

EDITORIAL

Dear Brothers and Sisters of Europe, Jai Sai Ram!

We humbly offer this 27th 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. This June 2012 issue will give you insight on what happened during our last European Youth Conference in Poland. The time has come to go to war with the demons within us. Fight with love for love. How can you do so? Sathya, Dharma, Shanti, Prema & Ahimsa. If you follow these five principles so elaborately described by our dearest Bhagavan, you shall be victors and will destroy the enemy within.

May the Force of Love always be with you,

SaiLove,

The Love Express Team

INDEX

page 2 Message for the Youth of Europe

Mathias Seitel explains how Bilbo the Hobbit's journey is similar to that the European Youth experienced over the last few months.

page 4 European Update

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

page 8 Sai Vision

European Youth Conference in Poland

Feel what our brothers and sisters experienced during their four magical days in the heart of Poland.

page 11 Poem

page 12 Letter from a Youth

Hints on Spiritual Practice.

page 14 Chef's corner

page 15 Info



are one we are one

Austria Hungary

Switzerland

Slovenia



one we are one we are one

MESSAGE FOR THE YOUTH OF EUROPE

Sai Vision - or there and back again

At the onset of "The Hobbit - or there and back again", J.R.R. Tolkien's debut novel of his epic Middle-earth saga, protagonist Bilbo Baggins, a hobbit with an undisputed reputation, sits on a bench in front of his well-kept house and enjoys his morning pipe, when all of a sudden and quite unexpectedly, Gandalf appears. Gandalf, of course, is a wizard of legendary fame, and he is about to disrupt Bilbo's cozy little world. When Bilbo invites him to join him on his bench, Gandalf gets straight to business: "Very pretty! But I have no time to blow smoke-rings this morning. I am looking for someone to share in an adventure that I am arranging, and it's very difficult to find anyone." Little Bilbo, now completely unsettled, hardly manages to utter a few words of excuse, and quickly retreats into the safety of his home. It doesn't take long, however, until he finds himself traveling in the company of Gandalf and his daring companions, stumbling into adventure after adventure in which he confronts trolls, giant spiders, dragons, and other scary creatures. At the end, he returns back home, with a big treasure chest filled with gold, and with experiences way beyond what he could have imagined before it all started.

ONE WE ATE ONE WE ATE

Bilbo's story has many parallels with our spiritual journey. Would we not often rather prefer the certainty of familiar

paths over the uncertainty of new ways, whatever promising they look like? Would we not love to have clarity where our journey leads us to, but in truth we do not really have an idea – and there is not even much we can do about this? And yet, when we find ourselves in the middle of an adventure (arranged by the Divine Wizard), we suddenly find that unexpected doors are opening to new ways of experience, of life, of love. The precious treasure loot to be discovered and received, of course, is Swami's love.

are one we are one we

The Sai Vision European youth meeting in Poland was another such adventure. The vision for it was born in 2011, and during the months of preparations, the energy and spirit needed for its manifestation ripened. Its culmination during the four days in Poland was divine, as you can read in various articles in this issue. It is difficult to say what steps are needed so that spiritual joy and the feeling of oneness can manifest in a group like this. What could be observed throughout Sai Vision, however, was a steady feeling of group consciousness. It expressed itself through attentive cooperation, loving service, readiness to work hard - and to let go of plans and concepts, through a sense of responsibility, sincerity in study circles and discussions, cheerful jokes, and much more.

On the last day of the meeting, when

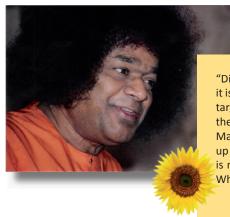


words of thanks were spoken, everybody was finally invited on stage, because we realized that everybody made a contribution, in her or his own unique way. Only this togetherness could make Sai Vision complete.

Once more, we have been "there and back again". What is the treasure that you brought back home? Sai Vision, as one of the participants observed, also means to look at the world through the eyes of Sai. With Sai Vision, we see the world as a place full of opportunities to do well and to create our own places where spiritual joy and oneness can be experienced. Nobody but our inner Sai has the authority to prescribe what our life should look like. It is up to us to discover our Sai Vision of what we truly are here to do, anew on each day. The organization that Sai brought into being provides us with many places where our vision can manifest (not least to mention the LASA project, which lives from the ideas of us all). Your Sai Vision can and will be the seed for beautiful and unforeseen experiences in the future in the organization and beyond. May the memory of our shared love always be our guide in this endeavor.

Mathias Zone7 YC

↑ TOP



"Dive deep into your own Divinity. The crocodile is happy, unharmed and undefeatable, when it is in the depths of a lake or river. Once it sprawls on land, it becomes a plaything and an easy target. Remember this – the depths: they are your refuge, the source of your strength. Stay put there. Do not let your thoughts stray onto the shallows or the sands. Repetition of the Gayathri Manthra develops the dhee sakthi (Power of discrimination) and so its results will be giving up of evil company and the seeking of the company of noble souls. If satsang (good company) is not available, you can keep company with your own higher impulses and noble thoughts. When you establish yourself in the Divine Light, no worry, grief or pride can harm you."

