Om Namo Bhagavate Sri Arunachala Ramanaya

HRIDAYA KSHETRAM eNewsletter

Events, Satsangs, Happenings, Publications

Nov 2026 | VOL. 1, ISSUE 1

A New Beginning at Hridaya Kshetram

It gives us great joy to share the first edition of our Hridaya Kshetram eNewsletter with the blessings of Amma to all of you! Navaratri 2026 will always remain a very special and memorable time in the journey of Hridaya Kshetram.

On the fifth day of Navaratri, Thursday, 15th October, we stepped into our new ashram, marking this auspicious occasion with the Kumbhabhishekam of Sri Dakshinamurthy Temple and the inauguration of our new Satsang Hall. It was a moment of gratitude, fulfilment and new beginnings for all of us.

As we begin this new chapter, we felt it would be wonderful to have a simple way to stay connected with everyone who is part of our spiritual family. This eNewsletter is a small step in that direction—a space to share updates on our satsangs, spiritual activities, publications and the many happenings around the ashram.

We hope this eNewsletter will grow into a meaningful shared initiative, bringing us closer through the teachings, experiences and activities that enrich our journey together. Your ideas, suggestions and contributions are most welcome, and we look forward to your participation in making this effort more vibrant and meaningful.

With love and gratitude,

Hridaya Kshetram

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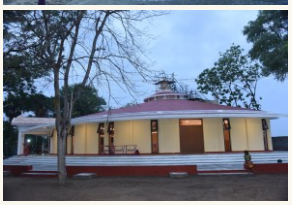
OPENING OF HRIDAYA KSHETRAM

On Thursday, 15 October 2026, Hridaya Kshetram celebrated a truly blessed milestone with the Kumbhabhishekam of Sri Dakshinamurthy Temple and the inauguration of our new Satsang Hall, in the divine presence of Amma. It was a special occasion filled with devotion and grace, marking the beginning of a new chapter in the life of our ashram.

The auspicious day began with the Homam at 6:00 AM, culminating in Purnahuti at around 8:30 AM. In this sacred atmosphere, Amma consecrated the Sri Dakshinamurthy idol, followed by the Temple Kumbhabhishekam. The celebrations continued with Go Pooja, followed by the Kumbhabhishekam of the new Satsang Hall, blessing this space dedicated to satsang, spiritual gatherings and the sharing of Amma's spiritual teachings.

We are deeply grateful for the grace that made this memorable day possible. As we begin this new chapter at Hridaya Kshetram, we are happy to share a selection of photographs capturing some of the beautiful moments from this blessed occasion.



DAKSHINAMURTHY IDOL

Hridaya Kshetram commissioned skilled sculptors near Bengaluru to create the Dakshinamurthy idol for our temple. Here are a few glimpses of the beautiful journey of our Dakshinamurthy idol taking shape.

DAKSHINAMURTHY TEMPLE

Hridaya Kshetram commissioned skilled sculptors from the Thanjavur district of Tamil Nadu to build the Dakshinamurthy Temple, primarily using large granite stones. Here are a few glimpses of the beautiful journey of our Dakshinamurthy Temple taking shape.

NAMA SANGEERTHANAM

On Sunday, 18 October 2026, Hridaya Kshetram had the privilege of welcoming Sri Balaji Rangapriya Dasan, a renowned Bhagavathar from Bengaluru, along with his spiritual group, for a special Nama Sangeerthanam programme at our newly inaugurated Satsang Hall. Widely known for their performances of Sampradaya Nama Sangeerthanam, they brought a beautiful atmosphere of devotion and spiritual joy to Hridaya Kshetram.

More than 500 devotees, visitors and spiritual seekers gathered for this memorable occasion. The hall resonated with devotional singing and joyful dancing, filling the atmosphere with enthusiasm, happiness and reverence. Although the programme was originally planned for three hours, the overwhelming response and enthusiasm of the audience led to it being extended by another 30 minutes.

Annadanam was also arranged for all attendees, including members of the public, making the occasion even more special. We are delighted to share a few glimpses from this wonderful evening of devotion and celebration.

GEMS FROM SATSANGS (1 of 2)

A total of 35 satsangs were held in October, comprising 27 morning and 8 evening sessions. Of these, 15 were held at our old ashram in RS Nagar, while the remaining sessions took place in the new Satsang Hall at Vediappanur. A selection of questions and answers from these satsangs is presented below.

October 1, 2026

Question: Amma, we generally speak of four states: waking, dreaming, deep sleep, and turiya. Since a jnani is said to abide in turiya, does a jnani see the body during that state, or how is it experienced? Do you see your body while sleeping?

Amma: Why do we think about all this—the three states and turiya? We should just come back to the Self and realise you are already That. Even if we explain the state of a jnani many times, it is not something that can be understood through comparison. Jnana is relatable. When you realise who you are, you understand what a jnani is. Otherwise, you are relating to everything with the mind, and it is impossible to know. But as yourself, you are a jnani. That is the right way to understand it.

October 2, 2026 (Evening)

Question: (abridged) Amma, is the beingness or awareness we experience now the ultimate state, or does it deepen into the permanent background state of a Jnani? When awareness is sustained for hours, it sometimes seems to enter a sleep-like state, yet there is a clear awareness of the transition, unlike in deep sleep. Is this an illusion, or a deeper dimension of awareness?

