

EDITORIAI

Dear Brothers and Sisters of Europe, Jai Sai Ram!

We humbly offer this 25th 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.

Summer has passed since the previous issue of Love Express arrived in your inbox. Many of us were involved in the major youth activities this summer: the 4th World Youth Conference in Prashanti Nilayam, and the first LASA festival in Geneva. The youth conference brought together youth from all over the world to deliberate the possibilities and responsibilities that we have in shaping the future of the Sai Organization. With the festival, a vision turned into reality: to share human values through music and arts with the society we live in. Both events were beautiful and significant in themselves, and at the same time they point towards an exciting future that we all co-create. Read about them and much more on the following pages!

Let us pray that this November 2011 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,



INDEX

page 2 Message for the Youth of Europe

Letter of Surrender

page 3 World Update

4th World Youth Conference 2011 in Prashanti Nilayam

page 5 LASA Update
Reports on the LASA festival in Geneva!

page 8 Zonal Update

Youth perspective on the Zone 7 Center Leader Meeting in Vienna

page 9 Country Updates

Travel throughout the Sai youth activities happening in North and South Europe.

page 12 Story Time

Food for thought and the heart in two stories from Chinna Katha.

page 13 Chef's corner

Coconut Lime Rice

page 13 Info



MESSAGE FOR THE YOUTH OF EUROPE

PRAYER OF SURRENDER

Why get agitated? Let Me take care of your business. I shall be the One who will think about them. I am waiting for nothing else than your surrender to Me. I intervene only when you know how to completely surrender to Me, then you do not have to worry anymore about anything. Say farewell to all fears and discouragement. You demonstrate that you do not trust Me. On the contrary, you must rely blindly on Me.

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To surrender means: to turn your thoughts away from all your problems. Leave everything into My hands saying: Lord! Thy will be done, Thou think of it. That is to say: Lord, I thank you for You have taken everything in Your hands and You will resolve this for my highest good.

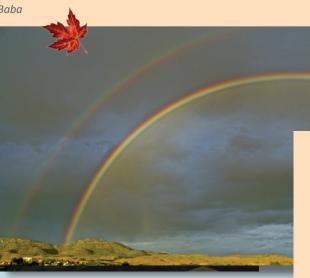
Remember that thinking of the consequences of a thing is contrary to surrender; that is to say when you worry that a situation has not had the desired outcome. You thus demonstrate that you don't believe in My love for you. You will prove that you don't consider your life to be under My control and that nothing escapes Me.

Never think: how is this going to end? What is going to happen? If you give into this temptation you demonstrate that you don't trust Me. Do you want Me to deal with it, yes or no? Then you must stop being anxious about it. I shall guide you only if you completely surrender to Me and when I must lead you into a different path than the one that you expect, I carry you in My arms.

What seriously upsets you is your reasoning, your worrying, your obsession and your will to provide for yourselves at any price. I can do so many things when the being, as much in his necessities as in his spiritual ones turns to Me saying: You think of it, and rests quietly closing his eyes. You will receive a lot, but only when your prayer will fully rely upon Me. You pray to Me when in pain so that I will intervene, but in the way you desire it. You don't rely on me, but you want me to adjust to your requests.

Don't believe like sick ones who ask the doctor to treat, all the time suggesting the treatment to him. Do not do that, but rather, even in sad circumstances say: Lord! I praise and thank you for this problem, for this necessity. I pray to you to arrange things as You please for this terrestial and temporal life. You know very well what is best for me.

Sometimes you feel that disasters increase instead of diminishing! Don't get agitated. Close your eyes and tell Me with faith; Thy will be done. Thou think of it. And when you thus speak, I even accomplish a miracle when necessary. I only think of it when you trust Me totally. I always think of you, but I can only help you completely when you rely fully on Me.



This rainbow appeared over Puttaparthi on the 15th of July 2011.

