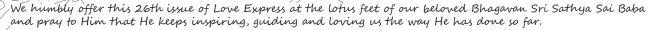


EDITORIAL

Dear Brothers and Sisters of Europe, Jai Sai Ram!



We pray that all of you ended 2011 in a great way and started 2012 with peace and bliss. Swami often reminds us of his omnipresence, omnipotence and omniscience. Sometimes, some have trouble feeling him around them and they ask themselves why can they not feel God if he is omnipresent? In a recent study circle, some youth came to the conclusion that the feeling of God not being there is actually the feeling that God is actually present. Just like air, which is only felt by us when we make an effort (eg. we feel the air's resistance when we run or when we use a fan), while God is always present (God is) we must make that effort to feel him. That effort can be anything!

Let us pray that this February 2012 edition of Love Express inspires all of you to keep on doing the great work you are doing around the world! We wish you all the best for all your upcoming events, activities and projects and look forward to seeing you all at the Sai Vision Festival in Poland end of April!

SaiLove,

are one we are one we are one

The Love Express Team

Netherlands

Germany

Switzerland

France

Slovenia

Italy

Spain

we are one we are one we are one we are one

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While visiting Madrid, my friend introduced me to croquettes at a vegetarian restaurant. I loved it so much, I thought I would share it with all of you.

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"The joy that we cause in the heart of God is the only worthwhile achievement."

Sathya Sai Baba

MESSAGE FOR THE YOUTH OF EUROPE

LOVExpress: Space to express your love!

Om Sai Ram and salutations to all the readers!

It is our pleasure to present to you some new features of the Love Express newsletter. The articles about the activities of the Sai Youth of Europe will remain unchanged as this is something that we are trying to encourage. The additional feature includes articles about the essential information and guidelines regarding spiritual practices that Sai Baba has recommended for the personal development. It is about suggestions and hints that could help the readers begin or refresh their daily spiritual practice.

By this we encourage you to write and send us some of your experiences with your day-to-day spiritual practices - and something that you consider as being helpful to others as well. You can also write about your understanding of some particular parts of Swami's teachings that have influenced you the most. What is it that interested you about spiritual transformation? If you find it too difficult to write your own article, we suggest you send us only those excerpts from Swami's writings or discourses that inspired you.

We would love to hear what is it in the message of Sai Baba that made a difference in your life and what steps did you take to deepen that spiritual experience. Please send your article to your NYC so that we can include it in the next issue.

With Love,

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For the LoveExpress team:

Severin, ZYC

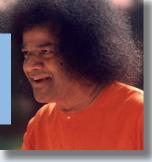


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"Whatever the trouble, however great the sorrow, persist and win by recollecting the LORD."

Sathya Sai Baba









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ZONAL UPDATE

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Leadership Training in Zone 7

"Sai Ideal Leadership" was the theme of last year's World Youth Conference (WYC) held in Prasanthi Nilayam. The conference focused on understanding the importance of responsible spiritual leadership, and the role of young adults in the Sai Organization. The topic itself seemed to appear at the perfect moment: Many of the WYC participants from Europe were at the time already involved in the Sathya Sai Leadership Training Program, which was conducted in the form of pilot projects first in Zone 6, and later on in Zone 7 during the last two-and-a-half years.

In Zone 7, a team of about a dozen of youth had been completing the initial leadership training project led by Ivan Bavcevic. Since the last seminar of this pilot project, which was held last March in Prague, the team has been developing

the program further, and has made plans of how to initiate it in several of our countries. In December 2011, we had a training seminar in Bad Homburg, Germany, where 10 youth of the team each gave a presentation on one of the topics of the leadership program. We are particularly grateful to Marianne Meyer, Petra von Kalinowski and Klaus Lenssen from the ESSE institute, who were lovingly accompanying the meeting and gave their valuable feedback on the presentations and guidance for developing the program further.

The meeting was the starting point for initiating concrete leadership seminars in several countries in Zone 7. The seminars are mainly intended for young adults and interested seniors, depending on the needs and particular situation in each country. Team members will

support each other as facilitators when conducting these seminars, according to their different competences.

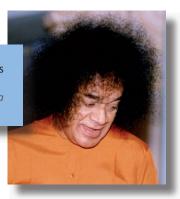
The first series of five weekend seminars on leadership will be held in the Czech Republic, starting with the first module in January, and then continuing with a module approximately every two months. Over this period, the Czech and Slovak participants (who recruit this time mainly from senior members of the Sathya Sai Organization) will have the opportunity to listen to and enjoy workshops prepared by the international team of youth facilitators from Zone 7.

Mathias Seitel and Tomas Bures

↑ TOP

"Man will realize his mission on earth when he knows himself as divine and reveres others as divine."

Sathya Sai Baba



EUROPEAN UPDATE

Austria

LASA Weekend - Austria and Hungary in Vienna

Developing the idea of connecting with youth of neighboring countries, the Sai youth of Hungary and Austria planned for the 1st time a weekend where they would get together.

