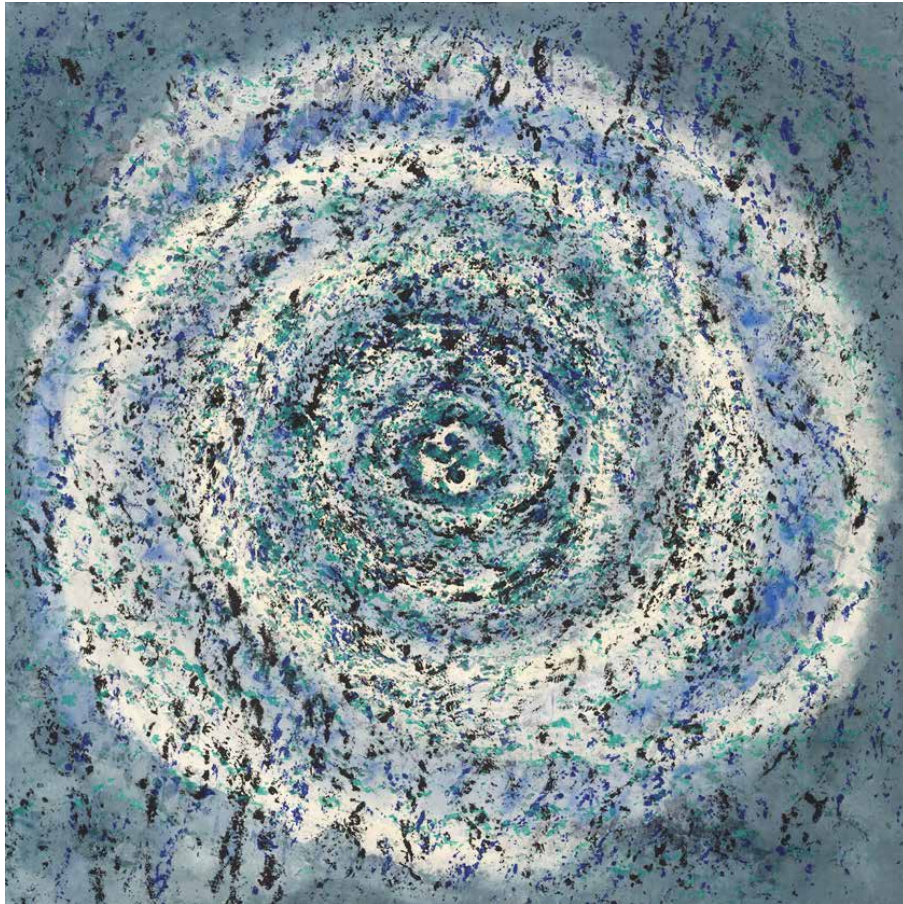




# News Notes

#951 A weekly bulletin for residents of Auroville 1 December 2022



*Blue Galaxy, by Birgitta Volz*

The Purusha is all this that is, what has been and what is yet to be; he is the master of Immortality and he is whatever grows by food. *Swetaswatara Upanishad*

All is the Divine Being. *Gita*

## *Pondering*

It is the problem of the nature of the original Consciousness... whether the universe is a figment of consciousness imposed on our mind by a supreme force of Illusion or a true formation of being experienced by us with a still ignorant but an increasing knowledge.

But what can be the reality of an original universal and fundamentally baseless Illusion? The only possible answer is that it is a suprarational mystery, inexplicable and ineffable, — anirvacaniya... It is in the power of the Mind to conceive things that are not real, it is in its power even to create things that are not real or not wholly real; its very view of itself and universe is a construction that is not wholly real or wholly unreal.

*Reality and the Cosmic Illusion,  
The Life Divine, Sri Aurobindo*



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# House of Mother's Agenda

*"In fifty years the whole world, all the receptive section of humanity (I am not saying intellectual, I am saying receptive), all the receptive section of the world will be embraced—not "embraced": ABSORBED in the power of Sri Aurobindo's thought.*

*Those who already are have the good fortune of being the first ones, that's all."*

*The Mother, Agenda 16 February 1972 (+ 50 years = 2022)*

## The Vision of the World-Spirit<sup>1</sup>—The Double Aspect

*(continued from last week)*

But the second suggestion is that what was figured in the human manifestation and the human relation is also a reality which accompanies and mitigates for our mind the tremendous character of the universal vision. The transcendence and cosmic aspect have to be seen, for without that seeing the limitations of humanity cannot be exceeded. In that unifying oneness all has to be included. But by itself that would set too great a gulf between the transcendent spirit and this soul bound and circumscribed in an inferior Nature. The infinite presence in its unmitigated splendour would be too overwhelming for the separate littleness of the limited, individual and natural man. A link is needed by which he can see this universal Godhead in his own individual and natural being, close to him, not only omnipotently there to govern all he is by universal and immeasurable Power, but humanly figured to support and raise him to unity by an intimate individual relation. The adoration by which the finite creature bows down before the Infinite, receives all its sweetness and draws near to a closest truth of companionship and oneness when it deepens into the more intimate adoration which lives in the sense of the fatherhood of God, the friendship of God, the attracting love between the Divine Spirit and our human soul and nature. For the Divine inhabits the human soul and body; he draws around him and wears like a robe the human mind and figure. He assumes the human relations which the soul affects in the mortal body and they find in God their own fullest sense and greatest realisation. This is the Vaishnava bhakti of which the seed is here in the Gita's words, but which received afterwards a more deep, ecstatic and significant extension.

And from this second suggestion a third immediately arises. The form of the transcendent and universal Being is to the strength of the liberated spirit a thing mighty, encouraging and fortifying, a source of power, an equalising, sublimating, all-justifying vision; but to the normal man it is overwhelming, appalling, incommunicable. The truth that reassures, even when known, is grasped with difficulty behind the formidable and mighty aspect of all-destructive Time and an incalculable Will and a vast immeasurable inextricable working. But there is too the gracious mediating form of divine Narayana, the God who is so close to man and in man, the Charioteer of the battle and the journey, with his four arms of helpful power, a humanised symbol of Godhead, not this million-armed universality. It is this mediating aspect which man must have for his support constantly before him. For it is this figure of Narayana which symbolises the truth that reassures. It makes close, visible, living, seizable the vast spiritual joy in which for the in-

ner spirit and life of man the universal workings behind all their stupendous circling, retrogression, progression sovereignly culminate, their marvellous and auspicious upshot. To this humanised embodied soul their end becomes here a union, a closeness, a constant companionship of man and God, man living in the world for God, God dwelling in man and turning to his own divine ends in him the enigmatic world-process. And beyond the end is a yet more wonderful oneness and inliving in the last transfigurations of the Eternal.

The Godhead in answer to Arjuna's prayer reassumes his own normal Narayana image, svakaṁ rūpam, the desired form of grace and love and sweetness and beauty. But first he declares the incalculable significance of the other mighty Image which he is about to veil. "This that thou now seest," he tells him, "is my supreme shape, my form of luminous energy, the universal, the original which none but thou amongst men has yet seen. I have shown it by my self-Yoga. For it is an image of my very Self and Spirit, it is the very Supreme self-figured in cosmic existence and the soul in perfect Yoga with me sees it without any trembling of the nervous parts or any bewilderment and confusion of the mind, because he describes not only what is terrible and overwhelming in its appearance, but also its high and reassuring significance. And thou also shouldst so envisage it without fear, without confusion of mind, without any sinking of the members; but since the lower nature in thee is not yet prepared to look upon it with that high strength and tranquillity, I will reassume again for thee my Narayana figure in which the human mind sees isolated and toned to its humanity the calm, helpfulness and delight of a friendly Godhead. The greater Form" — and this is repeated again after it has disappeared — "is only for the rare highest souls. The gods themselves ever desire to look upon it. It cannot be won by Veda or austerities or gifts or sacrifice; it can be seen, known, entered into only by that bhakti which regards, adores and loves Me alone in all things."

*(to be continued next week)*

*Sri Aurobindo, Essays on the Gita,  
Chapter XI, pages 390-392*

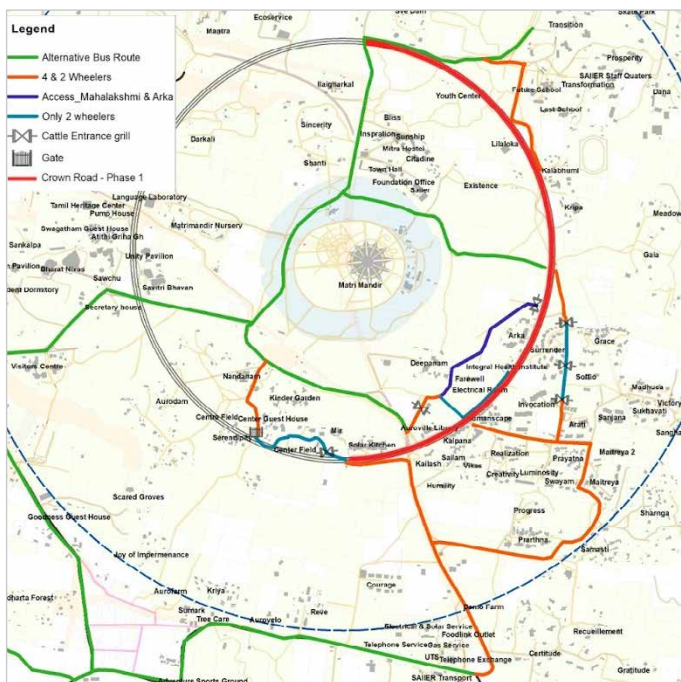
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<sup>1</sup> Gita, XI. 35-55

# Townhall Speaks

## THE CROWN WILL BE ENTIRELY CLOSED OFF

Dear residents and management teams, the Crown will be entirely closed off from Tuesday, 29 November 2022. Please take note of the following information per location, thank you.



### Kalabhumi, Grace, Soffio, Surrender, Invocation

To access Surrender, Grace and Kalabhumi, we will be opening

- a path to Kalabhumi community from the Gaia Fridaysbee Field, through Cripa, behind Kalabhumi and through to the community. This will be a 4-wheeler access for emergencies, you are requested to park your cars, if any, before the gate between Cripa and Kalabhumi amphitheater.
- the cycle path from Vikas radial all the way to Grace will be open for emergency 4-wheeler access. Surrender and Grace residents can please park your personal cars at Humanscapes area along the radial for the time being.

The work of clearing will happen on Monday morning. From Tuesday the Crown will be closed off.

### Mahalakshmi Home And Arka

- Your emergency access will be opened via the Mahalakshmi Park until the Crown works are completed.

### Santé And Farewell

Dear Santé team, the ambulance must be temporarily parked at Sunship/Town Hall parking until the Crown works are completed.

- Santé and Farewell will remain accessible from the Mahalakshmi Park/ Neem Tree side.
- The Mahalakshmi Park will be open for emergency 4-wheelers.

### Humanscapes, Kalpana And Library

- The Crown will be closed off from Tuesday, but access to Humanscapes and Kalpana will continue via the radial and the road to Samasti.
- The Library will remain accessible from the Mahalakshmi Park/ Neem Tree side.

### Center Field

- The path from PTDC to Joy guest house will be opened for 2-wheelers until the Crown works are complete.

## Aurodam

- Please note that your 4-wheeler and emergency access will be from the side of the Visitors' Centre road, coming from Edayanchavadi. The Crown will be closed for access until the Crown works are completed.
- Please note that the cycle path after PTDC leading to the Center Guest House will be opened for 2-wheelers.

## School Bus/ SAIER

The Crown will be closed from Tuesday next week.

- The attached map shows alternative bus routes. Kindly ensure that this is conveyed to the school buses, as well as appropriate new bus stops communicated to the parents. This will be put into effect from Tuesday, 29 November 2022.

