



December 2025

PREMA ANANDA VAHINI





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CONTENTS

2. Satsang with Swamiji – *Be free of all your problems!*
6. News from the Sri Premananda Centres Around the World
10. Swamiji's birthday celebrations in the Ashram.
11. My experiences with Swamiji – *by C.V. Wigneswaran*
14. Calender of Ashram Festival Dates 2026
16. News from the Premananda Youth

“You can live in any way you like, but I would like to show you a good path, give you good knowledge and solve your problems and difficulties so you can effectively walk this path.”

- Swamiji



“Let’s not talk too much and let us do something. Only when we do good to our world can it become a better place. We will make others happy and we ourselves will feel satisfied and inspired to do different kinds of good work. Let all the devotees from each Centre get together and work out a project to help the beings of this Earth. It can be a big or small project. This is my call to you to help me to do good to the world. You will gain so much from this experience. I pray to the Divine to bless you all so that you have the spiritual power to carry out selfless service.”





Satsang with Swamiji

Be free of all your problems!

(The following satsang was given by Swamiji in the Ashram on March 3, 1994)

Hari Om!



We should all be able to live happily, with a smile on our faces and a feeling of inner joy. If our minds are pure and we are not deceitful, we can be smiling within.

We often have worries and sorrows and face difficulties, but there is a way we can be free of all our problems. Where is this freedom and how are we going to find it? There are many easy pathways leading to this freedom.

You should believe that there is a God, a power that is beyond us. In this world, there are many ways in which people worship this power, and our way of worshipping and our prayers will vary according to our beliefs and habits.

Christians, Buddhists, Muslims and Hindus have different religious beliefs, but if you think deeply about what the essence of all these different religions is, you will see that it is the same in all of them.

There may be disagreements about certain aspects of beliefs and worship, and this is because religious leaders were born in different time periods, when people had different ways of behaving and different habits.



But what all these religious leaders said was meant to urge and inspire people to live as true human beings. Human beings in this world may look human, but their behaviours, cultures and habits are not those of human beings. Outwardly they resemble human beings, but their thoughts and actions are not truly human, and so it was useless for them to take a human birth.

What is the purpose, the aim of your birth? What is the reason for your having been born a human being? How much longer will you live? There are many such questions that you should ask yourself, instead of asking questions of others as you normally do. Look to your own body, your own mind – there is another world within you; do you not see it?

“You should have a heart to give selfless service to others – this is essential. The education you receive should enhance your knowledge. At the same time, good habits and a good way of living are necessary to earn respect and live in society.”

Why have you not realized the truth that is within you? It is because you are searching to find the truth, looking for spirituality and Sanatana Dharma somewhere outside yourself. I have come here to help you discover and realize the truth within you. Now, although there is truth, divinity and wisdom within you, they are veiled behind your attachments to the world, to your relatives and to wealth, etc. Money and the habits of the modern world have effects on you.

I am not saying you don't need any money, respect or intelligence – these are all necessary assets you should utilize appropriately as needed. Did you study to learn and get a degree to show off that you are an educated person? As an educated person, you should not boast or put on airs. Did you educate yourself only to have a job and earn money? No. Education is necessary to acquire knowledge. Likewise, to live in this world we need money to buy clothes and shelter. Today, if you want to come and see me you have to buy a plane ticket. To spend some time in the Ashram you need some facilities and for that you need money. To be able to do some good charitable work takes money. But you can also waste your money on cigarettes and alcohol. For us to live in this world and live a mundane life, we need certain things. I will not stop you from getting what is necessary for you; I also won't say that it isn't necessary.

What you need, you need, but whatever is in excess of that is not necessary. Having too much of anything creates disturbances in your mind, and not having enough will also cause disturbances. Whether you have it or don't have it – either way, money will disturb you. Therefore, we should have the awareness to say “this is now enough.” People may safeguard *crore* or *lakhs*¹ of money, but what will happen to it once they are gone? They feel they need the money and so they save it, but what will happen to it after their death? They assume it will go

¹ One lakh is 100,000; one crore is 100 lakhs or 10 million



to their children, but it will only serve to spoil them. Therefore, only what is really needed is necessary.

You should have a heart to give selfless service to others – this is essential. The education you receive should enhance your knowledge. At the same time, good habits and a good way of living are necessary to earn respect and live in society.