Divine Discourse, Apr 26, 1965



2



Invitation to Sai Boundless Service Camp - Poland



Dear Sai family, OM SAI RAM!

we are one we

are one we are one we

are one we are one we are one we

are one

we are one we are one we are one we

are one we are one we are one

On behalf of the Sathya Sai Organization in Poland, we'd like to invite sisters and brothers from the European Sai groups and centers to participate in our

"VII - Sai Boundless Service Camp" in Dubeninki/ Żytkiejmy - Poland from 08th till 15th July 2012

We will start the work from the 8th (Sunday), but there is possibility to arrive on Saturday the 7th 2012. Like every year we will concentrate our work mostly on three wings:

- Medical (doctors, nurses, massages)
- Renovating & repairing group (this time we will repair 3 houses of old lonely people)
- Education for children (mostly through games) in two places with about 70 children together

The accommodation will be possible in the school where we also have our kitchen and dining room, or in a pension.

Costs

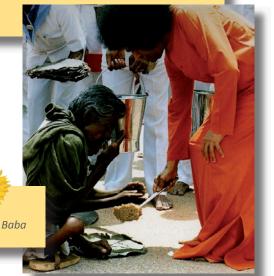
- Accommodation in the school (with your own sleeping bag) 4,- euro per day
- Accommodation in the pension in double room 10,- euro per day
- Food 2,5 euro per day

Everyone with an open heart for help is very welcome!

With Sai Love, Polish Youth

Ps. For more information, email: maaarta.dobosz@gmail.com

↑ TOP



The heart full of compassion is a temple of God.



we are one we are one

3

EUROPEAN UPDATE



Austria

Sai Vision Band rehearsal in Horn (Austria)

Sai Ram dear brothers and sisters,

During 9-11 of March we had a beautiful time in the nice village Horn in Austria. The Sai Vision Band prepared here a big surprise - we practiced 8 songs, which were created from devotees from Zone 6&7 for Sai Vision 2012 in Gdansk. 19 people from Austria, France, Germany, Hungary, Poland, Slovakia and Bosnia Herzegovina from very early morning till late evening sang from their heart to the Lord and prepared the Sai Vision

Song Contest (part of the Sai Vision Program in Gdansk, Poland). The aim of this contest was to let us experience unity through sharing our creativity and simply have lots of fun together. The variety of beautiful songs from different countries already showed us that Swami works through us wherever we let him do. Some of the songs were also part of the LASA concert for the public on the 30th of April.



With love The Sai Vision Band

Czech Republic

We spent a wonderful weekend together in March, when we helped with the organization of the devotees meeting at Brno (east part of the Czech republic). The youth prepared the programme for the meeting – a study circle about putting human values in practice and presentations about Svami's life. We also sang bhajans. It was very nice to be all

together like that.

On Sunday we had a meeting of youth and this was a little bit more playful as we played the game based on the human values. The goal of the game was to reach the enlightement and thanks to the Lord's grace we all came to the end of the game and realized how important

is the God's grace, which makes anything possible. Then we went for a walk to a nearby pond and discussed about the future development of the activities of Sai Organization in Brno.

Fliska Kiks

♠ TOP

Germany

we are one we are one

Sai Ram dear all, here are some news from Germany.

At the end of 2011, the German youth had a youth meeting for three-and-ahalf days, under the theme of "Why fear when I am here". 18 young adults and two children took part. We had study circles, workshops, Bhajans and inspiring evening programs together.

Our next youth meeting took place during Easter weekend. A group of young adults ready to take responsibility in future youth activities came together for three days to speak about how a new youth team can take shape. The meeting was very constructive, and besides a whole new team of youth, various ideas for next steps were born and are on the way. On Easter Saturday, we had the beautiful opportunity to meet with a close devotee of Swami from India who was privately visiting the country at that

time. He himself had been personally guided by Swami in many circumstances of his life, and thus he could share a lot of inspiration with the youth and encourage them to prepare for their roles as future leaders in society, and to spread Swami's message of Love in daily life by just living in accordance with his values.

For me personally, it is time now to say good-bye as national youth coordinator. After four years in this role I am grateful to Swami that he has given me this opportunity to serve in the Sai Organization. It gave me the chance to meet wonderful people all over Europe, mostly of course in Germany, and to have many experiences in different occasions. "Surrender and trust" was one guiding motto for me during the four

years, because when Swami gives you a duty, this always means that you have to deeply listen inside to find out what path you should walk on, and then HE is guiding you step by step on this way.

Thank you all for giving me the opportunity to be part of this wonderful group in the German and European youth wing under the name of our dear Sri Sathya Sai Baba.

Jonathan Töpper will succeed me as youth coordinator and will continue the work with the youth and a new team of youth in Germany. May Swami guide and bless him in his task.

Loving Sai Ram to all of you, Tina Seitel









You are the architect of your own pleasure and pain. Be courageous and face with equanimity whatever happens to you - good or evil.

Raho



Netherlands

Aum Sai Ram

are one we are one we

The Sai Youth in the Netherlands ushered the New Year with a Youth Day. It was held on January 14th, in a village on the outskirts of Leiden. The Youth Day was attended by Sai Youth from various cities in the Netherlands.

We started the event with Veda chanting. For me, who has been cut off from the Vedas for some time, these chants had a particularly soothing effect, and enabled me to get back in touch with my long lost self. It was also very inspiring to see the Vedas being rendered perfectly, with all the proper intonations, despite the fact that none of us had had prior exposure or training in Sanskrit.

