

# **EDITORIAL**

Dear Brothers and Sisters of Europe, Jai Sai Ram!

We humbly offer this 24th 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. Swami has often reminded us not to get attached to material possessions, be it gold, money, cars, people, or even his physical form. We MUST remember that we are all one big happy family. Consequently, let us spread our love and guidance to those around us and remind them how the physical form was just the cherry on top of the tastiest cake ever offered to mankind by God. Please take the time to savor this cake offered to us and try and taste and digest every particle (every quark) of it. Better yet, let our hands not only love and serve all, but also feed every living organism with this cake, these wonders that Bhagavan has so lovingly blessed us with, in the form of Educare, Sociocare and Healthcare.

Let us pray that this June2011 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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A letter written by Sai Baba on the 19th of July 1972.

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Stay updated with all the events our brothers and sisters are doing within the Sai Organization in Europe.

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Sathyam Shivam Sundaram volume 1, part 1

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

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#### MESSAGE FOR THE YOUTH OF EUROPE

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19th of July 1972

Dears!

Little knowledge is a dangerous thing making one conceited, it causes his downfall. Ego is the root cause of all troubles. Realizing is resting. Laziness is rusting. Is it not the truth? Surrender of the disciple and blessings of the Swamiji (God) smoothens the path of self-realization. Life without Swamiji is like a boat without a rudder. Churning the mind with self-inquiry gives the cream of Knowledge. Love is the manifestation of self-illumined. Like water in a reversed pot, the spiritual knowledge does not enter the mind pot. Man's heart is the temple of the Divine. Don't inflame it with ideas of mine and thine. "Time lost is life lost". Doing one's duty however small, in an unattached manner gives rise to the awakening of self-awareness. Ego is limiting and pushing one into darkness. Truth is a flame of life, trying to reach the peak of attainment! The angry do not go to hell but inflame hell fire wherever they are. Water does not stay in the basket. Wisdom does not stay in the mind passionate. Mind is like a dog, wanders without any objective...

This is My Love

With Blessings, Baba

Taken from: http://www.saibaba.ws/teachings/swamiletters.htm





#### **EUROPEAN UPDATES**

#### LASA UPDATE

#### LASA GO GREEN workshops on Raw food diet in Slovenia

LASA Go green weekend workshops on Raw foods were held on the 23rd April and on the 14th May 2011 in the premises of the Sai centre in Ljubljana, Slovenia.

The leader of the workshop was a Sai devotee, who is an experienced nutritionist and raw food expert. Her name is Saša Tasevski; she has been practicing this kind of a diet for many years.



Generally the number of participants in these types of workshops are usually very small (max 10) but in our case there were 22 eager participants in each workshop.

and many are already on the list for the third one – not a single invitation sent out! Before I could register, the workshop was fully booked. Half of the group were Sai devotees, but the other half were non devotees. They were simply interested in raw foods.

The preparations started long before the workshop. Saša prepared the recipes and all the ingredients had to be bought. It was essential that the ingredients were organically grown and that they were raw. Up till know, we really didn't know that regular cashew nuts, even though organically grown, were not raw at all. Yes! It is true.

And honey or olive oil — even though it says it is virgin oil, that doesn't really mean it is raw. We thought we knew quite something about satvic, organically grown food. There is so much to learn!

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So our workshops started with a green smoothie welcome. We were all impressed by the taste of the spinach, the big fresh mangos, the dates, the nettle and the spirulina. Of course you need a professional blender to get such a creamy, tasty testure. Saša gathered all of us in a circle, where we connected ourselves with a big Sun and abundance of love. You could see the smiles in the shape of a banana, as she expressed herself, on the faces of the participants, who were ready to overcome mental boundaries for the day.







Saša then made a two hour long presentationon on the basics of raw foods as well as vegetarian food. It was mindblowing and crucial. Here are some issues that we went through:

- Raw food on the ladder of eating habits
- What is Raw food or live food?
- Kirlian photos on the power of plants
- the positive effects of eating raw foods on the body, the mind and the spirit
- We are what we eat (Sathya Sai Baba): food as the essential information on the path to spiritual progress
- Mental barriers for eating raw foods: How to reduce/remove them? (Where to get the needed amino-acids, iron, calcium, vitaminB12, etc.)
- The daily life of a person on a raw foods diet: what and how to prepare the meal?