The rainbow is a symbol of the divine presence, the bow of God, the brilliant light display of glory around God's throne. So the rainbows evoke a kind of deep spiritual fervor and hope for a divinely blessed life.

OUR LIFE IS HIS MESSAGE Sai Ram

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WORLD UPDATE





Be like the lions in the spiritual field, rule over the forest of the senses and roam fearlessly with full faith in victory.

Sathya Sai Baba

Sri Sathya Sai World Youth Conference 2011 Sai Ideal Leadership

On the 13th and 14th of July 2011, the 4th World Youth Conference took place in Prasanthi Nilayam. The theme of the conference was "Ideal Sai Leadership" and youth office bearers of the Sathya Sai Organization from all over the world were present.

More than 440 youth from 70 countries, as well as members of the Prasanthi council and other honorable elders participated in this first conference after Swami had left his physical form.

The two days of the conference were filled with inspiring speeches and constructive study circles. The youth representatives from the nine World Zones and Dr. Goldstein, chairmen of the Prasanthi Council of the International Sathya Sai Organisation, addressed the auditorium with their inspiring and uplifting speeches and experiences. Shitu Chudasama, the International Youth Coordinator, emphasized on the importance of the Sai Youth in these times: "It is you the world is waiting for". This is also what Bhagavan Baba expects from his youth: "I want you to be like lions. The lion is the king amongst animal, and I want you to be the kings amongst men".

In the days before and during the conference, the youth could experience practical aspects of Sai Ideal Leadership by working together in harmony by preparing all aspects of the conference. Many youth were involved in different preparatory teams or tasks, such as registration, welcome and hospitality, cleaning and preparing rooms, preparing the conference bags, packing vibhuti, refreshment bags and prasadam. The youth prepared and maintained the conference hall by setting up the stage, arranging banners and flowers, putting chairs in the hall and various other activities. All of this was done in joy, harmony and love. Swami is the one who sees and notices every little act of loving

So many signs of love were given during the conference which reached the participants in the one or another way. For example, at the entrance of the conference a package with five books was distributed to each participant (consisting of Swami's speeches to his students). On the second day, bracelets with 21 pearls, along with vibhuti and bookmarks with a memorable quote of Swami were distributed to all. During the conference, water was served to the delegates. Even cake was organized for everyone on one morning, as many didn't have the chance to have breakfast before the conference. The loving Sai Maa so lovingly took care for his beloved children!

In his speech, one youth speaker pointed out our mission: The youth of the Sai Organization should have a clear understanding what is our mission in Bhagavan's organization. Sai Baba came to transform the whole world and the entire society. We as Sathya Sai youth have to act and be a catalyst of transformation. We have to be the messengers of Sai's love.

During the conference study circles were

held, in which we shared our experiences and thoughts regarding our own spiritual growth through Sai spiritual programs, as well as the progress of the Sathya Sai Organization in general. The study circles were divided by Zones. We discussed questions such as:

What spiritual activities in the SSO support us, and what could be added /



changed to support us more? How can we, as youth, come in closer contact together in our Zone and how can we help each other in this way? How are the youth integrated in the Organization? How do they cooperate with elders? What can be done better? In our group of Zone 7, we found the discussions very valuable and agreed to continue this constructive exchange back at home in our Zone, in order to support and inspire each other more on the international level.

On the evening of the last day of the conference, Shitu addressed the auditorium in the Sai Kulwant hall. He gave an overview over the youth activities worldwide, and spoke about his experiences during the Zonal Youth Conferences that were held in 2009 and 2010 which he personally attended. After his speech, a summary of the World Youth Conference was given to all



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the assembled devotees.

After this, the international Youth LASA Band presented seven songs from the current LASA youth project. The band had already prepared a program for Swami's 85th birthday, but Swami had his own plan: The band was asked to play on the evening of the World Youth Conference. The music was energetic and joyful. Instruments included a drum set which Baba had used once. The atmosphere was very good, and after the performance some people said "you brought life back to Prasanthi with your music".

