

# LOVE express



## EDITORIAL

*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,  
The Love Express Team

## INDEX

**page 2 Message for the Youth of Europe**

Read a discourse given by Swami which suits good for the current situation.

**page 3 Zonal Updates**

Update on LASA/LASA Festival.  
Update on Sathya Sai Leadership Training Program (SSLTP).

**page 5 European Updates**

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

**page 7 For the youth by the youth**

What is the Youth's Promise to Swami? - Reflections on the Third World Youth Conference, July 2007 by Dixa Thakrar

**page 8 Story time**

Story sent by our dear Sai Kiran Rajendran from Italy.

**page 9 Let us start reading the master's life story together.**

Sathyam shivam sundaram volume 1, part 1

**page 10 Short Poem**

Poem by Melody Hofer, the Waterfall.

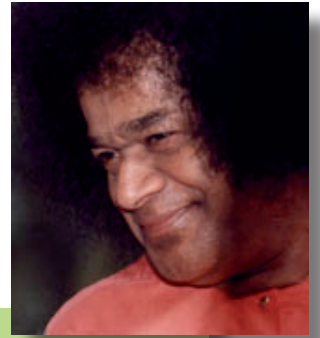
**page 11 Chef's corner**

Master this Baklava recipe and serve it to all your loved ones.

**page 11 Extras**



# MESSAGE FOR THE YOUTH OF EUROPE



Dear Brothers and Sisters,

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 Dasher 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.“

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



↑ TOP

## 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 Pra-

santhi and due to other logistical issues, we have moved the festival to the week-end 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!

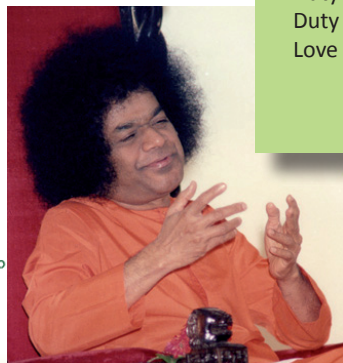
Lot’s of love,

The LASA team

↑ TOP

Duty without love is deplorable.  
Duty with love is desirable.  
Love without duty is Divine.

Sathya Sai Baba

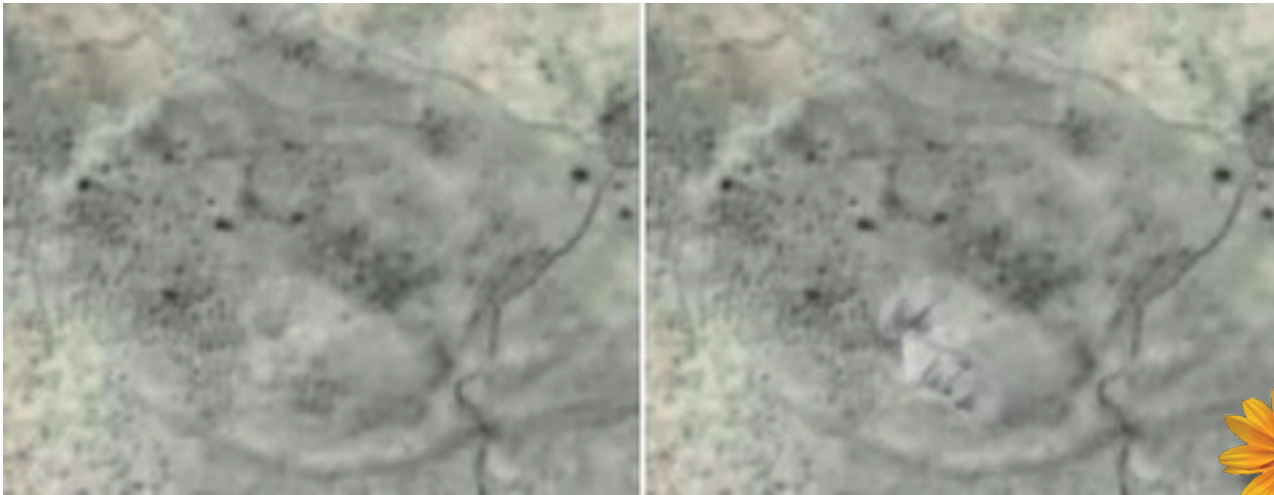
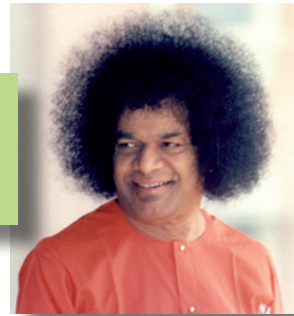






