



# EUROPEAN YOUTH MEET AUGUST 2021

CASA DEL DIVINO ASHRAM -  
ASSISI

27 / 29 AUGUST





The rendezvous point in Assisi was set in front of the Basilica of Santa Maria degli Angeli for the usual visit to the Porziuncola. Many of us didn't know each other and were meeting for the first time. One by one the group members started joining the others already present. Upon our rainy

**FRIDAY, 27**

arrival we were guided by Antonello, our guide for the afternoon. Beyond the majesty of the Basilica, what always impresses is the power that the Porziuncola manages to emanate despite its profound simplicity. After Santa Maria degli Angeli we moved to Assisi to visit the convent of San Damiano, where we had the joy of having a dialogue, before the visit, with a Franciscan friar.



There was so much food for thought during this meeting. The Church of San Damiano represents the junction point between San Francesco and Saint Clare. It is here that St. Francis received the invitation from the Crucifix "to repair His Church". The friar's description of the "human aspect" of Saint Francis who did not know what to do, how to interpret the messages he received, made him seem so similar to all of us. It is here that Saint Clare with her sister, would take refuge after having run away from home. At first Francis and Clare hated each other, they embodied all the separatism and hatred that the society of their time created. Francesco was a merchant and Clare of noble origin.

Francis could not preach in the churches because he was not a priest and so he did so in the streets, in the squares. In one of these squares, Claire heard his words. The Love in his words permeated her heart and helped her go beyond her prejudices of those times thus making her walk the same path as Francis.

After visiting the convent we moved, up the hills, to the Casa del Divino Ashram. immersed in nature, enlightened by the bhajans and the soft voices of Silvia and Shanti. We had entered the heart of the retreat.

The Ashram volunteers prepared a delicious vegetarian dinner for us and after the Seva we said goodbye for the night.





# SATURDAY, 28

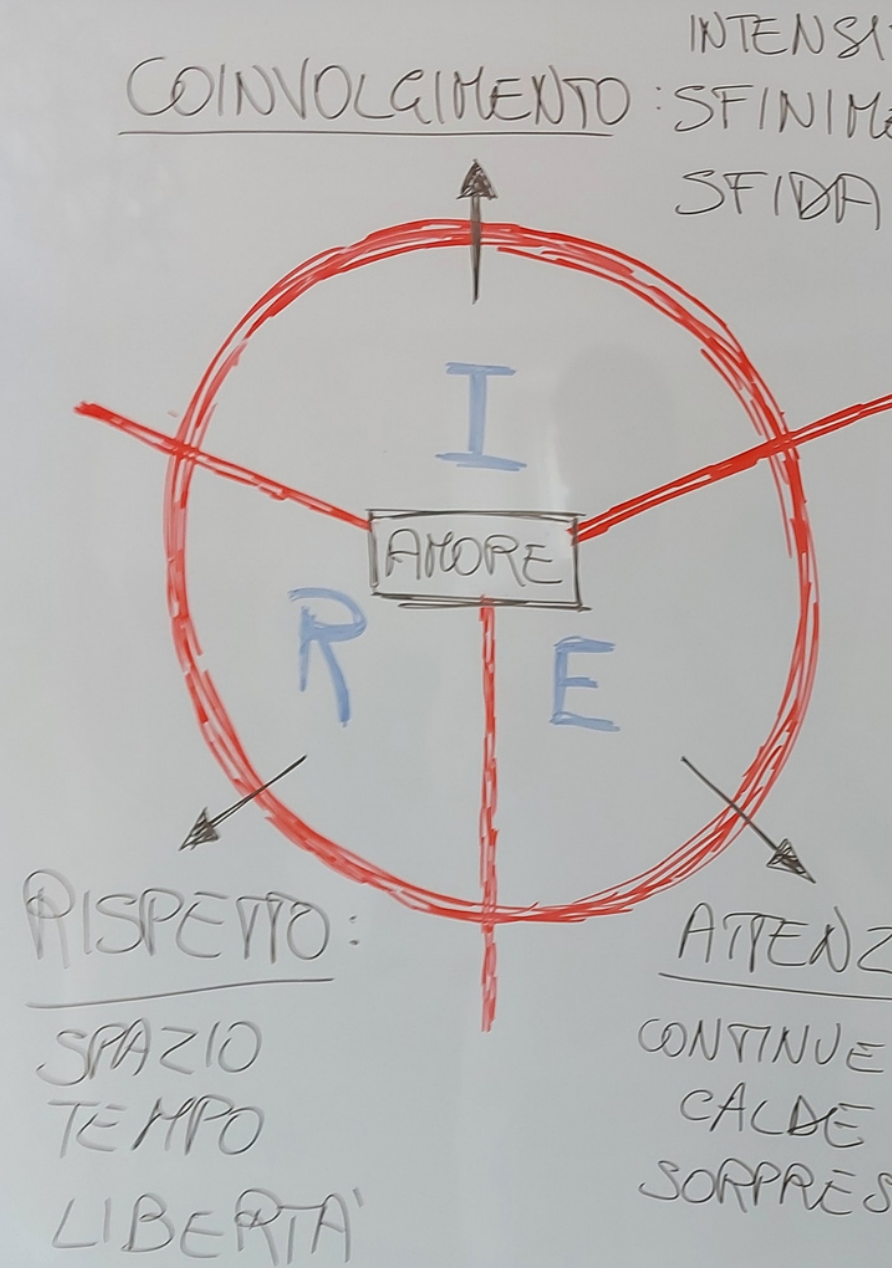
Saturday was centred on the three magical words of spirituality 'who am I'. After a delicious breakfast and a very moving Bhajan session, we welcomed Lorenzo.

