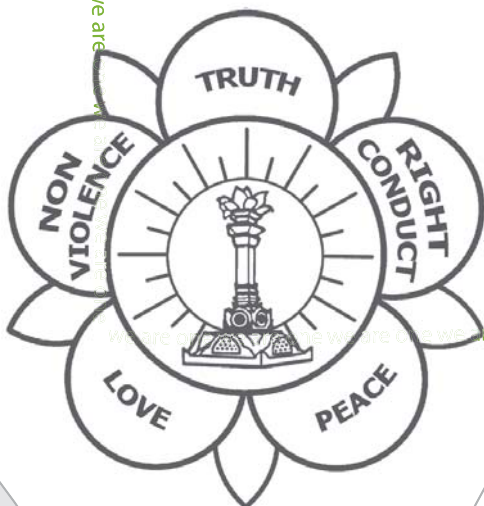


Sai Youth Newsletter
Zone 7
Issue 02 | March 2010



Introduction

Sai Ram dear all,

Just three weeks before the long-awaited European Youth Conference will come into being, here comes the second issue of „We are One"! Much has happened in our Zone since last time, and as you can read in the many beautiful articles in the following, the year 2010 has started with a lot of new energy. When I entered this year together with other Sai youth from Germany, I had a strong feeling that not only the number on the calendar has changed. It felt as if a quiet but unmistakable voice had started to whisper: Now is the time to awaken, the time to be aware, the time to be! If not now, when? One weekend later, I could be part of the first ever Region 73 Sai youth meeting organized by the youth of Lithuania. For many it was a long-held dream coming true. When thinking back I still feel deeply touched by the divine joy and inspiration which was present throughout this meeting, which was like an affirmation of the feeling I already had a week before. On the same weekend, a similar meeting was held in Hungary, and both marked the start of many planned youth activities throughout 2010.

A lot of youth have in the meanwhile booked their tickets to the EYC, and many are busy with preparations for the event. This European gathering will be a great opportunity for awakening, for raising our awareness, and for living our true power of Being. Amongst many other things, 2010 will bring us the Zone 7 group pilgrimage to Puttaparthi in the first two weeks of August, and finally Swami's 85th anniversary and a global Sai World Conference in Prashanti Nilayam in November.

I'm looking forward to meeting you during these or other opportunities, and to a year of true European one-ness with Swami!

*Mathias Seitel, Germany
Zone 7 Youth Coordinator*



European Youth Conference – Quick fact sheet

Theme	Ideal Sai Youth – The Power of Being
Participants	Sai Youth (18-35 years) from Zones 6 and 7 of the Sathya Sai Organization
Start of EYC	Friday, April 2, 20:00 with Opening Session (arrivals in the afternoon)
End of EYC	Monday, April 5, ~15:00 (departures after lunch)
Venue	<i>"Mother Sai" complex</i> Via della Pace 1, 28040 Varallo Pombia (Novara)
Conference program	The program of the EYC will consist of many different elements, including an opening ceremony, presentations from many countries, interactive workshops, speeches, devotional singing, Love-All-Serve-All music program, value sports, and much more... Stay tuned! ☺
Self-Awareness Program	A beautiful online Self-Awareness Program has been created, which accompanies us towards the EYC, providing us with many inspirations, motivating suggestions and "food for our souls". The program can be accessed via the conference website; login data are available for all Sai youth upon request.
Contact	Registration questions: registration@eyc2010.eu Self-Awareness Program: sap@eyc2010.eu General information: info@eyc2010.eu



"When you cultivate the awareness that you are a spark of God, that you have as your reality Divinity Itself, you can become really Divine, and you can have command over all powers. "As you feel, so you become". It is how you feel that matters most. That is the basis for all that you are. Have faith in the *Atma*, the Self. This is a must for every person."

Vidya Vahini

Czech Republic

The youth in the Czech Republic actively serves in the local Sathya Sai Organisation; a number of office-bearers are youth. Here is a beautiful account of Seva in Prague which is co-organized by the youth.