It shows that if we do anything with love, we can excel at it. After the Vedas, we had a study circle session. The aim was to analyze a discourse of Swami, identify its most salient aspects, and share our experiences. The selected discourse for study was entitled "My Power is the Power of Love (Fill your Heart with Love)", delivered by Swami for Christmas in the year 2004. We studied the article, and each one of us was given the opportunity to share their views/experiences. Two of the most prominent themes in the discourse and in our subsequent discussions pertained to "love" and to "prayer". Concerning the first point, "love", Swami said in this discourse that "love is the quintessence of My teachings...My power is the power of love...There is nothing greater than love....When you develop love, you can easily face all the challenges in life". It is wise to ponder over what exactly Swami means when He speaks of love, and how His definition differs from ours. For most people, me included, we think of love as

a relation that binds two entities, such as between boyfriend-girlfriend (husbandwife), parents-children, and friends. However, these relations represent only an infinitesimal manifestation of love. At best, they can be labeled as types of attachments, such as lust, parental love and friendship. These attachments are always conditional in that the parties always expect something in return. What Swami means when He speaks of love is unconditional love, in which He loves us only for the sake of loving, without expecting anything in return. Also, Swami has often said that "duty without love is deplorable, duty with love is desirable, love with duty is divine".

With regards to the second point, "prayer", Swami tells us in this discourse to pray only for God's love, since as we saw above, "When you develop love, you can easily face all the challenges in life". Swami asks us to "leave everything to God's will...Have full faith that He will do what is good for you...When you discharge your duties surrendering everything to God's will, you will certainly achieve success...". For instance, when we are in a quagmire, faced with a seemingly unsolvable situation at work, we only need to send a sincere mental prayer to Swami, and He will immediately come to our help. At other times, we may get carried away by the ego and by the sense of doership, especially when we are successful in our endeavors. However, once this arrogance has settled in, we will observe that success is harder to come by, despite all our efforts.

This is in fact Swami's way of reminding us that we are only instruments, and that He is the actual doer.

Another interesting aspect of the discourse was when Swami says "Do not pray to God for the fulfillment of your worldly desires...". This sentence automatically gives rise to the question of "then, how should we pray?" Here it is useful to study a conversation between John Hislop and Swami (taken from Conversations with Sai, (http://media.radiosai.org/journals/Archives/Conversation Archives.htm):

Hislop: But I had thought that since God knows each problem, that if it was appropriate to remedy the trouble God would do so without being asked.

Swami: It is your duty to ask God. Words must be spoken, and the words must correspond to the thought. The thought must be put into sincere speech. It is correct that Divinity is Omniscient. But He requires that sincere words be spoken. The mother may know the child requires food to maintain life, but milk is given when the child asks for it.

From the above transcript, it is clear that Swami urges us to speak to Him about all our problems. He draws an analogy between us praying to Him for satisfying our material needs and a child asking for milk from its parent. However, it is important to bear in mind that Swami knows what is best for us. He will not grant any of our desires that may harm us in future. That is, Swami will give us what we need, and not always what we want. Therefore, Swami tells us that our prayer should be "Oh God! I want your love and nothing else... Once you become the recipient for God's love you can conquer the whole world". Nevertheless, Swami knows that it is difficult to not to ask for worldly things. This is why He will



we are one we are one

"give us what we seek so that one day we will seek what He has come to give".

After the study circle, a nice lunch was provided to us. After lunch, we discussed on the organization of Swami's birthday, particularly on the main theme around which to centre the celebrations. All of us came up with wonderful suggestions for the themes, which were from Sai literature. One of the themes that I found very attractive was "God is your best friend". The friends that we make at a given time depend on various factors, such as our current place of residence, job, and whether we are part of sports club for example. These friends will come and go if any one of these variables changes, for example, when we move to a new place. The only friend who is always here and can neither come nor go is Swami. Besides, Swami Himself has said that "He is in us, within us, above us and all around us". Also, in the epic known as the Mahabharata, Krishna

one we are one we

are one we are one we are one we are one we are one we are one we are one we are one we are one we are one we are one we are one we are one we

refers to Arjuna as His friend, since, according to Swami, a friend has no fear (from Swami's Geeta Vahini, Chp. 7).

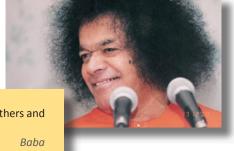
Another very interesting birthday theme was "Love is My Form". This was very timely given that Swami "left" His physical body quite recently. Many of us were caught unprepared and found it difficult to relate to the universal, "formless" Swami. We had grown so accustomed to identify Him with His body, despite His repeated urgings to not to do so. Now, the only way we can identify and relate to Swami is via the manifestations of His love in our daily lives. We must not only experience His love, but also try to project this love in our surroundings. As we saw earlier, the greatest power of Swami is His power of love. Swami has also said in the past "I may turn the sky into earth or earth into sky but that is not the sign of Divine Might. It is the Prema, effective, universal, ever-present, that is the unique sign. When you attempt to

cultivate and propagate this Love and this Fortitude, trouble and travail will clog your steps. You must welcome them, for without them, the best in you cannot be drawn out" (www.sssbpt.info/ssspeaks/ volume08/sss08-19.pdf). At the end, all of us unanimously chose "Love is my Form" as the theme for Swami's birthday celebrations.

The following event on this Sai Youth day was a beautiful rendition of bhajans. Similar to the Veda chanting earlier, the bhajans brought over a feeling of extreme peace and bliss. With these bhajans, we concluded a spiritually enriching and fantastic Sai Youth day.