Human beings should respect one another; this is a good way of living. Human beings are born with a sixth sense and so they should dispel their ignorance by developing that sixth sense. When you follow the true spiritual path towards God, the mind should come to a stage where it has had enough from the external world, a point where you feel that what you have is enough. Then an assurance would blossom within you that says: yes, what I have is enough, I'm content with what I have. This is the self-confidence you should have. After this, it should be easy for you to realize the truth within you. This inner wisdom or truth will then shine like a guiding light and take you to a higher state in life.

The habits of the world will hinder you from realizing your true Self. The rituals we perform outwardly are for the body, but the initiation we receive is for the inner Self. I can show you how to reach this inner Self and rid yourself of worldly attachments, develop good habits, and help you realize what is within you.

Once you are on this inner path, your negative qualities, like arrogance, pride, ego and jealousy, will dissipate. However, once having attained a higher spiritual state, now a spiritual competitiveness, pride and arrogance will arise in you and you will think you are some kind of hero. This conceited attitude is an impediment to spiritual development. You should always be simple in life. (...) Look at me; I behave like a servant. Yesterday I was in the shop helping them arrange things; this is not my job but I do it anyway. If a toilet is backed up I will go and help to unblock it. There is no work I will not do in this Ashram. I don't expect everyone to do the same but, if you do, it will be good for you. Whatever work you do in this world, do it without arrogance; do it for others with a sense of selfless service and look upon everyone as your own child.

A person may have advanced to a higher stage, they may have developed spiritually or attained wisdom and yet still not have the maturity to understand this. I would like to take you to a high level in spirituality.

Where is God? Where is grace? Where is wisdom? Where is truth? Where is this enlightenment you are searching for? You should bring your mind to a one-pointedness, and for that you need a course of action. Among other things, there are the abhishekams – there is the abhishekam to Lord Ganesha in the morning; the Krishna abhishekam at noon and in the evening there is the abhishekam to the Divine Mother. Why are these rituals necessary for our spiritual development?



These rituals are necessary to help you focus your mind and make it one-pointed. The divine power is there to do that. It will get rid of the negative energies that are with you, help overcome your shortcomings and solve your problems. And your mind will become one-pointed. Gradually, you will also acquire this one-pointedness when you are active out in the world.

You can live in any way you like in the world, but living in a spiritual environment will help to bring you to the spiritual path. When you stay in an ashram, there are various disciplines to follow. Everyone is served the same food, you have to rise early in the mornings, bathe and wear clean clothes. Going out in your nightclothes or half-dressed will not have the same effect. Upon getting up in the morning you should keep in mind that you are going to do spiritual work. Therefore, I am reminding you that it is not correct, and not to your advantage, to stay in your room and think, “Ah, this is my own room and here I can do whatever I like.” This is the reason I advise people to come to the Ashram for at least a few weeks a year. If you come and run away after just a few days, what can I do?

Just as I start to work on you, you run away back home, and when you are back in your hometown your mind will again tune itself to those surroundings. (...) By staying here, you will begin to feel inner joy as your negative qualities and thoughts leave you, and over time you will become mature.

If you leave after only staying a few days, you will relapse into your old ways. You will begin to eat and buy anything you like; you will meet all kinds of people, and all this will spoil you. So, at least stay for five days at a time in the Ashram and then look to see if there are any changes in you.

Do you know why we opened a shop here yesterday? It's so you won't have to go to Trichy to buy the basic things you need – now you can buy them here. And don't run off to Trichy to buy saris or sandals, because these too are available in the shop. In this way I am taking care of your material needs too. You need not do anything for that – just be here.

After that, you can see for yourself. And when you are here don't talk too much with the old devotees, they will only tell you some nonsense. They will say that because they have been here for ten years they know all about Swamiji Premananda and his message. This is not true. Even if someone stays for twenty years, they will still not know me. There are indeed people here who have been with me for twenty years and still don't understand me, so what is ten years?

The difference is that I can understand you, but you have not understood me, you are only observing my physical body in different ways. This may not be an ordinary body, but I want to live like an ordinary person among you.