With kind regards, Govind, Hemant, Jaya, Ponnusamy, Prasad, Sindhuja, Toby, L'avenir d'Auroville/ ATDC

## BCC TO INCREASE MAINTENANCES

Dear Community Fridayends, BCC is happy to complete the exercise of former BCC and announce an increase of 10% in the maintenances, from December '22 onwards as indicated in the tables (2) below:

### Increase In Maintenances—W.E.F 1 December 22

Type	Basic Full Time			Basic Half Time			Care Package			Apprentice Maintenance		
	Pre-sent	New	Difference	Pre-sent	New	Diff	Pre-sent	New	Diff	Pre-sent	New	Diff
Cash	6000	6800	800	3000	3300	300	—	—	—	2750	3000	250
Kind	6750	7100	350	1250	1250	0	—	—	—	3650	4530	880
In-Kind Scheme	1700	2000	300	1700	2000	300	1700	2000	300	850	1000	150
Lunch Scheme	2050	2200	150	2050	2200	150	2050	2200	150	2050	2200	150
Health Fund Sch.	500	600	100	500	600	100	500	600	100	500	600	100
Nandini	—	—	—	0	—	—	—	—	—	500	500	0
<b>Total</b>	<b>17000</b>	<b>18700</b>	<b>1700</b>	<b>8500</b>	<b>9350</b>	<b>850</b>	<b>4250</b>	<b>4800</b>	<b>550</b>	<b>10300</b>	<b>11830</b>	<b>1530</b>

- To partly compensate for this additional cost, we are have to increase the City Services Contribution by Aurovilians, Newcomers & FOA from the present Rs 3,470 to Rs 3,800

### Children And Student Maintenances—W.E.F 1 December 22

Description	Children from 0-18						Students/18+ Children	
	Age: 0-5		Age: 6-13		Age: 14-18		Old	New
	Old	New	Old	New	Old	New		
Cash	600	660	600	660	1,100	1210	800	880
Kind	1,700	1840	2,700	2940	3,200	3490	3155	3470
Heath Fund	250	300	250	300	250	300	500	600
Nandini	450	500	450	500	450	500	500	550
Lunch	Nutrition Scheme						1730	2200
<b>Total</b>	<b>3,000</b>	<b>3300</b>	<b>4,000</b>	<b>4400</b>	<b>5,000</b>	<b>5500</b>	<b>6685</b>	<b>7700</b>

- Note 1: If the student goes to outside school, he does not get the lunch amount and he gets Rs 5500
- Note 2: Age Groups
  - 0-5 Starts with birth and ends at 6th birthday
  - 6-13 Starts with 6th birthday and ends at 14th birthday
  - 14-18 starts with 14th birthday and ends with 18th birthday

With best regards, BCC, Naren, Ocean, Radhika, Rupali

## OPEN LETTER TO THE COMMUNITY

Regarding the Latest Announcement of Foundation Office ATDC with reference to the Crown.

29 November 2022:

FO ATDC has announced on 26 November 2022 that **"The Crown will be entirely closed off from Tuesday 29 November 2022."**

This "plan" impacts Auroville and people coming to visit and work. So far, the only work on the ground by the FO (Foundation Office) ATDC has been destruction of valuable Auroville assets: green spaces, housing and functional roads.

Till date, no clarity on the Crown has been provided in regard to the design, the scope of contracts, planning, environmental impacts, strategy for non-AV lands or mobility aspects.

[The 'Pause' RAD](#)—of January 2022 clearly states that **NO permanent development** should happen on the Crown, the Radials and the Outer Ring until proper planning has been done, together with the community. This is not to say that the Crown should not happen, but rather to say that the works that have been carried out should be incorporated into the design. These include proposals and recommendations such as those shown below.

Not only the trees, but all assets on the trajectory of the Crown—from Solar Kitchen to Mahalakshmi home—such as the paving, round-about and the street lights, were developed following approved community processes. To destroy these without any community involvement would violate the basic understanding of what Auroville tries to achieve collectively.

In a [RA Decision](#)—with the highest participation till date—the community rejected the Office Orders and appointments of working group members by the Foundation Office.

**All members of the community are required to respect and follow our internal processes.**

Therefore we, the TDC selected by and representing the Residents' Assembly, have to strongly object to this initiative and subsequent implementation as proposed by the FO ATDC on 26 November 2022. Auroville residents, in the recent Dreamweaving the Crown, and before, have set out a positive and synthesizing vision and illustration of what an appropriate Crown should achieve and look like. The TDC continues to advocate for and take these forward, in collaboration with the Working Committee and others.

If many people feel strongly that the Crown is a priority then let's work together to make it happen!

**Proposals and recommendations to consider:**

- [Auroville city area—Land Suitability and Land Use Proposal 2014](#)
- [Dreamweaving the Crown report 2022](#)
- [Technical Study of the Crown 2012](#)
- [AV Crown Study—8 Sections 2021](#)
- [Information on the trees along the Crown between the Solar Kitchen and Mahalakshmi Home](#)

*In Service,*

*L'avenir d'Auroville—TDC Town Development Council  
Allan B, Anan, Dorle, Divya L,  
Fabian, Island, Lata, Meera N, Natasha S, Tom G*

## IMPORTANT ANNOUNCEMENT

Regarding Permission For Media Coverage

It has come to our notice that a misleading information message is circulating on a WhatsApp group called "Auroville info sharing". This message misleads its readers to contact an illegitimate and unregistered email address to get permission to shoot within Auroville.

Kindly note: Auroville Outreach Media was renamed Auroville Media Interface and is the official body authorized to permit you to shoot within Auroville. **This was reconfirmed by the Madras High Court on 12 August 2022, which dismissed a Writ Petition that was filed by a resident challenging the change of executiveship to this service.**

*Auroville assets are private property requiring permission to cover; therefore, any illegal coverage will be dealt with to the full extent of the law.*

- Kindly visit Auroville.org website to know more:  
<https://auroville.org/page/auroville-media-interface-%28ami%29>
- The mandatory process to follow for filmmakers, YouTubers, photographers and reporters:  
<https://auroville.org/page/filming%2C-photographing-and-writing-on-auroville>
- To contact us Please write to [mediainterface-avf@auroville.org.in](mailto:mediainterface-avf@auroville.org.in).

*Kind regards, Sindhuja, Joel, Executives  
Auroville Media Interface  
(formerly Outreach Media)*

## REMINDER:

**Survey on restorative processes between the RA, the GB and the IAC**

Dear residents, we would like to remind you all that a survey on restorative processes between the RA, the GB and the IAC has been designed and circulated by the RA working groups. It is open to be filled until **December 4, 2022** at midnight. We would like to express our gratitude to those (approximately 150) who have already taken the time to fill the survey. Additional participation will enable a more accurate representation of the community's perspective on the matter. **We invite all to participate, whatever their position may be on the topic.**

We also would like to remind everyone that this survey is not binding the community in any way, but rather helps get a sense of where the community is at on the topic. It could very well be that in the current circumstances, this kind of process is not yet possible, or that certain criteria need to be met before we can start. With that in mind, the outcome of this survey will be used by the RA-appointed working groups as a first exploration into when, and how, a restorative process might be started.

To fill in the survey, please click on this link:

- <https://forms.gle/nnJiS61Ac8DWiUZ67>

*In community,  
Working groups selected by the Residents' Assembly  
Auroville Council (Balaji, Claudine, Julia, Philippe,  
Samrat, Shiva, Shivaya, Suryan, Svenja)*

*RA FAMC (Amy B., Bobby P., Danny,  
Elodie, Mita R., Palani)*

*RA TDC (Allan B., Anan, Divya L., Dorle, Fabian, Island,  
Lata, Meera N., Natasha S., Tom G.)*

*RA Working Committee (Aravinda, Bharathy, Chali,  
Hemant, Maël, Sauro, Valli)*

## EMAIL TO THE CHAIRMAN AND MEMBERS OF THE GOVERNING BOARD

Dear community, [please find below](#) our latest email to the Chairman and Members of the Governing Board dated 25 November 2022, in which we communicated again the latest open letter from residents of Auroville.

Following the General Meeting on 14 November during which 150 residents unanimously agreed to its content, the open letter has received 477 verified signatures (the verification process was carried out by the RAS). The open letter is also in the process of being shared more widely, thanks to the efforts of our media and communication cell.

We take this occasion to thank again all of those that sent us their individual letters to the Chairman, or who sent those directly to him with the RA Working Committee in copy. These letters have been deeply touching and we are in the process of compiling them anonymously for wider distribution.

**In community, Your Working Committee:**  
**Aravinda, Bharathy, Chali, Hemant,**  
**Maël, Sauro, Valli**

**Dear Chairman  
and members of the Governing Board,**

We came to meet you on November 7 with the hope to discover together how we can move forward with truth, humility and courage. However, we were surprised that the dialogue we were expecting didn't happen.

We heard, in your speech, many accusations condemning Auroville and Aurovilians on innumerable levels without clear grounds, making assumptions not only about the reality of Auroville but misinterpreting its ideals and true *raison d'être*.

Still we welcome your criticism of Auroville as we acknowledge that we aren't perfect and that progress needs to be made. Yes, a good honest shake is helpful to the growth process, individually and collectively — yet with the very clear and honest condition that this shake is conscious and not in itself stepping on the essence, ideals and values of Auroville. And on this path which has never been attempted before upon Earth we are in the unknown. Time, patience and endurance are needed to discover the way and who can really judge the spirituality of any individual or group unless one has realised the Supreme Truth we are all looking for?

We do need to improve the way we live together. More discipline, for instance, would surely be welcome. But this discipline cannot be imposed by any external authority. The Mother herself told us that the organisation should emerge from life itself and not be organised by arbitrary mental ideas or conceptions. This is one of the fundamentals of Auroville and why she clearly said—*“Only those who have resolved to stay in Auroville for good have the right to intervene in its organisation”*.

All of Auroville is profoundly grateful to India—it is her commitment to host all forms of spirituality that allows Auroville to root itself on her blessed land. We are also grateful to India for allowing this experiment which, as per its Charter, does not belong to anyone in particular but belongs to humanity as a whole, in service of the Divine's Will alone. Auroville is a township devoted to the Divine but it is not an ashram. Aurovilians are not French or German or Indian or Israeli — they are Her workers. The city to be built is the material tool to evolve our consciousness; it is neither our goal, nor our ideal. To infuse spirit in matter

and evolve our consciousness through this harmony and unity is the essential goal, the ideal, the vision, and the truth of Auroville.

We choose to bet on the beauty of life and on each being, embracing our imperfections and holding hands with the parts of ourselves that need to grow, knowing that it is Her grace leading each of us through different guises and paths in this infinite and wondrous Lila back to Herself. There is a great diversity of people here with a wide range of experience and professional backgrounds in a multitude of fields, from science and governance to arts and poetry, farming to architecture and archaeology, history, education and yoga. While recognised in the outside world for our expertise and achievements, here, we try simply to be useful, to serve, and to learn. The stories of selfless dedication, of sacrifice, of endurance against all odds are not few, and yet mostly remain recorded only in the book of the Divine.

However, the present situation of fear, intimidation, threats of criminal charges, visa renewals being delayed or drastically reduced, cutting of maintenances and much more have seriously endangered the very Spirit of Auroville and our human fabric.

For instance, the Dreamweaving exploration was one effort to embody this very Spirit of Auroville — of integrating our differences of opinion, embracing the diversity of our knowledge and expertise, of a true collaboration not imposed but rather a spontaneous, genuine and joyful expression where each can find their place in a holistic development of Auroville.

But why was all this genuine effort made by the Dreamweavers suddenly put aside when it was supported by such a large portion of the community? There was so much hope at that time that this would be the way out and suddenly, the whole experience was abandoned by the Auroville Foundation Office without explanation. We cannot build mutual respect and mutual trust in that way. That will never work.

Mother imagined the development of Auroville as a Tower of Babel in reverse, that instead of becoming divided while building the city (as in the case of Babel), we will unite. When we look at what has been achieved in the last year which amounts to almost nothing except for what has been destroyed, including our roads, we can only conclude that building “The City the Earth Needs” in such a climate and such a division is an impossibility. To restore unity through real collaboration is the only path forward. And it should be with the unity of the three main bodies of Auroville, working hand in hand to collaborate with mutual respect and the honest acceptance of our respective roles in manifesting Her vision.

From this perspective we would like to invite you to a genuine dialogue with the Residents' Assembly of Auroville, in an atmosphere conducive to honest sharing, understanding of our different views that may lead to a harmonious and peaceful way forward. We trust that we all are growing through this moment of deep crisis and serious disagreements and that beyond our individual preferences, perspectives and limitations “The City the Earth Needs” will be.

**At Her service, Residents of Auroville**

- **NB** This open letter was presented today (14 November, 2022) in a meeting called on very short notice to which all residents were welcome, and it was unanimously agreed upon by the approximately 150 people who attended.

**Submitted by Maël.**

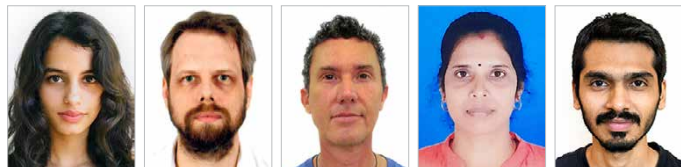


**FROM THE ENTRY SERVICE—ES # 158**

Dated: 1-12-2022

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 Fridayends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com). We thank you in advance.

