



# PREMA ANANDA VAHINI

February 2012

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## CONTENTS

1. Satsang with Swamiji  
Gifts from the Master
3. Experiences with Swamiji  
Gurudev after Mahasamadhi
8. My Turn  
Swamiji Saved My Life
9. Swamiji and the Value of Shivaratri Lingams
11. My Journey with Swamiji's Lingams  
By Kartik, Poland
13. Mahashivaratri As I See It  
By Balan
15. Prema Sadhana  
Fasting on Mahashivaratri  
Keeping Awake During Shivaratri Night
16. Swamiji Answers Your Questions

2  
0  
1  
2

"God has no name or form,  
but God resides within us"

Swami Premananda

# Satsang with Swamiji

## GIFTS FROM THE MASTER



Everything an enlightened soul does has some meaning and far-reaching effect that the ordinary mind cannot understand or perceive. Because the true master, who is full of wisdom, knows that his movements are all directed and activated from the supreme, divine intelligence, he advises others to reach out to God and experience grace. The more one surrenders to God and the more faith, trust and confidence one has in God, the more help comes and the more one experiences Divinity within oneself.

An important part of the mission given to me by Divinity, is to give spiritual objects of worship to devotees. These objects may be materialised from my hands, such as statues or divine forms like *yantras*, or they may be in the form of *lingams* which manifest from my body and through my mouth during the Shivarathri festival. In everything I give to you there is an extraordinary divine vibration. It is as if I give you a part of myself. By traditionally worshipping in the form of *puja*, or simply just by thinking of the object I have given you, the divine energy within it is activated more and more and you feel a strong link with God. In more philosophical terms, many spiritual masters talk of *jivatma*, the individual soul, and *paramatma*, the universal soul. *Jivatma* must unite with *paramatma*. The objects I give you truly create a great link between the *jivatma* within you and the *paramatama*, the Universal Consciousness (God).

I have given a number of manifested *lingams* to devotees all over the world. If they are using these *lingams* properly, they are not only quickly uplifting themselves spiritually, but they are also using the wonderful divine energy

Photo: vibhutibhava after  
Mahashivaratri 2010



contained within the *lingams* to bless and heal others. If a true master gives any object to an aspirant, you must understand that there is a tremendous value and benefit in that. The size and appearance of the object is not important. What is important is the spiritual vibration within it.

Not only the statues and *lingams* I give have great potential. The *vibhuti* I materialise and give has similar properties. People in the world have faith in allopathic medicine but this has many side effects. Anti-biotics have mental and physical side-effects. *Vibhuti* and healing with *lingams* do not have such effects. The energy of these special substances works through faith, love and devotion. What is more, they are the creation of Divinity using these same forces. The work done physically, mentally and spiritually by *vibhuti*, *lingams* and statues given by me has nothing to do with medicine. They work from the sphere of the soul which governs all levels of well-being. Most people in the world cannot understand this concept because they do not understand the importance of their soul and trying to realise God. I think that you realise the importance of the soul because only those who wish to mature spiritually are coming to take advice and help from spiritual masters.

Who is able to help in healing others? Only those people who have forged the link between their own soul (*jivatma*) and the great universal soul which we call God (*paramatma*). They must have reached a certain degree of purity before they can do anything for others.



LORD GANESH

BHUVANESHWARI AMMAN

LORD KRISHNA

Above: The three statues in the puja hall, all materialized by Swami.



# Experiences with Swamiji

## Gurudev after Mahasamadhi

By a Sannyas Disciple

It is said that a human birth is the highest of all births and also the ultimate birth. Poet-saint Manikkavasagar in his Thiruvagam wrote, "A soul takes birth as stones, grass, plants, worms, trees, various animals, a bird, snake and man." Poet-saint Avaiyar said, "Taking birth as a human being is rare and it is even rarer to be born without any defects." Even the Vedas say that human birth is rare. The object of human birth is to attain the highest, or fullness.

