## EDITORIAL

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#### Dear Brothers and Sisters of Europe, Jai Sai Ram!

We humbly offer this 23rd 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. Spring is starting and as a result we can see flowers, fruits and trees sharing with us their immense beauty and fragrance. They give and do not ask anything in return. We must follow their example, and blossom into good human beings, and Love and Serve All human beings without any form of discrimination.

Let us pray that this April 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.

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The Love Express Team

France

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Sai Youth

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# MESSAGE FOR THE YOUTH OF EUROPE

#### Dear Brothers and Sisters,

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Many have been worrying about our beloved Bhagavan's health over the last few weeks. I beg you, do not get lost in the maya of what is and of what is not. Swami gives us the solution on how to keep Him always healthy in this extract from his divine discourse given on Dashera on the 3rd October 2005.

"Many of you are anxious thinking that Swami is not keeping good health over the last few days. In fact, My health is very good. Real health is not related to the body. As you equate Swami with this physical frame, it appears as though Swami is not well. Yad Bhavam Tad Bhavati (as is the feeling, so is the result). Do not identify Me with this physical body. I am not Dehaswarupa (body), I am Dehi (the indweller). There is no difference between you and Me. I have all powers in Me. But you are deluded seeing My physical form. Whatever I am doing is only to satisfy the doctors and other devotees. As a matter of fact, there is no trace of ill-health in Me. I am always healthy. Not only today, till 96 years I will be like this. I can do whatever I want. But those who go by the physical form think that Swami is aging. Youth and old age are related to the body and not to Me. I am always the same. I can do anything. However, this body is yours. This has come for your sake. You can change it the way you like. If you think that Swami is strong and healthy, yes so He is. There is no weakness in Me. My angas (limbs) may appear to be weak. But I am not Angaswarupa, I am Atmaswarupa. Wherever you may go, worship God as Atmaswarupa. Do not identify Him with an Akara (form). Give up body consciousness and develop Atmic awareness. Only when you lead a spiritual life, will you be able to visualize the Atmaswarupa. If you identify Me with the body, I cannot walk even two steps. Do not think about the Akara. Have faith that I am the Atmaswarupa. Then I will always remain healthy."

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05/10/2003, Vijayadashami, Prasanthi Nilayam (Sathya Sai Speaks - Vol 36. Chapter 14. Give Up Dehabhimana, Develop Atmabhiman)



## **ZONAL UPDATES**

## LASA Update / LASA Festival

#### Dear brothers and sisters,

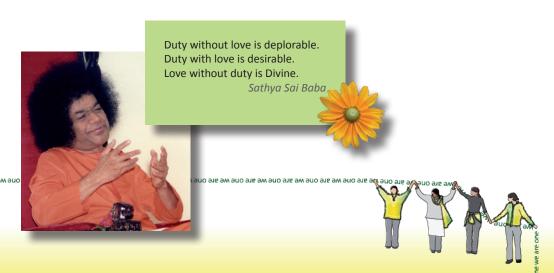
We all are all excited and looking forward to the LASA Festival this summer, as it will be a unique and new step for us all and for Love All Serve All. There is one important change to note: due to World Youth Conference that Swami has requested to happen in July in Prasanthi and due to other logistical issues, we have moved the festival to the weekend of August the 19th to the 21st 2011. During one of the days of the festival we will hold a European Sai Youth Conference, making it even more exciting and interesting for you and all of us!

Currently, an update about the festival

and a call for contributions is being sent to all youth and the Sai Organisation where you can read all the information about the festival. More will follow as the festival preparations proceed. Stay tuned!

Lot's of love,

The LASA team TOP



## SSLTP Update



### Sathya Sai Leadership Training Program in Zone 7

Module 5, in Prague

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"You are officers of the Sai Army. How can you lead soldiers into the fray when you are not aware of the intricacies of warfare, when you are yourself inefficient instruments? You can attempt to lead others only after practicing the disciplines of perfection. This is true of all fields of human activity. Ananda (bliss) and Prashanti (highest peace) have to be acquired first by you and then can be communicated to others."

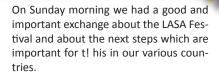
Sathya Sai Baba, May 17, 1968

From 25th to 27th of March, the third and last seminar of the SSLTP took place in Prague, Czech Republic. This seminar was the grand finale of the SSLTP pilot project for both Zones 6 and 7. 30 youth leaders came together to attend the seminar, and to discuss about the LASA Festival, which is happening in August.

