April 2026

PREMA ANANDA VAHINI

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"Tread the path of righteousness and remain true to your conscience."

Swamiji

Satsang with Swamiji

The role of the human being

A satsang given on full moon day, December 10, 1981

People should live like human beings and not like animals. All that is due from God will one day, at one stage or another, come to us. We should not fail to get his grace, at any cost. Being born in a human form should be a clear sign to you that you took this form solely to surrender yourself completely to God.

You should always consider it a blessing to worship God and to contemplate him. Our minds should constantly dwell on the Divine, yearning for him and searching for the truth, so that we may ultimately merge with him. From the moment of birth and throughout their lives people live bound and yoked to the ways of the world only to die in that same state.

Instead, we should perform good actions, engage in honest dealing, and offer selfless service.

Tread the path of righteousness and remain true to your conscience.

We should surrender ourselves fully, and when the time comes, leave the body assured we are in God's grace. For only God's grace is stable and imperishable.

An average person gives a lot of importance and permanency to temporary things. The human mind easily resorts to telling falsehoods; this is simply because we are subject to inner weaknesses, due to our failure of not having submitted ourselves fully to God.

True devotion will never allow us to stray onto a wrong path; it is a guardian or guide for our conscience. The conscience of a person devoted to God will always discern between the good and the bad. This is why devotion is indispensable. A well-awakened conscience is our counselor; it helps shape our every word, thought, and deed.

For anything and everything in life, a guru is a necessity, also in order to receive God's grace. A person may know all the facts and figures of a legal case, yet they are not expected to argue it in court. Rather, they will usually seek the advice and help of a lawyer to present it on their behalf. Similarly, in spite of one's knowledge of the scriptures, without the guidance of a guru, one cannot approach God. A guru's guidance is essential for meditation, as well as for self-improvement. To become a successful professional a person needs to attend a seat of learning. In the same way, a guru is needed to impart knowledge and guide one towards spiritual success.

The student should also have a thirst for knowledge, without which success is not possible. The main prerequisites for spiritual attainment are self-confidence, unwavering faith, a keenness to learn, and devotion to duty.

You should think of me as an instrument of the Divine. Recall Poosala Nayanar—he was a great saint, who through constant contemplation built an imaginary temple in his own heart. He installed his deity there and worshipped it faithfully throughout his life. Yet, we complain that we have no time to pray at home. When, then, will we find the time? It is imperative to set time aside, otherwise there will never be any time and our days will drift away without prayer.

Love your neighbour as yourself. Try to find happiness in the contentment of others, and never be the cause of others' unhappiness. Greed and attachments to material things will lead us down the wrong path! We Sri Lankans are supposedly not very wealthy in worldly terms, but we are blessed with peace of mind. Many in foreign lands are blessed with material wealth but lack mental peace. Therefore, if we consume our lives in amassing wealth, our peace of mind will be lost.

Any state of life can be good, even one where we are bound to worldly duties. There is always a way to live happily, provided we conduct ourselves with love, devotion, and faithfulness, and of course with God's guidance. There should always be sincerity of purpose among married couples.

Mental peace helps us to surrender to God.

17th Guru Puja in the Ashram

On March 5, 2026, we solemnly observed the 17th anniversary of Swamiji's Mahasamadhi by celebrating Guru Puja day. It began with devotees carrying milk pots in a procession around the Ashram, ending at the temple. Following the procession, a mahabhishekam was performed, during which the milk was reverently offered by all devotees to Swamiji's Samadhi Lingam.

Procession with the milk pots

Offering milk to Swamiji's Samadhi Lingam during the mahabhishekam

On this Guru Puja Day, we had the honour of warmly welcoming many sadhus at the Ashram.

After serving them breakfast, we organized a medical camp where doctors and nurses provided free medical consultations and distributed essential medicines.

At noon, Maheshwara Puja was performed in the temple, by which the midday food was offered to Sri Premeshwarar before then being served as prasad to all the sadhus.

In the evening, we performed an abhishekam to the statue of Swamiji in the temple and concluded the day with a devotional bhajan session and the sharing of tastier prasadam.

My turn...

Seva with the Children

- by Vidya

A few days ago, I found an old box that, among other things, contained a satsang where Swamiji speaks about doing seva with children and explains why he had established an orphanage in the Ashram. As soon as I read the title, it reminded me that I wanted to write an article sharing my experiences with the children during our last stay at the Ashram—and so, here it is.

