

Introduction

Dear reader,

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We are happy we could prepare this third issue of "We are One" for you. Swami often tells us not to get attached to worldly things such as a nice house, a car, or a person. Maybe all of us have already got a bit attached to this newsletter, even though it is still quite young. To make a long story short, we need to tell you we all will have to live without it, because this will be the last issue.

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But! Swami never leaves us empty-handed and has great reward for us in exchange for letting go. This reward will be in form of a new European youth magazine which will contain news and much more for all the youth from Zones 6 & 7 combined!

A team of several youth from both Zones is currently working on the first issue of this new magazine, scheduled to arrive in your inbox in August. In fact, like several other new projects, the idea for a combined youth magazine project was created at the European Youth Conference in April. Many of you have participated in this event and those who did not surely have heard something about what happened in Divignano.

Enjoy reading articles on the EYC in Italy, on the Zonal Pre-World Conference in Cologne, and on many of the things that have happened in our countries since then. We look forward to see you again in the new magazine in August. Let us truly be One!

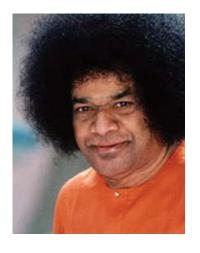
With Sai love,

Mathias Seitel and Pieter Stolk Coordinator & Deputy Coordinator for Zone 7 Youth

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"The real thapas or asceticism in life is to observe disciplines and restrictions as prescribed. The mind is the foremost of the three inner instruments in human beings. We must protect the mind, so that attachment, passion and excitement do not enter. These extremes are natural to the mind. The waves that rise in fury in the mind are lust, anger, greed, attachment, pride and envy. These six are your inner foes. Lust and Anger bring on the remaining four. To release ourselves from these inner foes and to proceed in our spiritual path, we must observe spiritual practices."

Divine Discourse, Vidya Vahini.



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"The Power of Being" – Sathya Sai European Youth Conference 2010

During the weekend of Easter, a long-awaited event took place in the beautiful property of *Mother Sai* in Italy: the Sai European Youth Conference 2010. The EYC, which brought together youth from both Zones 6 (Southern Europe) and Zone 7 (Northern Europe), was the last in the series of zonal youth conferences held all over the world in preparation for Swami's 85th Birthday this year. Around 200 young adults from 21 countries all over Europe attended the meeting entitled "The Power of Being" — a mind-shifting two-and-a-half-days quest of looking backward, looking forward and deeply looking inside.

After reaching *Mother Sai House* in Divignano (close to Milan), European unity in diversity could be experienced straight from the start. The colorful and touching opening ceremony on Friday evening began with a flag march during which representatives of the individual countries came on stage with their flag, accompanied by a one-minute power point presentation displaying culture, music, outstanding personalities and of course Sai youth in the country. Each country had sculptured an individual heart which was then offered at the altar of Swami. Following a beautiful dance performance, the spiritual awakening of the youth towards realizing the vision and mission of their life was symbolized in a drama which ended with the recital of the *Asato Ma* prayer. The conference was declared opened!



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Shitu Chudasama, International Youth Coordinator, speaking at the EYC2010

On Saturday morning, the program started with welcome remarks and speeches on the theme of the conference. One of the speakers was Shitu Chudasama, our International Youth Coordinator, who had traveled from Great Britain to participate in the EYC. Everyone was spellbound by his onehour speech on Saturday morning, in which he underlined the immense importance spiritual transformation has not only for us, but for entire humanity. The time to start this transformation is not in the distant future, but now, in the year 2010. We are all chosen by Swami to be co-creators of a new spiritual order. With many practical examples and stories of his own experiences, Shitu emphasized the importance to know Swami and His teachings and to truly practice them in our lives. Be the change you want to see in the world.

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During the conference's workshops, many participants surely had powerful moments of self-insight, for example when filling in their *Divine Journey Admission Ticket* during Saturday. Here, everyone was invited into a process of discovering and realizing the true vision and mission of their own life. What are our strengths, our own resources and talents, and where can *we* make a difference in serving society? What is it *we* feel we can give? Assuming that we are fully conscious of our own divinity and we have all skills and resources needed to make our vision a reality – what would we then do with our life? What is our life's purpose, that we deeply within feel we have to realize before we can ultimately leave this planet? The process of diving into these questions and the answers that came were truly powerful and also laid the basis for following workshops.

