



May 2025

PREMA ANANDA VAHINI





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*“If you were to die tomorrow morning, will your mother lament and also die? No. The world will go on whether you are here or not. We are just a minute part of this world; whether we are living or not will make no difference to the turning of this world.”*

- Swamiji



# Satsang with Swamiji

## *Why were human beings created?*



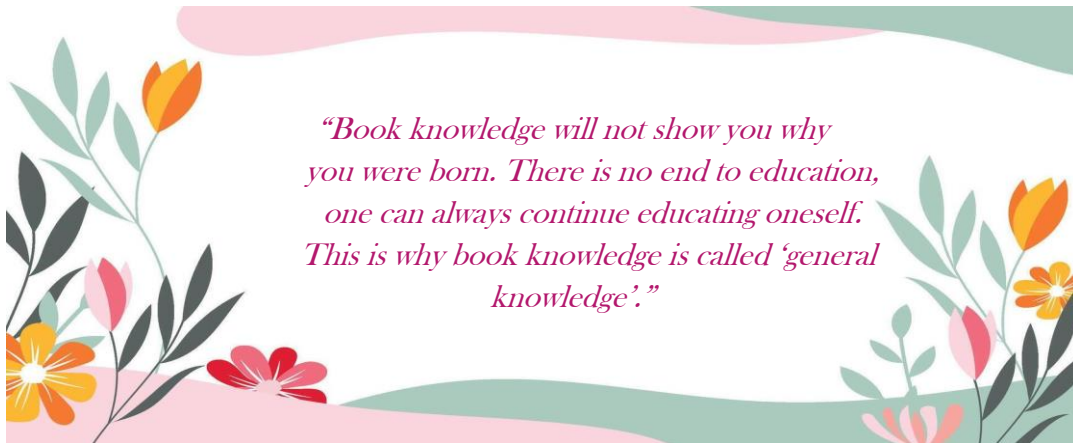
**W**hy were human beings created? Why were you born? What is the purpose of your birth? What is the reason for your taking sannyas (*the renunciate's robes*)? Should you follow the path of a yogi or lead a worldly life and then die? Are you here just to accumulate wealth and property, to enjoy this beautiful world?

If you ask people these questions some people may think they have become entangled in worldly life, while others may think they managed to escape its grasp. Some people may think nothing in this world is real and they are here only to enjoy this life. Like this, people become entangled in all kinds of ways.



Therefore, what is the answer to this question? What is the true reason you were born? What is the true purpose of your birth? Ask yourself these questions, use your mind and reflect on them well.

Human beings are born with six senses and animals are born with only five. You were born in this world to your householder parents and now you are a sannyasi. From birth to eight years of age is your childhood. From eight to 18 years is the period of time you educate yourself. By the time you are 18 you should also be mature; one cannot say that an 18-year-old is still a child, that would be foolish.



At 18 one should begin showing signs of maturity and, after 18, if you ask yourself why you were born, what the purpose is of your birth and what you should do with your life, the answer should come automatically to you. If you would ask yourself that before the age of 18, you would be confused. If you ask yourself after the age of 18, your answer will also depend on the context in which you ask it. If you are a coward, these questions and answers will be directly tied to your situation. If you are someone who is frightened, for example, who doesn't want to live alone and feels the need of a partner, you would be asking yourself those questions out of fear and a lack of self-confidence.

Therefore, after becoming 18, has all the education you received made you a mature person, or have you simply accumulated a lot of book knowledge? Through book knowledge you cannot become mature. Text book knowledge may have given you some intellectual understanding, like knowing languages and understanding mathematics, but the most important thing is the experience you have gained.

Book knowledge will not show you why you were born. There is no end to education, one can always continue educating oneself. This is why book knowledge is called ‘general knowledge’. But to understand your life, to understand the purpose of your birth, general knowledge is not enough. For that you need *gnanam*, wisdom.



To gain that wisdom you first have to understand yourself, and come to know why you were born in this world.