The following day was Gurupoornima, and Baba's Mahasamadhi was inaugurated. Two speeches were given by senior devotees, and the red curtain around the beautiful Samadhi was opened for the first time. After Bhajans everybody was allowed to take Darshan of the Samadhi. On the following days, devotees were allowed to pass by Swami's last physical residence.

Bhagavan's true residence of course is in the heart of each and every one of us. He will always love and guide us from within, and we should all have in mind to make use of him as often as we can! In an Interview Swami once told Shitu, the International Youth Coordinator: "The youth are not using me enough!" He wants us to use him, ask him, and talk with him from the depth of our hearts. He is the one who will never disappoint His devotees, as He himself has said, and He will always be there to guide us.

In the Darshan hall and in the whole ashram area, Swami's energy is strong as ever, and his divine, pure and blissful energy can be felt as always. Maybe now it is a bit more quiet in the Darshan hall, because people don't rush to sit in the first row or somewhere close to Swami's pathway, because Swami's presence can be felt everywhere. But still – to know that we sit there in the highest, most peaceful place on earth,

where God himself walked for so many decades, is a huge gift. A gift that we should always honor and we must realize how blessed we are to have had the golden opportunity to be there. In his speech on Gurupoornima, Leonardo Gutter from Argentina urged us not to stop coming to Prasanthi Nilayam. It is and will always be a place for immense spiritual transformation.

Let's make the best use of this gift to have known the Avatar. Let us be thankful to everything that we've got, and let us use him! Let us make our life to his message. Let us be Sai Ideal Leaders and ideal citizens of this world and let us help to make the world a better place, guided and inspired by our beloved teacher and best friend Bhagavan Sri Sathya Sai Baba.

Om Sri Sai Ram!

Tina Seitel, NYC Germany

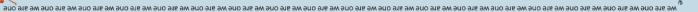








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LASA UPDATE

LASA Festival Geneva 19th - 21st of August 2011

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The idea of the festival was to spread the message of human values as taught by Sai Baba in a non-devotional way, so every activity at the festival was designed to spread Sai's message without using His name. Even though the festival was planned to be open for the public, there were relatively few non-devotees, so it was rather like a Sai Youth meeting than an open public event. However, as many activities were designed for a public event, it was very different from typical Sai devotees meetings.

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For instance, usually Sai meetings are done in one place but this time every day we were in a different place, which was very interesting. The first day of the Festival was at a Church Hall of the protestant community. The morning was spent in the preparation of festival activities. While some of us were preparing things for different activities in the city, the others were rehearsing for the evening concert of the LASA band. After lunch, some of the participants went to the city to share the message of the five human values. Different activities were planned, amongst which one of them was to interview pedestrians at the lakeside about the role of human values in their lives. Another one was to create art work with chalk on the street. Those who passed by were asked to complete the sentence "I can make a positive change in the world by ..." The answers were written on small-sized cards and were collected by the festival participants. The evening programme started with poetry recitation accompanied by Irish Harp. After that there was a concert by the LASA band and the young soloist Alicia Mary with songs that convey the message of human-values.

The second day started very early for some of us. A few lucky ones had the opportunity to practice selfless love through serving breakfast for homeless people. For the rest of us, the day started much later with workshops on human values at Webster University. The workshops covered different aspects of values in daily life, in music, sports and arts depicting one or more human values. Some of the workshop included discussions, some of them were case studies. After the workshops we had lunch and then we moved to UpTown. UpTown is one of Genevas's well-known entertainment theaters. This part of the programme was open to the public and was full of inspiring performances. There were two beautiful and creative plays: the Dolphin and the Cheeky Fairy, LASA films, and a presentation of photos of children taken by Melody Hofer. In the programme there were also two concerts: the first one was given by the Omagh Community Youth Choir from Northern Ireland, whose members joined the festival due to their inspiration about its positive message. It was followed by a very energetic performance of the LASA band. For me the most impressing performance of the day was by the Omagh Community Youth Choir. This group was formed in 1998 after a car bomb explosion in the centre of Omagh in Northern Ireland. The idea behind forming the Choir was to raise positive awareness in the community and to spread values through music. The Choir performance was really breathtaking, I was very impressed by their professionalism as it could be seen that they were very well prepared for the programme.

