



# 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.*

*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.*

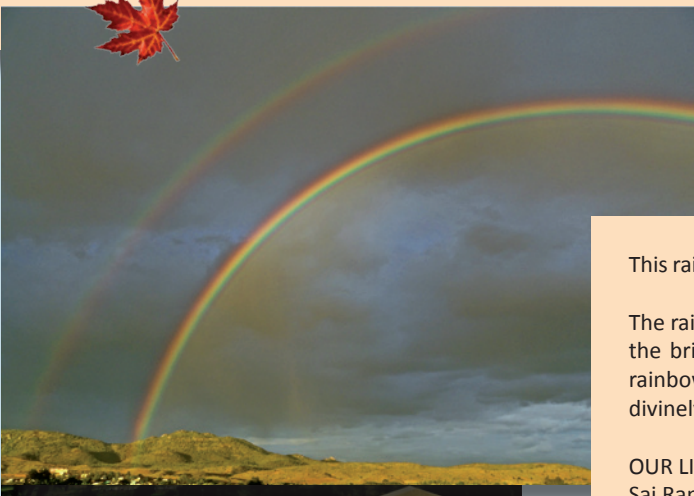
*Never think: how is this going to end? What is going to happen? If you give into this temptation you demonstrate that you don't trust Me. Do you want Me to deal with it, yes or no? Then you must stop being anxious about it. I shall guide you only if you completely surrender to Me and when I must lead 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 terrestrial 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.*

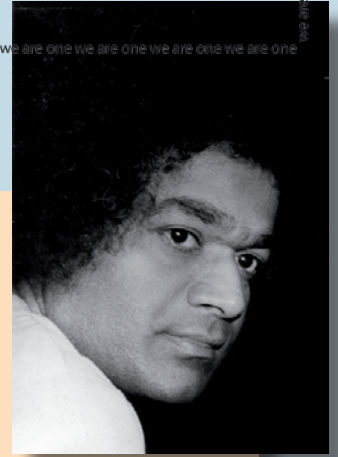
Baba



This rainbow appeared over Puttparathi 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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# 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



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 sub-groups 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)*



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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## CHEF'S CORNER

### Coconut Lime Rice

#### Ingredients

- ♥ 1 tablespoon vegan butter
- ♥ 1 1/3 cups jasmine rice
- ♥ 1 2/3 cups water
- ♥ 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 unoled 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!

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

Recipe and picture from <http://vegweb.com>

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## 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](mailto:niraj@pabari.net).

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