

EUROPEAN UPDATE



Austria

Sai Vision Band rehearsal in Horn (Austria)

Sai Ram dear brothers and sisters,
 During 9-11 of March we had a beautiful time in the nice village Horn in Austria. The Sai Vision Band prepared here a big surprise - we practiced 8 songs, which were created from devotees from Zone 6&7 for Sai Vision 2012 in Gdansk. 19 people from Austria, France, Germany, Hungary, Poland, Slovakia and Bosnia Herzegovina from very early morning till late evening sang from their heart to the Lord and prepared the Sai Vision

Song Contest (part of the Sai Vision Program in Gdansk, Poland). The aim of this contest was to let us experience unity through sharing our creativity and simply have lots of fun together. The variety of beautiful songs from different countries already showed us that Swami works through us wherever we let him do. Some of the songs were also part of the LASA concert for the public on the 30th of April.



With love
The Sai Vision Band

↑ TOP

Czech Republic

We spent a wonderful weekend together in March, when we helped with the organization of the devotees meeting at Brno (east part of the Czech republic). The youth prepared the programme for the meeting – a study circle about putting human values in practice and presentations about Svami's life. We also sang bhajans. It was very nice to be all

together like that.

On Sunday we had a meeting of youth and this was a little bit more playful as we played the game based on the human values. The goal of the game was to reach the enlightenment and thanks to the Lord's grace we all came to the end of the game and realized how important

is the God's grace, which makes anything possible. Then we went for a walk to a nearby pond and discussed about the future development of the activities of Sai Organization in Brno.

Eliska Kiks

↑ TOP

Germany

Sai Ram dear all, here are some news from Germany.

At the end of 2011, the German youth had a youth meeting for three-and-a-half days, under the theme of "Why fear when I am here". 18 young adults and two children took part. We had study circles, workshops, Bhajans and inspiring evening programs together.

time. He himself had been personally guided by Swami in many circumstances of his life, and thus he could share a lot of inspiration with the youth and encourage them to prepare for their roles as future leaders in society, and to spread Swami's message of Love in daily life by just living in accordance with his values.

years, because when Swami gives you a duty, this always means that you have to deeply listen inside to find out what path you should walk on, and then HE is guiding you step by step on this way.

Our next youth meeting took place during Easter weekend. A group of young adults ready to take responsibility in future youth activities came together for three days to speak about how a new youth team can take shape. The meeting was very constructive, and besides a whole new team of youth, various ideas for next steps were born and are on the way. On Easter Saturday, we had the beautiful opportunity to meet with a close devotee of Swami from India who was privately visiting the country at that

For me personally, it is time now to say good-bye as national youth coordinator. After four years in this role I am grateful to Swami that he has given me this opportunity to serve in the Sai Organization. It gave me the chance to meet wonderful people all over Europe, mostly of course in Germany, and to have many experiences in different occasions. "Surrender and trust" was one guiding motto for me during the four

Thank you all for giving me the opportunity to be part of this wonderful group in the German and European youth wing under the name of our dear Sri Sathya Sai Baba.

Jonathan Töpper will succeed me as youth coordinator and will continue the work with the youth and a new team of youth in Germany. May Swami guide and bless him in his task.

Loving Sai Ram to all of you,
Tina Seitel

↑ TOP



You are the architect of your own pleasure and pain. Be courageous and face with equanimity whatever happens to you - good or evil.

Baba



Netherlands

Aum Sai Ram

The Sai Youth in the Netherlands ushered the New Year with a Youth Day. It was held on January 14th, in a village on the outskirts of Leiden. The Youth Day was attended by Sai Youth from various cities in the Netherlands.

We started the event with Veda chanting. For me, who has been cut off from the Vedas for some time, these chants had a particularly soothing effect, and enabled me to get back in touch with my long lost self. It was also very inspiring to see the Vedas being rendered perfectly, with all the proper intonations, despite the fact that none of us had had prior exposure or training in Sanskrit.

It shows that if we do anything with love, we can excel at it. After the Vedas, we had a study circle session. The aim was to analyze a discourse of Swami, identify its most salient aspects, and share our experiences. The selected discourse for study was entitled "My Power is the Power of Love (Fill your Heart with Love)", delivered by Swami for Christmas in the year 2004. We studied the article, and each one of us was given the opportunity to share their views/experiences. Two of the most prominent themes in the discourse and in our subsequent discussions pertained to "love" and to "prayer". Concerning the first point, "love", Swami said in this discourse that "love is the quintessence of My teachings...My power is the power of love...There is nothing greater than love...When you develop love, you can easily face all the challenges in life". It is wise to ponder over what exactly Swami means when He speaks of love, and how His definition differs from ours. For most people, me included, we think of love as

a relation that binds two entities, such as between boyfriend-girlfriend (husband-wife), parents-children, and friends. However, these relations represent only an infinitesimal manifestation of love. At best, they can be labeled as types of attachments, such as lust, parental love and friendship. These attachments are always conditional in that the parties always expect something in return. What Swami means when He speaks of love is unconditional love, in which He loves us only for the sake of loving, without expecting anything in return. Also, Swami has often said that "duty without love is deplorable, duty with love is desirable, love with duty is divine".

With regards to the second point, "prayer", Swami tells us in this discourse to pray only for God's love, since as we saw above, "When you develop love, you can easily face all the challenges in life". Swami asks us to "leave everything to God's will...Have full faith that He will do what is good for you...When you discharge your duties surrendering everything to God's will, you will certainly achieve success...". For instance, when we are in a quagmire, faced with a seemingly unsolvable situation at work, we only need to send a sincere mental prayer to Swami, and He will immediately come to our help. At other times, we may get carried away by the ego and by the sense of doership, especially when we are successful in our endeavors. However, once this arrogance has settled in, we will observe that success is harder to come by, despite all our efforts.

