



News Notes

#1001 A weekly bulletin for residents of Auroville 16 November 2023



The Apparition by the Mother

She follows to the goal of those that are passing on beyond, she is the first in the eternal succession of the dawns that are coming, — Usha widens bringing out that which lives, awakening someone who was dead.. .. What is her scope when she harmonises with the dawns that shone out before and those that now must shine? She desires the ancient mornings and fulfils their light; projecting forwards her illumination she enters into communion with the rest that are to come.

Kutsa Angirasa — Rig Veda

Pondering



But we have supposed that there is a farther intention, — not only a revelation of the Spirit, but a radical and integral transformation of Nature. There is a will in her to effectuate a true manifestation of the embodied life of the Spirit, to complete what she has begun by a passage from the Ignorance to the Knowledge, to throw off her mask and to reveal herself as the luminous Consciousness-Force carrying in her the eternal Existence and its universal Delight of being

The Triple Transformation, The Life Divine by Sri Aurobindo

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EDITORS' NOTE

NewsandNotes Guidelines

Dear Authors, one of the last issues of NewsandNotes reached **46** pages in length. This certainly exceeds the limits of a weekly newsletter. We have tried not to impose limits to submissions but it now seems it has become necessary.



- Articles should not exceed 800 words, as this is one column in length and one article per submission.
- Posters should be limited to one per submission with details in a text form, which includes dates and contacts.

Thanking you in advance for your cooperation.

Dear readers of paper version!

- Please let us know if you do not get your paper copy on Friday before 4:30pm.
- Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery us rain on Friday.

Light and Peace, Roy and Agni



House of Mother's Agenda

The last meeting

May 19, 1973

(Sujata gives Mother a pale yellow, slightly golden hibiscus with a red heart. Mother holds the flower without seeing it. That day, I don't know why, I was full of questions.)

What is it?

It's 'Ananda in the physical.'

We badly need it!

Yes, Mother!

And you?

I was thinking about something Sri Aurobindo wrote....

In 'Savitri,' he clearly says, 'Almighty powers are shut in Nature's cells.' [IV.IIL370.]

In...?

In Nature's cells.

Ohh!... Oh, that is interesting!

ALMIGHTY powers.

(silence)

He doesn't say anything else?

No, not on that subject.... The consciousness of the cells seems to be awakened but not the power.

(Mother did not hear well)

You said the consciousness of the cells is... missing? No?

No, the consciousness is there. The consciousness of the cells is awakened, but the power isn't.

Ah!... You said 'awakened'?

Yes, Mother. Because had the power been awakened, there wouldn't be any weakness in your body.

But it is THERE, Sri Aurobindo says it clearly: it is THERE, inside, within the very cells.

Yes, there's no need to seek elsewhere.

But how to awaken it?

Through faith, our faith.

If one knows that and has trust.... But you see, my physical, my body is deteriorating very rapidly – what could stop it from deteriorating?

Mother, I do NOT believe it is deterioration—it's not. My feeling is that you are physically being led to a point of such complete powerlessness that the most complete Power will be forced to awaken...

Ah!... you're right.

That Power will then be COMPELLED to come out.

Or else I could... I could leave this body, no?

Ah, no, Mother! No, Mother, it must be done NOW.

(silence)

It must be done now.... You see, I am certain it's NOT disintegration, not at all. It is NOT disintegration.

Mother nods approvingly

Submitted by Roy



Extract From Mother's Agenda

January 8, 1966

(Mother reads aloud a letter by Sri Aurobindo which she intends to publish in the February issue of the 'Bulletin':)

'The only creation for which there is any place here is the supramental, the bringing of the divine Truth down on the earth, not only into the mind and vital but into the body and into Matter. Our object is not to remove all 'limitations' on the expansion of the ego or to give a free field and make unlimited room for the fulfillment of the ideas of the human mind or the desires of the ego-centered life-force. None of us are here to 'do as we like', or to create a world in which we shall at last be able to do as we like; we are here to do what the Divine wills and to create a world in which the Divine Will can manifest its truth no longer deformed by human ignorance or perverted and mistranslated by vital desire. The work which the sadhak of the supramental yoga has to do is not his own work for which he can lay down his own conditions, but the work of the Divine which he has to do according to the conditions laid down by the Divine. Our yoga is not for our own sake but for the sake of the Divine. It is not our personal manifestation that we are to seek, the manifestation of the individual ego freed from all bounds and from all bonds, but the manifestation of the Divine. Of that manifestation our own spiritual liberation, perfection, fullness is to be a result and a part, but not in any egoistic sense or for any ego-centered or self-seeking purpose. This liberation, perfection, fullness too must not be pursued for our own sake, but for the sake of the Divine.'

Sri Aurobindo

I find this admirable! And it should be repeated over and over and over again—to oneself and to others, every minute.

It's the perfect answer to the present condition.

That's the point, isn't it: it touches on the very crux of the difficulty (Mother pinches something tiny and very hard between her fingers). Despite everything, even though you may give everything, surrender everything, there is something (same gesture), and that something always remains there, behind.

Yesterday evening, I was so glad to read this. I said, 'There! This is what we need.'

We must publish it and repeat it to each and every one.

Submitted
by Gangalakshmi

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 206

Dated: 16-11-2023

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to auroville.entryboard@gmail.com or auroville.entryservice@gmail.com. We thank you in advance.

Newcomer Announced:



Ayse



Balaji



Dhesh M

- Ayse Seza ASLANBAS (Turkish) staying and working at Creativity
- Balaji KARUNAKARAN (Indian) staying in Prayatna (volunteer house) and working at Solar Kitchen
- Dhesh M (Indian) staying in Auromode and working at Hive

Newcomer Confirmed:

- Aishwarya KUWAR (Indian)

Aurovillian Announced:

- Gomathy MAGESH (Indian) staying in Adventure and working at Solar Kitchen
- Karan NAGAPPAN (Indian) staying in Muyarchi and working at Solar Kitchen



Gomathy



Karan

Aurovillian Confirmed:

- Chithra SEERALAN (Indian)
- Lukesh Bharath MOORTHY (Indian)

NOTE: The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

A confirmed Aurovillian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).

A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours, The Entry Board: Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

0413 2622707, William for The Entry Service

Community News

Passing On

TARA NAYAK



With sadness we inform the community of the passing of one of our young children, Tara Nayak, who in the evening of Tuesday 7 November had a lethal fall from the roof of Sunship. She was 12 years old.

Born in Delhi, Tara came in 2019 at the age of 8 with her mother Fakeera to Auroville, where she studied at TLC and in the later years at Deepanam. Due to her sweet and outgoing nature she made many friends and was very much loved. Auroville's young children were deeply moved by the accident when word of her passing went round the day after.

On Thursday, 9 November, Deepanam School had called for a 'Prayers for Tara' gathering at 8:30am, where children could be together in their grief, while chanting familiar mantras and prayers and lighting their candles for Tara. Directly after this, most of them spent their day at Farewell where Tara's body had been laid out. When also family from Delhi arrived, all were together in coping with this shocking loss.

In the afternoon of the same day, Thursday, 9 November, Tara's remains were cremated at the Auroville cremation ground, with many children from various Auroville schools attending,—mourning and chanting, lovingly carrying the space and supporting Fakeera and each other.

You will be in our hearts forever, sweet Tara. Our warmest condolences and strength go out to Fakeera and other members of the family, as well as to her many friends.

OM~

Submitted by Roy

A NOTE FROM SUNSHIP

We are all devastated and saddened by the accident and loss of the young and beautiful Tara. Our deepest condolences go to all her family and friends.

Sunship does not want to see another incident like this again. As a residential community there are signs outside the lift and the staircases that the 5th floor is only for residents and not for general access but this is rarely heeded.

For now, access to the terrace is closed except for residents and their guests, for their privacy and everyone's security.

*Thank you for your understanding.
Purushothaman, for the Sunship Core Team*

ADENA DE JOYA

(1940—2023)

For those in Auroville and the Integral Yoga Community who knew Adena, she has passed peacefully into the Light on 27 October 2023 in Petaluma, California.

The Mother and Sri Aurobindo directly guided her from childhood throughout her life. She was an Italian orphan abandoned during the war and eventually adopted by a couple in Los Angeles. She had intuitive visionary gifts that led her to found several centers for spiritual education in California between 1977 and 2005.

She visited Auroville in 2007. She asked: 'Why aren't the Aurovilians and the Ashramites listening to the Mother and transforming themselves?'
Submitted by B

IN MEMORY OF PASHI

17 November, 5—5:30pm



@Garden of Youthfulness

A meditation will be held in the Garden of Youthfulness in fond memory of our dear brother Pashi Kapoor On Friday 17 November from 5—5:30pm. *Aum*

Submitted by Antoine

Awakening Spirit

17.11.2023

The day Mother left Her body

A combatant in silent dreadful lists,

The world unknowing, for the world she stood:

No helper had she save the Strength within;

6:30—7am:

**Meditation under the Banyan Tree
at the Matrimandir.**

Entrance from the Office Gate, open from 6 am.

Guests are requested to carry their Aurocard.

Submitted by Antoine

THE MOTHER'S ROOM DARSHAN

17 November, 5am to 12noon

No tokens are required



The Sri Aurobindo Ashram has announced that The Mother's Room will open on 17 November for general Darshan from 5am to 12noon.

The Mother's Room Darshan is available to all. No tokens are required for a Room Darshan. You may join the general Darshan queue from 5am onward, at your convenience.

With love, Andrea

SAVITRI BHAVAN

November 2023



Exhibitions

- **Meditations on Savitri:** the entire series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery.
- **Glimpses of the Mother: Photographs and texts** in the Square Hall. A new Bilingual Exhibition on 'Sri Aurobindo: A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

Films

Mondays at 4pm in the Sangam Hall

- **November 20:** Siddhi Day or the Day of Victory. On the 24 November 1926 Sri Aurobindo experienced the descent of Krishna's consciousness into his body. A conversation of Dr Alok Pandey and Narad in November 2014 on significance of the Siddhi Day. Duration: 46min.
- **November 27:** On Significance of the Siddhi Day. This is the second conversation of Dr Alok Pandey and Narad on the significance of Siddhi Day on 24 November 1926. Recorded on November 24, 2016, in Pondicherry. Duration: 46min.

Full Moon Gathering

- **Monday 27 November, 7:15—8.15pm** in front of Sri Aurobindo's statue

Dream Divine Series

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

- There will be a weekly session every Wednesday 4:30—5:30pm.
- The series will include presentations, films, talks, etc., followed by questions and answers.

Regular Activities

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6.30pm:** Satsang, led by Ashesh Joshi

- Exhibitions, Main Building and Office are open Monday to Saturday 9—5

- **Library and Digital Library** is open Monday to Friday 9—5
Everyone is welcome

Dhanalakshmi for Savitri Bhavan Team

AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

- **Reminder to all:** the Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.
 - Dear Guests, please carry your Guest Card with you
 - Access only for the Amphitheatre from 5:15pm and for the meditation time.

Thank you, Surya and Amphitheatre Team



BASES OF YOGA—THE MOTHER'S TALKS An Interactive Book Reading Circle



Every Saturday, 10—11 am, Starting 18 November

'One must truly say, Yes I want to progress with sincerity ... whatever happens, I want to progress. Then it comes'. The Mother

During September 1954—May 1955, the Mother took up Sri Aurobindo's book 'Bases of Yoga' in her Wednesday classes for comments and answers to questions. In this reading circle we will explore those powerful and transformative words expressed by the beloved Mother, to understand the meaning of 'Yoga' and how we can adopt the teaching in our daily life (This Book is part of collected works Vols. 6 and 7).

◦ Free for all. Join us every Saturday 10 am—11 am

Venue: Garden Room, Savitri Bhavan

For more details, contact Debashish, 7678208825 WA, b.deb253@gmail.com

Dhanalakshmi for Savitri Bhavan Team

DREAM DIVINE SERIES



A recorded talk by Dr. Alok & Narad on
The Mother's Mahasamadhi



Wednesday, November 22, 4:30—5:30 pm,
Everyone is welcome

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday, 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Thank you, Dhanalakshmi



MUDRA CHI

From November on, Mudra Chi changed the day of having the class.

• Every Saturday at 4:30pm
at Savitri Bhavan

Facilitator Anandi Ayun

Everybody Welcome!

Submitted by Anandi

UNITY PAVILION: DAILY PEACE MEDITATION

- Unity Pavilion, Peace Hall
- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Thursday, 5 to 5:45pm

Arun



BRAHMANASPATI KSHETRAM Calendar of regular events, November 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

*To my dear little child
live only for the Divine*

Calendar of regular events of November 2023

Every Tuesday 6:45 - 7:30pm
Savitri Reading

Every Thursday 6:00 - 6:30pm
Meditation

Every Friday 5:30 - 6.30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

27th, Monday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville

kshetram2014@auroville.org.in



Submitted by Rajan

STUDY CIRCLE



BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE

on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150th Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

- An exploration, led by Deepti Tewari

Since Two Years Bharat Nivas has been holding a weekly Study Circle on The Synthesis of Yoga—Sri Aurobindo

The Mothers very last message to Auroville: Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work.

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as a yoga

27.03.1973

She also said: 'Programme: Research through experience of the Supreme Truth. A Life Divine. But no religions

02.05.1970

Regards, Vani,
BN Cultural Team
0413 2622253



THE OM CHOIR CONTINUES

5:30—6:30pm, Tuesdays @ Savitri Bhavan



OM Choir at Savitri Bhavan, Auroville

We wish to inform everyone that despite the absence of Narad who is unavailable to lead the Choir for a while, we will continue to meet and chant OM during the usual time at Savitri Bhavan, from 5:30 to 6:30pm on Tuesdays.

All are welcome. Come join us to explore the sound of OM in an aspiration for collective harmony and transformation for ourselves, humanity and the Earth. **Noel**

BOOK READING CIRCLE

The Power of Now

Every Tuesday 6:30—7:30pm

Experience inner peace through the transformative words of the book 'The Power of Now' by Eckhart Tolle. Join us at the Auroville Library to engage in a collective reading circle.

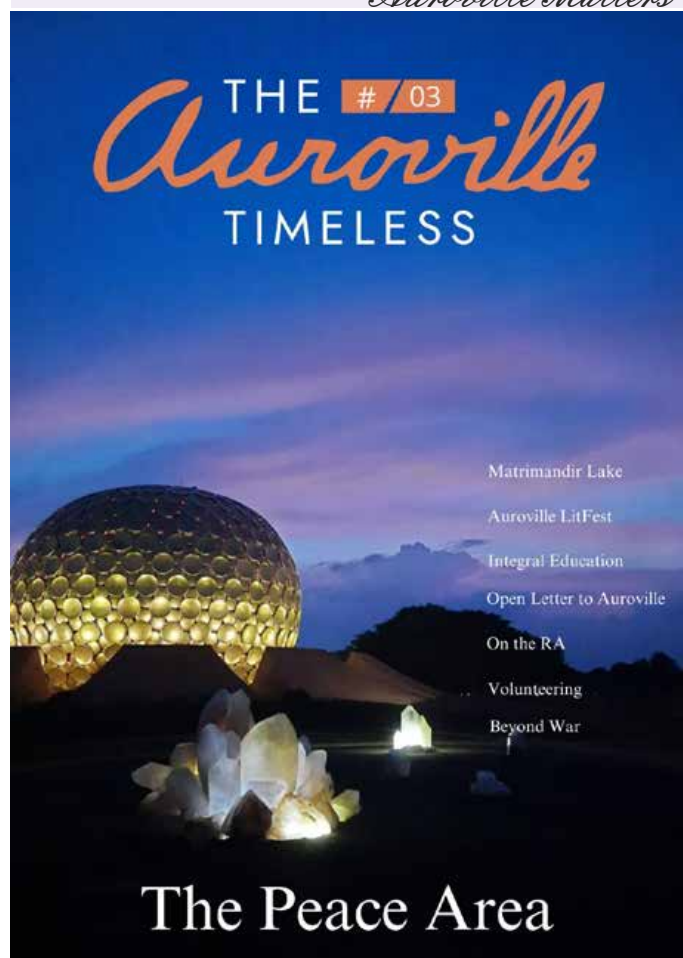
Contact: (91) 7678208825,

b.deb253@gmail.com

Debashish



Auroville Matters



[Click on the link to read it or download](#) it in your laptop or computer:

Happy reading!