Those who have finished their education will only think of going to work and earning money. They will use all that education to protect their bodies and earn money for their futures, but it does not give them wisdom.

Think, have you sold what you have learned or have you truly dedicated it to God? “Money makes the world go round,” I would say is an ignorant statement. I will ask you another question: do you live to eat or do you eat to live? If you ask yourself these kinds of questions, you will come to know why human beings were born. Today, when you eat, will you be eating because of hunger or will you be living to eat? Looking at most of the people in this world, it doesn't seem as if they eat because they are hungry. They behave like gluttons, eating everything and anything like ravished dogs. Without eating butter and eggs they will lose weight and, thinking they are not getting enough nutrition, they will start taking vitamins and minerals. Why? Because they think they were born only to eat. To eat and die! You act like a person who was born to eat and you forget to think.

In the same way, you behave as if you were born to study and you will keep on studying and forget that you are selling your education and living off of that.

Think – you eat food and you die; you educate yourself to earn money, but what about the purpose of your birth? Some people will say they don't like working to earn money, but they have to work to help their parents care for the family.

If you were to die tomorrow morning, will your mother lament and also die? No. The world will go on whether you are here or not. We are just a minute part of this world; whether we are living or not will make no difference to the turning of this world.

However, what we should try to do is to become an essential part of this world. One nut can be used in many parts of a car's engine, but if that nut serves an essential function, without it the engine will not work. Now we are like a mud guard of the car, whether or not it is in good shape the car will drive on. We should not be like that. So, ask yourself why you were born, for what reason.

You definitely know that if you take the bus to Fathimanagar you will get to the Sri Premananda Ashram, so you get on the bus. Once you get in the bus you notice that the bus driver is driving very slowly and so half way there you start thinking that if it goes on at this slow pace you will arrive late. You think that it would be better to get off and take another bus. So, you get off and take a faster bus that came after the one you were on before. That bus drives very fast and crashes into a big tamarind tree, leaving you lying dead on the road.



