



LOVE express



EDITORIAL

Dear Brothers and Sisters of Europe,
Jai Sai Ram!

We humbly offer this 24th issue of Love Express at the lotus feet of our beloved Bhagavan Sri Sathya Sai Baba and pray to Him that He keeps inspiring, guiding and loving us the way He has done so far. Swami has often reminded us not to get attached to material possessions, be it gold, money, cars, people, or even his physical form. We MUST remember that we are all one big happy family. Consequently, let us spread our love and guidance to those around us and remind them how the physical form was just the cherry on top of the tastiest cake ever offered to mankind by God. Please take the time to savor this cake offered to us and try and taste and digest every particle (every quark) of it. Better yet, let our hands not only love and serve all, but also feed every living organism with this cake, these wonders that Bhagavan has so lovingly blessed us with, in the form of Educare, Sociocare and Healthcare.

Let us pray that this June2011 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.

SaiLove,
The Love Express Team

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MESSAGE FOR THE YOUTH OF EUROPE

19th of July 1972

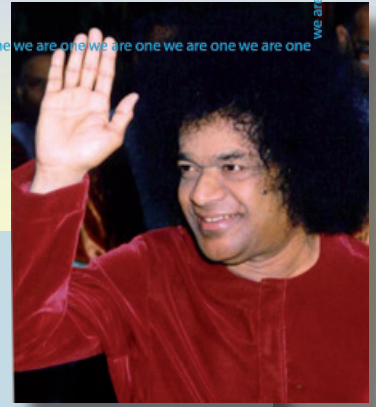
Dears!

Little knowledge is a dangerous thing making one conceited, it causes his downfall. Ego is the root cause of all troubles. Realizing is resting. Laziness is rusting. Is it not the truth? Surrender of the disciple and blessings of the Swamiji (God) smoothes the path of self-realization. Life without Swamiji is like a boat without a rudder. Churning the mind with self-inquiry gives the cream of Knowledge. Love is the manifestation of self-illuminated. Like water in a reversed pot, the spiritual knowledge does not enter the mind pot. Man's heart is the temple of the Divine. Don't inflame it with ideas of mine and thine. „Time lost is life lost“. Doing one's duty however small, in an unattached manner gives rise to the awakening of self-awareness. Ego is limiting and pushing one into darkness. Truth is a flame of life, trying to reach the peak of attainment! The angry do not go to hell but inflame hell fire wherever they are. Water does not stay in the basket. Wisdom does not stay in the mind passionate. Mind is like a dog, wanders without any objective...

This is My Love

*With Blessings,
Baba*

Taken from: <http://www.saibaba.ws/teachings/swamiletters.htm>



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EUROPEAN UPDATES

LASA UPDATE

LASA GO GREEN workshops on Raw food diet in Slovenia

LASA Go green weekend workshops on Raw foods were held on the 23rd April and on the 14th May 2011 in the premises of the Sai centre in Ljubljana, Slovenia.

The leader of the workshop was a Sai devotee, who is an experienced nutritionist and raw food expert. Her name is Saša Tasevski; she has been practicing this kind of a diet for many years.

and many are already on the list for the third one – not a single invitation sent out! Before I could register, the workshop was fully booked. Half of the group were Sai devotees, but the other half were non devotees. They were simply interested in raw foods.

The preparations started long before the workshop. Saša prepared the recipes and all the ingredients had to be bought. It was essential that the ingredients were organically grown and that they were raw. Up till now, we really didn't know that regular cashew nuts, even though organically grown, were not raw at all. Yes! It is true. And honey or olive oil – even though it says it is virgin oil, that doesn't really mean it is raw. We thought we knew quite something about satvic, organically grown food. There is so much to learn!

Generally the number of participants in these types of workshops are usually very small (max 10) but in our case there were 22 eager participants in each workshop,



So our workshops started with a green smoothie welcome. We were all impressed by the taste of the spinach, the big fresh mangos, the dates, the nettle and the spirulina. Of course you need a professional blender to get such a creamy, tasty texture. Saša gathered all of us in a circle, where we connected ourselves with a big Sun and abundance of love. You could see the smiles in the shape of a banana, as she expressed herself, on the faces of the participants, who were ready to overcome mental boundaries for the day.