On the 22nd and 23rd of October we met at the Sai Centre in Vienna and experienced our close heart to heart friendship and Sai's inspiration in our open hearts and minds.

On the first day we tuned together with some LASA songs and had a study circle about our inner potential. In the process of sharing our inner voice it turned out that one of us always wanted to make a film. So the idea was born to create some movie of our weekend about human values. In the evening we went into the

city and enjoyed a nice concert after a long walk on the streets of Vienna.

The second day was dedicated to the movie. After a powerful bhajan session we created a movie within our time limit of a few hours. We had lots of fun while doing it. Our hands became the actors and they could easily transport our message of love. One of us had a song ready which seemed to have been composed exactly for this film and meeting.

We also experienced that the language of the heart has a lot of humor and if we work together we can achieve a lot in little time. It all impressed us that one of us didn't speak English or German but could easily follow the flow of the

meeting. Being is the essence of really being together!

You can watch the video on: http://www. youtube.com/watch?v=YVocpqox YI

We have already planned the next LASA meeting - this time in Budapest (Hungary) on the 23/24th of June 2012. If you are from some country around mark the date and join us to our next meeting!

with love

Jörg Schuppler NYC Austria



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France

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Sai Ram dear divine souls!

Here in France, after the wonderful experience we had in Geneva, we went on to our regular activities with meetings and meditation sessions.

We had two meetings until now. We structured them in the following way: first, we shared the latest information or news, after which, some youth shared their experience from the LASA festival in Geneva with a nice PowerPoint presentation. Then, we had a satsang



based on a Sai quiz. We discussed questions like: "What is your duty?" or "How do you have to deal with what is negative?" It was nice to hear everyone's answers and it made me realize it was a good way of learning. We then did sketches too. We all split into groups of 2 or 3 and each group played a scene illustrating a value or a quote which had been randomly selected before. All groups went on one by one and others had to find out the value or quote which was presented.

We set up regular meditation sessions (2 or 3 times a month) a month and a half ago. We realized that meditation is taking the first position among the 9 points of conduct, and thought of starting it together. The meditation is guided by a special Sai recording which has a voice and background music. We alternate between the light meditation and a meditation focusing on purification. We

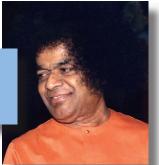


feel thankful to Swami for having given us such an opportunity and appreciate this new activity.

On the occasion of Swami's Birthday, some youth animated a drama with some Bal Vikas children – the drama was called "The World is a Reflection of Yourself". Hence, to make this world a Paradise, let us live and share Bhagawan's message and become His instruments!

Om Sri Sai Ram!

Gayathri Masi NYC France



"Devotion is not a uniform to be worn on certain days and then to be put aside."

Sathya Sai Baba

Italy

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How much Love flows at Mother Sai...

When you pass the gate of Mother Sai it is always a special experience, but celebrating Christmas by doing Seva in this paradise is something that you can't put into words.

In order to understand it, you have to be in the kitchen where Terry and the other angels prepare a wonderful cake for Verena's birthday. This lovely girl decided to share her experiences when at the age of 11 she discovered she had a brain tumor. She did it through a book she wrote that tells us about her endless love for life.

Dharmic Clowns are always around. Their spirit is spread with bubbles and balloons, a divine mix of colors and joy. In another room youth are wrapping gifts for the bingo game while there is a karaoke going on. Here VIPs are sharing their passion in singing songs that recall the happiness that was sleeping deep down in many people.

Finally he's here! It's Santa Claus!! With a bag full of presents for all, everyone is welcome!!!

But as I said you can't put all this into words. The only possibility is to be here and this miracle takes place again and again every last week-end of each month. Thanks Mother Sai for making us a part of You!

Eugenio Casadio, NYC Italy



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"What is offered to God is totally free from all defects and imperfections."

Sathya Sai Baba

Hungary

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LASA songs in Hungary

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On the 10-11th of September, we spent an amazing weekend in the company of Jörg Schuppler from Austria. On Saturday afternoon we held a satsang, we went sightseeing, and spent the whole day with a lot of fun. On Sunday a meeting of the Hungarian Sai Choir was scheduled (including devotees of various ages). Almost half of the singers and musicians were youth. The members of the Choir also joined the LASA program held in the afternoon, so we learnt and enjoyed the LASA songs together in a great atmosphere.

Jörg showed photos and told us some stories about the LASA Festival in July 2011. He taught us the song "Love Divine", which was translated into Hungarian as well. Jörg performed all of the LASA songs for us, accompanied by all of his instruments. As the texts of the songs were projected, everybody could join into the session. After having learnt the LASA songs, we sang folk songs, and as a sign of our gratitude, we taught our guest a Hungarian folk song called "Spring wind sheds water". We had a great time together; we laughed a lot and basked in the divine music and divine energy.

We hope, thanks to Swami's grace, that we will be able to sing all of the LASA songs in the Hungarian language as well, in order to share them with the devotees of our country, spreading the divine message of our dear Lord. Thank

WE SEE ONE WE SEE ONE

You Swami, for showing us a glimpse of the power of LASA!

