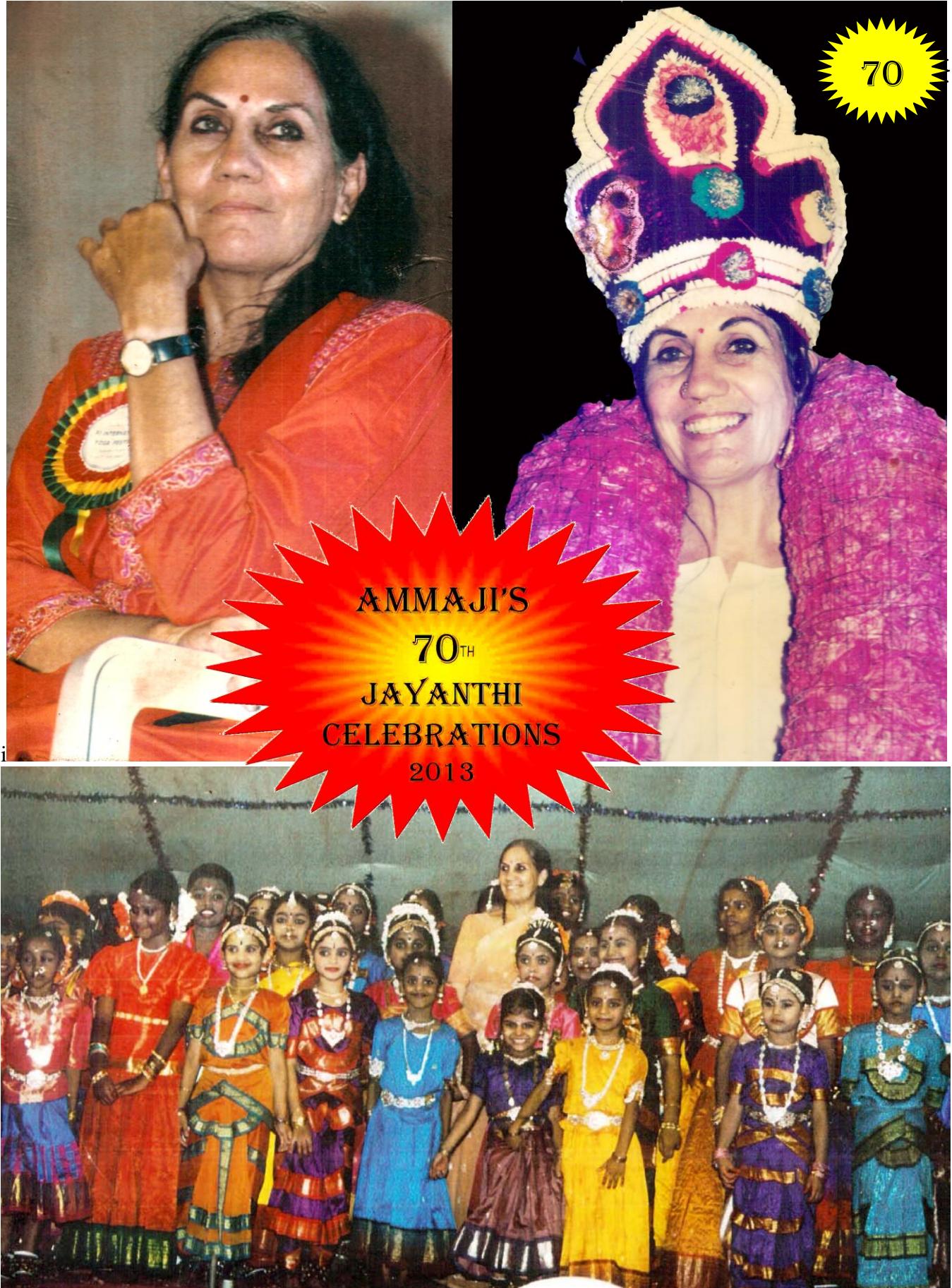


AMMAJI'S 70th BIRTHDAY CELEBRATIONS - 2013





AMMAJI'S 70TH BIRTHDAY CELEBRATIONS

6th to 16th September 2013

Dear Glorious Gitananda members

This year is a very special year for all of us as it marks the completion of seven decades by our beloved Ammaji in this blessed and loving form. We are gearing up to celebrate her 70th Birthday with a Grand Celebration that will be held at ICYER from the 6th to 16th of September 2013.

This will be a gala get-together of the Worldwide Gitananda Yoga Family and is virtually the Fifth Decennial Meet of the Rishiculture Ashtanga Yoga Tradition as codified by our illustrious Guru, Yogamaharishi Dr Swami Gitananda Giri. Previous Decennial Meets were held in 1971, 1981, 1989 and 2000.

Many members of the Gitananda Tradition will be coming for the event that will feature invited sessions by senior members from different countries elucidating their experiential perspectives of the Gitananda teachings in Hatha Yoga, Pranayama, Relaxation, Jnana Yoga, Vibrational Breath Therapy and Mantra Yoga.

There will be many sessions of jubilant Bhajans and entertaining music and dance performances by Yognat students and teachers.

