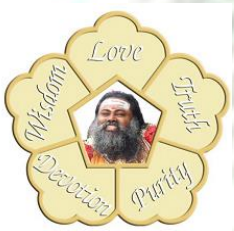
March 2026

# PREMA ANANDA VAHINI




# Prema Ananda Vahini

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*"Live a life of truth and pure love for others. Love and good culture are very important."*

*- Swamiji*

# Satsang with Swamiji

# Pure energy

"On the spiritual path, purity is a great and formidable force. Total purity is the absolute divine energy. Once your mind is completely pure, there! You are enlightened."

Why were you born? What are you going to do in this life? Consider these questions carefully. They are not easy to answer. Actually, to answer these questions truthfully would take a long time.

You cannot give the correct reply without thinking seriously. These are the first questions you need to ask yourself in order to step out onto the spiritual path. In order to truly discover the answers, you will have to purify your mind. Purification is essential in order to discover the truth. The truth exists in all of you. It is like a blueprint. Truth is part of you, like genetic DNA. The truth within you is permanent. Nobody can destroy truth. Because of layers of worldliness you cannot read and comprehend the truth that is written within you. To remove these dirty layers, the pure energy of the Divine is the best cleanser.

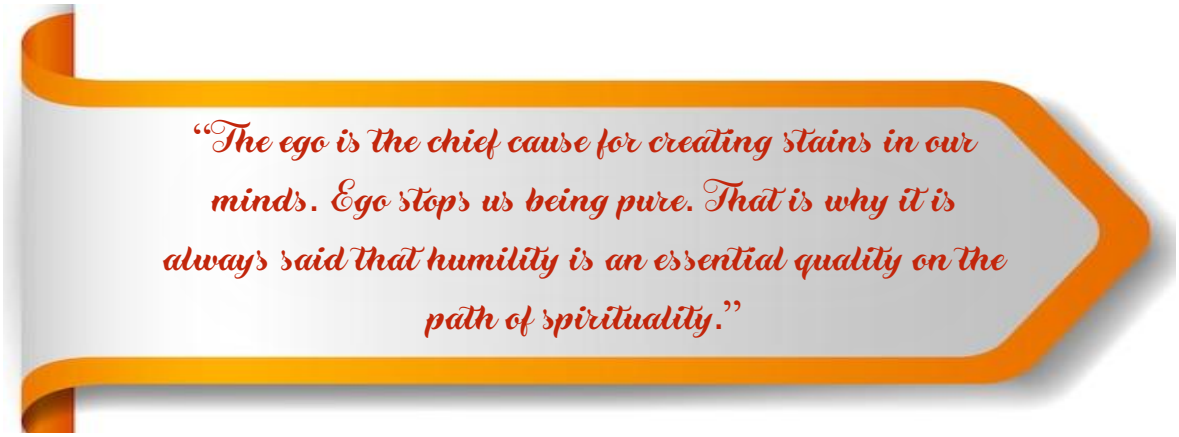
"In order to purify yourself you should first judge your own qualities, mental failings, habits and behaviour. Give yourself marks for your various qualities. It is not necessary that others should appraise us. We must assess our own qualities."

On the spiritual path, purity is a great and formidable force. Total purity is the absolute divine energy. Once your mind is completely pure, there! You are enlightened. Getting to know the way on the spiritual path can be a little hard at first. Because you have not realized spiritual truths yet, you may falter,

stumble and fall. But each mistake should not be considered as an obstacle to be remembered with fear. It really serves to build your character and makes you stronger and pure. You possess inner mental qualities that are, as yet, unknown to many of you. It is these which you must discover.

Generally, most people do not think at all of the necessity to realize the Self because they are thinking so much of material things, desires and status. In order to purify yourself you should first judge your own qualities, mental failings, habits and behaviour.

Give yourself marks for your various qualities. It is not necessary that others should appraise us. We must assess our own qualities. Then, in order to make yourself pure and keep your mind clear, you need to take certain actions.