**NEWCOMER ANNOUNCED:**



**Annora Daniel Jules Meenatchi Rohan**

- Annora SARAF (Indian) staying in Semanti GH (Douceur) and working at Yuvabe
- Daniel GRINGS (German) staying in Auromode and working at Sanskrit Research Institute
- Jules ARINDAM (USA) staying in Dana and working at Unity Pavilion
- Meenatchi MOORTHI aka Sharmila (Indian) staying in Reve and working at Free Store
- Rohan RAJ (Indian) staying in LEC and working at Cynergy & Auroville Consulting
- Vithya MANO (Indian) staying in Red Earth Riding School and working at Pre-Creche



**Vithya**

**NEWCOMER CONFIRMED:**

- Caroline CHAPLAIN (French)
- Praveen VELMURUGAN (Indian)
- Tom LANE (Irish)

**AUROVILIAN ANNOUNCED:**

- Saravanan MUNUSAMY (Indian) staying in Humanscapes and working at Aikiyam School



**Saravanan**

**AUROVILIAN CONFIRMED:**

- Luke MARSH (British)
- Shivangi GADIA (Indian)

**LEFT ON HIS/HER OWN:**

- Avantika NIRUPAMA (USA)

**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, Aurore, Dheena, Jayanthi,  
Lakshmanan, Matilde, Matriprasad,  
Ramanarayana and Swadha)*

**ASSETS AVAILABLE FOR TRANSFERS**

**Apartment for Office Studio Transfer**

Dear Community, an asset is currently available for transfer:  
**Luminosity, LUM061, Office studio**

**Apartment for House Transfer**

Dear Community, an asset is currently available for transfer:  
**Promesse, PRM004, Couple**

**To apply**

Please click on the new "Houses Available" button in the very right column of the AuroNet main page.

You will be directed to our Housing Transfer App at <https://housing.auroville.org.in>

All you need to do is:

- click on the transfer you are interested in,
- view all the details and pictures of the asset for transfer and if you wish to apply,
- click on the "Apply" button and fill in the online application form.

Once the indicated deadline for applying has passed, you will receive an email from Housing Transfer with the date for the site visit.

For any questions, please feel free to come and see Venkatesh at Housing Service Office

*Thank you, The Housing Service,  
K. Venkatesh*

*Community News*

*Auroville Matters*

**PASSING ON: RAMALINGAM**



**Ramalingam of Sustenance Farm**

This is to inform the community that our long-term Friday-end and brother Aurovillian Ramalingam Ramachandran of Sustenance Farm left his body in JIPMER at 12am on Tuesday, 29 November, due to post surgery complications. He was 62.

Ramalingam was a person of deep inner quest, has been blessed by The Mother and entirely committed to the Divine. A lot could be said of him and his journey.

He was born in Kuyilapalayam and was involved in Auroville right from its beginnings. He evolved as Auroville evolved. Initially he joined Auroville Polyester as a worker at the age of around 12. In 1982, he became an Aurovillian and lived in Fraternity.

He offered his service as a manager of the "Community Kitchen" (now called the Solar Kitchen) located at Bharat Nivas in its initial days.

Later, he associated himself with the Auroville Boutique in Pondicherry. While being in-charge there, he also helped Auroville with the land encroachment at Quiet. He was at the forefront of safeguarding that Quiet space for Auroville. Soon after, he was involved in protecting another adjoining land and personally took care of it. He has played a major role in creating the Gokulam Farm in collaboration with Perumal.

Ramalingam has been involved in Auroville's organisation and was a member of different working groups and committees.

After the tsunami Ramalingam was among first Aurovilians, who voluntarily gave the land of their stewardship for an exchange within the Master Plan. Going beyond personal interests, he devoted himself to the collective cause.

Ramalingam was a multifaceted person with diverse talents in various fields. He had a great affinity for Thiru Pugazh, a form of devotional singing, and was part of the traditional theatre group. He would often travel to far-off places to take part in Thiru Pugazh programmes.

Later he moved to the Sustenance Farm, managing the farm and farm's kitchen to the very last moment. He has been learning for 14 years under the guidance of the head of the Sri Aurobindo Ashram Farms. Even when he started the kitchen at Sustenance Farm, his main objective was to provide affordable quality food to everyone.

Being quite active within the Farm Group for a while, he concentrated lately on his far-reaching project to transform the farming in Auroville from businesses into the "Service for community". He was just about to start a training platform at Sustenance Farm for everyone interested to learn about organic farming in theory and practice and to take up farm lands for stewardship after the period of education.

This was the last project Ramalingam dreamed and waited for a long time, which hopefully will be continued by like-minded residents and collaborators of his.

We lost a gem of a being, and for many who knew him, this is an irreparable loss. May he reach the realms of Thiru and sing His Pugazh forever!

Ramalingam's remains were cremated at Auroville's Burial and Cremation grounds in the afternoon of Tuesday, 29 November, with many attending.

Our sincere condolences and prayers to his wife Shakila, son Vishnu Vardan and further family.

- Please listen to [Ramalingam's talk at Savitri Bhavan](#), recorded by AurovilleRadio TV on August 10, 2022.

### *Awakening Spirit*

#### **ROOM DARSHAN ON 5 DECEMBER, 2022**

6:45—10am, tokens are not required



The Sri Aurobindo Ashram has announced that Sri Aurobindo's Room will open on 5 December for general Darshan from 6:45 to 10am. Tokens are not required.

**Submitted by Mallika and Andrea**

### **AMPHITHEATER—MATRIMANDIR**

**Meditation with Savitri read by Mother to Sunil's music**  
5:30 to 6pm, every Thursday at Sunset



We follow the sun and the timing changes with the season...

We are restarting from Book 1. Enjoy the beautiful open space, an immense sunset, 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 Amphitheater from 5:15pm.**

*Thank you,  
Surya & Velmurugan  
(Amphitheater team)*

### **TIBETAN MANTRA CHANTING SESSION**

**Saturday, 5:30—6:45pm.**

We will introduce different Tibetan Mantras and learn and chant them together.



- Request to be on time.
- Venue: Pavilion Of Tibetan Culture, International zone, Auroville.
- All are welcome.

*Kalsang Dolma,  
on behalf of Tibetan Culture International zone*

### **LECTURE: PEACE WITHIN**

*Savitri*  
B H A V A N

***Peace Within: Peace Without***  
*Revisiting Sri Aurobindo's Vision for Our Times*

**December 7, 2022, Wednesday, 5:15- 6:30 pm**

by  
**Professor Sehdev Kumar**

Based on Sri Aurobindo's trilogy of *The Human Cycle, The Ideal of Human Unity, and War and Self Determination*, this lecture presents the integral vision of Sri Aurobindo about matters of war and peace in the world, spiritually and existentially synthesizing the within and without in one seamless whole.

*Dr. Sehdev Kumar is a Professor Emeritus of Environmental Studies at the University of Waterloo, Canada. A nuclear physicist, Prof. Kumar is a historian and a philosopher of science, and an ardent pacifist. He has written and spoken extensively about matters of war and peace, from scientific and spiritual perspectives. He is the author of several books including The Vision of Kabir and 7000 Million Degrees of Freedom. His forthcoming book is Angels in Black Holes.*

## FULL BHAGAVAD GITA CHANTING

Saturday, 3 December, 7—10:30am  
Progress Hall—Bharat Nivas, Auroville

“Sri Aurobindo considers the message of the Gita to be the basis of the great spiritual movement which has led and will lead humanity more and more to its liberation, that is to say, to its escape from falsehood and ignorance, towards the truth.” *The Mother*



## श्रीमद्भगवद्गीता

Full chanting of the Bhagavad Gita

On the Gita Day 2022 (December 3), we invite all to come together with a harmonious collective aspiration and immerse in the Bhagavad Gita. We will chant all the 700 shlokas in Sanskrit. All are welcome to join anytime and chant together or simply listen and soak in the sacred vibrations.

**Date:** December 3, 2022 (Saturday)

**Time:** 7:00 am to 10:30 am

**Venue:** Progress Hall, Bharat Nivas

**Livestream:** [youtube.com/SamskritamAuroville](https://youtube.com/SamskritamAuroville)

For details write to: [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

With Sincerity and Gratitude,  
Samskritam Auroville and Bharat Nivas Team

On the Gita Day, 3 December 2022, we invite all to come together with a harmonious collective aspiration and immerse in the Bhagavad Gita. We will chant all the 700 shlokas in Sanskrit. You are welcome to join anytime and chant together or simply listen and soak in the sacred vibrations.

We will have a collective prasadam table on which whoever wishes to, is welcome to offer fruits, sweets, snacks etc. that can be shared with everyone at the end of the chanting.

You are also welcome to come early at 6:15 am and bring some flowers or leaves to add in the mandala.

Here are some slokas from Chapter 9, राजवदियाराजगुह्ययोगः 9.26 and 9.27:

पत्रं पुष्पं फलं तोयं यो मे भक्त्या प्रयच्छति  
तदहं भक्त्युपहृतमश्नामि प्रयतात्मनः ॥  
यत्करोषि यदश्नासि यज्जुहोषि दिदासि यत् ।  
यत्तपस्यसि कौन्तेय तत्कुरुष्व मदरपणम् ॥

*Sri Aurobindo's interpretation:*

He who offers to Me (to the Divine) with devotion a leaf, a flower, a fruit, a cup of water, that offering of love from the striving soul, is acceptable to Me.

Whatever thou doest, whatever thou enjoyest, whatever thou sacrificest, whatever thou givest, whatever energy of tapasyā, of the soul's will or effort, thou puttest forth, make it an offering unto Me.

The Gita... is a gate opening on the whole world of spiritual truth and experience and the view it gives us embraces all the provinces of that supreme region. It maps out, but it does not cut up or build walls or hedges to confine our vision. “ *Sri Aurobindo*

All are welcome to join with a harmonious collective aspiration.

Sincerely, *Samskritam Auroville*  
and *Bharat Nivas Team*

## BRAHMANASPATI KSHETRAM

Calendar of Regular Events of December 2022



BRAHMANASPATI KSHETRAM  
The Mother Sri Aurobindo Centre

Calendar of regular events of December 2022

Every Thursday 6:00 - 6:30pm  
Meditation

6th & 20th, Tuesday 5:30 - 6:30pm, reading  
“The Mother's Questions & Answers- Vol-7”  
in English by Rama Narayana

12th & 19th, Monday 4:00 - 5:00pm, reading  
“The Sunlit Path”  
in English & Tamil by Dhanalakshmi

7th, Wednesday at 6:00pm full moon, reciting  
Sri Aurobindo's Gayatri Mantra for 30min

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

[kshetram2014@auroville.org.in](mailto:kshetram2014@auroville.org.in)



Many thanks, *Tixon*

## SRI AUROBINDO'S LIFE HISTORY: BILINGUAL EXHIBITION

**Inauguration on 5 December, 10am at Savitri Bhavan**

In commemoration of Sri Aurobindo's 150<sup>th</sup> Anniversary, A Bilingual Exhibition depicting snapshots from Sri Aurobindo's life is to be inaugurated at Savitri Bhavan.

The exhibition is an immersive, first-of-its-kind experience, featuring pictures of his life journeys in both English and Tamil. This initiative has been made possible with the sponsorship of the Ministry of Culture and the kind support of Sri Aurobindo Ashram, Pondicherry.

We invite you to grace us with your divine presence for the inauguration of

**Sri Aurobindo's Life History:  
A Bilingual Exhibition  
at  
Savitri Bhavan**

Date: 5 December 2022

Time: 10 am

Venue: Savitri Bhavan, Auroville

We invite you to grace us with your divine presence for the inauguration of Sri Aurobindo's Life History:

- Bilingual Exhibition on 5 December 2022, at 10am, at Savitri Bhavan.

Sivakumar,  
for Bilingual Exhibition Team

**SAVITRI BHAVAN**

December 2022



**Exhibitions**

- **Meditations on Savitri:** the 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, till 15 December 2022

**Special Exhibition**

- **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.

Inauguration will be on 5 December 2022, at 10am

**Films: Mondays at 4pm**

- **December 5:** Sri Aurobindo: The Last Avatar—Dr.Alok Pandey reflects on the evolution of earth from dust to thinking man and the needed progresses and transformation were guided by Avatars. Duration: 61min.
- **December 12:** The Mother’s Victory—On many occasions the Mother would converse with the Gods and Goddesses and give us a deeper understanding of their mystery and work. A video talk by Dr Alok Pandey (37min); we will also show Who is the Mother (3 min).
- **December 19:** Spiritual History of India in the Light of Sri Aurobindo—Evolution Fast-Forward, Part 4  
This new film traces the spiritual evolution of India over 4000 years, based on Sri Aurobindo’s research and discovers the past and future of India’s gift to the world. Duration: 67min.
- **December 26:** Life After Life—A film based on the research work and book “Life After Life” by Dr. Raymond A. Moody. Duration: 59min.