During the afternoon, while most of us were enjoying the programme in the UpTown theater, a few participants went to the lake to continue activities in the city. The small cards that I mentioned earlier on which the people completed the sentence "I can make a positive change in the world by …", were attached to gas balloons. Some of the balloons were released into the air while others were distributed to children. Every balloon held a message on how to make positive change in the world.

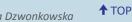
On the last day, we had time to relax and spend together at Webster University after a very exciting evening. That morning we started with presenting the outcomes of the workshops that were held on the previous day. Some groups prepared dramas, posters and even composed a song. The festival was closed with a speech by Ivan Bavčević, and closing remarks from the organizers.

This meeting was very different from a typical Sai meeting. It was not only that we had to go to different places, but also we got a chance to participate in various activities. Usually in Sai meetings we spend time in seminars and discussions,



but this time we actively participated in various activities. Moreover, every activity was designed to spread human values in a non-devotional way, so we didn't start the day with bhajans or any kind of other traditional spiritual activity. Generally it was interesting and it was an inspiring experience. The LASA festival was an amalgam of art and human values filled with the spirit of love and selfless service.

Dominika Dzwonkowska Warsaw, Poland









I would like to share something about the experience of music in the festival as I was a part of the group. On the first day, the bus arrived about 45 minutes late to take us to the event location. Initially it was not so pleasant waiting for long and I could hear some voices telling that the planning seemed to be not so good. But later we all liked it because it was like a good opportunity for everybody to communicate and to get to know one another. Initially we were all split into groups based on country/language but the conversations and jokes during the waiting time and also the bus ride changed the whole atmosphere and

made it more lively. So the start of the

were scattered for different preparation activities. Some of them were writing messages on value cards, preparing paper garlands for the guests and getting ready the music system for the concert. Then all of a sudden the music rehearsing group started their practice. The music was so powerful that it glued everyone to it and suddenly there was so such involvement and harmony in spite of the chaos. Somehow there was a sense of unity in the hall though the people were engaged in diverse activities.

Many people started singing along with the rehearsing group. I was first involved in writing some messages on cards, and there was an announcement that there were few male voices in the group and volunteers were asked to join. I was not sure about the LASA songs but I had a interest and liking for the melodious songs. Joerg, our conductor, said that we needed a lot of practice. I appreciate his patience and vigour to train us for the songs. All in all, we rehearsed for more than six hours. The outside environment was hot and we were sweating, but the practice went on. Physically we were tired, but internally we were refreshed because the songs that we practiced were carrying a deep meaning of human values. In the evening we gave the first performance. It was good to see so many people in the hall enjoying the music.

On the second day of the festival in the evening, there was first the performance from the Irish Choir. They were very professional and sang quite good. One song called "Oh happy day!" which was sung by a boy was so powerful that the whole audience stood up and applauded. Then came the turn of the LASA band.

Honestly speaking, some of us were not feeling so confident about our practice after seeing the performance of the other band but we kept our spirit and started the concert. We were very energetic and heartily sang the songs. That changed the whole environment in the auditorium. The most touching moment was when everyone started singing and came onto the stage to sing with us. Not everyone who came to the



stage knew the lyrics but the common language was love. Some of them were singing only the tune and no lyrics but it was an enthralling experience with so many people singing songs of deep meaning sending positive vibrations to the world.

Aneesh Germanv





event was a good example of "converting a difficulty into an opportunity" and also to accept things as they are when one cannot influence them. This is also the message from one of the LASA Band songs from the Beatles: "... speaking words of wisdom, let it be, let it be, let it be...."