- You can reach out to us at timeless@auroville.org.in
Anu for The Timeless Auroville Team

THE WINDOW OF OUR SOULS

It was 1972 and I was living in the Worker's Camp and I had a dream, a profound dream. In this dream I approached the Ashram, the main gate was closed but a seldom used side door was open. There was a long line of disciples winding its way slowly inside and there on the Samadhi lay the Mother's body. I approached and kissed her feet, they were blue in color, but a force surged through them and I knew she was not dead but in a deep state.



I woke and was laying there in silence when Larry my neighbor came in and he looked quite shaken and he said 'I just had a dream, the Mother had died'

I went to see M.P. Pandit and told him of this dream and he reassured me that this was simply something in the Atmosphere. So I let the matter rest.

A year later I went to Pondy, as I did quite often to play Go with Han Chan Hsu. The game proceeded in an unusually sluggish manner till Hsu stood up and said, 'let's not continue'. I agreed and looked at the Clock, it was 7:25 on November 17.

Hsu went silent for a while and finally remarked,

'we shouldn't expect too much, if she lives to 100 that would be good'

That evening I went to Auro-villa to sleep on the roof but couldn't sleep and was grateful when dawn appeared, and quickly made my way to the Ashram. There I joined a long line winding inside. I thought they must be distributing something for Darshan Day, only a week away. But it became clear, this was not the case, the atmosphere was very solemn. There was an outcry from a woman stricken with grief, crying out, 'My Child, my Child'.

Then I approached her, laying in the Meditation room, her head erect in what appeared an intense concentration. I was stunned into silence. How could this be?

The shock spread quickly and there was a rumor going around that Nolini had announced that the transformation had been postponed and perhaps to quell this rumor, Nolini did give a formal announcement

Nolini Kanta Gupta's Message for 17 November 1973

'The Mother's body belonged to the old creation. It was meant to be the pedestal of the New Body. It served its purpose well. The New Body will come.

This is a test, how far we are faithful to Her, true to Her Consciousness.

The revival of the body would have meant revival of the old troubles in the body. The body troubles were eliminated so far as could be done while in the body—farther was not possible. For a new mutation, a new procedure was needed. 'Death' was the first stage in that process.

It has been 50 years since that day and I am reminded of a passage from the Rig Veda, the first such quote in the opening chapter of the Life Divine

She follows to the goal of those that are passing on beyond, she is the first in the eternal succession of the dawns that are coming, — Usha widens bringing out that which lives, awakening someone who was dead.

It seems since then, for some of us, as Aurovilians, have moved in a kind of silence of that moment. Waiting, pressing our faces against a window to our souls, waiting.

Roy, Aurodam

She is the golden bridge, the wonderful fire.
The luminous heart of the Unknown is she,
A power of silence in the depths of God;
She is the Force, the inevitable Word,
The magnet of our difficult ascent,

As might a soul fly like a hunted bird,
Escaping with tired wings from a world of storms,
And a quiet reach like a remembered breast,
In a haven of safety and splendid soft repose
One could drink life back in streams of honey-fire,
Recover the lost habit of happiness,

Sri Aurobindo

EXTRACT FROM MOTHER'S AGENDA

January 8, 1966



(Mother reads aloud a letter by Sri Aurobindo which she intends to publish in the February issue of the 'Bulletin':)

'The only creation for which there is any place here is the supramental, the bringing of the divine Truth down on the earth, not only into the mind and vital but into the body and into Matter. Our object is not to remove all 'limitations' on the expansion of the ego or to give a free field and make unlimited room for the fulfillment of the ideas of the human mind or the desires of the ego-centered life-force. None of us are here to 'do as we like', or to create a world in which we shall at last be able to do as we like; we are here to do what the Divine wills and to create a world in which the Divine Will can manifest its truth no longer deformed by human ignorance or perverted and mistranslated by vital desire. The work which the sadhak of the supramental yoga has to do is not his own work for which he can lay down his own conditions, but the work of the Divine which he has to do according to the conditions laid down by the Divine. Our yoga is not for our own sake but for the sake of the Divine. It is not our personal manifestation that we are to seek, the manifestation of the individual ego freed from all bounds and from all bonds, but the manifestation of the Divine. Of that manifestation our own spiritual liberation, perfection, fullness is to be a result and a part, but not in any egoistic sense or for any ego-centered or self-seeking purpose. This liberation, perfection, fullness too must not be pursued for our own sake, but for the sake of the Divine.'

Sri Aurobindo

I find this admirable! And it should be repeated over and over and over again—to oneself and to others, every minute. It's the perfect answer to the present condition.

That's the point, isn't it: it touches on the very crux of the difficulty (Mother pinches something tiny and very hard between her fingers). Despite everything, even though you may give everything, surrender everything, there is something (same gesture), and that something always remains there, behind.

Yesterday evening, I was so glad to read this. I said, 'There! This is what we need.'

We must publish it and repeat it to each and every one.

Submitted by Gangalakshmi

Acres for Auroville

ACRES FOR AUROVILLE LAND CAMPAIGN 24 November 2023—a landmark date in Sri Aurobindo's Integral Yoga



On 24 November, 1926 Sri Aurobindo announced the advent of a major transformative step in his integral yoga of individual and societal evolution—the landmark moment in his path that 'the inner guide, the Universal Teacher' had been directing him to follow.

It was the turning point that launched the next step—enabling the yoga's widening from him to his disciples, and beyond, aiming at a sea-change for humanity—and the creation by The Mother of Auroville. He wrote:

'Man is a transitional being; he is not final. As it did not begin with him, neither does it end with him. He is not its evident crown, not its highest issue, not the last clear sum of Nature. Nature has not brought out in man her highest possibilities; she has not reached in him the supreme heights of consciousness and being; as there was before him the infrahuman, the insect and animal, so there shall be after him the superhuman, the superman.'

'Man may himself become the superman, he may become all that he is not now; but for that he must exceed himself. It is not by clinging to his present imperfect consciousness that he can take the next step in the evolution. He must discover and release the spiritual godhead within him, realise his divine possibilities, be himself the giant potential something, the divine someone who has been struggling into emergence out of the original plasm that imprisoned it since began the mystery of terrestrial Nature.'

'Auroville wants to be the first manifestation of human unity based on the teachings of Sri Aurobindo, where men of all countries would be at home.' The Mother

Help Us Consolidate Auroville's Needed Physical Base!

Please specify your donations for 'Acres For Auroville' via check, bank transfer or online:

Donating & Tax Deductibility information:

• <https://land.auroville.org/new-banking-information/>

News, videos, and land information:

• www.land.auroville.org

Contact: lfau@auroville.org.in

Image: The Mother's Painting: of 'Consciousness Emerging from the Inconscient' based on Sri Aurobindo

Quotes: 'Essay Human & Divine' Part 81 ('The Emergence of the Superman'), circa 1942

* Acres for Auroville is a collaboration of Auroville International & Lands for Auroville Unified



LANDS FOR AUROVILLE

Unified (LFAU)

Auroville Centre for Urban Research, Administrative Area,
Auroville—605101, Tamil Nadu, India

24 November 2023



Dear friends & well-wishers of Auroville, 24 November 1924. Ninety-nine years ago, on this date, Sri Aurobindo reached a critical milestone in his yoga for the earth evolution, and withdrew for further advances on radically new and untrodden pathways. That was also the official beginning of the Ashram. Then, forty-four years later, in 1968, Auroville was inaugurated. Fifty-five years have passed since that momentous beginning. Today, both the initiatives—the Ashram in 1924 & Auroville in 1968—are soundly established ongoing successes.

There have been numerous challenges but, each time, they have come out stronger. Challenges there still are, but we have the absolute certitude that as in the past, the present and future hurdles too will be overcome. The basis of this absolute certitude does not lie in the greatness of ideology nor aims and ideals—but in something much more profound. Some may call it the Supreme or the Divine. Others may call it the Spirit or the New Consciousness. Still others may call it immortal aspirations of the human Soul. But no matter the name, therein lies the roots of our absolute certitude about the future of these two initiatives.

'The task of giving a concrete form to Sri Aurobindo's vision was entrusted to the Mother. The creation of a new world, a new humanity, a new society expressing and embodying the new consciousness is the work she has undertaken. By the very nature of things, it is a collective ideal that calls for a collective effort so that it may be realised in the terms of an integral human perfection.'

The Ashram founded and built by the Mother was the first step towards the accomplishment of this goal. The project of Auroville is the next step, more exterior, which seeks to widen the base of this attempt to establish harmony between soul and body, spirit and nature, heaven and earth, in the collective life of mankind.' The Mother—1969 (Ref. 'The Mother on Auroville', page 18)

'Acres for Auroville' (A4A), too, 'seeks to widen the base of this attempt' by providing the required material layer for the magnificent home of Auroville to rise 'to establish harmony between soul and body, spirit and nature, heaven and earth, in the collective life of mankind.' We thank you for your valued collaboration in this attempt.



*With trust in Auroville's bright future,
Aryadeep, Mandakini*

Please specify your donations for 'Acres For Auroville' via check, bank transfer or online:

Donating & Tax Deductibility information:

- <https://land.auroville.org/new-banking-information/>

News, videos, and land information:

- www.land.auroville.org

Contact: lfau@auroville.org.in

For Your Information

AUROVILLE SAFETY & SECURITY

Basic Safety Precautions

Dear community, over the last few weeks the Auroville Safety & Security Team has received an increase in the number of reports of thefts and break-ins in various communities of Auroville.

Please remember to take the following basic precautions:

- **Lock doors and windows** at night or whenever away from a room or the house
- **Keep valuable items out of reach and out of view** (wallet, money, bag, laptop, cell phone etc...) and preferably locked away
- Make sure doors and windows cannot be opened via a cut in the mesh
- **Remove keys from locks** and keep them out of reach
- Make sure you have saved **AVSST's emergency phone number 9443090107** and **immediately report** any suspicious activity / theft / attempted theft
- Inform your neighbors of any incident or suspicious activity

AVSST is regularly patrolling public spaces of Auroville but **basic precautions need to be taken by all** in order to prevent such incidents.



**Anandamayi for AVSST,
Auroville Safety & Security Team**

- **Emergency (24/7):** +91 944 30 90 107
- **Vehicle Access:** +91 94 88 75 24 35
- **Office:** +91 413 2623 400

Education

CSEB DESIGN TRAINING COURSE

Starting 20 November, 9am to 5pm

The Auroville Earth Institute is pleased to announce the commencement of its CSEB Design Training Course on **20 November**. This 6-day program offers comprehensive instruction on the art of design utilizing Compressed Stabilised Earth Blocks. Classes will convene from 9am to 5pm each day.

Registration for this course is now open for architects, engineers or students. Admission will be granted on a First Come, First Serve basis, seats are limited.

- You can register at <https://registration.earth-auroville.com/>
- or register directly at the Auroville Earth Institute.
- Trainees should bring their laptop and be proficient with Auto Cad.

We invite you to embark on an enlightening journey into the realm of Earthen Architecture with us.

Join the Clan of Earth Builders!

Ayyappan Thulukkanan for Earth Institute

AUROVILLE LIBRARY

Weekly Timings:

- **Mornings:** Monday—Saturday, 9am—12:30pm
- **Afternoons:** Monday, Wednesday, Thursday, Friday & Saturday 2—4:30pm, Tuesday 4—6:30pm

Story time At the Auroville Library!

Every Saturday, 10—11am: Children's storytime.

- **Contact:** 0413 2622894, avlib@auroville.org.in

- **Web:** library.auroville.org.in/

Kristen

MATHEMATICS Workshops And Weekly Sessions by Enlight Activity.

Dear Reader, please take a note of the regular offerings by enlight as mentioned below.



- **Math is a play:** Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.
 - Every Saturday, 10am -12pm @ The European House
Please request an appointment to take it further.
- **Integral Education and Mathematics:** An Introductory workshop on Integral Education and Mathematics for short-term residents and visitors.
 - Every Friday, 4pm—6pm
- To join or enquire about any of the above activities, please connect via email enlight@auroville.org.in or phone, Snehal, 9529673687
- Our podcast with Auroville radio: <https://www.auroville-radio.org/interview-with-snehal-d-roy/>
- Contribution required

Arun, Anand and Balaji
For Enlight team

TLC WELCOMES KIDS



Every Friday @ TLC Base Camp

- 11am—12:30noon: Nursery Open Spaces (2—5years)
- 12:30—13:30pm: Potluck Lunch
- 13:30—15pm: Open Spaces for Kids (6—14 years)

For more information contact 9442180610

Sashka
for TLC Open spaces team

INTRODUCTION TO MANAGEMENT ACCOUNTING for Unit Executives

Saturday, 18 November, 9:15am—12:30pm

Flourish (a unit under Service Trust) is organizing a series of training sessions to help those running units in Auroville understand the fundamental aspects of utilizing financial data to make operational decisions.



This series of training sessions will begin with a taster session to explain the importance of understanding this critical information, with exploration of an Auroville based case study.

We welcome unit executives and any others who make critical business decisions for the unit to attend this session.

In the near future, this introduction will be followed by a series of awareness sessions to further deep dive into this subject.

- The training will be held on Saturday, 18 November from 9:15am—12:30pm including breaks.
- If you are interested to attend please email flourish@auroville.org.in

Helena for Flourish

Health Care

AUROVILLE HEALTH CENTER Has New Phone Numbers

Please note that Auroville Health Center has new phone numbers, which are:

3509942 and 3509943

These numbers have also to be dialed for reaching Health Center Pharmacy, Health Fund and Aurovision Center.



Peter for AvHC

SANTÉ SERVICES IN NOVEMBER



Working Hours

- Monday—Saturday, 9—12:30pm & 2—4:30pm

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

- Please call Santé on 0413 2622803 during working hours for an appointment

Santé Services Schedule

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be & Dr.Sonia: Monday/ Tuesday/ Wednesday/ Thursday/ Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Monday/ Tuesday/ Wednesday/ Friday/ Saturday	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres: TOS	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Monday to Saturday	Physiotherapy with Rebeca: Monday/ Wednesday/ Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email adminsante@auroville.org.in	Physiotherapy & Massage with Galina: Monday to Friday

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.
- In case of cancellation or to reschedule, it is necessary to inform us in advance.

Dasha for Sante Services,
sante@auroville.org.in, <http://sante.auroville.org.in>

TIBETAN DOCTOR AND THE TEAM

Are Visiting Auroville

This is to inform all that the Tibetan Doctor and the team are visiting us on **Friday, 17th as full day and Saturday, 18th half day. From 8:30am to 12:30pm and 2 to 5 pm.**

- To get your appointment call 0413 2622401 or What-sApp 8489067332.