Saša then made a two hour long presentation on the basics of raw foods as well as vegetarian food. It was mind-blowing and crucial. Here are some issues that we went through:

- Raw food on the ladder of eating habits
- What is Raw food or live food?
- Kirlian photos on the power of plants
- the positive effects of eating raw foods on the body, the mind and the spirit
- We are what we eat (Sathya Sai Baba): food as the essential information on the path to spiritual progress
- Mental barriers for eating raw foods: How to reduce/remove them? (Where to get the needed amino-acids, iron, calcium, vitaminB12, etc.)
- The daily life of a person on a raw foods diet: what and how to prepare the meal?

After the presentation we prepared the lunch. The menu was as follows: Kelp noodles with cheese dressing. Of course it only looks like cheese, but the dress-



ing was made of avocado, lemon and ground cashew nuts. I am still dreaming about those noodles...

And then we prepared our first raw chocolate cake with chia seeds (which take care of the proper hydration of the body). Food for Gods!

Just to be clear on something – raw foods means no cooking, not even heating beyond 42 degrees Celsius. Every meal is ready in 15 to 20 minutes (except the cake which takes 45 minutes).

We already have participants for the third basic workshop. But the participants wrote down their comments and were eager to actively participate in the upgraded workshop which is already set for the summer/fall of 2011.

Most of all, it is important to say that it was much more than just a food work-



shop. We were all moved and inspired by the strong spiritual aspect of a raw foods diet, as Saša strongly emphasised, de-



scribing her experience, the importance of our understanding of ourselves and the world around us. Accepting the raw foods diet goes hand in hand with loving awareness of the subtle interconnection between everything in nature. And that was felt and later expressed by each participant.

Loving Sai Ram,

*from the Slovenian team
(Saša, Mihael, Natalija, Gregor, Nina,
Mirjana, Severin and Barbara)*

*Tina Hribar Trifunović
Slovenian NYC*

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Austria

Dear brothers and sisters.

From the 19th to the 20th of March we had a small LASA meeting in Austria. We tried to find out where we presently stood and what we could do to contribute for the upcoming events. We also focused on making music and how to put human values in our daily lives...

We engaged ourselves in composing a LASA song. The results of a study circle on the topic love ("What helps me getting back in the state of Love?") were written on a poster and put together with a previously written poem by a Sai sister as the base. Through team work we combined these two projects into a new song. That really made us happy, and strengthened our sense of unity – You are me and I am you.

On the second day we worked on existing lyrics created by our Sai sisters and brothers from France. The idea was to connect different music styles within one song. Each verse has its own style. We had a lot of fun translating one of the verses into Styran-German (Styria is in the South West of Austria). The results were creative. We ended off the day with an energetic dog walk, played with



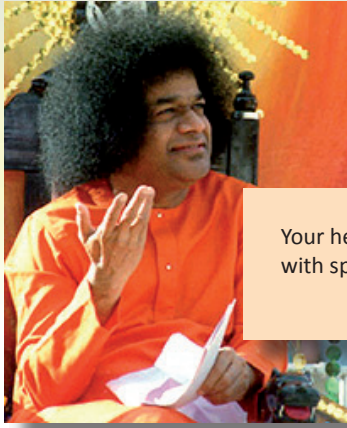
a little Sai Bal Vikas girl, had a Satvic meal and did some gymnastic exercises.

A wonderful, inspiring weekend was thus concluded and will soon be repeated when we have our next Seva meeting.

*The Austrian Youth
(Karin, Mira, Christoph, Jörg und Petra)*

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Your heart must be transparent, like glass,
with spiritual light within illuminating the whole world.

Sathya Sai Baba



Bosnia, Croatia, Slovenia, Serbia, Montenegro & Macedonia

Sai Ram

During a talk on relations in Sarajevo-Dubrovnik (and guided by the current situations with youth in countries of former Yugoslavia), it was suggested to join the youth under one "umbrella".

As many know, there is one official language in EX-Yugoslavia (Serbo-Croatian) and all citizens of its six republics (Bosnia, Croatia, Slovenia, Serbia, Montenegro and Macedonia) speak and understand each other well. Just as these countries were once the same entity, we are still ONE and we have the same way of thinking.

Guided by that thought, we discussed to unite the youth in this region (EX-Yugoslavia) because there are just a few active Sai youth sisters or brothers – but who lack motivation to do things on their own. This umbrella projects allows the youth to start projects in their respective countries and get regional youth support. For example, if the youth of Macedonia are having an action (and there are only 2 of them there), they send an e-mail to any youth representative in the other countries and ask for support; there will be as many as possible who will go and help the Macedonian youth.