After we reached the church hall for the first day of the programme, there was a sort of chaos in the event hall. People



LOVE is the scarcest article today. LOVE must express itself as SERVICE.

108 Quotes of Bhagavan Sri Sathya Sai Baba





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If your desires are less, you will be happier. Less luggage, more comfort make travel a pleasure.

Sathya Sai Baba

LASA Day in Germany, Karlsruhe

On September the 17th, we had a LASA day for spreading and sharing the human values in the city of Karlsruhe in Southern Germany. The public and Sai devotees of the region were invited. All in all about 90 people participated. In the afternoon the program started with warm welcome words from the leader of the organizing Sai center, followed by a short presentation of value songs. Afterwards, an introduction about the "Love All Serve All" project followed, with a small film with impressions from the LASA Festival in Geneva. Then there were workshops for all age-groups on human values,

with dance, theater, drawing, creative elements and more. After presenting the outcome of the workshops, helium balloons with messages were released into the sky. The evening concluded with a performance of the LASA band of Heidelberg who presented 14 catchy LASA and popular value songs.

Days like this give us the opportunity to reflect our behavior in and openness towards society, and make us more sensitive to do things in a way that people from the public can enjoy it and get the message. We need to find ways that reflect our cultural background, and that can be understood and appreciated by young people. In this field we can practice more and more to live Sai Baba's teachings, and put more focus on the content of his teachings. He left his physical form, and now it is on us to



put into practice what he said and live and share his message in the world. During this "Mini LASA festival" we could experience lots of joy and a good sense of team-work and unity. The plans for a next event like this are already being worked out, as we plan to have a similar LASA day in Heidelberg in March. You're welcome to join:)

> Tina Seitel NYC Germany





The term Devi represents the Divine power, which has taken a mighty form to suppress the forces of evil and protect righteousness. Whenever the forces of injustice and selfishness grow to frightening proportions, and when people have lost all sense of compassion, God assumes a form of Sakthi (the female divine principle), to destroy the rampant evil. Develop good qualities and cultivate love among the people. Spiritual festivals are meant to promote divine love in us. It is to confer such love on the people that the Lord incarnates on earth. He showers His love on everyone and teaches us how to love. Experience this love and joy in your life and live in peace.

Divine Discourse, Oct 18, 1991.



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ZONAL UPDATE

Zone 7 Center Leader Meeting

"Is Swamis message your life?"

From June 3rd to June 5th, the Center Leader Meeting of Zone 7 took place in Vienna. It was an amazing weekend with more than 80 participating leaders (both elders and youth) from our Zone, who shared their vision and ideas for the future of the Sai Organization. It was the

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first such international meeting in our Zone since Swami had left His physical body.

The main topic was: Is Swamis's Message our Life? This topic was discussed during study circles, in which participants shared their experiences in their fields of responsibility, best practices and various inspirational thoughts. One of the study circles was devoted to youth activities. In this study circle, we realized that active mutual support in activities organized both by youth and by elders is very important. Giving trust and appreciation to young people can become a great source of new energy and power for the entire organization. This power which the youth are bringing in was very nicely described in the following quotation of Swami:

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.

- Divine Discourse, Mar 30, 2006.

On Saturday evening, under the guidance of Jörg Schuppler, both the Austrian choir and the Austrian LASA band (together with youth from other countries) presented musical programs. Judging from the applause and feedback we got, people really appreciated the atmosphere and youthful spirit. Generally, the youth were really very well represented among study circle leaders, giving conclusions, presentations and they made a good impression on all the participants.

On Sunday we had a meeting among the participating youth, during which we discussed how we can better support each other in our activities in our Zone. Looking forward towards the coming months, there are already many things on the agenda in various countries:



starting SSLTP nationally or regionally, creating LASA or other youth projects, organizing youth meetings on regional or national levels, etc. We can support each other in these various projects with our different skills and resources. This can be done in many ways: by regular meetings, by helping and inspiring each other in realizing new projects, by forming subgroups to work on individual topics such as SSLTP, etc.