**We especially invite you for the auspicious
70th JAYANTHI A YUSH HOMA
to be conducted from 7 to 10.30 am on 13th September 2013 at
ICYER.**

Full details are available at
www.icyer.com/documents/miscellaneous/Ammaji_70.pdf

Yours in Yoga,
Yogacharya Dr Ananda Balayogi Bhavanani
Chairman: ICYER and Yoganjali Natyalayam
25, II Cross, Iyyanar Nagar, Pondicherry, India
www.icyer.com and www.rishiculture.org



TENTATIVE PROGRAMME SCHEDULE FOR AMMAJI'S 70th JAYANTHI CELEBRATIONS SEPTEMBER 2013

Sept	5.30 am	6 am: Hatha Yoga sessions	8 am	11am: Pranayama and relaxation/ Theory sessions	1 pm	4pm: Mantra, Yantra, Tantra and Yoga therapy sessions	6 pm	7 pm	
Fri -6 th	Morning Aarthi at Ashram Shrine	Breakfast	--	Arrival and Welcome Inaugural ceremony	Lunch	Dr Ananda	Dinner	Satsanga with Ammaji	
Sat-7 th			“Yoga for Jetlag” Yogacharini Shobana, Czech Rep	Yogacharini Cathy Davis, Cornwall, UK		Dr Ananda		Cultural performance by Yoganjali Natyalayam	
Sun-8 th			-----	Guru Puja and Bhajans at Sri Kambalismwamy Madam and Indian wedding ceremony for Gargi and Max	Beach time with Yogacharini Cathy Davis, UK			Satsanga with Ammaji	
Mon-9 th			“Yoga Polarity” Yogacharya Muralidharan, Australia	Yogacharini Margo Hutchison, Australia	Dr Ananda	Satsanga with Ammaji			
Tue-10 th			Yogini Cathryn Dornekamp, New Zealand	Yogacharini Hanna Machia, Germany/ India	Lunch	Mantras and Bhajans with Yogacharini Devasena Bhavanani		Cultural performance by Yoganjali Natyalayam	
Wed-11 th			Yoga Sadhaka Radu Falcon, Canada	“Yoga for Special Children” Yoga Chemmal Meena Ramanathan, India		Dr Ananda		Satsanga with Ammaji	
Thu-12 th			Yogacharini Shobana, Czech Rep	Special pre-birthday Swim at Mango Hill Resort and fun-time Yoga sessions with Ammaji and others				Cultural performance by Yoganjali Natyalayam	
Fri-13 th			Yogacharini Gargi, Australia	Special Ayush Homa for Ammaji's 70 th Jayanthi	Lunch	Dr Ananda		Special birthday Satsanga with Ammaji	
Sat-14 th			Yogacharini Aishwariya, Canada	“Theory and practice of Vibrational Breath Therapy” with Bernadette Hearn, Australia		Spiritual Art Workshop with Yogacharini Jennifer Dany Aubé, Canada		Cultural performance by YOGNAT at Wedding Reception for Varalakshmi – Kamalanathan at JIPMER Community Hall	
Sun-15 th			Yogacharini Lakshmi, India	Guru Puja and Bhajans at Sri Kambalismwamy Madam	Beach time with Margo Hutchison, Australia			Satsanga with Ammaji	
Mon-16 th			Yogacharini Vibha, India	“Theory and practice of Vibrational Breath Therapy” with Bernadette Hearn, Australia	Valedictory function				

Ammaji for me is a symbol - a necessary reminder that enlightenment is not an unattainable dream but something that can be achieved. She exhumes an impenetrable force, a vast ball of prana which brightens, strengthens and makes the impossible possible. But more importantly, Amma inspires enlightenment through the existence of this power alongside her humanity: She walks, laughs, angers, doubts, hesitates, offers realistic advice that makes you believe that you can do it too. Amma is the personification of Satya. You look at her and see the truth, through her expression, her actions and her words. Amma always tells us that what we do, what we think, and what we are must be the same. These words would certainly seem unachievable, if we could not see her embodying them with such ease.

I am blessed with the honour of loving her so much. -*Yogacharini Anandhi Kontaxaki, Cyprus*

Actually I do not know what to say on occasion of the Ammaji's jubilee. Whatever one could say on this occasion is not enough to express the special feeling which usually arises inside the soul in Ammaji's presence. She really radiates Light and Love. What else do we need? - Nothing else! The same feeling I experience reading Ammaji's books, articles, essays. She used to write a lot. Some of her compositions have a deep scientific and philosophical approach, some of them are written with a sharp humour and every of her works has a deep sense and is fascinating in form. And what to say about "Yoga Life"! Every month during 40 years ... and every issue is really a treasure! Just amazingly - where could she get so much time! I think she has a magic ability to prolong the time. No doubt that for her the day consists of 48 hours instead of 24! Ammaji has a wonderful ability of deep insight everything she deals, including and especially human souls. Her fascinating manner to communicate with people (to speak, to smile, to listen) attracts and captivates everybody. She expresses the core of the subject so clear and shortly - as a genius-sculptor who reveals the essence of the person removing everything what covers this essence! She knows exactly how to deal with every human soul - what to say, how to say, when to say. Dear Ammaji! When everybody on our planet is just a bit similar to you, a bit like you are - then the world would be much better than it is in nowadays. Let we all, the students of Ananda Ashram, are able to imbibe and transmit the knowledge and the Light which you so generously ever present us! Affectionately Yours in Yoga. - *Yogacharini Tasha, Russia/Germany.*

Ammaji- the divine being
who has changed the course
of my life and many more,
who are on the lookout for
some kind of meaning in
their lives. She is the essence
of divinity in woman-hood,
the embodiment of dignity,
dedication, determination &
dharma. If the definition by
Swamiji that Yoga is a way
of life is true, then to me
Ammaji is Yoga!! She is the
perpetual fountain of
inspiration and motivation!
This beloved spiritual Being
whom we all lovingly call
"Amma" is the pillar of
strength and support. She is
the epitome of simplicity, yet
the personification of
profoundness!!! Am grateful
to her forever for making
this 'me' out of what I was.
Thank You Ammaji! -
**Yogachemmal Smt. Meena
Ramanathan, Pondicherry**

Our beloved Ammaji:

For me She is the most beautiful soul on this planet earth and an idol and example for all of us.

She is full of love,
full of light,
full of bliss,
full of knowledge,
full of positivity,
full of grace,
full of readiness to always serve
full of efficiency,
full of discipline,
full of affection,
full of bliss which She spreads happily to everybody who enters Her life.