The consultation is happening at Pavilion of Tibetan Culture International Zone Auroville.

Submitted by Kalsang



MORNING STAR SERVICES

Morning Star is a unit of the Health and Healing Trust, made up of midwives and doulas who support pregnancy, childbirth, breastfeeding and provide women's wellness GYN care in Auroville. We offer our services to all and invite you to participate and benefit. Our goal is to bring respectful health and maternity care to women and families in Auroville.



Consultations

• At Sante

Paula offers midwife and GYN consultations at Santé including well-woman care, Pap tests, and other screenings, menarche through menopause. Book an appointment through Sante 0413 2622803

• Other

Consultations available with midwives, doulas and breastfeeding advisors—email us if you are interested in specific consultation.

Teens

We offer consultations for teenagers by appointment with strict privacy protocol.

- Contact by email: morningstar@auroville.org.in

Classes

Childbirth preparation classes, including fathers, are offered throughout the year.

- **Location:** Hall of Light, Creativity Community
- **Time:** Wednesday evening, 5—7pm. Movement classes like Yoga, dance, breath work and education on various aspects of pregnancy, birth, newborn and breastfeeding.

Most of the sessions are offered in English and Tamil.

- Like to join the classes? Send WA message to Bala, +91 9892699804

Parents' Groups

Rotem is facilitating a support group for mothers and fathers who have had a baby in the last year.

- 10—11:30am, Wednesday mornings, Hall of Light
- Interested? Send message to Rotem at WA +91 8056888715

Bala



AUROKIYA

Integral Eye Centre @ Arka

Working Hours:



Monday—Saturday, 9am—5:30pm

The following services are provided

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

Contact

- aurokiya@auroville.org.in; aurokiya@gmail.com
- WA/ Mobile: 8012305151, www.aurokiya.com

Aurosugan, Aurokiya team

SIDDHA CONSULTATION

Every Wednesday and Friday from 3—5pm

@ AV Health Center

Dr Sharavanan will be available for Siddha consultation every Wednesday and Friday from 3—5pm.

- Consultation by appointment.
- Please call phone no 0413 2255450 between 9-12noon or 6-8pm for appointments.

Thank you and regards, Dr. Uma



AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sutha

The Arts

ARTS DIRECTORY UPDATE

The Art Service is updating its directory of artists & performers to connect them with upcoming projects & collaboration requests. Please email us at aurovillearts@auroville.org.in with the following details, thanks!

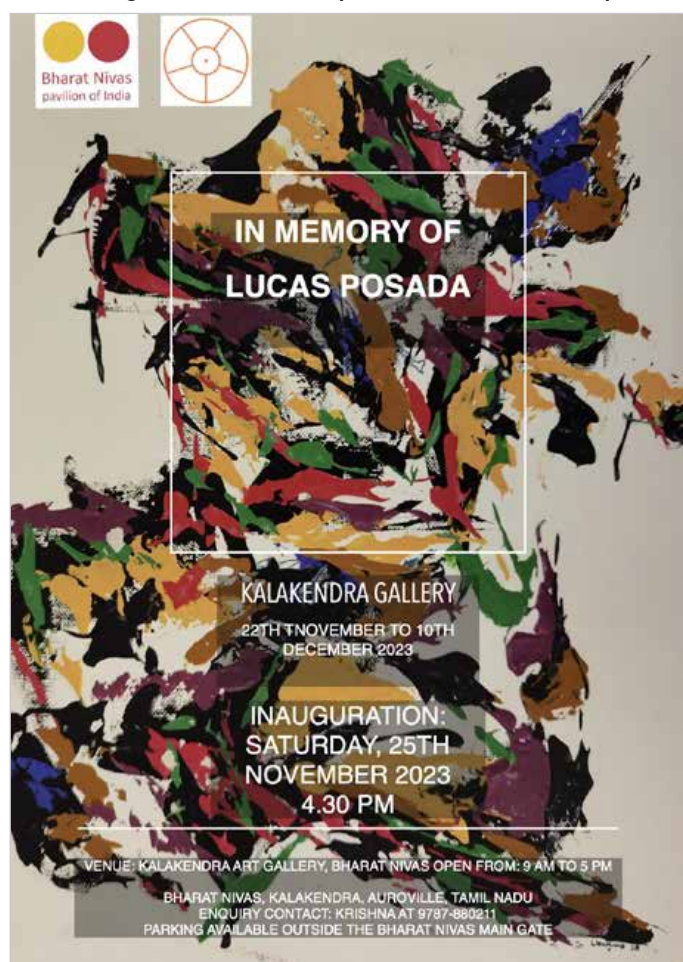
- Name:
- Medium:
- Community:
- Contact Number:
- E-mail:
- Social Media:

Note: This directory is only for Aurovilians & Newcomers. Even if you are registered with a different umbrella Unit, other than Art Service) but wish to collaborate, please contact us.

Thanks, Priya

IN MEMORY OF LUKAS POSADA

22 November—10 December @ Kalakendra
Innauguration: Saturday, 25 November, 4:30pm



Warmly, Christoph

CREEVA PRESENTS:

Black & White In Life & Beyond

Ongoing
untill 18 November
@ Pitanga

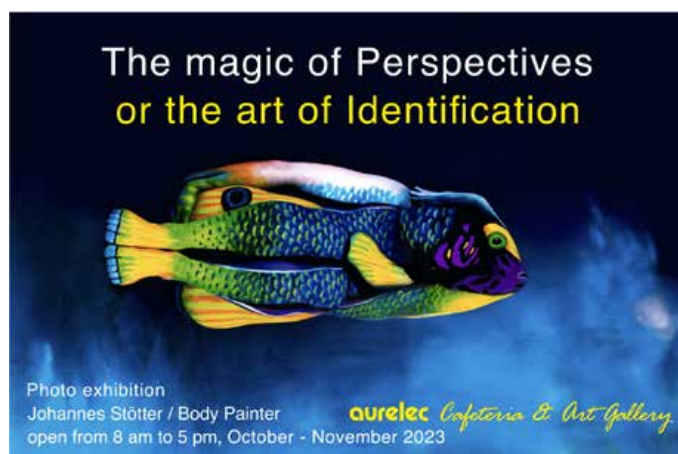
by Audrey Wallace-Taylor
(1933—2023)

Andrea
for Pitanga Cultural Centre



JOHANNES STÖTTER, THE MASTER OF ILLUSIONS

November, 8am—5pm @ Aurelec Cafeteria



Submitted by Franz

SOFT SELF

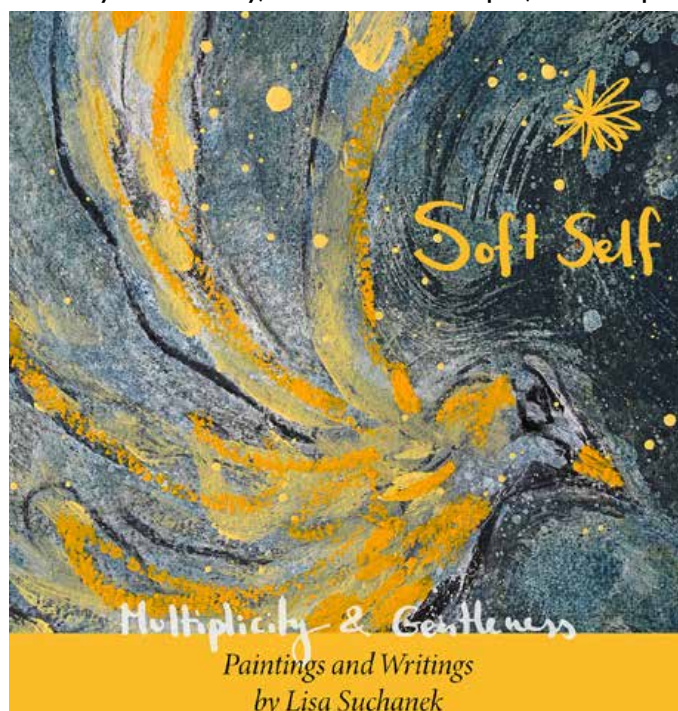
an exhibition by Lisa Suchanek

17 November to 2 December

Opening on Friday, 17 November, at 4:30pm

@ Centre d'Art, Citadines.

Monday to Saturday, 10:30am—12:30pm, 3:30—5pm



Soft Self, Inner Multiplicity and Gentleness

An art research project with writings and mixed media paintings by Lisa Suchanek

This exhibition presents a personal and sensory play of materials and storytelling inspired by various spiritual perspectives and modern mental health research. Expressed in figures, textures, colors and words, its core theme is the paradoxical nature of life energy and the practice of holding it with gentleness:

Even though life shakes and inner defenses emerge, it is safe for me to feel and to curiously rummage the forgotten pockets within. To abdicate that which is beyond, while taking soft responsibility for that which is here. Drifting with deliberate care — expanding, not breaking — learning to become a good place for others and for the many parts within.

Lisa Suchanek

• Please park at Town Hall

Marco for Centre d'Art

KALAKENDRA & THOORIGA CENTER PRESENTS
Art Show by women artists from Chennai
 7 to 20 November



Inauguration:
 Friday, 10 November, 4.30pm

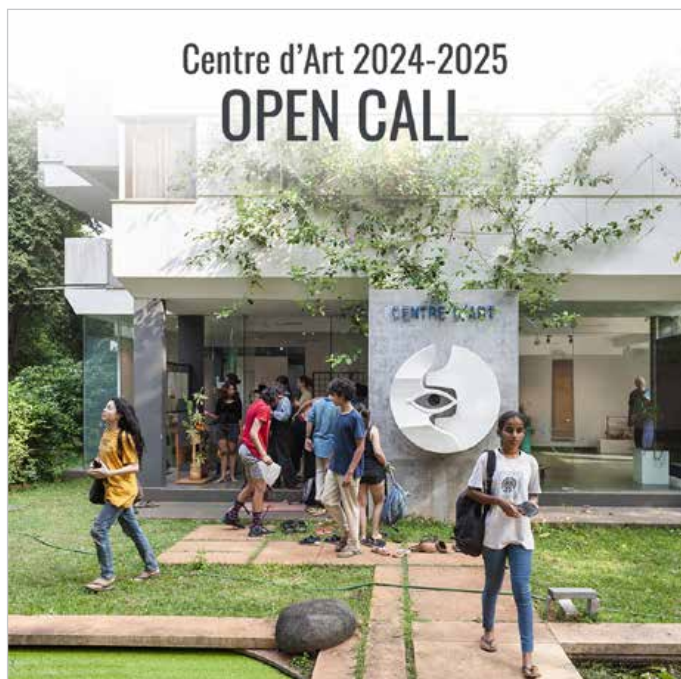
- **Venue:** Kalakendra Art Gallery, Bharat Nivas
- **Open** from 9am to 5pm

Bharat Nivas, Kalakendra, Auroville, Tamil Nadu

Enquiry contact: Krishna at 9787-880211 Parking available outside the Bharat Nivas main gate

Regards, Vani

EXHIBITION OPEN CALL



Centre d'Art is pleased to accept submissions of cohesive art projects. All artists are welcome to submit their projects for an exhibition in the season 2024-2025.

- If you are interested please send your submission before 31/01/24 to centredart@auroville.org.in and write 'Exhibition Submission' as the subject of the email.

- The email should contain:
 - Contact details
 - A short biography of the artist
 - The title of the art project and its explanatory text
 - Images of some work in jpg or pdf (max 20 images) in low definition

The use of the space is free of cost but transportation of the work and presence in the gallery during the exhibition time are the artist's responsibility.

- Submissions are open until 31/01/24.

The selection will be made in February and the decision will be communicated within a few weeks. All submissions will get an answer.

Looking forward to receiving your application. **Marco**

Youth Initiative



Dear Auroville community and units, we at YouthLink and Youth Center are arranging for a Children's day celebration event on **25 November**, from 3 to 6pm at the Youth Center. The event will cater to children in Auroville & Outreach schools, as well as homeschooled Auroville children, between the ages of 6 to 14.

This event will be a community event with no charge/fee to our children, and we are allocating 20,000 INR from our budget to pay for snacks, juices, and presents for the treasure hunt. We are expecting around 200 children, since last year's children's day event had 176 participants.

- If your unit would like to contribute towards the Treasure for the treasure hunt, please let us know through our email: youthlink@auroville.org.in (please keep in mind that we need at least 200 individual pieces)
- Or if you would like to contribute towards this event, you can make a donation to our financial service account #251048 (please specify 'children's day event' in description).

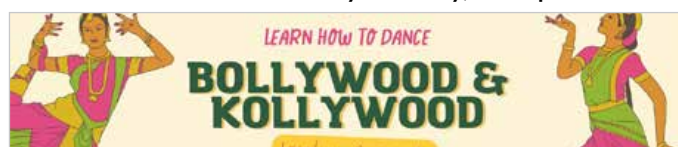
Let's create a memorable event for our children!

With Much appreciation, **Namu** for
 YouthLink X Youth Center Teams

Activities

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

For more information and to reserve your spot, contact:

- balaganesh.siva@gmail.com, +919446762034 WA only

Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested. **Balaganesh SIVA**

GATE OF DREAMS UPDATES

In the present I offer:

- the **I Just Wanna Write** podcast, every Thursday on Auroville Radio. Currently with a series on the Hero's Journey.
 - the **I Just Wanna Write** blog, where I weekly upload exercises, reflections, writing games, journaling prompts and a bit of writing theories from professional writers.
 - the **I Just Wanna Write** individual or collective writing sessions that you can book with me writing to avgateofdreams@gmail.com
 - **La Vita Divina** readings in italian. You can find them both on AvRadio every Monday or posted on my website Gate Of Dreams at <https://gatedreams.com/>
 - coaching on acting for preparing for a role or audition
- All the activities are for free for Aurovilians, Newcomers and volunteers
- **For contacting me**
please write to avgateofdreams@gmail.com



Francesca



Workshop: LA Style Salsa Dance

Every Thursday, 7:30pm @ CRIPA, Kalabhumu

Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
 - Practice with Partners with all basic steps, Partner sequences, Turning and leading
 - How to get the beats or rhythms, Dance with Partners
 - Feedback sessions
- Contact:** Instructor Raja, +91 9751395939, Voice and WA
- Contribution Based
 - www.angamtree.com/workshops
 - Kindly WA to be added to the Salsa WhatsApp +91 9751395939



Thank you,
Raja Narayanasamy

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

Information

- Bring water bottle, socks
- Every month new batch beginner
- Minimum commitment 1month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com.



Submitted by Mani

AUROVILLE TANGO ACTIVITIES

@ Harmony Hall, Bharat Nivas



- **Monday, Class**
 - 7pm intermediates;
 - 8pm beginners
- **Wednesday, Practica**
 - 7:30pm guided practica;
 - 8pm practilonga
- **Friday, Open Source**
 - 6:30—8pm

No partner required, bring socks or dance shoes and plenty of cheer!