There are various habits and ancient practices which can be utilized to purify oneself. These are not intended to make you have complexes about being unclean or dirty! They are merely aids to having a clear mind. For example, when you visit holy places or meet religious people you are expected to cover yourself or be neatly dressed. Like this, there are many rules that are followed by those who wish to discover their own pure vibrations. They are made so you can feel decent and so that you have some guidelines, culture and tradition. They are merely stepping stones to inner purity. It is not to make a show and pretend to be pious. If you behave modestly, you will be in a better position in your spiritual life. The ego needs to be rooted out. The ego is the chief cause for creating stains in our minds. Ego stops us being pure. That is why it is always said that humility is an essential quality on the path of spirituality.

It does not matter how old you are, how wealthy you are or what your status or employment is. These are irrelevant if you want to become pure. The tremendous force of purity blasts these impermanent ideas apart.

What is important is that you cultivate humility of mind and respect everyone. If someone finds fault with you, you are unable to bear it, yet if praise is given you really appreciate it. In these instances, your face will betray your emotions. Train yourself not to react. If there is truth in

any blame, then correct yourself. Inwardly thank the one who blamed you because you received the opportunity to better yourself.

"If you approach everything in life with humility then, even when you come up against difficulties, they will be shattered because of your behavioural approach – that is one of the great powers of purity."

Think that the one who is praising you will just as quickly blame you! Humility means you realize that a higher force activates you. Hand over all your problems to that higher force. Do not take everything on yourself and allow your dirty ego to manage your life. Then you will have to face the consequences. If you surrender your problems to the higher force, its total pure energy will deal with them.

If you refuse to sign for a registered letter, it is returned to the sender. Likewise, if someone scolds you but you have done no wrong and do not accept the blame, that scolding will be returned to the scolder! Further, try to be humble and pleasant in your behaviour.

Give genuine respect to your elders and to religious people. It is not necessary to subject the body to much inconvenience, but simply to train it to adapt to humble and moderate ways in all things. If you are intent on finding the pure vibrations within you, the truth is that if you just do whatever you please, you are simply hitting your head against a brick wall.

If you approach everything in life with humility then, even when you come up against difficulties, they will be shattered because of your behavioural approach – that is one of the great powers of purity.

Train yourself to be simple and humble, and give respect to other beings. Impurities are negative forces. It is better to live with a smiling face than a sad or angry one. You feel unhappy because

you put unnecessary worries into your mind. You cannot bear criticism from parents, family or anyone! Especially spiritual pupils cannot stand the reproaches of their spiritual masters! If the mind is often sad, a kind of inferiority complex sets in.

Always try to see the good side of a person's nature. This is the pure approach. Finding faults in others will confuse your mind. As you think, so you will become. The mind is coloured by the company you keep.

To know, understand, and purify yourself it is essential to have the right background and be in the company of like-minded people, who are also interested in cleaning up their minds and lifestyles. If you mix with people who gossip, who drink too much, who like to have many relationships with the opposite sex, who are not faithful to their partners, then you will slowly become like them. Their impurities will sneak into your mind and find a niche in your heart. All your good work towards becoming clear, pure, and strong will vanish.

"The thread that is used to make the flower garland also gives off a nice smell because it associated with the fragrant and pure blossoms. In the same way, when you keep good company you become a good person. Wherever you are, try to emit the lovely fragrance of goodness!"

The thread that is used to make the flower garland also gives off a nice smell because it associated with the fragrant and pure blossoms. In the same way, when you keep good company you become a good person. Wherever you are, try to emit the lovely fragrance of goodness!

Live a life of truth and pure love for others. Love and good culture are very important. Always think well before you act or speak. These small but regular strengthening thoughts increase your pure energy. It is the duty of the spiritual master to clean your heart.

Actually, all of you have pure white hearts. You were all born with pure hearts and minds. If you wear white clothes and go around the polluted city, soon their whiteness gets spoiled. The originally white dresses become stained because of contamination from outside. Likewise, your heart gets dirtied because of the world and its ways and values. But would you throw away good clothes just because they are dirty? No. You will put them in the washing machine and make them clean again.