Throughout the meeting Swami's energy was very tangible. It was like if everyone's heart was saying: Thank you Swami for everything you gave us, and yes, we are ready to bear the torch!

Silvia Wagnerova (Slovakia) and Mathias Seitel (Germany)



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To put the world in order, we must first put the nation in order; to put the nation in order, we must put the family in order; to put the family in order, we must cultivate our personal life; and to cultivate our personal life, we must first set our hearts right.

Confucius

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COUNTRY UPDATE

France

Dear Brothers and Sisters in Sai,

The French youth activities during the last two months took place in several divine places through music, service and leadership.



At the end of June, two youth attended the second LASA Music retreat in Zagreb, while others took part in a solidarity concert. In July, two of us had the great opportunity to fly to Prasanthi to attend the 4th World Youth Conference.



Marine, who was one of them, happily shares her personal experience with us:

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"I am so happy to participate in this World Sai Youth Conference in Prashanti Nilayam! I am aware that it's really a great opportunity and a blessing. It has been really interesting and enlightening. We mainly participated in study circles, and the questions we dealt with were sometimes tough and made us think deeply. The speeches which were given throughout the conference were very good and touching. I hope something strong will begin thanks to this meeting.

On the 14th of July, we performed in front of Swami's chair; it was really a huge blessing to sing together as the LASA group for Swami. I was so happy while we were sitting there, being aware of the great gift it represented. It was



pure joy to have the opportunity to be there during the students' bhajan and Veda, and to sing there. I thank Swami so much for all that. I'm very grateful. May all the youth always be united and progress together, firmly and joyfully. Om Sai Ram! "

With Love and Light,

Aude Gachet French YC





Service broadens your vision, widens your awareness, deepens your compassion.

Sathya Sai Baba



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Poland

Sai Boundless Service Camp

This year's Sai Boundless Service Camp was held in a new place in the northwestern part of Poland, in a small village



called Kwiejce Nowe. Because of this, there were not as many volunteers as usual - only 23 participated (of which 6 young adults). But this gave us the chance to get to know each other better and the atmosphere was very family-like. Our special guest was Jeetu Mahtani from Spain, who brought lots of fresh energy and created an unforgetable feeling of joy.

For me this camp was very unique. I

experienced many beautiful moments - especially during the children activities. The children were so openhearted towards us even though they met us for the first time. And how disciplined they were... we managed to arrange one big drama with them, one dance session, 5 songs (one in Swedish and one in Czech) in one day only!

A touching moment was when, at the end of our stay, all the children asked



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us when we will come back and they brought chocolates and handmade flowers for us. We had tears in our eyes, we really didn't expect this. It was so beautiful to see their happiness and experience their love towards us.

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A thought came to my mind that during those camps it doesn't really matter what we do. That what matters is that we sow the seeds of Swami's unconditional love in the garden of those people's hearts and one day they will blossom into beautiful flowers. And what is more

beautiful is that we can be Swami's instruments while He is shining His love through us. We always receive so much more than we give.

With Sai Love, Katarzyna Andersson

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First of all, I would like to thank our beloved Swami and also thank the Polish people who gave me this experience. My entire trip was very pleasant, fulfilling thanks to the hospitality of the Polish Sai devotees. Above all, the locals were very helpful in guiding me in many ways. I was in the boundless service camp along with locals who helped me get through the language barrier, entertainment, lodging and boarding which made my stay very comfortable. I felt lots of love and warmth from the children in the camp. Last but not least, I deeply extend my appreciation to each and every one of those who were there to help me.