Now, how to reach the spirituality you are seeking? As I have said, to bring our minds from the external world to a one-pointedness, an ashram is necessary, a spiritual background where we can cultivate habits essential to living a spiritual life. You can live in any way you like, but I would



like to show you a good path, give you good knowledge and solve your problems and difficulties so you can effectively walk this path. Why I ask you to stay in the Ashram at least for five or ten days at a time is so I can work within you and purify you. Just like a washer-man washes your clothes and returns them to you, I can also beat and wring the dirt out of you. But if you leave, it is as if the clothes I was busy washing were suddenly taken away. This is the reason I advise you to stay in the Ashram at least for some time, it is not for any other reason.

News from the Sri Premananda Centres Around the World

The Sri Premananda Centre in Dordogne, France, becomes a Centre of Unity Premananda

The Sri Premananda Centre of Dordogne is situated in a region that offers a high quality of life, a peaceful environment and also has a large community of people walking the spiritual path. This region has attracted a great number of seekers, inspired by their inner journeys to practise different paths like Buddhism, Shamanism, Essenian teachings, Sufism, Hinduism, etc.

At times, these spiritual paths intersect, giving rise to moments of a kind of unity of faith. Our abhishekams, for example, are regularly attended by devotees of other well-known gurus. We also once organized a big yagam for universal peace in September 2024, which brought together people of those different paths. In light of this, we felt it would be beneficial for more people in our area if we turned our Centre into a Centre of Unity Premananda.

After becoming a Centre of Unity Premananda this year, one of our first public programmes was for Guru Poornima.

Our presence at the kumbhabhishekam of Swamiji's Samadhi Temple in the Ashram last February prompted us to review the coordination of the new Centre of Unity Premananda; consequently, it now has two coordinators, Alameila and Dhriti, and Vidhyota is now a member of the support committee.



Jai Prema Shanti!

Swamiji's Birthday celebrations in the Sri Premananda Centre of Colombo, Sri Lanka

On November 17th we held Swamiji's birthday celebration at our Centre in Battaramulla, Colombo. We performed a wonderful pada puja, followed by an uplifting bhajan session. A long-time devotee of Swamiji then gave an inspiring talk recalling a few of his personal experiences with Swamiji. The festivities ended with the sharing of a beautifully decorated cake prepared by devotees.

Jai Prema Shanti!



*Clockwise from top left:
The Centre, splendidly decorated
for Swamiji's birthday; a devotee
sharing his experiences with
Swami; decorated birthday cake;
devotees cutting the cake.*





Swamiji's birthday celebration in the Sri Premananda Centre of Częstochowa, Poland



Our celebration opened with the chanting of the Guru Ashtotram, followed by the singing of many bhajans with deep devotion. The devotees all brought sweets – sweet offerings of love – for Swamiji.

Swamiji's birthday celebration in the Sri Premananda Centre of Montpellier, France



This year we held Swamiji's birthday celebration in Arles, at the home of Venu, a new member of the Centre.

More than 30 people attended, including some who were meeting Swamiji for the first time. We screened the film 'Swami Premananda or the Joy of Loving', to give people the chance of hearing Swamiji giving a satsang live, and the response was overwhelmingly positive.



We also read out a satsang Swamiji gave on one of his birthdays. We sang bhajans, performed a lingam abhishekam, gave lingam blessings, and of course wished Swamiji a Happy Birthday!

Nandi and I had also prepared a surprise...

I recalled that, on his birthday, Swamiji would sometimes ask us to share the commitment we intended to make for the coming year. We would then send our written commitments to him by mail, with the firm intention of keeping our promises.



So, with this in mind, and based on the Yin and Yang symbols of complementary feminine/masculine energies, we formed two equal-sized groups, one for Yin and one for Yang. We then went around with two bags, one for each group, asking each person in the group to draw a folded slip of paper from the bag. The idea was to find the other matching half (to make this easier we had placed corresponding coloured dots on the papers). Once the pairs were reunited, I asked the pairs to take turns reading what was written on each of the two parts. There were words like: seva, gardening, planting flowers, sharing spiritual information, quitting an addiction, learning to do abhishekams, singing bhajans, etc.

In fact, it was also meant as an incentive to commit ourselves – before Swami and those present – to doing together what was suggested in the year ahead. Moreover, it was a way of getting people to communicate and connect more easily with one another.