After the presentation we prepared the lunch. The menu was as follows: Kelp noodles with cheese dressing. Of course it only looks like cheese, but the dres-

sing was made of avocado, lemon and ground cashew nuts. I am still dreaming about those noodles...

And then we prepared our first raw chocolate cake with chia seeds (which take care of the proper hydration of the body). Food for Gods!

Just to be clear on something – raw foods means no cooking, not even heating beyond 42 degrees Celsius. Every meal is ready in 15 to 20 minutes (except the cake which takes 45 minutes).

We already have participants for the third basic workshop. But the participants wrote down their comments and were eager to actively participate in the upgraded workshop which is already set for the summer/fall of 2011.

Most of all, it is important to say that it was much more than just a food work-



shop.We were all moved and inspired by the strong spiritual aspect of a raw foods diet, as Saša strongly emphasised, de-



scribing her experience, the importance of our understanding of ourselves and the world around us. Accepting the raw foods diet goes hand in hand with loving awareness of the subtle interconnection between everything in nature. And that was felt and later expressed by each participant.

Loving Sai Ram,

from the Slovenian team (Saša, Mihael, Natalija, Gregor, Nina, Mirjana, Severin and Barbara)

> Tina Hribar Trifunović Slovenian NYC





#### **Austria**

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#### Dear brothers and sisters.

From the 19th to the 20th of March we had a small LASA meeting in Austria. We tried to find out where we presently stood and what we could do to contribute for the upcoming events. We also focused on making music and how to put human values in our daily lives...



We engaged ourselves in composing a LASA song. The results of a study circle on the topic love ("What helps me getting back in the state of Love?") were written on a poster and put together with a previously written poem by a Sai sister as the base. Through team work we combined these two projects into a new song. That really made us happy, and strengthened our sense of unity — You are me and I am you.

On the second day we worked on existing lyrics created by our Sai sisters and brothers from France. The idea was to connect different music styles within one song. Each verse has its own style. We had a lot of fun translating one of the verses into Styran-German (Styria is in the South West of Austria). The results were creative. We ended off the day with an energetic dog walk, played with



a little Sai Bal Vikas girl, had a Satvic meal and did some gymnastic exercises.

A wonderful, inspiring weekend was thus concluded and will soon be repeated when we have our next Seva meeting.

The Austrian Youth (Karin, Mira, Christoph, Jörg und Petra)









#### **LOVE IS**

Liehe ist

Im hier und jetzt ist Leben, da ist Liebe *In der Freude, wenn Du singst* In der Stille, die der Ton mit sich bringt Tue das was nahe liegt, lass die Wolken ziehen

*Im Nehmen und Sattsein* Im Geben und Loslassen Gleichgewicht

Im Hier und Jetzt, ist Leben, da ist Liebe In den Tränen die Du weinst Im Lachen und Glauben an die eigene

Kraft Tue das was nahe liegt, lass die Wolken

ziehen

In der Erfahrung der Tiefe Im Verzeihen und fliegen Mitgefühl Im Hier und Jetzt, ist Leben, da ist Liebe In der Einheit mit allem

In der Dankbarkeit, dass Du bist Liebe ist

English translation:

Love is

In the here and now is life, there is love *In the joy when you sing* 

*In the silence which is accompanied by* the sound

Do what is close and let the clouds pass In accepting and being fed *In giving and letting go* Balance

In the here and now is life, there is love In the tears that you weep

In the laughing and believing in your own strength

Do what is close and let the clouds pass *In experience of the depths* In forgiving and flying

Compassion

*In the unity with everything* In the thankfulness that you are

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#### Czech Republic & Slovakia

The Sai Youth arranged a meeting in Brno, Czech Republic in March. Six young people decided to support, join and start LASA activities in both our countries (Czech Republic and Slovakia). The meeting was very joyful and peaceful. During the meeting we sang Bhajans and the 9 month old Alex accompanied us with his rattle (and with his smiling face). Then we went for a walk outside. It was a very positive atmosphere and we all had some very inspiring ideas arose within us. We will use these ideas derived from Sai Baba's teachings during our next LASA meetings. Our aim is to continue

the projects we have started planning and put them into practice, i.e. implement them. We will share them with you when they become concrete projects and update you on the continuation of our LASA meetings in the next issues of Love Express.