Om poornamadah poornamidam poornath poornam udachyate, poornasya poornamadaya poornameva vashishyade (That is full, this is full. If you take the full from the full, the full alone remains). Ammaji for me is fullness, and I love her dearly. I am most grateful for Her Divine Love and for Her existence in my life. She touched my soul, my life and she touches many souls, many lives. May Guru / God / Goddess always shower Their most precious Blessings upon Her so that She can enter and enlighten the hearts of many more. Many happy returns of the day. With pranams, gratitude and fond love. ***Yogacharini Hanna Machia, Bangalore, India***

Imagine that you had a poet from America who decided to become a journalist. Imagine that you sent that journalist to reside inside of one of the world's oldest civilizations (perhaps the oldest), following the tenets of a traditional South Indian Gurukula, and thriving with those tenets. Imagine what insights could be found in her writings -- imagine the courses she could offer guiding others through the jeweled treasury of this remarkable distillation of the human spirit. Would it surprise you if after more than forty years you could not distinguish her from other Indian women on the street? With the same mannerisms, gait, social grace, and internal rhythms, the only way you could tell who she was would be by the way she rides her motorcycle. With love and gratitude, ***Ken Liberman, Professor Emeritus, University of Oregon, USA***

"Thank you seems like such an insufficient expression to convey my love and gratitude toward Amma. For someone who has never called herself my teacher, she has taught me more than all others in this world combined. Through eloquent prose; in profound and moving discourse; with a timely, knowing glace; in the graceful and dignified way in which she moves through this life; and perhaps most of all, in the warmth of her charm and sincerity, I have come to glimpse a fleeting truth that puts my mind at ease and my soul at peace. Amma is my mother in the deepest sense of the word. What past merits I must have earned to have had the great fortune to know such a divine soul in this life!" ***Yogacharya Michael Deslippe, Director International Yogalayam.***

Divine and most dearest Ammaji, thank you for being the guiding light that you are. A star of such magnitude is so rare these days. You are one in a million! May you continue to be a torch bearer, igniting the flame of yoga in the hearts of all you come in contact with.

Aum Shantih- ॐ

*Cathryn Doornekamp,
Lotus Yoga Centre,
Paraparaumu, New
Zealand.*

"Ammaji reminds us that it is a boon to be born into a human incarnation giving us the opportunity to obtain liberation / Moksha in this Lifetime itself. Continuing ICYER's vision of inspiring humanity rather than trying to change the world. Four fold awareness is used to create Yogic "Values" which define behavior guiding Sadhaks from many countries and walks of life who are ready / willing to change / evolve within their Dharma. Being able to educe inborn talent from all that make the effort is Ammaji's Dharma with her friendly smile. Personnel Development with all reaching their full potential is Ammaji's Mantra. Inclusive as well as expansive "Satyam / Shivam / Sundaram" expansion of Consciousness using elevated Thoughts / Understanding / Perception of Truth is Ammaji's method. Ammaji shows by example how to cultivate "Santhosam" [serenity] and in the West it would be said: "Ammaji talks the talk and walks the walk". *Yogacharya Muralidharan Giri, Gitananda Yoga Centre, Sydney, Australia.*

"Wie schön, dass du geboren bist, wir hätten Dich sonst sehr vermisst." This is the chorus of a famous German birthday song. It translates like "how nice that you were born, otherwise we would have missed you a lot". What? Sounds like a complete non-sense just made up to rhyme nicely. How can you miss somebody whom you have never met because he simply has not come into existence? As a child I pondered a lot about why people sing such a non-sense each and every year. When my schoolmates and my family sang it for me it always felt like being fooled. I had never missed any of all those who had not been born - as far as I could tell. I did not believe it.

I remember the first moment I met you, Ammaji, personally I mean, because before that I had met you in the correspondence course - as a beautiful model showing lots of Asanas, I knew you in black and white. I had met you through your answers to my letters and through the articles in Yoga life. When I first met you personally, I had just arrived for the six months course. We were some students sitting for supper in the dining hall when you appeared on the steps of the archway. Everybody leapt from his seat - everybody but me, being surprised by that sudden movement around me, so I just did nothing. You simply said, "so, this must be little Claudia from Germany" - and off you went again.

Nothing really amazing had happened one would think - you in your home, walking around in a sari skirt in the early evening, welcoming the newly arrived little chap in the most natural way. Yet it was special for me, something that I understood only much later: This discreet welcoming was for the first time of many like the action when a hen pulls her little chick under her plumage, in a casual movement, just naturally. The little one has run away or sits in a distance - and the hen, while picking corn, just opens a wing and with a little shaking covers the little chick with

her plumage. In that case, it was rather the eagle mother pulling a newly arrived eaglet under her big wing.

Although during the next months I struggled a lot with some of the protective actions of this new eagle mother and with accepting her guidance and my new place under the plumage, and although I had to leave that protective and finally cozy place after six months – being pushed out of the nest – I feel that this deep interest- because this is what it is, deep interest – that this has become a very important element of my life. I am very grateful for that beautiful gift.

Sitting thousands of kilometers away from my Garuda Matr I know she is watching (over) me with her hawk-gaze of deep interest. Dr Ananda once spoke about the concept of Drishti in a mantra class and how the view of others on us influences us. Quantum physics confirm this knowledge that in other cultures is living memory like the evil eye and protective amulets. The “observer effect” states that the act of observation makes changes on a phenomenon being observed. So, Ammaji watching her eaglets with that deep interest is a blessing to all of us influencing our lives in a very positive way.

Of course, I have my biological Amma watching me and wishing me well, who is only two months younger than my Garuda Amma, by the way. Both are born in the year of the goat in Chinese astrology. This zodiac is seen as very compassionate, mild and sympathetic. Well, apparently so. But coming back, Ammaji wishes her eaglets to grow the way they should, towards their true selves, she gives them guidance on the Yoga path, her deep interest is helping them to be themselves and to be free in that sense. This has become an essential feature of my life, a very special one and a true blessing. Thank you Ammaji for bringing your deep interest into my life!

I consider that very few people are capable of this love in the true sense, the deep interest that lets free, that wishes for the other to grow on his very own path to be the best he can. Probably, I would not have known it but rather would I have felt a void or a vague sensation of missing something if this loving plumage-shelter and Garuda-Ammaji’s hawk-gaze did not exist in my life. My life would be so much poorer.