In preparing this, I also had in mind the upcoming gathering planned for the end of August 2026 in Martigues, and it seemed to me a good way of getting people to already actively participate.

All in all, we had a very beautiful programme blessed by Swamiji and showered with his abundant grace!

Jai Prema Shanti

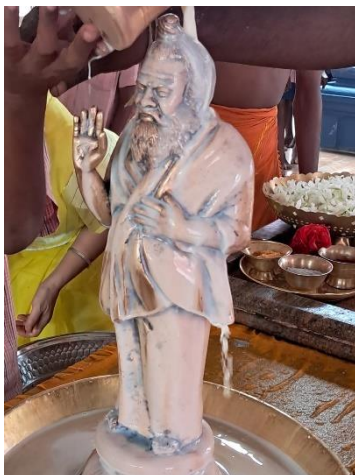


Swamiji's birthday celebrations in the Ashram

Our beloved Swamiji's 74th birth anniversary celebrations began at dawn on November 17th with a Ganapati yagam offered for the benefit of all devotees. Soon after, the abhishekam to his Samadhi Lingam was performed with great reverence.



At 9.30 am there was a joyful procession around the Ashram with Swamiji's statue, accompanied by the uplifting chants of mantras and bhajans.



At 11.30 am a milk abhishekam was performed to Swamiji's statue, with each devotee pouring a cup of milk in loving devotion. This was followed by a festive lunch and sweet dessert.



My experiences with Swamiji

The following experiences were shared by the Justice Mr. C.V. Wigneswaran on 17th November 2025, at Swamiji's birthday celebrations in the Sri Premananda Centre of Battaramulla, Colombo, in Sri Lanka.

Hello everybody!

It has been quite a while since I spoke at such a bhajan meeting. Years have passed since I spoke last at such a meeting! I thank all of you for giving me this opportunity to speak at this year's Swamiji's birthday celebrations.

I believe it is Swamiji's 74th birthday today. My family came to know Swamiji in 1981. From then on we had many experiences with him or through him. Let me recount one.

I was then High Court Judge at Anuradhapura. My official Judges' quarters were situated by the side of the man-made reservoir known as Nuwara Wewa Tank. My family was in Colombo then. One afternoon I looked at the Nuwara Wewa Tank from my quarters and saw a lot of children and adults taking a dip in the pond. My Security Police had gone for lunch. I was alone. I thought to myself: why not take a dip in the pond!

So I got ready and went over to the Wewa and stepped into it. Lots of children were bathing not far away from where I entered the pond.

Suddenly I sank down in about 17 feet of muddy water. However, I did not panic. I came up casually, swam, and scrambled up to the shore. That was quite unlike me. I tend to panic in deep waters. At that time a person came running towards me and said in Sinhala, "Sir! Did you not know a person drowned here last month? This ditch is 17 feet deep. They quarried sand here and left the ditches open without filling them up. When rains came these ditches got filled up with water. Our children know where such dangerous areas are and they avoid them. I saw you trying to step in here and so shouted out to prevent you from falling into the pit. But you didn't hear me; I was too far away. Because of the muddiness of the water people choke and die, but you have come up unscathed!"





I then thought of Swamiji. It is he who has helped me, I thought. If not for his blessings I am sure I would have panicked or taken a lot of muddy water into my mouth. This incident made our family members remember Swamiji with gratitude. You might think this was purely luck and Swamiji had nothing to do with it. But Swami had a subtle way of reminding us what had happened in our life earlier when we met later, giving us the belief he knew everything or he looked after everything.

Of course the next day as High Court Judge I had 'danger – beware' boards made and placed close to those deep ditches!



Mr. C. V. Wigneswaran sharing his experiences with Swamiji

Swamiji's life was akin to Lord Jesus Christ's life in some ways. Jesus was unjustly found guilty and then crucified. Swamiji was also unjustly convicted and faced a long jail sentence. Jesus died for others' sake. Swamiji's sufferings were undergone on behalf of humanity, not for his own benefit. Jesus resurrected on the third day after crucifixion. Swamiji was seen at the Amman Temple at Vandipalayam on a Friday evening while he was still incarcerated in prison! Jesus' name has lasted 2025 years now. His name will be remembered in the future too. Swamiji told us his name would be

remembered for over 2500 years. You may ask how it is possible when we have so few devotees now.

