

MESSAGE FOR THE YOUTH OF EUROPE

Dear Youth

The SSO in Europe is very lucky to have such wonderful resources in its midst, as you young people, with energy and motivation to bring His message to the people outside the SSO, but what is more important with the determination to transform your own lives.

Today, more than anything else, we need a society, which practices value-based living. Love is the keyword in all relationships whether it is at home, at work, or when moving around in society. It is an integral part of our existence. The values are meaningless if they are not rooted in love and lead us to see the basic unity of mankind.

When love is practiced, we start to see that all is one. We start to appreciate every one – even those who make it difficult for us – because we start to understand that they are just teaching us a lesson. We develop understanding.

We begin to understand that our goal is to create an atmosphere of love, an environment of love where learning can take place for all of us. Creating an environment of love is like when we connect the computer to the Internet, only here we create connection to the 'Inner net', and immediate download takes place. We become silent within and can listen to the voice of God.

We need each other – like the finger of the hand. Only together we can advance. And this togetherness is not separated by age. As Sathya Sai says: 'One who practices and propagates the ideals such as goodness, morality and truth is a youth in the strict sense of the term.' So being a Youth is not a question about age – it is a state of mind.

This is where we can meet in harmony and work together. So all of us have work to do – but together we are united – and united we shall overcome and be able to inspire. We are judged by our speech, by our behavior and by our actions.

Sathya Sai explains: 'Goodness means good behavior, good conduct, good discipline and good character. Truth, Righteousness, Peace, Love and Non-violence are verily the five life principles of man. Human life is a journey from 'I' to 'We'. This journey is subtle and the goal is very near, but man takes many births to reach the destination.'

He continues: 'All of you are very lucky as you have the chance to shorten this journey by being called at such a young age. Not only do you have the possibility to transform your own life, and reach your destination faster; you also have the



Marianne Meyer

possibility to influence other people's life; to inspire and motivate them to change their destiny by living the Human Values.'

How can we inspire others? First and foremost by knowing ourselves. Knowing that our true identity is the Love Energy within. He says: 'the primary duty of man is to understand who he really is' and 'the highest Sadhana is to transform love into service. That is true devotion'. What is devotion then? It is one-pointed attention on the task performed. When we devote ourselves to something or so-

meone, we give it our full attention and take it to our heart. It does not mean that we will not have challenges nor experience frustration, when we do not succeed.

Suffering is part of Life, but we must have faith, we must have self-confidence – only then shall we overcome. This is our responsibility. Sathya Sai says: 'Have faith in yourself, have faith in the work you have set upon – even in spite of signs of failure.'

Normally responsibility is connected to rights, which again gives certain privileges. We can demand if our rights are not fulfilled. But life is not a right – it is a gift. We cannot claim that this life of ours should carry any preferences. That it should be without inconveniences and discomfort. Today in society most people are talking about what are my rights? Very few ask: What are my duties? Here you can make a difference.

Spiritual responsibility is how we respond – and not in relation to the workload or importance of a position. How do we respond to what is happening outside us and how do we respond to His call from within?

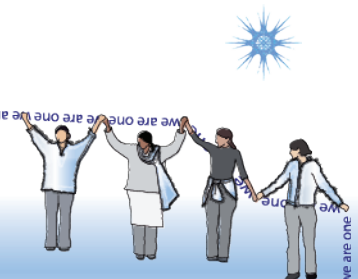
The value of Life is Consciousness, and Enlightened Leadership is a matter of Heart, Mind and Soul. Today we are talking about 'How to walk the talk'. Everybody wants change and they expect the leaders to change and the Organizations - they are part of - to change. Very few ask 'How can I change'. How can I become authentic?

Only when our actions match to our words (and thoughts), can we be inspiring examples. Gandhi said: 'Become the change you wish to see in the world.' This is what I wish for all of us.