We stayed at the Ashram for a few weeks during the period of Mahashivaratri, and together with some other devotees, organized activities for the children on the weekends.

The first weekend we organized creative workshops for the youngest children. Both the boys and the girls were given the opportunity to express themselves creatively.

T. had brought masks, and the little ones got to colour and decorate them in any way they wished. Another devotee made colorful princess crowns for the girls, and "cool headpieces" for the boys, and we also found pencils that they decorated and turned into magic wands. The boys went for the superhero and pirate masks, while most of the girls preferred the princess masks.

We also fashioned bracelets and necklaces with the girls from all kinds of pretty, bright beads.

The following weekend we opted for sports activities, using equipment that devotees had bought in the city. There were even kites that the children tried out in an open area. The boys especially had fun practicing all kinds of ball games and skipping rope.

The children had such a good time, and we thought it a shame that this was only possible on weekends, when they should be having this much fun every day!

As for myself, I had prepared a project to do with the oldest girls in the 10th standard, which is their final year here in the Ashram. Since they would be leaving the hostel in just a few months, I decided to make something they could take with them as a farewell gift.

I brought along a few samples of handbags I had made at home, to give them an idea of what they were going to be making. They were very enthusiastic about it, and all of them came to

the workshop to learn how to crochet. While some girls had already learned the basics of crocheting from classes in the Ashram; for others, it was the first time learning this technique.

Those who picked it up quickly, or had previously mastered the technique, helped the others who found it more difficult. For some, however, it proved too complicated, and they gave up. For those girls, we provided mandala drawings that they could color, ensuring they still remained part of the group.

They all chose their favorite colours of yarn and the design they wanted to make. Everyone did their best, and after the first afternoon, we could already see a nice result.

I took the front parts they had made home with me to crochet the back parts of the handbags, according to the designs they had chosen. Since we only had one weekend left, I felt they needed some extra help to make sure everything was finished before I returned to Belgium.

On the second afternoon, each girl received a bag, containing the different parts of her unfinished handbag. Their task was now to crochet the two halves together. As our time together drew to a close, I discussed with each girl exactly how she wanted her finished bag to look, and used that information to put on the finishing touches myself.

I spent my last few days getting everything finished, and on the day before my departure, I went to the hostel to give them the bags. I had managed to finish all the handbags, including bags for those who weren't able to make it themselves. The girls asked me to give the sample bags I had made to the hostel supervisors, in appreciation for the guidance they always give the girls. In the end, everyone was very happy and proud of the final result— as you can see in the picture we took!

When I read Swamiji's satsang—which you can read here below—I could feel that doing seva with children is indeed a divine activity. It opens our hearts and brings joy to everyone. I am so grateful to have been able to experience that!

Jai Prema Shanti!

Swamiji speaks about service to the children and why he established an orphanage:

"I would like people to understand why I have established an orphanage and why I wish to guide devotees and spiritually interested people to serve those in need. In our Ashram we care for 500 disadvantaged children. In India alone, there are several millions of disadvantaged children. Across the entire earth, there are hundreds of millions. One might wonder what difference it makes to look after 500 children, when there are millions in need?

I have a divine gift—when I pray for a person who comes to me with a problem, the Divine Mother solves that problem and takes care of the person. When people in need approach me for help for themselves or their children, I could ask God to take care of them, and their problems would certainly be solved. In this way they could escape their fate of poverty. However, I do not want to do this.