The seminar covered module 5 of the Sathya Sai Leadership Training Program –spiritual project management – and was led by Ivan Bavcevic. In spiritual project management, to say it in Ivan's words,"to God everything is possible!" and "a good project manager is always relaxed", because he knows what to do, how to do it and when, whom to involve, how todeal with challenges, etc...

During the seminar, we learned a lot about practical aspects of managing a project. Clearly identifying goals and creating a plan which considers all the necessary steps right from the beginning helps a lot in the long run. This may sound obvious, ! but good planning is in fact often dismissed in practice. The steps of directing the project, delegating work and monitoring progress become much easier on this solid basis. We then went through practical exercises in order to identify "problems" (or better call them challenges) in the Sai work we do, and to find good solutions for them by opening up all possibilities.

An important point was that the activities which we do in Sai Organization should become a matter of the heart for each participant. Otherwise, participants might think that they merely do a favour to the leaders by involving themselves. Therefore, it is important to be in touch with our heart and feelings, to ask for and listen to feedback, and to always have the loving Source in mind, which guides all projects. We are after all just the instruments in His guiding hands.



A thousand thanks go to Ivan, who initiated and led the Sathya Sai LeadershipTraining Program in both Zones over the past two years, and to the Czech Sai Organisation, which did a marvellous job by hosting this seminar and pouring their love on us by lovingly looking after our physical needs!!

As this pilot project is finished, it is planned to bring parts of the SSLTP program into our countries. An international team will be working together to support the hosting of the SSLTP seminars in countries, in agreement with the national committees. For this purpose, participants of the pilot project will be in contact with their Zonal Youth Coordinators Ivan and Mathias.

May the message of Love be spread around the world, and may we be worthy instruments in the divine, guiding hands.

Om Sai Ram

Tina Seitel NYC Germany



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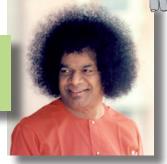
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If you have the inclination to do good work, God will give you the time to do good things. Sathya Sai Baba

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NASA photo taken over Puttaparthi

## **EUROPEAN UPDATES**

### France

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# Dear enlightened Brothers and Sisters,

There were no major events in France between February and March besides us welcoming a Sai student called Krishna to our group. We continued our usual devotional and LASA activities. Our monthly meetings were dedicated to group Bhajan sessions, to study circles on excerpts from Prema Vahini, and to the practice of LASA songs. LASA songs



are now at the centre of our attention as we will perform a short program on the occasion of the first Human Values updates seminar that will take place in Paris on May 7th and 8th.

Being always connected with our European (and especially Italian) brothers and sisters, I had the beautiful opportunity to be at Mother Sai, in Divignano on the 12th and 13th of March. It was for the Italian Human Values updates seminar, course 1, module 2. With some other youth, I had the beautiful opportunity to help a bit in the kitchen. I could, thus "taste" some service. Such meetings, embedded with Love, Joy and Happiness, remind us of our true nature and the way we are all interconnected to each. Infinite thanks Mother Sai!

With Love,

Aude Gachet NYC France



Your duty is to pray for the welfare of the world and to work for it as far as it lies in your power.

Sathya Sai Baba

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### Germany

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#### Youth meeting Germany

The German Sai youth had a national meeting in "Stilles Haus" in central Germany from the 18th to the 20th of February. The main focus of the meeting was LASA and the human values. We started with a workshop on values and small theater sketches which were presented by groups. Afterwards, we looked into the LASA Festival and possible ways to get involved in it.

After a presentation on the festival, we split into working groups on the different aspects of the festival. Each group (workshops, music and service) created list of ideas for possible Particicontributions. pants could move from one group to the other to look into the several aspects of the festival. The discussions were quite constructive and enabled everybody to connect to the festival preparations.

During the meeting we also had a presentation with an overview about the youth activities during the previous year. We sang LASA songs and had Bhajan



sessions in the morning and evening between the workshops. We shared the kitchen work for preparing the meals - It was a nice part of the meeting. We are now looking forward to our next meeting during Easter which we will use to go deeper into what we started.