We would like to thank Swami for His constant presence and support. Your Sai Youth from the Czech and Slovak Repu-

> Silvia Wagnerova Slovakia

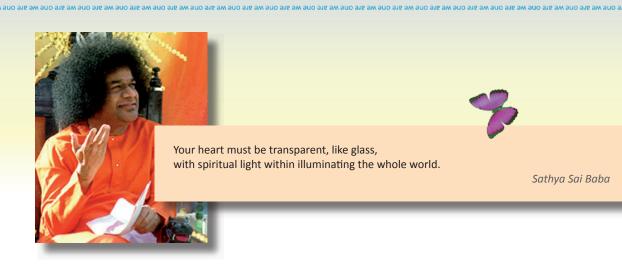




So long as the sugar is on the tongue, you feel the sweetness in taste. Similarly, so long as the heart has love, peace and devotion, you feel the bliss.

Sathya Sai Baba

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Sathya Sai Baba

#### Bosnia, Croatia, Slovenia, Serbia, Montenegro & Macedonia

#### Sai Ram

During a talk on relations in Sarajevo-Dubrovnik (and guided by the current situations with youth in countries of former Yugoslavia), it was suggested to join the youth under one "umbrella".

As many know, there is one official language in EX-Yugoslavia (Serbo-Croatian) and all citizens of its six republics (Bosnia, Croatia, Slovenia, Serbia, Montenegro and Macedonia) speak and understand each other well. Just as these countries were once the same entity, we are still ONE and we have the same way of thinking.

Guided by that thought, we discussed to unite the youth in this region (EX-Yugoslavia) because there are just a few active Sai youth sisters or brothers – but who lack motivation to do things on their own. This umbrella projects allows the youth to start projects in their respective countries and get regional youth support. For example, if the youth of Macedonia are having an action (and there are only 2 of them there), they send an e-mail to any youth representative in the other countries and ask for support; there will be as many as possible who will go and help the Macedonian youth.

The first meeting was held in Zagreb on Easter weekend. Its purpose was to allow all the youth imagine and write down how they saw their community and themselves within one year and within period of ten years, some sort of action plan.

We put all the ideas into 4 categories and told them that all the suggested ideas were achievable (had they not been achievable, they would have never come to them in the first place). This really inspired all of them.

We then divided into four groups:

- 1. Ecology/Health team
- 2. SSLTP/EHV team
- 3 Seva team
- 4. Music team

No music team was formed (no one wanted to join that group) which is a good sign, as music is anyhow part of our daily lives and, LASA Music is supposed to accompany activities of the LASA and not vice versa.

As a result of the meeting, a project (code name I AM YOUth) was envisioned and some activities are already scheduled to be implemented starting as soon as September 2011.

What is also worth mentioning is that in case there is no youth wing (or if it's not in operation) in a region/country, youths who are interested in activities, can send an e-mail to the project coordinator or to their NYC and we will have them immediately involved and aware of any kind of actions taken on the territory of (N)ex(T) - Yugoslavia.

Jadranko Panjeta









#### **France**

# Dear divine Brothers and Sisters,

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The youth activities in France in April and May had mostly been dedicated to rehearsals of LASA music for a performance planned on the 7th of May. On that day, during the first SSEHV (Sathya Sai Education in Human Values) seminar update, we sang some LASA songs from our hearts for the speakers and the French delegates. In addition to the "usual" active youth, one brother coming from Dallas, Sai, was with us. Having been in France for four months, he had been very eager and happy to join our activities. His drum skills were very useful. Thanks to him, we have been able to give a very good beat to the songs. That performance, one year

after our first public experience in Paris, showed a lot of improvement! Unity, joy and dedication were present.

This SSEHV seminar was also the occasion for some of the youth to attend the whole program of the weekend. It gave us the opportunity to get closer and closer and form a real team. This seed is still growing within each of us for the coming activities.

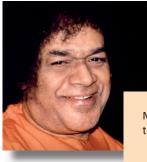
As a continuation, we will have the great opportunity to perform on the 26th of June on the occasion of a solidary concert in Paris.

Love and Light,

Aude Gachet French NYC



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Mind, word and act; all three must be filled with the belief that all is His play; that is the genuine path.