**Full Moon Gathering**

- Wednesday, 7 December, 7:15—815pm, in front of Sri Aurobindo’s statue

**New class**

Videos of the sentence-by-sentence explanation of the class The English of Savitri by Shraddhavan will be screened on **Thursdays 4—5pm** in the Sangam Hall of Savitri Bhavan

**Regular Activities**

- **Sundays 10:30—12noon:** Savitri Study Circle led by Larry Seidlitz
- **Mondays 3—4pm:** Self-Surrender in Works—The Way of Gita 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, Fridaydays, Saturdays 4—5pm:** L’Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 6:45—7:30am:** Reading Savitri: Practising the sound and rhythm with Patricia
- **Thursdays 5:15—6:30pm:** Hymns to the Mystic Fire by Sri Aurobindo led by Nishtha
- **Fridaydays 3—4pm:** Readings and exploration of ‘The Entry into The Inner Countries’ of Savitri led by Dr. Jai Singh
- **Saturdays 4:30—6pm:** Satsang, led by Ashesh Joshi
- **Saturdays 5pm:** Mudra-chi led by Anandi

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

- **Library and Digital Library** is open Monday to Fridayday 9—5

Everyone is welcome

**SRI AUROBINDO—THE LAST AVATAR**

Monday, 5 December 2022, 4pm at Savitri Bhavan.



Duration: 61 min.

Dr. Alok Pandey based his study of the subject “The Last Avatar” on the key words **Progress, Evolution and Transformation**. Progress leads to Evolution and Transformation suggests a progressive development during the evolutionary journey from dust to man in an endless continuous refinement of the physical, vital and mental elements. He also points out that for the **Supramental** transformation of an animal man into a divine being **Surrender** to the Divine Mother is a crucial element: after all, Sri Aurobindo repeatedly stated that his Yoga begins with surrender, and it ends with surrender.

Interesting are the reflections about Avatars as direct incarnations of the Supreme Divine and their ways of transforming their surroundings and laying foundations for a new step of evolution. In the theory of the 10 Avatars, Indian thought admits that it is not just the evolution of consciousness but also the evolution of forms that an Avatar has to affect. The first Avatar—Fish—was conscious that through him evolution will go forward. The same is true about all the following Avatars.

From time to time when the evolution reaches a critical level, the Supreme Divine incarnates as Avatar in a human body and steps into the forefront. Since the Avatar descends from the Supreme, his work of transformation is done by **Influencing** all forms of life which is a great mystery for humans. The Divine presence charges the atmosphere and all existence, and this is also the significance of relics. There are innumerable examples about Sri Aurobindo’s perceptible presence in the atmosphere, his power over matter and his influences on the whole world.

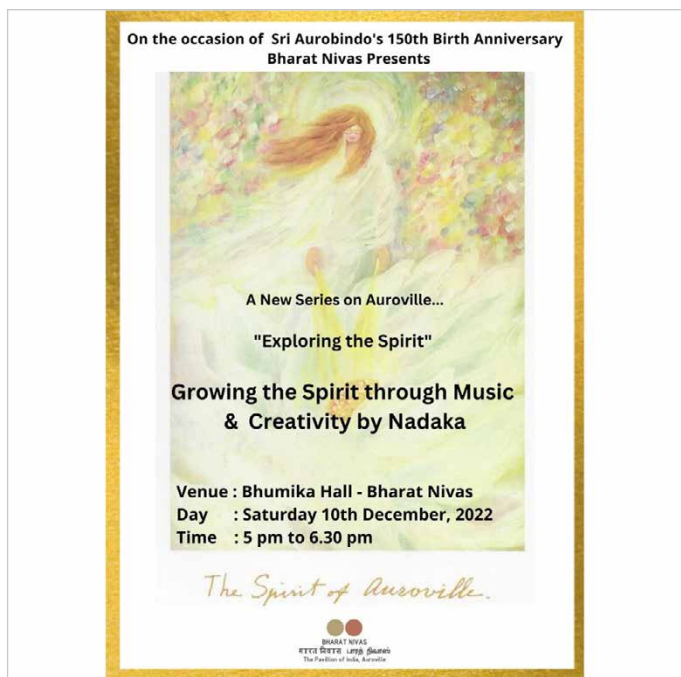
According to Sri Aurobindo, all evolution is a manifestation of that which is hidden inside. The Divine is at the core of it: it is the seed of all things that are capable of manifestation.

Avatars are also special **Examples** of Divine existence on Earth. They possess the **Power of Word** as can be seen in the examples of Krishna, Buddha, Christ, and Sri Aurobindo himself. And the lives of Sri Aurobindo and the Mother—as the two Avatars who brought about the transformation of an animal human man into the divine being—have been wonderful examples of conscious, progressive, responsible and yet loving and joyful Divine existence on earth. They left us so much invaluable wisdom and guidance and reading their words we can get charged with intense energy.

In addition, Dr Alok Pandey recounted that the Mother spoke about the great sacrifice of Sri Aurobindo when he ‘passed away’ on 5 December 1950 and drew out of physical sight. She states that each cell of his body contained the immortal flame and he let all these immortal cells enter into the earth’s atmosphere as his final gift, so that humanity could be awakened. Ensuring that the world awakens by the radiation of his consciousness force was the great sacrifice of Sri Aurobindo. His comprehensive presence continues to be felt everywhere and remains a living assurance of the Supramental.

Submitted by Margrit

## EXPLORING THE SPIRIT



### For Your Information

## SUMMIT IN AUROVILLE ON THE SCIENCE OF SPIRITUAL EVOLUTION

February 13—15, 2023

Soon after I joined Auroville's International Advisory Council, I was invited to organize a Summit to honor the 150<sup>th</sup> birth anniversary of Sri Aurobindo. I am excited to announce that we have confirmed dates and a general theme for the Summit. We will be exploring the interface of science and spirituality in the area of collective awakening.

At a time of overlapping global crises, Auroville kindles hope that humanity can find a way through our differences to an experience of unity in diversity. Science and spirituality both recognize human unity as fundamental. We are all made of the same stuff, and we are more alike than we are different. The Summit will draw together luminaries in both fields to share practical insights into the evolution of consciousness with the hope that these insights support Auroville's collective self-realization and movement toward embodied oneness.

As we work to bring this Summit into being, I invite your suggestions about specific themes that scientists and spiritual teachers could address that would be supportive to Auroville at this time. This will not be a time for debate or argument, but a time for exploring a path through conflict to harmony, supported by people who have spent their lives investigating human nature and self-realization.

Matthew Andrews from Auroville International USA has volunteered to help with receiving and organizing suggestions, so you are welcome to send your ideas to him at [Matthew@aviusa.org](mailto:Matthew@aviusa.org). We also welcome your involvement in the practical elements of putting this Summit together. If you'd like to volunteer, please let Matthew know.

With kind regards to all,  
Dena Merriam  
Chair,  
International Advisory Council

## SYNTHESIS AUROVILLE UPDATE

Dear Aurovilians, trust you are well.

We are glad to update that we had participation from more than 100 residents (50-50 in person and online) in the screening of Raghu Ananthanarayanan's presentation to the GB, IAC and AVF team and the subsequent interaction with him on 21 November at the Unity Pavilion.

The interaction has received a considerably encouraging response from many Aurovilians and there seems to be a growing interest in exploring what the next steps towards healing and dialogue could be.

The video recording of the screening and the subsequent dialogue [can be found here](#).

A clearer video of his presentation to the GB, IAC and AVF along with the documents introducing the Pandava Archetypes and Existential Universes [can be found here](#).

Raghu has kindly offered to be available for one more interaction with the community on December 3, Saturday, 4:30—6:30pm IST.

We will confirm the venue by Tuesday. This will be an opportunity for more Aurovilians to be a part of this conversation and to further build on the previous dialogue. Further details will be shared in a few days.

We request everybody wanting to be a part of the fishbowl (**Ed Note:** A fishbowl meeting is a specific type of activity designed to allow some individuals to take part in a conversation, and others to observe) in the next interaction to watch the above video first and come with your reflections and questions. There will be no screening of the presentation and we'll directly get into the conversation this time.

Please feel free to share your reflections, comments and questions over email with us at: [synthesis.auroville@gmail.com](mailto:synthesis.auroville@gmail.com)

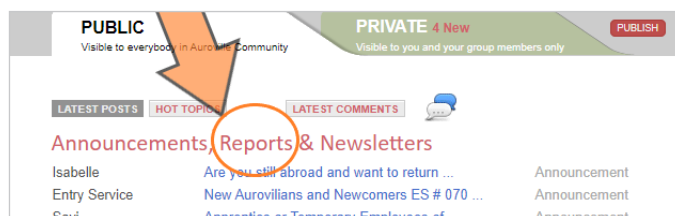
We will do our best to include as many of them as we can during the next interaction with Raghu.

Thank you,  
B, Bridget, Deven, Devi N, Helen,  
Jean-Yves, Jyoti K, Min, Naveen,  
Sehdev Kumar, Suzie and Tom L  
on behalf of Synthesis Auroville

## AVSST'S DUTY REPORT

Dear Community members, AVSST's duty reports for **May—August 2022** are available on Auronet.

To find it, go in the "Reports" section of Auronet by clicking where indicated in the following screenshot:



- In light of the recent events, AVSST is offering this temporary alternative email address in addition to the existing address: [aurovillesafety@gmail.com](mailto:aurovillesafety@gmail.com)
- For vehicle/entrances related matters, please keep using the following: [vehicleaccess@auroville.org.in](mailto:vehicleaccess@auroville.org.in)

Thank you,  
the Auroville Safety & Security Team/ AVSST  
Emergency (24/7): +91 9443090107  
Vehicle Access: +91 9488752435  
Office: +91 413 2623400  
Website: [safety.auroville.org](http://safety.auroville.org)

**CLARIFICATION FROM AFSANEH**  
regarding false rumors and attacks

False rumors and attacks have been spread on various platforms regarding my personal finances and my investments in Afsaneh Guesthouse. I would like to take this opportunity to clarify the facts and invite anyone who has any further doubts to approach me personally.

Afsaneh Guest House was built over the years with the financial help from my parents and later from the inheritance I was fortunate to receive. My intention has always been to create a beautiful place to welcome guests to Auroville and at the same to generate an income for the Auroville economy. This has been a big part of my work in Auroville and I care deeply for this place.

All money that was used to build the GH came through the proper channels and was correctly accounted for. I have never taken a maintenance from the guesthouse or personally benefited financially in any way. On the contrary, since the beginning, I donated personal finances for infrastructure and buildings to improve and grow the guest house. All donations were channeled through the financial service to the guesthouse accounts.

It is only for the most recent addition (which was the swimming pool in 2015) that I was not in a position to donate the money but only to loan it. I gave this loan with the agreement of the Guesthouse trustees.

Over the last few years I lost trust in the second executive who had been newly appointed on a trial basis. For this reason I requested an audit of the guesthouse by the FAMC in 2021, this long process is still ongoing. I am looking forward to a conclusion as soon as possible.

My dream, as a Naturopath, was and still is, to one day create a healing centre for Auroville in Afsaneh Guesthouse.

*In Her Love, Truth and Light,*  
Afsaneh

*Health Care*

**INVITATION TO A TALK**  
**BY DR. RAJAN SANKARAN**

Saturday, 10 December, 7:30pm, Pitanga



For at least the past twenty-five years, Dr. Rajan Sankaran has been a significant figure in the world of Homeopathy. He is a brilliant clinician, a prolific author whose works have profoundly influenced the practice of countless homeopaths and a charismatic speaker whose wisdom and humor consistently delight audiences all over the world.

Rajan will be in Auroville for a few days in December and has offered to give a lecture during his visit. He proposes to speak for about an hour then allow about 30 minutes for interaction. All interested are welcome to attend.

Michael

**SANTÉ SERVICES IN DECEMBER 2022**

Crown Road, Phone: (413) 2622803

Email: [sante@auroville.org.in](mailto:sante@auroville.org.in)

Website: <http://sante.auroville.org.in>



**Working Hours**

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

**Tests and Sample collection**

- Monday—Fridayday before 12:00pm.
- No sample collection on Saturday.

**For emergencies**

- Auroville Ambulance (24/7) +91 9442224680
- Government Ambulance (24/7) phone 108

**Appointment**

- Please call Santé on (0413) 2622803 during working hours for an appointment & to check availability of the therapist.

Doctor consults with Dr. Senthil, <b>Monday to Fridayday</b>	Nursing Care, Ezhil & Thilagam, <b>Daily (No appointment necessary)</b>
Acupuncture with Andres, <b>Monday to Fridayday</b>	Ayurveda with Dr. Sonia/ Dr. Be, <b>As Per Availability</b>
Homoeopathy with Michael, <b>Monday/ Wednesday/ Saturday</b>	Integrative Psychotherapy with Juan Andres, <b>Monday to Fridayday, until 16 December</b>
Midwifery & Family counselling with Monique, <b>As Per Availability</b>	Pregnancy Care & Women's Wellness with Paula, <b>Tuesday &amp; Wednesday</b>
Paediatric Physiotherapy with Swati, <b>Monday &amp; Wednesday</b>	Physiotherapy with Osnat <b>Monday/ Wednesday/ Thursday</b>
Physiotherapy with Rebeca, <b>Tuesday &amp; Fridayday</b>	Physiotherapy and Massage with Galina, <b>Monday to Fridayday</b>

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.*

Love, Dasha

**AURODENT—DENTAL CLINIC**



Dental Clinic  
Auromode, Auroville.