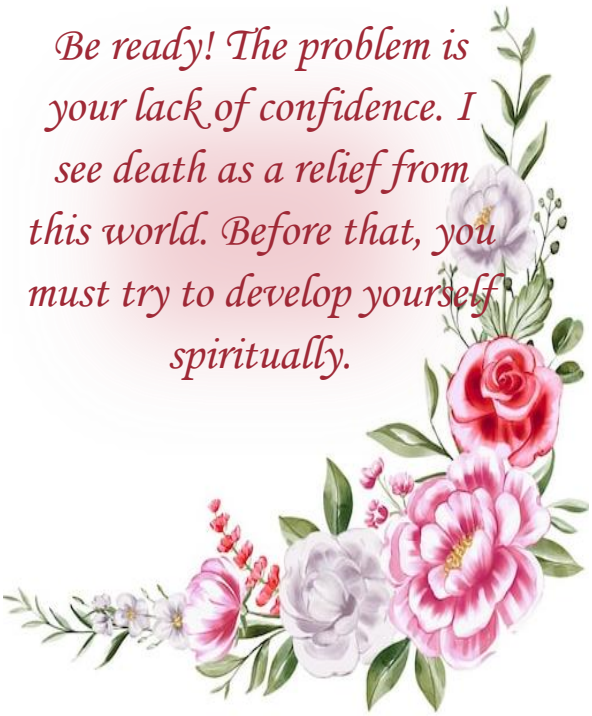
Why do some people have nothing and others have too much? I want to change people's mentality. I wish to train people to feel for others, to share with those who have less, and to leave the path of selfishness and materialism. The modern world is lost in illusion, materialism, and the idea of being separate from each other. It is part of my spiritual message to the world to make people realize that all are one, all are God's children, and all are brothers and sisters. This earth does not belong to us. Everyone is born naked with nothing, and no one can take anything with them after death.

Serving the less fortunate is a spiritual practice. It helps people overcome many negative tendencies, such as egoism, greed, jealousy, selfishness, desire, and attachments. Those who serve the disadvantaged will definitely receive God's grace and blessings, and they will find peace and happiness in life. It is good if you can train the people in your country to be selfless, humble, to feel for others, and to share with others. With their help, I can then take care of the children here, educate them, and train them to become good human beings."

Swamiji Answers Your Questions

Swamiji, what is death?

If you realize the meaning of birth, you will automatically also know what death is. Realize why you were born. It is a great opportunity to be born as a human being. Hindu tradition says that the atma takes many successive births, and that it has already come as, for example, a stone, a plant, an animal, and lastly, a human being.



Death is a relief from life. The atma is free and happy, because it returns to the divine source and becomes one with the universal soul. Only the body remains on this worldly plane, and the body is maya, illusion.

Today my mother died. She left her body because she felt that only her death would bring me back to the Ashram. No one is allowing Swami to come back, but she knew that her death could.

Any time avatars have incarnated in this world, they underwent similar difficulties. Of course, according to the era in which they lived, the difficulties may have differed a little, but all of them faced many hardships and serious obstacles in their lifetime. I have been accused of rape because, in this century, all around the world, people think too much about sex.

One should not be afraid of death. Be confident and don't fear! Look at the person who goes to war, ready to fight and even to die. If a soldier doesn't fear death, then, as a spiritual person, you should also have no fear. Be ready! The problem is your lack of confidence. I see death as a relief from this world. Before that, you must try to develop yourself spiritually.

My mother was a great lady. She did not need to develop spiritually because she carried me in her womb for nine months and gave me birth. She did not need to do any sadhana.

Swamiji, how can we develop spiritually?

Easy! Very easy! You must reduce your attachments. This is generally the difficulty. No one is ready to reduce attachments. People always think "Me" and "My". "My clothes, my hair, my body is tired, my body is hungry, my body wants a cup of tea or some nice food"—these are the

worldly attachments, and because of this it is difficult to develop oneself. My! My! My! "My mother!" What does it mean to say, "My mother"? If I thought that my mother had died, I would now be sitting and crying. Everybody is my mother! *(Swami points to an elder devotee)* She is also my mother! My mother was very lucky; she died when she was 79 years old. I do not want to become 80. Now I am 46 and I already feel so tired. Increase your devotion and practice. The only way to develop is to first make your heart happy!

How can we reduce the attachment we have to our children?

It is important to have a good relationship with your children. Why? You brought those children to this earth, and you are responsible for them. It is your duty to guide them through life, and to send them on the correct path. In order to do this, you should show them love. Don't try to control them too much, otherwise they will get fed up with you. In the modem world, children want to be independent. Teach them by giving them love and being nice to them. Sometimes children make mistakes without realizing it. Your responsibility is to slowly and steadily show them how to behave. Sometimes a husband and wife may fight and criticize each other. Children are acute observers, and it is very easy for them to see their parents' mistakes. Parents should never fight in front of their children. It is better to go somewhere else to fight, otherwise the children can become very depressed because of their parents' disharmony. Never show anger in front of them and never show your bad qualities, or they will also adopt them very quickly.