In the end, there is a lot of truth in this German birthday song. I would have missed you very much, Ammaji, my dear Garuda Mother, you matter a lot in my life. It feels fantastic and fills me with joy when I think of you being there and caring on caring about each and everyone of us – and we are not only a few. I am grateful for everything I have received from you, for everything I am receiving from you.



Namastey Ammaji! Happy Birthday to you - Happy Birthday to you - Happy Birthday, dear Ammaji - Happy Birthday to you!! Yeahhhaaaa! Thank you for dedicating your life to yoga, thank you for living yoga, thank you for being yoga, and on top of that: Thank you for sharing yoga, thank you for being our guru, every day, for decades already. Everywhere on our beautiful little planet there are traces of your and your family's work, and so many of them can be found here in Berlin. I wish you health and happiness on your 70th birthday, and I send you a big hug from Berlin! In yoga, Otto. www.yoga.in



Actually, this German song is a beautiful and full of love: if you were not there, our lives would be so much poorer. If you were not there „something“, this unique and tremendously valuable part would be missing. You are an essential part of our lives and we are aware of that and grateful that you are born and part of our lives. This is what it says. Thank you, Ammaji, for being there and for being that unique loving eagle mother you are! Happy Birthday! *“Wie schön, dass du geboren bist, wir hätten Dich sonst sehr vermisst!”* **Yoga Sadhaki Hemashri, Germany/France.**

We admire the five C's that are synonymous with Ammaji's great personality: - Courtesy, Commitment, Concern, Conviction and Culture. Thanks to these beautiful qualities she is able to effortlessly steer the massive organization - YOGNAT and take it to stellar heights. Her great son Dr. Ananda, his better half Smt. Devasena and Ammaji's wonderful grandchildren are sources of inspiration and we are proud to see such a close knit family that is ever committed to perfection and poise. My wife Pushpa shares the same sentiments as also my son Srinivasan, his wife Nalini and their son Anirudh. Anirudh is so fortunate to have come under the care of Ammaji and Dr. Ananda and it is the gurukrupa that enabled him to become Champion of Champions at the 18th International Yoga festival in 2011. Yognat is the physical manifestation of Ammaji's personal commitment and endeavor which would be remembered for many more years. Seeking your blessings on behalf of your cherished students, disciples, friends and well wishers. God Bless Ammaji and her wonderful family! God Bless Yognat!!! God Bless us all!! **A.S.V.Raghavan, (Retd. Asst. Gen., Supdt., CMC Hospital, Vellore), Pondicherry, India.**

Dearest Ammaji, It has been many years since we spread our wings with the first batch of eaglets. Despite having flown far and lost a few feathers what better time to look back and indulge in the satisfaction of your many accomplishments. The future of mankind is brighter because of your contribution to the yoga community, and I have no doubt the updraft of appreciation has made the flight that much more rewarding. Now that you have completed 70 years in this body it is also an important time to look ahead. May you continue to bring inspiration to others who strive to follow the inner path, but more importantly may your coming years bring you much joyfulness and fruitful sadhana. With Deepest Affection. - **Yogacharya Rajudev, Yoga Jivana (North American Chapter), USA.**

Our dearest most beloved Ammaji, Well it is thanks to you and Swamiji's creation of Ananda Ashram our lives together begun! Funnily enough we both thought we would be leading some kind of monastic type of life before coming to Ananda Ashram and hearing in your heart stirring Satsang sessions about the value of the Grahasta state! Thanks to the teachings, your blessings and guidance since meeting at ICYER in 2006 we are living and loving our spiritual journey and growth as husband and wife two beautiful little boys and who knows maybe the third one will arrive on your birth-date! Had our new creation not been due now we would be there with you I'm sure for this wonderful celebration of your birthday - what a wonderful gift you have truly given to the world in your existence your love and

blessings can be felt from far across the seas here and we are so grateful to you Ammaji, always thinking of you in our hearts in our yogic family and community we are trying to grow from your great example. As the poet Kabira says- "*Guru Govinda dauno khare, kake langu panva; balihari guru aapke govinda diyo bataya*" - which means when your Guru and God itself both are standing with you, one should be grateful and pay his/her regards to guru first for showing the path and enabling one to realizing the Divine God. Every time we find ourselves in difficult time or off yogic track all the teachings and blessings we had from you Ammaji always bring us back on track and show us the next milestone to be achieved in our Grahasta Yoga. You are always in our hearts and thoughts. Much love always, **Yogacharini Deepika, Yogacharya Jnandev, Siddh, Mahadev and the unborn soul!, Yoga Satsanga Ashram, Wales, UK.**

Ammaji is undoubtedly the most amazing woman I have ever known. Beautiful, attractive, talented, courageous, kind and compassionate as well as strong physically, mentally, emotionally and spiritually. The energy required to remember everything she does and to accomplish all that she manages to achieve in any given week is phenomenal. And yet she always gives the impression that she is not in a rush; that she has time for a chat; time to make everyone feel special. And time to write letters.

Nobody I know writes letters like Ammaji and nobody I know has written me as many letters as her. Letters are such a rare commodity now and I have treasured boxes of letters I have kept from my family and friends over the years. However I have had more letters from Ammaji that I have had from any other person and they are a treasure. I have her letters to me over 40 years, filled with news and wonderful descriptions of life in the ashram. To me her letters are literary masterpieces, poetic, descriptive and wise; filled with thoughtful encouragement and gentle admonishments to stay on the path, lead a good life and be the best humane being I can be. Yet, reminding me that it is not easy, and that she also has her struggles at times. They always give the impression they were written directly to and especially for me. I hear her speaking to me through them and am transported to the time and place they were written and can visualise what was going on at the time.

Ammaji is an inspiration to all; our beacon of hope, light and love. Her life has been one of dedicated service to Yoga and humanity in every way possible; A life of humility and unselfish devotion to Swamiji, his projects, his teachings, his legacy and everything he represented. May she continue to live a long and happy life for many years to come. Love in abundance -

Yogacharini Margo Hutchison, Brisbane, Australia.