Sathya Sai Baba

## **Germany**

From April 21st to 24th we had our traditional Easter meeting for young adults in Germany in "Stilles Haus". Twelve young adults and three children came together for those remarkable days.

The theme of the weekend was "value based living". We had several workshops on how spirituality influences our daily life in various areas. Participants realized how helpful it is to exchange experiences, to learn from the point of view of like minded people and deriving new inspiration and ideas from it. We also did practical games for experiencing team spirit.

The wonderful weather allowed us to conduct some of the workshops outside in the beautiful garden of the meeting place. We also did some gardening which let us be in contact with the earth while

also having some good conversations. On Easter Saturday evening we had a camp fire where we sang songs from the Christian tradition. After an Easter mass and brunch on Sunday, a rabbit must have lost some of his Easter eggs in the garden – to the joy of the smaller and bigger children.

The meeting ended differently than all others before. While reflecting on the meeting during the closing session, the information about Sai Baba's physical passing reached us. After long moments of silence during which the completely unexpected dawned upon our minds, we decided to stay for some more hours together. We were chanting the Sai Gayathri mantra and sang devotional songs. Later we shared our feelings, our gratefulness and experiences with Baba. It was comforting to feel the invisible bond

of love within the Sai community during these difficult moments, which gave us new strength and showed us again how blessed we are to have this Sai Organization, and to be amongst many Sai sisters and brothers.

We realized that now it is on us to carry his message forward. We are the messengers of Sai's Love, and we have the responsibility to live our lives according to what he has told us over decades of his walking on earth with us. Let us embrace this responsibility and make our lives shining examples of HIS message and HIS love.

Om Sai Ram

Tina Seitel German NYC



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#### **Italy**

Hi everyone!

I hope this message finds you happy. I came back from a weekend in Mother Sai, where a beautiful LASA meeting just took place.

It was great joining together and working for LASA! The Sai European Youth deeply believe in the LASA project and in the Geneva festival. Some youth drove many hours to reach Mother Sai in order to participate in the meeting. As usual, you have so little time to do the many things you want to do, but we left satisfied of a job well done. It is so comforting being part of the Sai Youth; we always breath happiness and sincere joy when we are together, we are the Sai family.

On Saturday morning, after the welcome hugs, we went to the auditorium ready for a vibrant Bhajan session. When the singing was over, some tears fell while watching beautiful videos of our beautiful and beloved Swami. After a welcome speech from Jessica and Jörg we split in

two groups, both working on the preparation for the LASA festival in Geneva. One group worked on the musical "the Dolphin", the other on the music program. The morning ran so fast, and we suddenly found ourselves all around a table ready for lunch. It was a great moment, both thanks to the gorgeous food that the Mother Sai volunteers prepared, and for the Sai Humour, that let us relax and laugh all together.

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In the afternoon we started recalling LASA history, from its beginning in Puttaparthi in 2007. Then, in the afternoon, we tried the songs again and again, in order to present a perfect job in Geneva. We strongly believe in the LASA festival, and there is a great of will of "going outside" to spread the human values we believe in all around the world.

In the night, everyone was very tired, but we all had the strength to dance and share with each other our feelings about the day. After a wonderful night of sleep, we got back to work on Sunday morning. We did songs, videos, and had a great desire to do more! The morning passed quickly through songs, laughs and more serious moments, where we shared our impressions about the work we were doing.

After lunch we said goodbye and took many pictures, to remind us of the great moments spent as a Sai family. It was great being together, mostly after that Swami left His body. Many questions arose in this last month and during the meeting, as Swami's physical departure really affected each one of us. Being together and sharing our thoughts gave us great strength. We don't have to fear, since Swami gave us and will continue to give us the power to go on with our lives and on our Sai path. I can't wait to see you all in Geneva.

Let Swami's Love always shine in our hearts,

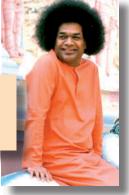
Eugenio





Reach the point where churches, temples, mosques do not matter, where all roads end, from where all roads run.

Sathya Sai Baba





# **Hungary**

On a Sunday afternoon, the 3rd of April 2011, we organized a garbage-collection program in the center of Sopron city.