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Workshop at the European Youth Conference

After the individual work on vision and mission, workshops continued with thematic sub-groups on Sunday and Monday, discussing how different aspects and projects within the Sai Organization can be strengthened and further developed. Youth could choose the group which matched their own background most closely. Amongst the themes discussed were the youth project *Love All Serve All*, healthcare camps, leadership training, service and Sai challenges, communication and networking, as well as environmental care. From these group workshops several teams emerged which now after the conference continue to work together on a European level in order to realize and support concrete projects.



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Workshops were just one aspect of the program. Other elements included presentations of youth activities in all participating countries; an evening program by students of the Sathya Sai University with many touching stories of personal experiences with the Avatar; an active morning with value-oriented games; and a variety of beautiful theatrical and musical performances. A highlight surely was the *Love All Serve All* evening: the countries which have initiated activities in the context of the LASA project were presenting their achievements and afterwards came together on stage to give a beautiful concert with many of the infectious project songs.

When the conference came to its close, what was left was a powerful atmosphere of unity, of enthusiasm, and of an urge to do our part of bringing Swami's mission





LASA in action! - International LASA band performing at the EYC2010

in Europe forward. Since the conference, youth all over Europe have continued with much new energy to work on the ideas initiated in Divignano. Various countries already held regional or national follow-up youth meetings after the EYC to see how they can turn the new inspirations into national or local projects. In particular the Love All Serve All project has received wonderful new energy since the EYC, and new LASA project groups have been formed in countries such as Germany and France. You'll read more about the current developments in this and other projects in the August edition of our new European youth magazine.

After the experiences of the EYC, it is now truly up to us to carry on the message of the conference and to trust Swami that the incredible will happen when we believe in our true Power of Being. Thank you Swami for this gift of inspiration!

Mathias and Tina Seitel

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Zone 7 Pre World Conference

On the second weekend of May 2010 around 165 devotees from 11 countries came together in Cologne in Germany to be part of the Pre World Conference for Zone 7.

During the conference all the participants were moved by the open hearted speeches, music and study circles. A lot of inspiring guests were present, such as Dr. Michael Goldstein, Dr. Narendra Reddy, Leonardo Gutter, Marianne Meyer and Petra von Kalinowski. The personal experiences and stories they shared with Heart to Heart connection has brought wisdom and joy to all who were present.

On the subjects "God Is", "I am I" and "Love all, Serve all", study circles were held. The study circles were quite intense. The participants were asked to read a (big!) collection of Swami's discourses on these subjects in advance. In the study circles, a lot of inspiring thoughts where shared, some were even moved to tears... The youth had a short and joyful meeting where they made music and shared their thoughts about ongoing youth activities in Zone 7.

Pieter Stolk, Deputy Zonal Youth Coordinator



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Workshop moderators giving a summary to all participants of the Pre World Conference

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"We are one" - 1st Region 73 Meeting

We are one – the motto of the first meeting of the countries in Region 73 tells everything that we experienced and felt during this long weekend in Gdansk. This was a meeting for Sai devotees from Poland, Estonia, Lithuania, Latvia and Finland. It was beautiful to experience unity not only between the countries but also between the generations: children, youth and adults. The program of the meeting contained many different activities: bhajan sessions, inspiring presentations, workshops, artistic programs and dances. There was also time and space for long walks on the beach, enjoying the sun, sharing the happiness of being together and exciting night conversations with ice cream. © Lots of laughs and spontaneous actions – these are the words that can best describe the character of the meeting. It was incredible how easily we could share divine love and the feeling of oneness. Thank you dear Swami.

Marta Dobosz, NYC Poland

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Youth participants at Region 73 meeting in Gdansk

It was a joy to spend these moments together, experience the energy and enthusiasm which is so inspirational! I was very happy about participating in this event, and I saw how wonderful people are there — outgoing, deep, friendly etc. And that inspired me!