+91 9821166082, tango@auroville.org.in

Submitted by Aurevan

NEW CREATION DANCE STUDIO: SCHEDULE

- These are drop in classes, no experience needed.
- Ballet classes for teens only.
- Please contact Savitri for any info: savitri@auroville.org.in or 8940477667

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm				Gymnastic private (Terra)	Ballet private	
4pm 4:45	Fleur ballet teens	Elodie practice			Elodie practice	Power Flow Movement (Purvi) From 4:30—6
5pm	Pilates interm (Savitri)	Fitness Dance (Elodie)		Fitness on Swiss ball (Savitri)	Low Impact toning (Elodie)	
6pm	Zumba (Preethi)	Salsa (Mani)				Salsa (Mani)

Submitted by Savitri

ZUMBA WITH PREETI

Zumba classes are happening



@ New Creation Studio, every Monday, 6pm
For regular classes DM: 8281746763

Submitted by Vega

BANSURI (FLUTE)

Group Classes With Michael

The Sound of Bamboo

Various Styles of the Indian Flute



- Kalabhami Music Studio
 - Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm
 - Drop in is possible at any time, flutes available to borrow or buy.
 - Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required
 - More Info: www.the-sound-of-bamboo.com
 - To Donate: <https://pay.auroville.org/divine-arts>
 - Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>
- Dave, +440 7564119728, djsevens87@gmail.com

SALSA DANCE CLASS

- Beginner Class: Every Tuesday, 6:30pm
- All Levels: Every Saturday, 6:30pm
- By appointment: any time you can do Salsa, Bachata Kizomba



- Need To Bring: Socks, Water, Smile
- Venue: New creation Dance studio
- Register before coming:

+918637633696

Mani, @bakisata_dance

CREEVA ACTIVITIES

Welcome to 'Open Studio'

Welcome to 'Open Studio' for those who aspire to explore drawing, painting, and other forms of visual arts from within themselves.

- Art supplies are available for your use at the CREEVA studio.
- Please inform us in advance of your visit.
- Contact Abi at +919042058981.

Painting Classes with Sathya

- Watercolor Class By Sathya.
Every Monday 5—7pm.
- Life Drawing Session.
Every Tuesday 5—7pm.

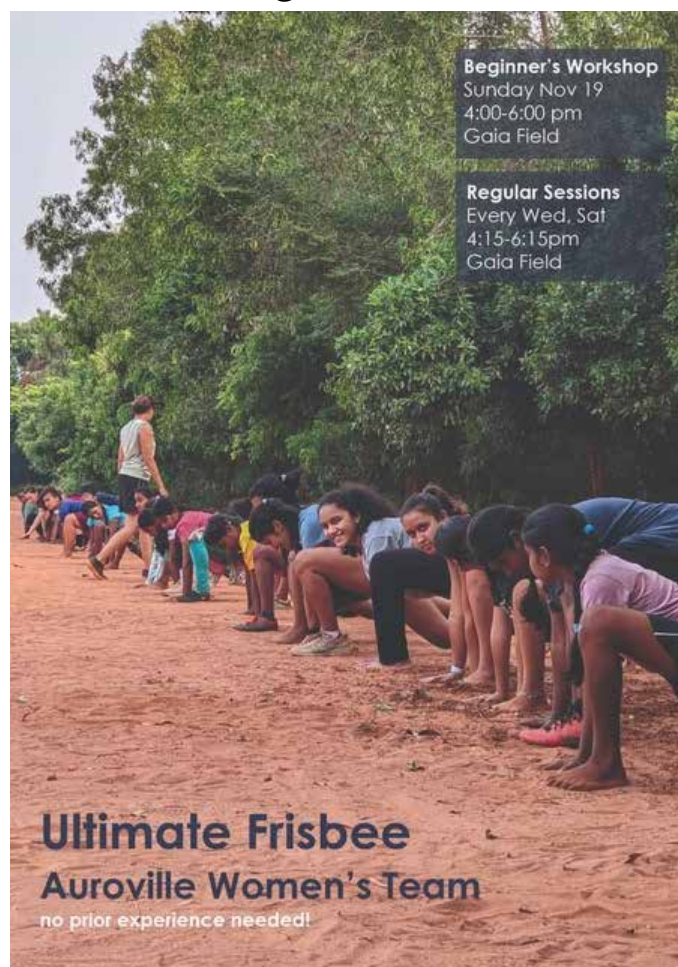
Contact: +91 9486145072 WA



Warmly, Sathya

ULTIMATE FRISBEE

@ Gaia field



- Beginners Workshop
Sunday, 19 November, 4—6pm
- Regular Sessions
Every Wednesday & Saturday, 4:15—6:15pm

We are starting Auroville Ultimate frisbee women's team practices again! It's going to be lots of fun and training. Would you be interested in trying it out? Or do you know someone who would?

We're going to have a **Beginners Workshop** this Sunday 19 November from 4—6pm at Gaia field for any girls/women who want to try it out!

Hope to see you on field.

no prior experience needed, just some enthusiasm & water

Smriti
for Av Ultimate Women's Team

KSHETRA KALARI

Aspiration

@ Aspiration Sport Ground

- Kalari Class for Beginners
 - Morning classes: 6:30—7:30am
Monday, Wednesday, Friday
 - Evening classes: 5—6pm,
Tuesday, Thursday, Saturday
- Kalari Classes for Advanced People
 - Morning classes 6:30—7:30am
Tuesday, Thursday, Saturday
- Kalari Massage Available
 - By apointment, 9042009200, Maneesh



Where Body Becomes Eyes, Maneesh For Kalari Team

TAI CHI HALL

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- **Mondays & Saturdays**
 - 7:30—8:30am: Chi
 - 8:30—9:30am: Form
- **Tuesdays—Fridays**
 - 7:30—8am: Chi
 - 8—9am: Form



We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method (artduchi.com). All are welcome to drop in.

- **Our next beginner's intensive** is from February 12 to March 2 2024.

taichi.auroville.org,
taichi@auroville.org

Warmly, Krishna

MARTIAL ARTS

Auroville Aikido News

- **Classes for Children**
 - Monday, Wednesday, Friday, 4 to 5pm.
 - We also take new students (from age 8)
- **Adult classes**
 - Tuesday—Thursday—Saturday, 6 to 7:30am and Wednesday, 5:15 to 6:30pm
- **Women & teen-age girls' classes**
 - Sunday, 9:15 to 10:30am.



Contact us at budokan@auroville.org or SMS Surya on 08300189062.

At Her service,
Surya CR, Murugan N., Philippe G. and Cristo for Auroville Budokan at Dehashakti
Best regards, Surya

CO-CREATING WITH THE SPIRIT OF NATURE

Co-creating with the Spirit of Nature

Are you interested in deepening your communication with Nature and co-create in its Spirit?
Drawing, painting, dancing, video, poetry... whatever field you are called for. Bring your own materials or use what nature is offering. Let's meet on Wednesday afternoon from 3p.m to 4.30 p.m. We will work out doors.

Register:
Bel: +91 7598892065 WA

Bel

ANITYA

Joy Of Impermanence

Human Unity, Sustainability & Consciousness

@Center Field, after center GH, follow the Anitya signs

Education On Urban Farming

- **Open to all Every Thursday, 4:30—6pm**

Come and join us to explore how to create, take care and harvest food from a small permaculture kitchen garden

- **Theory + Hands-on Class**
- **No prior experience A required**

Urban Farming is the practice of growing fruits and vegetables within city limits. Our goal is to inspire, encourage and empower you in growing your own food.

- Free contribution
- **Info & registration: +39 3276744420 WA**



Community Lunch

- **Every Thursday & Saturday**

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members

- Contribution required
- Limited seats available
- Must book min. 1 day in advance: +918489760966



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles: Impermanence, Community Spirit, Sustainability, Selfsufficiency and DIY

Anitya is a community project registered under LEAD, Auroville. To know more about Anitya: joyofimpermanence.in
Love and light, Serena

AUROVILLE

One Day and Half Day Tours

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints. We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

- **One day tours:** Every Saturday, 9:30am to 5:30pm
- **Half Day Tours:** Every Friday, 9am to 1pm
- **Pre—Registration** is required.
- **Contact us** to know more details: youthlink@auroville.org and +91 85248 25120 WA
- Here is the link for the itinerary, fee and other important details:
 - https://drive.google.com/drive/folders/1tGQNBGlSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link or
 - please scan this code to know more.



Regards, Bondeepa

ABHAYA CERTIFICATION as an International Instruction

Abhaya is proud to announce the next step in its journey as a martial art school in Auroville. Recently our leading coach Giacomo got a special certification as an international instructor authorized to give certifications and belts and he got permission to represent the Shou Dao School in India, after a 112 hours seminar.



From now Abhaya will offer:

- **Monday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Tuesday 4:00pm in Dehashakti:** MMA for kids (Chloe—Blue belt in BJJ)
- **Wednesday 5:30pm in Dehashakti:** MMA for adults (Giacomo—International Instructor)
- **Friday 5:30pm in Dehashakti:** K1 for adults (Ruben—Kickboxing coach)

Soon Giacomo will offer classes of Shou Wu, a kung fu based on the ancient Shou Dao style, that uses the external tools of Qigong and of the three main schools of Wudang: Tai Chi (Chen), Baguazhang and Xingyi.

- If you want to know more about Shou Wu, please contact abhaya@auroville.org.in or whatsapp 9487340778

Giacomo



KALPANA GYM

Kalpna Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam

FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden! We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options

This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

Sign up and infos whatsapp Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

Submitted by Sarah

SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level

To book contact +91 8637633696



Mani

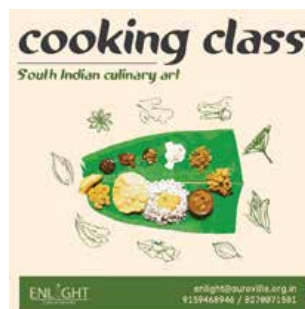
ENLIGHT ACTIVITIES



Cooking Class: South Indian culinary art

Learning to cook is a life skill! Complete your travel experience by learning the art of south indian cuisine with native women

- **Every Saturday and Sunday, 10am—12noon**
1 day prior booking need to be done
- +91 91594 68946, +91 82700 71581
enlight@auroville.org.in



Bioregion Village Tour

BIOREGION VILLAGE TOUR

Take a break from your city life and dig deep into the heart of rural villages around Auroville where a land of peacefulness, farming and ancient customs still exists.

Traditional Welcome Village Walk Kolam Experience

Handicrafts History and Culture Native Lunch

For inquiries Scan here

One day prior booking

enlight@auroville.org.in +91 91594 68946, +91 82700 71581

Explorative Educational Experience

EXPLORATIVE EDUCATIONAL EXPERIENCE

Experience Auroville and travel through the cultural consciousness of the international township

Arts and Crafts Visitor Center Resident Family Visit

Units and Activities Ecological Farming Bonfire & Drumming

Spiritual Journey Canyon Exploration Nature Trail

One day prior booking

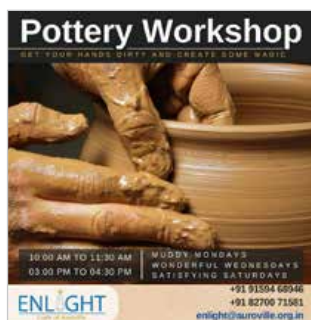
enlight@auroville.org.in +91 91594 68946, +91 82700 71581

Pottery Workshop

Get Your Hands Dirty And Create Some Magic
10—11:30am & 3—4:30pm
Muddy Mondays, Wonderful Wednesdays,
Satisfying Saturdays

Join Us For Our Pottery Workshops To Experience! Working In Clay And Gain One-On-One Instructions On How To Create Your Piece. Enlight Offers A Natural And Relaxed Environment To Immerse Yourself In Pottery.

- Our Workshops Are Focused On Pottery For Beginners, so no prior experience is required.
- +91 91594 68946, +91 82700 71581
enlight@auroville.org.in



Thread Art Workshop

Thread art workshop

Every Saturday
10:00 am – 12:00 pm
1 day Prior booking needed

Crochet Macrame Embroidery

ENLIGHT Light of Auroville
+91 91594 68946
+91 82700 71581
enlight@auroville.org.in

Time To Travel To Beautiful Places

TIME TO Travel
to beautiful places

You can definitely count on us for tourism. We will provide all kinds of services required for our tourism.

Package details:

- Travel arrangements at 2 locations.
- Accommodation.
- 1/2 tour guide.
- Private car.

You can definitely count on us for tourism. We will provide all kinds of services required for our tourism.

Package details:

- Travel arrangements at 2 locations.
- Accommodation.
- 1/2 tour guide.
- Private car.
- Book now:
08270071518/ 9159468946/ 7639810621,
enlight@auroville.org.in

Balaji

AUROVILLE BAMBOO CENTRE November Program 2023



Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.



- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration: One day in advance.

Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm
- Every Saturday
- Registration: One day in advance.

Training and workshop

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.



One-Day, Make and Take Workshops

- Furniture Workshop
- Bamboo Lampshade
- Timings:
 - 9am—12:30pm, 1:30—5pm
 - Every day except Sunday
 - Registration: One day in advance.

3 Hours Make and Take Workshops

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewellery
- Bamboo Planter
- Timings:
 - 10am—12:30pm or 2:30—5pm
 - Every day except Sunday
 - Registration: Walk-in registration available

Upcoming Workshops

- Bamboo Product Design Workshop
28 to 30 November

This workshop focuses on small scale products and interiors making from bamboo and wood combination for example chairs, table s, shelves, lamps, etc... The Bamboo Product Design workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

For more information, special requirement, and pre-booking contact: preferred through Email at bambooworkshop@auroville.org.in or bamboocentre@auroville.org or telephone number: +91 8300949081, 0413 2623806 / 2964727

- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081

www.aurovillebamboocentre.org
Murugan For Bamboo Centre

CREATIVE TAILORING SESSIONS

Monday to Friday



Dear friends, you are welcome to visit and explore our Creative Tailoring Sessions from Monday to Friday.

- Kindly contact: kulaicreativecentre@auroville.org.in Or kulaicreativecentre.auroville@gmail.com
- For more info and details
WA + 91-8608473385 / 9843195290

With regards, Selva for KCC

DREAMCATCHING OPEN SESSIONS

Essentially each session is open to anyone (aurovilians, newcomers) and offers an aspirational and safe space to explore 'the DNA of Auroville', in a quiet, non-confrontational and meditative manner.



We invite you to come and experience this positive and creative space where we explore ideas to concretely bring down The Dream.

- Please write to dreamcatchingav@gmail.com for information and to receive the 'pearls/notes' of each session.
- Currently the sessions are being held at Naturellement Garden Cafe terrace at Udyogam.

Love, David and Mona

ADVANCED

ANALOGUE DARKROOM WORKSHOP

by Sasikanth Somu, 23, 24, 25 November

Prerequisite Basic Analogue Photography

- Program & Timings**
 - Thursday, 23 November, 2—5pm:** Exposure—Exploring light:exposure relationship. Photo shoot(in your own time)
 - Friday, 24 November, 9am—2pm:** Photo Shoot(in your own time), 2pm—5pm: Film developing...
 - Saturday, 25 November, 9am—12:30pm & 2—5pm:** Photo Printing: Exploring masking, multigrade filters, burning & dodging...
- Registration Contact:** centredart@auroville.org.in
- The workshop fee for Guests:** Rs.3500 incl. GST.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.



All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

- Regarding the Analogue camera** and any specific questions about the workshop please write directly to the teacher:
 - Sasi sasi@auroville.org.in, +91 91593 55809WA

- Number of participants is limited to six.** While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards, Sergey, Centre d'Art

Help Needed

CREEVA

Seeks Funds

We are in need and would deeply appreciate your financial support.