This is in fact Swami's way of reminding us that we are only instruments, and that He is the actual doer.

Another interesting aspect of the discourse was when Swami says "Do not pray to God for the fulfillment of your worldly desires...". This sentence automatically gives rise to the question of "then, how should we pray?" Here it is useful to study a conversation between John Hislop and Swami (taken from Conversations with Sai, (http://media.radiosai.org/journals/Archives/Conversation_Archives.htm)):

Hislop: But I had thought that since God knows each problem, that if it was appropriate to remedy the trouble God would do so without being asked.

Swami: It is your duty to ask God. Words must be spoken, and the words must correspond to the thought. The thought must be put into sincere speech. It is correct that Divinity is Omniscient. But He requires that sincere words be spoken. The mother may know the child requires food to maintain life, but milk is given when the child asks for it.

From the above transcript, it is clear that Swami urges us to speak to Him about all our problems. He draws an analogy between us praying to Him for satisfying our material needs and a child asking for milk from its parent. However, it is important to bear in mind that Swami knows what is best for us. He will not grant any of our desires that may harm us in future. That is, Swami will give us what we need, and not always what we want. Therefore, Swami tells us that our prayer should be "Oh God! I want your love and nothing else... Once you become the recipient for God's love you can conquer the whole world". Nevertheless, Swami knows that it is difficult to not to ask for worldly things. This is why He will



Slovenia

Sathya Sai Leadership Training and Go Green Workshops in Slovenia

Dear youth by age and heart, once again I am happy to share with all of you our joyful activities in the past months of the year 2012. At the end of February, Ivan Bavčević held a Sathya Sai Leadership Training for the members of the Slovenian SSO, organized by the Sai youth of Slovenia. We dived into the second part of the first module in order to deepen our understanding of who we are and how to experience

our divine nature every moment of our lives. As always, no words are possible to describe the precious atmosphere that was created during the seminar. We felt utterly inspired and blessed to make one step further on our path of spiritual realization. Thank you dear Ivan, for the inspiration, enthusiasm and encouragement!

Besides that, we are also active within

the LASA project with the Go Green Workshops about the raw food. I invite you to read the detailed narration in the following article on Go Green workshop. We hope that it will inspire you as it inspired us.

Love and Light from Slovenia,
Tina Hribar Trifunović
National youth coordinator of Slovenia



More on LASA Go Green Raw Food Workshop The impressions of the participants

Number of workshops in 2012: 3
Number of participants: 60
Number of Sai volunteers: 8

As you all know by now, the Slovenian youth are also active within the LASA project with the Go Green Workshops about the raw food. It is intended for the public outside Sai Organization. From March to May this year, we held 3 workshops. Altogether more than 60 people - male, female, all ages, non-devotees and some even not interested



the body and mind, I have decided to become a vegetarian and also include as much raw food as possible. I wanted to make this change for a long time and now I got all the encouragement I need to make this step«.

»What inspires me most is the purity of intention that I've never felt anywhere before and I have already been to several other workshops. Nowhere else have I seen that someone would share and give their time, energy and goodwill for free, without any expectation and feel joyful because of that. Keep up the good work!«

»The positive energy and Love that everyone felt during the workshop is amazing and inspiring. Saša is such an inspiration, because it is evident that she actually lives what she speaks about«.

»The workshop was fantastic from the first to the very last minute. When I've heard the life story of Saša and saw her energy, enthusiasm and good will, I could not find any reason to feel sorry for myself anymore. I want to be like her! Always joyful, no matter what«.

One lady even told me with tears in her eyes: »You know, I thought this would be yet another workshop on food preparation, but I couldn't be more wrong. It is so much more. There is so much Love present all around us. I feel loved. Thank you!«

We recently decided to do some ,mental



Seva' before the workshop. We prayed to Sai to send His Love and Light to the participants one week in advance.

In June two more workshops are awaiting us. (For other details please take a look at the previous issues of LE, where the program is described in detail.)

We would like to express our deepest gratitude to our Beloved Sai. Without his loving hand and Love nothing would be possible. We love you Swami.

With Love,
Tina Hribar Trifunović
National Youth Coordinator of Slovenia



in the spiritual path - took part in the workshops, apart from the organizing team. The workshops are organized during weekends. The leader is our raw food expert Saša Tasevski. Here are some of the comments given by the participants as a feedback after the workshops.

Maybe they will inspire you as well:

»I am not a vegetarian, but now, after I've seen the explanation of the subtle influence and energy of the food on



INFO

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.

↑ TOP



LOVExpress © - SSO Zones 6 +7 – Youth Newsletter

© Copyright Sathya Sai Organisations Zones 6+7.
All rights reserved.

Love Express is the only zonal youth publication of the Zones 6+7 Sathya Sai Organisation updated every two months. These pages may be reproduced, distributed, and transmitted in any form, by any means, provided that: (1) no text or photographs are altered; (2) the copyright and website information are included with every set of pages; (3) they are not sold for profit; (4) no fees are charged for distribution.

Publisher: SSO Zones 6+7 Youth Wing
Editor: Niraj Pabari (niraj@pabari.net)
Layout: Petra Zugal (petra@zugal.at)
Zonal contact: Pieter Stolk (Zone 7 - pieter.stolk@home.nl)
Supervisors:
Severin T. (Zone 6 Youth Coordinator - z6youthcoordinator@sathyasai-zone6.org)
Mathias Seitel (Zone 7 Youth Coordinator - youth@sathyasai-zone7.org)

Zone 6 website: www.sathyasai-zone6.org
Zone 7 website: www.sathyasai-zone7.org
International website: www.sathyasai.org