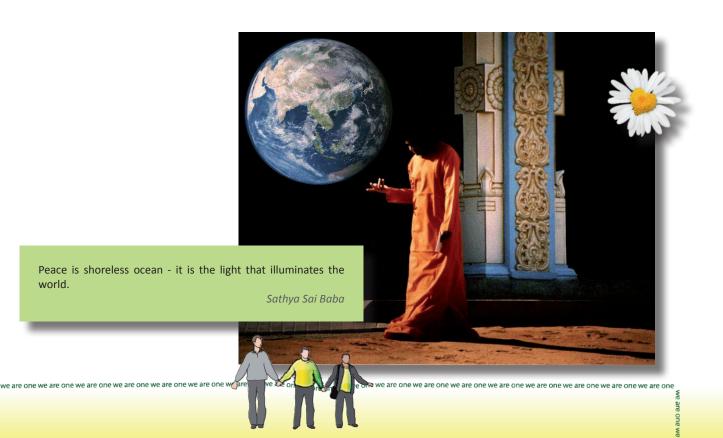
#### What else is happening in **Germany**?

Since one year, there is a small LASA band practicing LASA songs in Heidelberg. The band had its first musical performance as the evening program of the national leaders' meeting on the 26th of February. The audience really liked the LASA songs and its energy, and the band has already been asked to perform on different occasions in the future...

> Tina Seitel NYC Germany

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## Slovenia

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One big Spring hug to all of you. It's so wonderful to see the sun rays slowly penetrating the clouds, the birds singing in the morning, snowdrops and primrose sprouting from the frozen soil. All this brightens our lives.

Here in Slovenia the youth are engaged in many regular weekly activities. Ivan visited us at the end of January and held a discourse for all participants at the Ljubljana Sai centre. As always he inspired us to dedicate ourselves even more to our spiritual practice. We discussed LASA activities as well.

In February, we started our new workshop dedicated to spiritual practice. We not only discuss spiritual practices in depth (e.g. the Gayathri mantra, Namasmarana, meditation, etc...) but we also



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practice it together. We find this very refreshing and inspiring.

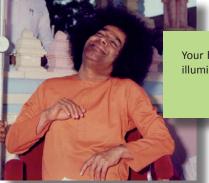
Apart from that we are now preparing for the LASA Go Green weekend. The first workshop will be held on the 23rd of April 2011 at the Ljubljana Sai centre. The workshop is designed to deliver theoretical as well as practical knowledge about raw food within the field of spiritual development. Our Sai sister Saša is a raw food expert. She will prepare the first workshop. The next workshop will be held in May. We expect a lot of interest but to make the best out of it, only 30 participants per workshop will be allowed.

We will have lots of photos for the next LoveExpress issue and will share some recipes as well.

From the Slovenian team (Natalija, Nina, Mihael, Gregor and Severin) Love&Light,

> Tina Hribar Trifunović NYC Slovenia

> > **TOP**



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

Sathya Sai Baba

## Switzerland

#### Sairam.

Switzerland's youth leadership has reached a transition point. After 2 years in office, Rama will hand over the baton to Niraj Pabari as the new National Youth Coordinator. Niraj is currently the youth coordinator for the Swiss French Region and is well known in the Sai circle. He has a favorable blend of academics, skills, ideas, energy, and enthusiasm. He has been involved in organizing numerous large scale events for the Sai family in Geneva. The Swiss National Coordination Committee is very happy to have this enterprising young man as the NYC. In fact, it was evident the day Felix Wüst (the National Coordinator) immediately agreed to the proposal of making Niraj the next NYC. We are all convinced that he will bring a fresh boost of zeal to the youth activities in Switzerland. I'm sure the forthcoming mega event in Geneva, the LASA Festival 2011, will see a lot of leadership and drive from him. We, the youth of Switzerland, wish him all the best in his new role!

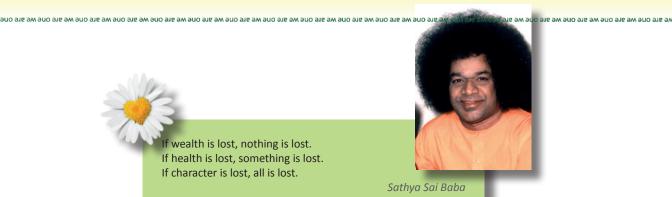
> Rama Vutty NYC (till 19.03.2011) Switzerland

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God can be felt and experienced only in the deepest depths of silence.