I think that to live nowadays, is something very special. Something really great is happening on the planet Earth at this very moment. In this context there should be possibilities and canals meant for youth to realize the truth of this moment, in order to experience the real "I" also in our everyday life. Regarding Estonia, the organisation should establish the possibilities to work out the dreams of the inner realm of the youth, the "God Within Generation". There are many young people in Estonia who experience this inner truth but they can't see these values in their daily life. They need to be encouraged, supported and provided with possibilities to express this urgent inner need to be Human beings – to serve, to live according to the inner truth, to make real the deepest aspect of self fulfilment.

Kaido from Estonia

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The Netherlands

The Power of Being... Together

Here is an account of one of the Dutch participants in the European Youth Conference about his experiences of the conference

Ciao a tutti!

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When arriving at Milan airport, it was just late afternoon, but nonetheless we were all tired and hungry. This didn't take away the fact that we all looked forward to the weekend to come. On arrival, we were taken to the busses by our good-tempered Italian guides Diego and Christiano. Finding these vehicles proved to be a challenge on its own, but after several rounds on the car park we were on our way to Mother Sai. During the ride I heard several stories about the Mother Sai complex: swimming pools, a big sports hall and a villa specially built for Swami himself.

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Half an hour later these high expectations proved everything but premature and I was left amazed by what I saw. Settled in a gorgeous landscape I could not imagine a more perfect place for the European Sai devotees to meet.

The program started that very evening and from the moment all the flags from participating countries were presented, the sheer size of this youth conference started to dawn on me. Every country presented itself and its youth activities in an often unique and inspiring way to the other participants: sometimes by describing the implementation of Swami's discourses in their own culture, sometimes by performing devotional songs or a play.

What has stayed with me most is the sense of unity during the entire conference. Youth are showing their devotion to Swami in all kinds of different ways, but brought together they are nonetheless capable of creating a vibrant and harmonious ambiance. I wouldn't have wanted to miss this for the world.

Shitu illustrated the power of this unity in his first speech. "Europe is a sleeping giant when it comes to the Youth. When awake, it has the potential of achieving the impossible". I am confident that this conference has opened the first drowsy giant's eye.

Kind regards and Sai Ram,

Arne Mombers, Netherlands



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Sai Youth Newsletter Zone 7 - Issue 03, July 2010



Dutch Youth at the EYC2010 - big smiling time :-)

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Dutch Youth activities

After participating in the European Youth Conference, we tried to get answers on the following questions during our youth meeting on the first of May: In what way are the youth involved in the Dutch Sai Organization? In what way could we work together with the "senior youth" (elders), and how do we form a unity with them? What do we, youth, want to achieve from April till Swami's birthday in November?

On that day, we decided that we would like to focus on seva activities in which youth and senior youth will work together. We realized that this can be achieved in three ways:

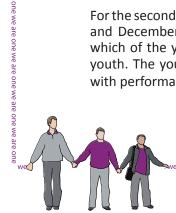
- The youth will participate in existing projects which are being executed by the Sai centers and groups
- The youth will organize a seva project. The youth will ask the "senior youth" if they would like to join the project.
- The youth and senior youth could think about and eventually implement new projects together

Which concrete actions are taking place right know? We talked to our national chairman about our ideas. In 2011 the Dutch Sai Organization will organize a Social Camp in the Netherlands. The Youth will participate in this project. Also, the youth would like to do seva for the members of our groups and centers. We will contact them and ask them if we can help in any way. All youth who would like to join us will ask the members of their group or center if we can join them or support them regarding the seva project they execute. Furthermore, every youth will check in his/her neighbourhood or city which seva projects could be found.

For the second half of the year, national youth meetings are planned for July, October and December. In July, we will make concrete decisions about seva activities by which of the youth can participate in the SSO and work together with the senior youth. The youth will also take active part in the celebration of Swami's birthday with performance of a drama play in relation to the theme *Light and Peace*.

With Sai Love, Dutch Sai Youth

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Hungary

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Dear Youth, Sai Ram to all of You!

In these months, we are having a national program named the *Peace Pilgrimage*. It was started in March, and is organised on a monthly basis in different cities with active Sai centres and groups. The purpuse of the program is to raise the vibration of the Earth and to clean the Mother Earth by devotional singing and rendering selfless service. The first event happened in March when we had a get-together in the city of Sopron. We cooked and distributed food to homeless people, and we collected garbage as a part our service activity.