Ashwin for Sai Youth in the Netherlands

♠ TOP



It is a supreme virtue to forget one's individual differences with others and move with all in a spirit of equality and harmony.



Switzerland

Swiss Mahashivrathri Akhand Bhajan Report

This was the first national event organized by the Swiss Sai Youth. The youth organized Akhand Bhajans on the 18th and 19th of February 2012, in the village of Schüpfheim, near Lucerne, in Switzerland - which is roughly at the center of the country. The reason for these dates were because Mahashivrathri was taking place on the on Monday the 20th of February and we did not want the event to take place at the same time as celebrations at center/ group level.

We started on Saturday at noon, with 45 minutes of Vedam, after which Bhajans went on till 2am, when Vedam started again, including Ekadasa Rudram (repetition of Namakam and a different Anuvraka of Chamakam 11 times) and Sai Gayathri. Suprabhatam followed and then Bhajans continued and ended with Aarti Sunday at noon.

We feel that this event was a grand success as we had over 80 participants (there were even participants from Germany, Spain, South Africa and India), and strong vibrations could be felt. The Bern Bethlehem and Langenthal groups mesmerized everyone with their amazing singing and instrumental performances on the Saturday evening. Some members of the Geneva group were responsible for keeping everyone's stomachs full with delicious cuisine.

Sai Love, NYC Switzerland

↑ TOP



Slovenia

one we are one we a<mark>re one we are</mark>

we are one we are one we are one we are

Sathya Sai Leadership Training and Go Green Workshops in Slovenia

Dear youth by age and heart, once again I am happy to share with all of you our joyful activities in the past months of the year 2012. At the end of February, Ivan Bavčevič held a Sathya Sai Leadership Training for the members of the Slovenian SSO, organized by the Sai youth of Slovenia. We dived into the second part of the first module in order to deepen our understanding of who we are and how to experience

our divine nature every moment of our lives. As always, no words are possible to describe the precious atmosphere that was created during the seminar. We felt utterly inspired and blessed to make one step further on our path of spiritual realization. Thank you dear Ivan, for the inspiration, enthusiasm and encouragement!

Besides that, we are also active within

the LASA project with the Go Green Workshops about the raw food. I invite you to read the detailed narration in the following article on Go Green workshop. We hope that it will inspire you as it inspired us.

Love and Light from Slovenia, Tina Hribar Trifunović National youth coordinator of Slovenia



More on LASA Go Green Raw Food Workshop The impressions of the participants

Number of workshops in 2012: 3 Number of participants: 60 Number of Sai volunteers: 8

As you all know by now, the Slovenian youth are also active within the LASA project with the Go Green Workshops about the raw food. It is intended for the public outside Sai Organization. From March to May this year, we held 3 workshops. Altogether more than 60 people - male, female, all ages, nondevotees and some even not interested

in the spiritual path - took part in the workshops, apart from the organizing team. The workshops are organized during weekends. The leader is our raw food expert Saša Tasevski. Here are some of the comments given by the participants as a feedback after the workshops.

Maybe they will inspire you as well:

»I am not a vegetarian, but now, after I've seen the explanation of the subtle influence and energy of the food on the body and mind, I have decided to become a vegetarian and also include as much raw food as possible. I wanted to make this change for a long time and now I got all the encouragement I need to make this step«.

»What inspires me most is the purity of intention that I've never felt anywhere before and I have already been to several other workshops. Nowhere else have I seen that someone would share and give their time, energy and goodwill for free, without any expectation and feel joyful because of that. Keep up the good work!«

»The positive energy and Love that everyone felt during the workshop is amazing and inspiring. Saša is such an inspiration, because it is evident that she actually lives what she speaks about«.

»The workshop was fantastic from the first to the very last minute. When I've heard the life story of Saša and saw her energy, enthusiasm and good will, I could not find any reason to feel sorry for myself anymore. I want to be like her! Always joyful, no matter what«.

One lady even told me with tears in her eyes: »You know, I thought this would be yet another workshop on food preparation, but I couldn't be more wrong. It is so much more. There is so much Love present all around us. I feel loved. Thank you!«

We recently decided to do some ,mental



Seva' before the workshop. We prayed to Sai to send His Love and Light to the participants one week in advance.

In June two more workshops are awaiting us. (For other details please take a look at the previous issues of LE, where the program is described in detail.)

We would like to express our deepest gratitude to our Beloved Sai. Without his loving hand and Love nothing would be possible. We love you Swami.

With Love, Tina Hribar Trifunović National Youth Coordinator of Slovenia











SAI VISION

we are one we are one



European Youth Meeting in Poland

STE ONE WE STE ON

From 27th of April till 1st of May, the youth of Europe met in Wiezyca close to Gdansk in Poland under the theme of Sai Vision. The four days of the meeting were filled with delighting songs of various styles, some of which were presented for the first time during the "Sai Vision Song Contest"; service activities in animal shelters and environmental cleaning; a public concert evening with performances by the LASA band and by two professional singers (Aneta Kacurkova from Macedonia and Droeh Nankoe from the Netherlands); touching speeches by elders and youth; interactive workshops on our experiences with spirituality and on our future in the Sai organization; and much more. Read on for an account of the experience of Sai Vision.



What started as a brief conversation and sharing of experiences in July 2011 in India, gained its momentum during autumn and winter 2011/2012 and finally emerged in April as Sai Vision song contest / European youth conference.