**For Appointment please contact us**

Email: [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

## INTEGRAL HEALTH

### A Call For Participation To The Community, December 2022



Integral health is a wellness model that considers the individual as a whole (physical, mental, emotional and spiritual). There are endless reports where chronic and terminal illnesses have been reversed (or significantly improved) in patients by changes in lifestyle and habits, deep emotional releases, or a tailor-made mix of health practices. Diseases are approached from many aspects so complementary treatments can be explored for the most successful results.

A team of integral health researchers have started collecting testimonials from patients affected by Parkinson's, Dementia and Auto-Immune diseases (Fibromyalgia, Lupus, Polyarthritis, various Sclerosis and others).

Through this research project, we intend to study these conditions and their possible treatments following the integral health approach.

The first step in this research project is to collect relevant data of the participants and the ways that they handle their illnesses, including both the successful and the not so successful treatments that may have already been investigated.

Would you (or anyone you know) be interested to take part in this study?

We welcome you whether you are a patient (or family/ Fridayend), who has been or still is concerned by these diseases; or a practitioner, who has treated or is still treating affected patients.

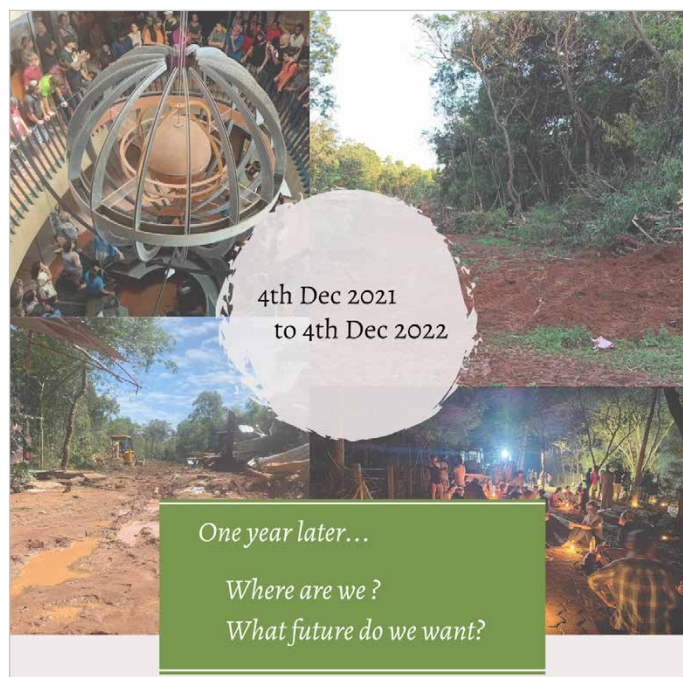
In order to help us better understand you, your condition and your current wellness levels, new participants will receive a primary patient intake questionnaire (available in English & French and other languages if needed).

Please be assured that any and all personal and medical information remains strictly confidential at all times and all patient case studies are discussed anonymously.

If you are interested in participating in this research, please contact us. We remain at your disposal for any further questions, clarifications, or doubts that may concern you.

**Dr. Be (Ayurveda),  
Dan (NLP/Hypnotherapy) and Ayesha**  
[integralhealth.auroville@gmail.com](mailto:integralhealth.auroville@gmail.com)

## Gatherings



## DEMOLITION OF THE YOUTH CENTRE:

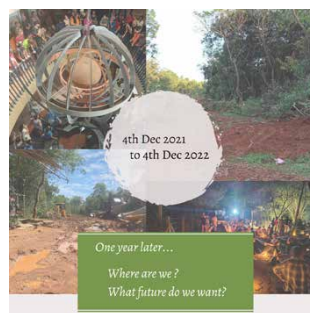
### One Year Later

#### Gathering at Town Hall, 4 December, 4:30pm

- Offerings of flowers & and candles are welcome.
- Potluck and food to follow.
- A banner will be there, where you can write your thoughts.
- Live Music. Musicians are welcome.
- Peace dances.
- Come in your high spirits!
- For Aurovillians, Newcomers and Volunteers.
- Organized by concerned residents.

We are a group of Aurovillians who emerged out from the Wednesday meetings at the Tibetan pavilion. We would like to inform you all about our events.

**Hartmut von Lieres**



## SEEDS OF UNITY FESTIVAL

### Solitude Farm, 23 December, 5—10pm

The festival is getting close! Here is an update of the preparations and call to action to our Auroville community.

On Saturdays we have a work shift at 9am with lunch and refreshments.

We are building the stage in the second week of December and we will need hands to create and build it. Help is also needed with stage decoration and site decoration coordinated by Evgenia. This is a very creative and collaborative work!

Decoration of the whole event will take place in the final week.

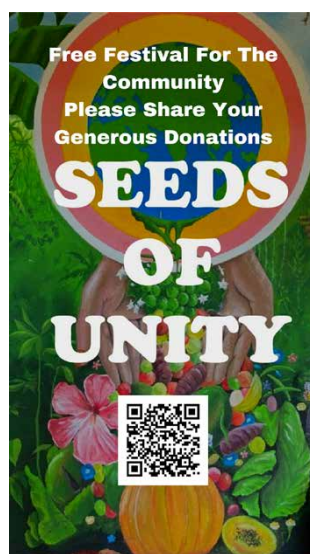
- We need help with cooking on the day of the event. There is a core team already focused on this but we are so happy to have more people for chopping, peeling, washing, slicing, stirring !!!
- We still need financial support for so many different aspects of the festival; lights and sound, to the budget for food etc
- There is a **QR code on the poster** and FS services account number **252255** for whoever feels able to contribute. **Any amount is gratefully received.**

There are many beautiful efforts to bring our community together and the Seeds of unity Festival is inspired by the certitude gathering and the Inuksuk gathering.

Invites for the festival are being especially made in Tamil for our brothers and sisters working in Auroville units inviting them for this Auroville Family celebration. The festival is made with alot of love and we pray people will help carry the vision and contribute to make it happen.

#### Main event 5—10pm.

- 5:00pm** fire puja+havan Poojari team from Kerala
- 6:00pm** Live Body art dance performance with Harsh, Chandru and team
- 6:15pm** Spiral collective dance with Prem Shakti
- 7:00pm** Collective Laughter Yoga with Monet
- 7:20pm** Collective singing with Antoine and Choir
- 7:40pm** Opening Heart meditation with Samrat
- 8:00pm** Live Concert by Emergence
- !0:00pm** End



During this time there will also be many mini—interactive artistic activities , like Kabir story telling by the bonfire, juggling, painting and poetry , group meditation, Dance for peace, kids activities, acoustic music performances and various educational stalls like Hemp planet etc

- There is space for others to come and share and create. please contact Priscila on 9361618654 WA

Food will be served and offered for 1000 ppl.

We feel the creation and collective energy going into making the food is as beautiful as the main event itself. It is the process that is inspiring! The Cooking team needs you! They will be making a 1000 ladoos and juice and of course the main dinner. There will also be a big need for clearing up and washing pots—some serious karma yoga! We invite more colors of our beautiful creative community to bring a wave of love to the festival.

Here are some links about the Seeds of Unity Festival

- <https://youtu.be/49k5m4QRors>
- <https://youtu.be/1EDh-Gf7LVs>

*We'll see you there!!!*

Love Seeds of Unity Coordination Team, Solitude Farm  
[solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com), 9843319260

### *Acres for Land*

#### **A4A NOVEMBER 2022 NEWSLETTER & RE-CONNECT!**



*Pathway in the Garden of the Unexpected  
(photographed by Piero)*

We are happy to present the new November 2022 issue of our quarterly land fundraisers' newsletter. Our dedicated goal is to create awareness of the need to consolidate and complete Auroville's physical base and thereby raise the needed funds for this essential action. Our newsletters—what we call "Goodwill Activation Points"—keep donors and supporters in touch, and serve as reminders for us all of our common goal on the journey of building Auroville.



- <https://land.auroville.org/a4a-24th-november-re-connect/>

Over the now 9 years since we started the newsletter we have enriched its content. From a mere encouraging flier and a letter of inspiration, it has grown to provide profiles of pioneering long-time Aurovilians, and today's as-

piring newcomers, information about significant solidarity actions, and striking quotes from Sri Aurobindo and the Mother, along with updates on land consolidation. Our next February 21st issue will share good news concerning newly-purchased Auroville land.

Your solidarity is a vital and needed support and is greatly appreciated !

#### **1. Acres for Auroville Flier—24 November 2022**

Auroville was created to be a first pathway towards a spiritual future. The Mother stated "Auroville is the place where this new way of living is being worked out". Because the way forward is "a completely new road". The Mother called it the "Great Adventure"—inviting us to help build this pioneering path and progressively advance together, step by precious and often difficult step!

- In English, version française en pdf and பிடிஎஃப்பில் தமிழ்ப் பதிப்பு <https://land.auroville.org/a4a-flier-24th-november-2022/>

#### **2. LFAU Letter—24 November 2022**

These are turbulent times in the world, as well as in Auroville. And in these heightened times, we keep faith, helped by remembering the long-term view, and also by what is the secret of Auroville: the deeper soul connection that has brought most Aurovilians to Auroville and which connects Fridayends and donors to Auroville. We are together—united at a deeper level—and sharing a common hope, a common vision and a common adventure.

- In English, version française en pdf and பிடிஎஃப்பில் தமிழ்ப் பதிப்பு <https://land.auroville.org/lfauletter-24th-november-2022/>

#### **3. A Whole Life Dedicated to Auroville—By Paul Vincent**

Arriving in 1972, Auroville pioneer Paul Vincent has spent the past 50 years in dedicated service to The Mother's vision. Starting in childhood, he was led through unexpected events to a deep spiritual search and his Auroville destiny. He started his life in Auroville as a carpenter. Paul has set up four Auroville communities, worked on forest creation, architecture with Roger Anger, security and tsunami relief, the Master Plan, land protection, and more. We are very pleased to share Paul's rich story and his life of contributions.

- <https://land.auroville.org/a-whole-life-by-paul-vincent/>

#### **4. The Road to the Life I Always Desired—By Tia Pleiman**

Tia Pleiman is an American art therapist and educator who "fell in love" with Auroville in 2006, where she discovered The Mother and Sri Aurobindo, whose works expanded and transformed her life and work. She has contributed over the years to several Auroville and AV outreach schools, and is now an official "Newcomer". For Tia, Auroville provides the "creative, spiritual, multi-cultural, educational and environmental qualities" of the life she has always desired.

- <https://land.auroville.org/the-road-to-always-by-tia-pleiman/>

#### **5. Sri Aurobindo's Five Dreams!**

Very significantly, India attained its independence on August 15, 1947, Sri Aurobindo's 75<sup>th</sup> birth anniversary. On that historic occasion, All India Radio requested Sri Aurobindo to give a message to a free India, broadcast on the transitional night of August 14<sup>th</sup>. In this message Sri Aurobindo spoke of his "Five Dreams"—for India, humanity, and the world. To finish this landmark 150<sup>th</sup> year, we share Sri Aurobindo's historic message.

- <https://land.auroville.org/sri-aurobindos-five-dreams/>

We thank you for your support for the land!

- **Contact:** [lfau@auroville.org.in](mailto:lfau@auroville.org.in) and +91 413 2622657
- **Donating:** <https://land.auroville.org/new-banking-information/> and <https://land.auroville.org/donate/>



*The Arts*

**UNSEEN REALITIES**

Centre d'Art Gallery, Citadines,  
Fridayday, 9 December, 4:30pm

Centre d'Art Gallery, Citadines, Auroville invites you to an exhibition "Unseen Realities" by Aparna Ashok



- **Exhibition opening:** Fridayday, 9 December, 4:30pm
- **Exhibition Date:** 9—24 December.
- **Gallery hours:** Monday to Saturday, 2—5pm
- Centre d'Art Gallery, Citadines, Auroville.  
*Please Park at the Town Hall.*
- Free pickup and drop from the visitors Center on Fridayday and Saturday, 2:30—4:30pm.
- Sunday is closed.

**Introduction:** How can you ever know who you are, if you feel like you don't belong?

"Unseen Realities" is an exhibition that draws our attention to feelings of confusion and estrangement ethnic minority groups are often left with, whilst trying to navigate life in a predominantly white society.