So, will you throw away your mind and heart and let them get destroyed in the mire of the world? No! Give them to your spiritual master and ask him to clean them for you. You are all good people. The master's duty is to help you to become even better. He helps you understand your inner Self and to learn how to harness your pure vibrations to bring you to a higher stage of existence.

You can live any way you like. That is your choice. You can let your desires run wild and you can do anything you want. Following the spiritual way means that you have understood, felt, and realized a little of the power of purity.

The next stage is to live accordingly by controlling yourself and directing the mind to a higher and purer stage. Know that the seeming delights of the world are impermanent and try to believe the wise words of those who know that inner, independent happiness is permanent. Attach yourself to the highest, divine and pure energy. Sincerely try. Surely that energy will draw you very close to it. At the same time it will draw out your impurities.

If you want to climb the mountain of purity and reach the top, start living a spiritually inclined life. Change your mental attitude, thoughts, and tendencies. You can harness your creative energies and attune them spiritually. It is good to live in a spiritual environment.

To be brought up in a spiritual atmosphere is the greatest gift you can give to a child. Physical desire and worldly illusions should be gradually replaced by pure, true, and divine aspirations. Creative religious activity or arts, such as devotional singing and chanting, yoga, or peace inducing meditations, can substitute unwanted and useless actions and habits. Minor problems should not be brooded upon but offered to the Divine.

Change and train the mind not to get upset, and also not to upset others. You see this world as a combination of right and wrong, good and bad. Select carefully what is required for a spiritual life. Leave out what is not conducive for it.

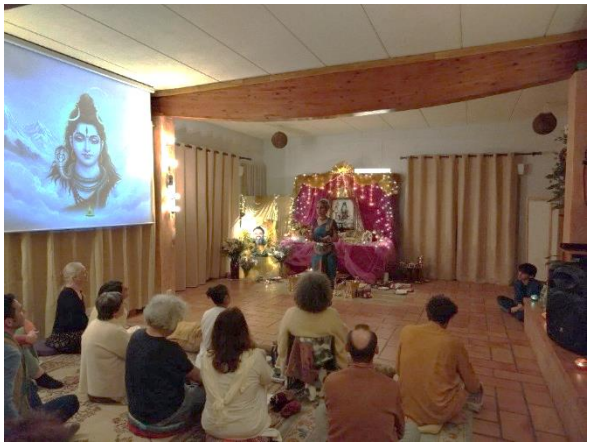
If you seriously try to carry out my advice, then you will become a tower of the purest energy!

Jai Prema Shanti!

# News from the Sri Premananda Centres Around the World

## Mahashivaratri celebration at the Sri Premananda Centre in Montpellier

This year's Mahashivaratri celebration was organized in the beautifully decorated Sri Premananda Centre in Montpellier by the Centre Coordinator, Parameshwari



It was a magnificent night, centered around abhishekams to the lingam, and it included performances by two artists: Poongodi (Bharata natyam) and Fabrice de Graef (bansuri flute). During the night, it felt like everyone who attended the function received Lord Shiva's and Swamiji's blessings.

*Bharatha natyam dance performance by Poongodi and the Bansuri flute musical performance by Fabrice de Graef.*

# Mahashivaratri celebrations in the Ashram

This year, we celebrated the great night of Lord Shiva on February 15-16. Many devotees from abroad joined us for the night-long spiritual programmes.

On the three days preceding the night of Mahashivaratri, we organized a beautiful silent meditation retreat called 'Shiva Dhyanam', designed to be an excellent preparation for Mahashivaratri. Participants enjoyed practicing yoga, various meditations, satsang and seva.

*The 'Shiva Dhyanam' meditation retreat*

The festivities on the night itself began at 6:30 pm in the temple with the chanting of the Guru Ashtotra in front of Swamiji's statue, which had been beautifully decorated with fragrant garlands. Later, at 7:00 pm on the evening of the 15th, we carried the temple statues of Lord Nataraja and Shivagami in a procession through the Ashram while singing bhajans and chanting the Om Namah Shivaya mantra.

