



**EUROPEAN  
YOUTH  
MEET  
MAY 2023**

C A S A  
D E L  
D I V I N O  
A S H R A M





## **Friday, 12**

*On Friday, after a long journey, we arrived in Assisi and visited the Portiuncula of St. Francis and the Church of St. Clare. During the visit to St Francis, episodes from the life of the saint were shared and explained, and a comparison was made with the version told by the Church with that told by Swami. After the visit, we stopped for photos and went for an ice cream all together, then split into the various cars and finally went to the Ashram.*

There we settled down for a moment and started doing some wonderful chanting, called Bhajans, in the main hall.

We then divided up the various tasks to be done in the Ashram among ourselves in such a way as to make our sojourn as pleasant and easy as possible, with complete respect to the place and for each other.

In the meantime, dinner was prepared by people who had been serving all weekend, a (food) prayer was said and Swami, who was not with us physically but his Omnipresence felt, was served first.

We then stayed and shared together until it was time to go to bed; the women stayed over at the Ashram, while the men went to a nearby B&B for the night.





## **Saturday, 13**

*On Saturday morning, after breakfast, we all gathered for a bhajan session, starting with the video "Bhagawan Sri Sathya Sai Suprabhatam", we gathered in deep devotion to our beloved Swami. The programme for the weekend was then explained to us, which focused on an introduction to the Bhagavad Gita.*

*During the morning we were divided into groups and each one was given a gardening task outside the Ashram: some cleaned the flower beds, some cut the grass, some planted new flowers and plants, some fed the fish... everything was done in a spirit of service and love. Not only towards the sacred place but also towards all that each part of the Ashram and its surroundings represent. The divine creation and the energetic power that each form emanates. We then all had lunch together, sharing the satisfaction of the work done, and we then prepared for the study of the Bhagavad Gita.*







Saturday afternoon's session began with a wonderful video in which Swami introduced the Bhagavad Gita. A real eye opener addressed not only to spiritual aspirants but to all mankind. A precious teaching that the Lord wants to offer us by giving us comfort, strength and faith to win the battle from bondage, from the illusion in which we are immersed and from which we are called to act in for the sole purpose of finding our true nature.

We went through the first six chapters, with readings and group sharing.

The goal of the Bhagavad Gita's Teaching is Dharma.

Dharma means the righteous path, to be in line with existence; each being has its own role to play in this world, each must do its duty, the right choices.

The Gita begins with 'Arjuna's despondency'.

It opens on the battlefield of Kurukshetra, the war is between the Kauravas, who represent evil and the Pandavas, who represent good and include Arjuna, the valiant warrior and Krishna. The Lord who is at his sidesupports him. The two armies are made up of relatives and friends, which is why Arjuna is overwhelmed with doubt, grief and is seized with despair as he realises that he must fight against them. So he decides to put aside his weapons and renounce the war. His attachment to his people does not allow him to fight, he cannot discriminate between what is right and what is wrong. Krishna listens to Arjuna's lament, his liberating cry, which he clearly sees and considers to be only an excuse. He scolds him to shake him out of the illusion in which he is enveloped and here begins the dialogue between Teacher and disciple, during which Arjuna awakens. It is only when there is total surrender and refuge in the Lord that Krishna imparts to him the Teaching of the Bhagavad Giṭā.



The war between the Kauravas and Pandavas is a metaphor of the struggle between good and evil, between Dharma and Adharma, between our ego and the Atma. Arjuna is the individual, the Jivi, is our reflection and represents each one of us; Krishna represents Consciousness itself that inspires our Buddhi (intellect).

The Divine Master (Krishna) helps the disciple (Arjuna) to make a spiritual qualitative leap: to adhere to Dharma and union (yoga) with the Supreme Godhead, i.e. to unite, to merge one's mind into the supreme. This is done through devotion to the Lord (Bhakti Yoga), the offering of action to the Lord thus freeing one from the desire for the result (Karma Yoga) and the development of Wisdom until one attains the Supreme Knowledge (Jñāna Yoga), the knowledge of the Self by fixing one's attention on God. Having a spirit of union with God, seeing Him in every being, devoting everything to Him at all times. "I AM IN YOU, YOU ARE IN ME".

It was a session rich in learning and sharing.

Each of us then had a specific task within the Ashram: there were those who set up the dining room for meals, who served the food, who washed the dishes...we all dined together in a magical atmosphere sharing the energy of love present in that Divine place.

## Sunday, 14

On Sunday, after morning prayer, bhajans and a guided meditation, we started an interactive session prepared by two English participants, Sentooran and Grishan.

We worked on a very important theme from the first chapter of the Bhagavad Gita: Arjuna's depression.

To best share this theme, we divided into four interactive groups and were asked three questions:

- What were the causes of depression
- What was the effect of depression
- How to manage the situation and get out of depression

The spokesperson of each group then presented the considerations that emerged, sharing the various points of view together.







*This work, and in particular the sharing between all of us, moved us greatly and helped us to see a part within us that no longer resonates and therefore needs to be abandoned to make room for the new, without fear but with joy in our hearts, the Lord is only waiting for our YES, I AM READY.*

*With our hearts already full we were led to Swami's room in the Ashram, and this greatly strengthened the love in our hearts. After an exquisite lunch and the last quick clean-up of the Ashram, everyone left with a large piece of extra, indelible and inexpressible inner experience of peace and joy.*



*[www.fondazioneecasadeldivino.org](http://www.fondazioneecasadeldivino.org)*

*[info@casadeldivino.it](mailto:info@casadeldivino.it)*