On the 23-24th of June 2012, we will organise another musical retreat in Budapest, which we would like to open for youth from other countries as well. We will give further details about the program later.

Ilona Ács NYC



Netherlands

Youth days

September the 24th in Wijchen

The Sai Youth of the Netherlands had a superb Seva opportunity in a wonderful place: the Ram Mandir in a city called Wijchen. It was my first time in this Mandir and it is one of the most beautiful temples I have seen in Europe. The Ram Mandir was going through various renovations and we were asked to help with one of them: painting all the stairs handles of the temple. There were four

of us and we split up among different floors. We managed to finish the job just in time for the evening Bhajans. It was a lovely way to end the day with a session of Ram Bhajans. All in all, it was a nice Seva experience to do for the Sai Youth team!

Sai Ram

Pavan Dadlani



can be implemented in the Dutch Sai Organization.

Sai Ram

Irene de Goede

November the 5th in Den Haag

The activities of this meeting were bhajan singing and we participated in a study circle related to subjects that were also discussed during the WYC 2011. We told each other in which way we thought

the Sai youth should be involved in our Organization. In the afternoon there was a conversation between the youth about the apprenticeship program. We talked about how this program

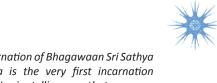
Meeting with Nimish Pandya (the 2th of November)

Nimish Pandya, member of the Sri Sathya Sai Central Trust, and his wife Kamla, were in our country for a short break. Both of them have been involved for many years with the Education in Human Values in India.

On October 31st, Nimish Pandya spoke to members of the Sathya Sai Organization in The Netherlands. On the 2nd of November there was a special meeting for the Dutch youth and the chairmen of the Sathya Sai Baba groups in The Netherlands. This second day we had the opportunity to ask questions. Nimish's wife, Kamla, was also answering some of the questions.

Both days they had examples of how Swami was present in their lives and let them grow. I want to share a message from them to all of us. I think you already know it, but it is always good to hear again! The incarnation of Bhagawaan Sri Sathya Sai Baba is the very first incarnation where He is telling us that we are Embodiments of Love - God (Prema Swarupa). No incarnation before gave that message.

There is only one friend, Bhagawaan. He is always with you because He is living in your heart. Your heart is yourself! His physical form is only there so we can





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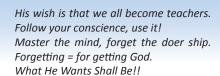
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learn that He always speaks to us from inside us! Listen to the God in yourself. And because you are listening you are going to act the truth and by doing that, you bring peace.

Make your mind quiet by listening/ singing Bhajans and Mantra's or meditation (to become quiet, the Sohammeditation is very useful).



Be the example for all the people around you. Do as you preach! They always know if you are not truthful. Be careful, especially the ladies, in choosing the cloths you are wear, your cloths give also a message. Make sure your clothes match the example you want to be.



Everything you do in life, do it if it was the very last thing you were going to do! Think of God, see Him everywhere and in everyone. Be a divine instrument in His hands, Be the Murali (flute) on which He plays His divine music.

The love and devotion of the devotees will change this world. Activities are not important; it is the love you share that is important! Make sure that you create activities where others can join in.

Give love, do not expect anything back! Give love, always. Change the world by giving love to everyone, no matter what they might have done.

Nimish also shared with us his daily schedule:

Silence and prayer in the morning Self study (reading, learning) in the afternoon

For the last 'S' (Self audit) he gave also a few questions he always asks himself: 'Was I truthful?' 'Is there something where I was failing?' 'Was I always thinking of God by every breath?' 'What can I do to improve myself?'

Self audit in the evening

I am glad to be the instrument trough which this information can be shared with you.

Sai Ram

"So long as you say "I am" there is bound to be fear, but once you say and feel "I am GOD", you get unconquerable strength."

Celestine Jeunhomme



Seva project in Rotterdam

By the grace of our beloved Swami with a few youth we planned to do Seva on a regular basis at a nursing home in Rotterdam. We already had two meetings.

We went to a nursing home. In this nursing home people have been admitted who are having a strong physical disability. Very unfortunate they can't undertake much individual activities.

They are very happy if volunteers come to do social activities with them like walking outside, playing some games, talking about any subject, drinking coffee etc.

It was an amazing experience to help and do Seva in this way... and with the Dutch youth we will continue this Sevawork by His grace!

Sathya Sai Baba

Sai Ram, Dinesh



With Swami's Grace the Sai Youth in The Netherlands have started a website: saijongeren.nl. Through this website we wish to share the experiences of Sai Youth with the devotees in The Netherlands. It also serves as a medium

for communication with the Dutch youth. While the website is still in a very early stage of development and needs much work still, we hope that it grows in the coming months to accommodate not only experiences and articles in Dutch, but also in English for our international sisters and brothers. We will keep you posted!

