



February 2026

PREMA ANANDA VAHINI



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“When avatars or enlightened beings come, their wish is to teach people the highest wisdom, truth, and righteousness. They want people to become mature, to follow the correct path in life, and understand what is the truth.”

- Swamiji



Satsang with Swamiji

The purpose of living

The following satsang was given by Swamiji on Saturday, December 19, 1980.



What is the purpose of being born in this world? That is something everyone should think about. People do not understand their development, their wisdom and life's real purpose. Because they do not understand these things their minds are always in a state of unrest.

We feel that what will happen tomorrow should happen at this very moment. The child is in a hurry to become an adult; the adult is in a rush to secure the trappings of a good life. We do not advise our minds to allow something to happen in its own time. Our states of mind are such that we always think that everything should happen at the time we wish it to happen.



Though we have that sixth sense to understand ourselves, we are not using it. Though we have the chance of worshipping the Divine, when we do so, our minds are always running to other things, whether this is because of our karma, our bad deeds in a past life, or because of *maya* (the illusion or appearance of the phenomenal world).

Why do our minds get distracted? Even if we pose this question to our minds many times over, we would still not get an answer. Our minds are too confused to answer clearly.

Why was I born? What am I doing here?

It is a mystery. I know only one thing, that I am a puppet and an instrument in God's hands. He makes me move and I move. He makes me dance and I dance. I know that he makes me dance, but I do not know his ways and how he does things.

As he wishes, as he likes, and as he waves his hands, I will dance according to his tune. Nothing is done by me; everything is done by God. Though I know that it is God who is doing everything, I have the ego, "I...I...I." That "I" does not go away and leave me alone.

Who am I in this birth?

There is no doubt about it, I am a child of God, and so are you. We are all children of God. However, we lack the ability to understand or realize this. That is why our minds waver, running here, there and everywhere.

We come here and sit quietly. We do not understand God. We want to tell our problems to God and want him to remove our burdens and purify our souls. This is our desire but we are unable to fulfill it. O Lord, we are given the power to think about it but not to do it.

God must give us the power to do it. That is the most important thing for us. He must give us his grace to do it. Then we will be able to do what he wants, all that he likes and all that he wishes.

What should our attitude be?

"We come here and sit quietly. We do not understand God. We want to tell our problems to God and want him to remove our burdens and purify our souls. This is our desire but we are unable to fulfill it."



We should have patience, which is something that cannot be bought in a shop. We have to develop it in action. We have patience, but don't know when it will be there or how long it will stay.

When we think of doing something we have interest in doing it immediately, and have joy in doing it. But if there is a delay all our joy and eagerness may be lost.

“Think properly before you talk, and talk only within your competence and capacity. Talk in a good way. First think deeply about whether it will result in good or bad and then talk. At times, when it is better to keep quiet, do so.”

As soon as I get up in the morning, I like to take a cold bath. But before that, my mind is thinking about whether it will be cold or not. Until I pour the water over my head I have fear. After I pour the water the chill and fear are gone. Like the cold water that pours over my body and my surrender to it, we must completely surrender ourselves to the Divine.

But our minds keep wavering—should we surrender or not? When will we surrender ourselves completely to the Divine? When will we experience Divine Bliss? Our minds tell us to surrender ourselves to God but our minds are like monkeys, running far away from what we should be doing.

When and how should we talk?

Though we have the wisdom or sixth sense, it is overpowered by our limited knowledge. The spider is never idle; it moves from one place to another, weaving its web. But the children in the ashram consider its web to be dust and take a broom to sweep it away.

The spider thinks it is weaving its web but people destroy it. Similarly, we do not keep our mouths shut. We speak without thinking and then get unexpectedly harsh reactions from others.

Therefore, think properly before you talk and talk only within your competence and capacity.





Talk in a good way. First think deeply about whether it will result in good or bad, and then talk. At times, when it is better to keep quiet, do so.

If we were to tell the spider not to weave its web, would it listen? No! In the same way, people do not listen when we tell them it is better not to talk. They continue talking as they wish and therefore get harsh reactions.

That's what I always tell people, but they don't listen, and I feel it is due to their karma that they cannot keep quiet. But I pray to the Divine to give us his grace to think well before talking and evade all difficulties. So speak only of the good of others or else keep quiet.