Open-air school children were also involved in the project. This school is attended by poor and orphan students coming from a very difficult background. We have been organizing selfless service activities for four years now, and they often take part in them. This time 14 enthused youngsters joined us to clean the shore of the Ikva Stream and the surroundings of a lake. There were 18 of us altogether, and the city also contributed

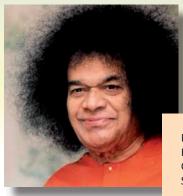
to the initiation by donating gloves and removing the garbage.

The children enjoyed the program very much. They collected the rubbish thrown away by people with great enthusiasm. They were very happy, that someone paid attention to them. One of the little boys, called Zoltan, found a glass with fairy figures on it, which he wanted to take home. These children highly appreciate gifts, as they never receive any. They only have basic commodities, so they need support from selfless people. It was hard to discourage Zoltan not to

take home the dirty glass, as he would receive a new one from us instead. We could see in his eyes how happy he was about a little thing like this. This proves how much he lacks caring in his life. The children were very grateful for every kind word, and we received a lot of love from them. We were very glad to see the smiles on their faces. They told us that they could hardly wait for the next occasion to see each other again.

Agnes Posch & Richard Posch Sopron, Hungary





Bear all and do nothing; Hear all and say nothing; Give all and take nothing; Serve all and be nothing.

Sathya Sai Baba

we are one we are one





#### Lithuania

#### Dear Sai Brothers and Sisters,

Having paid our last respects to the physical form of our beloved Swami, we are back to our daily routines. And here are the news of Lithuanian Sai Youth recent activities.

Besides weekly study circles and monthly national meetings, our youth also participated in some public events, spreading the human values by their own example. April in Lithuania is the month for cleaning the surroundings. The volunteer organization DAROM (translation: "Let's Do") organized for the 4th time a cleaning bee over the whole country. This year on the 16th of April there were over 150 000 participants who collected 5000 tones of garbage from public sites. Two of our Sai youth and LASA members participated as the coordinators of an equipment distribution point, and 1 person volunteered as a city district coordinator who was in charge of all distribution points in the area.

Together with local communities we cleaned up the city beach and the nearby areas: the park, the meadow by a high-way, and an existing illegal rubbish dump in the vicinity of the area. A team of divers from the school of Water Sports was cleaning up the bottom of the pond.

The cleaning bee included installing of nesting-boxes for birds, workshops on environmental topics were held, and various contests on the subject of nature were arranged.

Being a Sai devotee gives an understanding that the whole Universe is the Divine Body. Therefore all together acting



in union and seeking a common goal we step forward to creating socially responsible communities. Respecting the Divinity within we have to take care of the polluted Earth ourselves, so the surroundings are alive and natural again.

With Sai Love,

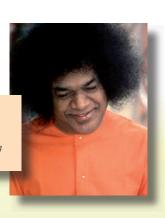
Marija Vitkūnaitė Lithuanian NYC





I have come to light the lamp of love in your hearts, to see that it shines day by day with added luster.

Sathya Sai Baba



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#### **Netherlands**

The national members' day of the Dutch Sai Organization took place in Houten, on Saturday the 19th of March.

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During this day, all members and other persons who were interested could join the meeting to get information about activities which took place in 2010 and the upcoming activities planned for 2011. Besides that, Bhajans were sung in the morning and in the afternoon and study circles about Seva, spirituality and Sa-

thya Sai education also took place.

In the morning, three youth chanted Vedam and a group of ten youth sang Bhajans and were accompanied by the youth musicians.

Two youth, Diepak and Shailesh, shared their experiences about the Sai Pilgrimage that took place last summer in Prashanthi Nilayam and they talked in particular about the feelings they went

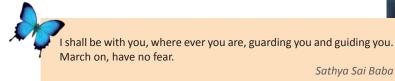
through while singing Bhajans in front of Swami after the performance of the Zone 7 choir.

In the afternoon, the youth gave information about the youth days by showing pictures of the study circles and Seva activities in which the youth had participated. People who were interested could see the new webpage of the youth (part of the website of the Dutch Sai Organization) as well.