Om Sai Ram, Jeetu Mahtani



The Netherlands

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Seva activity in Amsterdam Saturday, April 16th, 2011

Through a member of the Sai Organization, we came in contact with a lady in need. She wanted to repaint parts of her house. With a few youth we went to her house in Amsterdam. She wanted to repaint her sleeping room and a little washing room.

We couldn't afford to make a mistake because every mistake would be visible. That's why we painted the walls with care. We sang Bhajans during the painting and completed the paint job on time!





Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin (1924-1987) African-American writer.



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Seva activity in Rotterdam Saturday, June 25th, 2011

On that day, there was a youth meeting in Rotterdam. A group of 11 youth came together in the Sai Mandir of Rotterdam. A youth from our neighboring country Belgium also joined in on this 'Seva day'.



The purpose of this day was to clean the Mandir. When needed, we have always been allowed to do our activities in the Mandir. We were allowed to practice our dramas, conduct study circles and many more things. This time we came up with the idea of cleaning the Mandir. This was clearly a different activity compared to the ones we had done in the past.

We started in the morning, had a lunch

Start the Day with Love; Spend the Day with Love;



break and we continued in the afternoon. We finished the day by singing Bhajans and thanking our beloved Swami.

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Fill the Day with Love; End the Day with Love; This is the way to God

Sathya Sai Baba

Slovenia Experience of Divine Love

Om Sai Ram

Dear divine beings. We are very grateful to our beloved Sai to have been able to visit Prasanthi Nilayam and attend the Sri Sathya Sai World Youth Conference "Ideal Sai Leadership", that was held from the 13th to the 14th of July 2011.



Slovenian delegates comprised of Severin, Nina and I. We were among the 440 youth from more than 70 countries who attended this divine gathering. Many distinguished guests and speakers were invited to address the delegates at the conference in order to inspire the youth leaders to proceed on the path of liberation within the Sai Organization. The study circles were the major part of the conference. The youth leaders had

to consider the activities of the youth within the SSO as well as the future of the SSO, based on the conclusions and deliberations from last year's Sathya Sai World Conference. It was an inspiring and productive meeting.

As Dr. Goldstein summarized at the end, this was the first conference prepared, conducted and held exclusively by the youth for the youth. He said that the elders were all very happy and proud of

Just before we stared our journey, our dearest Ivan informed us that the LASA choir was invited to perform during the conference in the Sai Kulwant Hall. The group of youth from North and South Europe as well as from Canada and Kazakhstan started practicing on the 12th of July. We had only two days left and we had to perform in the evening of the 14th July. With Sai everything is possible! From the very first day the atmosphere in the group was fantastic, inspiring and full of happiness. We were one. We didn't feel tired even after 6 or 10 hours of practice. We were impatient for the next day. Finally we were seated in the Sai Kulwant Hall on the evening of the 14th July, happy to sing once again to our Beloved Sai. Our hearts were full of Love. When you Love All and Serve All,

the divine bliss permeates everyone and everything!

We would like to express our gratitude to all the youth volunteers who worked tirelessly day and night. There were different welcoming teams for accommodation, registration and hospitality. And it was a dream-team of smiling people who sent away the clouds of tiredness from the delegates who had just made their way to PN after a long journey.

We pray to Swami that this Divine Love that he has showered on us and filled our hearts with, may grow bigger and bigger every day and embrace the entire Universe, until we all become One with Divine forever and ever.

Tina Hribar Trifunović National Youth coordinator for Slovenia

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STORY TIME

PRACTISE SELF-CONTROL WITH STEADY FAITH





Short Story, as told by Bhagavan Sri Satya Sai BABA

Those who deny God are denying themselves and their glory.

All have Love in their hearts, in some form of other, either towards the children or the poor or their work or goal. That Love is God, the spark of the Godly in them. They have Ananda however small or temporary and that is a spark of God and the Godly. They have Shanthi, Detachment, and Sympathy.

All these are reflection of the Divine on the mirror of their minds.