Drawing on personal experience, the narrative around the work addresses intimate feelings of 'otherness' faced as an Indian living abroad. The installations invite the viewer to actively participate and engage with the work and also consider the role of white supremacy in creating underlying tensions and discourse between concepts of social and personal identity and cultural racism. Perhaps you identify with the narrative or see parts of yourself in the subjects. If we take a closer look at the workings of society, is it fair for us to constantly feel this urge to change ourselves and to please others to fit in? Why must we have to wear a mask and live a lie?

**Artist Biography:** Aparna Ashok commonly known as Chaos, is a Multisensory artist, self-portrait photographer and performer who constantly finds herself shuttling between Chennai, India and the UK. She is driven by research and curiosity about the complexities of human experience and identity.

Before graduating with an MA in Visual Communication from the Royal College of Art, Aparna completed her BA in Visual Arts at Stella Maris College in Chennai, India.

Aparna's work centres around social benefit through the creation of scenarios and opportunities for interaction. She often finds herself working with themes pertaining to identity, death and rituals. Her practice is rooted in creating curated designed experiences.

Submitted by Sri/ Centre d'Art

**MANIFESTING THE GALAXY: FROM THE BARK OF A TREE**

I would like to invite all of the community to my exhibition opening "Manifesting the Galaxy" from the bark of a tree

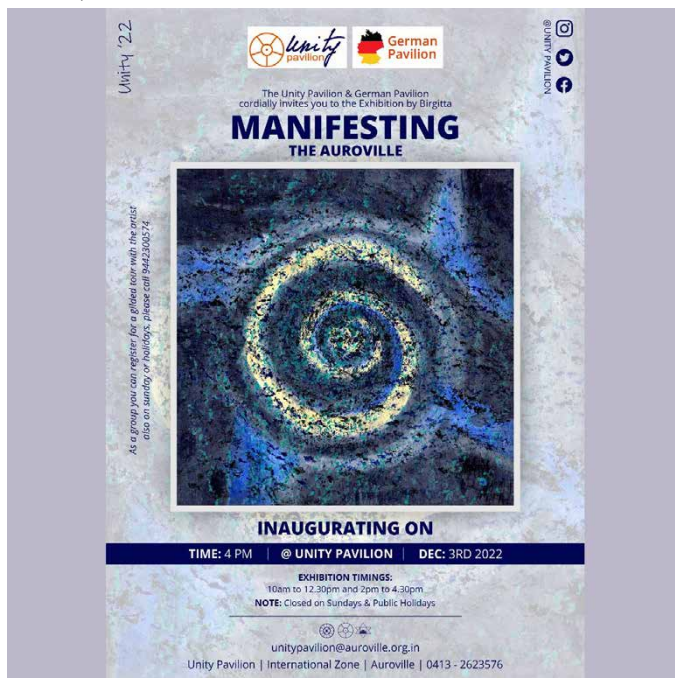
The Unity Pavilion and the German Pavilion cordially invite you to the Exhibition by Birgitta  
**"Galaxy & Ganesha"**

Venue: Unity Pavilion, International Zone, Auroville, India  
Inauguration: Saturday, 3rd of December 2022 at 4 pm  
Duration: 8th of December 2022 to 11th of January 2023



- It will take place on **Saturday, 3 December at 4pm** in the **Unity Pavilion**.

During a meditation in the Matrimandir inner chamber, I had a vision of the Galaxy on the bark of the large Elephant Ear tree (at the crossing next to Matrimandir's entrance). I immediately went to check and then to print it.



The bark didn't only manifest beautiful Galaxies, but also quite incredible Ganeshas. To manifest the Galaxy from a tree bark is a beautiful paradox, which is bringing 2 different positions together. And to find Ganesha—the remover of obstacles—in the same place is quite a sign! Please come and see for yourself and get surprised. The Ganeshas are all fractal, that means they are formed from dozens of small Ganeshas.

All the work will be on display in the Unity Pavilion from December 3 until January 11, 2023.

To manifest the Galaxy with my artwork from the bark of a tree is my contribution to unity within Auroville.

Love, Birgitta, +914132622458,  
[matrigold@auroville.org.in](mailto:matrigold@auroville.org.in), [www.birgittavolz.de](http://www.birgittavolz.de)

### RE-ENCHANTMENT

A Photo Exhibition by Lisbeth at Pitanga  
Opening: Saturday, 3 December, at 4:30pm



To re-enchanted: to bring enchantment back into our lives.

There is much we and the world can be disenchanted about: human intervention in our fragile landscapes and the exploitation of planetary resources has brought the world dangerously close to tipping points. Climate change aggravated by strife, conflicts and wars with their attending far-reaching consequences: famine, migration, economic collapse and the destruction of the commons are causing the fabric of our civic space to unravel...

We, the eight billion people on this finite planet Earth, are connected in visible and invisible webs. Thus, we are all affected in different ways. Auroville is not untouched. It has its share of chaos and confusion.

To go within and become aware in these grave, accelerated times and to observe the beauty that surrounds us here and in all the world might just bring us some solace and gratitude and may serve to re-enchanted and reveal what is still beautiful, valuable, fine, true and sincere.

Here I share some images that captured my attention during these last months. Glimpses of beauty in nature, in land- and oceanscapes, in people, in the innocence and joy of children. Images that might bring some enchantment back into the world and some magic back into our lives.

Lisbeth, December 2022



PITANGA  
CULTURAL CENTRE

### CALL FOR SOLO AND GROUP EXHIBITION

At Centre d'Art Gallery

Open call for solo and group exhibition at centre d'Art Gallery, auroville for the 2023—2024 Season



Centre d'Art  
Auroville

Centre d'Art is pleased to accept submissions of cohesive art projects, we carefully go over all submitted portfolios. However, we hope you understand that due to a high number of applications, we cannot unfortunately reply in person to each submission. If we are interested in your work for exhibition, we will be sure to contact you via the details provided with your submission.



### Submission guidelines:

- The subject line of any submission email must begin with the subject 'Exhibition Submission'
- All images should be sent as jpeg files, at screen resolution, not more than twenty-five images.
- Attach a short artist statement for the project being submitted, that will help us understand your work better.
- Provide contact details—email address.
- Application deadline: 15 Dec 2022
  - For details please visit: [www.centredart.in](http://www.centredart.in)
  - Contact: [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

Warm Regards,  
Sri for Centre d'Art

### THE AUROVILLE CHOIR

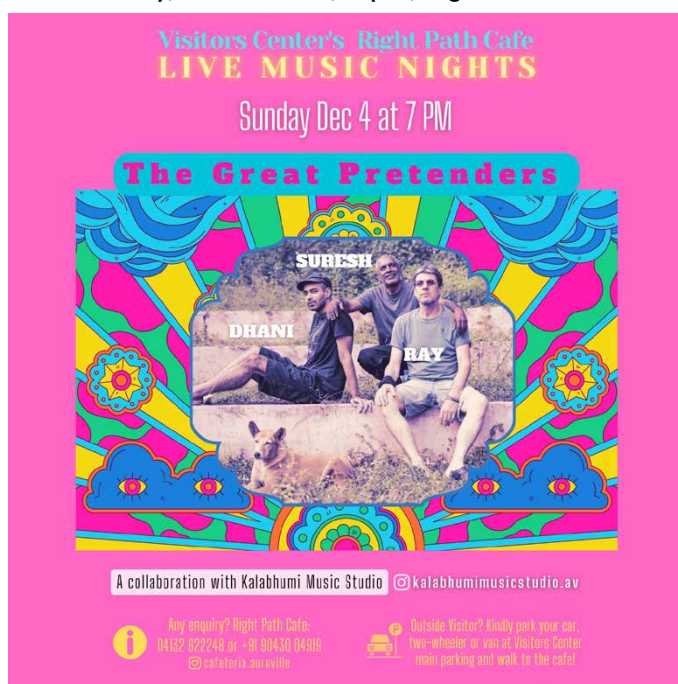
Sings Spiritual & Gospel Songs



Submitted by Nuria

### LIVE MUSIC NIGHT

Sunday, 4 December, 7 pm, Right Path Cafe



Submitted by Edo

## KUCHIPUDI DANCE

Friday, 9 December, 8—9:15pm, BN Auditorium



Bharat Nivas presents Kuchipudi Dance by Gururaju from Bangalore. Recipient of "Ramgopal Best Male Soloist" & recipient of "Nupura Kala Ratna"

- Thank you for registering your names by sending a mail to [bharatnivas-auditorium@auroville.org.in](mailto:bharatnivas-auditorium@auroville.org.in)

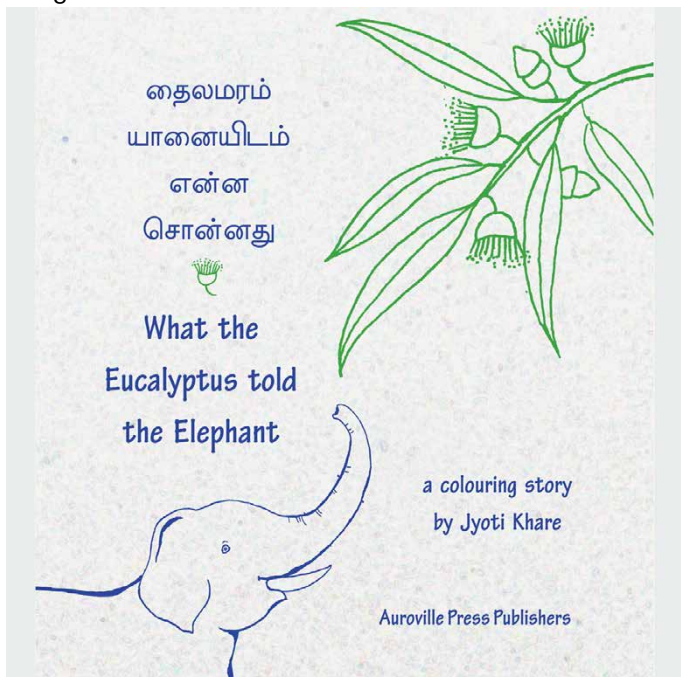
Regards, Vani

## Books

### WHAT THE EUCALYPTUS TOLD THE ELEPHANT

From Auroville Press Publishers

We are happy to announce the publication of another coloring book in our series PoeTree.



### What the Eucalyptus told the Elephant

This is a bilingual book (Tamil and English) which will answer the needs of children growing up in a multilingual society. The two versions are very close to each other so that the story can be accessed through the language which is most familiar to the child and then be explored more easily in the other language.

## SAVITRI BILINGUAL: ENGLISH/FRENCH

A reminder for the French speaking Newcomers and other Aurovilians interested in the reading of Savitri. These books Bilingual Savitri in English/French are available. This special edition (blue cover) was created at the occasion of the 50th Anniversary of Auroville by Gérard M.

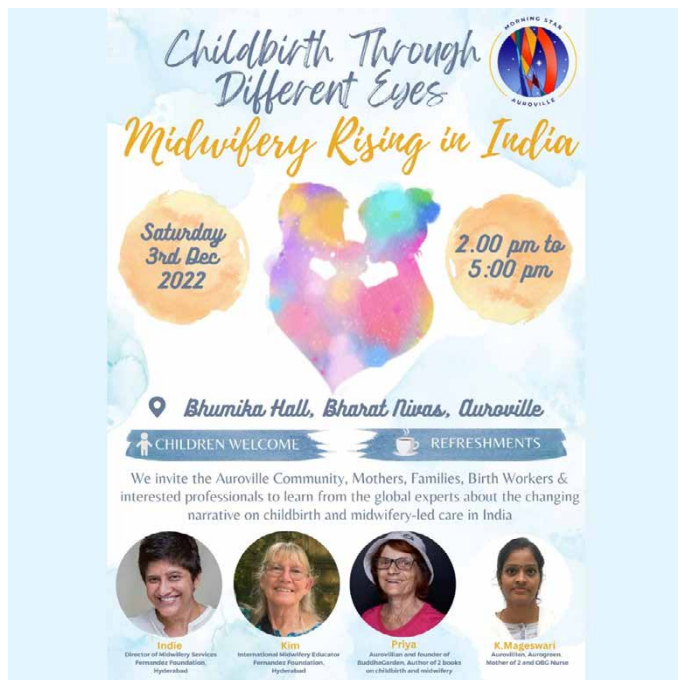
- Contact Fabienne 9443602194 to get your copy.

Fabienne

## Children

### CHILDREN THROUGH DIFFERENT EYES

Midwifery Rising in India



Best regards, Balaganesh SIVA

## Bioregion



### SOUL OF SOIL

**Auroville Cultural, Craft and Eco Experience Program for December 2022**

Touch • Ride • Feel • Taste • Hear • Discover • Experience

- **Daily: Make and Take Hands On Workshops at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus:**

Bamboo Musical Instrument	Bamboo Jewellery
Bamboo Toys	Clay Modeling
Terracotta	Incense Making
Paper Mache Art Marbling	Lampshade
Kolam Mandala Painting	Palm leaf craft
Coconut shell craft	Stone Carving

### Mohanam campus tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, bio region art and craft centre, Lively one village boutique, saree library, local traditional lunch, herbal tea.