If you have the inclination to do good work, God will give you the time to do good things.

*Sathya Sai Baba*



*NASA photo taken over Puttaparthi*

## EUROPEAN UPDATES



### France

#### 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.

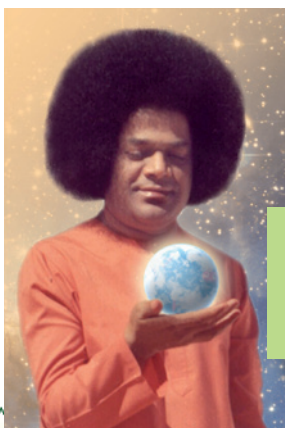
Being always connected with our European (and especially Italian) brothers and sisters, I had the beautiful opportunity to be at Mother Sai, in Divignano on the 12th and 13th of March. It was for the Italian Human Values updates

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*

[↑ TOP](#)



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*















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.

"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>

↑ TOP

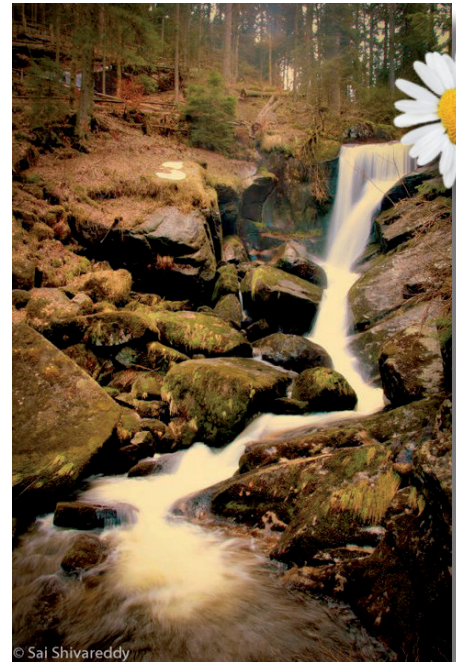
## SHORT POEM

### 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.*

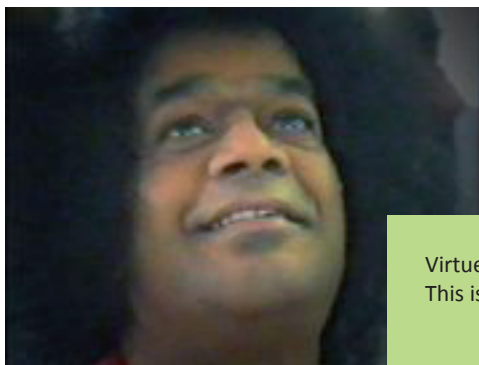
Inspired with love by Sri Sathya Sai Baba.

OM SAI RAM  
Melody Hofer, Switzerland



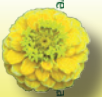
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↑ TOP



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

Sathya Sai Baba



## CHEF'S CORNER

### 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.
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>

↑ TOP

## EXTRAS

If you wish to join the Love Express Team or if you have any questions, ideas, comments, or articles that you would wish to submit in the next edition of Love Express, please feel free to email [niraj@pabari.net](mailto:niraj@pabari.net).

↑ TOP

LOVExpress © - SSO Zones 6 +7 – Youth Newsletter

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