Lovingly in Sai

*Marianne Meyer,
Chairwoman Zone 7*

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SSLTP Update

Sathya Sai Leadership Training Program in Zone 7

SSLTP Stilles Haus Bad Wildungen Deutschland

"...you should take up the reins of leadership and bring peace and prosperity to the nation by leading ideal lives..."

Sathya Sai Baba



From the 27.12.2010 to the 1.01.2011 the second SSLTP seminar of Zone 7 took place in Stilles Haus near Bad Wildungen in central Germany. The seminar covered modules 2 to 4 of the Sathya Sai Leadership Training Program, which unite academic and practical knowledge about management with spiritual wisdom about leadership.

One of the topics which was discussed during the seminar was: **Sathya Sai Organisation vision and mission**. It may sound that it is too theoretical to think about this, but it is very useful to have our vision clarified and to remember it, as it helps you to put your actions into the right direction and not to be distracted by many unnecessary details. It is also very important that while working in team, all team members share a common vision and go towards the same goal. Sometimes it allows us to sacrifice our personal aims and to compromise something, because generally the success achieved by spiritual teamwork is much greater than our personal plans could

be. This was very strongly emphasized in the module on **Spiritual Team Work**. In a spiritual organisation, it is really important to learn how to work in a team while being fully engaged in work, to share a common vision, to express spiritual values and thereby to achieve unity. The SSO provides many opportunities to practise spiritual team work. An important aspect of team work is communication, so the module on **Spiritual Communication** was also included into this seminar. Although the word "communication" is derived from the Latin word "communicare" (to make something common, to unite, to share) and "communio" (feeling of unity), sometimes we do not perceive communication as a process leading to unification. The solution for this is heart to heart communication, which can be characterized as way of intrapersonal communication that has not only a clear message, but more importantly, to enable us to see God in each other. Actually in heart to heart communication there is no other, as it is God in one of us communicating with the God in the other person. As there is only one God, it is a communication where unity is achieved, where **1+1=1**.

The presentations were enriched with many practical exercises and creative activities, so that we could acquire not only bookish knowledge, but also experience what was being taught. The program was presented mainly by Ivan Bavcevic, but some topics were presented by: Jirka Blazek, Luciano Cantone, Mathias Seitel, Pieter Stolk and Tomas Bures.

I'm always very happy when I can take part in seminars like this, as they give me the opportunity to spend time in a blissful and joyful atmosphere. During

this seminar I experienced Swami's love and joy, I felt so happy and free. I cannot believe that the seminar lasted six days, as time passed by so quickly.

For me the seminar was very important because of another reason. Since we spoke so often about the vision of the SSO and the seminar was held at the turn of the year it was a great time for me to think also about my personal vision considering my work for the SSO, and also my professional life. It was something I really needed, coming to the seminar I felt a little bit confused as there had



been a huge change in my professional life and I didn't know which direction to follow. So for me seminar was a great opportunity to think of my personal vision and clarify my doubts.

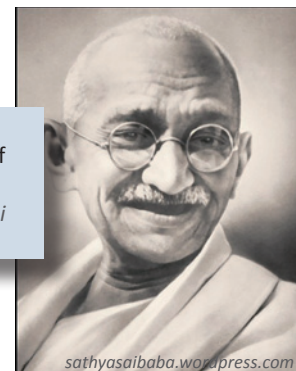
I think it was great way to start the New Year

Dominika,
Poland

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You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.

Mahatma Gandhi



sathyasai Baba.wordpress.com

Slovenia

First and foremost we would like to express our gratitude to all the Sai youth that we've been blessed to work with in 2010. We had the time of our life! Thank you Swami.

We would like to share with you last year's insights and revelations:

1. The real joy (at work) comes from team work and real team spirit. It can be best described in a following way: cooperation, putting others first, sharing, helping, positive attitude, pleasant thoughts, feelings and deeds which are

in alignment with our divinity. And the prescription: Love all, serve all!