## Saree & Veshti Experience Tour

Let the magic of saree & veshti adorn you!

Choose a saree and veshti from a variety of beautiful saree and veshti of our library, our women's group members will teach you to drape / wear the saree & veshti. You can ask us for a photoshoot as an add on, south Indian style make-over—choose between kolam & cooking for an inclusive traditional experience

- **Days & Date:** All working Days except Sunday, 1-2 days advance booking is necessary
- **Contact:** Preferred through e-mail at [Mohanamprogram@auroville.org.in](mailto:Mohanamprogram@auroville.org.in), or +91 8300949079

## The Spirit of Tamilnadu, Karthigai Deepam

We invite you to carry a lamp of inspiration for a greater celebration towards human unity as envisaged by the Mother. We will explain the meaning of Karthikai Deepam along with celebrating JOTHI (LIGHT) with cultural events.

- **5 December, Monday, 5—7pm**
- Seminar on Karthigai Deepam, Exhibition on Traditional Oil lamp, Karthi Suthuthal (Introduction of How to Juggle Native, Palm Flower Crackers), Chokkapanai Bonfire Will takeplace Along With Karthigai Deepam, taste the Traditional karthigai Deepam Special Recipes, At Conclusion, A Collective Meditation Among the lamp to celebrate Unity in Light

## December to Remember

**A One—Day Camp for Reflecting on the Past Year and Build their Intention for the Future with Gratitude**

We are glad to inform you that Mohanam is organizing the yearly one day camp consecutively for the 7th time. " December to Remember " this will help children to reflect on the past year and build their intention and dream for the future.

We invite twelve children from each school in and around Auroville and Outreach schools to participate in this camp. The total number of participants is restricted to 75. Places are available on a first come first-served basis.

- **Please Register** before 15 December.
- We will provide food and refreshment for the participants who are attending this camp.
- **Date:** 17 December, 9am—4pm
- **Place:** Mohanam Campus (Opposite Imagination)
- **Age group:** 10—13 years
- **Person to contact:** Sudha, Sathiya, 6381468945.

Regards For Mohanam Team

## Bio Region Village Tours

**Cycle Tour with Bio-Region Youth + Breakfast**

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to take advantage of the best routes in and around Auroville using cycles.

Includes Tea and snacks, Duration: 2 hours,

- **Date:** 1-day advance booking is necessary,
- **Day & Timing:** Every Saturday, Sunday, 6—8am

## Auroville North-West Cycle Tour + Lunch

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

- **Date and Time:** Every day, 10:30am—1pm (Except Sunday)
- **Meeting/ Starting Poin:** Visitor center, 1-day advance booking is necessary for group bookings (for single bookings at least before 10 am )
- **For Bookings:** e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) or call us at: +91 8300949079

## Indo African Drum Circle with Food and Campfire

Enjoy the evening with blissful fusion of instrumental music, freestyle dancing and traditional drumming with campfire, accompanied by traditional Tamil dishes. (with basic Contribution from each participant)

- **Day and Time:** Every Thursday, 6—7:30pm (Pre-booking is mandatory),
- **Venue:** Mohanam Village Heritage Centre,
- **For more information contact us:** e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) or call us at: +91 8300949079

## Eco & Spiritual Tourism Services

**Thiruvannamalai—Mohanam Services**

(Arunachala Auroville)

**Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience .**

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, aashram visits, healing sessions, trekking and camping packages, group outings and awakening/ spiritual tours and Thiruvannamalai volunteering activities. You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

- **For Bookings:** e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) or call us at: +91 8300949079

## Education

### PARTNERSHIP WITH IIT MADRAS FOR AUROVILLE



We, at Sangili, are glad to inform our dear community members of our budding collaborative efforts with IIT-Madras. IIT Madras is a renowned institute in India, recognized as an Institute of National Importance, and has been consistently rated as one of India's most prestigious universities.

A few recent explorations for which we are exploring a partnership with IIT-Madras are Open source 3D printing technology, Research on circular economics, Auroville Martial Arts, and Programs on innovation and Entrepreneurship. One of the pioneering achievements of IIT-Madras has been the building of India's first 3D-printed house, which was initiated by their start-up Tvasta. Read more about it here.

We believe that such collaborations would be a concrete step towards building a better future for Auroville. Our aim, with this collaboration, is to develop various technologies and sectors where experts from both Auroville and IIT Madras share their knowledge.

We invite you and the entire community to share your thoughts and let us know if you would like to collaborate with IIT Madras for any technical support. Kindly write to us at the email [sangili@auroville.org.in](mailto:sangili@auroville.org.in) for more information.

We would like to extend our gratitude to the Secretary, Dr.Jayanti Ravi, Auroville Foundation for extending support to take up this initiative further.

We sincerely Thank the Minvayu Team, the L'avenir d'auroville Team, the Matrimandir Team, the CSR Team, the Sunship dining Team, the Vehicle service team, the media interface team, Anton, Ayushi, Deven, Debu, Jyothi Prasad, Pashi Kapur, Sundar and Shankerdevy for the complete support and co-creation of this program.

*Yours truly,*  
**Sivakumar on behalf of Sangili Team**

Activities

**REVELATION FOREST: FREE GUIDED MORNING WALK**



Join us for a curated walk in one of the densest forests of Auroville. Connect with nature through all your senses! Also, learn about one of the most successful reforestation projects which brought back a thriving tropical forest from scratch.

**Time:** Monday to Friday, 7am

**Meeting Point:** Parking area opposite CSR and Auromode Apartments

**Duration:** 1 hr

**Special Instructions:** Please wear full sleeves and full pants to prevent mosquito bites. You may also carry some mosquito repellants. Carry a raincoat or an umbrella if it's rainy.

- Contact (WA only) +91 99580 84473

**TANGO DANCE CLASS**

Every Monday group class  
Cripa, Auroville



2 month commitment for a group class. Every month a new batch starts for beginners and intermediate. If they want to learn private class for Tango dance any day by appointment.

Mani, +918637633696, In: bakisata\_dance

**OVERNIGHT CAMPING & BONFIRE**

At the Quarry Landscape Near Auroville

Upcoming Batch: 3—4 December, Saturday & Sunday



- Learn outdoor skills under the supervision of Special Forces Veterans
- Learn to pitch and strike a Pup Tent
- Learn the Basics of Orienteering and Navigation (Finding Direction)
- Enjoy a refreshing swim in the freshwater lake (Life Jackets are provisioned for non-swimmers)
- Cherish the experience of a bone fire amidst nature
- Catch the sunset and sunrise in open horizons
- Experience the adventure of camping overnight at an outdoor site under the safety net of Military Veterans

Contact +91 9500183706, WA only  
Regards, Arun

**SALSA DANCE CLASS**

Every Tuesday group class  
New Creation Sports Ground, Auroville

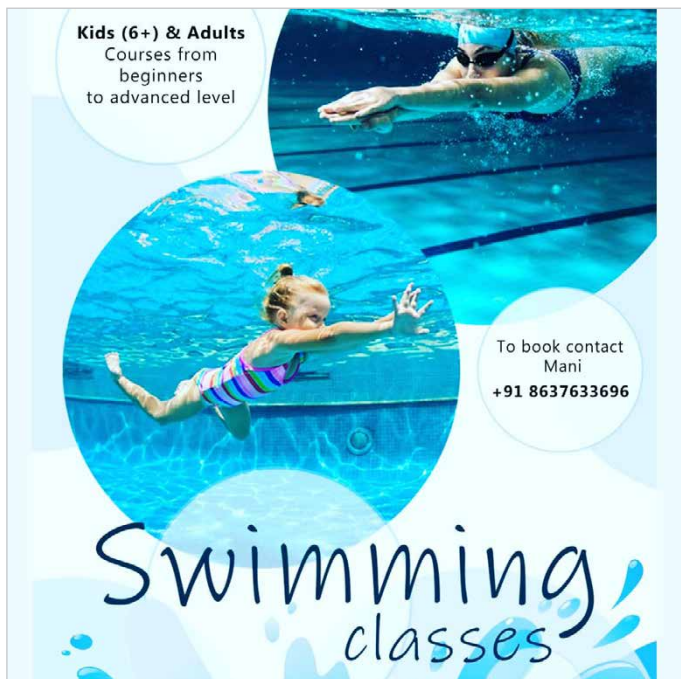


2 month commitment for a group class. Every month a new batch starts for beginners and intermediate. If they want to learn private class for Salsa, Bachata and Kizomba Dance any day's by appointment

Mani : +918637633696, In: bakisata\_dance

### SWIMMING CLASS

Any age kids and Any age adult by appointment.



**Kids (6+) & Adults**  
Courses from beginners to advanced level

To book contact Mani  
+91 8637633696

# Swimming classes

Mani, +918637633696

### AUROGAMES SESSION AT HUMASCAPE

Sessions with Aurogames help develop concentration and memory. Open to all ages from 6 year old on. The sessions take place in small groups, for a better stimulation of the children. For individual sessions, it is best to make an appointment.

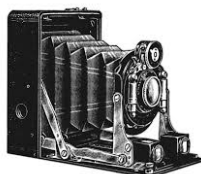


- Sessions take place at **Humanscape**, the community building
  - Tuesdays, Wednesdays and Thursdays, 4—5pm
- Limited places, please reserve and confirm your venue.
- Possibility of private session on appointment only.
  - Free of Charge

Geetha 7094688421,  
Veronique 9488512678

### PHOTO CIRCLE MEETS

Fridayday, 2 December, 5pm,  
Centre d'Art, Citadines



Dear photographers, Photo Circle meets on Fridayday, 2 December, 5pm in the Centre d'Art multimedia room, Citadines.

The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images.

Everybody's welcome

Thank you, Marco

### Honorary Voluntary

#### 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 6am 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](mailto:sadhanaforest@auroville.org.in),

WA 8525038274 or call 8122274924.

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

### Work Opportunities

#### HR HUB—AN OBSERVATION



HRHub has been working for some years now trying to facilitate a successful match between work opportunities and possible candidates. We meet our candidates for a first interview to gain a better understanding of their skills, work experience and needs.

What we came across in multiple such interviews, is that some candidates struggle to find work opportunities that offer half or full maintenance. Many units expect Newcomers to work for free and expect Aurovilians to work for just the Auroville contribution for a trial period of several months. After that, maintenance is paid as a match to salaries paid to other employees. The candidates that we have met and that have expressed their frustration and disappointment in not being appropriately supported for their work time, shared that they were working for Units that are economically very fit.

We as the HR Initiative team are wondering how to deal with a situation in which some units that are economically capable to support working Aurovilians and Newcomers are falling short in their duty to integrate young Aurovilians and reward them appropriately for their work. There seems to be a lack of integrity in the way we view our fellow community members.

We call on Auroville Units and Services to keep welcoming community members in their work space and to start an open dialogue about this topic so that a work environment can be created where people feel respected and remunerated for their time and skill sets.

Warmly, HR Hub Initiative Team  
Sara, Stephanie, Joel

### Looking For

#### Gowthami looking for Work

Gowthami from Alankuppam, who has worked for me for the last 2 years is looking for more work. She is free for 4 mornings a week. I am very happy with her, she has a very pleasant personality, is willing and honest.

Contacts: [Dorothee@auroville.org.in](mailto:Dorothee@auroville.org.in), 8489417180

Thanking you, Dorothee

#### Seeking House Sitting



My name is Pawan. I am a Newcomer. As my New Comer period comes to an end I am eagerly looking for house sitting options. We are a family of 3: me, my wife and my 8 years old son.

I will appreciate any leads and opportunities.

9119762631, [mitpawan@gmail.com](mailto:mitpawan@gmail.com), Pawan

### Looking for a Suit

I'm attending a formal ceremony on 12 December and I'm looking for a suit to wear. Could someone lend it to me? I'm 1.80m tall and slim. 7598331379.

*Umberto*



### Used Laptop Wanted

Min. Specification: Windows 10/11, i5 2.0Ghz or similar, 13" screen or bigger, 8GB RAM or more, 256GB SSD or more.

Looking to buy 2nd hand Zoom Recorder (H1N or similar)

*Thank you, Shakti Wierzbicka*

### Looking for a Baby Carrier and Baby Seat for Cycle



We are looking to buy a used baby carrier for a 1 1/2 year old, and also a baby/toddler seat for bicycles.

