distance, and it felt as if they were joyfully bidding me farewell. It was a precious experience I will never forget.

Inspired by the Retreat... Taking Steps Towards Service

Even after returning from the retreat, whenever I feel low, the memories of those beautiful moments fill me with joy again. Learning about the service activities undertaken by the BYM Masters inspired me to think, "How wonderful it would be if I, too, could help someone with what I know!" As a nutritionist, I began sharing health tips with others. When I suggested that we make a few commitments towards improving our health before the next retreat,

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everyone responded with great enthusiasm.

With Gratitude… A New Journey Begins

My heartfelt gratitude to Saroja Amma for the wisdom she shares, the love she gives, and the way she encourages me. I have begun a new journey of discovering what I truly want in life and moving towards it. I wish to live joyfully, free from fear, and continue sharing what I know with others.

My sincere gratitude to Saroja Amma, all the Masters who participated in the retreat, and everyone who lovingly organized this beautiful gathering.

A Life Blossoming Through Saroja Amma's Wisdom, A Joy That Keeps Spreading



Sri Rajasekhar and Smt. Amrutha | Bengaluru

Rajasekhar — Finding Peace Through Awareness

I met Saroja Amma in Bengaluru two to three years ago. Since then, I have been deeply drawn to her voice and her unique way of sharing wisdom. The way she beautifully blends spirituality, psychology, and science makes her sessions truly special and deeply touching.

Through Amma's classes, I have developed a greater awareness of my thoughts. When I notice unnecessary thoughts, they gradually stop, leaving me with a sense of inner emptiness. Earlier, differences of opinion with my father would often lead to arguments. Now, I understand that arguing only multiplies the problem. I have come to accept these experiences with my father as experiences I have chosen for this lifetime. This understanding has helped me stop arguing, listen to him, and remain peaceful.

During the Hyderabad retreat in September, Amma's message, "Slow down," touched me deeply. Those words still echo in my heart today. The Presenting the Life of a Great Guru session, with Amma's old photographs, the song Bangaru Papaayi, and the Master's heartfelt sharing about Amma, was deeply moving. Learning about Madame Blavatsky the following day was equally fascinating. The Agni Tattva Meditation was also a beautiful experience.

Amrutha — A Life Transformed Through Amma

Earlier, I was so caught up in family responsibilities that, despite my husband's encouragement, I could not turn towards spirituality. After meeting Amma, our lives changed tremendously. I attended the Pragya classes and felt deeply connected. I write down everything shared in the sessions because every teaching touches my heart.

Every morning, I practise BYM's Healing Meditation and Music Meditation. I was having difficulty because of a painful boil on the sole of my foot. Around that time, Amma appeared in my dream, and with her blessings, the discomfort subsided overnight. It was a deeply moving experience for me.

We attended all three days of the Hyderabad retreat with great enthusiasm, arriving early for every programme. Our family friends, the Reddappa couple, joined us too. They had little exposure to spirituality and had come along simply to enjoy a trip to Hyderabad. However, after meeting Amma and attending the programmes, they felt deeply engaged and happy. Seeing them enjoy the retreat so much, especially by the second day, brought us immense joy.

We also introduced Amma's Seetayanam classes to the Kannada-speaking family living opposite our home in Bengaluru. They understand Telugu, and, along with their children, the entire family listens to the classes and feels deeply connected to them.

Our son Sagar and his family live in Sydney. They too attended the BYM retreat held there in September and met Amma for the first time. Seeing our family members gradually connect with Amma fills our hearts with immense happiness.

Our heartfelt realisation:

"With sincere effort, human beings can become sages… they can become like Saroja Amma!"

We offer our heartfelt gratitude to Saroja Amma, the Shanti Sarovar team, and all the BYM Masters.

Bhramosthasvam - 3 Attractions









BYM NEWSLETTER FEEDBACK

Mrs .Kiranmayi, Hyderabad



Namaste, Saroja Amma!

I read the newsletter, Amma, and every word touched my heart. It is not merely knowledge to read, but a spiritual lamp that awakens our consciousness and guides us in life.

When we move beyond preferences, surrender blossoms into grace. What profound wisdom, Amma! To accept every situation as the best choice the Universe has offered us, trusting that the Universe knows what is best for us better than we do. My heartfelt gratitude to you for embracing every challenge with surrender and guiding the retreat so beautifully and harmoniously. My sincere thanks also to Gupta Sir and Hymavathi Madam for supporting you.

I especially loved your words, "The universe is our friend." Through your lived wisdom, you beautifully showed us that surrender means letting go of the insistence that things must happen our way and learning to see the universe's grace in whatever comes our way.

The Saheli sessions helped me experience more deeply the truth that the expansion of individual consciousness is the expansion of the consciousness of creation itself. Our joy extends beyond us, bringing joy to Mother Earth, nature, and all the creation.

"Conscious living is complete living; that is true spirituality."

This line from the newsletter deeply touched me and stayed with me.

This was my third retreat, yet this experience will remain forever treasured in my heart. Words fall short of expressing the love and joy I experienced.

I feel inspired to live this wisdom and move forward with greater consciousness.

Thank you, Amma... Thank you so much!

My loving salutations to the entire newsletter team and everyone who contributed to this beautiful offering.

Mrs . Uma Rani , Hyderabad



Amma, this is not a newsletter... It is a spiritual diary to be treasured for a lifetime!

A guiding light of wisdom that helps us awaken our consciousness every moment. Words fall short of expressing my gratitude to you, Amma!

The consciousness within me is dancing with joy, and my heart is filled with the deep contentment of having found what it was longing for.

Saroja Amma, my countless salutations to you!

My heartfelt gratitude to the entire newsletter team for bringing this beautiful gift of wisdom into our lives.

Newsletter Team

"The hearts and hands who lovingly brought this edition to life."

For any information or your valuable feedback, please reach out to

beyondyourmind@hotmail.com

Thank you



Jwala v Sagi
Newsletter Creator and Editor



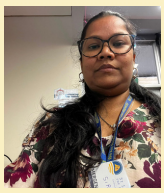


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