2. When things don't go your way, show understanding and patience – do not allow yourself any stressful thoughts. The prescription: surrender, trust and accept. This is the mantra that Phyllis Krystal is repeating again and again – God knows how right she (He) is!

And our new year's resolutions:

We wish to be more in contact with our divinity, efficient, blissful and less

stressed.

Therefore we need to cut the ties from the word 'deadline' in order to be in alignment with divine timing and divine deadlines.

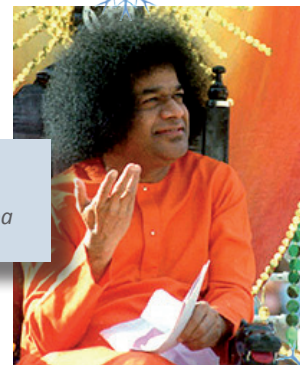
Enjoy and share this God given time in peace, love and understanding!

For the Slovenian team
(Natalija, Nina, Mihael,
Gregor and Severin)
Tina Hribar Trifunović
NYC Slovenia

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When the people become good, the world will become good.

Sri Sathya Sai Baba



Switzerland

Sairam dear All,

The Youth from Geneva Switzerland are working hard on the ceiling on desires program. Our current goal is not to get angry until Shivrathri. If anyone does get angry, he has to say Sairam. This will allow us to keep our monkey mind under

control. In the month of February, we are also starting an online Skype Vedam tutorial where the Sai Students who live in Switzerland will coach the youth 1 on 1 on a weekly basis. We are also expecting the LASA team to come join us in Geneva

during the 2nd weekend of February for the LASA Festival preparations.

Sailove,

Niraj Pabari
FRYC Switzerland

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Do you want to express your creativity and inspire others with your professional or amateur skills in graphic designing?

The LASA Web & Publishing team invites you to join the team where you will have the opportunity to create leaflets, booklets, brochures, etc... for LASA activities that will take place in the following year.

All those with who have experience using Adobe Photoshop, CorelDraw, Indesign etc. are kindly invited to contact Tina or Severin at the following e-mail: publishing@lasaplanet.org

We are eagerly waiting for your reply.

With love,

LASA Web & Publishing team



Lord, are you trying to tell me something?

For...

Failure does not mean I'm a failure;
It does mean I have not yet succeeded.

Failure does not mean I have accomplished nothing;
It does mean I have learned something.

Failure does not mean I have been a fool;
It does mean I had enough faith to experiment.

Failure does not mean I have disgraced;
It does mean I have dared to try.

Failure does not mean I don't have it;
It does mean I have something to do in a different way.

Failure does not mean I am inferior;
It does mean I am not perfect.

Failure does not mean I have wasted my life;
It does mean that I have an excuse to start over.

Failure does not mean that I should give up;
It does mean that I should try harder.

Failure does not mean that I will never make it;
It does mean that I need more practice.

Failure does not mean that you have abandoned me;
It does mean that you must have a better idea

<http://www.rogerknapp.com/knap/inspire.htm>

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DIVINE EXPERIENCES

I was born in an obscure village in North Travancore when the nineteenth century had still three years and a few days to run. I had my schooling in the Cochin State under a great Headmaster who had met Swami Vivekananda and who lit in our little lamps the flame of prayer and contrition. I attended College at Trivandrum and, after finishing my M.A. and B.L., I secured a job as Lecturer in History at a college in Mysore.

The country boat, in which I, my wife and my mother journeyed along the canals and backwaters of the West Coast on the first lap of the trip to catch the train at Ernakulum, was halted past midnight in the middle of a dark backwater by a Coast Guard, who shouted orders from the shore. He called out in the black night, "Where are you going?" and waited for an answer. My boatman had a fine sense of humor. He shouted back, "We are going to Mysore!" (We all knew Mysore was inland!) The Coast Guard did not reprimand him for his impertinence, for he, too, was in a humorous mood. He laughed and asked, "Why do you say Mysore? Don't you know a place beyond Mysore?"