Who can describe the importance of a mother in one's development? In the last verse of the *Guru Stotra*, we chant "[Guru] You are my mother, you are my father." The *Guru* principle is praised in Its manifestation as mother. With Ammaji the reverse is also a fact: her being a mother informs her being a *guru*, a *yogaacharini*, a guide for many. When I met Ammaji in person for the first time I felt home. I know this has



Dearest Amma, I am better for knowing you and the world is a better place for your birth. Welcome to the commencement of your eighth decade and may it bring happiness in your creativity. Much love

Dr. Swami Anandakapila Saraswathi (Dr. Jonn Mumford), Sydney, Australia.



knowledge has amazed me over the years. The regular publication of the Yoga Journal for over 30 years is a testament to her innate talent and passion to patiently put forth knowledge from the scriptures in a simple yet captivating way for people of all walks of life. I love the personalized short notes of love that she includes with the newsletter that she sends out periodically. Ammaji, thank you so much for the time, energy and thought that you put into each and every letter and yoga journal magazine that you write – they are full of wisdom and inspiration.... and much needed in the world we live in. **Anita Rangaswami, Prana Gyana Holistic Health and Wellness Center, Arizona, USA.**

Dear Ammaji, It is always with a sense of expected amazement that I read your reflections on Life. Your humility and detachment when faced with challenges are always respected and admired (I am sure) by all those who listen to you. I know it always inspires me to do better, and brings a sense of nobility and gratefulness to my life. Seeing how Ananda, Anandraj and Dhivya are unfolding greatly due to you goes beyond words. I am grateful that you are still in the body and taking good care of yourself, because as you do this, you are also taking great care of all of us. You show more flexibility in spirit than most young children! It pains me greatly to not be able to attend my Yoga family get-together during your 70th birthday, but my heart and soul is with you now, and always. -**Yogacharya Srikant, Montreal, Canada.**

As one of Ammaji's thousands of students at Ananda Ashram, it is amazing that when speaking with her, she is really hearing with her body, with her warm mood and affection. She is able to reply on two levels "with and without words". At once a student hears her words through ears, but later, much later, even after years in silent moments her words are still clear to hear. How is that possible? Ammaji is the Expert "Soul- Talker" lighting the lost way out of darkness! Yes, but not just this;

happened to many before and will happen to others after. This is, in itself, a tribute to the greatness of her soul, of the manifestation of the One who can embrace a multitude of differences. Many are your teachings, dear Ammaji, both in person and at a distance. May we all be fit to receive them. Much is the gratitude. May we be able to return at least part of the service, the devotion and the trust in our *parampara*'s teaching. *Jay Guru! It's a hap hap happy birthday!* -**Yogacharini Sangeeta (Laura Biagi), Italy**

My visit to the ashram in the summer of 2008 was a wonderful experience- spending time with Ammaji, Ananda and family in a Gurukula environment with only 3 other students. In addition to all the attributes many have experienced that make her a Divine spirit full of love, Ammaji's writing style and depth of

Ammaji is also the best role model as Yogacharini, Rishipatni, teacher, head nurse, editor, elder sister, mother, grand mom, as comedian, highest expert in "laugh yoga: and she is a real person who even knows the market prices for daily food needed for her "always hungry" students at the Ashram! Happy birthday dearest Ammaji! **Yogacharini Latha, Gitananda Yoga Society, Berlin.**

Rose and I arrived a couple of days late for our month-long yoga course in 1978 because our plane was grounded by snow in Kabul and we even ended up pushing our own rickshaw through the sand to the old ashram. We waited outside until Meenakshi emerged glowing from her dance practice. She consulted Swami Gitananda and returned saying our karma was obviously lousy and we must go – but could stay until the morning. We joined in an all-night puja and Swamiji decided there was still hope for us and we were allowed to stay for what turned out to be a very special month, the memories of which still nourish us. We have followed the goings-on at Ananda Ashram through Meenakshi's eloquent and inspired writings and, together with our daughter Harriet who visited the Ashram 10 years ago, send her our devoted love and respect on her 70th birthday. Best wishes, **Dennis and Rose Benton, UK.**

I was very interested in studying yoga in India and after much deliberation, research and soul searching, I decided to take the 6-month long residential courses at ICYER in 2005. Prior to arriving at ICYER, I had talked to Ammaji on the phone and asked her a few questions that concerned me. Ammaji was very pleasant and answered my questions. I remember during our training that dear Ammaji made a special day for my 41-year-old birthday. I appreciated her thoughtfulness and love. In the west and Taiwan, many consider yoga as physical exercise and people have heard it is a body-mind-spirit kind of exercise but do not know what and how. Then I realized yoga is the cultivation of consciousness in our life through our words, thoughts and deeds. Through the 6-month training, we learned many aspects of yoga and realized what I have learned is just a beginning. I truly appreciate Ammaji's teachings and her wisdom. Even though I have a strong asana practice, without the philosophy and wisdom to back up my practice, yoga means nothing to me. I also feel lucky to be connected to Gitananda yoga families even though I haven't visited ashram for the past 7 years. I hope I will be able to make a trip again sometime soon. I want to send a special birthday congratulations on Ammaji's 70th Birthday and

We all extend our heartfelt pranams, good wishes, felicitations, and prayers to Ammaji on the auspicious occasion of her upcoming 70th Jayanthi! She is a shining example of Yoga and a continual inspiration to us all!

Jai Ma!

**Prem Anjali, Ph.D.,
Editor, Integral Yoga
Magazine, Yogaville , USA.**



Dear Amma, thank you for all your teaching and inspiration. You have deeply influenced thousands of people searching for meaning in their lives. You have planted spiritual seeds within human hearts which have the ability to blossom in our minds. Your teachings continue to live and unfold from within.