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#### **Poland**

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When Swami was taken to hospital we started regular group prayers for Swami's health. A group of few people met to sing as long as we could. We were singing Bhajans, songs, mantras and Vedas. After the announcement that Sai Groups all over the world are invited to pray for 3 nights we of course decided to participate in it. This gave us a lot of energy. Thus, we started meeting 2 or 3 times a week to sing and pray together. Each session lasted 3 to 5 hours, sometimes even all day. We all had only one intention - to heal Swami's body. Our meetings weren't planned ahead; we just sang spontaneously what anyone of us proposed. After the meetings we were

full of energy and we had noticed that the prayers had a very strong impact on ourselves – they healed us and our lives. Although our first intention was praying for Swami's physical body to be healed, we met in the day of Swami's departure and on the day of funeral. We still organise meetings, but this time with different intention, which is strengthening our spiritual contact with Bhagavan. Each of us has experienced the benefits of our practice and we like it.

There is another aspect to our meetings. Now we are seeing each other regularly, there are no longer gaps. This has caused that each of us no longer feel alone, we

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have each other both to sing together and also to support one another. Every time when we meet and sing our energy grows. What is more, is that it also stays with us during our daily life situations and impacts them even if we do not always see it.

Moreover, it is wonderful that our meetings aren't only for youth; everyone may join at any time. There are no age limits. Now we are united with the common goal to continue our practice, our meeting with Swami.

Przemek Dzwonkowski & Agnieszka Majka

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#### Together we can achieve more

The last three months were quite busy for the Polish Youth. At the beginning of March we had a very short but intensive Youth Meeting in Maryno. 23 young people gathered accompanied by our special guest from Czech Republic – Tomas Bures. (Thank you again dear Tomas for your visit :-) ). What was special about this meeting? Most of all the unity, that we felt so much. There were people whom we hadn't seen for many years. This short meeting showed us that we are creating a strong team and we are



able to do many things together. After the retreat we felt a little bit unfulfilled and maybe that feeling was one of the reasons that inspired almost 17 people to come to our National Sai Meeting in Darlowo two months later (April 30th — May 3rd). This time we had an unexpected guest — Silvia Wagnerowa from Slovakia. (Silvia, thank you for coming :-) ). We are very happy about this integration with our neighbours :-).

During this meeting the youth were involved in many different kind of activities. Some of us created and led a wonderful program for Sai children. We could see the results of their work during a beautiful performance (drama plus songs). That was really impressive - they had only 2 days for preparations. Another group was involved in leading study circles or bhajan sessions, which gave a lot of energy and joy to everyone. Furthermore, we can't forget about the Choir rehearsals which took place every day. It was hard work, but the results were wonderful. The performance of the choir evoke a lot of emotions, even tears. But the main part of the program and the most remarkable event was the Va Banque game show :-) Thanks to Ivan's inspiration and materials we prepared a Polish version of the Jeopardy game, which was a great success. It was an hour-long session of laughs, after which nobody wanted to go to sleep.

We fully used the time we could spend



together, staying awake till midnight almost every evening, enjoying our company and recharging our batteries for the following months. We are waiting for coming events with a smile on our faces and a feeling in our hearts that together we can do so much more:-) and become one big family who lives in unity and love as Swami has taught us.

With Sai Love,

Marta Dobosz Polish NYC



#### Sai Boundless Service Camp 2011 - Poland

This year the Polish Sai Organization decided to change the place and character of the project - we will organise it on a smaller scale, mainly because the new situation doesn't require as many people or actions as the previous camps. We are going to focus our work on three fields.

- 1) renovation to improve the living conditions of one family in need
- 2) children activities spread human values and share joy
- 3) massage sessions to improve people's health

Because this camp will be smaller than usual the participation is limited. It would be wonderful if the youth from Europe would like to join us. For those who feel like coming, here are the details on the time and place:

Time: June 23-30, 2011 (for the renovation team)

June 23-27, 2011 (for the EHV team)

Place: Kwiejce Nowe, near Sierakow

**Closest airport: Poznan** 

Please inform your National Coordinator and NYC about your decision if you are coming to the camp.

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In case of any questions please contact:

Marta Dobosz – maaarta.dobosz@gmail.com
Katarzyna Andresson – katarzyna.andersson@yahoo.pl

With Sai Love, Marta Dobosz Polish NYC

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#### **Slovenia**

Dear youth,

aas you may have already read in the report in the LASA section, with Swami's grace, we managed to organize two LASA GO GREEN workshops on a raw foods diet, which were held by our Sai sister Saša Tasevski, who is a nutritionist and an expert on raw foods diets. For more information please read this issue's article on the LASA GO GREEN workshops on Raw food diet in Slovenia.