Sai Ram, Sathyam Sheoratan

Plans for 2012

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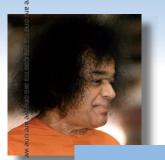
- The Dutch youth will organize the National birthday celebration of Swami in November.
- We will continue our project in Rotterdam by doing Seva every month in the nursing home.
- We will continue to work out plans for setting up a leadership course for youth.
- We will continue to work on the website.
- Around every two months a youth day will take place.



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"My birthday is the date when divinity blossoms in your heart."

Sathya Sai Baba

"It was in the year 2010 during the European Youth Conference (EYC) in Milan, Italy, that I felt a strong urge to visit Poland. The Polish youth showed a very emotional and touching presentation about the Seva activities that were held in their country. As aptly, I got a chance to visit this country this year during their youth meeting in Kwiejce. This place is located close to a beautiful lake in a wonderful forest area. Mathias and I were warmly welcomed to this place by the Polish youth.

The first evening we played different games to get to know each other better. Here, I should confess to myself that I will need another birth to learn how to pronounce the surnames of our Polish youth. I was very happy that at least I was able to address them with their first names in these games.



The second day started with Yoga followed by Bhajans. Then after it was time for EHV children activities. Those activities really reminded me of my childhood playing times in Puttaparthy. The children were extremely energetic

Poland

"Why fear when I'm here? - Sai Youth Meeting

At the end of October 2011 (28th -31st) the Polish Sai Youth gathered once again - this time to work on a new project – SAI VISION! To our great pleasure we had the honor of having two guests, Mathias and Ramakrishna from Germany. All together we were 15 young divine souls, full of energy and brilliant ideas, ready to work hard on ourselves. Mathias and Rama gave two very inspiring lectures about Swami and faith in God. Another important part of the program was the Seva activities with the children, whom we visited during our last medical camp in July 2011.

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This meeting was a beginning and inspiration to have youth meetings more often and work together in unity on Sai Vision and Sai Boundless service projects.

Below you will find Rama's summary of his stay in Poland.

With Sai Love,

Marta Dobosz



and innocent. As Tagore said, "Every child comes with the message of God", they are truly divine and thought provoking. In the afternoon we had a long walk around the beautiful lake and in the woods of the forest. It was really very refreshing to be close with Mother Nature and get some creative thoughts. In the later part of the evening, there was a nice talk by Mathias on the topic "why fear when I am here". In his speech Mathias mentioned how his life changed once he came into Swami's fold. It was really inspiring with reference to some practical experiences that he faced in his daily life followed by good meditation. The supper for the evening was also very delicious with some nice Polish dishes like 'pierogi' and salads.

The final day was very memorable for me. It started with Yoga and Bhajan singing as the day before and then we visited the Church in the village. Though I did not understand a word of what was said in the church, I must confess that the vibrations there were quite powerful. It was so surprising to see the same kids again and their love and affection towards all of us. After that, we visited one of the families in the forest. I was told that this family had tough time earlier to run their households. Our Polish youth had helped them to bring them to normalcy as a part of their service. As soon as I entered this house, I almost fell into tears. The living conditions were not that good but their love and affection towards all of us were astonishing. This reminds me of the saying "anything that is done with

selfless motivation will be remembered forever". They treated the youth like their own family and they remembered each and every one's name. At the end of the day we visited Mrs. Zosia, who is a Swami's devotee since very long time and a doctor by profession. In this ultra modern scientific age, I was very much impressed by the way they lived in the midst of the forest. When I saw this place I was reminded of the incident when Rama met Shabari in Ramayana. This location looks exactly like the Sabari's place in the Ramayana.



Later we spent our time composing some new songs for the SAI VISION program on the topic FAITH. As Swami says "Hands in the Society and Head in the Forest ". This was the impression I got at the end of this trip. The service activities that our Polish youth have been doing were really remarkable and every act they did was very much connected to GOD in thought, word and deed."

Ramakrishna Paruchuri India/Germany





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Seva in nursing home

This small Sai Boundless Service activity took place on the 18th of December in Warsaw, Poland. 18 volunteers (youth + elders), from different parts of Poland, prepared a 1,5 hour Christmas program (15 songs and poems) for people living in nursing home.



The preparations for this evening where held in Warsaw every week for 1.5 months. During this performance we distributed Christmas gifts (75 packages) and shared crisps with the elders. It was a beautiful moment to share our love with them. Almost all of them sang together with us and they looked so happy. After the performance they told us that this was the first time they heard a choir singing with so much love and warmth. Some of them said also that thanks to our singing we brought life to this house. One thing that touched our hearts deeply was the fact that due to our arrival they renovated the big hall where we were suppose to sing. It was in a very bad shape and nobody cared about it until this moment. This is the magic of how one small good action can inspire other good actions.



With love,

Kasia Andersson Polish Seva Coordinator

↑ TOP







"Of all the righteous acts, help rendered to those needing it, is the most righteous."

Sathya Sai Baba

Slovenia

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What seemed to be just an innocent idea in 2010, turned out to be major activity of the Sai youth in Slovenia for the year 2011/12. The LASA Go Green workshops on Raw food are now so popular, that 60 eager participants (non devotees) are eagerly waiting for the next workshops that will take place in Spring time during weekends.