The way of talking to children is very important. In a family, if children fight with each other, the parents should never take one side or the other. But, what often happens? The mother takes the son's side and the father defends his daughter. This attitude can really affect them. Why doesn't the child like her mother? Because the mother never showed love to her. If the mother has a depressed mentality, the children will think the mother doesn't love them, and so they will tum to their father for that love.

When there are too many problems with the parents, the children start to look for a boyfriend or girlfriend. This happens because the parents did not show their children pure love, and so they try to find it elsewhere. In the western culture teenage girls look for boyfriends because they miss the pure love of their parents. They go looking for someone who has similar ideas and interests. It is actually the parents' duty to, for instance, take their children to see movies. You shouldn't stop your children from doing this; instead, you should go with them. If you take them, they won't feel such a need to find a boyfriend or girlfriend.

Satsang:

First Be a Teacher to Yourself, Then Come to Me

A satsang given by Swamiji in 1989

No one can come to Swami without having a previous connection to me, in a past birth. Although I behave like an ordinary person, there is a power within this body—in every part of it, from my hair to my toe nails. Such births are exceedingly rare.

Being such a rare birth, one cannot come to this earth without God's permission. When I asked God where I should go, God said, "Go to Sri Lanka." I asked where in Sri Lanka I should be born, and he told me, "Go wherever is best." When I told God I didn't know where that could be, he said, "Matale is the ideal place."

So, having been born in Matale, this body was gifted with divine power. Growing up, I found that people are much too entangled in worldly matters and have very little understanding of the Divine. Therefore, they are unable to understand and appreciate the power and greatness of such gifted spiritual leaders.

The majority of those who come to me have faith in me for a while; then they leave, and after some time they return. Others have continuous faith in me. However, only a few are fortunate enough to both remain with me and also make the best spiritual use of it.

My one and only intention has always been to serve humankind, especially the people of my motherland. But only a few in Sri Lanka have been able to understand me—they could be counted on one hand. Others only come to ask to have their worldly problems solved, and then they leave me. They are like 'temporary addresses.' There are only a few—maybe one, two, or

three 'permanent addresses'—who have realized the value of Swami. That too, is what was decided in their previous birth.

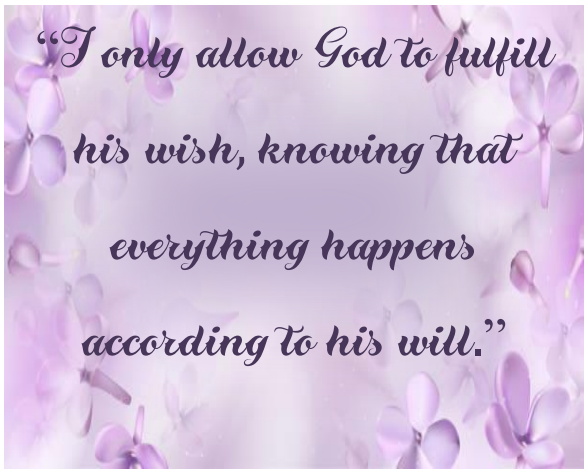
Swami's teachings will be spread by his followers, his disciples. As long as I live, people will not understand me or value me. In truth, there is a difference between 'not being able to understand' and 'being prevented from understanding'. A person who is simply unable to understand can be guided to understand.

However, people are prevented from understanding because they view people like Swami merely as human beings while we are in this world. Highly evolved beings do not care about being personally revered; they care only for truth. Since they defer to the wish of God, they want the devotees to honour the truth more than the human body of the spiritual master. Because these evolved beings respect the wish of God, they are not concerned about whether people venerate them or not. They behave like little children, play the fool and act as if in a drama. They have no desire to show their powers. They know the past, the present and the future, but they do not reveal how much they know.

Such highly evolved beings are not born frequently—they rarely come to this world, only once in a great while. Why do they come? Do they expect money, power, position, wealth, food, houses, or fame? No, they do not expect worldly things. Why have I come to this world? What do I want? What I want is to think only of God and to watch the worldly people go by. Can we correct the people of the world? Can we reform them? Can we straighten the tails of the tigers and the dogs! Then, what can we do in this world?