**Dr. Birgit Christina Kay,
Germany and UK**



wish her continuing good health. Sending love and light from California.
Yogacharini Nitya (Su Lan Chuang), USA.

Dear Ammaji, Wishing you the most wonderful and happiest day for your 70th birthday. May all the lucky stars shine on you. May you be a sparkling gem in the midst of your family. May you and your day be celebrated with love and joy and happiness. May you indulge yourself with all the senses. May you be overwhelmed with flowers and Malas like Swamiji was on his birthday 1993. May you be happy in the here and now. Wishing you peace inside and outside. Lots of love and a hearty hug through space from me. It is now exactly 20 years since I touched your feet for the first time and you gave me a nice hug. I am with you in my thoughts every day. Yours in Yoga, **Yogacharini Sri Devi, Switzerland.**

Glory to the Mother! Glory to Ammaji

70 years can be many or few, it depends on how they have been lived. AMMA has lived them fully day after day, facing hard challenges and experiencing immense joys in the light of a great spirit, a husband and a Guru: Pujya Swami Gitananda Maharaj. Amma has made every step of her life in a constant climb toward the divine light, until she herself has become, today, the light and soul of this big spiritual family.

She is an admirable symbol of those women who, just like Rishipatnis of the ancient time, are able to unite their emancipation with the value of service, their intelligence with spiritual life and dedication to the wellbeing of many people.

Punya-Karma of this great soul is an extraordinary son, today an excellent Guru, and splendid grandchildren who will keep on making her light shine in the future.

Our wish is that Amma's love and wisdom will guide us now and always. Happy birthday Ammaji, with all our heart.

**Svami Yogananda Giri and all the spiritual family of
Gitananda Ashram, Savona, Italy.**

Ammaji is a remarkable woman, who has achieved and accomplished so much in one lifetime. Ammaji is a true yogi who has given so much of herself, selflessly, to others, especially to her family, to the community and to her students. I am one of those students; I have known Ammaji since 2008. I feel very fortunate to have met Ammaji and to have had the opportunity to study under her guidance. Ammaji delivers the most insightful satsangas, leaving us all with much food for thought. Ammaji is a talented writer, sharing and preserving her knowledge and understanding of yoga for all of us in the future. She is living proof that living a yogic life with "skill in action" is possible. Ammaji not only talks the talk, but she walks the walk. I would like to wish this amazing woman, Ammaji, a truly wonderful 70th Birthday. Om shanti - **Yogacharini Gargi, Australia.**

Thank you so much for the very special invitation. Your Maha Yogini Mother, Ammaji is one of the greatest living women on the planet right now.

**Yogini Zena
Ursuliak, Canada.**

Please convey our best wishes to Ammaji for her 70th birthday. May God bless her and the work that all of you are doing. Our best wishes to you. **All at The Yoga Institute, Shri Yogendra Marg, Santa Cruz (East), Mumbai, India.**

Our best wishes for the grand success of the function. Please convey my Pranams to Ammaji. Regards.
Dr. IV Basavaraddi, Director, MDNIY, New Delhi, India.

May the Maker of All make her future life Happy, Healthy and Peaceful so that she can serve the humanity as she is serving now.

**Dr BR Sharma,
Principal,
GS College,
Kaivalyadhama,
Lonavla, India.**

Wishing you a very happy day on 13 September! The difference of entering upon our respective journeys on the earth plane is seven years and three days. You will recall how we both enrolled in the yoga training course, held in 1968, under the auspices of Swamiji at Ananda Ashram, Pondicherry. It soon dawned on me that there was something 'special' going on between Swamiji and you but I kept that to myself. He was not particularly interested in idle talk and I made sure not to rock the boat.....

I must say that Swamiji did not favour any student in the course. In fact you were literally thrown out onto the road on one occasion. I never asked, "Why?" I guessed it had to do with you not arriving on time for one of his dynamic lectures. He hated it when someone was late.

In later years I often wondered how the Ashram would have looked without your tremendous input had you decided to walk away for good. The yogic path is not an easy one and you have set a brilliant example of devotion and dedication to your husband and master. Many students just disappeared, finding the environment in the Ashram too tough. (Read yoga Sadhana versus a holiday resort). These students left to complete their karmic journeys in other ways of the world.

Swamiji said that they were not ready for a yogic life. He was not one to suffer fools gladly. He called a spade a spade, digging deeply to get rid of the destructive ego. That might have hurt a lot at times. He was a tough taskmaster who ran a Guru Kula and did not want to be thought of as a kindergarten teacher. On the other hand he encouraged his followers to be independent. He said, "Do not hang onto my dhoti but think for yourself".

Today you have become a leading light on the yogic path. Your spiritual attributes and advancement of Rishi Culture are more and more appreciated. May you continue to be honoured and blessed in a thousand ways. Swamiji used to be called "The Lion of Pondicherry". I see you as the "Lioness of Tamil Nadu".

Yogacharya Eric Doornekamp, Lotus Yoga Centre, New Zealand.

Amma has been quite an amazing person in terms of her dedication to regularity, repetition and rhythm. One can never quite comprehend where her influence stops as her work had the potential to raise people's consciousness. Today, if there is a sensitivity about the way I perceive and experience temples, flowers, movement, stillness, colours, rituals, relationships, deities, kolams and of course my own self, I definitely have to attribute a significant part of it to the training and accompanying experiences I had in \ through Yoganjali Natyalayam and ICYER, the two institutes that Amma has been driving against all odds. The way Amma can fuse life into a dance drama, spicing it up with vibrancy and dramatizing it with simple but apt vocabulary has always been an enjoyable sight. The biggest blessing is actualizing one's potential and I think the greatest service I can do for myself and others will be to manifest my true potential. Yognat and ICYER's training has definitely fuelled my journey abundantly in that regard. I wish Amma abundance of peace, health, happiness, joy, fun, relaxation and of course students who can complement her growth. Love, **Yogacharini D Lakshmi, India.**