When the winter comes to Prague, we use to do regular weekly service for the homeless people. It's not really a big thing. We just prepare a few litres of warm tea and coffee and some sandwiches. Then we go to the main railway station or to other places in the downtown, where the homeless people meet. There, we distribute the hot drinks and food. Sometimes if we have some spare but still functional clothes, we bring them as well. This way we can serve to about 10 – 20 people. In the past, before the main railway station was rebuilt and when the homeless people were

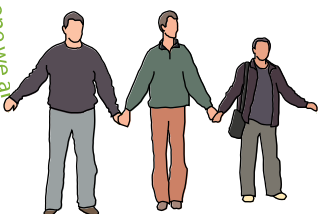
more concentrated there, we could serve to even more than 50 people several times.

At the first sight this looks like a not really important service, since we cannot provide shelter for the people, nor we can give them a job or constant care. On the other hand, when one really resolves to join the service, he or she can quickly see that the real value of the service lies in something else. First, it gives to the homeless people the hope and the feeling that someone cares for them. As we could often see, this and the love we tried to give them were often far more important than the hot drinks and sandwiches, especially in the long run.

Second, the service has really allowed us to understand that the less fortunate people, who have no place to stay, are in fact no different to us. In fact, in their life stories, we could really see that it's not difficult to be prosperous on one day and poor and homeless on the other. This way, the service has taught us to step a bit out of our comfort zone, where we live in false feeling of safety. It has made us subdue our ego, which would object why someone educated should personally serve the poor. Most importantly, it has led us to slowly open our hearts with love and compassion to others, who are no one else than God in His multifarious forms.

But really, when thinking about this more deeply – who are we compared to our Lord, who selflessly sacrifices Himself in sustaining the whole Universe for aeons? In this way, it's really His life, which is the highest message for us.

*Jai Sai Ram,
Czech Sai Youth*



Hungary

Dear youth!

We hold our first youth meeting in 2010 on January 9, and 11 youth participated.

The program included a movie with a spiritual theme, after which we listened to a quote of Swami which was connected to the movie, and on the basis of it we posed questions. We discussed the questions in groups, in the form of a study circle, with the subject: „The most important thing is to live in the present.” The questions were related to how we can realize the „presence,” and what we need to do to live in the present.



Study Circle at the youth meeting in Hungary




I would like to share a few thoughts on the part of the Hungarian youth connected to this subject:

- The way we are living in the present is how the future will form. The present is a good chance to overwrite the past and our mistakes.
- Always concentrate on the activity that we are doing right now.
- The present makes us happy!
- We should accept even the things that we think are bad, so that we will be able to appreciate the good.
- We can form the future with positive consciousness, so that we do not need to worry, and we need to watch the troubles as clouds that are passing the sky.
- We can experience presence in sports, because then we are concentrating on one activity.
- We always wait for the moment when we become happy, and we think that

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On January 8-10, 2010 we had a meeting of Sai Youth of Region 73. The meeting took place in a private farm house in Ukmerge, Lithuania. Youth from Lithuania and Poland attended. And we had Mathias Seitel, the youth coordinator of Zone 7 (Germany), and Pieter Stolk, deputy youth coordinator of the Zone (Netherlands) visiting us and giving us wonderful workshops: "Deciding to Be" (Mathias), and "Transformation of a Dutchman" (Pieter). Marta Dobosz, the youth coordinator of Poland and Katarzyna Andersson presented an inspiring story about the medical camps in Poland and their other activities in the Sai Organization. We had lot of Bhajan sessions with Ricardas and Saulius. And we learned to cook food on an ancient oven heated by wood fire! It was snowing all the time and cold reached -20 °C, but it was warm and cosy inside the house dedicated to Swami and the happiness rose inside our hearts.

Youth at the Sai Youth Meeting of Region 73



Kristina (25 years, Kaunas): “I attended a Sai Organization meeting for the first time. I enjoyed the fellow-feeling during the event. I felt like in a friendly family. If I have to describe the meeting in two words, I’d say “happy happy” as in one story of the wonderful workshops we had – it represents the spirit of the meeting. The time during the meeting stopped. It was just “here and now”. And long after the meeting I felt peace inside myself.”