I went to visit some devotees of Swamiji in Switzerland once. They were performing abhishekam when I reached their home. None of them cared to even nod at me when I went in. They were all concentrated on the abhishekam with devotion. Such devotion is rare among us here. Only after the abhishekam did they all come over and greet me with much enthusiasm calling out "Hello Uncle! How are you?" and so on. We would at least nod at a person coming in while we are doing poojas or abhishekams! But they were all fully concentrated and devoted.

I relate this incident since I feel Swamiji's remembrance will mainly be preserved with devotion not by us but by his Western countries' devotees. Such preservation should make Swamiji's name to remain for over 2500 years even if we Sri Lankans and Indians were to forget him.

Swamiji was not like other Gurus. His main teaching has been 'Be Happy!' It means 'Hand over all your problems to me, be free of them and be happy. I will solve your problems.' This



is indeed true. We have got used to handing over all our problems to Swamiji and awaiting the resolution of our problems by him or through his blessings!

Dear Devotees! Let us remember him with faith and love! He will in turn look after our problems, mundane and spiritual!

There have been many incidents in our life concerning Swamiji worth recounting. Let me refer to one of them. It was my birthday on the 23rd of October 1987. We were residing then at the Summit Flats in Colombo 5. My wife Indra had made a vegetarian birthday cake. Swami visited us on that day. I was about to cut the cake amidst chantings of 'Happy Birthday to you'. Then Swamiji cautioned me – "Be careful. There is something inside that cake. Make the cuts on either side of the centre piece and pull it out." I did. "Examine it," he said. I found a small statue of Lord Ganesh in it! Then he asked me to cut from the other side and do the same. I found an Amman statue there! Similarly another cut revealed a Bala Krishna statue. The statues were given to Swamiji. He gave the Amman statue back to me, the Ganesh statue to Indra and the Krishna statue to my elder son Nirmalaguhan.

At that time my younger son, aged 6, was sleeping upstairs. My wife Indra complained to Swamiji that he had not given anything to Yauwanaguhan, my second son. At Swami's behest Yauwanaguhan was woken up and brought down. Swami placed some flowers between the palms of my second son and covered the palms of my son with his palms. Then they both opened their palms and there lay a Shivalingam statue. Yauwanan started crying asking why he was given a kettle while others were given God statues! Then his mother had to explain to him that the Shivalingam was the most powerful statue among them all!

To this day I do pooja daily to all these statues. Of course the Bala Krishna statue was later donated to the Puliyankulam Poobalakrishna Ashram and was placed among the foundation stones of the temple there while building it.

You must feel Swamiji if you want his blessings! Do not just think of him! Feel him! Always he will be by your side. Ask him any question. He will answer them! Of course the answers come from your mind but they are not projections of your mind. They are his replies! If there is a delay in his answering there must be a purpose. But have faith that he is listening to you and that he would solve your problems.

Let us all remember him on this auspicious day and pray to him so that he will fulfill the desires of each and every one of us!

JAI PREMA SHANTI!



Calendar of Ashram Festival Dates 2026

You can always read this calendar on the website:

www.sripremananda.org/calendar

January 2026

- 1 Premananda Day
- 2 Full moon
- 15 Pongal
- 16 Cow Pongal
- 17 Monthly Shivaratri
- 30, 31 Sri Premeshwarar Temple
Yearly Abhishekam

February 2026

- 1 Full moon
- 15 Mahashivaratri
- 21 Swamiji's Mahasamadhi Day

March 2026

- 2 Full moon
- 05 15th Guru Puja
- 10 Swamiji's mother's birthday
- 17 Monthly Shivaratri

April 2026

- 1 Full moon
- 4 Premananda Parents' Day
- 14 Tamil New Year
- 15 Swamiji's mother's death anniversary/
Monthly Shivaratri

May 2026

- 1 Buddha Purnima (Wesak) / Full moon
- 15 Monthly Shivaratri
- 30 Full moon

June 2026

- 13 Monthly Shivaratri
- 29 Full moon

July 2026

- 12 Monthly Shivaratri
- 29 Guru Poornima / Full moon

August 2026

- 11 Monthly Shivaratri
- 27 Full moon

September 2026

- 9 Monthly Shivaratri
- 4 Krishna Jayanti
- 14 Ganesha Chaturti
- 26 Full moon

October 2026

- 8 Monthly Shivaratri
- 11 Navaratri starts
- 19 Saraswati puja
- 20 Vijaya Dasami (Navaratri ends)
- 25 Full moon / Annaa Abhishekam in Sri
Premeshwarar Temple