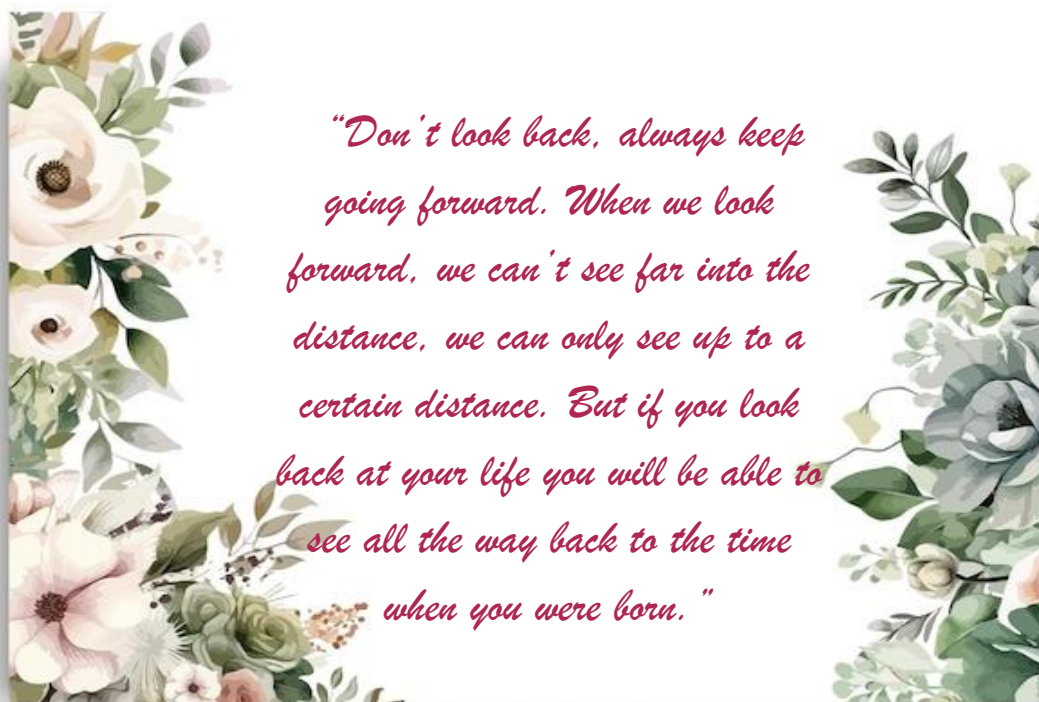


If you had stayed in the slow-moving bus at least you would have reached the Sri Premananda Ashram, but instead you took the fast-moving one and didn't reach the Ashram, but instead ended up dead. The point I am trying to make is that you are always in a hurry, in a hurry to know why you were born and the purpose of your birth, and in a hurry for everything. When you are in such a rush you are bound to have an accident.

I have talked about your life from 18 years to 30 years and all the dramas that entails – earning, eating, sleeping, helping parents. It would be better to put a stop to these things by the time you are 30 or 32. After that, if you like, you can get married.

If you decide not to get married, then jump into the spiritual life as if you would jump into a well, thinking that you will die and not that you will somehow escape. Don't go back to the world; don't think about all what has already happened. Don't go back to the world and fall again. If you turn to look back, you will feel concern towards your parents, sisters, brothers, boyfriend or girlfriend, towards everyone. The certificates you earned with your studies will disturb your life.

So, don't look back, always keep going forward. When we look forward, we can't see far into the distance, we can only see up to a certain distance. But if you look back at your life you will be able to see all the way back to the time when you were born. You will see 30 years of experience, unlike the less than one year when you look forward.





## Buddha Poornima in the Ashram

Siddhartha Gautama, or the Buddha, was born in Lumbini, a small kingdom at the base of the Himalayas, in around 567 BCE. He gave up his life as a king and adopted a nomadic, ascetic lifestyle. He became enlightened at Bodh Gaya, in India, after living a life of begging, penance and meditation.



*The Buddha statue carved from a single granite rock, at the Gal Vihara (Rock Temple), the iconic rock monastery of Polonnaruwa, in Sri Lanka.*

Buddha taught the world the way to enlightenment by practising morality, meditation and wisdom. His teachings served as the basis for the development of Buddhism. 'Buddha' is a Sanskrit term that signifies awakened or enlightened.

*"There are only two mistakes one can make along the road to truth – not going all the way, and not starting."*

*- Lord Buddha*





On the full moon day of May 12<sup>th</sup>, at 7 o'clock in the evening, we gathered together to remember the teachings of Lord Buddha and celebrate Buddha Pournima. We first prepared chairs for Swamiji and Lord Buddha under the Bodhi tree.

We started by chanting the guru ashtotra for Swamiji and then chanting the Buddhist mantra, "Namo Tassa Bhagavato Arahato Samma Sanbuddhassa" whilst walking around the Bodhi tree with a vessel of water, which we then poured out on its roots.



A cheerful bhajan session was followed by the mangala arati and the programme ended with serving of delicious prasadam.







# Swamiji Answers Your Questions

*Does it help to pray for a deceased person who did not become enlightened in this life?*



I will go and ask them and tell you [their reply]!  
(After a pause:)

When we think about a deceased person, whether they were enlightened or not, it is a seva to pray for their atma, their soul. The fact of thinking about that person is, itself, our prayer. Some years after the body dies the atma will take another body. It is said that an atma takes many forms in its path of soul evolution – from stone, to grass, to worm, and so on. Therefore, we should remember the deceased person with a feeling of gratitude that they lived and the wish that something good should happen to their soul. By thinking in this way, we are praying to God for them. The atma will select another body to take and our prayers will benefit the soul in that new body as well.