- Click on: <https://donations.auroville.org/>
- FS #24001** Unity Fund mentioning Creeva
- avunityfund@auroville.org.in



CREEVA

Thank you a lot, Marlenka and Sathya for Creeva

THE GAS SERVICE

Needs Some Funding

Dear Community, until recently we were able to promptly bring your gas bottles to your homes with the electric van which we have been using over the years for the delivery at your request.



This electric van broke down

a month ago and a major part needs to be replaced. The charge controller board which controls the electrical current going to the individual cells has failed, and this electronic board alone costs Rs.1.3 lakh.

We do not have the funds to cover this amount so we look for your generous support.

- Until the electric van is repaired**, from the month of November onward we will temporarily **increase the delivery charge** from Rs.50 to Rs.60, to cover the overhead cost as we are currently hiring a petrol vehicle to do the gas bottle deliveries.
- Your contributions can be made to our **Electric Van Repair FS Account number: 252930**

Velu, for Gas Bottle Service

PUPPIES NEED SHELTER

Now as the monsoon has fully set in, we urgently request help from dog lovers. At the moment our shelter is caring for 23 tiny puppies and 19 bigger ones, another 20+ puppies were dumped near the solar kitchen where they try to survive in a makeshift shelter set up by kind hearted people and cared for by Auroville children.



AUROVILLE DOG SHELTER

All those puppies urgently need dry cloth, warm water bottles, food and most importantly vaccinations as the risk that they die due to viruses is very high. If you can, please support the puppies in our shelter and in the makeshift puppy camp near the solar kitchen. Please open



your heart and home for them and foster or adopt them. Spread the news through your social media so that they stand a chance to find a forever loving home. Monsoon time is very difficult for everyone but for those tiny innocent beings it's a matter of life or death.

Arthur for Auroville Dog Shelter

Honorary Voluntary

DOGS CALLING ALL VOLUNTEERS!

Are you new to Auroville and seeking a hands-on experience of the Yoga of Work? Do you have a special love for animals, particularly dogs?

Are you ready to commit 25 hours every week to care for our incredibly affectionate 300 dogs?

An incredible, potentially life-changing experience awaits you! Join us at the Auroville Dog Shelter, where you can become a SAVI registered volunteer, receive training as an animal caretaker, and be part of the most exciting phase in our history—building a model shelter for all of India! This is a once-in-a-lifetime opportunity, and you wouldn't want to miss the chance to make a real impact!

Contact us now:

- Coco: +33672046070 WA
- Arthur: +91812225266 WA

Arthur
for Auroville Dog Shelter



AUROVILLE
DOG SHELTER

AUROORCHARD:

Call For Farm Volunteers



Please contact

- auroorchard@auroville.org.in
- Voice call: 9882685365 (Anshul)
- WA: 9566631079 (Nidhin)

Nidhin, <https://auroorchard.auroville.org>

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am onwards, and have a vegan breakfast at 8:45am.

Breakfast is offered as a gift, and there is no need for prior booking. If you would like to contact us:

sadhanaforest@auroville.org.in,

8525038274WA or call 8122274924

Looking forward to welcoming you!
The Sadhana Forest team,
Shek

CALL FOR VOLUNTEERS:

A Simple Questionnaire Based Project

Greetings everyone, Myself Dr M.S.SUNITHA pursuing a post graduate in Siddha medicine at government Siddha Medical college Palayamkottai, Tirunelveli.

I am doing a minor project in Knowledge, Attitude & Practice (KAP) study about AYUSH medicines usage among different nationalities residing in Auroville for my academic purposes only.

It will be a **simple questionnaire based project**. You need to answer/tick a set of questions & share a few words about your knowledge, thoughts & experience regarding Ayurveda, Yoga & Naturopathy, Unani, Siddha & Homeopathy (AYUSH) medicine. It will be really helpful to complete my project successfully.

• All your personal details will be kept confidentially. No entry fee.

• Interested people & for more details you can send your mail id or contact me via WA 9159035671, email: rap8295@gmail.com

Sunitha



KUILAI CREATIVE CENTER

Looking for Volunteers

Dear friends, we are looking for volunteers who could help in

- Volunteers who could help in Teaching English/Hindi/French lessons to Beginners and Intermediates (Children and Adults) 1 or 2 hours per day.

Kindly contact:

- kuilaicreativecentre@auroville.org.in
- + 918608473385 WA / 9843195290 WA

Selva



Work Opportunities

AUROVILLE DOG SHELTER

Is Offering A Position Animal Caretaker

The Auroville Dog Shelter is offering a job position for a dog lover as animal caretaker. Please contact Coco at +33 672046070 WA

Thanks, Arthur



JOB VACANCY

at Quiet Healing Center

We are urgently looking for a **female** receptionist to join our existing office team.

An open, friendly nature, patient attitude, full-time commitment, and ability to work effectively within a team are essential. Basic computer knowledge is necessary for responding to inquiries and bookings via email and WhatsApp. Proficiency in English, both spoken and written, is essential.

If you feel interested to join a welcoming team and work in a vibrant Auroville place located on the beach, please send your CV to quiet@auroville.org.in.

Guido for Quiet Team

Looking For

Wasabi The Cat needs a Home

We are looking for a loving person or family to adopt our 3 years old cat named Wasabi. He has been vaccinated and castrated. We are looking for a new home for him because he isn't getting along with the neighbors cats, otherwise he is a friendly cat that likes to cuddle and go outdoors.



- Contact me if you're interested or have any questions.

arpilisa4@gmail.com, Lisa

Looking for Cello

I'm Pete from the UK. I wonder if you could help me? We are holding a Sacred Music and Kirtan retreat at Verite Auroville 7—14 January 2024. We are bringing most of our musical instruments with us, but are unable to bring our cello. We were wondering if anyone at Auroville had a cello that we could hire?



DO YOU HAVE A CELLO THAT WE COULD HIRE?

UK MUSICIANS HOLDING A SACRED MUSIC RETREAT AT VERITE AUROVILLE
7th-14th JANUARY 2024.

IF SO PLEASE CONTACT PETE
kirtanpete@gmail.com
WE WOULD BE VERY GRATEFUL!

I hope this is possible, and if you require a donation to support this I can PayPal some money over to you.

Many thanks, Pete, kirtanpete@gmail.com

Available

AC Available

Keep cool. Need a strong and durable A/C?—look no further: 2 tons split AC—Intec brand available from Ulrike and Drupad, Sanjana:



- Ulrikrishna@gmail.com
- Drupad 9626561256, Ulrike 9751513906 (WA, Signal and Telegram only)

Ulrike

Foods, Goods and Services

AUROMODE HIVE OPEN HOUSE

Friday, 17 November 2023, from 10am to 5pm

Dear All, Join us at Hive's Open House on Friday, 17 November 2023, from 10am to 5pm!

Embark on a journey of boundless productivity and endless opportunities with Super-fast Internet and Unlimited data—All for free.

Visit our website at www.auromode.in/hive-coworking for more details on our plans and facilities.

- For inquiries, feel free to reach out to us on WhatsApp at 7092197375/9042759540.

See you on Friday!!

Dhesh for Hive Team

HAVE YOU DISCOVERED SUDHA'S KITCHEN?

@ Svedame, where WELL cafe used to be)

Open 8am—5pm Monday through Saturday.

I was thrilled to discover Sudha's Kitchen because Sudha is a wizard at making delicious food!

The menu is mostly Middle Eastern: falafel plate with pita bread, mediterranean plate with hummus or labane and cooked and raw salads, shakshuka, sabich sandwich, salads including Japanese and Greek, with soups, hot and cold drinks, and wonderful desserts including amazing chocolate truffles (plain, vegan coconut, and orange).

On Wednesdays and Saturdays the special is Vietnamese spring rolls in rice paper wraps with peanut sauce. Sudha also offers breakfast with omelets, dosa, and fruit salad.

- Sudha's Kitchen (in Svedame, where WELL cafe used to be) is open from 8am to 5pm, Monday through Saturday.
- Groups are welcome to book in advance.
- Landline: 0413 3509884.
- In case of rain, there is an indoor space.
- Deliveries are also possible.

Come and eat delicious food with your friends!

Love, Shanti Samasti



THE SPROUT IS OPEN!

7am to 4pm Monday through Saturday

@ The Sprout Cafe in UTSAV on the Verite radial

We're thrilled to announce that our doors are officially open! Join us from 7am to 4pm Monday through Saturday to enjoy our food at The Sprout Cafe in UTSAV (on the Verite radial).



- Dive into our delicious breakfast menu from 7 to 11am
 - Enjoy a casual and yummy lunch from 12 to 3 pm.
- We aim to offer at least three different dishes daily.
- Or just come and try our coffee, hot chocolate, creamy ice cream, cakes and scrumptious cookies available all day long.

We are closed for Diwali on Monday, 13 November. Akash

GERMAN BAKERY NEW OPENING HOURS

7:30am to 8:30pm

Please note that we are closed on Tuesdays.

Dear Bread Enthusiasts, we are delighted to announce the opening of our small German Bakery, located in the same building as Sakura Sushi on the ground floor, Kuilapalayam.

While we are still in the process of adjusting our range of bread and pastries that sometimes also fail, we invite you to try a selection of German sourdough breads, pretzels, cakes, as well as our home-made smoked ham and sausages. For those seeking a meal, we offer a breakfast plate and a German version of tarte flambée (Flammkuchen) for dinner.

We look forward to serving you at German Bakery during our new extended hours daily from 7:30am to 8:30pm. Please note that we are closed on Tuesdays.

Egle



POURTOUS CANTEN LUNCH SCHEME

At Rs.2470 Per Month From November

Dear Community, we celebrate one year of our Community Canteen at PourTous Aspiration by starting to offer our Community our lunch scheme.

- The scheme costs 2470 Rs per month if you enroll and pay at the start of the month to FS account nr 251446 mentioning your name and community as on your tiffin.
- Please enroll before month starts per email ptpservice@auroville.org.in on 0413 2623091 or in person
- If you start in the month then we will arrange a partial price.

Please bring your tiffin before 11am to the kitchen to receive your hot lunch as early as 12:30, we try in order of arrival.

- A lunch costs 95 Rs. if you pay separately so if you bring your tiffin before 10am we can include you too!

Saturday's bonus dessert for lunch scheme!: -) so provide container for kheer or other

Let's see how this evolves...



*With great pleasure
to serve our wonderful Community,
Joel for PourTous team,*



Open For Breakfast

Buffet

Mixed Indian and Continental

From: Mondays To Sundays
Timings: 7:30 AM to 10:30 AM

Lunch & Dinner

Available

From: Monday to Saturday

Submitted by Pavi

FREE STORE OPENING TIMES

Morning hours:

- Monday to Saturday:
8:30am—1pm

Afternoon hours:

- Tuesday and Thursday:
2:30pm—4:30pm

We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

Kamala for Free Store Team



WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kat-tidakalai Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, desoldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you have any requirements, please contact

- Dhandapani, Executive at 0413-2622295,
- Mobile 9443090082/8098193820
- or via email to newwaves@auroville.org.in



Priya

DROPZY

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their doorsteps



Kindly do download the mobile app to register yourself to place orders supporting the outlets in and around Auroville and to find out relevant information to your needs.

Download link as shown below:

- **Android:** <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
- **iPhone:** Coming soon.

We will be adding new categories to service our user base in the upcoming weeks. Dropzy is a multi-purpose mobile app platform and it isn't merely only a delivery service solution. Stay tuned in to our announcements and the app regularly, for more updates.

Best regards, Sathish Arumugam For Dropzy

Mobile: +91 8098144686, www.dropzy.in

TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community.

Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

So if you have any issues you are currently facing with your phone, computer, smart tv etc, reach out to us and we will come and solve your problem while hopefully teaching you as well.

- Youthlink@auroville.org.in, +91 7397787112, *Sananta*



AUROCABS



- aurocabs@gmail.com / www.aurocabs.in
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201

AUROVILLE to CHENNAI AIRPORT: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,700 • 2 Sharing- Rs. 2,000 Per person • 3 Sharing- Rs. 1,500 Per person • Round Trip Rs. 4,200 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 4,500 • Round Trip Rs. 5,500 	CHENNAI AIRPORT to AUROVILLE: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 2,800 • 2 Sharing Rs. 2,000 • 3 Sharing Rs. 1,500 • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 4,600 (Includes parking fees) • Round Trip Rs. 6,500
AUROVILLE to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip: Rs. 6,500 	CHENNAI CITY to AUROVILLE: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • No Sharing Rs. 3,300 • 2 Sharing Rs. 2,300 • 3 Sharing Rs. 1,700 • Round Trip Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,000 • Round Trip Rs. 7,000
PONDICHERRY to CHENNAI AIRPORT: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,300 • 2 Sharing Rs. 2,250 • 3 Sharing Rs. 1,700 • Round Trip- Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,100 (includes parking fees) • Round Trip Rs. 7,000 	CHENNAI AIRPORT to PONDICHERRY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,200 • 2 Sharing Rs. 2,250 Per person • 3 Sharing Rs. 1,700 Per person • Round Trip Rs. 5,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,000 • Round Trip Rs. 6,000
PONDICHERRY to CHENNAI CITY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> • NO Sharing Rs. 3,800 • 2 Sharing Rs. 2,500 Per person • 3 Sharing Rs. 1,900 Per person • Round Trip Rs. 5,500 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • NO Sharing Rs. 5,500 • Round Trip Rs. 6,500 	CHENNAI CITY to PONDICHERRY: SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> - NO Sharing Rs. 3,800 - 2 Sharing Rs. 2,500 - 3 Sharing Rs. 1,900 - Round Trip—Rs. 6,000 INNOVA / SUV Vehicles: <ul style="list-style-type: none"> • No Sharing Rs. 5,500 • Round Trip

Raju

UNITY TRANSPORT SERVICE



Unity Transport Service would like to thank you for being our precious client for all these years. We are extremely happy to be at your service at any time. We are located in the service area and work 24x7. As we are a registered unit, we can provide you with a GST bill for your accounting procedures. We would like to convey that we have experienced drivers that have been with us for the last 15 plus years.

We have a full range of taxis now:

Toyota Etios: 4+1 seater, Maruti suzuki Ciaz: 4+1 seater, Maruti suzuki Swift: 4+1 seater, Toyota Innova: 7+1 seater, Toyota Crysta: 6+1 seater, Load carrier, Tempo traveler: 14 + 1 seater, Buses

- Any Taxi bookings can be done directly to our UTS office. The contact numbers are:
 - Landlines: 0413 2623586, 0413 2623587
 - Cellphones: 9047015801, 9443362218
 - Email: uts@auroville.org.in

Lakshmi for UTS Transport Service Team

A KIND REQUEST & REMINDER From Auroville Printers

Auroville Printers offer a wide range of printing services to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels. Just name it, and we'll make it for you.

By placing your orders with us, you not only get quality printing solutions but also actively contribute to the growth and sustainability of an Auroville unit. Your patronage is a beacon of support for our mission.

- **Auroville Printers Location:** In front of the Auroville Health Centre
 - 0413 2622534, Mobile: 9443202786
 - Email: aurovilleprinters@auroville.org.in

Warm regards, Auroville Printers, Raju

ORGANIC QUALITY MILK Available

Organic quality milk available, Morning/ Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



DISCOVER THE MAGIC of Hemp at Hemplanet!