On the same day that we held the first GO GREEN workshop (23/04), the ret-

reat for the former Yugoslav republics was held in Zagreb and our new member Anamarija took part in that wonderfuland inspiring event called I AM YOUth. She said that it was one of the best things in her life. She is now very actively engaged in the Seva part of the project.

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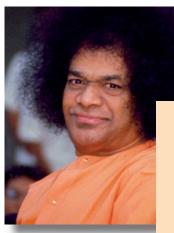
On the 4th and 5th of June 2011, the youth, with the help of Tatjana (our national coordinator for spiritual activities) are preparing the first SSLTP module for all members of the SSO in Slovenia. We are so eager to host Ivan once again as the speaker.

What we undoubtedly see is, that Swami IS present in our hearts and is around us, more than ever before. He is our motivator, our love and life itself. Without his will even a feather cannot move, as He himself has said to us. So how can we even dare to think, that he is no more with us.We are one with him and he is Now Here.

Jay Sai Ram,

Tina Hribar Trifunović Slovenian NYC

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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.

Sathya Sai Baba

#### **Switzerland**

Sairam,

We used the occasion of the National Swiss retreat in the Swiss Italian region of Catto to have our first 2011 national Sai Youth meeting from 11pm to midnight on the end of the day's programs. We were able to have a youth bhajan session during the day. The youth took an active part in helping clean up after every meal.

We are planning to have our second national youth meeting at the end of July. Having realized that we are the Sai Youth of the 21st century, we launched our Twitter page and are in the process of developing our own website.

In Sai's Love,



Niraj Swiss NYC



#### STORY TIME

### The least grain of corn

I had gone a-begging from door to door in the village path, when thy golden chariot appeared in the distance like a gorgeous dream and I wondered who was this King of all kings!

My hope rose high and me thought my evil days were at an end, and I stood waiting for alms to be given unasked and for wealth scattered on all sides in the dust. The chariot stopped where I stood. Thy glance fell on me and thou camesst down with a smile. I felt that the luck of my life had come at last. Then of a sudden thou didst hold out thy right hand and say "What hast thou to give to me?"

Ah, what a kindly jest was it to open thy palm to a beggar to beg! I was confused and stood undecided, and then from my wallet I slowly took out the least little grain of corn and gave it to thee.

But how great my surprise when at the day's end I emptied my bag on the floor to find a least little grain of gold among tho poor heap. I bitterly wept and wished that I had had the heart to give thee my all.

Rabindranath Tagore

sent by Sai Kiran Rajendran, Italy

**↑** TOP

So long as the sugar is on the tongue, you feel the sweetness in taste. Similarly, so long as the heart has love, peace and devotion, you feel the bliss.

Sathya Sai Baba



I asked God to take away my pain.

God said, No.

It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.

Her spirit was whole, her body was only temporary.

I asked God to grant me patience.

God said, No.

Patience is a by-product of tribulations; it isn't granted, it is learned.

I asked God to give me happiness.

God said, No.

I give you blessings. Happiness is up to you.

I asked God to spare me pain.

Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

God said, No.

You must grow on your own, but I will prune you to make you fruitful.

I asked for all things that I might enjoy life.

God said, No.

I will give you life so that you may enjoy all things.

I asked God to help me LOVE others, as much as He loves me.

God said . . . Ahhhh, finally you have the idea.

sent by Evelina Gryllou from Canada



#### **SATHYA SAI: DIVINE EXPERIENCES**

# Sathyam Shivam Sundaram Volume 1, Part 1

The Raju family to which Bhagavan Sri Sathya Sai Baba belongs was noted for its piety since the days of the renowned sage Venkavadhootha. Not only did the Rajus build and endow Gopalaswami Temple, but the devout Sri Ratnakaram Kondama Raju, grandfather of Sathya Sai Baba, dedicated a temple to Satyabhama, a consort of Lord Krishna. This homage is seldom offered in any part of India to such a deity. Kondama Raju used to say in explanation of this unusual tribute to Satyabhama, that he was inspired to erect the temple because of the events that occurred during a strange dream. Tears of joy would run down the wrinkled cheeks of this centenarian, Sri Kondama Raju, whenever he recollected that enthralling dream experience.