*At 7:00 pm, on the evening of the 15th, we carried the temple statues of Lord Nataraja and Shivagami in a procession through the Ashram, while singing bhajans and chanting the Om Nama Shivaya mantra.*

*In the beautifully decorated meditation hall, we continually chanted 'Om Namah Shivaya' from 8:00 pm until 8:00 am, in the presence of 52 Mahashivaratri lingams manifested by Swamiji over 52 years.*

*At 9:00 pm, devotees performed the first of four Maharudra abhishekams to Swamiji's Samadhi Lingam in the temple. The other Maharudra abhishekams were performed at midnight, 3:00 am and 6:00 am. Many bhajans, tevarams, and keertans were sung at different times during these abhishekams.*

***The intervals between the abhishekams were filled with inspiration through a video satsang from Swamiji and lovely cultural performances by the children. At 4:00 am, the atmosphere grew intense and powerful during a sacred Maha-mrityunjaya yagam, giving everyone present the chance to participate. The memorable night finally culminated with the fourth and final Maharudra abhishekam at dawn.***

***At 4:00 a.m. a Maha-mritjunjaya yagam was performed, giving devotees an opportunity to actively participate in this scared fire ritual.***

***This blessed night of devotion culminated with a final Maharudra abhishekam at 6:00 am.***

***Om Namah Shivaya!***

# Swamiji's 16th Mahasamadhi Day in the Ashram

To commemorate the 16th anniversary of Swamiji leaving his body, everyone gathered in the Puja Hall on February 21st at 1:00 pm. In front of his chair, we chanted the 108 Names of Swami Premananda and lovingly offered flowers at his feet. We then spent a peaceful hour in silent meditation.

# Swamiji Answers Your Questions

## *How should I practice my daily sadhana while staying here at the Ashram?*

Now, what do you think? What is Swami's way of teaching? I think you are starting to understand. It is total worship—worship with eternal, real, and full faith. If you have any material questions, write them down on a small piece of paper, then send them to me and I will take care of them. Secondly, if you want to do sadhana—meditation, bhajans, or whatever—stay in your room for as long as you like. That may be 5, 10, 20 minutes or half an hour. Sit and do your sadhana with pure bhakti.

You do not have to come and stay your entire life here in India. You can do this in your own country. Once your sadhana is finished for the day, do your work well and do not become idle.

Some people think that it is not necessary to do anything if you live a spiritual life. Actually, spirituality is hard work. You need to be very active—actively working. If someone comes to stay in the Ashram for six months, a year, or permanently, I immediately give them a job. Why do I do this? Otherwise, that person will waste time being idle and talking rubbish. You should

never be idle in the Ashram; you should always be doing something. After all, if you live back home in your own house, you will be doing something—you will not just laze around.

When you come to stay in the Ashram for a short time, don't focus on looking for faults. Instead, try to develop yourself spiritually through sadhana. Many of my satsangs have already been translated into English. When you have free time, read them and absorb that advice within you. There are several books available, with about fifty talks in each one.

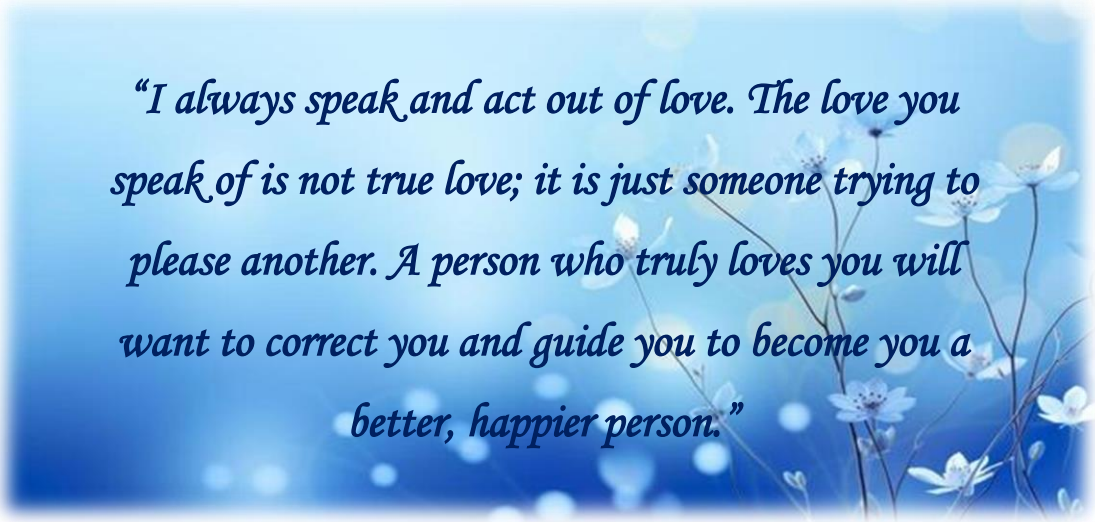
## *Is it wrong to desire to be by your side always?*