Open Monday to Saturday, 10am—4:20pm
@ Reve Area, 1st Floor, Building 1, Auroville

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!



- Hemp Food Selection: Hemp Hearts, Hemp Seed Oil, Hemp Protein Powder, Hemp Granola Bars, Hemp Pasta & more!
- Hemp Seasonings
- Hemp Body Care Treasures: Hemp Soaps, Hemp Shampoos, Hemp Balms, Hemp Body Butter, Hemp Seed Oil

Daive

PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

- Ants, Bed Bugs, Cockroaches, Fleas, Hornet's, Mice, Rats, Spiders, Termites, Wasps & more

Get rid of them once and for all!

We will help you to eliminate wide variety of Residents and commercial Pests

Contact us: 9943919899, ramkrishna@auroville.org.in

Ramakrishnan



FIBER OPTIC

AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our Auroville community Since 2015. And I am happy to provide the below services to our Auroville community

- **Internet speed;** Boosting up for dual bands 2.4 GHz or 5 GHz
- **Wired/wireless;** Fibre ONT modems, Routers, Switches installation/repairing work
- **Fiber optic cable;** Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- **CCTV;** Configuration/Installation/repairing work inside and outside your house
- **Smart-TV/laptops/printers;** Configuration/Installation/repairing
- **Other network communications devices;** Configuration/Installation/repairing

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan, 9943919899, ramkrishna@auroville.org.in

Ramakrishnan

SURABHI SUPPLIES



Dear Auroville Community, **Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in acquiring a wide range of materials and equipment, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices achieved through bulk purchases and volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

- **If you have any inquiries,** please don't hesitate to reach out to us at:
 - surabhisupplies@auroville.org.in
 - +91 98438 46458 WA/Call

Submitted by Iyyappan

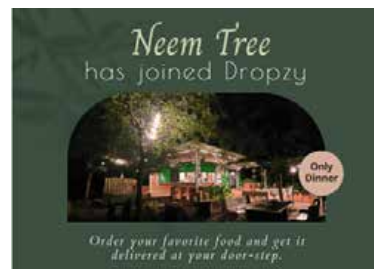
NEEM TREE CAFE HAS JOINED DROPZY

Dear Friends, Neem Tree Cafe has joined Dropzy mobile app platform to deliver your favorite food to have at your convenience from home through delivery or self-pickup.

Dropzy is an Auroville based initiative developed by 150dpi and deliveries are done through Integrated Transport (ITS) team personnel with care and on time.

At this moment, Neem Tree Cafe only serves Dinner through Dropzy.

- We take orders in Dropzy from 7:30pm till 9pm.
- Download the mobile app now and show your support.
 - Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
 - iPhone Coming soon.
- More information on Dropzy can be found here: <https://www.dropzy.in>



*Regards, Partha,
for Neem Tree Cafe Team*

HAIRDRESSER

For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Ahana looks after your and/ or your child's hair and well being.

After everyone who came was happy and content, we are now requesting short and long **Hair Models** to step forward and try something new and beautiful!

- For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Lovely day, Ulrike Urvasi



RAPID CARE SERVICE

Rapid Care Services has been serving the community at its best capacity.

Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville. We make sure the work is completed on an economical budget without compromising quality.

Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.

List of services provided by Rapid Care Services:

Aluminum channel work, Welding, Carpentry, Masonry—renovations and remodulation, Plumbing, Painting, Insect Treatment, Fencing, Electrical, Washing machine repair & installation, A/c repair and installation, Inverter repair and installation, Dth repair and installation and, Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

- Balaji, 8270071581, Arun, 7639810621
- rcsrapidcareservices@gmail.com
- rapidcare@auroville.org.in

*Balaji and Arun
for Rapid Care Team*



RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.

Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week.
- Please contact in advance for more information and booking. 8098845200.

South-Indian Cuisine Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.

- Monday—Saturday between 10am and 5pm @ Creativity.
- Please book sessions in advance.



Thai Massage

- Monday—Saturday between 9am & 5pm
- To book massage sessions or for more information, please contact personally.

Tailoring

We can tailor and customise any kinds of dresses, saris, blouses and kurtas.

- For any of the above services, contact Phone/WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

VEGAN LUNCH in Red Dot Cafe



Café Red Dot
The Conscious Café

Low carb vegan office lunch in Red Dot Cafe, Upasana.

Sign-up lunch scheme.

upanasasred.cafe@gmail.com, Uma

LATEST NEWS

from Inside India Travel Shop

Mr. Ganesh our Travel Consultant will be at our Kalpana office from 10am till 4pm, Landline 2623030 Monday to Friday. Saturdays only on appointment. He can also be contacted anytime via cell phone or by +91 9894598686, and by e-mail: travelshop@inside-india.com



- Ethiopian airline pleased to inform you of their additional baggage offer as indicated under:
 - New Baggage allowance: Business: 3 pieces (32kgs each); Economy: 3 pieces (23kgs each). Only for Journey's originating from BOM and DEL to all their European Points. Applicable for both OW & RT journeys. Sales Date: Before December 30, 2023. Travel Date: Outbound & Inbound travel have to be completed before December 31st 2023.
- Air Mauritius announced the resumption of their direct flights from Chennai to Mauritius effective 13 April 2024.
- From 4 November 2023, a new route by Lufthansa from Bengaluru to Munich was launched. In January 2024, another route from Hyderabad to Frankfurt will be launched.
- Weekly three days on Wednesday, Friday and Sunday Air India operates non stop flight from Melbourne—Mumbai—Melbourne

- Air India has entered into an arrangement with Alaska Airlines (AS), which will allow sharing of their flight networks. For seamless transfer during transit, this collaboration will enable combined travel options with Air India flights to / from the USA via significant gateways, including JFK, EWR, ORD, IAD, and SFO. Alaska Airlines will also recognise Air India's baggage allowance on journeys to and from the USA, facilitating travel to many North American destinations and Mexico.
- As per the Hong Kong Immigration Department, all Indian nationals intending to visit Hong Kong must first apply for and successfully complete the pre-arrival registration online. This is a must in order to enter Hong Kong. Upon successful registration, the Indian national MUST PRINT the computer-generated notification slip on an A4 size sheet and present the same at the airline check-in counter. Passenger details on the printout MUST MATCH those of his/her passport. WITHOUT THE PRINTED SLIP, PASSENGERS WILL NOT BE ACCEPTED FOR TRAVEL. For convenience, intending travelers must ensure that all details entered while registering exactly match the spellings and words as mentioned on the passport.
- Sri Lanka Government has announced visa-free entry for Indian, Chinese, Russian and Japanese tourists under a pilot project that has begun with immediate effect until March 31, 2024.

Covid cases are increasing in many Counties. We advise you to wear a mask in crowded places while traveling.

Joster

Poetry

THE BIRCH TREE

Under my window
Tucked in the snow
White birch retired
Clad in silver glow.
On the fluffy branches
Snowy-trim with silver-tinge
Melted around catkins
Forming white fringe.
Like golden fires
Snow-flakes blazed
While birch stood still
Asleep, or amazed.
Meanwhile, lazily
Strolling around,
Dawn threw more 'silver'
On the twigs (and ground).

Sergei Yesenin

HE SHAVED HIS HAIR

He shaved his hair.
Claims no ownership
To what's gone
While he proudly strokes
What's left curled up
Above his lips.

'No, I will not shave it
Or share it with anyone.
Definitely not
With a bowl of soup.'

With joyful Gratitude,
Anandi Z.

Auroville Radio

AUROVILLE RADIO

Dear Aurovilians, your favorite radio is always working for you. Stay tuned!

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts

- [Teens Connect Ep. 9](#) (Integral Education)
- [Soul Tracks Se. 5. Ep. 14](#) (Music)
- [I Just Wanna Write Ep. 18](#) (Creative Writing)
- [Marlenka's weekly Offering—Ep.108](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—453](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 22 'Why is anatomy important in art?'](#) (Arts & Culture)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovillian, wish to **make a donation you can do so at F.S. account number 0867**. Thanks for your help!

....and more! on www.aurovillerradio.org

For more information write to radio@auroville.org.in

Peace and love, Wobbi

Voices and Notes

ONE MUST REALIZE

One's Own Transformation

For the Receptives, Here's the Mother on the role of the adverse forces:

'Examine thyself without pity, then thou wilt be more charitable and pitiful to others.'

'Very good!

It is very good, very good for everybody, particularly for people who think themselves very superior.

But this really corresponds to something very profound.

In fact, this is an experience which I have been having for some time. It is almost like a reversal of attitude.

Indeed, men have always considered themselves victims harassed by adverse forces; those who are courageous fight, the others complain. But I have an increasingly concrete vision of the role that the adverse forces play in the creation, of the almost absolute necessity for them, so that there can be progress and for the creation to become its Origin once again—and such a clear vision that instead of asking for the conversion or abolition of the adverse forces one must realise one's own transformation, pray for it and carry it out. This is from the terrestrial point of view, I am not taking the individual standpoint. We know the individual standpoint; this is from the terrestrial point of view. It was the sudden vision of all the error, all the misunderstanding, all the ignorance and obscurity, and even worse, all the bad will in the terrestrial consciousness which felt responsible for the perpetuation of these adverse beings and forces and which offered them in a great aspiration—more than an aspiration, a kind of holocaust—so that the adverse forces might disappear and have no further reason to exist, so that they might no longer be there to point out everything that has to be changed.

Their presence was made unavoidable by all these things that were negations of the divine life. And this movement of offering of the earth consciousness to the Supreme, in an extraordinary intensity, was like a re-

demption so that the adverse forces might disappear.

It was a very intense experience which expressed itself like this: 'Take all the faults I have committed, take them all, accept them, efface them so that these forces may disappear.'

This aphorism is the same thing from the other end, it is the same thing in essence. As long as it is possible for a human consciousness to feel, act, think or be contrary to the great divine Becoming, it is impossible to blame anyone else for it; it is impossible to blame the adverse forces which are maintained in creation as the means of making you see and feel all the progress that has yet to be made.'

Continue on for more good news and the way forward...

- <https://incarnateword.in/cwm/10/aphorism-70>

'The smile of love that sanctions the long game...'

- https://auromaa.org/sri-aurobindo-ru/workings/sa/2829/0003_e.htm

Thank you, Sri Aurobindo and the Mother, for your continuing guidance, in the thick of it all...

Zech, 2023.11.10

ANDROGYNE

Sometimes I think about new species: it will be superman, superwoman or androgyne. What will the new species do? Will it use libraries, computers, motorbikes, Crown Road or not?



Other times I think about contemporary species. It belongs to class Mammalia. There are many species in the class: mouse, elephant, dolphin, whale etc. They have the spine in horizontal position, but the human being is apart of life and has a vertical position of spine. Backbone or spinal column plays an important role in our life. Morning time is usually longer than evening. As a rule people are more joyful after sleeping.

For twelve years I made experiments with long sticks. In the children's camp near Kodaikanal where we go for trekking. My spine was happy with long sticks. If the children were tired I was fresh. I'm sure that androgynes were more walking than contemporary people and they will use long sticks.

Boris

Languages

LEARN FRENCH

By 'the Sounds Of Its Music



Learn French by 'the Sounds of its Music' With the **Aurolang 2** method in 50 lessons on book + CD-Rom With English, Tamil and Hindi translations. Just click on it to hear and pronounce correctly from the start. Or train and drill with a native speaker in French Pavilion (International zone Auroville)

- **Every Tuesday & Thursday 5 to 7pm**

by Jean-Marie, Master in Applied linguistics Brussels State University

- Book + CD: 500 INR. First batch 30 hours class drill: free contribution
- Mail: ecohome2@skynet.be or jeanmarieDemulier@gmail.com
- Call: 918148401950 WA

Jean-Marie, Aspiration

NEWS

From Auroville Language Lab



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or 0413 2622467 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Schedule of Classes

Lan-guage	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation Started 17 October 2023	4—5pm	Tuesday & Thursday
French	Beginner Started 4 November 2023	2:30—4:30pm	Saturday
	Conversation 1 Started 4 November 2023	10:30am—12noon	
	Conversation 2 Started 6 November 2023	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner Started 9 September 2023	10am—12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30—11am	Monday & Wednesday
	German Conversation To start soon	4—5pm	Tuesday & Thursday
Spanish	Beginner To start January 2024	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japa-nese	Beginner To start December 2023	TBA	TBA
Italian	Beginner TBA	2:30—3:30pm	Monday & Wednesday
	Conversation TBA	2:30—3:30pm	Tuesday & Thursday
Persian	Beginner To start January 2023	TBA	TBA

If there is a language you would like to learn, and it's not on our list, please send us a query!

Looking for:

Volunteer(s) capable of reading & writing Kannada & Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment.

To join or enquire

Please fill out our form at <http://register.aurovillelanguagelab.org/> You may also drop us an email at info@aurovillelanguagelab.org, call us at 2623661 or come visit us!

Please Note: Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Email: info@aurovillelanguagelab.org
- Phone: (0413) 2623661, 2622467, 919843030355

Vismai, for Language Lab Team

AT PAVILLON DE FRANCE (International zone)



Speak Or Learn French with Native Speakers

Meet them every

- Tuesday and Thursday afternoon 2—4pm for personal evaluation of your needs, expectations, level and program.
- Tuesday and Thursday 5—7pm Audio visual classes with Aurolang 2
- Saturday and Sunday afternoon: Dialogue tables to practice

Interested ?

Contact Jean-Marie

- SMS 8148401950 or 0032494180841WA
- demulierJeanmarie@gmail.com or
- ecohome2@skynet.be

Jean-Marie, Pavillon de France

Classes, Workshops & Healing Arts

FORGIVENESS & RECONCILIATION

Pavilion of Tibetan Culture

Friday, 17 November, 5—6:45pm



Exploring Roots of Hurt, Anger & Alienation with Dr. Sehdev Kumar. Hurt is inevitable. Suffering is a Choice.

An Introductory Session for Weekly Workshops with Dr. Sehdev Kumar, author of 7000 Million Degrees of Freedom: One Earth, Seven Billion Worlds.

Submitted by Sehdev

BODY IN LIGHT: ENERGY HEALING WORKSHOP

18—19 November, 9am—5pm



In this 2-day workshop, learn:

- Fundamentals, Principles and Universal Laws of energy healing
- Dive into powerful techniques for self-healing.
- Realign to the Blueprint of your Soul, your Divine Essence—through Divine Spine Alignment.
- Step into the frequency of the four Mother Powers and anchor your connection with her archetypal essences.

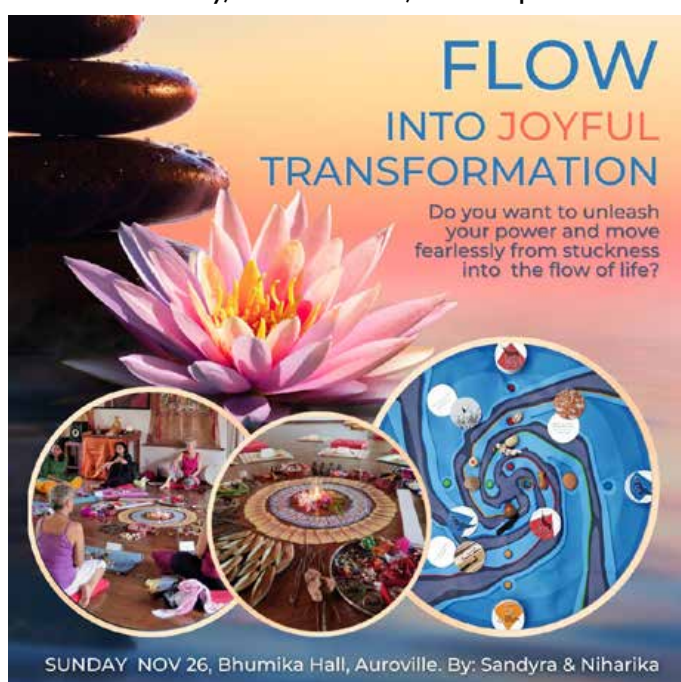
Facilitator: Sandhya, Energy Healer & Teacher since 25 years. Limited seats. Register now: contact@auroville-jiva.com, or WhatsApp: +91 98333 84580

- The workshop will be offered also again on 16—17 December, and 5—7 January.