Moreover, Saša, the workshops leader, has written a book titled »The Power of Live food«, issued in november 2011, where she describes the basics of raw food diet with several recepies. The book has a beautiful design with artistic



photos of delicious food. No need to say that in 2 weeks she became the »celebrity« in Slovenia!

In November we held another workshop. Again 20 participants, majority of them were non devotees, joined. The responses they gave, were astonishing. They were moved by the food, but mostly by that all embracing energy of Love that permeated the entire event.

Apart from that we (the youth) have met for the weekend in November, where we summarized and presented our 8 years work that has been done on study circles which we held regularly every week. Severin prepared inspiring »lecture« with power point presentation. During these years we imbibed several teachings of Sathya Sai Baba and our intention is to



practice them in our everyday life, not because somebody has told us to, but beacuse we know, that our life can be meaningful only, if we do that. And what can be more inspiring than aligning our thoughts, words, feeling and deeds with our Self, day by day.

Always be smiling! Om Sai Ram

> Tina Hribar Trifunović, NYC Slovenia











Spain

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Sai Youth Group of Madrid

Since I came to live in Madrid, more than 5 years ago, I have been looking to come back to my true family, the divine family made up by all of us who feel touched and transformed by Sathya Sai Baba's life and message. Many times, trapped in the worldly duties that consume our time and energy, we go off from the places and activities where we can meet with our spiritual brothers and sisters. Always there is something to do, something to conclude, some place to go, and the senses take us to paths far away where we feel lost, empty and lonely. Although we know that the Master is always, as He lives within ourselves, if we don't feed our spiritual flame we will become smaller and smaller. Swami always reminds us that Satsang is essential; it means meeting with the Divine or, in other words, being in good company that rises us up and holds us in contact with the Inner Being.

This year 2011, so special due to Swami's physical departure, was even more special because it represented to me the coming back to the home I missed so much! After the LASA retreat in Geneva,

the youth who attended from Spain felt more united, especially the youth group which attended from Madrid because we shared a lot of time and activities there and we felt that indescribable joy which overcame us when we were surrounded by sisters and brothers who shared with us a vision based in Love and Human Values.

The experience was so deep that, when coming back, we were in close contact and, after five months, we decided to establish in a formal way the Sai Youth Group, with the lovely and encouraging support of the National Coordination and the President of the Sai Center of Madrid. We feel a lot of bliss since that moment! Being aware of the fact that we are accompanied by other Sai youth made us very happy! We strengthened the feeling of membership to something bigger than us that joined and strengthened us, and I feel that we are living in a practical way the journey Swami always invites us, the one from "I" to "we".

The spiritual work is always personal and

not transferable, but what a blessing it is counting with each and every one of the members of this brotherhood! Jesus told us long ago: "where two or three of you are united in my name, I will be there in the middle of them". Since we established the group, I feel that omnipresence of God among us, guiding our words, thoughts and deeds, showing us His infinite Love and Patience, bringing out the best from each one of us and transforming us completely.

With total gratitude and joy for living in this unique moment, I would like to invite all the youth to engage in, actively, to this "coming back home". We have many occupations and responsibilities, but Swami reminds us that "lost time is lost life"! Is there a better way to use our time than developing our conscience? I can assure you that the reward is wonderful!

Om Sri Sai Ram

Fernanda Bocco Youth Coordination Sai Center Madrid

The Devil was bankrupt and made a market on the street in order to get out of the crisis. There he showed his best weapons: envy, vanity, egoism, etc. However, someone noticed that one of the weapons was in the corner, almost hidden and asked the devil why it was not at the people's sight. The devil answered that it was his most lethal and effective weapon and he would try to keep it till the end.

That weapon was the "loss of enthusiasm".

The noun enthusiasm (entusiasmo in Spanish) comes from Greek language, enthousiasmós which means something like "Divine kidnapping" or "Divine possession"

In fact, the Greek noun is formed by the preposition en and the noun theós 'God'. The idea behind is that when we let ourselves being be lead by the enthusiasm, it is God who comes in us and uses our body to manifest Himself, as it happened - in the Greek tradition - to the poets, prophets and beloved people.

Each one of them were possessed by the Divinity and due to that they deserve respect and admiration as they reach so high that common people couldn't even imagine.

Spanish Language Blog of Alberto Bustos

With entusiasm,

Galo Weir

Coordination Sai Center Madrid



"Faith is like our life breath. It is impossible to live even for a minute in this world without faith."

Sathya Sai Baba

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Switzerland

Sairam,

The Swiss Youth are getting ready for the Maha Shivrathri Akhand Bhajan they are organizing on the 18th and 19th of February 2012 in the middle of the Swiss Alps. We hope to get together and be united for such an auspicious occasion.

We hope that many youths and senior devotees will come support us.

In the meantime, some youth are keeping busy in helping other center members in the bi-monthly food Seva where they cook and serve food to for the homeless people.