We think about what it is we are doing here day after day. We get up in the morning, brush our teeth and take a wash, go to the toilet, have our breakfast, and after that we gossip. Then we take our lunch, have a nap, or work a little in the garden.

Time goes on in this way until evening. This is what is happening daily, like performing the same play over and over again. This happens twenty-four hours a day and all 365 days in the year. This is how our life passes—eating, sleeping, and waking up.

○ God! Why don't I have the grace to develop my mind!

○ God, my mind is always immersed in thoughts of materialism. When will I realize that a worldly goal once achieved creates further desire for more comforts? With the eagerness I have to realize the truth, won't you give me the capacity to realize it? To have my mind always be in your bliss and in a developed state? To develop and realize wisdom?

There is only one in a thousand who asks him- or herself these questions.

People pray in this manner: "Krishna, I need some money. Krishna, I don't have children; give me a child." And some will ask, "Krishna, I have only daughters; please give me a son." Others ask, "Krishna, will you select a good husband for me so that I can marry?"

In turn, I ask Krishna, "All these people ask you for useless things that are unreal, why don't you give them something real?"

But he says his duty is to give whatever people ask for and, if they ask for minor things, it is their wish, and his grace flows accordingly.

And I say to Krishna, "You know that what the people are asking for is wrong. So why don't you teach them and, through your grace, give them the wisdom to ask for the right thing?"

Krishna answers that it is not his job. People have the sixth sense to understand and it is Swami's duty to make them use it and ask for things that are real.



So, I tell him that every day I explain this and try to make them understand, but they still don't understand. Right now, you are asking for all these unreal things. Is there a way out of it? You can always pray to God to give you his grace. You should ask God to show you a path that will improve your development and take you towards a higher state. Ask God to show you a way. Is it the way to sit in meditation for all twenty-four hours of the day? No, ask God to show you some way to develop yourself and he will give it to you. But first you must acquire the patience.

People come to me with problems troubling their minds and ask me about them. I reply that I will look after these problems and that they are not to worry, and they leave feeling satisfied and happy.

But even before they reach home, on the train or bus they start thinking: "I told Swami my problem but will he really solve it? Will he be able to remember my particular problem?" They start having doubts because so many people come to me with their problems and I tell everyone that I will look after them. Why do you doubt my ability and offer of help?

When you surrender your difficulties to me, you must surrender them completely and you should not think about them afterwards. Then only will you succeed.

If you have doubts, how can you hope to succeed? You have not surrendered fully. You say only in words that you have surrendered but, in your mind, you still hold doubts.

A person comes and asks me whether I would join them on a trip. I agree to do so. Then they start questioning me about the time, date and so on.

They ask all these questions because they do not have faith and confidence in me. They should; I know I do not function according to time or according to any program.

After getting up in the morning and until we go to bed, we plan so many programs. But are we able to carry all of them out? No, we usually cannot.

Do not expect to do so and you will not be disappointed.

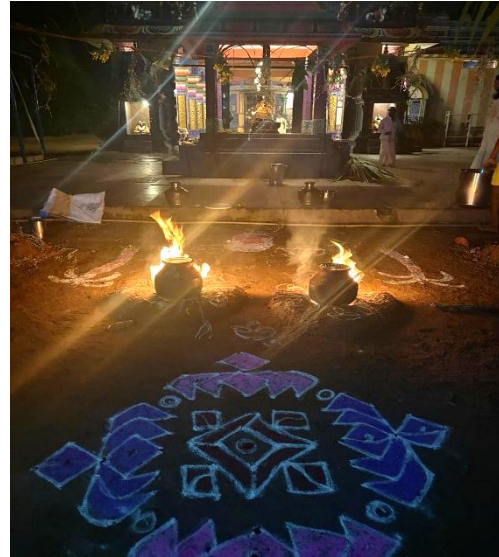
Live each day for God and your days will be filled with bliss and contentment.

Hari Om!



Celebrating Pongal in the Ashram

In the Ashram we celebrate Pongal—the Tamil Harvest Festival—over two consecutive days: Tai Pongal and Cow Pongal, on January 15 and 16.



At dawn, we first decorated the temple yard with a beautiful kolam drawn in rice flour, and then prepared two large pots of pongal—one sweet and one savoury—to share in celebration.



Next, the freshly prepared pongal was reverently offered to the Sun, to Swamiji's Samadhi Lingam, and to the other deities of the Sri Premeswarar Temple. Afterwards, the Pongal prasadam was graciously served to all.