The Hindu scriptures say that after performing strenuous sadhanas, like meditating and chanting mantras, for years, and with Guru's blessings, we attain to the highest bliss. Among all the lives of human beings, saints are ranked as the highest type of human birth. Some are born as saints. They are full of bliss and embodiments of love. They don't get attracted to worldly pleasures or affected by distress. They can make their lives of historical importance and are capable of doing anything. Unlike other human beings they can also perform 'miracles'.

According to the law of creation death is a certainty for every creature that is born, whereas a saint who attains to mahasamadhi continues to work for the benefit of the devotees even after his or her mahasamadhi. They work and act through their Samadhi, as long as their Samadhi is adored and maintained with devotion. Whoever comes to their Samadhi seeking remedies can receive the saint's blessings and boons.

According to the Vedas these saints are considered to be manifestations of Lord Shiva.

Let us consider our Gurudev Swami Premananda. He was born in Matale, Sri Lanka on 17<sup>th</sup> November 1951. His parents named him Premkumar. Whenever a baby is born it cries "Kua...Kua...Kua!" In Sanskrit 'kua' means 'where?' Every baby lives in a high yogic state when she is her mother's womb. Once she comes out into the world, she cries "Kua...Kua!" "Where am I? ... Where am I?" In order to achieve that yogic state again, the child has to make a lot of effort. Some succeed.

When our Gurudeva was born, there was a bright light around him and he was full of smiles and bliss. Because of this bright light around him, he was called Ravi, which means sun.

I was introduced to Gurudev by Jothy Swamikal of Jaffna. The very first words he spoke to me were, "You did not come to meet me. It was your daughter who brought you all here." She was only six months old then. Gurudev materialized pure sandal paste and applied it to her forehead. In Sri Lanka I was working as a civil engineer.

Gurudev had beautiful eyes. His smile was very enchanting. He had long, thick, curly hair. If you met him once you would feel like meeting him again. Since that first day we used to go and meet him regularly.



I have seen him materialize vibhuti, sandalwood, kumkum, small statues of deities, Christian crosses, Buddha statues, pens, wrist watches, pendants, gold chains, rings, rudraksha malars, crystal malars and so on. Sometimes he would ask devotees to take some flowers in their hands, close them and think of any statue they wished. When they would open their hands they would see the statue they had asked sitting in the palms of their hands. He would also say exactly what was going on in the lives of his devotees abroad, while he was in the Ashram. He appeared in three different places at once. One time I was with him at a devotee's house in Colombo. At the same time he was in

Hatton in another devotee's place and also in Jaffna. Devotees from Jaffna and Hatton both phoned me and told me that Gurudev had been there and given speeches at their places and then left.

Gurudev has performed many miracles for many devotees. When one considers all these miracles, one can understand that Gurudeva was an extraordinary person and a true saint. Therefore, do not doubt that Swami Premananda is indeed a great and true saint. Even though he has attained mahasamadhi, he will continue to work and perform miracles for the benefit of the devotees. He acts through his Samadhi. He was none other than Lord Shiva.

"You must remember that this is a scientific age and therefore people think scientifically, yet because of this frame of mind, they do not accept these miracles. They think it is not possible to do miracles and that it is some kind of magic. Therefore it is my duty to impress upon you that this is the work of God done through me in the form of miracles. If you are impressed in this way, even if I am not alive, all of you and the following generations will know the power of God and that through it miracles can be performed."

**Swami Premananda**

### **Miracles after other saints' samadhis**

Let us think of the great spiritual beings who have been born in this world: Rama, Krishna, Adishankara, Kabir, Goraksha, Mahavatar Babaji, Buddha, Jesus, Shirdi Baba, Ragavendra, Sri Ramakrishna, Ramana Maharishi, Vallalaar and others. Even after their deaths they continued to live among their devotees and perform miracles. In order to understand them we need a certain amount of maturity. For example, after the samadhi of Sri Ragavendra, Sir Thomas Munroe was miraculously blessed by him. Sir Thomas was a government servant working for the British rulers of India. The event was recorded in the gazette of the Government of the Indian State of Andhra Pradesh. There is another saint, Ragothama Teethar, who lived several centuries ago. His Samadhi is situated near the Thenpennai River in Thirukovilar. This saint came back in his gross form and cured one of his devotees whose tongue had been cut in half. With his powers he joined the two halves and cured him. Therefore, saints can come in their gross form to help and bless their devotees.