Sathya Sai Baba





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

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

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

We are eagerly waiting for your reply.

With love,

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LASA Web & Publishing team"

## FOR THE YOUTH BY THE YOUTH

#### What is the Youth's Promise to Swami ? Reflections on the Third World Youth Conference, July 2007

In July 2007, my family and I were fortunate enough to be at the lotus feet of Baba during the third World Youth Conference. Thirteen at the time, I was underage, and was not able to become a delegate. I was, however, allowed to attend the seminars and Swami's two discourses.

Swami has said, "The youths of today, are the leaders of tomorrow" and, "to become a good leader, you must be a good follower". However, this begs the question, a follower of WHAT, or of WHOM? After all, isn't the current turmoil in our world today, a ramification of somebody following something or someone else? I am not saying we must not follow our teachers, parents, and the law - that is out of duty. And duty, follow we must! Duty is God!

To comprehend this statement, it is important to epitomise what Swami has said about us youth. He has said, "Youth today are very flighty; they are carried away by fantasies, whims and fancies. They are reluctant to dive deep into the truth of themselves." It seems somewhat important to accentuate, "They are reluctant to dive deep into the truth of themselves".

Swami has said, the attributes that make us youth fickle are, lack of steady interest, anger, lack of faith in oneself, and constant worry.

First, we the youth, lack steady interest. Swami says, that the person who has steady interest gains wisdom. With the flightiness of ourselves, overwhelmed by fantasies, whims and fancies and not having steady or dedicated interest, how can wisdom possibly be attained? Such whims and fancies are incapable of granting peace and happiness. The second is anger. Swami says, anger is injurious to the progress of youth and is a deadly poison, conjured through the eye, the tongue and the hands. He uses the wonderful analogy of a poisonous seed, which inevitably will sprout into a poisonous plant, with poisonous leaves, flowers and fruits. We the youth, do the same when we are addicted to anger and have the ability only to radiate such poison, through thought, word and deed. It radically disrupts any calm. Therefore, Swami advises us to cultivate love, kindliness, engage in service, and encourage all thoughts of co-operation with others and see the Divinity in each one, as we must see it in ourselves.

The third is lack of faith in oneself. Us youth have faith in the body and the mind – the transient - but not in the "inner motivator, the charioteer" – the eternal - , and as a result, faith falters in times of minor challenges. We are in-

cessantly dwelling on the impermanent attributes like wealth, fame, worldly friendship, and have faith in the ephemeral pleasures of this mundane world. Having thus no knowledge of the eternal, we waste the most precious years of our lives. Swami again says, we should cultivate faith in the value of service and believe that love can conquer hatred and have faith in righteousness and the moral life.

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The final is the habit of sliding into worry. Swami says that once this becomes embedded in our minds, it tries to stay there by taking on numerous forms. Worry seems to be the assured repercussion of every step we take, be it, how to get sleep or how to get up from the bed, and more appropriate of us, admission to university and exams. Nonetheless, Swami says, these matters are immaterial and do not need to cause so much burden. As a consequence, we are neglecting the Divine – the very embodiment that inspires and guides us.

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Swami, during the Third World Youth Conference, gave us many hints as to what we should follow, in order to overcome these blemishes. Let us today make a promise that we shall thus: have love for God, have fear of sin, practice morality in society and practice selfless service.

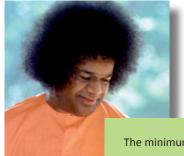
Anyone wanting to enter a pledge into these four points is a GOOD FOLLOWER and therefore worthy of being a leader of TOMORROW. Swami has also said that youths are not restricted by chronological age. An ideal Sai youth is anyone who is a messenger of Sai Love. Therefore, anyone entering this promise is a SAI YOUTH!

Now, to return to the statement that Swami made: "The youth are reluctant to dive deep into the truth of themselves." But, what is this TRUTH? The commitment to our promise, love for God, fear of sin, morality in society, and selfless service will not only make us into good followers, but also, and more importantly, help us realise the TRUTH of OURSELVES, which is: I AM I. In both discourses Swami emphasised the three words: I AM I, but it wasn't until several weeks later that I was able to equate Swami's words, "dive deep into the truth of themselves" with I AM I.