For Cow Pongal all the cows and bulls were first carefully washed and then festively decorated with garlands. A large pot of sweet pongal was cooked especially for them, after which a sacred pooja was performed to each cow. Finally, they were lovingly fed with the prasadam, completing the celebration.

Yearly Abhishekam of Sri Premeshvarar Temple

Each year, on the anniversary of Sri Premeshvarar Temple kumbhabhishekam, a ritual is performed to re-consecrate and increase the divine power of the temple. As prescribed by the Indian astrological calendar, this year the temple's Yearly Abhishekam was performed on January 30 and 31.



A conch shell puja with 108 conches was performed on the evening of the 30th in which everyone participated in pouring the water from the conch shells over Swamiji's Samadhi Lingam.



The next morning a yagam was conducted and an abhishekam performed to Swamiji's Samadhi Lingam with water from 108 kumbhams.



Swamiji Answers Your Questions

How do the lingams that manifest from your body differ from the swayambhu¹ lingams we worship in temples?

Human life is the foremost form of life on this earth. In the body of every living being there is a certain amount of poison. Only when it comes to human beings, there is poison to be found from head to toe. This is true of all human beings—not just of any particular human being.

A snake, for instance, has poison in its mouth, and some animals have it in their tails. All animals, whether it be a lizard, bear, tiger or dog, have some poison in them. The dog's poison is on its teeth. For example, if a dog bites you, you might get rabies. Rats too can spread such diseases. We don't know what kind of diseases human beings would spread by biting, but they won't bite and wait for the other person to get some disease anyway, they will directly go and kill others with a weapon!

What I want to say is that we could also use this poison inside of us for some worthy purpose—by transforming it into something good. This power to transform the poison we carry within us into something good is there in all beings.

A type of cobra, for instance, if it has not used its venom on others during a very long time, can transform that poison into a gemstone. When it has matured and grows old the cobra may then bring this gemstone to its mouth and use the faint glow it emits to navigate at night. If a person would want to take this stone, they should wait until the snake puts it out of its mouth—the cobra can't eat with the stone in its mouth—and then cover the stone with cow dung before taking it. Otherwise, the cobra will go looking for the stones and kill the one who has it. If you would try to take the stone while it was still in its mouth, the cobra could swallow the stone back into its body, which would cause it to perish. And if a person were to kill the cobra to take the stone once the snake has swallowed it, it would no longer have that glow.

In a similar way, some mature human beings can turn the poison in their bodies into a lingam. When I was talking about the cobra that can crystallize its poison into a stone, it's only a certain type of cobra—one that's white and short. So that is why, among humans, I am also short! To form a lingam, all the poison in the body collects in one particular place. What is special about this is that this doesn't happen with everyone.

In the early years, only one or two lingams manifested from my body every Mahashivaratri, but over the intervening years four or five began manifesting every year. What should you

¹ Self-manifested; formed naturally and not of human creation



understand from this? That there is now more poison in this body! The 'poison' is not what you might think; the poison is the difficulties and problems you hand over to me that transform into this poison in my body.

When I take on your problems and difficulties it does not affect me—I have noticed that, since my childhood, the divinity within me keeps on increasing, and not decreasing. So, therefore, I think this lingam is something that manifests due to the spiritual energy in my body.

It is like when I materialize something from my hand—apples, grapes, sweets, prayer beads and so on—except in that case I think of the object and will it to manifest, whereas the lingam is something that naturally manifests on its own, without my conscious thought or willing it.



This may be a miracle for you, but for me it is quite painful. It is all happening through God's will. By witnessing the manifestation of these lingams, your problems and difficulties will be solved and your diseases cured. I am happy when your problems are solved, because you should be able to follow the spiritual path and reach a higher state. Gain God's grace! Believe in God!

- Swamiji, 1994

How can you know in advance if lingams will not manifest the next year²?

This time when the lingams came, there was a lot of pain, excruciating pain. Usually, after the lingams come I can easily bless 10,000 people with them, but today I could not even bless 1000.

² This question was asked in 1994



My whole body was shaking. My throat is still not normal and I cannot walk or even eat properly. Normally, I recover quickly, but this time it is different.