### Gurudev's miracles after samadhi

Some of the miracles that took place after Gurudev's mahasamadhi are as follows. Gurudeva appeared before a Muslim devotee at the Koyambedu bus stand in the early hours of the morning. This took place in June 2011. In the afternoon of Mahashivaratri day, 2011, a Shivalingam appeared on his Samadhi. Two days after Guru Purnima, on 17<sup>th</sup> July 2011, vibhuti appeared on Gurudev's large photo in the Puja Hall. Vibhuti was all over the chair and the stool on which his *padukas* are kept. Pada puja had been performed on those *padukas* on Guru Purnima. Nearly one kilo of very fragrant vibhuti appeared there that day.

The kumbabishekam of Swamiji's Samadhi temple has been fixed on 6<sup>th</sup> February 2012 and the Guru Puja on 10<sup>th</sup> March 2012. After

the kumbabishekam and Guru Puja, Gurudev will definitely perform many miracles. Whoever comes to him with devotion will experience that their problems are being solved. He might also appear in his gross form.

Gurudev had a lot of love and affection for the children of the Ashram. His last visit to the Ashram was on 4<sup>th</sup> February 2011. On 6<sup>th</sup> February he was not at all well but still Gurudev cooked a meal for the children and had lunch with them. That was the last meal he had with the children. On 7<sup>th</sup> February 2011, at 4.30 in the morning, Gurudeva left for Cuddalore. The children would lovingly call Gurudev "appa" (father). Therefore, it is not impossible that one day he might speak through one of his children. In order to understand him we need his blessings. Let us be patient and see what happens.



Left: Lingam materialized at Mahashivaratri 2011.  
Right: Vibhuti on Swamiji's photo, Guru Purnima 2011

If any devotee wants to accept Gurudeva as their Guru, they should place Gurudeva in their heart and pray to him and worship him with true faith and devotion. He will guide them from their heart. There is no doubt about that. Gurudeva will make them realize somehow that he is their Guru. He will help and guide them in everything that they do and make everything happen for them at the correct time. They should read his satsangs and consider his teachings as his instructions to them. They should treasure those sacred teachings in their heart and follow them with faith. When you put his instructions into practice you will experience the results.

Where there is faith there won't be any fear. You have to have faith in Guru's words and consider Guru as God. Then you will be successful.

Gurudev is a great spiritual being and will always protect the devotees. Let us worship Guru daily with faith and devotion. He will protect us and all the future generations of devotees.

Jai Prema Shanti!



Swami in the children's dharmasala during his last visit to the Ashram in February 2011.

***“The more one surrenders to God and the more faith, trust and confidence one has in God, the more help comes and the more one experiences Divinity within oneself.”***

**Swami Premananda**





## My Turn

### Swamiji Saved My Life

By Kanna, France

I came to know Swami Premananda in 1996, after a gathering with other “fans of spirituality”. A devotee talked to us about him during this get-together. As I was very interested in what she told us, I contacted Jacqueline, who was a Sri Premananda Centre Coordinator at that time. I have been in contact with her ever since. Sometime later, Jacqueline asked me if I would like to take part in the organization of the Bharata Shakti conference in France and to go to India with her to meet Swamiji. I went there a second time for his birthday in 2000. However, both times I was not able to meet him privately. Years passed and I always received his few words on my birthday with great emotion.

In the spring of 2000, whilst I was doing construction work in my garden, I had a terrible accident. I fell and found myself lying completely paralyzed on the grass. I was holding a live electric cable and was being electrocuted. Since I was on my own, far away in the countryside, I immediately realized that I was going to die. I was preparing myself to leave this earth and was thinking of my two young daughters who had already lost their mummy. I thought that I could not leave them so early and I decided that I had to free myself by pulling off the electrical cable from its connection. My body was moving but I was not really aware of what I was doing. I only remember when my arm stopped stretching out in order to pull the cable out of the plug and when the electrocution stopped. It was only a few days later, after recovering from the shock and the pain caused by the fall, that I realized that what happened to me was very unusual. I actually dare anyone – let alone someone who is paralyzed – to pull out a smooth, round and very wet cable from that particular type of plug...!!! Without immediate help, in such a situation, anyone would certainly die. All the experts say so...