Saulius (10 years, Vilnius): “When I entered the room and saw the picture of the three incarnations of Sai Baba, I was so inspired, that I spontaneously composed a bhajan “Shirdi Sai, Prema Sai, Sathya Sai Baba”. And it was the first time that I lead a bhajan in public. ☺”

Evaldas (39 years, Pakruostele): “I enjoyed being “here and now”, serving others and helping with fire and food. I just wanted everyone to be “happy happy”. When we were singing in Polish together with Marta and her friends, I felt like crying. It seemed that nothing else existed outside the house.”

Ricardas (44 years, Vilnius): “It was wonderful to attend the workshops and presentations of Mathias, Pieter and Marta, who actually shared their experience rather than bookish knowledge. And I feel thankful to all youth who attended and helped with something, even small, to make it happen.”

Petras (28 years, Kaunas): “To me it was the first such long satsang with God’s (Sai) devotees. The miracles started happening even before I reached the place! Firstly, I had to go with a non-heated car. But I suddenly lost its keys (my father found them a couple of days later in the snow). So I took another big and warm car and I could take the passengers comfortably all the way down to Ukmerge. Secondly, when I came



to the agreed parking lot full of cars where I had to meet Marija and my passengers, guess where I found one free parking place – right next to her car! Later during the meeting I felt like in a different world. I felt the presence of God. During the last meditation, when I took the light down to my heart, the lotus flower was already open, and not closed as usually... Since then I started feeling a little more (I don't know how else to describe this experience)."





Marija (27 years, Kaunas): "I kept myself busy with organizing everything, but during the weekend I got several signs from Swami, that He is the real doer, and not me. I got so inspired during the meeting, that I even accepted the honor and duty of the Lithuanian youth coordinator title. 😊"

.... and inspiring presentations.

Poland

Pre-Conference's Youth Workshops and Polish Choir

The last three months were quite active for the Polish youth. The Sai Organization in our country started a new project – the Polish Choir. The rehearsals are taking place almost every month since September 2009. Nearly all of the Polish youth are taking part in it. That's why we have decided to use this situation for organizing meetings for us, one day before the choir. We have already had three meetings. During these meetings, we can spend time together and work on the Self-Awareness Program by making study circles and games. Thanks to the workshops we have a great opportunity for preparing our presentation and performance for the EYC in Italy.

We have noticed that the atmosphere during these meetings is full of joy, trust and understanding. It is different now than before. It is amazing that more and more people are interested in helping and that a lot of them want to take active part

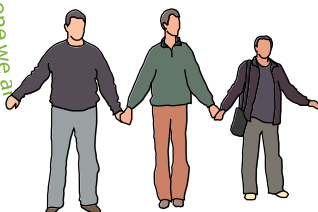
in it. Thanks to the idea of the EYC, we have a common goal and we have started to work together. We hope that this enthusiasm that we feel now will grow and never end. And with Swami's help we will make beautiful things together.

With Sai Love,

Polish Youth



Polish Youth preparing for the EYC



Germany

New Year meeting

At the end of the year, we met for our traditional New Year meeting for four days. The theme of this meeting was "Practical spirituality in daily life". We were 28 participants, six of them babies and little children... (yes, Swami sent us lots of new little "Sai Stars" ☺).

During the meeting, we had several workshops: on being aware of our feelings, on making decisions, and on the values inherent in each one of us. Another inspiring workshop was on perceiving our inner state and our feelings through our body. We had workshops for women, for men, and a parenting workshop for young parents with their children.

There were many opportunities to discuss our experiences with living spirituality in daily life. We felt it helpful to see how we can change our perspectives by assuming



German Youth at their traditional "New Year meeting"



another point of view, or "other glasses," to see life more positive and to realize the divinity in humans and all beings.

On New Year's Eve we said goodbye to old things we do no longer need, and opened ourselves for everything new the New Year would want to bring us. Everyone lit a candle with a good wish for the whole world and for his own life.

On the following evening three youth gave inspiring presentations about their experiences they had during journeys to Latin America and to Syria. They shared with us how they felt the loving care and guidance of the Lord on each of their ways and in many different situations.