These are all mental Excellencies, revealed through an appreciation of the advantages of virtue. Shanthi or Calmness practiced through helplessness, as in the case of the thief in the story of Tenali Ramakrishna is no good.

One thief exhibited great Shanthi and Sadhana, calm fortitude!

A thief had come into Tenali Ramakrishna's garden at night and that he was hiding under a "snake-gourd bush" near the well.

Ramakrishna called his wife to his presence. He asked her to bring a rope and bucket so that he may draw water from the well.

The wife drew the water and gave the bucket to him.

The thief watched his movements and he crouched in the darkness, expecting that the man and his wife would go into the house soon. He planned that he should gain entry later and collect his loot without having caught.

Meanwhile, Ramakrishna pretended that he had something itching in his throat.

He poured the water into his mouth, gargled loud and spat underneath the "snake-gourd bush" right where the thief was crouching!

Ramakrishna gets it right on his face, and that was Ramakrishna's intention too.

The poor fellow could not run away, he could not protest. He was afraid to move he showed perfect fortitude.

But, do you call it a virtue? Do you appreciate him for it? He was motivated by fear, not faith.

Such Santa and Sadhana are of no use at all.

Practice self-control, with steady faith. Then it is a source of strength.

(Story #46, from the Book: "CHINNA KATHA")



THE ONE BASIS AND DIFFERENT CONTAINERS

When a guru was sitting and teaching his disciple, One day he said: Guru Brahma! Sishya Brahma! Sarvam Brahma!

Thus the guru was implying that everything in the universe was Brahma.

Every day, one disciple was accustomed to greet the guru respectfully on his arrival, but after this particular event, he did not do so and he never got up from his seat.

The guru questioned him on this strange behavior and the disciple replied that the previous day, the Guru had said that everything was Brahma and therefore there was no difference between them.

Then the teacher felt that what he said came back to him as a boomerang and

he wanted to teach the student a good lesson.

He went to the board and wrote "Guru Brahma" as two different words.

He also wrote "Sishya Brahma", and "Sarvam Brahma".

When you look at theses three, though Brahma is occurring as the same in all the three, the Guru, Sishya and Sarvam are different.

Only when these three words also become one, you can say that all are one.

Thus, until you are able to experience this oneness of all in practice, the student will remain a student and a teacher will



remain a teacher and there is no escape from the need for the student having to respect the teacher.

The basis is one but the containers are different.

from the Book: "CHINNA KATHA" (Short Story, as told by Bhagavan Sri Satya Sai BABA)



↑ TOP



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CHEF'S CORNER

Coconut Lime Rice

Ingredients

1 tablespoon vegan butter

2 1 1/3 cups jasmine rice

2 1 2/3 cups water

7 1 (14 ounce) can coconut milk

💙 🔰 1 tablespoon brown sugar

2 limes, divided

☼ 3 tablespoons sesame seeds

3 green onions, chopped

Salt, to taste

Directions

- 1. Melt the margarine in a pot on medium heat. Add rice and stir until it's toasted. Pour in water and coconut milk.
- 2. Bring to boil then reduce heat to simmer. Add the brown sugar and squeeze all the juice from 1 lime in; add those halves into the rice to cook with the rice.
- 3. Cook for 15-20 minutes or until the rice is soft and most of the liquid is absorbed. You still want it to be very moist. When it's done, move the pot over off burner.
- 4. In a small unoiled skillet, toast the sesame seeds on medium-high until golden. You will need to flip the pan often to keep from burning. Squeeze remaining lime over rice garnished with onion and seeds. Season with salt.

This creamy/sweet/sticky rice is a great side dish to a spicy entree. Enjoy!

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Source of recipe: I searched a ton of websites for a coconut rice as a side dish and put the best of them together.

Makes: 4 servings, Preparation time: 25 minutes, Cooking time: 20

Bon Appétit!

Niraj

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Recipe and picture from http://vegweb.com

↑ TOP

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

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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:

Ivan Bavcevic (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