The next station was the city of Pécs where we cleaned a park from the waste. The work was done in a very good atmosphere through which we could experience a lot of joy. As a recreation activity, we had the opportunity to ride a tandem-bicycle and we cooked dinner in a stewpot under the open sky.

From our country, three persons participated in the EYC in April. We faced challenges before the journey in the same way as we knew them from travelling to Prasanthi Nilayam. The programs all were super, without exception! Besides the discourses and workshops, we could see a lot of presentations and musical programs from differenct countries. It was wonderful to see how many youth Swami has directed to the conference! Though we returned home physically tired, mentally we felt filled with a lot of amazing experiences. Congratulations to every organizer, and thank you for your job, as we know, you have worked a lot on it.

On the 17th of April, we organised a youth meeting in which we shared our experiences about the EYC with the other youth, and showed photos and video recordings to them. As the experience was still fresh we felt very enthusiastic. The meeting was planned to be continued with an activity game, but as we were only few, we put into action plan "B", which was watching a movie with a spiritual message and doing a study circle on this topic. However, despite our plans, we couldn't





Hungarian Peace Pilgrimage - preparing food for homeless people

realize the study circle, as some of the participants had to leave. As we know, Swami is the Director, so this incident might suggest that regarding the program of future youth meetings, we should take a different direction. Swami shows us the way and through this helps us to learn not to stick to the results. All we have to do is just accomplish our tasks as good as possible.

Ilona Ács, NYC Hungary

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Germany

National Youth Meeting "Love All Serve All"

After returning home from the EYC, in Germany we had the feeling that we should bring the youth together in a meeting for sharing the inspiration and ideas from the EYC, and plan concrete next steps in our country. So three weeks later 15 youth from all over the country came together in "Stilles Haus" in the middle of Germany.

The outcome was amazing. During this meeting we established three local LASA



project groups in different cities. These groups now work in creative ways under the motto of "Love All Serve All", with the goal to bring human values into different parts of society by means of music, art and service.

Since then, the three groups started to meet once or twice a month. Two groups are working on catchy value messages which they intend to print on post-cards and stickers, and distribute these on various occasions. The third group started working on a music band for bringing value songs into society.

Pentecost Festival "Music, Motion, Sound"

On the weekend of Pentecost, a regional retreat took place in Stemwede in Nothern Germany. This traditional retreat includes camping, workshops, dancing around the maypole, a campfire and singing. This year's theme was "Be happy: festival of music, motion, sound". Out of about 110 participants, 23 were youth. They were leading workshops, baking cakes and helping with the overall organisation. There was also a youth workshop on LASA to spread the idea about the project.

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Tina Seitel, NYC Germany



German youth paying attention to a presentation on LASA

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Sai Ram dear Sai sisters and Sai brothers,

In the town Graz there is a small Sathya Sai group, which currently consists of two seniors, five young adults, two children and one little child. The youth wing of the group has been inactive for a long time because of poor participation, but we kept it alive as a sign that we are here. Now suddenly two young Indians and a young family from Russia appeared. These devotees are not just one-time visitors, you can see that their interest is coming from their hearts. Two of them instantly became members of the Sai Organisation in agreement with the Code of Conduct and the ten guiding principles. This made me and our group really happy, because it gives certainty for our activities when young adults commit themselves for the Sathya Sai Organization with a YES. And so it is. I don't need to cancel a planned Seva activity because I'm alone. I can fully rely on them. In their eyes Swami's message is sparkling: «Helping hands are better than praying lips.» Now, our 87 years old

organic farmer can every month look forward to receive active assistance. The message already gets about the neighborhood and in this way creates a nice picture of this service. Love in Action! Sai Ram.

Christoph Stertak, Youth Coordinator Graz, Austria

The Austrian youth in action together with the organic farmer

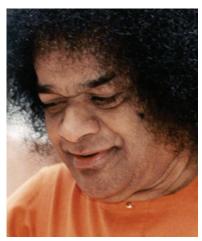
We dedicate this newsletter with love and gratitude to our dearest teacher and friend, Sri Sathya Sai Baba. May His lamp of love ever

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continue to lead us on our path of unity!

Internet: www.sathyasai-zone7.org



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