We (those who were taking the role as organizing committee) will not bother

the reader with the number of Skype conferences, e-mails, ideas, lastsecond changes etc. that happened from July until April. We will talk about the joy we all got once it started to unveil itself.

It was an amazing thing to see how each country, each group and youth member were giving some bits and pieces to this beautiful game. It became clear that there are multi-talented beings in this organization. Some were good with music, some with seva, some with both, some with art and others with rhetoric... all this is needed to have one full and complete vision on where we are and where we need to be.

Amazing was how so many professional and semi-professional musicians were giving their contribution to make Sai Vision contest a real feast for the ears and soul; eyes were also enjoying for sure! Divine voices were singing on "Sai Vision Sunday Night Live": Aneta, Stefanie, Nele, Akshay, Jörg, Kasia – just to name a few.

Joy is to see many hands helping animals in an animal shelter; joy is when all clap in rhythm of their favorite songs and bhajans; joy is to see tears of



joy and love on the faces of youth while they are sharing their experience with the Divine Self.

JOY IS when you open your heart and let the love flow through you to the people. We could experience this heart to heart communication during the whole meeting for sure.

The most important thing is to say that it was a meeting where there were no titles of coordinators, and you could not point who is in charge because all were in charge of something; like perfectly coordinated movements of the body.

So see and hear you next year again; live from somewhere on this wonderful stage of the World.

Jay Sai Ram Sai Vision organizing team





we are one

↑ TOF

re are one we are one

ITE ONE WE ATE ONE WE ATE OTHE WE ATE OTHER ATE.



one we are one we are one we are one

we are one we are one we

are one we

are one

are one we

we are one we are one we

As my journey in the Sai Organization continues, it has led me to Poland for the Sai Vision Project. We went to Poland with 6 people of the Netherlands. Sathyam Sheoratan, Pieter Stolk, Ilse Stolk, Iyer Akshay, Awienaash Ramlal and Mira Chovkova.

Our days were filled with the early morning bhajan and Vedam session. After that the committee would summarize what was going to happen for the rest of day. We heard beautiful speeches. Sathyam and Ilse also got the chance to share their experience with Swami with all of us.



The whole atmosphere and place was relaxing. It was sunny and there was a beautiful view on the landscape outside. As I asked myself the question, what was the main reason that I was here in Poland, it obviously became clearer to me. The international experience to listen to others about their experience with Swami and what their process was of knowing Swami, was amazing.

Sai Vision was about how music connects people and how you can put your feelings in to the music. I have seen that music can bring people together, that it can create a smile on everyones face. The music and lyrics were written in general, but we could feel more meaning in the lyrics.

The meaning that we all love Swami and that we have to bring his teachings in to practice. We, from Netherlands, also performed. We sang the song 'Humko Tumse Pyaar Kitna' and 'Janani Ma Sai Janani'. It was great to sing and play music together.

We also did some Seva. Everybody enjoyed doing Seva. And that gives Seva a more beautiful definition and meaning. On the

very last day there was a last moment and everybody could say goodbye. As we went home with a lot of joy and happiness, we could say that Poland was just amazing and great!







Sai Vision in Poland

One day before our departure to Poland, Tomas told me that he was ill and that he wouldn't be able to come and drive the car which we were supposed to go in, I started to doubt whether I would go or not. I looked for another possibility on how to go, and there was direct bus to Gdansk and there was still a ticket available, so I bought the ticket and came. All this made me think about why I was going there and what to expect from it. With this question I came to Poland and I received my answer on the first day of the meeting. One part of the speech of Manfred Muller-Gransee touched my heart so much, that I realized it was worth it to have come just to hear it. However the whole meeting was full of joy, I enjoyed the free time at the bank of the lake, all the speeches, workshops and the musical and artistic programs. I especially liked the Lithuanian program, the melodic vocal songs which gave an unusual but really nice atmosphere. I felt a lot of love during the meeting and I came home with fresh energy. Thank you very much for this unforgettable Sai Vision meeting.

Eliska Kiks



↑ TOP

♠ TOP

re are one we are one





The Sai Vision meeting was a real success! I felt a lot of harmony among the participants and we enjoyed it a lot. The protective attention of Mother Sai was always present: for example, the weather was beautiful; the temperature was hot (like in the south of Italy) for few days before and after the meeting, so we all enjoyed the beautiful lake which was nearby.

are one we

are one we

are

one we

are one we

are

one

we are one we are

one

We

are one we are one we

are one we are

one we

are one

we are

one

We

are one we are

one

Ve

The days started usually with beautiful Vedas and Bhajans, and then we had breakfast. After this on Sunday I had the opportunity to hear the speech of Maria, the Coordinator of Region 73, who was welcomed by the "007 James Bond" music: of course we all laughed a lot for few minutes and so did she! This helped wipe off the thoughts from the mind giving room to the memories of the heart. She shared with us some incidents of her personal experience with Swami. What I want to share with you now is the story of a Polish Devotee that lived in Paris: one night she had a dream of Swami, who told her to sell everything and to collect enough money for a ticket to Prashanti. She did so. After 28 days, the lady was desperate since Swami had still not told her anything and she met Maria (who comes from Poland) and told her about her situation. In the afternoon both were received by Swami for an interview. Swami was happy with her and told her to move to London, where she would do service at a Sai Centre. Maria asked Swami: "Swami for a Polish citizen to go to London one requires a special permission, how can she go there?" Swami promptly replied: "She has My permission!" The lady of course went to London. Having/Feeling God as Friend is really our daily Grace.