The first meeting was held in Zagreb on Easter weekend. Its purpose was to allow all the youth imagine and write

down how they saw their community and themselves within one year and within period of ten years, some sort of action plan.

We put all the ideas into 4 categories and told them that all the suggested ideas were achievable (had they not been achievable, they would have never come to them in the first place). This really inspired all of them.

We then divided into four groups:

1. Ecology/Health team
2. SSLTP/EHV team
3. Seva team
4. Music team

No music team was formed (no one wanted to join that group) which is a good sign, as music is anyhow part of our daily lives and, LASA Music is supposed to accompany activities of the LASA and not vice versa.

As a result of the meeting, a project (code name I AM YOUth) was envisioned and some activities are already scheduled to be implemented starting as soon as September 2011.

What is also worth mentioning is that in case there is no youth wing (or if it's not in operation) in a region/country, youths who are interested in activities, can send an e-mail to the project coordinator or to their NYC and we will have them immediately involved and aware of any kind of actions taken on the territory of (N)ex(T) – Yugoslavia.

Jadranko Panjeta



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Italy

Hi everyone!

I hope this message finds you happy. I came back from a weekend in Mother Sai, where a beautiful LASA meeting just took place.

It was great joining together and working for LASA! The Sai European Youth deeply believe in the LASA project and in the Geneva festival. Some youth drove many hours to reach Mother Sai in order to participate in the meeting. As usual, you have so little time to do the many things you want to do, but we left satisfied of a job well done. It is so comforting being part of the Sai Youth; we always breath happiness and sincere joy when we are together, we are the Sai family.

On Saturday morning, after the welcome hugs, we went to the auditorium ready for a vibrant Bhajan session. When the singing was over, some tears fell while watching beautiful videos of our beautiful and beloved Swami. After a welcome speech from Jessica and Jörg we split in

two groups, both working on the preparation for the LASA festival in Geneva. One group worked on the musical “the Dolphin”, the other on the music program. The morning ran so fast, and we suddenly found ourselves all around a table ready for lunch. It was a great moment, both thanks to the gorgeous food that the Mother Sai volunteers prepared, and for the Sai Humour, that let us relax and laugh all together.

In the afternoon we started recalling LASA history, from its beginning in Puttaparthi in 2007. Then, in the afternoon, we tried the songs again and again, in order to present a perfect job in Geneva. We strongly believe in the LASA festival, and there is a great of will of “going outside” to spread the human values we believe in all around the world.

In the night, everyone was very tired, but we all had the strength to dance and share with each other our feelings about the day. After a wonderful night of sleep, we got back to work on Sunday morning.

We did songs, videos, and had a great desire to do more! The morning passed quickly through songs, laughs and more serious moments, where we shared our impressions about the work we were doing.

After lunch we said goodbye and took many pictures, to remind us of the great moments spent as a Sai family. It was great being together, mostly after that Swami left His body. Many questions arose in this last month and during the meeting, as Swami’s physical departure really affected each one of us. Being together and sharing our thoughts gave us great strength. We don’t have to fear, since Swami gave us and will continue to give us the power to go on with our lives and on our Sai path. I can’t wait to see you all in Geneva.

Let Swami’s Love always shine in our hearts,

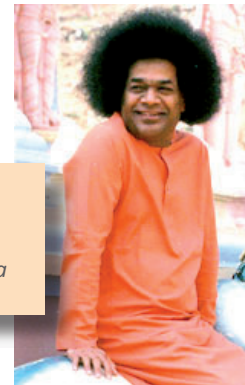
Eugenio

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Reach the point where churches, temples, mosques do not matter, where all roads end, from where all roads run.

Sathya Sai Baba



Hungary

On a Sunday afternoon, the 3rd of April 2011, we organized a garbage-collection program in the center of Sopron city.

Open-air school children were also involved in the project. This school is attended by poor and orphan students coming from a very difficult background. We have been organizing selfless service activities for four years now, and they often take part in them. This time 14 enthused youngsters joined us to clean the shore of the Ikva Stream and the surroundings of a lake. There were 18 of us altogether, and the city also contributed

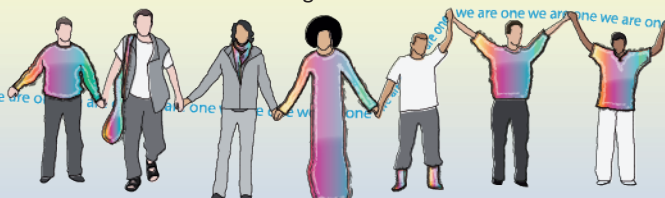
to the initiation by donating gloves and removing the garbage.