And three years later, in 2010, this truth became a topic of the World Conference. Whilst the World Youth Conference was almost four years ago, and what was said may seem easy to overlook, in the strife of our world today, in addition to the blemishes we possess, this truth becomes increasingly more pertinent in our quest to please the Divine Master.

> Dixa Thakrar Switzerland





The minimum qualifications for Grace is surrender of ego.

Sathya Sai Baba

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### A short story sent to us by Sai Kiran Rajendran from Italy

A Guru was so impressed by the spiritual progress of his disciple that, judging he needed no further guidance, he left him on his own in a little hut on the banks of a river.

Each morning after his ablutions the disciple would hang his loin-cloth out to dry. It was his only possession! One day he was dismayed to find it torn to shreds by rats. So he had to beg for another from the villagers. When the rats nibbled holes in this one too, he got himself a kitten. He had no more trouble with the rats but now, in addition to begging for his own food, he had to beg for milk as

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"Too much trouble begging," he thought, "and too much of a burden on the villagers. I shall keep a cow." When he got the cow, he had to beg for fodder.

"Easier to till the land around my hut," he thought. But that proved troublesome too for it left him little time for meditation. So he employed laborers to till the land for him. Now overseeing the laborers became a chore, so he married a wife who would share this task with him. Before long, of course, he was one of the wealthiest men in the village. Years later his Guru happened to drop by and was surprised to see a palatial mansion where once a hut had stood. He said to one of the servants, "Isn't this where a disciple of mine used to live?"

Before he got a reply, the disciple himself emerged. "What's the meaning of all this, my son?" asked the Guru. "You're not going to believe this, sir," said the man, "but there was no other way I could keep my loincloth!"

> 'The prayer of the frog', Part 1. by Anthony de Mello









With peace in thought I look at this world ...

Karin Stertak Austria

Make your life a rose, that speaks silently in the language of fragrance. Sathya Sai Baba

## SATHYA SAI : DIVINE EXPERIENCES

### The Wonderment of Sai Baba.



This is the story of the Lord, come in human form. He was born at sunrise on November 23, 1926, in a quiet little village called Puttaparthi in Southern India. Puttaparthi has carved a niche for itself in the hearts of the people of the area because of the inspiring legends that sanctify its memory and surround its name. Putta is the native word for "an anthill in which a snake has taken up its abode," and Parthi means "multiplier." These words are part of an exciting legend that explains the origin of this place-name.

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Long, long ago the village was known as Gollapalli or "Home of the Cowherds," a designation reminiscent of the playful boyhood of Krishna, the Cowherd Lord. Gollapalli was a place redolent with the music of the flute and the laughter of the cowherdesses. It was the abode of prosperous cowherds, for, the cattle of this place where sleek and strong. The cows yielded copious quantities of milk, thick and sweet beyond compare; every home was rich in butter and ghee. However, one day a cowherd noticed that his favorite cow had no milk in her udder when she returned from the grazing grounds on the hills. He became determined to find the solution to this mystery by watching the cow's movements. Later, hiding himself from view,



Baba's Parents: Pedda Venkapa and Easwaramma

the cowherd observed the following astonishing behavior. The cow, leaving her calf to wander about with her sisters, walked out of the shed and proceeded in a beeline to an anthill on the outskirts of the village. The cowherd followed her to this rendezvous, only to witness an even more astounding spectacle. A cobra issued forth from the mound, raised itself on its tail, applied its lips gently to the cow's teats, and gleefully drank all the milk! The cowherd, enraged at the loss to which he was subjected by this wily trick, lifted a large stone over his head and, taking good aim, heaved it directly on the cobra. Writhing in pain, the serpent threw an angry curse on all the cowherds of the village; the cobra's last words foretold that the place would be full of anthills which would multiply endlessly and become the homes of snakes. And so indeed it happened! The cattle declined in health and in numbers; they could no longer be raised successfully at Gollapalli. Anthills spread all over the place and the name was soon changed to Valmikipura, meaning "anthill city" in Sanskrit. This gave some satisfaction to the elders of the village since Valmiki is

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none other than the immortal poet and saint who wrote and sang the great epic poem of Sri Rama and showed mankind the Path to Perfection. The "anthill city" is called Puttaparthi in common parlance. The villagers still show, as proof of this tragic legend, the very stone, thick and round, with a slight jam on one side, which the enraged cowherd aimed at the wonder-snake. The stone has a long reddish streak which is pointed out as the mark of the cobra's blood. This stone became an object of worship, probably in an effort to avert the curse and help the cattle to prosper. It is looked upon as a symbol of the Lord of the Cowherds, Krishna. The village chieftains built a temple where this stone is installed, and generations of men and women have reverentially bowed before it.