In his dream Kondama Raju saw "Satyabhama alone, expectant, and forlorn, waiting anxiously for her Lord who had gone on an errand to bring to her from Paradise the much coveted Parijathaflowers. The minutes increased to hours and the hours to days, but still there was no sign ofKrishna! Satyabhama broke into tears. There ensued a raging storm bringing thunder, lightning, and a heavy downpour of rain. Fortunately her eyes fell on Kondama Raju who was passing near the place where she stood. She asked him to provide some shelter." This dream led to his determination to build a temple for the Consort of the Lord.

Kondama Raju lived out his hundred and ten years of earthly existence in the contemplation of the Lord. He was a master of music and the histrionic art. He knew by heart the Lepakshi version of the entire Ramayana, the Great Epic poem in Sanskrit about Rama. This version was a series of songs composed by a poet from the City of Lepakshi. They depicted the incidents in dramatic imagery and artistic luxuriance. Kondama Raju

played the role of Lakshmana, the devoted brother of Rama, in all the Ramayana plays enacted at Puttaparthi and other villages. Requests for him to play this role were received even from far-off places. His depiction of the steadfast devotion and unquestioning dedication of Lakshmana touched the hearts of all who witnessed his performance. He appeared hundreds of times on many stages until age prevented him from further repetition of the role. He was a strict vegetarian, prone to observe the holy vows of the Hindu calendar. His cottage, a short distance from his sons and grandchildren, was a veritable abode of holy homage. He took delight in gathering around his cot the children of his sons and relating to them the tales of Gods and God-men. The children loved to be with him, for he made every character and adventure live before their eager eyes through the enchantment of song and drama.

We can be certain that among those children it was his grandson Satyanara-yana (the birth name of Sathya Sai Baba) who was his favorite, for the little boy could sing in a charming musical voice and could give even the venerable old gentleman a lesson or two in the art of drama!

There was another reason why Kondama Raju exhibited special affection for Satyanarayana. The little boy disliked nonvegetarian food and would not stay even in the neighborhood when such dishes were being prepared. At the tender age of seven, he was also a remarkably good cook! He was so intelligent and resourceful that he was able to prepare the most tasty dishes from the meager larder of his grandfather's cottage. All this he did most willingly and very quickly! (Sai Baba says that He would go into the kitchen of the old man and complete the cooking - rice, curries, chutney and all - in much less time than was needed by the mother, even when she had her daughters helping her to finish her cooking assignment at her own place!)

In his later days Sri Kondama Raju was visited by all the devotees who came to seek the blessings of Sri Sathya Sai Baba, and when the revered old man struggled to stand erect to accept their homage, one could see a twinkle of joyful gratitude in his eyes that the Lord had taken birth in his family. He lived until 1950 and passed away peacefully singing to himself aloud stanzas from the Ramayana. Truly a life worthy to be recorded in the annals of saints.

N. Kasturi

http://vahini.org/sss/i/wonderm.html picture taken from http://www.prem-rawat-bio. org/gurus/saibaba.htm

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Education must remove hatred between the pilgrims on the various roads to God.

There is only one God, one Goal, one Law, one Truth, one Religion and one Reason.

Sathva Sai Baba



one we are one we



# CHEF'S CORNER

#### **Bean Burger**

#### Ingredients

- 1 can (soaked) of Red beans
- 1 teaspoon of yeast extract
- 1 onion
- 2 cloves of garlic
- 1 slice of bread
- 2 table spoons of vegetable oil
- 💙 3 table spoons of flour
- salt and pepper (and some chili powder if you can handle it)

#### Instructions

Mash half beans in blender or with potato masher (fork if don't have one). Chop onion. Chop garlic. Fry onion and garlic till starts to brown. Add yeast extract. Fry together on low heat. Turn vegan bread into bread crumbs (toaster/microwave then blender or grater). Mix all the ingredients bar flour) Form into burgers. Coat them with flour. Fry in very little oil or else they will dissolve.

Bon Appétit! Niraj

Recipe and picture from http://www.vegetariansrecipes.org/2966/Aduki-Bean-Burgers.html





Cultivate a nearness with Me in the heart and it will be rewarded. Then you too will acquire a fraction of that Supreme Love.

Sathya Sai Baba

#### **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.

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LOVExpress © - SSO Zones 6 +7 - Youth Newsletter

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