Warmly, Niharika

FLOW INTO JOYFUL TRANSFORMATION

Sunday, 26 November, 9am—5pm



Do you want to unleash your power and move fearlessly from stuckness into the flow of life? This workshop has

been designed to activate a radical transformation in your reality. Tap into significant breakthroughs through a creative, intuitive journey. Access your inner toolbox and open the door to a new awareness. We will draw on different tools for soulful inquiry, such as the Flow Game, art-based explorations, embodied earth-based practices, and self-healing. Facilitators: Sandhya & Niharika.

- Register now: contact@auroville-jiva.com, or +91 9833384580 WA.

Warmly, Niharika

YOGA CLASSES IN BHARAT NIVAS

We are starting a **daily drop-in** Yoga Classes in Bharat Niwas.

- Ashtanga Yoga from 8—9:30am.
- Hatha Yoga 4:30—6pm.

Class is open for all levels.

No pre registration required.



With gratitude, Jessica

KINESIOLOGY

November Program

New! Kinesiology courses beginning in New Creation, Auroville.

- Touch For Health

Inspired by Chinese medicine, Touch for Health (T.F.H.) or health through touch allows for the assessment and correction of the energetic system, organs, and acupuncture meridians through the muscular system. John THIE, one of the leaders in kinesiology, developed this technique by reflexively influencing the lymphatic system and blood circulation, enabling the body to self-regulate. With its balancing capabilities, Touch for Health serves beneficial functions.



- Level 1: 2 days, 20—21 November
- Level 2: 2 days, 22—23 November

- Brain Gym

Kinaesthetic education or Brain Gym is an approach that enhances skills and stimulates capabilities. It offers experiential learning based on movement and observation through playful and creative activities. Brain Gym courses aim to teach how to assist others and oneself in managing stress, releasing muscle tension, and rediscovering the joy of moving, learning, evolving, and succeeding.

- Level 1: 2 days, 27—28 November
- Level 2: 2 days, 29—30 November

- For more information on kinesiology courses and classes go to www.kinesiology-auroville.in

The teacher: Yehovind (Ricardo Martinez) was director and teacher of the ASTM kinesiology school in Paris for 13 years. He has more than 20 years of experience in this field. Courses are in French and translated in English.

New Creation, Auroville (Near Kuyilappalayam)

Contact:

- +33686928426 WA message only,
- yehovind@gmail.com
- contact@kinesiology-auroville.in

Warmly, Yehovind

SHIATSU

SHIATSU



SHIATSU
— AN ART OF TOUCH
because Health matters!

For info and registration: shiatsuindia@gmail.com
WA, Signal, Telegram: +91-9751 513906

Seminars to begin or deepen Your Journey

December 2023
Fri 8th & Sat 9th

Introduction to Shiatsu & Meridians - 2 days

Preparation for the 6-day courses. Open to anyone interested.

Mon 11th– Wed 13th Fri 15th– Sun 17th **Shen (Spiritual) Aspects of Elements - 6 days**

Come and experience and explore conscious and calm perception, inner sensing and Awareness of Touch, combined with the study of the 12 Classical Meridians and 5 elements, health wisdom, strengthening and harmonising exercises and ways of moving for your daily practice.

Seminar location: Budokan Auroville, Dehashakti Sports Ground, Dana, Auroville.

Courses are part of a 2 - 3 years/ 500 hours Shiatsu Practitioner Training to be established.

Ulrike Urvasi

Ulrike



Traditional Mantras & Stotras Chanting Classes

at Serendipity Community

Thursday 9:00 AM (drop-in class)

Friday 5:00 PM (regular class)

with Sonia Novaes

Email: serendipityauroville@gmail.com | WhatsApp: +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Submitted by Sonia

FAMILY AND SYSTEMIC CONSTELLATION Workshop

In Creativity Hall Of Light

9am to 6pm on Saturday

18 November

Contact Moghan, 9751110486,

moghan@auroville.org.in Moghan



ART RETREAT: FIND YOUR INNER SPACE

24, 25 and 26 November

- Embark into a process of
 - Introspection & Reflection
 - Creative inspiration and expression
 - Skill development with new tools
 - Collective growth with a group project



• Why This Retreat Is For You

Art, one of the medium of higher vital education helps us to learn more about our vitality and how to channel and express it without suppressing it. In other words, if you feel you need a space to explore your own inner creativity and learn new skills along with getting to know your own inner being, this retreat is for you. We welcome you with open canvases!

• Limited spots available. Contact us for more details

- For registrations and to get to know more: Please send us a mail to youthlink@auroville.org.in or send us a text on whatsapp +91 85248 25120
- Last Registration Date: 20 November **Bondeepa**

DEEP SOUND BATH TIBETAN BOWLS

Hall of Light Creativity community

Every Friday, 5—6:30pm, Starting 17 November

There will be a **Light** massage by the Tibetan Bowls. Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.



The practice produces a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes.

Drop in the Hall, no reservation needed. Please arrive 10 minutes before

- Toward contribution for guests and volunteers
- Aurovilians and Newcomers, conscious contribution

Sathyayuga, WA +917639761930

Monday to Friday November 2023 schedule

6 30 am to 9 30 am

**Vinyasa flow Asanas
Pranayama,
Meditation.**

**Saturday Karma Yoga
6 30 to 9 00 am**

Satsang -5 to 6 30 pm

Sunday Morning - Special program every week

Daily drop in possible. On contribution. Bring your own yoga mat



Auromode Yoga Space -Near CSR / Upassana

balaganesh.siva@gmail.com - WA + 91 98926 99804



Balaganesh.siva@gmail.com, +919892699804WA

HOLISTIC: HEALING AND AWARENESS



• Appointments

- aurovilleholistic@gmail.com,
christinep@auroville.org.in
- +919489805493 WA
- **For kinesiio only:** +33686928426 WA

Ashtanga Yoga With Christine P Subscription has to be done one day before the class	Every days @7:45 AM. Except Sundays, Full moon and new moon
Integrative & systemic psychotherapy w. Christine P	@ Holistic health care studio—Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Kinesiology With Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

- **Workshop:** Check on our website info and details www.auroville-holistic.com

Christine

ANGAM TREE



Therapies

Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception.

- Contribution based



Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies.

- Contribution based



Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health.

- Contribution based.
- You can learn more about us and register at www.angamtree.com/therapies
- +91 9751395939, www.angamtree.com



Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamilnadu, Southern India.



• The certificate course has three levels:

- Basic: 10 Hours,
- Intermediate: 20 Hours,
- Advanced: 30 Hours

• Course modules:

- Varma Massage Therapy
- Varma Touch Therapy
- Varma Myology (Muscles)
- Varma Defense Methods

You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Contribution based, angamtree@auroville.org.in, +919751395939

Raja

ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, November

Classes

Classes	Teacher	When
Acro Yoga	Damien by Appointment: 9047722740	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes
Pilates	Teresa Appointment: 7867998952	Tuesday & Thursday 7:30—8:30am. Friday: 5:30—6:30pm
Iyengar yoga	Olesya Appointment: 9159052743	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Regular
PSound Chakras healing	Lakshmi:	By Appointment: 8489764602
Heartful Meditation	Avanthika: 6380238326	Thursday: 9—10am

Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Facial, Manicure, pedicure, Threading, Waxing, Haircuts, Hair coloring, Henna coloring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 9489035457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday Morning: 9791719387 +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413 2623767 antarcalli@yahoo.fr

Submitted by Ramana, Arka, 0413 2623799

PITANGA



Program for November 2023

Classes — Registration required

• Iyengar Yoga with Tatiana and Chloé

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

◦ Mondays, 5pm—6:30pm, Level 1, Tatiana

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulder stand) or preparatory stages. Regular attendance is expected.

◦ Tuesdays, 9am—10:30am, Spine class, All levels, Chloé

Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

◦ Wednesdays, 5pm—6:30pm, Level 2-3, Tatiana

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

◦ Saturdays, 9am—10:30am, Restorative Yoga, Level 2-3, Tatiana

Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level. Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

◦ Saturdays, 11am—12:30pm, Mixed Level, Tatiana

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

• Art Therapy class with Gala

◦ Thursdays, 3—5pm, for adults

◦ Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

Date	Activity
Mondays, Wednesdays, 4—5:15pm	Asanas for teenagers, with Lisbeth
Saturdays, 9—10am	Yoga for children, 5—8 yrs., with Gala
Saturdays, 10—11am	Yoga for children, 7—9 yrs., with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs+, with Gala

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am (not on 20 and 27 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm	Deep presence—Inner Exploration, with Mike	All levels
Tuesdays		
4:45—5:30pm	Odissi Dance with Rekha	Beginners
Wednesdays		
7:30—9am (not on 22 and 29 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suriyagandhi	For women only
4:30—6pm	Vocal Sound Healing with Lola	All levels
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am (Not on 17 and 24 November)	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Lola's ATB special for seniors with Lola	Seniors
3:45—4:30pm	Odissi Dance with Rekha	Beginners
4:30—5:30pm	Weekly Readings of the Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels
11am—12:15pm	ATB explorations with Isora, Rosario and Teresa	All are welcome to join
4:30—5:30pm	Bodymusic with Anandi Z	All are welcome to join.

Healing Space

• By appointment, 262403, 9443902403

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

Vocal Sound Healing

• Every Thursday, 4:30—6pm with Lola

Deep Presence—A Guided Inner Exploration

- Every Monday, 4pm—5pm with Mikhail S.
- Preparation for class: If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

New class: ATB explorations

- Every Saturday, 11am—12:15pm.

A joyful space for discovering oneself and developing attention and relaxation.

- All are welcome—Drop-in session.

With love and gratitude Isora, Rosario and Teresa

New class: Body Music

- Every Tuesday, 3:30—4:30pm
and Saturday 4:30—5:30pm

Tapping with hands on acupressure points of the body and in a certain sequence stimulates the body to improve the flow of energy. It is an easy to learn self-help technique to relieve stress. In this class body tapping will be done on oneself, for each other and as a group and integrated with guided Qi movement, conscious touch, and simple massage to discover and align with the universal music.

If you wish to receive our program of activities by email, please write to us: info@pitanga.in.

*See you at Pitanga, with a smile!
Submitted by Verena*

QUIET HEALING CENTER



Hawaiian Massage Course: Lomi Lomi Basic

- Thursday 23—Sunday 26 November
8am—6pm: 34 hours, with Sang

Lomi Lomi is an ancient Hawaiian massage style which uses long fluid rhythmic strokes to treat the whole body. The practitioner uses the hands as instrument of the heart. Energetic, emotional and muscular blockages are released allowing oxygen, blood circulation and life to flow more freely. This massage brings balance and a heart-opening peace to body, mind and spirit.

During this course, you'll learn an ancient Hawaiian massage technique; connect to your heart through meditation; give and receive a series of healing massages.

- No previous experience required. Certificate upon completion of the course.

Hawaiian Hot Stones Massage Course

- Friday 1—Sunday 3 December
8am—6pm: 30 hours, with Sang

Hot stones massage is used to help relax and ease tense muscles and damaged soft tissues throughout the body. During a hot stone massage, smooth, flat, heated stones are massaged directly on the body and placed on specific parts of the body. The stones are usually basalt, a type of volcanic rock that retains heat.

In this 3-day course, you'll learn how to use the stones and hands as an extension of the heart. The course also includes body brushing, balancing, sacred rituals, and Hawaiian chanting.

- No previous experience required. Certificate upon completion of the course.

Sang was trained at the Mettes Institute in Australia and has been a facilitator at the Institute from 2003-2006. She introduced Hawaiian massage courses in Auroville in 2006 and has been teaching Lomi Heartwork and KaHuna bodywork ever since.

www.quiethealingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966,
Guido

VERITÉ PROGRAMS, NOVEMBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga (no class on 13 November)	9:30—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Restorative Yoga	9:30—10:30am	Rachel
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 7 November)	5—6pm	Rebeca
Wednesdays	Sivananda Yoga	9:30—10:30am	Mani
	Yoga for Inner Alignment— Pranayama & Asanas	11am—12pm	Radhika
	Kirtan Songs for your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	5—6pm	Samrat
	Vinyasa Flow (no class on 9 November)	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Sivananda Yoga (no class on 11 November)	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai Yoga Massage	Andres
Private Yoga Session / Yoga Therapy	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Friday, November 17	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, November 18	Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana	9:30am—12pm	Andres
Saturday, Nov 18	Awareness Through the Body	9:30am—12pm	Amir
Friday, Nov 24	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, Nov 25	Safe Yoga Asana Practice: Do's & Don'ts	9:30am—12pm	Rebeca

*Savitri,
Programs Coordinator,
Vérité Programming*

VÉRITÉ WORKSHOPS

Pre-registration required

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083
- Email: programming@verite.in
- Website: www.verite.in



Understanding Pranayama and its Practice in Asanas and Meditation with Radhika

- Friday, 17 November, 9:30am—12:00pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana with Andres

- Saturday, 18 November, 9:30am—12:00pm, theory booklet included

The body energy lines wisdom—SEN lines (Thai) or Nadis (Sanskrit)—is one of the most important and fundamental pillars of both Yoga and Thai Yoga Massage. Sen Lines or Prana Nadis are energetic pathways of life, giving breath in the body. When the energy doesn't flow appropriately through these energy lines disease appears. In this workshop, you will learn the origin of this millenary knowledge and practical application for Yoga postures (Asanas).

Awareness Through the Body with Amir

- Saturday, 18 November, 9:30am—12pm

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

Sivananda Yoga: Masterclass with Mani

- Friday, 24 November, 9:30am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Safe Yoga Asana Practice: Do's & Don'ts with Rebeca (Theory & Practice)

- Saturday, November 25, 9:30am—12:00pm

Although yoga offers many health benefits, if practiced incorrectly, it may cause muscle strain, torn ligaments, or other serious injuries. Rebeca will present a detailed breakdown of some challenging asanas, to both understand the risks and develop the necessary skills for safe practice. The session is open to all; especially designed for yoga teachers or yoga practitioners.

CANCELLED Class for the whole month

- Restorative Yoga with Rachel
Tuesday, 9:30—10.30am

*Savitri,
Program Coordinator,
Vérité Programming*

MEDICAL QIGONG TRAINING

Medical Qi Gong training at the client's home at a time that suits them. el, ye,ho (eli) Qigong instructor A graduate of the Wingate college of excellence in israel. Encounter with Chinese medicine in motion A harmonious combination of conscious breathing movement is accompanied by aids and actions. I am happy to share the knowledge I have gained in studies and life experience for the benefit of harmonious world and love

- Those who are interested leave a name and your convenient time address to ellimagen@gmail.com or 9952749221 WA *Elli*



A SATSANG ON THE INTEGRAL YOGA



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- Facilitated by Zech Joya
- Schedule: Tuesdays and Thursdays, 5:30—7pm
- Venue: Conference Room, G/F SAILER Building, Town Hall Complex, Auroville

Please [click this link for details](#) or scan the above QR Code



Cheers! Zech

ACTIVITIES WITH ARABINDA

Pranayam

Many Problems, One Solution

- Every Monday, at 5pm
@t SAWCHU Bharat nivas

Pranayam Class At SAWCHU, Every Monday, at 5pm with Arabinda.