*Why are people in the West so afraid of death?*

Western or Eastern – everyone fears death. This is because we always want to live a little longer. We are afraid of dying because we have this thought that we want to go on living in this world. There are so many things we still want to do – we want to do this and that, to finish this, to build that, to earn a name for ourselves, and to live to see the outcome of it all. We don't want to die before achieving all these things we want to do, and yet, when we do achieve them, we begin making another new plan. We are not ready to leave this world. You want to make plans and stay here in this world, but once you reach the age of 80 or 90 you have no choice, you will have to go. Especially those who have wealth and property fear death because of all their many attachments and desires.

You should not be attached to any of these things. If I were to start thinking, "This is my ashram, my ashram, my, my..." I would not be ready to leave. But if I think that this belongs to all of you, then it is easy. Usually, when a person is at the head of an ashram they keep that position



until they die, and only afterwards will the position go to someone else. But I have given it up while I am still alive. This is because I have no attachments. This is important – I am not only saying it but am also doing it in practice. Two days ago when our video man came to the dharmasala, I was busy cooking. It's not necessary for me to cook, there are many other people here who could cook. But once I get up in the morning, I will not just be idle, I will water the plants or do something. I am always active.

### *Who exactly is Swami Premananda?*

Premananda is Premananda. He is an ordinary man living a normal life and behaving in a simple manner, someone who does not differentiate between cast, creed, religion or whether someone is white, black or red.

I am someone who will answer any question without any irritation. If someone has traveled a long distance to tell me their problems, I will patiently listen to them. I never have any intention of making myself into a 'big man', I always live a simple life. I believe that everything happens according to God's will. Although some people call me divine, an avatar or a saint, I will always point out to them that God is the one protecting us all. I firmly believe that God is the one protecting those who believe in me, who think of me and who respect me. I never think that anything is happening just because of me. I never imagine myself to be like that. I always think that everything is God's doing.

So that is Premananda, always looking at everyone without anger and with a smile. That is why the name is *Prem* – no feeling of revenge, no anger, no thought of whom I should talk with and whom I should not talk with, whom to avoid, whom to scold – nothing of this sort. I have never thought badly about another person and will never do so, nor have I ever thought of taking money or anything else from anyone. The only reason I am here is to satisfy you all.

### *Can a person reach enlightenment by only giving service?*

Giving service to humanity is equal to doing puja to Lord Shiva. When you give service you should focus completely on the object of your service in a selfless way.

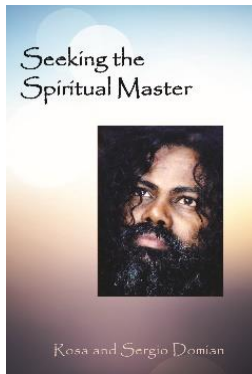
Whoever gives service with complete surrender and has devotion devoid of any selfishness and egoism, will reach God's holy feet. You should give service without feeling that you are using your own money or giving of your own time, but always remembering that it is God who has given you the ability to serve others and, through that, is giving you the possibility of reaching his holy feet.

*Jai Prema Shanti!*





## *My experiences with Swamiji*



*The following personal experience is an extract from Rosa and Sergio's book "Seeking the Spiritual Master". It's a very interesting account of their search for a spiritual master, and finding him in Swamiji.*

*(This book is available from Amazon in English, Spanish, French and Polish.)*

"The very first time we stayed for a longer time in the Ashram I wanted to join in with the activities of the other residents and, together with Sergio, I dedicated myself to helping with the gardening.

Swami was always around and one day while we were busy planting a border along the sides of the roadway, we suddenly realized that he was standing behind us, observing us with a smile. Swami is always testing his disciples and those destined to become his disciples. One of my very first tests was rather amusing.

It was my second visit to the Ashram in which I was planning to stay for several months and I was busy doing my favourite work, trimming the hibiscus plants.

At one point I noticed some children who were busy moving the flower pots from one part of the Ashram to another and someone explained to me that Swami had given orders to exchange the flower pots from his section with those in the visitors' section. I thought to myself that this was a useless and stupid thing to do. A moment later one of the children approached me, telling me to come and help move the pots.

