



**Sathya Sai International Organisation**  
Schweiz Suisse Svizzera Svizra Switzerland

## **National Autumn Satsang**



**So September 15<sup>th</sup> 2024**

**Aarau, Bullingerhaus  
10.00 - 16.00 h**

**Ceiling on Desires  
and preparation Sai100**



What is the meaning of “Ceiling on Desires”? Man is deluded by his unlimited desires. He is living in a dream world. He is forgetting the Supreme Consciousness. That is why it is important to keep our desires under control, to place a ceiling on them. We are spending too much money. Instead of inordinate spending for our own pleasure, we should be spending for the relief of the poor and needy. This is the real meaning of “Ceiling on Desires.”



Eat only what you need to eat. Don't be greedy. Do not take more than you can eat and waste the rest, because wasting food is a great sin. The surplus food can feed another stomach. Do not waste food, because food is God, life is God, and man is born from food. Food is the main source of man's life, body, mind, and character.

The gross part of the food, which is the major portion of the food consumed by the body, is thrown out as waste matter. A minute amount of the food, which is the subtle part, is assimilated by the body and flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore the mind is the reflection of the food consumed. The reason for the present beastly and demonic tendencies in our minds is because of the food we consume.

*Sathya Sai Baba*

Children`s corner: 10.30-12.00 und 13.30-15.30

Register online or to Ines directly, with name and age of child:  
[inesloeliger07@gmail.com](mailto:inesloeliger07@gmail.com)

Registration can be made online on our swiss website [sathyasai.ch](http://sathyasai.ch)

Please register till September 8<sup>th</sup>

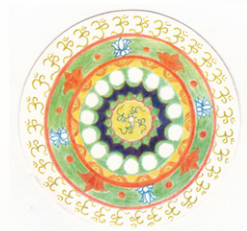
Contributions for dessert and tea break are welcome!

## Program

**Sunday September 15<sup>th</sup> 2024**

9:00	Rudram Singing with volunteers (See explanation Michael under *)
10:00	Welcome address Michael, followed by Devotional Singing Bhajans and Mantras
10:30	Silence and Meditation
10:45	Presentation Projekts Sai100 with Michael and Kishore
12:00	Lunch, prepared by Arun and crew
13:30	Talk by Adriano Bratović, President Zone 6, about Ceiling on Desires, with translation
14:15	Workshops about Ceiling on Desires in small groups
15:30	Devotional Singing Westlieder
16:00	Farewell in silence

\* Video from Michael about Rudram singing under  
<https://youtu.be/fngzVj6YjUs>



## Address:

Bullingerhaus, Jurastrasse 13, 5000 Aarau

## Directions:

Easy walk from Aarau SBB (see map)

By car from Bern/Luzern/Basel A1 exit: «Aarau West», direction Aarau on the Entfelderstrasse. In Aarau (before the roundabout) turn right into the Zschokkestrasse and once again to the right in the Jurastrasse (see map)

By car from Zürich: A1 exit: «Aarau Ost», direction Aarau (highway feeder road). Within Aarau direction «Suhr» (Attention: follow the traffic lead crossing Laurenzenvorstadt and railway station, direction Suhr). Just after the subway turn right at the roundabout into the Hintere Bahnhofstrasse, then to the left in the Bachstrasse, then rightaway into the Zschokkestrasse und finally runs into the Jurastrasse (see map).