Many of my devotees and disciples believe they must be physically by my side to be close to me. But what closeness do they mean—physical, intellectual, or spiritual? If a person is physically near me, it certainly does not mean they are close to me in spirit. Conversely, if a person is very far away from me but holds me in their heart, then I do not consider them far from me at all. If your thoughts are with me, you are very close to me.

Someone may be sitting right next to me, yet their thoughts may be far, far away. What can I do spiritually with such a person? I feel it is far better to be physically distant yet have your heart and thoughts close to my *atma* than to have your body near me while your thoughts wander far away. The guru-disciple relationship is a spiritual relationship; therefore, wherever the guru may be, the disciple's or devotee's heart should always remain directed towards him or her.

*(Addressing a male devotee, Swami continued:)* When your eyes look at a woman, what do they see? Where does your mind go? Always think of her as a mother, then there won't be any danger for you! If you select and stay with one partner, this is good. Looking at our International Sri Premananda Centre Coordinators, Sitha and Ram, makes me very happy. I am incredibly pleased with how they coordinate together as husband and wife. If you have a partner, it is your duty to care for them until the end of your life. Always respect one another, and you will lead a harmonious life without any problems.

If you don't have a partner, that is a different journey. I will be your partner—a partner in regard to spirituality. I will be like a father and a trusted friend, always there for anyone in need. I can even be your child. So, with me by your side you won't have any problems.




## *What is your relationship with serious spiritual aspirants?*

I am a madman, and so the relationship they have with me will also be a mad one! How can I describe this madman? One day I will smile and laugh, and the next day I will speak harshly with them. One day I will invite them to sit near me and speak very kindly, and the next day I will keep them at a distance. One day I will speak with love, and the following day with anger. This is my way of life. How can you understand such a mad master?

Why do I do this? It is simply my desire to change you for the better. You should not develop an attachment to the master; instead attach yourself to the Divine—to the highest wisdom and truth. I speak to you lovingly and explain certain things, yet you may repeatedly make the same mistake and refuse to understand. That is when I speak angrily, so that my words pierce and stay in your heart.

*(Devotee:) But surely a saint should always speak with love?*

If I am hard on you, it is because of the qualities within me and the power I hold to change you for the better. There is no hatred in me, nor is there any desire to cause harm to anyone. If you make a mistake, you can be sure I will be very strict with you; yet, whatever mistake you make, I always have the capacity to forgive you. I always speak and act out of love. The love you speak of is not true love; it is just someone trying to please another. A person who truly loves you will want to correct you and guide you to become you a better, happier person.

Jai Prema Shanti!

# Satsang:

# God is truth

To err is human. In their lifetimes human beings make countless numbers of mistakes. On the spiritual path, when someone tries to reform themselves, many obstacles will crop up in the form of bad thoughts, bad deeds, and perverse imaginings.

Therefore, what is it that is necessary when following the spiritual path? You should try to improve yourself, purify your mind, and so reach a higher spiritual state. Every individual is liable to make mistakes. There is not a person in this world who won't make a mistake.

We should find out how to improve ourselves by realizing our faults and avoid repeating them.

Mistakes are made purposely or unintentionally. Making a mistake may bring

punishment, ordeals, and problems, but do not lose your faith in God. Everything in this world is untrue. Only God is true; there is no doubt about it.

When will we realize that God is truth? As we mingle with people and a problem arises, the vision of God will make it clear.