Please Register:

- arabinda@auroville.org.in
- 9090819998 WA



Meditation with Music

- Every Monday at SAWCHU Bharat nivas, at 6pm.
Easy way to meditate, Meditation with Music:

Please register:

- arabinda@auroville.org.in
- 9090819998 WA.

Best wishes, Arabinda

AUROFILM

At Multi Media Centre Auditorium, Town Hall

Note: We are rescheduling the film's previous announcement for 17th 'Anatomy Of A Fall' to a later date.

- **Friday, 17: 'Stuart Little'** Directed by Rob Minkoff, US, 1999

Live action CG animated film, loosely based on the 1945 novel of the same name by E. B. White.

Synopsis: The Little family is looking to adopt a boy to give their son George a brother. When they go to the orphanage they meet an adorable mouse called Stuart and decide to adopt him. Despite early resistance from George, Stuart makes himself part of the family, much to the chagrin of the house cat Snowball. To get rid of Stuart, Snowball reaches out to some local alley cats to set up a whack on Stuart...

- **Friday, 24 November, 8:00pm**

'Another World' (Original Title: Un Autre Monde)

Directed by Stéphane Brizé, France, 2021

With: Vincent Lindon, Sandrine Kiberlain, Anthony Bajon

Synopsis: An executive manager, Philippe Lemesle and his wife are separating, their love irretrievably damaged by pressures of work. Philippe no longer knows how to respond to the contradictory demands of his bosses. Yesterday they wanted a manager, today an enforcer. Now he must decide what his life really means...

Original French version with English Subtitles. Duration 1h36'

Cine-Master Class @ at Aurofilm (Kalabhoomi)

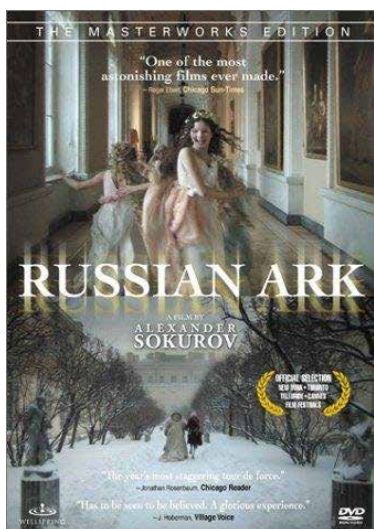
- **Sunday 19, November, 5—7:30pm** at Aurofilm (Kalabhoomi, next to CRIPA)

If you like to discuss, share, and learn more about cinema, we invite you to our Cine-Master classes!

- Welcome to this chapter led by Dr. Alexander Pereverzev on '**Russian Ark**' by Alexander Sokurov (2002)
Original title: Русский ковчег

Overview: Alexander will present the film before its screening, which will be followed by more insights and a discussion. Russian Ark is a historical drama focusing on three centuries of Russian history—from Peter the Great and Tsar Nicholas II to our times—it is an amazing cinematic tour de force. Shot in a single 96-minute-long tracking shot with a cast of 2,000 actors and extras, it takes the viewer through one of the world's largest and greatest museums, the Hermitage in St. Petersburg, showing some of the works of art displayed in 33 halls and exploring their meaning in a larger context. Without much regard for chronological order, each step of this journey is a fantastical peep into a wild, rich, often terrifying but always fascinating world. The film was entered into the 2002 Cannes Film Festival. It is widely regarded as one of the greatest Russian films ever. (Original Russian version with Eng. subtitles. Duration: 1h.39')

Synopsis: An unnamed narrator is wandering through the endless galleries of the Winter Palace in St. Petersburg: he is dead, a mere ghost drifting towards the afterlife. He is



accompanied by 'the European' who represents Marquis de Custine, a 19th-century French traveler to the Russian Empire...

Alexander Pereverzev was born in St.Petersburg, Russia—the city of music and numerous art galleries. He was associated with various painter N. Roerich organizations and museums in Russia in the 1990s. Having studied Indian languages at the St. Petersburg State University, he went on to study Sanskrit in India, at the University of Delhi, obtaining a PhD degree in 2010. His professional interests include Indian philosophy. He likes traveling and visiting the places of historical and religious importance particularly in the Indian subcontinent. He works at Savitri Bhavan, Auroville and also is a discernant film enthusiast! **Surya!**

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
 - 16:30 Tour of Sadhana Forest
 - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
 - 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
 - 20:00 Dinner is served
 - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

****Note:** Families and children are welcome! Dinner for children will be served at 19:00:)

Friday, 24 November Paradise or Oblivion

2012 / 48 minutes / Roxanne Meadows

Featuring the life-long work of Social Engineer, Futurist, Inventor and Industrial Designer Jacque Fresco, this presentation advocates a new socio-economic system that is updated to present-day knowledge, which he calls a Resource-Based Economy. This documentary details the root causes of the systemic value disorders and detrimental symptoms caused by our current established system. It introduces the viewer to a more appropriate value system that would be required to enable this caring and holistic approach to benefit human civilization. This alternative surpasses the need for a monetary-based, controlled, and scarcity-oriented environment, which we find ourselves in today. **Shek**



THE MYTH OF EUROPA A Conference By Claude de Warren



The European House, Pavillon de France, & ILION
Auroville presents

Saturday, 18 November, 5pm

@ Town Hall—Cinema Paradiso

*in French with English instantaneous translation,
duration: 1h + Q&A*

How can this foundational myth of European culture, in light of Sri Aurobindo's writings, help us understand Europe and some of its present-day challenges?

This lecture will look at the evolution of Europe from a completely new angle, namely that of Greek mythology, deciphered by the lecturer over a period of almost 30 years. This mythology describes the spiritual quest, its challenges, its obstacles and the forces that intervene to support the seeker or force him or her to undergo greater purification on the path to freedom.

But it also describes the evolution of humankind, because both move forward in concert.

While the myth of Europa describes a particular stage in the seeker's progress, it also presents the evolution of the dominant spirituality in the West from Egypt to Greece, via Crete. Developed over more than 3,000 years, this myth has provided a general orientation and indicated certain errors that should be avoided.

We will look at whether and how the countries of Europe have fulfilled the general task assigned to them, avoiding the pitfalls so that new paths can now emerge.

Also, the conference is in French but we will provide headsets for listening to an instantaneous translation in English.

All this is mentioned in the document in attachment but I thought I would specify it again.

Vivekan

CINEMA PARADISO Will Run Films For The Children

Sunday,
Children's Matinee @ 4pm

Dear Community, Cinema Paradiso will run a series of wonderful films for the children: including Harry Potter, Pirates of the Caribbean, and Indiana Jones.

Since these films are longer than the usual films screened during the matinee, we will start our Children's Matinee **Every Sunday @ 4pm** (instead of 4:30pm) starting November 2023.

Come and enjoy the wonderful films along with the children.

Nina and Marco For CP,
The Cinema Paradiso Team

MAA KA DOODH—MOTHER'S MILK

Documentary film screening
@ MMC Auditorium, Town Hall
Saturday, 25 November, 3pm



Maa ka Doodh (transl. Mother's Milk). 2023, Dir. Harsha Atmakuri, w/ Maneka Gandhi, Acharya Prashant, English-Hindi w/ English subtitles, 126 mins

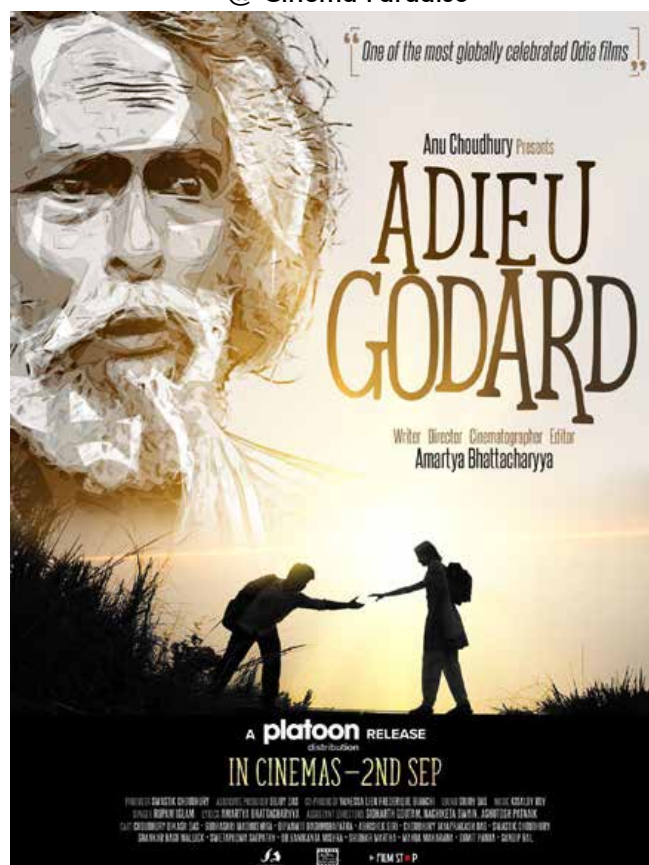
On behalf of the Animal Climate Health Save Foundation, I'm pleased to announce the screening of the film 'Maa Ka Doodh' at the Multimedia Center. 'Maa Ka Doodh' is a compelling documentary that sheds light on the realities of the dairy industry and encourages viewers to reflect on their dietary habits. The film has garnered attention and accolades at various festivals, including the Jaipur Film Festival. It has moved audiences to reconsider their food choices and embrace a more compassionate lifestyle.

The screening is going to be followed by a food tasting event that will be organized at the Town Hall Canteen premises **after 5pm**.

Regards, Shubh
9267914188

ADIEU GODAR

Monday 20 November, 8pm
@ Cinema Paradiso





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
20 November 2023 to 26 November 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice. To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.

Indian and diaspora—Monday 20 November, 8pm
ADIEU GODARD

India, 2021, Writer-Dir. Amartya Bhattacharyya w/ Choudhury Bikash, Sudhasri Madhusmita, Dipanwit Dashmohapatra, and others, Drama, 83mins, Oriya w/ English subtitles, Rated: NR (R)

A small Indian village: an old man is addicted to watching pornography with his friends—despite the objection from his wife and daughter. One day, by mistake he rents a DVD of a film by the famous French filmmaker Jean-Luc Godard. While his friends got disappointed, the old man was intrigued and started renting all of Godard's oeuvre. At one point he and his friends try to organize a Godard film festival in their village. There is more to this funny, much acclaimed and awarded film, that questions several stereotypes. A must watch! While the film was running in the theatres in 2022, Godard ended his life with assistance.

Potpourri—Tuesday 21 November, 8pm
SADECE SEN (Only you)

Turkey, 2014, Dir. Hakan Yonat w/ Belçim Bilgin, İbrahim Celikkol, Karem Can and others, Action-Drama-Romance, Turkish-English w/English subtitles, 105 mins, Rated: NR (R)

A former boxer falls in love with a blind woman and starts to build a new life, but his dark past returns to endanger them both.

Interesting—Wednesday 22 November, 8pm
THE DIVIDED BRAIN

Canada, 2019, Dir. Manfred Becker, w/ Iain McGilchrist, Seana McKenna and others, Documentary, 78 mins, English w/ English subtitles, Rated: PG.

Iain McGilchrist uses the latest findings of neuroscience combined with an impressive knowledge of human cultural history to analyze what has gone wrong with our world. More than just a brilliant analysis, The Divided Brain provides answers to what society must do to regain balance and return to sustainability. Iain McGilchrist also offers us a new way to understand the human experience and be present in the world. This is an important film, indicating a new way forward for humanity.

Selection—Thursday 23 November, 8pm
TOKYO

France-Japan-South Korea, 2008, Dir. Leos Carax, Michel Gondry, Bong Joon Ho w/ Ayako Fujitani, Ryo Kase, Ayumi Ito and others, Comedy-Drama-Fantasy, Japanise-French-English w/English subtitles, 112 mins, Rated: NR (R)

Tokyo is a city of transitions in three short films. A young woman who finds her life useless experiences a metamorphosis. A disheveled Caucasian emerges from a manhole to face arrest, trial, and execution; he calls himself 'Merde'. Is he human? A recluse experiences human contact when a pizza-delivery girl faints at his door during an earthquake. A chair, a corpse, a hermit: sources of urban connection?

International—Saturday, 25 November, 8pm
EMPIRE OF LIGHT

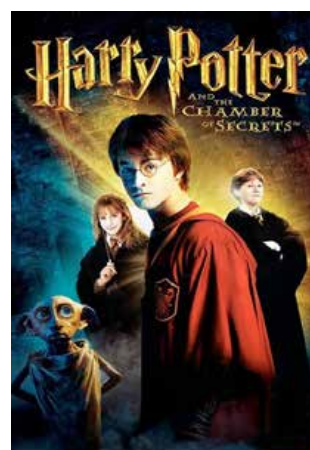
UK, 2022, Dir. Sam Mendes w/ Olivia Colman, Micheal Ward, Colin Firth and others, Drama-Romance, English w/ English subtitles, 115 mins, Rated: R

Hilary is a cinema manager struggling with her mental health, and Stephen is a new employee longing to escape the provincial town where he faces daily adversity. Together they find a sense of belonging and experience the healing power of music, cinema, and community.

Children's Matinee—Sunday, 26 November, 4pm
HARRY POTTER AND THE CHAMBER OF SECRETS

UK, 2002, Dir. Chris Columbus w/ Daniel Radcliffe, Rupert Grint Emma Watson and others, Adventure-Family-Fantasy, 161mins, English-Latin, Rated: PG

An ancient prophecy seems to be coming true when a mysterious presence begins stalking the corridors of a school of magic and leaving its victims paralyzed. NOTICE: The new starting time for the matinee films.



Robert Altman Film Festival@ Ciné-Club:

Ciné-Club Sunday 26 November, 8pm
GOSFORD PARK

USA, 2001, Dir. Robert Altman w/ Maggie Smith, Ryan Phillippe, and others, Drama—Mystery, 137 mins, English w/ English subtitles, Rated: R.

Set in the 1930s, the story takes place in an old-fashioned English country house where a weekend shooting party is underway. The story centers on the McCordle family, particularly the man of the house, Sir William McCordle. As the weekend goes on, secrets are revealed, and it seems that everyone, above stairs and below, wants a piece of William and his money.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You, Nina for MMC/CP
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Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Monthly Rs.800: Aurovilians & Newcomers, No validity
- Student Pass Rs.1200 per month/ 24 days round trip.
- Rs.150 Round trip for Aurovilians & Newcomers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth.

How to submit material:

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a 'Reply' to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

Disclaimer:

The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offense caused. In case of any dispute, the Auroville Working Committee may be consulted and publishing of disputed material suspended.

Roy & Agnijata, News & Notes,
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Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

- Auroville Safety & Security Team—9443090107
- Auroville Police Station—0413 2677318
- Kottakupam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

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