Although I did not think of Swamiji at the time, I had to admit that the Divine intervened. He had taken action for me to stay alive so that I could carry on looking after my daughters, since he had written to me that he would watch over them. I felt embarrassed that I did not think of him at the crucial time, but he took action very rapidly. Thus we can imagine the immensity of his love. Of course I needed to be sure about it, and I also wanted to have the opportunity to meet him just once, at least to thank him for being here for us.

I contacted Jacqueline in September 2010 to travel with her to India and spend Mahashivaratri in the Ashram hoping I would be able to finally speak to him. I decided to fly on 21<sup>st</sup> February 2011, I do not know why...

I heard the news that he had left his body after arriving in India. Our programme changed and we stayed in the Ashram. This is how I had the privilege to take part in the very moving funeral of this great Saint. I offered some sand during the final covering of Swamiji's Samadhi. Now, that sand, which is charged with my own energy and mixed with the sand of other devotees and the Ashram children, will be there with him for centuries and I am really happy about that.

So, thank you Swamiji. I will come to stand before your Samadhi to thank you again and again in this temple which I trust will shine brightly for a long time to come. A last detail... I had a health problem for more than a year and, surprisingly, I noticed that the pain suddenly disappeared the day I flew to India. Since then, the 21<sup>st</sup> February, I never felt even the slightest discomfort... yet another remarkable coincidence.

# Swamiji and the Value of Shivaratri Lingams



The Lingam is the symbolic form of Lord Shiva. For more than forty years, Lingams manifested through Swamiji's body and emerged from his mouth on the auspicious nights of Mahashivaratri. Even after he left his physical body, he materialized a Lingam at this special time when the energy of Lord Shiva is strongly working on earth. This miraculous event is called Lingodbhava. Only great spiritual beings perform Lingodbhava. Swamiji said that having the chance to witness this great miracle is a very important and unique spiritual experience. The Shiva-lingams manifested by Swamiji have immense powers to promote spiritual growth and cure diseases.

Swamiji gave most of his Lingams to devotees and spiritual seekers who asked for one with a sincere heart. He also gave Lingams to all the official Sri Premananda Centres around the world. It is a great opportunity to receive a Mahashivaratri lingam from Swamiji, but at the same time it is a major responsibility not to be taken lightly.





In the Sri Premananda Centres abishekam is performed to the Mahashivaratri Lingams given by Swamiji. By performing this ritual bathing and offering of various items to the Lingam, the divine vibration of the Lingam is increased and very active, on behalf of those who come to worship and also those who are blessed with the Lingams. With regard to personal Lingams, Swamiji said that it is not necessary that you perform abishekam to the Lingam. He advised that you can chant the mantra “Om Namah Shivaya” at least 21 times in front of the Lingam. If you do this, you will increase the vibration in that Lingam.

Whichever Lingam it is, a personal one or a Centre or Group Lingam, whoever receives a Lingam from Swamiji, should use it and look after it according to the advice given by Swamiji. These instructions are explained in detail in a leaflet issued by the *Abishekam and Spiritual Sadhanas Department* of the Sri Premananda Ashram and are available in any Sri Premananda Centre around the globe. If you would like to receive this information in more detail, do not hesitate to contact your nearest Sri Premananda Centre in your country or the Ashram.

*“Whatever statues or Lingams I give to groups or individuals, it contains a strong, spiritual vibration so that those praying, meditating or receiving blessings in connection with it will be spiritually uplifted. The manner in which this happens depends on the nature and aspirations of the individual.”*

*“With God’s grace anything can be done. I have faith in that. I do not agree with collecting money or expecting money for things that are done by God’s grace. My point is that God has great power and we should not sell his grace and his power.”*

## Swamiji’s Advice on Lingam Care and Blessings

Swamiji gave Lingams to devotees to help them in their personal spiritual life (a personal Lingam), and also to Sri Premananda Centres and Groups to bless the devotees coming to those Centres and Groups (a Centre/Group Lingam). To many devotees who asked him whether they could give blessings with their personal Lingam, Swamiji gave permission to do so. However, there is a rule that in the Sri Premananda Centres and Groups, Lingam blessings can only be done with the Centre Lingam(s).