After the guest speakers and the lunch, there were workshops. Imagine having the workshops on a cloth

among the trees or close to the sea - it was wonderful. Nevertheless the workshops were still productive.

There were different activities in the evening: each day a different one; to me these were the most guessed activities of Sai Vision! On Saturday evening there were

several performance and videos prepared by the different participating countries. Also Spain participated with a video, entitled zapatos (shoes) where the shoes asked to be worn by people in order to do good deeds: I know, if I tell you the story in this way it seems horrible, however it was actually very poetic. There was a live performance by the Lithuanian youth with folk Lithuanian songs and then other entertaining videos and live music. Then we went outside and we sat as in a circle around a beautiful fire and sang some Bhajans and LASA songs spontaneously and with high harmony.

On Sunday evening, the LASA contest took place. The songs were introduced by Conrad and Tanya, who looked very professional (MTV

style) with also the folders to properly introduce the singers: actually the singers were more or less always the same, but they were introduced with different names. At the end of the contest, from all the songs, the jury 108 decided that the winner was the music itself!

On Monday we divided into three groups for different service activities. All the participants were very happy about the proposed service activities: cleaning of a green area and other activities for

animals. In the afternoon (after a dinner with spaghetti!) there was the public big LASA concert. I have to say that the choir was much more in tune (it helped for sure due to my personal absence!) respect to the LASA Festival in Geneva. The public was very happy; you can imagine all the auditorium was clapping and was singing the songs with the band: they

were "dragged" by our enthusiasm! I had the idea that they were very surprised to be spectators of an international amateur band that sang for free, songs inspired by Values: all of this maybe has raised in their heads many "why's?" After the LASA concert there was a much more relaxing and intimate performance and finally there was the performance of Dhroeh Nankoe. His performance was, I would say, "satvic": a perfect balance of the energy of music with the sweetness of the singing. The performance was fantastic: at the beginning of the performance, Dhroeh told to Maria that he would sing the public a bhajan, Maria looked at him quite skeptically and he replied "don't you believe? You should have faith!" The public sang the bhajan that was actually only one row dedicated to Mother Durge. At the end, when there were the last goodbyes and a standing ovation of the public, Maria asked Dhroeh: "Please sing a bhajan!" Dhroeh was stunned! But of course he didn't pull back an dedicated the bhajan to his Guru: Bhagawan Sri Sathya Sai Baba. He sang: "Rama Rahima ko Bhajane Vale". I have still tears in my eyes thinking back to those moments!



I greet you all with a lovely embrace, Luciano Cantone, Italy



↑ TOP



we are one w

10

FIGURE WE STE ONE WE S

Sai Vision

A warm and joyful experience, is it not wonderful to think back of Sai Vision!!! The organisation, the planning, the music, the talent that fulfilled this long weekend is indescribable. I am very thankful to Swami that He has given us so much joy! Recently I got to know a nice saying of Swami through a devotee; "I do not ask for your ability, but for your availability". Are we really sacrificing all our energy for Him? Are we open to new things? To my view Sai Vision was a wonderful opportunity to reflect on ourselves and look where we stand.

We can be happy with everything in life, although we might still have wishes how things could be different in our/the world.

How happy we are with Swami, each other, the world, the inspiring teachers, the voices of Sai Vision, the Sai hospitality all around the world (and in Gdansk!), the biggest entree ever from Mrs Q (Maria Quoos) with the 007 tune and what else could we not be happy about! :) What else is there in life than Sai, nothing!

What else do we want to achieve than Him, nothing! If we keep Sai in our hearts we truly have everything!

Jay Sai Ram! Pieter



↑ TOP

POEM

we are one we are one we

are one

are one

are one we are one we are one we are one we

are one we are one we are one we are one we are one we are

one we

are one

we are one

The Vision of Light

Away in the woods of conifer, During the yesteryear of fall, Began a few, with strong Volition. Brave did they cryogenic condition, For with them was the Divine Vision.

From the Balkans to the Baltic,
From Dykes to the Mediterranean, did they hail.
But came as one for the Lord, without fail.
With Love did they fill us with devotion,
For with them was the Divine Vision.

Bless did He the gathering, with His soothing rays of sun. Provided did He the silence, with the waves of the lake that run. Granted did He to them the musical motion, For with them was the Divine Vision.

Answer did they to His Call.
Thus, the band, "Love All, Serve All!"
Sing did they, to their hearts content,
Cause, their hearts had perfect intent.
Shone their eyes with satisfaction,
For with them was the Divine Vision.

Came also the people from the Baltic amber, with their cultural folklore to render.
Sing did they with humbleness,
The mind and heart was brought to a calmness.
Sing did they for emancipation,
For with them was the Divine Vision.

Stood there I, with full of awe.
Existing pride looking like a broken jaw.
There was I, looking down my memory lane,
Whence gliding He came.
Showed me His presence,
even in His physical absence,
I asked Him, "What is their Mission?"
He said, "It was My Vision!!!"



.....An humble offering to His Lotus Feet..... Dedicated with gratitude to all those wonderful people who bamboozled and rocked the show in Poland!!!!!

↑ TOP



e are one we are one w

LETTER FROM A YOUTH

are one we are one we are one we

are one we are one we

are one we are one we are one we are

we are one we are one



HINTS ON SPIRITUAL PRACTICE

Devotee's usually know what are the major spiritual practices recommended by Baba as they use these in their dayto-day life. But it happens sometimes, especially among younger devotees, that there are questions about details of the practice and how to proceed with it to make it work and gain positive results. So it is always helpful to read the instructions first hand, from Baba Himself. Taken from the discourse and individual interviews, here are the excerpts about the gradual process of visualization of the divine form and also a hint from Baba about the importance of the positive inner affirmation.