A hen lays one egg, two eggs, and then, after laying a dozen, what does she do? She sits on them to hatch the chicks. In somewhat the same way, you could say that after I stop taking out the lingams, I am going to sit in one place and I am going to hatch disciples into the world. It may be 500, or 100 or even ten. During these last 25 years I have perhaps manifested some 150 lingams from my body, and so now I am going to hatch them. They will definitely hatch.

I cannot say how many males and females there will be, but there will certainly be more females. *(The ladies cheer.)* Why so many women? Until today, no swami has done this. Ramakrishna Paramahansa never gave robes to female disciples. Nor did Vivekananda, not even to Sister Nivedita, who asked him for the monastic robes when he was alive. When Vivekananda died, a piece of his robe from the funeral pyre fell on her. It was at that time that Sister Nivedita accepted the robe, and thought: “When he was alive my guru did not give the robe to me because people would not accept it, but now, after his death, he has given me the robe.” I am not scared; I have a strong spine and boldly give robes to women. That is why I made the vice president of the Ashram a woman and have given instructions that, after me, only women should be appointed to run this Ashram.

Why do avatars and divine people sacrifice themselves?

It is my duty to explain this to you and I want to tell you the truth.

Avatars and other divine persons suffer for your sake – for the sake of humanity.

Such persons have reached a certain advanced level of maturity. If I would be that mature but keep quiet, I would not have to face any problems. But once you come to me and I start teaching you, people notice. They see how on the first day there are ten people listening, on the second day 100, after five years 2000 people and after 10 years it has increased to one million. As the number of people keeps growing, politicians and atheists get upset and start thinking about how they can stop it.

I teach the highest wisdom and truth. When people realize the truth, politicians can no longer cheat them.

Therefore, they get angry at the masters who explain the highest wisdom and truth, and they falsely accuse the truth-teller of a crime and imprison them to silence their message. They will commonly use whatever issue is most sensitive in society at that time as the basis for their case, as they did with Swami Premananda.

When Jesus Christ lived, he was so popular that those in power feared the people would make him king. In his time, there were often struggles over who would become king. Krishna’s uncle knew that if Krishna was born, he himself would die, because it was predicted that Krishna



would be a very powerful person. Therefore he imprisoned Krishna's parents and killed any child born to them. Why? Because Krishna's uncle wanted to rule the country.

It has always been due to political people and political dramas that many spiritual masters have suffered. I know that I am also in prison for a political reason. But I am not angry; I am happy wherever I live, be it under a tree or in a prison, and I am not bothered.

No matter what they charge me with, I am not worried because in my heart I know I am innocent. God knows the truth, then why should I bother what people say.

When avatars or enlightened beings come, their wish is to teach people the highest wisdom, truth, and righteousness. They want people to become mature, to follow the correct path in life, and understand what is the truth. This does not sit well with politicians and non-believers. This is why such enlightened beings endure suffering for the sake of devotees.

Good-hearted people become disciples of the guru and, when they surrender themselves completely to the guru, sometimes their parents or relatives object to that, and then criticize the guru. Politicians take advantage of this situation to damage the guru's mission.

It is easy to teach something of great value, but also easy to undermine the teacher. You are listening to me now, but when you return to your country, will anyone there easily believe you? What will your family say? They will ask you, "Why are you always staying in the Ashram? What are you doing there?" They will likely be angry at me and maybe think I'm a charlatan. I have never cheated anyone in my life; my only desire is to help you develop spiritually. But your family thinks differently and are angry at me.

Some husbands come to the Ashram and their wives will begin to criticize me, or a wife comes to see me and her husband will start a fight about it. When you follow the path of dharma, problems will definitely arise. It is because of the people's immaturity that all the avatars, great masters and rare divine people who come to this earth face problems.

There can also be immature people involved in the master's mission. For example, one of Jesus Christ's twelve disciples did something mad and immature and was the cause of his crucifixion. Because of their disciples' madness, the great saints, divine people, avatars and siddhas suffer. This is the truth, in my opinion.

Jai Prema Shanti!



Successful baking classes!

Beginning in 2022, we have been conducting baking classes for our 10th standard hostel children. In these classes they learn how to bake bread, buns, cakes, pies and cookies.....and of course everything is eggless!

I have been running this project—an idea that had already received Swamiji's blessings—for four years now. It brings me great joy to see the students' enthusiasm for these three-month courses, where baking classes are held every Sunday, their only full day off from school.