A reminder about some of Swami’s specific instructions to those who have Lingams:

- ॐ We should not ask for money for blessings with a Lingam.
- ॐ During a programme in a Sri Premananda Centre, all Lingams received from Swamiji can be placed on the same shrine.
- ॐ Although Swamiji may have given Lingams for healing, nobody should advertise his/her healing job using the fact that he/she has a Lingam.



Once, a person asked Swamiji why he gives Lingams to different individuals. His reply is a beautiful summary of what has been explained above. Swamiji gave the following reply:

**Swamiji:** *“I recently wrote a letter to a devotee about this. I told him, “The Mahashivarathri Lingam I gave to you was a gift to you from the Divine. Through this Lingam the healing and spiritually inspiring powers of Lord Shiva are being passed on to the people who are in need of a special spark to help them evolve. This Lingam is a sacred tool for you to do your personal selfless service to humanity. The Lingam is a part of me with the energy of the Divine. It has now been placed in your care so that you may give a wonderful, spiritual gift to the many people you will meet and bless with the Lingams.”*

## My Journey with Swamiji’s Lingams

By Kartik, Poland

When Swamiji went into mahasamadhi in 2011 we thought that spiritually he is still with us and his support has seemed to be even stronger since that time. However, one day, when I was doing pujas to the Lingams that Swamiji gave me I realized that we still have part of his physical body alive with us: the Lingams born from him during Lingodbhava. Swamiji said many times that these Lingams are made out of his blood so I think my conclusion is quite correct.

Through these Lingams many people have experienced healing from serious diseases, solutions for material or family problems and found peace of mind. Once a doctor from another city came to our Centre as she got to know from her sister that we may be able to help her. She had ovary tumors and, as she said, she was an atheist. Nevertheless, she was seeking help. I told her before the Lingam blessing, “Ok, I understand that you don’t believe in God so pray as you can for healing”. During the blessing she was crying. Several days later she went back to her city and she went

through a careful examination. It turned out that the tumors had completely disappeared.

Another woman who was a psychologist also came to visit our Centre. She also had some tumors in her body. She participated in a Lingam abishekam and was blessed with three Lingams. Two days later she sent me an e-mail saying that she had been examined again and she was completely healed. No wonder, she was probably a bit skeptical before the blessing but she appeared to be a humble woman and she wrote, “I think I must still learn a lot. Please add me in your mailing list. Now I am going on a short holiday with my son.” She seemed to be really happy.

Since Swamiji’s mahasamadhi I have started to give blessing together with our two friends, Lokesh and Kasi, who I think have a lot of devotion for Swamiji and Lord Shiva. The blessings appeared to be very powerful and beneficial for people coming to the programmes or coming for individual blessings. In my opinion it is



good to do seva and spiritual sadhanas and spread Swamiji's message together so that then we can gradually do more and more good to the people around us. We always try to welcome all the people coming to the Centre or to the public programmes warmly. We never ask them for money and if they want to give some donation we tell them to support a good charity. This attitude makes many people want to help. We still definitely support the Ashram in any way we can and I think everybody should do this because this is the physical heart of Swamiji's mission.

My wife used to suffer terrible headaches as she had a tumor in her sinus. The doctors told her that she needed an operation. One day, during the blessing, I thought that if so many people have been healed here why not use the power of the Lingam to release her from her pain? So, I prayed for that during the blessing. The tumor disappeared. We saw the result in the X-ray photograph but she still had headaches. I showed her a photo and said "See, you are healed, you shouldn't have headaches

anymore", and only then she accepted this fact. The pain was gone.