If you have Me as the object of meditation, sit in a comfortable pose, which is neither irksome nor flopping, let your mind dwell for some time on some good sthothras (hymns) or incidents from the sacred stories, so that the senses escaping into worldly worries may be quietened and subdued.

Then, with the Name on the tongue, try to draw with the brush of your emotion and the hand of your intellect, a picture of Swami, slowly, from the cluster of hair to the face and neck downwards, spending time in contemplating each as it is getting drawn and when the picture is full, start from the feet up to the head again, so that your attention is never for a moment diverted from the Form you love to meditate upon.

By this means, it can never go astray. When a golden image is made of Ganesha, for example, the head is gold, the feet are gold, and the silk cloth

that is worn is also gold. Every part of the picture drawn is Divine. That picture must, by this process of deep concentration, be imprinted on the heart, so that like picture printed on paper, it cannot be peeled off or erased.

Do not change the pose in which you have started picturing; do not draw today a Swami sitting and tomorrow a Swami standing or walking or talking. If it is Krishna, do not change from a Toddler-Krishna with butter in His palm to a Cowherd-Krishna with a Flute, or with the Govardhanagiri raised over His head or a Geethacharya as the Charioteer. Have one Form; that is ample help.

↑ TOP





POUR THE MIND INTO THE MENTAL IMAGE

H: When Swami is present, His form is easily seen and may be worshipped, but when Swami's physical person is absent, should one form a mental image of Him so that one may continue to see His form?

SAI: Yes. One should have a mental image of a form of God, fully developed, with one's mind poured into that form. When the image of God is seen outside, it is qualified dualism. When seen in the mind it is qualified monism. When the form is absorbed into the Atma, that is Advaita, non-dualism.

The two preliminary steps are not

separate stages; they are contained in Advaita, as buttermilk and butter are contained in milk. The image of God seen outside should be taken into the mind and then into the soul.

H: What is the best way to form the mental image of God?

SAI: If you wish, the form you see can be taken as an image. Or a photo can be taken.

H: If a photo of Swami, or the directly perceived image of Swami is taken as the mental image, no doubt the concentration should not waver from the chosen image?

SAI: The mind should be steady on the one chosen image of God. When an image is made of silver, the eyes, hair, mouth, and skin are all silver.

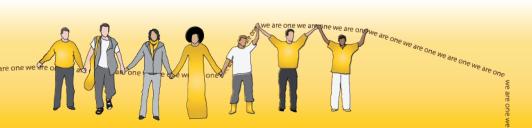
H: Please say that again.

SAI: The mind is poured into the mould of the image so that the mind is the image of God.

Source: http://goo.gl/96A7b

↑ TOP





UNLOCKING DIVINITY WITHIN

Q: How to feel that Divine Love in the heart?

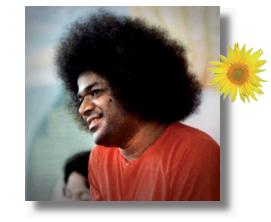
SAI: Your love, my love, they are the same. There is only one and He is God.

Q: Do you mean we should affirm that, that we should always say it?

SAI: Here is humanity (pointing to a line in the wall denoting a layer of bricks). Below is the world, above is God. Aim

up, not down. You are God. There is only One. For so many lives you have been declaring that you are human, with limitations, "I am faulty....I am... so and so." That is wrong. Now say, "I am God". Never feel or say that you are other than God. You will show Godly qualities. You will have Godly powers. You will be God.

Source: http://goo.gl/js5m8





HOW TO RECOGNIZE AND OVERCOME THE EGO?

Letting go of the ego and embracing our divine self is the key-practice for any devotee. We should identify ourselves with God, not as a person but as divine quality or value. God is love, bliss and peace, all-powerful and omnipresent. So the main spiritual practice is to be and feel divine all the time; to constantly remind ourselves of our reality. That is the right way to face life in general.

We are inseparable part of the omnipresent Divinity. As the devotional song says: »O God, you are the Ocean of Bliss! « We are a natural part of that allpervasive ocean. This kind of thinking is liberating for us because it awakens the true awareness. Therefore we should feel safe and secure by being aware of whom we really are. That is the best practice, for that is what life should feel like.

But at this point we may ask: If divinity is who we are, why do we need so much spiritual practice to recognize that fact? Why do we need so much effort just to be who we are? Should it not be much easier and spontaneous to achieve that natural state of being? If we are asking these questions, it means that we are about to see and recognize our ego and its influence. It is our ego that prevents us from having the experience of divine reality.

WAYS OF THE EGO

Ego is the aspect of our mind that holds back anything connected to the spirit. It is made of false identification. It is a part of us that is under the illusion and therefore is aware only of the physical body. That is its limit. Ego is our delusion about who we are and it says that we are nothing but the physical body. It says that we should pay attention only to the things that bodily senses can touch and see. The reason for that is because the ego does not have and can never have the capacity to recognize all-pervasive divinity. Divinity does not exist as far as ego is concerned.

