



EUROPEAN YOUTH MEET MAY 2022

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



Thursday, 26

The youth that arrived from the U.K. came on British Airway's maiden flight from London Heathrow to Perugia airport. As it was the first, the Italians gave it a beautiful welcome with a baptism by showering water over the whole plane from some fire engines.



Friday, 27

The usual visit to the Porziuncola was not 'usual' at all. It was the first time (for the English youth) who experienced a service from start to finish and the high vibrations which were created as a result. The divine presence was easy to feel. As they normally do, they walked through the entire complex, past the rose garden – it was hard to speak given how 'loud' the silence was in the mind after the service.

The energy that was emanating from San Damiano was also just as powerful. Despite its simplicity and the silence that pervades it, San Damiano remains an extremely charged place;



one is pervaded by this feeling of fullness and the perception that everything is as it should be. We met a nun on the way out, by chance, who was busy making small rosaries. We approached her because we were looking for someone to tell us the story of St Francis and the Wolf of Gubbio but Sister Graziella gave us so much more. She shared how she received her calling which moved her still despite the years that have passed,. Her description of the Love that she felt for the first time pervading her whole being, made this meeting a moment of profound sharing.

Having paid our respects to St Francis of Assisi and St Claire, we left for the Ashram, where we had a short welcome, devotional singing, and a homemade evening meal.



Saturday, 28

On Saturday morning, after a Bhajan session, Sylvie Sarada, a long-time devotee of Bhagavan Sri Sathya Sai Baba, held a workshop. She has followed the Master's teachings for most of her life and has dedicated a lot of time and energy in spreading them to the West as well. In fact, Sylvie's workshop had as its theme her own experience in the 1980s, when Swami instructed her and her husband to go to Italian children and schools to pass on many of the principles and teachings shared by the Master, in the form of Human Values, especially with regard to the concept of non-duality, through an exhibition.



IL MALE

EVIL IS EVIL EVEN IF EVERYONE DOES IT



GOOD IS GOOD EVEN IF NO ONE DOES IT

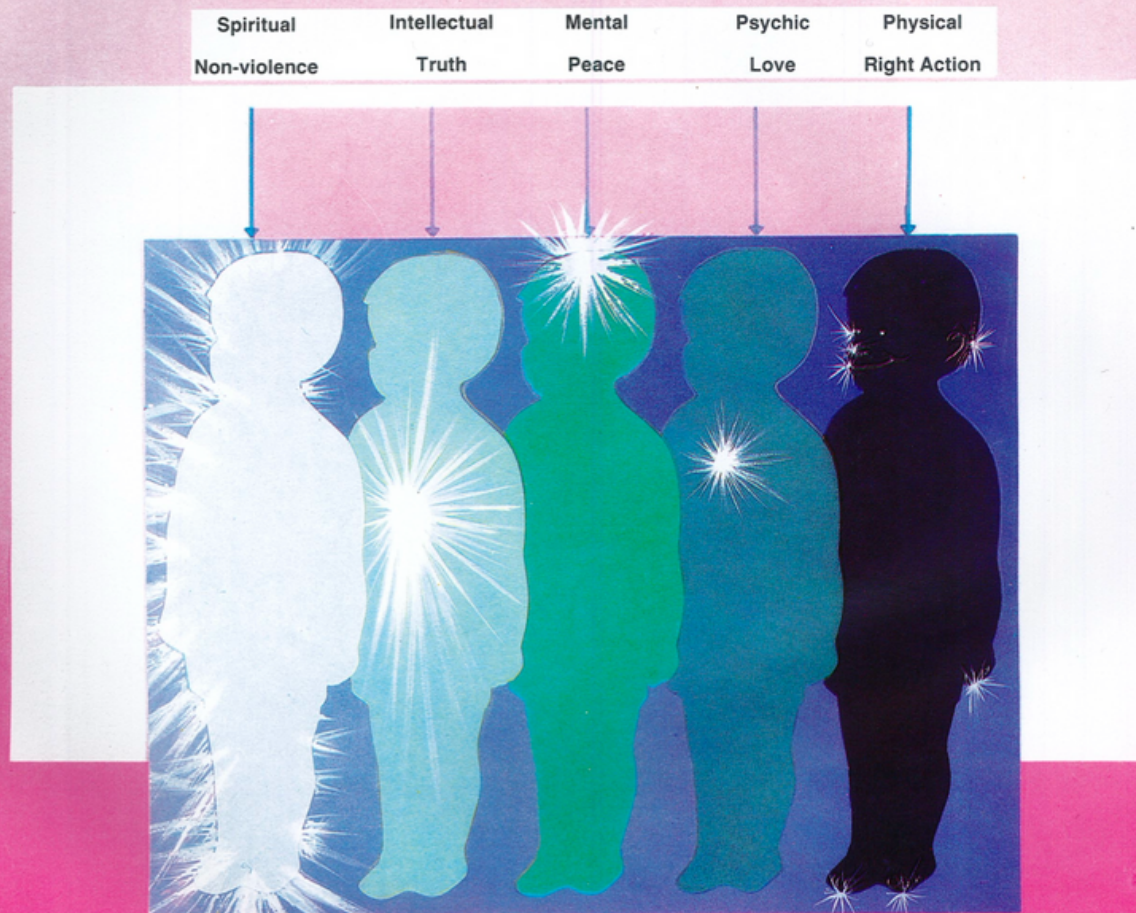
The exhibition was called 'A Journey from I to We', and consisted of 80 panels, each containing a painting or drawing, on which various artists each had expressed, on the instructions of the exhibition organisers, precisely one of the principles taught by the Maestro. The exhibition had been created with a secular and youthful context in mind, where it is difficult to understand the importance of human values, especially when various fashions and trends are followed, somehow discrediting those who choose to practice a healthier life. For this reason, Swami had advised Sylvie and her