The bull grows its ears before its horns, yet it respects the horns more than the ears. In other words, the horn that appeared later is respected more than the ear that appeared earlier. We do not see, nor do we care very much for the Dharma that appeared in the world over 5000 years ago. Instead, we only consider the saints and sages who appeared recently as great. I am not disrespecting these recent saints and sages, What I am saying is that we respect the sages who came later much more than we do the eternal Dharma, and fail to reflect on the noble teachings itself. If we try to correct this mindset, we won't be able to live here. So, the best we can do is to keep our mouths shut.

The power that we possess and the wisdom we have been blessed with were given by someone greater than us—someone above us. This is what I was told. So, what I am telling you is this: respect the One above us, for it is he who has given us this power. When I say this, some people consider me a fool, thinking I cannot even use the power I have been given to go up there, and see and realize God.



Most people think that they can become great by entering politics; they think it is the easiest way to reach the top. Indeed, such people are respected as great by ordinary people. Similarly, people think of highly evolved beings as God. When one possesses power, they might feel they can behave in any way they like, eat anything they like, and do what they like. But are they being truthful?

Are we going to live being honest and truthful, or are we going to be dishonest, deceive the people, and pretend to be great? Of course, people will believe that such persons are great; but what do we achieve by cheating them and making them believe that we are important? Thousands or even millions of people might believe that we are great, but does that really make us great? No, what happens then is that we only hide the truth; we conceal the reality. Is it correct for us to do that?

God has not given us wisdom in order to deceive others. We try to bring greatness to this body, which lives for only a short time—maybe fifty, sixty, seventy, or even eighty years. What is this position that we try to acquire in this world? What do we get by attaining it? Do we get peace of mind? Will there be peace? No. It is better to make people realize and learn the truth rather than talk to them of our own greatness and deviate from the path of truthfulness.

But people won't listen to those who are humble, because they themselves don't like to be humble. They want to maintain a high status, and also want their teachers to hold a high status by worldly standards. That is what I cannot do—not in this birth, the next, or the birth after that. I don't like high status; I don't like maintaining high positions. I prefer to be a humble, innocent child.

The reason I love childlike simplicity is that only the minds of innocent children are free from worldly evils like hatred, jealousy, lust, and desire. The minds of innocent children are pure. That is why I think it is better to behave like children, having innocent fun with no desire for worldly pleasures. Only then can we have peace of mind. That is what I think. When we associate with children we see that they have no bad qualities; can we not also live in this world like them?

What is the power of the Guru? A guru can show their powers; but they can also deceive you all. I could tell you that I am God, or that I am an avatar of Vishnu—who is going to deny it? Or

I can tell you that I am Sri Lakshmi Bhagavan Swami Premananda. Who is going to say, "No, he is not"? If I do not speak of myself as Bhagavan, who will call me Bhagavan? Tomorrow I could tell you I am the Kalki Avatar; who will deny it? Will anyone in Sri Lanka have the courage to say that I am not?

I have the power to do anything; I can do anything with this power. There is nothing that I cannot do with it, except that I cannot say, "I can't." I do not use that power—or rather, I don't abuse it. I only allow God to fulfill his wish, knowing that everything happens according to his will.

Anyone can speak very highly of me, but I always consider myself a humble person. I don't have to constantly say, "I am humble, I am humble". Can a cat become a tiger, even though the cat has the appearance of a tiger and behaves like a tiger when jumping to catch a rat? A cat is always a cat, and a tiger is always a tiger. In the same way, if we are cats, we should remain as cats and not pretend to be tigers. We should know what we are. We must be truthful and should not think too highly of ourselves.

We think we can acquire peace by fighting with people, by murdering them. But that will never happen. We must be truthful to ourselves and live a completely honest and truthful life. That is the only way to find peace. Yet people do not live that way.

Everybody wants to see God. Everybody wants to learn the Dharma. Everybody wants peace of mind. But who behaves in a way that will achieve that? Only a few have surrendered their minds to God and live a life according to Dharma. Most people have surrendered their minds to desire, to pride, and to ego. How, then, can they see God? Do they know where God resides? God resides in the heart. But can we cut open the heart with a knife to find him?