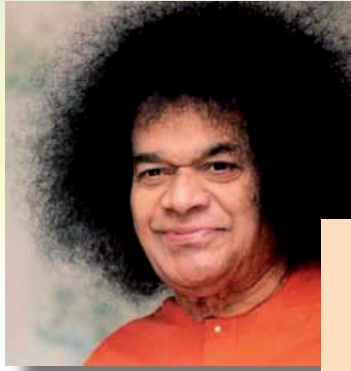
The children enjoyed the program very much. They collected the rubbish thrown away by people with great enthusiasm. They were very happy, that someone paid attention to them. One of the little boys, called Zoltan, found a glass with fairy figures on it, which he wanted to take home. These children highly appreciate gifts, as they never receive any. They only have basic commodities, so they need support from selfless people. It was hard to discourage Zoltan not to

take home the dirty glass, as he would receive a new one from us instead. We could see in his eyes how happy he was about a little thing like this. This proves how much he lacks caring in his life. The children were very grateful for every kind word, and we received a lot of love from them. We were very glad to see the smiles on their faces. They told us that they could hardly wait for the next occasion to see each other again.

*Agnes Posch & Richard Posch
Sopron, Hungary*

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Bear all and do nothing;
Hear all and say nothing;
Give all and take nothing;
Serve all and be nothing.
Sathya Sai Baba



Lithuania

Dear Sai Brothers and Sisters,

Having paid our last respects to the physical form of our beloved Swami, we are back to our daily routines. And here are the news of Lithuanian Sai Youth recent activities.

Besides weekly study circles and monthly national meetings, our youth also participated in some public events, spreading the human values by their own example. April in Lithuania is the month for cleaning the surroundings. The volunteer organization DAROM (translation: „Let’s Do“) organized for the 4th time a cleaning bee over the whole country. This year on the 16th of April there were over 150 000 participants who collected 5000 tones of garbage from public sites. Two of our Sai youth and LASA members participated as the coordinators of an equipment distribution point, and 1 person volunteered as a city district co-

ordinator who was in charge of all distribution points in the area.

Together with local communities we cleaned up the city beach and the nearby areas: the park, the meadow by a high-way, and an existing illegal rubbish dump in the vicinity of the area. A team of divers from the school of Water Sports was cleaning up the bottom of the pond. The cleaning bee included installing of nesting-boxes for birds, workshops on environmental topics were held, and various contests on the subject of nature were arranged.

Being a Sai devotee gives an understanding that the whole Universe is the Divine Body. Therefore all together acting



in union and seeking a common goal we step forward to creating socially responsible communities. Respecting the Divinity within we have to take care of the polluted Earth ourselves, so the surroundings are alive and natural again.

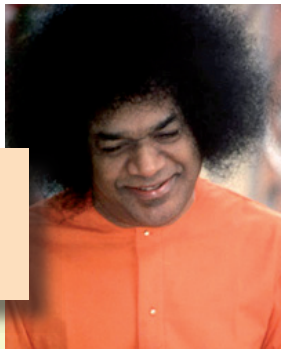
With Sai Love,

*Marija Vitkūnaitė
Lithuanian NYC*

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I have come to light the lamp of love in your hearts,
to see that it shines day by day with added luster.
Sathya Sai Baba



Together we can achieve more

The last three months were quite busy for the Polish Youth. At the beginning of March we had a very short but intensive Youth Meeting in Maryno. 23 young people gathered accompanied by our special guest from Czech Republic – Tomas Bures. (Thank you again dear Tomas for your visit :-). What was special about this meeting? Most of all the unity, that we felt so much. There were people whom we hadn't seen for many years. This short meeting showed us that we are creating a strong team and we are



able to do many things together. After the retreat we felt a little bit unfulfilled and maybe that feeling was one of the reasons that inspired almost 17 people to come to our National Sai Meeting in Darlowo two months later (April 30th –

May 3rd). This time we had an unexpected guest – Silvia Wagnerowa from Slovakia. (Silvia, thank you for coming :-). We are very happy about this integration with our neighbours :-).