Sai Baba wrote in Sathya Sai Vahini the basic statement of human ego. That statement represents the inner conviction of any person living under the illusion. It's a definition of ego and goes like this: "There is a world outside of me (jagath) which contains me along with other similar seekers of happiness. In that search, I meet joy and grief, and encounter birth and death." Swami also adds: "This is the fundamental ignorance (ajnana)«.

Source: http://goo.gl/HL6PB

So the ego within us believes that we are nothing more than limited physical beings, struggling for happiness and survival. It will never let us easily go into any meditative state in which we can get in touch with the inner source

of peace and love and realize that we are much larger than our physical body. Any thought about omnipresence or transcendence is unacceptable by the ego. Ego will not have such thoughts. Even more than that, ego will resist any attempt to pursue spiritual goals and will trigger strong sense of fear and even physical discomfort in case we decide to change and get in harmony with higher values and broader vision of life.

Ego prevents us from having thoughts of bliss and instead brings to our mind thoughts and visions of uncertain future and difficulties we have to go through to have our basic needs covered. All our worries and insecurities are consequences of that false vision of ourselves that our ego makes us believe.

But it is important to know that ego can never win. The ego is very »loud«, but if we consciously decide to let go of certain kind of behavior and substitute it with the other, the ego cannot do anything to stop us. We own the ego. We've created it and we can also make it disappear.

OVERCOMING THE EGO

We fight the ego with our strong conviction and faith. Swami gave us a good tool when He said: "Why fear when I am here?" He further explains that "fear" in that statement represents the fears of ego which is always



We are one where one one we are o



concerned only with the physical body. »I am« in this statement represents God or our inherent divinity. So it means that we should not pay attention to what ego says, but should always rely upon and act from the awareness of our true divine self.

We can always afford to have bliss and peace in our life. That really is a matter of our choice, regardless of our current life circumstances, because God is within us with all His powers. And He is always here. He is in our heart right at this very moment. It is only our choice if we should decide to act in harmony with

that awareness or according to our ego. It is our decision and choice.

e one we are one

To help us let go of this old habit of thinking from the egoistic point of view, Swami lovingly gives us the following advice. He says: »If you have real love for God, always contemplate on Him. If you have liking for Rama, contemplate on Rama. Similarly, if Krishna is your chosen deity, contemplate on Him. But always remember that Rama and Krishna are not outside; Rama is in your heart, Krishna is in your heart. Whatever form you consider as Rama, contemplate on that form with your eyes closed. You will certainly visualize that form. Ultimately, you will realize, "It is out of my delusion that I considered Rama and Krishna separate from Me. In fact, I am Rama, I am Krishna". «

Source: http://goo.gl/yAg2Y

This way of reasoning and thinking can change our life for the better in so many ways. We can elevate our life to a much higher level and purify our experience. We can fill ourselves with real, steady bliss and continue to develop and grow in that bliss, never looking back at those times when we were struggling with so many different kinds of fears.

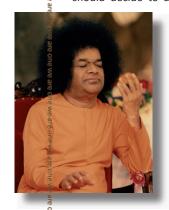
Here is another beautiful and very useful guideline by Swami to conclude this article.

"Many people who have some questions regarding Swami do not realize the ways of the Divine. They look at all things from the worldly point of view. They should look at things from the Divine point of view. Change the angle of your vision. When you practice seeing the world from the point of view of the omnipresence of the Divine, you will get transformed. You will experience the power of the Divine in everything in creation."

Source: http://goo.gl/MvaZ0

Let's keep that in mind. Severin





we are one we are one we are one we



CHEF'S CORNER

Banana - Fruit Sorbet

Ingredients

- 2 bananas
- 2 to 3 tablespoons of sugar
 ○
- second fruit of your choice (optional, good with strawberries!)

Instructions

are one we are one we

In a small bowl, preferably with a lid, mash the bananas with a fork until reasonably smashed and the consistency is a little gooey. Add the sugar (to your taste), and mix. (Also add your second fruit if you have one.)

Pour the soymilk, mixing once more. Place lid over the top of the bowl and freeze between 1 and 2 hours. May take longer, depending on your particular freezer.

The completed consistency is usually somewhat frozen with a slight icy mush to it. Dig in!

Serves: 2

Preparation time: 1 to 2 hours

Bon Appétit! Niraj





↑ TOP

http://vegweb.com/index.php?topic=14070.0

we are one we are one

INFO

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

↑ TOP





are one we are one we

LOVExpress © - SSO Zones 6 +7 - Youth Newsletter

© Copyright Sathya Sai Organisations Zones 6+7.

All rights reserved.

Love Express is the only zonal youth publication of the Zones 6+7 Sathya Sai Organisation updated every two months.

These pages may be reproduced, distributed, and transmitted in any form, by any means, provided that: (1) no text or photographs are altered; (2) the copyright and website information are included with every set of pages; (3) they are not sold for profit; (4) no

fees are charged for distribution.

Publisher: SSO Zones 6+7 Youth Wing Editor: Niraj Pabari (niraj@pabari.net) Layout: Petra Zugal (petra@zugal.at)

Zonal contact: Pieter Stolk (Zone 7 - pieter.stolk@home.nl)

Supervisors:

Severin T. (Zone 6 Youth Coordinator - z6youthcoordinator@sathyasai-zone6.org) Mathias Seitel (Zone 7 Youth Coordinator - youth@sathyasai-zone7.org)

Zone 6 website: www.sathyasai-zone6.org Zone 7 website: www.sathyasai-zone7.org

International website: www.sathyasai.org