How can I explain that illusive inner quality that Ammaji embodies? My personal experience, as well as those of so many others is great testimony to the special person Amma is. On arrival at Ananda Ashram in 1998 with the inscription over the door, "Enter Here Only if you are Happy", I was faced with my first challenge. I knew I wasn't a very happy person; but I knew I could not put my teacher Rudra to the inconvenience of turning round and going home. Then during the tour of the Ashram with Amma who stopped frequently to describe many photos around the walls, my impatience at the slow pace was almost unbearable. This was another amazing lesson which is with me to this day, Slow Down! There followed many trials during that first three months in the Ashram. Blistered backside from the hard cycle seat I used to get about on, getting lost on the way to Kambalismwamy Madam for Sunday Puja, dissolving into floods of tears during morning quiet sitting on the news of the death of my mother-in-law (surrogate mother) were just some of the difficulties. My second visit in 2006 started with my baggage having been lost in transit, which luckily turned up three or four days later. The many times I mislaid my glasses or water bottle or both, I thought would have blotted my copy book for good, but no Amma still allowed me to return in 2008 to finalise my six months training. I am so grateful for Amma's unfailing patience and kindness to me. The wonderful legacy of this incomparable training is a happy, normal person committed to the path of Yoga. Thank you Amma for your loyalty to Swamiji, and his teachings for so many years, and your amazing gifts bestowed on the many thousands of students who have passed through Ananda Ashram. I wish you, very many Happy Returns on your seventieth birthday. May your light continue to shine for many years to come. Love and yogic blessings. **Yogacharini Gowri, Australia.**

Divine Amma, Namasté! My heartiest congratulations on your 70th birthday!! I admire your spirit, your honesty, your love, the way you have with words and your happiness. There is SO much more that can be said. More than six years have passed since our (the sadhaks from South Africa) nine day "visit" to the Ashram. I still remember the talks you had with us, the personal conversations, how

everything would change when you, dear Amma honoured us with your presence. Thank you, thank you, thank you! May you enjoy all the festivities and may many inspiring messages flow from your pen. I wish you more happy years with Dr Ananda, Devasena and your beautiful grandchildren whom I know you love very dearly. Love, **Elise (Liebenberg), South Africa.**

Dear Meenakshi Devi, {as I first new you} Dearest Amma, Dr Swami Gitananda, yourself and Dr Ananda, have been a part of my life for nearly 4 decades, influencing, encouraging and inspiring me as I progress along the Yoga path. Thank you for everything that keeps us connected through Yoga Life magazines and the supportive letters you've sent me over the years. I wish you a wonderful 70th birthday, with much happiness and joy. You are an amazing lady! Much love and gratitude. **Shirley Ball, Cornwall U.K.**



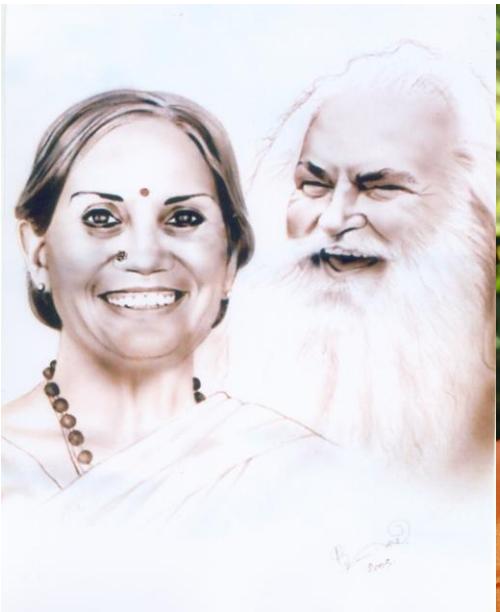
May we always be worthy of your divine blessings dearest Ammaji



