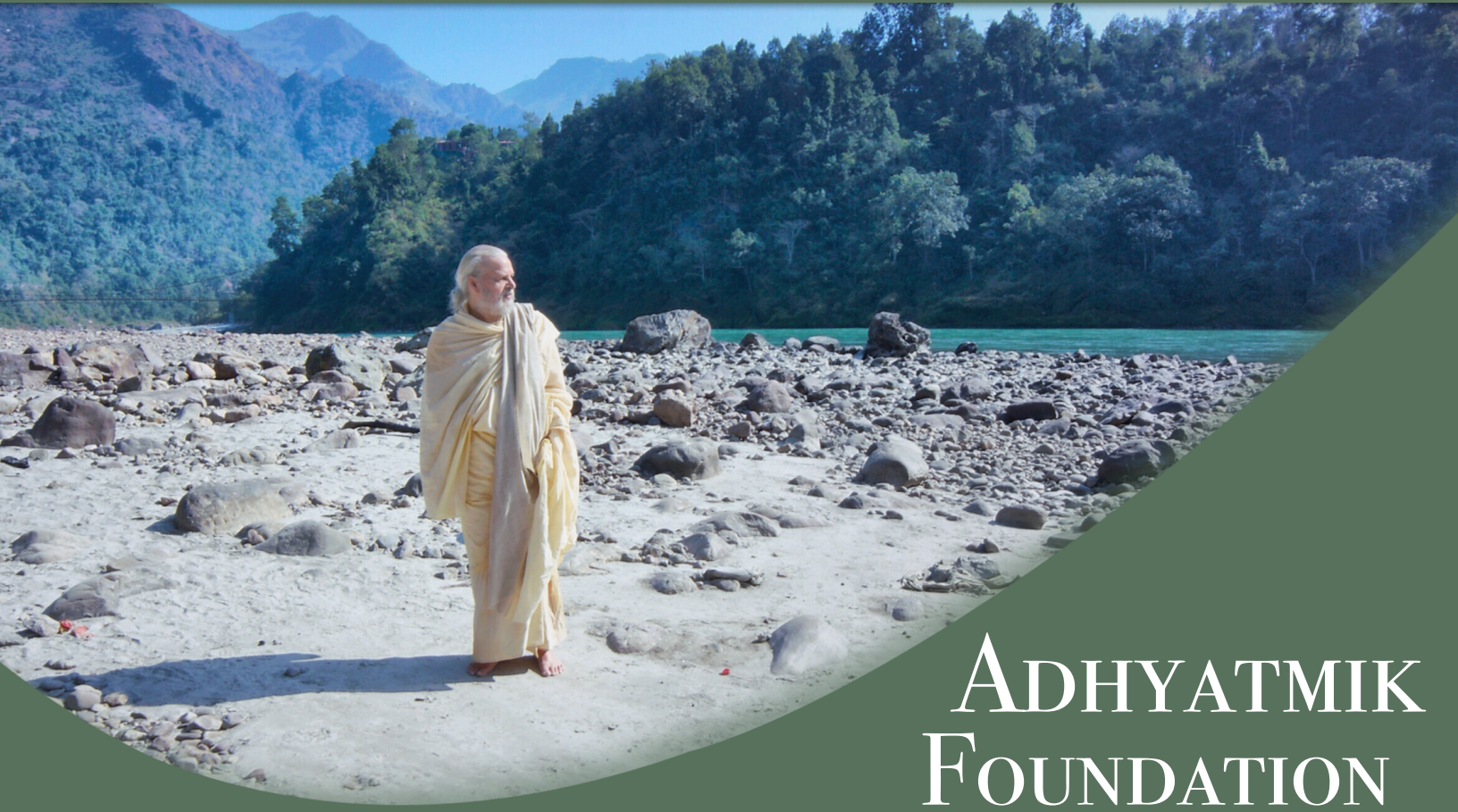


Ancient Wisdom brought to Life.



# ADHYATMIK FOUNDATION

“You become the Knowledge. The Knowledge is You.  
That Oneness is with Me and by knowing Me you know your Self.  
By understanding Me, you understand your Self.”

-Sri Svami Purna Maharaj

---

## All Enhancement and Advancement of Body, Mind and Self.

Our Mission is to disseminate the Highest Knowledge, *Vedic* Wisdom and Teachings of Himalayan Master Sri Swami Purna, including the promotion of awareness and responsibility for self, health and happiness through cross-cultural educational programs, multi-media publications, music and events. We emphasize the traditional *Sanskrit* texts and *Vedic* values of radiant health and respect for life, nature and the environment to achieve peaceful, balanced living and practical wisdom.

Adhyatmik Foundation is a 501(c)3 organization established in the USA in 1983 in order to provide access to and disseminate the ancient wisdom found in Indian Vedic Teachings. These perennial Teachings, handed down by great saints and sages over many generations through the oral tradition, transcend time and place; they are universal and can be applied in a practical way to bring peace and balance to our lives in this fast-paced, stressful age in which we live today.

Visit [Adhyatmik.org](http://Adhyatmik.org) for more information. Connect with us: [Contact@Adhyatmik.org](mailto:Contact@Adhyatmik.org)