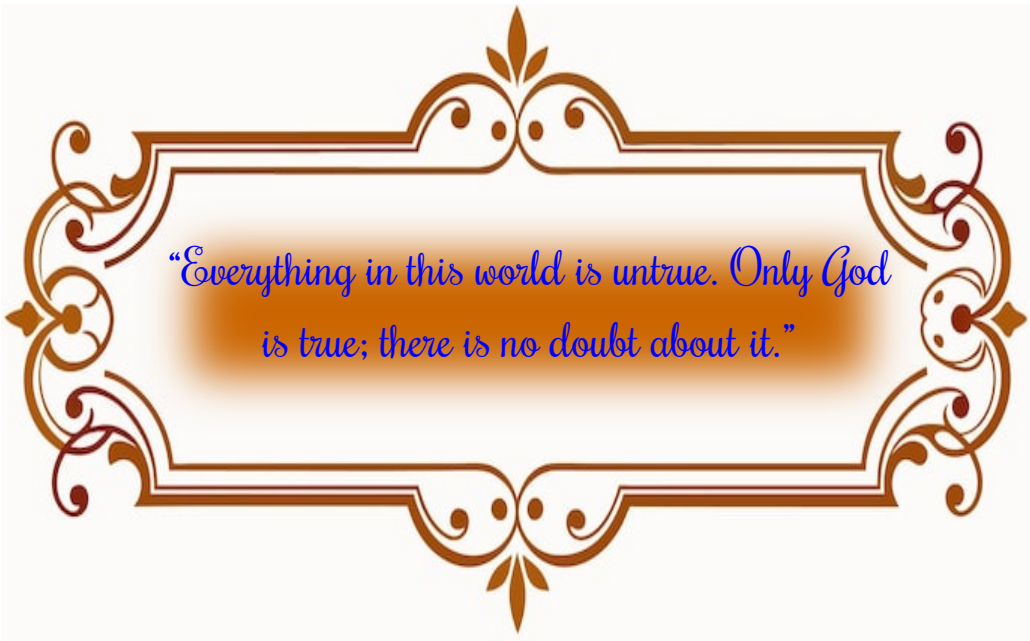
When someone is doing well in life, friends and relations will flock around and praise them. But, on the other hand, when someone is down in life, these friends and relations disappear. They not only leave the person but also degrade them.

However, always remember that the grace of God is always with you. His grace never increases or diminishes. Realize that you should yearn to receive God's grace.

God is One. He is in all forms and names. All religions are one. In all religions his power is the same. It is people who divide the religions, but religions should not divide people. Wherever you may be, you should worship the deity you love, in whatever form you wish.

Surrender all your problems, illnesses, hardships, and worries at their lotus feet and they will certainly respond to your earnest prayer and, in the course of time, remove all the obstacles in your life.

You mind is like a monkey. You should always strive to still your mind and meditate on the Divine.



# News from the . . .

Premananda International Youth

## Premananda Youth Group, Sri Lanka

*On March 24, 2026, members of the Premananda Youth of Colombo, Sri Lanka, performed their beautiful, monthly Muruga abhishekam.*

*Vel! Vel! Youth Vel!*

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

## This month:

## Being of benefit to the whole world

"I am giving a good message to the young people. In the same way you plant an Oleander bush in the soil and make it grow and bloom, likewise Youth Service has been created for the benefit of the whole world. (...) The Youth Service group will not discriminate on the basis of colour, language, status or religion. They are beyond this. They will do service for the benefit of world unity and world peace. They will work selflessly only for this and will not expect anything in return."

*- Swamiji*

"The spiritual master knows what you are thinking because, after he has accepted you as a pupil, you are living in the master's heart. He is also in your heart, but very often you do not realize this. You do not understand what is in his heart but certainly he knows what is in yours. If the master thinks of you even for one minute it is very great; he is sending teaching energy to you. When the master thinks of you, immediately his higher energy enters your heart. An enlightened master has the ability of total and perfect concentration. His body may be in another place but the mind has the capacity of deep concentration in many other locations simultaneously."

- Swamiji