I do three pujas to the Lingams every morning and chant "Om Namah Shivaya". If I do this with concentration and devotion I can enjoy peace of mind thanks to the Lingams' powers and after the pujas or sometimes during them many good ideas come to my mind of what to do and how to help people. Sometimes I am angry with Swamiji for some reasons and feel down and it is difficult for me to talk to him mentally, but then I open my box with puja vessels and start Lingam puja and usually the state of my mind changes for the better and I can understand Swamiji better and accept various hardships of life. My journey with the Lingams goes on and I feel without any doubt that Swamiji support us and he is with us always. I am happy and honored to be part of Swami Premananda's Mission and to have met him and have got Lingams from him. I am glad that he let me do something for him and represent him here.

Jai Prema Shanti!



Durga Devi

### **Sri Premananda Centre of Czestochowa, Poland**

Centre Coordinators:  
Kartik and Durga Devi



Kartik

## Mahashivaratri As I See It

By Balan

As I see it, the entire universe cannot progress without a motive force. The whole universe is entirely a reflection of the absolute Reality. I think that Mahashivaratri can inspire us to learn this truth and make our lives change accordingly.

Mahashivaratri is observed on the 14<sup>th</sup> day from full moon in the Tamil month of Masi (mid February to mid March). This day is considered very sacred for it is the day on which Lord Shiva takes the form of a lingam for the benefit of the devotees and spiritual seekers.

On Mahashivaratri day Lord Shiva is worshipped for the acquisition of divine wisdom. The Shiva Lingam is the symbol of supreme wisdom. It is a day of great importance for all of us for it conveys the idea that the Lord resides in each of us and this thought illumines our inner consciousness.

Vibhuti is considered very sacred and it is a part of Shiva worship. According to the Puranas, Lord Shiva burnt the Lord of desires (Manmatha) into a heap of ashes with his third eye and adorned himself with the ashes (vibhuti). He shines in his glory as the conqueror of desire. When desire was destroyed, love reigned supreme. Vibhuti signifies triumph over desire. Vibhuti is the ultimate condition of things as it cannot undergo further changes. It inspires us to give up desires.

In Shiva temples one finds the Shiva Lingam in the main shrine facing the East. To the South is Dakshinamurti (Lord Shiva in the form of Guru). Towards the East is Lingodbhahara (manifestation of Lingam). Only great spiritual beings perform Lingodbhavam, the manifestation of Lingams. The Shiva lingams manifested by Swamiji have immense powers to cure diseases and promote spiritual growth. The experience that you derive from witnessing Lingodbhava has great significance. It paves the way to a higher life. After the manifestation of the Lingams, Swamiji takes out vibhuti making us experience a blissful state.

Keeping awake the whole night during Mahashivaratri benefits the seekers in many ways. Performing pujas, singing bhajans and meditating on Lord Shiva gives the seeker strength, courage and confidence to lead a spiritual life by overcoming obstacles.



Swamiji presides wherever he is adored and worshipped. He lives in every Centre and every devotee's heart, guiding us in all our endeavours.

Om Namah Shivaya!



## NEWS FROM THE SRI PREMANANDA CENTRES ABROAD

### ***Prema Dhyanam Meditation Group in the Sri Premananda Centre in Villa Carlos Paz, Argentina***

*We started with a Prema Dhyanam group right after the Prema Dhyanam course was over on October 9th, 2011. The reason to start with this activity was simply to keep us motivated and united.*

*Our idea is to meet once a month in our Sri Premananda Centre in Villa Carlos Paz.*

*What we do is meditate together following the instructions given in the course. We practise the exercises and techniques learnt during the course.*

*Our feeling is that we benefit by practising together because of different reasons:*

- a) Some of the people are beginners in meditation and they feel this group activity will help them to make it a point to practise regularly at home.*
- b) People who are new to Prema Dhyanam can clear their doubts about the correct way to practise the different exercises.*
- c) Devotees who took part in the courses find this group activity will refresh their enthusiasm to practise regularly at home.*
- d) It will give us all the chance to share our experiences in meditation, which might help us deepen our understanding, increase our faith and foster our yearning.*

*Our meditation sessions are open to all those who have done the Prema Dhyanam course.*

*Jai Prema Shanti!  
Gauri and Murali*





# PREMA SADHANA

## Fasting on Shivaratri

The body is very much attached and used to the material world. It requires or desires food all the time. The material world is ready to provide anything the body needs to enjoy. The reason for this attachment and desire is the mind. Our bodies actually need and expect only a limited amount of food. It is in order to control and mature our minds, control the desire for food, control the tongue

and maintain self-discipline that we fast on special days.