Trying to be nice, but a bit irritated by his impertinence, I dismissed him and continued with my work of trimming the hibiscus, but at the same time I started to reflect. How come he had been permitted to give me an order? How was it that he had come just at the moment when I was thinking that this pot-changing work was a stupidity? It couldn't have been a coincidence because, basically, I didn't believe in coincidences. Even though to me this whole operation seemed senseless I still felt uneasy for having refused to help.

My intuition prompted me to take part in the game and I joined the group of children who were busy transporting the pots. I picked up a large pot and, since I didn't know where to go, I just followed some of the children.



In this way I walked around in the Ashram for about 10 minutes when one of the Matajis stopped to ask me where I was going. I said I didn't really know but that I was following a child who knew.

The Mataji then addressed the child in Tamil who candidly replied that he was following "auntie", which is to say, me. I felt like such a fool! We were finally able to find out in which direction we should have been going and were able to deposit our pots in the right place.

At the same time as I was setting the flower pot in place, I found myself face to face with Swami Premananda who was smiling with satisfaction.

At that moment I realized it was he who had organized this game and he was really enjoying himself.

In any case, even if I had acted like an idiot, I knew I had passed the test and was pleased that Swami had tested me because I knew that he only tested those who are close to his heart. In this way he gave them the chance to learn rapidly."



*"You should make use of every opportunity to get the maximum from your guru and to understand as much as possible."*

*- Swamiji*





*Satsang:*

## THE DEVELOPMENT OF DHARMA IN INDIA

Many thousands of years ago there were people with various qualities and capacities living as monarchs in human society. Amongst these were demon-like rulers whose nature and behaviours were devilish.

In those days there were hundreds of religions. However, in time most of them faded away and now only a few are left. Many ruling monarchs were disappointed with their lives and hence let it be known amongst the population that there is no God, and the people believed them. Such places did not progress because the ruler governed just as they wished.

In those dark ages, people lost their peace of mind, forgot the truth and lived in falsehood, and no longer thought of the Divine.



From early times until now there have been many different rulers, kings and politicians in India, yet, still, there have always been many people with spiritual feelings who lived in the forests in meditation and did penance.

Owing to this, some royalty, such as the Prince Siddharta Gautama, also retreated into the jungle 2,500 years ago and did much sadhana to reach the state of truth. When enlightened souls realized the truth, they then explained it to others.

In another category, there were spiritual leaders, such as Adi Shankara, who had much spiritual experience from the time of their youth. Adi Shankara communicated directly with the Supreme



in the form of the Divine Mother and passed on his great knowledge to the people in the form of splendid literature and poetry, as well as establishing temples and monasteries. Like this, there were many great sages all over India throughout its history.

In Tamil Nadu there were the 63 saints devoted to Shiva who performed many miracles and explained about the nature of the Divine to the people.

The 12 sages known as Alvars passed on their knowledge of the Supreme Godhead in the form of Vishnu and also demonstrated many wonders in order to keep the spirit of the Divine alive amongst the common people.

The 18 Siddhas are famous for their huge powers and their words of wisdom. What they predicted in that time is still coming to pass today.

Thanks to these wise ones who realized the truth, spirituality remained permanently present in Tamil Nadu and other parts of India. From the earliest times until today, like a great chain, spiritual people who were the knowers of truth continued passing on their divine knowledge. Because of this, in the whole world it is only India that is referred to as the 'punya bhoomi', the sacred land.

Similarly, we too shall continue this unbroken chain of knowledge. Only those who have a spiritual disposition will feel peace within themselves. Few people have received this gift of inner peace, and I feel that this gift of peace should reach everyone.

Through these satsangs and by publishing them as books or in magazines, I wish to give you a taste of spirituality, for these words contain many truths.

Come out of the darkness into the light – it is only then that you will know the difference between the two. Then try to realize the truth for yourself.