During this meeting the youth were involved in many different kind of activities. Some of us created and led a wonderful program for Sai children. We could see the results of their work during a beautiful performance (drama plus songs). That was really impressive – they had only 2 days for preparations. Another group was involved in leading study circles or bhajan sessions, which gave a lot of energy and joy to everyone. Furthermore, we can't forget about the Choir rehearsals which took place every day. It was hard work, but the results were wonderful. The performance of the choir evoke a lot of emotions, even tears. But the main part of the program and the most remarkable event was the Va Banque game show :-). Thanks to Ivan's inspiration and materials we prepared a Polish version of the Jeopardy game, which was a great success. It was an hour-long session of laughs, after which nobody wanted to go to sleep.

We fully used the time we could spend



together, staying awake till midnight almost every evening, enjoying our company and recharging our batteries for the following months. We are waiting for coming events with a smile on our faces and a feeling in our hearts that together we can do so much more :-) and become one big family who lives in unity and love as Swami has taught us.

With Sai Love,

Marta Dobosz
Polish NYC



Sai Boundless Service Camp 2011 - Poland

This year the Polish Sai Organization decided to change the place and character of the project - we will organise it on a smaller scale, mainly because the new situation doesn't require as many people or actions as the previous camps. We are going to focus our work on three fields.

- 1) renovation - to improve the living conditions of one family in need
- 2) children activities - spread human values and share joy
- 3) massage sessions – to improve people's health

Because this camp will be smaller than usual the participation is limited. It would be wonderful if the youth from Europe would like to join us. For those who feel like coming, here are the details on the time and place:

Time: June 23-30, 2011 (for the renovation team)
June 23-27, 2011 (for the EHV team)
Place: Kwiejce Nowe, near Sierakow
Closest airport: Poznan

Please inform your National Coordinator and NYC about your decision if you are coming to the camp.

In case of any questions please contact:
Marta Dobosz – maaarta.dobosz@gmail.com
Katarzyna Andresson – katarzyna.andersson@yahoo.pl

With Sai Love,
Marta Dobosz
Polish NYC

Slovenia

Dear youth,

As you may have already read in the report in the LASA section, with Swami's grace, we managed to organize two LASA GO GREEN workshops on a raw foods diet, which were held by our Sai sister Saša Tasevski, who is a nutritionist and an expert on raw foods diets. For more information please read this issue's article on the LASA GO GREEN workshops on Raw food diet in Slovenia.

On the same day that we held the first GO GREEN workshop (23/04), the ret-

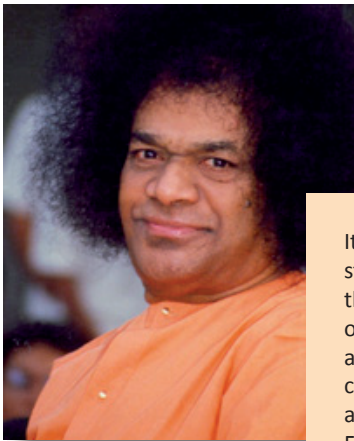
reat for the former Yugoslav republics was held in Zagreb and our new member Anamarija took part in that wonderful inspiring event called I AM YOUth. She said that it was one of the best things in her life. She is now very actively engaged in the Seva part of the project.

On the 4th and 5th of June 2011, the youth, with the help of Tatjana (our national coordinator for spiritual activities) are preparing the first SSLTP module for all members of the SSO in Slovenia. We are so eager to host Ivan once again as the speaker.

What we undoubtedly see is, that Swami IS present in our hearts and is around us, more than ever before. He is our motivator, our love and life itself. Without his will even a feather cannot move, as He himself has said to us. So how can we even dare to think, that he is no more with us. We are one with him and he is Now Here.

Jay Sai Ram,

*Tina Hribar Trifunović
Slovenian NYC*



It is the youth and youth alone who can set this world right. No nation can stand without its youth. Never underestimate the capabilities of young people thinking that they are inexperienced and immature. Only the youth are capable of protecting this world; they are endowed with immense power. If they take a firm resolve, they can achieve anything! When they realize their power, they can emancipate nations. You must face all difficulties with forbearance. Accept all trials and tribulations with love. Accept both pleasure and pain with love. Fill your heart with love and not with the poison of evil qualities. Everything is love. The very word 'love' is suffused with sweetness. Treat each other with love, converse with each other with love; lead a life full of love and enjoy bliss.