November 2026

- 7 Monthly Shivaratri
- 8 Deepavali
- 10 Skanda Shashti starts
- 15 Skanda Shashti ends
- 17 Swamiji's 75th birth anniversary
- 18 37th Ashram opening anniversary
- 24 Kartikay Deepam / Full moon

December 2026

- 7 Conch Shell Abhishekam in Sri Premeshwarar
Temple / Monthly Shivaratri
- 23 Full moon
- 25 Christmas



The waxing and waning of the moon appear differently across the continents of the world. This calendar is made for the spiritual celebrations and full moon observances at Sri Premananda Ashram.

Alongside the regular daily abhishekams and pujas, the following special abhishekams will also be performed at the Sri Premeshvarar Temple:

Nandi abhishekam on Pradosham – 1st, 16th & 30th January, 14th February, 1st, 16th & 30th March, 15th & 29th April, 14th & 28th May, 12th & 27th June, 12th & 26th July, 10th & 25th August, 8th & 24th September, 8th & 23rd October, 6th & 22nd November, 6th & 21st December.

Abhishekam to Swamiji's statue on Swamiji's birth star day – 2nd & 30th January, 26th February, 25th March, 22nd April, 19th May, 16th June, 13th July, 9th August, 6th September, 3rd & 30th October, 27th November, 24th December.

Ganesha abhishekam on Sankatahara Chaturti – 6th January, 5th February, 6th March, 5th April, 5th May, 4th June, 3rd July, 2nd & 31st August, 29th September, 29th October, 27th November, 27th December.

Muruga abhishekam on Shashti – 24th January, 22nd February, 24th March, 22nd April, 21st May, 20th June, 19th July, 18th August, 16th September, 16th October, 15th November, 14th December.

Bhairava abhishekam – 10th January, 9th February, 11th March, 10th April, 9th May, 8th June, 7th July, 5th August, 4th September, 3rd October, 1st November, 1st December.



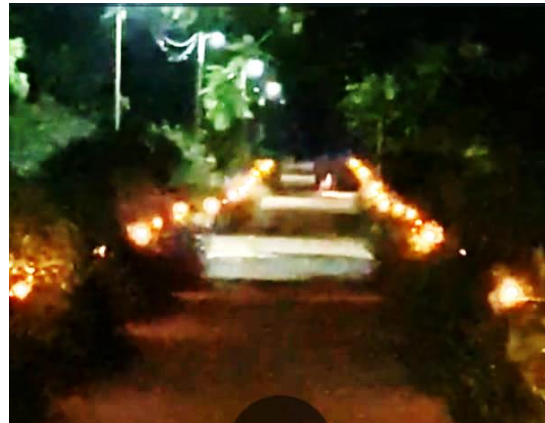
News from the...

Premananda
International **Youth**



Premananda Youth in the Ashram

Karthigai Deepam is a festival of lights celebrated primarily by South Indians, dedicated to Lord Shiva and Lord Muruga. It is characterized by the lighting of numerous oil lamps in homes, temples and streets to symbolize the triumph of light over darkness, wisdom over ignorance, and give prosperity.



On December 3rd, after a heavy rain, Ashram youth celebrated the birth of Kartikeya with a special abhishekam to Lord Muruga in the Sri Premeshvarar temple, which had been decorated with hundreds of traditional clay oil lamps.



After the abhishekam a big clay lamp was taken in the procession to the Muruga rock.



Every month we highlight a great quality of a Premananda Youth

This month:

*Being even-minded and
fixing your thoughts on God*

Whether you are married or single, I have only one duty towards you. I must do my best to help you realize God. I really want you to realize God in this birth and not in the next one. How many years are you going to live? You must realize something before your death. If you wish to live a family life, I will train you through that life to help your spiritual development. Living a family life is an easy way to develop in spirituality, but you need to forget all your attachments. In a family life and also in an entirely spiritual life there will always be disturbances and upsets. Learn to be even-minded and fix your thoughts on God whatever your situation.