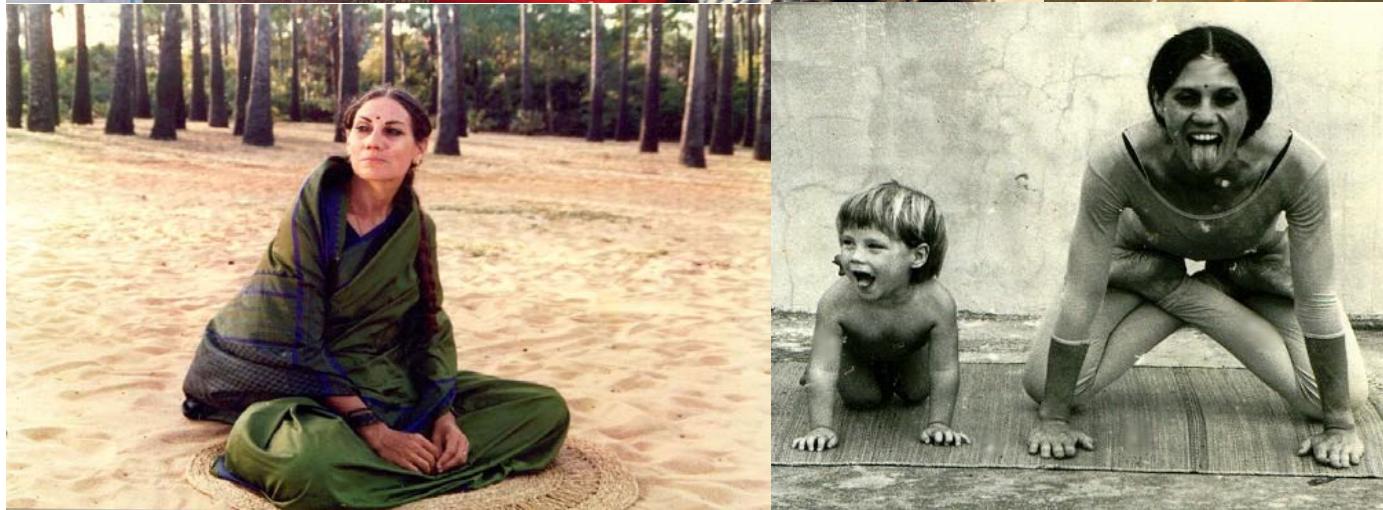
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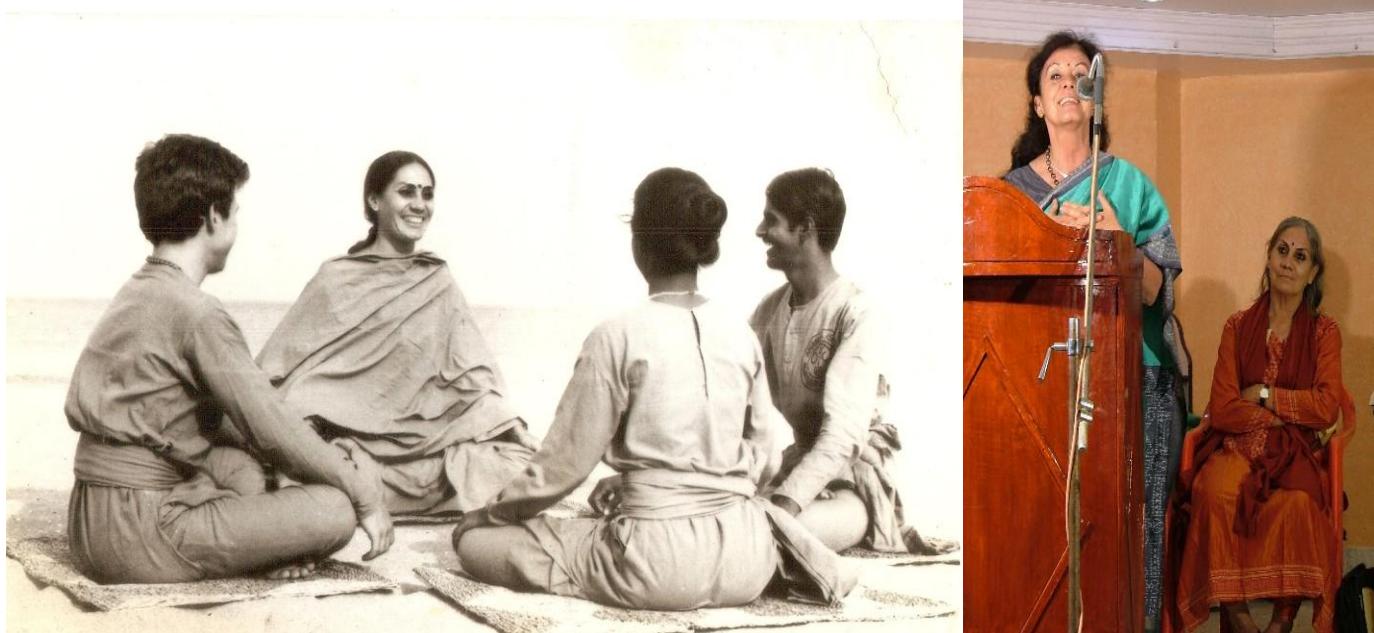
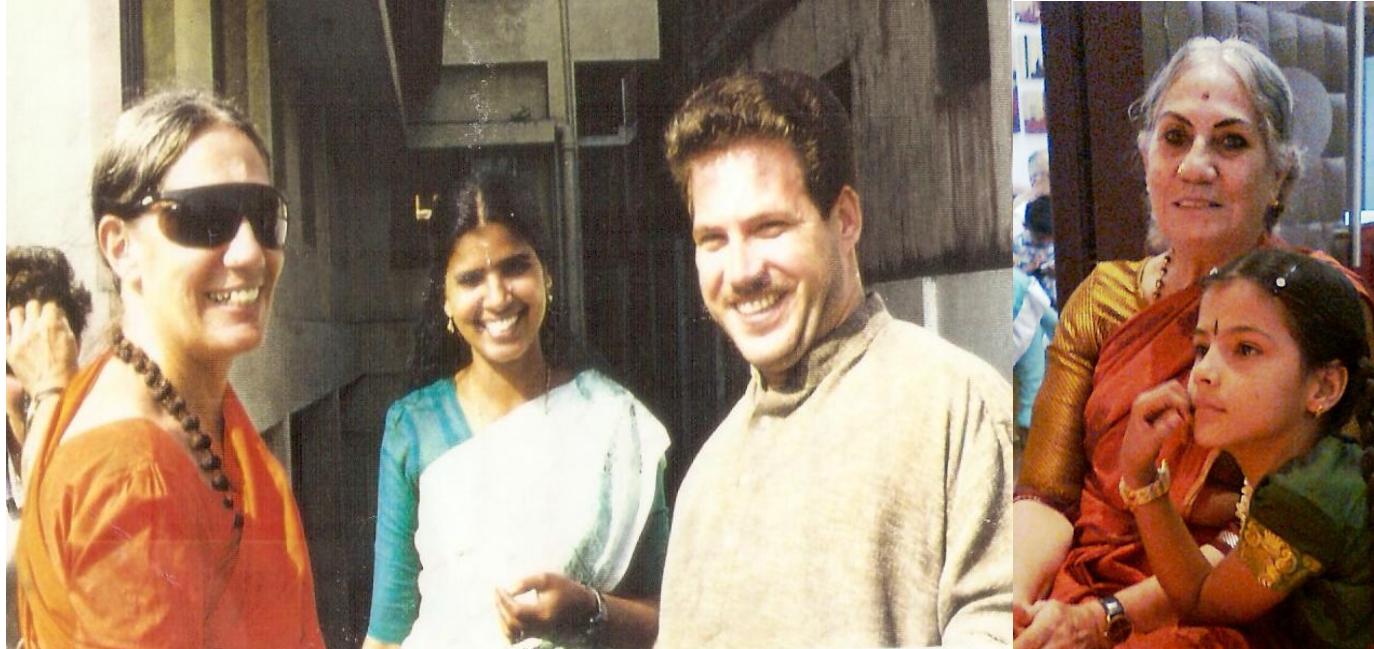
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