Sailove,

Niraj Pabari, NYC Switzerland



STORY TIME

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A tiger, a hunter, a bear and a fear

Once in a forest, a hunter, on being chased by a tiger, felt tired and climbed up a tree. There was a bear sitting on the top of the tree. The tiger was waiting under the tree as it could not climb up. It was very hungry, so it wanted to gobble up the hunter. It requested the bear to push the hunter down, so that it could kill him and appease its hunger. The bear refused to do so, saying that the hunter was its guest and it was its moral duty to extend hospitality to guests. But, the tiger continued to wait under the tree. After some time, the bear started to doze. Noticing this, the tiger addressed

the hunter, "O man, I am very hungry. It does not matter whether I eat you or the bear. I will go back once my hunger is satiated. The bear is dozing. So, push it down without delay. I will eat it and spare you." The man did not have the morality of even the bear. He thought he could escape from the clutches of the tiger by offering the bear as bait. So, he committed the ungrateful act of pushing the bear down. As luck would have it, the bear, as it was falling, caught hold of a branch, climbed up and saved itself from the tiger. Then the tiger said, "O bear, you should never believe the human beings. This hunter tried to harm you, though you were kind enough to give him shelter and protect him. So, without further delay, push the ungrateful wretch down, I shall devour him". But the bear said, "I have done my duty. Each one has to face the consequences of his own actions. I will not harm him just because he tried to harm me."

Sri Sathya Sai Baba

Sathya Sai Baba. Divine Discourse "Women Symbolize Sacrifice." 6 May 1999, Kodaikanal

"When the people become good, the world will become good." Sathya Sai Baba





The greatest sacrifice

Buddha used to keep with him always a rattle-drum. His disciples once asked him: "Master!

Why are you always keeping this rattledrum by your side?" Buddha replied: "I shall play on this

drum the day a person who has made the greatest sacrifice approaches me." Everyone was eager

to know who this person would be. Wishing to attain this distinction, a Maharaja loaded his elephants with considerable treasure and went to Buddha. He hoped to offer the treasure to Buddha and earn his praise.

On the way, an old woman greeted the Maharaja and pleaded: "I am hungry. Will you give me some food?" The

Maharaja took out a pomegranate fruit from his palanquin and gave it to the old woman. The old woman came to Buddha with the fruit.

By then, the Maharaja had also come to Buddha and was eagerly waiting to see when Buddha would sound the rattledrum. For a long time Buddha did not use it. The Maharaja stayed on.

The old woman approached Buddha staggering on her legs, and offered him the pomegranate fruit. Buddha took it immediately and sounded the little

The Maharaja asked Buddha: "I offered so much wealth to you. You did not sound the drum. But

you rattled it after receiving a small fruit.

Is this a great sacrifice. Buddha replied: "Maharaja! In sacrifice, it is not quantity that counts. It is the quality of sacrifice that matters. It is natural for a Maharaja to offer gold. But what great sacrifice is made when a hungry old women offers the pomegranate fruit to the Guru despite her hunger. She did not care even for her life and gave the fruit. What greater sacrifice can there be? It is not sacrifice to offer what is superfluous for you. True sacrifice means giving up that which is most dear to that which you value most."

Sri Sathya Sai Baba

From Sathya Sai Speaks. Vol. 21. "True Sacrifice,"

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MESSAGE FROM SAI

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MESSAGES FROM THE LAST DISCOURSE OF SATHYA SAI BABA

This very precious discourse summarizes in a perfect way the essential message of Swami. It marks the way for the development of our spiritual practice, especially the part about cherishing the Divine feelings and developing awareness of the omni-present Divinity.

God is only one, not two. He is the indweller of your heart. If you constantly contemplate on Him, you will also become God. Whomsoever you come across, consider them as the embodiments of divinity. That is the principle of divinity. On the other hand, if you follow the vagaries of your mind and move about arbitrarily here and there, how can you become God? When you go to your college, why should you look here and there and indulge in vain gossip? Focus your mind on the purpose for which you have come. Do your work without developing unnecessary contacts. Look after your family. There is nothing wrong in this. Nobody tells you to give up performing your worldly duties. Live in the world and perform your duties. But always have divine feelings.

Many people go to places of pilgrimage like Badrinath, Amarnath, Kedarnath, Bhadrachalam, and Tirupati in search of God. They think that they can find God at such places. Oh foolish man! God is not somewhere else. In fact, you yourself are God. God is present in all. God is only one and He is present wherever you look for Him. He is in you, with you, above you, below you. God is beyond birth and death and indwells every being in the form of Atma. He is present in all human beings right from a child to an old man. The same God is present in an ant, a mosquito and in all birds,

beasts and animals. Therefore, do not go in search of God here and there and trouble yourself.

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Wherever you see, God is present there. Whomsoever you see, there is God in him. God has no different form. All forms are His. That is why the Veda declared, »The Cosmic Being has thousands of heads, eyes and feet.«

/.../ Since you are all young, I wish to emphasise this point. Do not develop opposition or differences among you. Controversies give rise to many troubles. These days some people marry not once, not twice, not thrice, but even four times. This is not a good practice. Be single-minded.