Little did we know then, that there was a place beyond Mysore, a couple of hundred miles to the north of that City, a place called Puttaparthi which was to provide us harborage from the turbulent storms of the sea. There I was to get the Teacher I wanted, when my career as a university teacher and principal was about to come

to a close.

Yogi Suddhananda Bharathi, the famous mystic poet of Tamilnad, said, in April 1959 when addressing a religious conference at Venkatagiri Town over which Sri Sathya Sai Baba presided, "I have practiced Yoga for over 50 years; I once observed the vow of silence continuously for over 20 years; I have come in contact with Sri Shirdi Baba, Sri Ramana Maharshi, Sri Aurobindo, Sri Meher Baba and others; now, as a result of all this discipline, I have met Sri Sathya Sai Baba."

I served as the Secretary of the Sri Ramakrishna Mission at Mysore for over seventeen years; I came in contact with Sri Siddharooda Swami, Sri Ramana Maharshi, Sri Meher Baba and Sri Narayana Guru; I was initiated into Japam, the recitation of the Name of the Lord, by Mahapurushji, the direct disciple of Sri Ramakrishna Paramahansa, and President of the Mission; and I am now convinced that, as a result of all this, I sat at the Feet of Sri Sathya Sai Baba in 1948.

After I retired from the service of the University of Mysore, I have since rejoined in Baba's Presence, except for a short period when I worked with All India Radio as a producer. I have had the good fortune of mingling with many of His devotees who have had longer and closer associations with Him. I have availed myself of every opportunity of witnessing events illustrating His Divine Power and listening to His discourses. I

trust this book will reveal to the reader some of the reasons for the extraordinarily intimate loyalty that binds me and others to Him. Baba is an open book, with no mystery or pomp or abstruseness about Him. Everyone can approach Him and secure His Grace.

I have great sympathy for those who are unaware of Baba's stature, for I, too, demurred, doubted, and disbelieved Baba's validity with all the sarcasm and satire found in the novels, dramas, and essays which I wrote and published on various subjects. For many years I, too, in my stupid pride, did not make any effort to meet Him. I invite everyone now, to come and share His Grace and Mercy and stand witness to the Divine Power that He personifies.

N. Kasturi

<http://vahini.org/sss/i/theauthorwrites.html>



CHEF'S CORNER

Sensational Veggie Burger

Ingredients (4 servings):

What you need:

- ♥ 1/2 tablespoon extra-virgin olive oil
- ♥ 3/4 cup fresh corn kernels or frozen, thawed
- ♥ 6 mushrooms, finely chopped
- ♥ 2 scallions, finely chopped
- ♥ 1/2 red bell pepper, finely chopped
- ♥ 1 clove garlic, finely chopped
- ♥ 1 teaspoon cumin
- ♥ Dash cayenne pepper
- ♥ 1/2 cup chopped fresh spinach
- ♥ 1 carrot, peeled and grated
- ♥ 1 small potato, peeled and grated
- ♥ Sea salt and freshly ground black pepper, to taste
- ♥ 1/2 cup fresh bread crumbs

1. In a large skillet heat 1 tablespoon oil over medium high heat. Stir in corn, mushrooms, scallions, and bell pepper. Cook for 3-4 minutes. Add garlic, cumin and cayenne and cook for 30 seconds. Remove from heat and stir in spinach. Add carrot and potato and stir to combine. Season with salt and pepper (and chili powder if you can handle it).
2. Stir in enough bread crumbs so that the mixture holds together. Shape mixture into 4 disks and place on a plate.
3. Chill for 1 hour.
4. Lightly oil a non-stick skillet and cook veggie burgers until golden on each side.

Bon Appétit!

Niraj

<http://www.vegancoach.com/vegan-entree.html#anchor-veggie-burger>

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EXTRAS

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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