Lorenzo has been a trainer, educator and lecturer since the 1990s. He is the founder of the "Aligen" Institute for free skills in Udine, which aims to bring to light the ancient way of knowledge of ethics, with all teachings that encompass every aspect of human life, from its birth to its conclusion. His idea is that, just as the three colours in nature making up millions of different colours and shades, everyone stems from three distinct personality types.



By gaining a deeper understanding of ourselves, we are then able to gain a better understanding of others, to relate to them and ultimately to interact with them in a way that's best for them. As this session was extremely rich and stretched across the entire day, the following is dedicated to attempting to summarise what has been discussed.

As previously mentioned, Lorenzo developed his teachings based on three 'Intelligences': these are Rational, Emotional and Instinctive. Each person has an innate dominant type, which can become more or less pronounced with spiritual development and socialisation. When we interact with each other however, it is this native personality type that drives us. As a result, we could say that all misunderstandings, likes and dislikes are born out of these personality types, which define what we ultimately need for our happiness.





Firstly, each type was characterised through a series of examples:

The keyword for Rationals is learning and gaining new information. They are very head focussed, weigh all factors before making a decision and usually like to be on their own.

Emotionals act from the heart. Their fundamental need is of attention, which is expressed through the need for personal interactions, sharing and caring. Also, Emotionals give extreme attention to aesthetics, cleanliness and beauty.

Instinctives act from their gut. They are directly connected to the life force, love, adrenaline, challenging rules and usually speak out with no filter. Their key characteristic is 'doing', as in being all the time active in doing something.

As can be seen from the above, each personality type is completely different, with different likes and dislikes as well as personal values. However, if we are able to understand these likes and dislikes, we can interact in a language that the other is able to understand.



To summarise, each individual is born with one of the three personality types. While socialisation, environment and social pressures often obscure this nature and often appear to make another type predominant, we still feel most comfortable when we are acting in line with our native type. In fact most of our shortcomings, personal issues and relationship challenges stem from the fact that we are unaware of our own type as well as the personality types of the people around us. As we live our lives, we then try to be someone else or end up doing so and also try to mould the people around us to be someone else. The key message from this day was, however, that in order to be happy and in order to live our full potential, we must nurture and cultivate our true self, be aware of our very personal needs and help our environment to understand those needs.

Reflecting on the morning's proceedings, we took a silent group walk in the woods surrounding the Ashram.

After returning having some time before dinner, we were delighted by Ampelio's stories. The presence of the Master is perceived in him. His story about how the Foundation was born was simple and clear, the message is alive: he loves everyone and serves everyone. The spiritual planes blend with the material planes in a harmonious dance. Their example, their support and the "drive" in doing Seva resonated in the hearts of all of us. The most beautiful message? It is not necessary to do great things just do small things but with a big heart.





Donate without expectations.

After dinner, an extract from Sadguru Sri Madhusudan Sai's discourse from August 2020 was screened,. Although from a year ago it was still very apt for current times and enormously useful in helping us go with the flow with faith in these peculiar times that involve the whole world. Loaded with spiritual knowledge and that love that fills one's heart, we retired for the night, some in the Ashram and others in the B&B not far away.

# SUNDAY, 29



Sunday saw us wake up to a bright morning sun and a clear cloudless sky, almost as if foreseeing that something special was going to happen on that last day and that something of a Higher vibration would accompany us in the following days.

Breakfast, once again, found us eager to get to know each other better and to share our thoughts, ideas, projects and obviously Sai Baba's inevitable aphorisms.

We then started with the Bhajans, it was nice to see how even those present who had never experienced such an experience had entered the songs like experts and with enthusiasm. The energy in these moments was truly palpable, the eyes of all those present were bright and inspired high thoughts and feelings.



Immediately after we plunged into a wonderful meditation guided by Victory that was truly the culmination of that moment so profound and pleasant. We were truly united in a wave of coherence that pervaded each of us.

Some voluntary initiatives linked to the Casa del Divino Foundation were subsequently presented. The Grace kitchen in Rome is one of these and Anna and Mario were its spokespersons. Their story was, touching, entertaining, sincere, in some moments their sharing showed us the human side of Seva and the difficulties that can sometimes transpire. One could at the same time see love and faith in their eyes, trust in the Divine. These are people who give their all in this spiritual journey. The most important message: help the other because the other is you, help the other and you will help yourself.



Then came the story of Olivier, he too with his group of university students gives food to the needy in Padua. Young boys engaged in social work, all this can only be a miracle from God.

Victory then enthralled us with a small presentation of Ayurvedic medicine linked to everything that had been said over the weekend. He hinted that there are many interpretations, Ayurveda is one of them, but in the end everything is one, the truth is one: God, love, the universe, we can call it whatever we want, but as Victory explains, in silence it always resounds as one truth.



All these talks evoked within each of us the memory of the Master and with hearts full of those emotions we went up to receive Darshan in Swami's room. Profound experiences overlapped among those present, with tears of joy and silences of profound awareness.

The moment of the group photo in the garden was followed by the Aarthi performed by Silvia and Victory and finally by thanks to everyone, for having organized, for having participated, for having cooked and for having each given a part of themselves.

The waving hands of the participants reminded us of the message of Seva and selflessness shown by the Master when he waves at all of us.







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

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