Sathya Sai Baba

Switzerland

Sairam,

We used the occasion of the National Swiss retreat in the Swiss Italian region of Catto to have our first 2011 national Sai Youth meeting from 11pm to midnight on the end of the day's programs. We were able to have a youth bhajan session during the day. The youth took an active part in helping clean up after every meal.

We are planning to have our second national youth meeting at the end of July. Having realized that we are the Sai Youth of the 21st century, we launched our Twitter page and are in the process of developing our own website.

In Sai's Love,

*Niraj
Swiss NYC*



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STORY TIME

The least grain of corn

I had gone a-begging from door to door in the village path, when thy golden chariot appeared in the distance like a gorgeous dream and I wondered who was this King of all kings!

My hope rose high and me thought my evil days were at an end, and I stood waiting for alms to be given unasked and for wealth scattered on all sides in the dust. The chariot stopped where I stood. Thy

glance fell on me and thou camest down with a smile. I felt that the luck of my life had come at last. Then of a sudden thou didst hold out thy right hand and say "What hast thou to give to me?"

Ah, what a kindly jest was it to open thy palm to a beggar to beg! I was confused and stood undecided, and then from my wallet I slowly took out the least little grain of corn and gave it to thee.

But how great my surprise when at the day's end I emptied my bag on the floor to find a least little grain of gold among the poor heap. I bitterly wept and wished that I had had the heart to give thee my all.

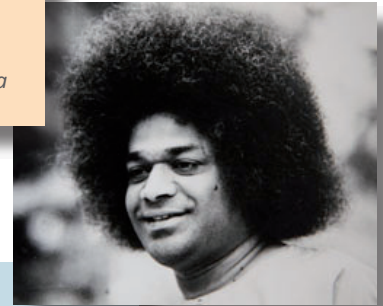
Rabindranath Tagore

sent by Sai Kiran Rajendran, Italy

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So long as the sugar is on the tongue,
you feel the sweetness in taste.
Similarly, so long as the heart has love, peace and devotion,
you feel the bliss.

Sathya Sai Baba



I asked God to take away my pain.
God said, No.
It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.
God said, No.
Her spirit was whole, her body was only temporary.

I asked God to grant me patience.
God said, No.
Patience is a by-product of tribulations; it isn't granted, it is learned.

I asked God to give me happiness.
God said, No.
I give you blessings. Happiness is up to you.

I asked God to spare me pain.
God said, No.
Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.
God said, No.
You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life.
God said, No.
I will give you life so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me.
God said . . . Ahhhh, finally you have the idea.

sent by Evelina Gryllou from Canada

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SATHYA SAI : DIVINE EXPERIENCES

Sathyam Shivam Sundaram Volume 1, Part 1

The Raju family to which Bhagavan Sri Sathya Sai Baba belongs was noted for its piety since the days of the renowned sage Venkavadhootha. Not only did the Rajus build and endow Gopalaswami Temple, but the devout Sri Ratnakaram Kondama Raju, grandfather of Sathya Sai Baba, dedicated a temple to Satyabhama, a consort of Lord Krishna. This homage is seldom offered in any part of India to such a deity. Kondama Raju used to say in explanation of this unusual tribute to Satyabhama, that he was inspired to erect the temple because of the events that occurred during a strange dream. Tears of joy would run down the wrinkled cheeks of this centenarian, Sri Kondama Raju, whenever he recollected that enthralling dream experience.

In his dream Kondama Raju saw „Satyabhama alone, expectant, and forlorn, waiting anxiously for her Lord who had gone on an errand to bring to her from Paradise the much coveted Parijathaflowers. The minutes increased to hours and the hours to days, but still there was no sign of Krishna! Satyabhama broke into tears. There ensued a raging storm bringing thunder, lightning, and a heavy down-pour of rain. Fortunately her eyes fell on Kondama Raju who was passing near the place where she stood. She asked him to provide some shelter.“ This dream led to his determination to build a temple for the Consort of the Lord.