Finally, in our closing session, we had an outlook to the European Youth Conference and created ideas for our next activities.



lighting candles with good wishes for the whole world

This meeting was in various ways very inspiring. There was a lot of creativity, inspiring talks and the feeling that something new will grow... We pray to Swami to guide us in everything and every step we do on our way together to him.

Jay Sai Ram,

*Tina Seitel
National Youth Coordinator, Germany*



"You must demonstrate that Love, Peace, Righteousness, Truth and acts of Loving Service, rendered in a spirit of humility and reverence, is what makes people happy. We need not concentrate on production of more food or building of more houses or manufacturing more cloth. What is most needed today is a total effort to make human beings manifest more tolerance, more humility, more brotherliness, more compassion and deeper awareness of the springs of joy and peace that lie within the heart of each one. Be in the forefront of this spiritual adventure."

Divine Discourse, November 14, 1975



Slovakia

At the beginning of our first contribution to this newsletter, we would like to thank Swami for his love that he is constantly giving us.

Slovakia is a small country. We are three youth and all of us are members of the Sai Group of Bratislava. But numbers don't matter. It is important that we can be a part of one Divine unit and share Swami's love and joy anywhere and anytime. We would like to share with you our beautiful experience of renovating our new place for satsangs and our Christmas celebration 2009.

After meeting in tearooms and private flats for several years, we finally decided to rent a small room for satsangs in summer 2009. We ourselves renovated (painted and cleaned) the new room. We had a lot of fun and joy during this activity. And

finally, when we were installing a new picture of Swami during Christmas celebration, Swami's humour was also there. We tried to fix the picture on the wall. But we succeeded only for a while. Because we forgot the original fixing system of the frame and used different nails, the picture fell down into our hands after a while. Smiling, we chose a temporary "ground" variant of decoration. And it was quite a good solution because Swami could now be closer to us.

Our Christmas celebration included a study circle on Swami's Christmas speech from 1992 and a video from last year's Christmas celebration in Prashanti Nilayam. And the most inspiring part was the common drawing of a Sai Christmas tree with spiritual decorations – values from Swami's



Christmas tree with spiritual decorations

teaching as you can see in the picture.

We wish you all for 2010 a lot of Love, God's blessing and grace, joy in your heart and peace in your soul.

*OM SAI RAM, with love
Slovak Sai Youth: Katka Subova, Silvi
Wagnerova and Vlado Wagner*



Slovakian Youth celebrating Christmas



The Netherlands

Sai Youth Unity: Serve man until you see God in all men

Aum Sai Ram!

The Dutch Sai Youth took up the task to organize, prepare and take care of the National Celebration of Swami's 84th Birthday, on the 21st of November. Through such an opportunity we had a chance to put into practice many of Swami's beautiful teachings. We were trained by Him, in our hearts and through each other to grow in Unity. It was just amazing to see so many youth coming and working together for this occasion!

Start early, drive slowly, reach safely

We had to start early with our preparations, as we were preparing for a meeting of approximately 350 people from all over the country. Our first meeting was sometime in April. Right from the start we tried to work on all the details of the day, because we knew how much Swami appreciates our dedication to the smallest details. From discussing about the decorations, the altar, designing the invitations, creating a play, inviting speakers, creating a music program, and having a children's program; we went through all items in our youth meetings preparing and improving them until the day of the celebration. With Swami's Grace, it all came together perfectly on time. We were mere instruments, He was the Doer.



Love All, Serve All


Special care and attention was given to the notion of service. In fact, we made it part of our theme! Swami says: 'Serve man until you see God in all men'. All youth thought this was something that we needed to work on. Not only individually by putting in our efforts, but also as a group, a Unity on the day itself – when working in the kitchen, with the stage and program, with the music and with welcoming the attendees. Everybody that came was very happy and said they felt inspired by the youth on that day. We only thank Swami that He was with us, and that we could serve Him in everyone!

Sarva Dharma and other program parts

Throughout our program we had unity and service as recurring themes. With this in mind and in our hearts, we practised the music and play together. The play was based on one of Swami's Chinna Kathas and was a great success! In fact, it came out perfect and much better than when we practised. We also made a presentation through which we showed the unity of different religions (Sarva Dharma). We had Bhajans, a humorous quiz game with questions on service, and we also composed

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