There was once a hen who laid a golden egg a day. Being an impatient man, the owner of the hen thought that by cutting open the stomach of the hen, he could get all the eggs inside it at once. But how could he, when only one egg is formed a day? Similarly, because God resides in our hearts, can we see him by cutting open our hearts? What will happen if we do that? We will die. It would be just like cutting open the hen that laid the golden eggs.

Just as an egg formed daily inside that hen, let us also develop devotion gradually in our hearts, which will bring us closer to seeing God. As time goes on and our devotion deepens, we will be able to see him.

In this body, there is flesh, bone, and so forth, and God too has crept into it. God told me that there is so much dirt in this body. The carcasses of the animals people eat are all inside, yet God resides there too. So, I told him, "If you come out for just a moment, I will be able to see you; I will say Bye! and that's it."

But God says, "No, I cannot come out. I am prohibited from coming out to give you darshan, because you are not developed enough. I will continue to remain inside your body, seeing you, and watching all your actions. I have placed two of my disciples within you. One says, 'kill', the other says 'don't kill'. The two of them argue, struggle, and fight inside the body; while the one in the centre remains calm and cool." I asked God why he doesn't settle the dispute. Then God said, "No. One of them will win; I will only bless the one who wins". The two fighting inside the body are good and evil. If we are to follow the Dharma Marga [the path of righteousness], then we must destroy the evil within us. When good and evil struggle within us, we must strike the evil and destroy it; the evil should be smashed, chased away, and the good allowed to emerge victorious.

"First be a teacher to yourself, instruct your own mind, and then come to me."

I asked God whether it is truly possible for us to do this, and God replied by asking me, 'Is there anything in this world you cannot do?' No! We can do everything. So, I struck the evil and chased it away. From that day onward, I am like a bull shaking my head at things but never getting angry over anything.

When we mature spiritually, it becomes difficult for us to interact with ordinary human beings. Once the mind expands, it becomes difficult to divert our attention to worldly things like wealth, land, property, houses, vehicles, and so on. Therefore, let us walk the Bhakti Marga [path of devotion] at a moderate speed—not too fast and not too slow. Once you have enjoyed worldly life, tasting a bit of everything, you naturally come to the Bhakti Marga. Then, you will realize God. When you see something beautiful you may suddenly begin to realize that God is present within that beauty.

So, first be a teacher to yourself, instruct your own mind, and then come to me.

Jai Prema Shanti!

Premananda International Youth

Message for the Youth

How to get your parents to listen to your ideas?

Oh, young ones! Because of the generation gap between you and your parents, your ideas will differ from theirs. Therefore, they might be against some of your activities but if you get angry with them you will only be cheating yourself.

Even though your parents may be ignorant, show them respect. This is a great thing for you to do. When they speak repeatedly about things you have heard many times before, listen to them with patience and love as if you were hearing it all for the first time.

That will give them peace of mind.

People, including parents, like trust and believe in those who like them and they especially like to have their ideas accepted. It is important that you listen to and accept their ideas. Then they will be keener to listen to and accept yours.

Everyone wants to be accepted and no one likes to be rejected. These are most important points in order to get on in life and develop patience and understanding on your spiritual path.

If you do your best to get good school or college results, your parents will be happy, you'll be happy and others will respect you. This is up to you. You have to be truthful with yourself and shake yourself out of your laziness.

Meditation and sadhanas help you improve your attitudes to life and enhance your concentration.

Every month we highlight a great quality of a Premananda Youth

This month:

Honouring our parents

There is a Sanskrit saying, "Mata, Pita, Guru, Deivam"[1]. Essentially it means we should revere and worship our mother, father, spiritual master and God. I thought that we could have a special day to express our loving and thankful feelings to our parents. I would like to call this day Premananda Parents Day. Easter Saturday is a good day for you all to celebrate this day as most of you can spend that holiday with your family. On Premananda Parents Day you will have a good chance to show your parents how much you care for them.

Young people often think that they should have fun or go out only with other youngsters. But teenagers should go out and be jolly with their parents too – it is really good for all of you to be active together. It is especially beneficial if you all follow the spiritual line together and mixed age groups attend spiritual programmes together. Often youngsters would do well to listen to the life experience of their elders and learn something from them. (...) I guarantee that all of you who do this will gain spiritually and realize more about the nature of pure love.

[1] A well-known saying in Sanskrit meaning 'Mother, Father, Guru, the Divine', referring to those we should honour.