Kondama Raju lived out his hundred and ten years of earthly existence in the contemplation of the Lord. He was a master of music and the histrionic art. He knew by heart the Lepakshi version of the entire Ramayana, the Great Epic poem in

Sanskrit about Rama. This version was a series of songs composed by a poet from the City of Lepakshi. They depicted the incidents in dramatic imagery and artistic luxuriance. Kondama Raju played the role of Lakshmana, the devoted brother of Rama, in all the Ramayana plays enacted at Puttaparthi and other villages. Requests for him to play this role were received even from far-off places. His depiction of the steadfast devotion and unquestioning dedication of Lakshmana touched the hearts of all who witnessed his performance. He appeared hundreds of times on many stages until age prevented him from further repetition of the role. He was a strict vegetarian, prone to observe the holy vows of the Hindu calendar. His cottage, a short distance from his sons and grandchildren, was a veritable abode of holy homage. He took delight in gathering around his cot the children of his sons and relating to them the tales of Gods and God-men. The children loved to be with him, for he made every character and adventure live before their eager eyes through the enchantment of song and drama.

We can be certain that among those children it was his grandson Satyanarayana (the birth name of Sathya Sai Baba) who was his favorite, for the little boy could sing in a charming musical voice and could give even the venerable old gentleman a lesson or two in the art of drama!

There was another reason why Kondama Raju exhibited special affection for Satyanarayana. The little boy disliked non-

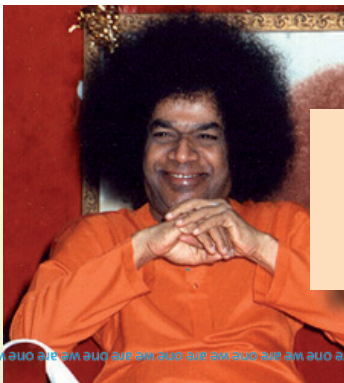
vegetarian food and would not stay even in the neighborhood when such dishes were being prepared. At the tender age of seven, he was also a remarkably good cook! He was so intelligent and resourceful that he was able to prepare the most tasty dishes from the meager larder of his grandfather's cottage. All this he did most willingly and very quickly! (Sai Baba says that He would go into the kitchen of the old man and complete the cooking - rice, curries, chutney and all - in much less time than was needed by the mother, even when she had her daughters helping her to finish her cooking assignment at her own place!)

In his later days Sri Kondama Raju was visited by all the devotees who came to seek the blessings of Sri Sathya Sai Baba, and when the revered old man struggled to stand erect to accept their homage, one could see a twinkle of joyful gratitude in his eyes that the Lord had taken birth in his family. He lived until 1950 and passed away peacefully singing to himself aloud stanzas from the Ramayana. Truly a life worthy to be recorded in the annals of saints.

N. Kasturi

<http://vahini.org/sss/i/wonderm.html>
picture taken from <http://www.prem-rawat-bio.org/gurus/saibaba.htm>

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Education must remove hatred between the pilgrims on the various roads to God. There is only one God, one Goal, one Law, one Truth, one Religion and one Reason.

Sathya Sai Baba



CHEF'S CORNER

Bean Burger

Ingredients

- ♥ 1 can (soaked) of Red beans
- ♥ 1 teaspoon of yeast extract
- ♥ 1 onion
- ♥ 2 cloves of garlic
- ♥ 1 slice of bread
- ♥ 2 table spoons of vegetable oil
- ♥ 3 table spoons of flour
- ♥ salt and pepper (and some chili powder if you can handle it)

Instructions

Mash half beans in blender or with potato masher (fork if don't have one). Chop onion. Chop garlic. Fry onion and garlic till starts to brown. Add yeast extract. Fry together on low heat. Turn vegan bread into bread crumbs (toaster/microwave then blender or grater). Mix all the ingredients bar flour) Form into burgers. Coat them with flour. Fry in very little oil or else they will dissolve.

Bon Appétit!

Niraj

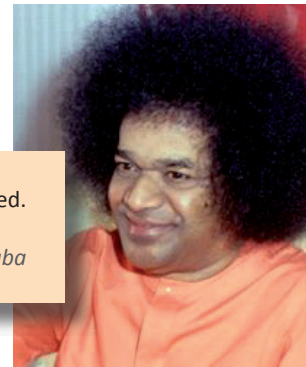
Recipe and picture from <http://www.vegetariansrecipes.org/2966/Aduki-Bean-Burgers.html>

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Cultivate a nearness with Me in the heart and it will be rewarded.
Then you too will acquire a fraction of that Supreme Love.

Sathya Sai Baba



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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