*From the earliest times until today,  
like a great chain,  
spiritual people who were the knowers of truth  
continued passing on their divine knowledge.  
(...) Similarly, we too shall continue  
this unbroken chain of knowledge.*





“Children who show respect to their parents by bowing to their feet and obtaining their blessings will develop in a good way. If they behave correctly in school and respect the principal and teachers, they will undoubtedly benefit from their education and have a prosperous future ahead of them.”

- Swamiji



Premananda  
International Youth



## *Two messages from Swamiji for the Youth*

### *Cherish the elderly and be with them*

**H**ave you forgotten the story of the great Hindu child, Shravan, who carried his parents on his shoulders? You might have received medals for your studies or sports during your school days. You will have kept these lifeless metal objects safe and treasured them. But how did you get this intelligence and courage? You have this intelligence and courage because of your parents.

Are your aged parents now worth less to you than these pieces of metal, they who have considered you equal to their lives?

My dear, sweet young people! Youth and old age do not belong to anyone.

They are but passing stages. Respect the elderly, cherish them and be with them.

When you find yourself unable to go away and leave your pet puppy behind, isn't it then a normal human thought and reaction not to think of leaving your parents alone? Because of their affection towards you, they will continue to give you advice until they die.

Even though you might not do as they advise, at least listen to them. That in itself will please them. When the elders are pleased then the lives of the young will become great and be blessed. Pray to those gods who gave you life. Then you will receive the good grace of the nameless and formless God.

*“When the elders are pleased then the lives of the young will become great and be blessed.”*



## *Hurt comes from our likes and dislikes*

**T**hese pains and wounds come from material attachments, our likes and dislikes. It can be because the girlfriend or the boyfriend cheated this person. This causes pain.

It can also be that the mother or father hurt their child and caused him or her pain, or that the schoolmates hurt them. But all this comes from attachments. Such things have happened to all of us in our youth. But take it easy.

If you keep these things in your heart, you won't be able to develop on the spiritual path in the future. For example, you may have had some friends whom you liked a lot but later you found that they did not understand you and they hurt you. But don't take these things seriously. Take it easy. The reason you get hurt is because of your attachment to them.

Why should you become so attached to others? When you were born you were alone. It was only later that you made friends and began having expectations from them.

You expect them to be as you want and to do what you want, but this will never happen. They will not become as you want them to

be; they will go their own way. All will go their own way.

Sometimes we feel that our parents do not understand us. For example, one girl here thinks her parents do not understand her. They only know the material life, the material world, and so they think that what she is doing is madness. They think this because they are not mature.

(...) Even though some people pray to God, they do this merely to solve their personal problems. They pray, "Oh God, help me to solve this or that problem." Everyone is ready to do that, but who wants to realize God, who wants to see God? Who is asking for that?

The pain we feel in our hearts comes from attachments. It is a waste of time to concentrate on it and think about it. Forget it.

Forget the bad things that happened to you and think of the good things.

Forget the rubbish and keep the beautiful.







## Every month we highlight a great quality of a Premananda Youth

This month:

### *Service... sharing God's love with everyone*

*God created living beings out of compassion. His creation was based on love.*

*Because of this, love is bonded into the physical frame of all living beings, whether they are aware of it or not. Various species do not normally show love to creatures of other species but they do show it to those of the same kind. All living beings created by God have this capability but only human beings have the maturity to realize love by observing, analysing, comprehending, and experiencing it. Only humanity has been gifted with the rare ability of doing all kinds of things with love. Humanity can express love in a variety of ways—through good conduct, through duty, through righteousness, and through service.*



*"We have not achieved anything by talking and talking. When we talk the mind wavers. It becomes temporarily satisfied and, immersed in worldly illusion or maya, it goes in search of unnecessary things. In this world, in this lifetime, talking leads the mind to look for superfluous, illusory things without searching for what is essential. We talk and talk and the mind survives by talking."*

*- Swamiji*