collaborators to approach the exhibition without making use of the concept of religion, but to rely directly on the audience, because deep down each of the participants has the answers within themselves, but needed to reveal these truths to themselves by answering the presenters' own questions.

As Swami often said, "A question asked correctly will lead to a correct answer." This allows intuition to manifest.

Once the context of the exhibition and how it was supported had been introduced, Sylvie together with the young EYM participants discussed the first three panels.



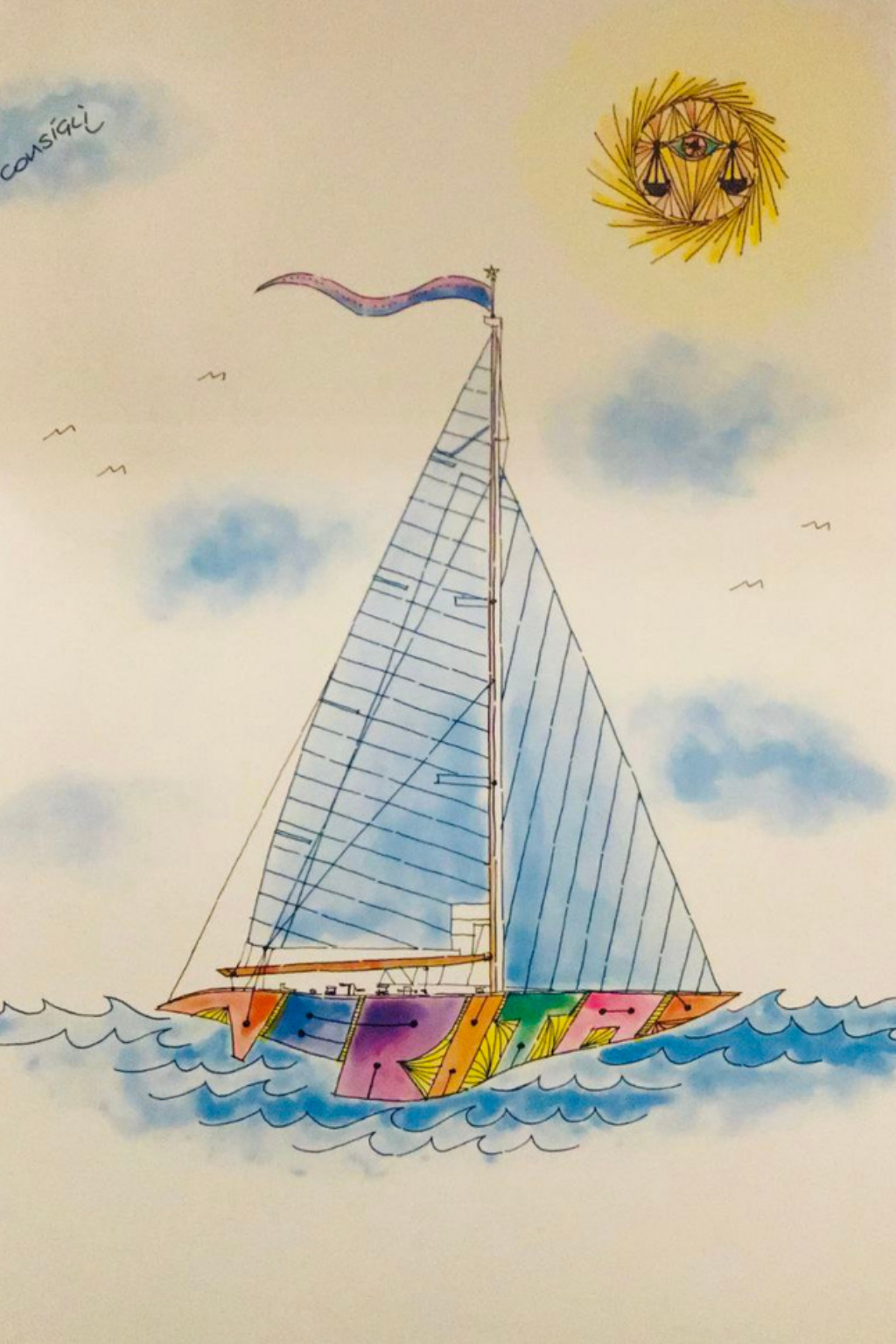
The first panel was the one they focused on the most. It was also the most complex of the whole exhibition, and depicted the five layers of the human personality starting from the physical to the spiritual. In the drawing, there were five child silhouettes, each painted in dark colours to represent the more superficial layers, then reaching brighter and brighter shades for the deeper layers.