The first course usually begins right after the summer holidays, once the interested students have moved up to the grade that makes them eligible. It never fails to move me when, during the year, some of the younger children let me know how excited they are for when they will finally be old enough to join the classes.

Classes are held separately for boys and girls, and while the boys are often loudly enthusiastic, the girls are more focused on quietly surprising their families with their new baking skills.

Recently, Madhan, a particularly attentive student, told me that his elder brother works in a bakery in Chennai and that now he hopes to one day take up the same profession. Moments like this make me realize that these classes are not just about baking—they are about nurturing dreams that may one day shape a child's life.





Satsang:

All religions are one!

A satsang given by Swamiji in 1994

Today there are deep separations between religions. We should feel that all religions are one!

All religions should be united. It is my wish to have people see all religions as one and to have them understand the Sanatana Dharma, the essence of the Hindu religion. I will definitely make this happen. As long as there is life in my body, I will say that all religions are one, one, one!

There is so much chaos in this world due to these separations of religions. All religions have their origin in this land, so let them all be united. The religions that originated in India cannot die here. This land of Bharath is our Mother; she can bear up to everything and she will use me to achieve her goal of uniting all religions.

Don't ask yourself why I am Hindu. Don't imagine that the reason I am able to manifest lingams is because I am Hindu. Don't think that I am supporting Hinduism. I am Hindu simply because my mother was Hindu.

The myths, legends and epics of the Puranas and old Itihasas are all based on one truth; divine wisdom does not belong to any one religion. Before Jesus Christ came, there was no Jesus. Before Mohammed came, there was no Mohammed. Before Buddha there was no Buddha and before Krishna came there was no Krishna. So before any religion, there was no religion. Everything was one. All religions emerged during the intervening time. Don't separate yourselves because of these religions. All paths are one.

We were all born of a mother—no matter if you are white, black or any other colour, a Westerner or Easterner. There is no need to think of ourselves in terms of race or religion.

Our country is divided by caste. Don't be misled and let yourself be separated because of that. If it is absolutely necessary look at the caste only for the purpose of arranging a suitable marriage, but not for any other reason. People cannot live with these divisions of caste and religions.

I came to this earth for your sake. I will definitely solve your problems. May you all receive God's grace!



“God is eternal and permanent – everything else is temporary. In return for the love I give you, all I expect is your devotion to God. In order to realise this highest truth, we must elevate ourselves to a high level of spirituality. In your daily life, you need to keep good company, have good thoughts and listen to spiritual discourses in order to enable you to rise to a higher spiritual plane. It is for these reasons I am here with you – to have a spiritual connection with you, to help you to lead a happy life and achieve your goals, and to realise God.”

-Swamiji



News from the...

Premananda
International Youth



Taiposam

Taiposam is a major festival celebrated on the full moon of the Tamil month, Tai (Jan–Feb), in the honour of Lord Muruga's victory over evil using the divine spear (Vel).

It commemorates the day Goddess Parvati handed a Vel to Lord Muruga to destroy the demon Soorapadman, representing the victory of good over evil. It is considered a day to seek spiritual strength, remove negative influences, and offer thanks to Lord Muruga.



In the Ashram we celebrated it on February 1st, by carrying milk pots and kavadi³ from the main gate of the Ashram to Lord Muruga's shrine in the Sri Premeshwarar Temple. The milk was then offered to Lord Muruga in an abhishekam.

³ A 'kavadi' is a wooden or steel pole representing the "burdens" a devotee carries in life, which they symbolically offer at the feet of Lord Muruga to seek blessings, healing, or the fulfillment of a vow.



Every month we highlight a great quality of a Premananda Youth

This month:

Balancing childhood and adulthood

If you are in conflict with those in authority it is because of your own reactions and perceptions. How do you talk to your parents? Are you rebellious with them or are you cooperative and helpful? Please see that one minute you will say “Oh, Mum! Stop treating me like a child! I’m sixteen and not a baby. Let me do what I like!” and the next minute you will say “Mum! I need to go shopping. Can you get me some lunch? Come help me get ready to go out, and drive me to my friends.” You are youngsters in the stage between being a child and a grown-up. You still depend on your parents and they do very much for you. So, respect and help your parents and they will respect and help you. They want you to trust, love and respect them. If you sincerely and patiently show these qualities to them, they will believe in you and trust you even more. (. . .)