Amma: When the awareness—if you are slipping into that sleep state—it is much deeper. It is a transition state. It is a transition. But the awareness that you are experiencing now is the same, though you may experience it much more clearly and profoundly. It is not different.

October 6, 2026

Question: Namaste. Should we kill our desires?

Amma: Who will kill?

Question: Me. (laughter)

Amma: Me killing me? Desire is an identity which comes, so that identity itself cannot kill itself. You can only see that. You can only be aware of it. Who is getting the desire? Who is desiring what? What is the nature of desire? So, you should have more attention than killing. Killing is not possible by the ego. Either you have to enquire or you have to be aware.

October 9, 2026 (Morning)

Question: If the Self is so much more powerful than the individual self, then why does the gravitational pull of the small self seem so much more powerful than the gravitational pull of the big Self?

Amma: Conditioning—long-time conditioning, repeatedly doing the same thing. It looks difficult. But for the one who has clearly seen the real gravitational pull, they cannot say that. The ego is nothing in front of it. And as long as the ego is strong and it is conditioned, then that pattern, it's difficult to break through.

Question: But the ego just is conditioning. So the question still arises: why does the ego seem to have more power to dominate the attention than the Self, even with the conditioning?

Amma: I don't see the ego, then how can I say?

GEMS FROM SATSANGS (2 of 2)

October 12, 2026

Question: In the Western world, it is not so easy to talk about God as something that is within, because people often understand God through the mind or intellect, through thoughts and descriptions. How do we deal with people who are speaking about God from the mind while we are talking about direct experience? How should we handle that situation?

Amma: You should have compassion for them. It's not, “Why are they doing?” Because until now they have not realised this experience. They have not tasted God correctly, but they are trying to know it through the mind or intellect. But we don't need to fight with such things. If you know it, that's enough. They are talking from the brain. Okay, no problem. So, one's own experience, we don't need to even share with anyone. That's the best way to be. God knows it all. The Atma knows it all. That's enough.

October 13, 2026 (Morning)

Question: Amma, are you all the time in the awareness, or sometimes in the identity?

Amma: I am never in awareness. I am never in consciousness. I am awareness. I am consciousness. So where is the unconsciousness? It's not separate from my being or anyone's being.

October 16, 2026 (Morning)

Question: Dear Amma, we have been talking about the “I am,” and I was wondering: is the “I am” a concept, or is it something much more?

Amma: If “I am” is a thought, it's a concept. If “I am” is your being, it's your experience.

Question: I have the feeling that the “I am” is kind of a bridge between the finite and the infinite.

Amma: Yes.

October 17, 2026

Question: Dear Amma, October 2 was Gandhiji’s birthday, and we talked briefly about his wisdom. But there is one thing I found quite contradictory. He once said that the Self does not abide by the law of ahimsa. I wonder if you can explain that.

Amma: Because the Self knows no himsa, no ahimsa. The Self is pure Self, the being. Himsa and ahimsa come only relatively, on the relative plane, not in the absolute.

October 17, 2026

Question: Amma, in the external world or in life, when there is conflict or a challenge between two beings, is it best to keep quiet and let it be, or is it best to try to sort it out?

Amma: Try the second first, if not the first.

October 22, 2026

Question: This is my first time here, and I have a question. How do we recognise when we ask a question of our true Self? I ask a question and receive an answer. How do I know whether it is my mind pretending to be the true Self, or whether it is the true Self? Does it come through an inner experience? How do I know, so that I do not get confused about whether it is the true Self or the mind? Thank you.

Amma: The answer is already within you, isn't it? The answer can come only from the Self, and it acknowledges it.

ANNADANAM

On Thursday, 22 October 2026, we arranged Annadanam for around 300 people, including members of the public, sadhus and devotees on the Girivalam path. With rain expected, we moved our usual Annadanam location from the Niruthi Lingam area to the Varuna Lingam area along the Girivalam path.

Thankfully, the rain held off, allowing us to serve the food comfortably and without any hindrance. Here are a few glimpses from the day's Annadanam.

PUBLICATIONS & WHAT'S AHEAD

FEATURED PUBLICATION

Silent Presence

This book primarily contains edited dialogues between Sri Ganga Maa and visitors who came to see her between July 2022 and January 2024. It also contains an extensive introduction in which Maa has shared details of her spiritual path and experiences.

Buying options –
https://www.davidgodman.org/book/silent-presence-satsang-with-ganga-maa-vol-1/#book-purchase-options

https://publications.hridayakshetram.org/

UPCOMING PROGRAMMES

November Satsangs

Monday through Saturday - 9:30 AM to 10:30 AM
Additional evening satsangs on Tuesday and Friday – 5:30 PM to 6:30 PM

Annadanam

Annadanam is planned for Thursday, 19 November 2026, at 7:00 PM near Niruthi Lingam along the Girivalam path. Food will be served to around 300 people, including members of the public, sadhus and spiritual seekers.

STAY CONNECTED

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Looking forward to your feedback and suggestions