Therefore, based on the considerations made by the audience at the time, Sylvie explained through this panel how the human form we have is not the only thing that actually makes us human. In fact, each layer corresponds to certain characteristics: the physical layer allows us to perform the right action, the psychic layer allows us to love; the emotions triggered in it influence the mental layer, the latter with the task of finding peace of mind. Then there is the intellectual layer that through truth and understanding what is good or evil, allows us to express human values. Finally, the spiritual layer, which is the layer that allows us to hurt neither with thought, word nor deed.



After the delicious lunch that was provided, we all spent some time together, some inside and some outside under the trees, sharing the joy of the moment. Around 3 p.m., we then began a long walk in nature, inspired by the mantra 'Silence is prayer', which is also found on the Ashram's entrance door. For more than an hour and a half we were immersed in the beautiful forest surrounding the House of the Divine, in absolute silence. The only one speaking and talking to us was Mother Nature, who offered us spectacular scenery and peace throughout our walk. We emptied ourselves of our thoughts and were filled with peace and joy. We were also 'blessed' towards the end by a refreshing downpour of rain!



Back at the Ashram we resumed with Sister Sylvie's session, who continued her story with some panels on Truth as a Human Value. Her sharing was at times surprising as much as it was inspiring for it gave way to very subtle and deep insights. The great work she and the other guides have done in the past has opened the way (and the hearts) of hundreds, if not thousands of children and young people to the true and most authentic way of living life! Towards late afternoon we sang Bhajans and then it was time for dinner. Like every meal offered to us, it was delicious!



Before ending the day, the Divine Discourse '**You have been chosen simply to love**' was screened, which was highly motivating and particularly heartfelt, especially because it connected perfectly with all the messages of the past two days. At the end of the evening the women returned to the B&B and Swami gave everyone a Divine sleep!

Sunday, 29

The final morning of the European Youth Meet at Casa Del Divino consisted of a Bhajan & Meditation session followed by everyone sharing their experiences & key learnings during the pandemic. Brother Victory started the sharing session by asking everyone to contemplate over 3 key questions:

- 1) What did you do over the course of the pandemic?
- 2) How you have changed / what your key learnings have been over the course of the period?
- 3) What would you do differently?





What was really interesting to hear was that everyone had identified that the pandemic & lockdown periods had represented an opportunity to practice going within. This was irrespective of age, circumstance or any other dividing factor. Of course, the Pandemic had been a tough time for humanity and had caused a lot of suffering throughout the world. On a positive note, it was almost as though the pandemic had been orchestrated for us to have these internal reflections to help us spend time really understanding our true callings in life.



As expected, our individual circumstances across the group greatly varied whereby some individuals were confined to a deep lockdown representing an opportunity for reflection time whilst others were able to continue with some of their Seva activities. Some of the selfless acts shared by our brothers & sisters during the session such as continuing to serve food to the needy despite greatly risking themselves from the virus were really touching examples of putting Bhagwan's teaching of feeling "Oneness" with all. One of the brothers shared how although Swami may not have been physically with them during these activities, He consistently made His presence felt through His mystical ways to appreciate good work being carried out. This theme of Swami making His presence felt in different ways was familiar across many of the speakers.

On the more reflective side, another brother shared how one of his key realisations had been to learn how to be truly grateful for each breath and recognising that each breath represented an opportunity to realise our full potential. Each breath should take us a step closer to realising our Divinity. Another speaker added to this point, which talked about the temporariness of these external factors that, pre-pandemic we thought, would make us permanently happy and how the pandemic showed us that these activities can be stopped overnight. Joy from within is the only true source of permanent happiness, as He likened us to being an ocean where we are vast and complete by nature.





Listening to everyone's experiences was truly heart-warming for we realised this was a group of young individuals where everyone was very like-minded and on a journey to the same destination and this is very rare in the modern world. Although we may not have spoken the same languages as each other, the bonds & connections formed were stronger than any words that could be expressed and that language that bonded us together was of love and oneness.

This EYM started with the 'baptism' with water on the plane of our brothers who had arrived from England, followed by beautiful showers of rain and 'crowned' by the lack of water in the Ashram for many hours. That is why we called it: The EYM of Water. A group photo in the shape of waves taken by a drone could not be missed!





After a delicious lunch, the Youth Meet ended with the offering of the Arathi to the Divine dwelling in us all, and the passing of light from a flame lit by Swami Himself to the candles of all present.



www.fondazioneecasadeldivino.org

info@casadeldivino.it