Even if somebody makes you angry, do not fight with him. Understand that by fighting with others, you actually harm yourself. Control your thoughts. This is the quality of a truly educated person. This is called educare. Along with education, you should also have educare. When you have educare, you will have everything -- health, happiness, peace and prosperity. This is what I want you to understand. Everything will become good to you if you make your heart pure. At least from today onward, take to the right path. If somebody tries to put you on the wrong path, do not pay any heed to him. Even if such a person comes to you and tries to start a conversation with you, do not even look at his face. Just ignore him and go away from him.

Students should live with unity in all matters. But today unity has disappeared altogether. On the other hand, enmity is on the rise. When one student in the

class secures high marks, other students start feeling jealous of him. This should not be there. Because jealousy gives rise to hatred. There will be further divisions if politics enter the educational institutions. Therefore, all students should live with unity and solidarity.

You should achieve unity. There is no unity in the youth today. First and foremost, the youth should come forward to help each other. The end of education is character. If your character is good, then you can achieve anything in life. You may think you have won gold medals, acquired high degrees and achieved name and fame. But if you lack character, these degrees are merely a piece of paper. It is most essential for you to safeguard your character. Only such a person is a truly learned one.

/.../ Students also should develop such unity considering all their brothers and sisters. All are human beings. All are the children of God. Therefore, you should live with unity without giving room to any differences. This is My message for you today.

(Excerpts from the Divine discourse in Prasanthi Nilayam, 22.10.2010.)

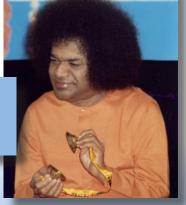
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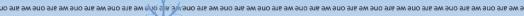
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"Practice the vocabulary of love - unlearn the language of hate and contempt." Sathya Sai Baba



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"When the road ends, and the goal is gained, the pilgrim finds that he has traveled only from himself to himself."

Sathya Sai Baba



LETTER FROM A YOUTH

INNER PEACE IN THE MIDST OF A STORMY SITUATION

Hi, my name is Severin. I send a big wave of love to all of the readers and to the team of LE who gave me the opportunity to share with you a few thoughts on spiritual practice in our day-to-day living with Sai.

It has been more than 20 years since I was first attracted by Sai Baba and His powerful spiritual teachings. His words were always there for me, throughout various stages of my life, as

an inexhaustible source of inspiration and wisdom. In my constant research of Sai's teachings, I came across many lifechanging statements, but didn't always recognize them as such. For example, it took me a long time before I understood in what way do we actually "surrender to God" or what is meant by "dedicating all actions to God". The problem was that I needed time to figure out the dynamic steps for applying Sai's statements in my daily life. After discovering those

dynamic steps the change would come and with it, the feeling of empowerment and confidence.

The significant realization that I'd like to share with you was about Sai's constant and immediate presence; experience that He is always present throughout all the circumstances of life. I am sure that He is conversing with us directly through the life situations that we are facing in any given moment.



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I'm talking about two kinds of situations that all of us inevitably go through in one way or the other. Sai is lovingly present in both kinds. The first are those simple, mundane situations in which we have to wash our hands or brush our teeth or go to bed. We go through these almost mechanicaly and handle them without much effort. They are predictable and we know what to do. The second kind are the challenging situations that come into our life unexpectedly. These situations are testing our inner beliefs and strength. Their main characteristic is their uncertainty. When we find ourselves in these kinds of situations

we're not immediately sure how to proceed. The uncertainty is testing us with questions such as: "How are you going to react to this? How will you solve this? What are you going to do and why so?"

It is in this second kind of situations that Sai's words would come alive for me. He said:

"Everything is reflection, reaction and resound. Every human is divine. When you realize this truth, all your troubles and worries vanish."

http://sssbpt.info/ssspeaks/volume 33/sss 33-20.pdf

"You cannot find that bliss in the physical world. It is wholly within you. Consider yourself as Divine at all times and in all situations. You will thereby become one with the Divine."

http://www.sssbpt.info/ssspeaks/volume29/sss29-30.pdf

"Hence, if you want to discover the Divine who is omnipresent, there must be a change in outlook within you. When you realize your own inherent divinity, you will be able to recognize the divinity in others."

http://sssbpt.info/ssspeaks/volume28/sss28-04.pdf

MY REACTION IS MY RESPONSE TO SAI

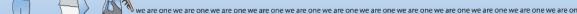
Contemplating on these words, it became clear to me that the way I react and respond to what I call challenging situation, was in fact my direct response to Sai Baba himself. My emotions and actions were nothing less than a statement about my true belief and faith. I've learned about this while going through some specific experiences like: witnessing the outbreak of civil war; facing a considerable level of social vulnerability; having to move frequently from country to country. It helped me

to learn about the importance of a devotional way of living and thinking. It was devotion to Sai that changed the way I perceived myself.