Fasting can be observed once or twice a week. If we fast regularly our bodies stay healthy and the mind is controlled and purified. This practice helps us to go on the correct path and detach ourselves from food. Therefore, fasting on Shivaratri day helps the spiritual aspirant very much.

## Keeping Awake During Shivaratri Night

The body naturally likes sleep. On Shivaratri night we keep awake until dawn. We free ourselves from the bondage of sleep, which is an overwhelming desire of the body. During the whole night, the body tries to overcome the mind and the mind tries to overcome the body. A great battle is going on between the mind and the body. During the night, the devotee recites the Shiva mantra *Om Namah Shivaya* until dawn, thinking of the Lord, the burning divine light and the bliss deep within himself.

The spiritual aspirant prays and pleads with the Lord to free him from all bondage and illusion that surround him. By keeping awake during this auspicious

night dedicated to Lord Shiva, the consciousness of the devotee merges into true, divine bliss. Naturally, the mind likes to relax, rest and sleep, but on Shivaratri one experiences the struggle between mind and body and ultimately the mind overcomes the body. This sadhana makes us realize our true nature and helps us to mature. At midnight on Shivaratri, the devotee starts this experience and at the time of *Brahma Muhurtam* (4 – 6 am), he will realize the benefit of his struggle. Saints and sages teach and explain to you the significance of Shivaratri and its benefits. Even if the devotees practise what is told without knowing the significance, it is still very beneficial for them.



## Swamiji Answers your Questions

**Question: Why does Swamiji perform the Lingodbhava and what benefit is there in this for mankind?**

Swamiji: The Kali Yuga (age of darkness) has taken a firm hold of this planet. At such times, sages come forward to restore the ways of truth and righteousness. It is necessary to impress on as many people as possible in the world, that one omnipresent super-power exists. It is that which we call God. My mission is to eradicate egoism, greed, selfishness and other such unwanted qualities in the mind of man, in order that he may perceive the power of

God within. It is only through such a change of direction and devotion to God that mankind can overcome the present state of decadence in the world. If people witness or come to know about the Lingodbhava, this special, spiritual event will be with them always. All is activated by God. It is true that in my body there are extraordinary powers, but they are God's powers manifesting through me. I, alone, can do nothing. I am an ordinary man!

**Question: How can we get the most spiritually out of Shivaratri night?**

Swamiji: Keep the mind clear, clean and free of thoughts. By staying up on this great night, you will certainly receive spiritual benefits. If you are able to think of the Divine and

concentrate your attention on divine things such as bhajans, pujas, chanting mantras and watching cultural programmes with a good message that is of benefit to you.

**Question: It is said that the *Lingam* is the closest idea to Divinity without form, the absolute without any limitations. Then how can we try to understand or worship that concept?**

God has no name or form but God resides within us. He is actually nameless and formless yet we worship him with many names and forms. When we say God has no form or name, we regard God as almighty yet without a physical body or particular quality or description and as an omnipotent power. If we were to perceive this great power within the body it would be as a very great, bright light. Without giving this a specific name, we can call this *shakti* or power. We can identify it as *paramatma*, the super-power. *Paramatma* is that power which is found in all places and which is dwelling in each and every thing in the world. It can be perceived in every part of the entire universe. That power is mixed in wind, fire, water. It is even in the sand, stones and earth. It is also mixed in you!

The art of bringing out that superpower from within you is the state where God has no name or form. It has no name, it has no body, it has nothing. It is like a vacuum.

I have a body and a name, but you are referring to the power I have even without my body and name. You mean that super-power. My power, which can be perceived even without my physical presence or name, is that which we refer to as without name or form. When you worship and revere that power, it is known as *atma puja*.

In order to truly be able to perform such worship with understanding you need a high level of devotion and total surrender to God. You need much self-confidence and you have to be ready for self-realization.



Swamiji comes to give satsang to the devotees at the Premananda Centres Conference in 2010