Strangely enough, Bhagavan Sri Sathya Sai Baba revealed a feature of the stone some years ago. He directed some people to wash the stone and to smear sandal paste on the jammed side. When this was done, they could discern the clear outline of a sculptured picture of Krishna leaning on a cow, with the captivating flute at his lips. Local rustics swear that they can hear the melody of Krishna's Breath passing through the straight and hollow reed in the sculpture. From that day the curse lost its evil power and cattle began to thrive once more at Puttaparthi! The bastion of the old Fort, which still raises its hoary head in the eastern part of the village, is evidence of Puttaparthi's mastery over the surrounding area and the power and majesty of the chieftains of the place.

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"With the Chitravathi River descending the gorges and flowing as a moat on one side, set like a green gem in a ring of hills, with temple bells pealing on all the eminences around, enriched by the reservoir built by King Chikkaraya, adjacent to the town that bears the name of Bukka (the far-famed Emperor of the City of Vijayanagara), Puttaparthi is the abode of the Goddess of Fortune and the Goddess of Eloquence." Such is the eulogy showered on this place by an anonymous poet of the past. Puttaparthi was the cradle of poets and scholars as well as heroes and philanthropists.

N. Kasturi http://vahini.org/sss/i/wonderm.html

## SHORT POEM

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#### **The Waterfall**

The New World is here, God rejoices The awakening of humanity is My Will and I prevail I created the waterfall and you merge with me The ocean is still, the drops pearl of beauty My children, Swami has left this task of dawn for you to embellish the world I question no more, I am Long has this reign of Mine foreseen His infinity Long before, the time is now I hop, I skip, I play in the puddle I skip a rope like a child, the child, you His majesty, the King of Heaven resides in your heart He sleeps gently, slowly awakening by the sound of silence Could this be true? Could you be we? I wait no more, I see that you love me in the totality The waterfall flows, My love pours You let go and dive into me.

Inspired with love by Sri Sathya Sai Baba.

OM SAI RAM Melody Hofer, Switzerland



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Virtue is the sign of the educated person. This is what makes education worthwhile. Sathya Sai Baba

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TOP

# CHEF'S CORNER

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### Baklava

#### Ingredients

- ♡ 1 (16 ounce) package phyllo dough
- ♡ 1 pound chopped nuts
- ♡ 1 cup butter
- ♡ 1 teaspoon ground cinnamon
- ♡ 1 cup water
- ♡ 1 cup brown sugar
- ♡ 1 teaspoon vanilla extract
- ♡ 1/2 cup honey

#### Directions



1. Preheat oven to 350 degrees F (175 degrees C). Butter the bottoms and sides of a 9x13 inch pan.

2. Chop nuts and toss with cinnamon. Set aside. Unroll phyllo dough. Cut whole stack in half to fit pan. Cover phyllo with a dampened cloth to keep from drying out as you work. Place two sheets of dough in pan, butter thoroughly. Repeat until you have 8 sheets layered. Sprinkle 2 - 3 tablespoons of nut mixture on top. Top with two sheets of dough, butter, nuts, layering as you go. The top layer should be about 6 - 8 sheets deep.

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3. Using a sharp knife cut into diamond or square shapes all the way to the bottom of the pan. You may cut into 4 long rows the make diagonal cuts. Bake for about 50 minutes until baklava is golden and crisp.

4. Make sauce while baklava is baking. Boil sugar and water until sugar is melted. Add vanilla and honey. Simmer for about 20 minutes.

5. Remove baklava from oven and immediately spoon sauce over it. Let cool. Serve in cupcake papers. This freezes well. Leave it uncovered as it gets soggy if it is wrapped up.

Bon Appétit! Niraj



Recipe and picture from http://allrecipes.com/Recipe/Baklava/Detail.aspx 10P

# EXTRAS

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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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