Naturally, as a Sai devotee, I want to confirm myself as a spiritual being, made of pure divine energy. That is what I truly believe. But the uncertain situation would inevitably show if I reacted as someone who sees himself as an individual separated from his surroundings, basically feeling as a

victim of the circumstances, or I reacted as a spiritual being, confident and relying on all-pervasive divinity that sustained all and guided all. So this new approach gave me a chance to correct myself and unify my beliefs with my behavior. It is important to say that the challenging situation that I was facing would always resolve and was gone once I managed to apply the spiritual perspective and reconnect with Sai within.





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GO TO THAT PLACE WITHIN

The steps I made to deal with the challenging situation were as following.

Instead of the usual reaction to uncertainty - which often included feelings of frustration, anxiety, fear and even panic - I've gradually learned to step back and go to that place within me that is beyond reach of the agitated mind. With my attention focused on this inner place - a place where Sai is residing - I was able to relax that "muscle of fear" and let go of the unpleasant tension and emotional burden of the uncertain situation. Then I would detach

from the situation by saying to myself: "I am completly aware of my current unpleasant situation and I understand that it is a consequence of my past actions. I don't like it, but I will not react out of frustration or out of fear, because I am aware that even this unpleasant situation is a different form of Divine energy. It is Divine will. I will therefore allow Sai, the master of the situation, to resolve it and guide me through it in the most suitable way."

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On the outside, I really didn't do or say anything out of frustration or panic. Even if I did, it was minimal and indifferent. I was just turning my patience to the maximum, keeping my focus on Sai as the energy that solves every crisis and pacifies every agitation. I would also proceed with easy mental repetition of the name of Sai and visualize Sai as being present and filling my surroundings with blissful light.

The fact that I was able to feel peace in the midst of a stormy situation was for me a clear indication that Sai took control and I was just "driving along" with Him.

THE UTMOST PRIORITY

As a result of this approach, the challenging situations were no longer challenging, even as they continue to show up from time to time. Now I am able to deal with their uncertainty more efficiently by relying on Sai within in this way. After such experience there is a stronger sense of joy and confidence; the feeling of Sai's loving proximity has become deeper.

It became most important for me to have more of these quiet inner moments, regardless of the outside circumstances. I just feel happy knowing that I can always be as close to God as I want and moreover to expand my vision and feel oneness with Him. I consider myself successful anytime I come to that place within me where I can feel and see Sai as the brilliant core of my being - radiating

love and bliss, creating and guiding all experiences. Having these blissful moments of tranquility and inner peace is my utmost priority. Any other kind of work I'm engaged in on a daily basis or any visible achievement that may come my way, I consider being a manifestation of the inner peace and harmony with Sai as my true self.



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"God is neither distant nor distinct from you." Sathya Sai Baba

CHEF'S CORNER

Spicy Vegetarian Potato Croquettes

Ingredients

- 3 large potatoes boiled and mashed
- 7 1 carrot boiled

- ♡ 1/2 cup onions chopped
- 3/4 cup breadcrumbs
- 1/2 cup fresh coriander leaves chopped
- 💙 2 serrano chillies chopped
- ♥ 2 tbsp lemon juice
- \heartsuit 2 tsp garam masala
- ♥ 2 tsp cumin powder
- ♡ 1/2 tsp garlic powder
- salt to taste
- 1/2 cup breadcrumbs or all-purpose flour for coating







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Boil the potatoes, peas and carrots; Then make sure you remove all the water and just take the vegetables and mash everything with a masher or with your hand. Boil the beet root separately otherwise it colors all the remaining vegetables and turns them pink! Chop into fine pieces and add to the mixture and try mashing everything well together.

Heat a wok, add 1 tbsp oil and saute the chopped onions till soft and lightly caramelized. Now add all the spices, green chillies and the chopped coriander to this and remove from heat. Transfer this to the potato mixture and add 1/2 cup bread crumbs. Mix everything together to form a firm mixture.

Take a chunk of the filling, grease your palms, and shape the vegetable mixture into discs or cylindrical cutlets. Do not make them too thick else it won't get cooked thoroughly while frying or baking.

Now roll each cutlet into the remaining bread crumbs or maida(all-purpose flour) so that it is evenly coated. This step is crucial so that the cutlet binds properly and does not break while frying.

Take a frying pan, add 2 cups cooking oil to it, then deep fry the croquettes 2 or 3 at a time. flip them over only when the bottom side is done; turning them around a lot increases the chances that they'll break! Fry well on both sides till dark golden brown in color. Remove and allow to drip excess oil on a tissue paper.

Bon Appétit! Niraj

Recipe & picture from http://funnfud.blogspot.com/2008/02/spicy-vegetarian-potato-croquettes.html

▲ TOD

"God is in you, around you, behind you, above you, beside you." Sathya Sai Baba



INFO

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If you wish to join the Love Express Team or if you have any questions, ideas, comments, or articles that you would wish to submit in the next edition of Love Express, please feel free to email niraj@pabari.net.

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