- Please contact Jasmin at 9787797814/ phone, WA or Telegram. *With thanks, Jasmin*

### *Lost and Found*

#### Blue Hat with Butterfly Pin Lost

Yesterday, Wednesday, November 23, I lost a blue hat with a blue hat band and a silver butterfly pin. It is probably somewhere around the Town Hall. Please contact me if you find it [suzie@auroville.org.in](mailto:suzie@auroville.org.in).

*Thanks, Suzie*

### *Taxi Share*

#### From Chennai Airport, 4 December, 11am



I will arrive at Chennai airport at 11am on December 4. A taxi will be coming from Auroville that morning. A taxi can be shared either way. Nandita—[nandita@sharan-india.org](mailto:nandita@sharan-india.org)/ +91 9488483286

#### To Aravind Eye Hospital on December 13

Anyone interested in sharing a taxi to Aravind Eye Hospital in the morning of December 13 please contact me.

*Michael Z, 2622865 or 9486650268*

### *Help Needed*

#### AUROVILLE ACCESSIBLE PUBLIC BUS SEEKS FUNDING



Dear All, Auroville Accessible Public Bus was running at loss till end of October. Additionally we had annual insurance renewal and Annual Fitness certificate renewal from the Transport department. All together brought us a big minus. Auroville Vehicle Service had made the advances to cover the running cost since August 2022. We were hoping the BCC would support the running cost for the year 2022—23 but unfortunately BCC has no access to grant any budget at the moment. We kindly request you to support the community public bus in contributing whatever amount is possible to you.

- **We are currently in minus of Rs.137,000**

We do understand the current situation of Auroville but If we don't get the support from the community now, there is no other option for us, other than to close the service completely. You could transfer to our Account 251675/ AV Accessible Bus

*Thank you, Raju, Sauro & Susmita for AV Accessible Public Bus Team*

### WINGING SCAPULA, TREATMENT

Dear Friends & Family, I am Ramanan, working and living at Auroorchard Farm. I am for many years suffering from winging scapula. In my case it seems to be the medial scapular winging. I have been trying all these years to find the right doctor to confirm the diagnosis and get the right treatment but I didn't manage. I need your help to find someone who could help me with this.

*Thanks & regards,  
Ramanan, +919842873272 WA*

[ramanan@auroville.org.in](mailto:ramanan@auroville.org.in),  
[ramanan2world@gmail.com](mailto:ramanan2world@gmail.com)

### HOUSING REFUND ISSUES.

Dear Community, our process of leaving/exiting Auroville is going very slowly on a path with many obstacles. Decision making Working Groups involved are not honoring our payment agreement of the house we signed as Newcomers in 2019 which says we can be refunded when leaving Auroville in the first 4 years of becoming an Aurovilian. We're still within that time frame.

If someone is experiencing a likewise issue please contact us. Ray 7094136060/ [geertdewolf@yahoo.co.uk](mailto:geertdewolf@yahoo.co.uk)

*Warm regards, Ray and Sofie*

### WATER—THE QUINTESSENTIAL SOURCE OF ALL LIFE ON EARTH.



Let's come together to learn and celebrate at the 2<sup>nd</sup> Water Festival in 2023. Deepen our relationship with our neighbor's and the environment, trickle initiatives, drip drop activities and flow together to celebrate and build a united and resilient world.

In line with the Citizens Assembly initiative of 2021, Auroville can take this occasion to put into practice the values and expertise showcased there. Auroville plans on hosting the final week of the water festival 2023 together with PondyCan and All4Water4all.

- **When?** From 2 February (World Wetlands Day) to 22 March (World Water Day).
- **Where?** The 7 week long festival will be held in different locations of the watershed basin area that stretches from Marrakanam to Cuddalore and which includes Pondicherry, Villupuram, Auroville and Cuddalore (PVAC bioregion).
- **Why?** One watershed—One community. We all depend on this essential resource we are all responsible for its good health.
- **What?** Closing week in Auroville Mar 16-22 exhibitions, talks, entertainment and Valedictory functions of all the water protectors and participants.

#### How can I help?

**We need:** Volunteers to assist in organisation of: Transport, Logistics, Fundraising, Events, Media and Documentation, networking and more. If you would like to give a talk, put up an exhibition, organize an education or provide entertainment on the theme of water.

- If you wish to contribute financially you can donate to FS account 251257

[watermattersmela@gmail.com](mailto:watermattersmela@gmail.com), Renu

*Foods, Goods and Services*

**INTEGRAL DOG EVOLUTION APPROACH**



Arthur (Newcomer) is offering **individual training sessions** to help you and your dog(s) to create a deeper understanding of each other, resolve negative behavior patterns, relieve stress and resolve deeply rooted fear in your loved furry friend.

I am volunteering at the Auroville dog shelter and have 8 years of experience working with dogs, using my "I.D.E.A." Integral Dog Evolution Approach.

Limited sessions available Monday to Friday afternoon.

- For more information: [www.integraldogs.com](http://www.integraldogs.com) or contact me via WA 812225266.

Thanks, Arthur

**ECO FEMME OPEN HOUSE**

Every Thursday morning from 10:30am

Dear Fridayends, join our open house at our office in Auroshilpam every Thursday morning from 10:30am. Come and learn about sustainable menstrual products and our not-for-profit programs and pick up discounted cloth pads, cups and cloth nappies.



See you soon!

The Eco Femme Team'

**AUROMODE HIVE OPEN HOUSE**

Fridayday, 2 December, 10am—5pm

Dear All, Auromode Hive would like to invite you to an Open House on Fridayday, 2 December, from 10am to 5pm.

We will have free internet! All are welcome to try out our coworking space, Free of Charge!!!

For more details regarding our Plans check out our catalog at our WA Business No. 7092197375

Auromode Hive Team

**NEW MAROMA DISHWASH, SHAMPOO AND LIQUID SOAP REFILL STATION**

In Aspiration campus

The Maroma outlet at Maroma Aspiration, now offers a refillable-bottle service for several shampoos, a shower gel, dishwashing liquid and liquid hand soap.



MAROMA

Bring your own container or use one of ours

Customers can now buy a selection of Maroma shampoos, a shower gel, dishwashing liquid and liquid hand soap in refillable containers. Customers may either bring their own container or buy one of the Maroma containers available at the outlet.

Better for you, better for the environment

- The outlet is open 9am—5pm, Monday—Saturday and is located in the Maroma campus in Aspiration.

The positive environmental impacts of buying/supplying products in reusable, refillable containers cannot be overstated globally. Every time you reuse a container, it means one less plastic bottle in landfill or in the sea.

Much love, The Maroma Team

**TANTO HAS NEW NUMBERS**



Due to a failure in our telephone cable the new phone numbers are 9025868917 or 0413 2969036. Sorry for the inconvenience.

Daniele, for Tanto

**GOURMETS OF ALL NATIONS—UNITE !**



If it is the delicate taste of the Auroville fabric, if it is the diverse cuisine of Italian, French or other tastes, we love to surround ourselves with exquisite dishes of the whole world. A lovely, recent addition comes from a newly founded

Auroville activity of the diverse Auroville culinary experience: **Smoked Foods** presenting to you an old tradition of 'smoking fish and meats'. We offer you our exceptionally lovely 'Smoked Sailfish, Smoked Mackerels and Smoked Chicken Breasts' Fillets, to gear up your 'soon to come' Christmas and Pongal menus.

Please, get your hands on one of our exquisite smoked items. Surely, you will not regret it! Find our products at PTPS, HERS, Gastronomia and Farm Fresh. Check the fridges and deep freezers, please.

Enrich your culinary experience, enlighten your festive tastes, add a touch of Smoked Sailfish, Smoked Mackerel and Smoked Chicken Fillets to your year-end palate.

Your truthfully 'Smoked Foods Team'  
Jürgen/ Quiet  
Markus/ Petite Ferme  
Raphael/ Courage (soon)  
Satya/ Reve-Ever

**AURA NETWORK UPDATE**



Our Aura telephone app continues to function well. However, after more than a thousand downloads of the current version, recently updated on 11 August, there are 500+ members. Most of these members are inactive. We would like to meet with users and those interested in the app about this on:

Wednesday, 7 December, 3:30pm,  
Sve Dame, Volker's Place

At Volker's, we have a dedicated meeting space where we can plan taking the app forward. You are welcome to join us. Check the website where extensive information is available and the links to download.

- [www.auranetwork.app](http://www.auranetwork.app)

B for The Aura Network Team



**THE POURTOUS COMMUNITY CANTEEN**

Open from 7:30am to 2pm (last order)

*PourTous புர்தூஸ் For All*

Too busy at the Bakery? Looking for affordable and wholesome breakfast and lunch?

**Come enjoy our super fast and super tasty**

- 50 Rupees breakfast combo with 2 idi, 1 vadai & milk coffee/tea.

**We're already famous for our**

- medhu Vadai... Rs.15
- idli Rs.7
- plain Dosa Rs.30, green spinach dosa Rs.60

**Perfect for lunch:**

- omelets Rs.45 mushroom cheese omelet Rs.80 with bread of course
- plain, cheese, banana and green spinach pancakes from Rs.35
- monsoon soup Rs.30 (bread +Rs.10)
- watermelon juice Rs.60
- mint cooler Rs.50 per glass

Wifi is coming soon!

**New @pourtousav**

(follow us on instagram for more info)

- EMS Oyster Mushrooms & corn soup and the other locally made soups are back in stock
- Hemplanet Seasoning
- MGeco pet food additive and cat box deodorant
- Milagro organic seasonings

We have just completed our inventory and so had to stop orders from coming in for a moment

**Thank you for your patience, support and trust**

*Your PourTous team, Kumaran & Joel & team*

**LATEST NEWS FROM INSIDE INDIA—TRAVEL SHOP**

Mr. Ganesh our Travel Consultant can only be contacted directly for discussing Travel itineraries, issuing, rescheduling etc. for all kinds of ticketing



- by phone or/ and by WA: +91 9894598686
- by email: [travelshop@auroville.org.in](mailto:travelshop@auroville.org.in) or [domestic@inside-india.com](mailto:domestic@inside-india.com)

Under the revised guidelines of the health ministry, the submission of self-declaration forms on the online Air Suvidha portal stands discontinued. Vaccinated or not nobody is asking, also no masks and PCR test necessary.

Our Recommendation is of course to wear masks in crowded places and to be vaccinated. After all, it's supposed to be a successful vacation for Fridayends arriving and none wants to catch a cold, flu or corona. 5 year tourist visas with a 90 day stay should be available again. Worthwhile for frequent travelers. In Germany it's problematic to get E-Visa, we recommend getting the Visa directly from the Indian Embassies.

Aircraft of most of the Airlines are fully booked and its advisable to make bookings well in advance. Lufthansa will have daily flights from April onwards.

For travelers who accept flexible flight dates there is a chance to get international flight tickets for only about 15 % higher price than in the past. But if one books late and has a fixed itinerary it could be up to 40 % more.

- Srilankan airways special fare is available to Narita, Paris and London.
- Vistara airline competitive fares are available to Paris, Frankfurt and London.
- Qatar airways good fares area available to Stockholm, Munich, Zurich, Rome and Milan.
- Etihad airways special fare is available to Rome, Milan, Paris, Frankfurt and London.
- Oman airways has special fare to Zurich and Paris

Joster

*Auroville Poetry*

**AND THE STORM CAME**

*And the storm came ....*

*But she was ready for it*

*She went within.*

*She stayed in her strong place.*

*She rested in God.*

*And the storm came.*

*But she had been prepared for this.*

*And she remembered who she was  
and she remained safe at home.*

*She remained in her heart*

*And the storm came.*

*And it raged. It was wild.*

*She could hear it outside of her self -  
uprooting everything that did not have strong foundations.*

*She willingly let it all go.*

*And the storm came.*

*She felt fear try to shake her,  
but she remembered His Words:*

*"Be Still, my Love"*

*And she knew that she was safely held through it all.*

*And the storm came.*

*But the storm could not destroy her,  
it could only destroy everything  
that was not rooted in the Truth.*

*And the storm came.*

*And it got closer and louder  
But her faith held her*

*And the storm raged stronger*

*But something inside her was so much stronger*

*And everything moved*

*But she did not*

*Her faith was her anchor*

*The storm seemed to rage for such a long time.*

*She closed her eyes and focused on the Light within her.*

*Her faith held her still*

*And the Love she found inside was deep and wide.*

*There was no end to it.*

*And the Peace she felt was the kind  
that went beyond all understanding*

*And the storm left.*

*It did not stay forever.*

*It passed.*

*And she was still there*

Submitted by Kaia

## A DIALOGUE

"Who really understands you  
in the whole universe?"

"I guess the universe itself."

"Is it important for you  
that I understand you  
more and more?"

"It's not important.  
It's inevitable."

With joyful Gratitude,  
Anandi Zhang

## mWe

I am That  
Experiencing all these  
In this human body.  
I am you experiencing me  
As I am also the tree  
Experiencing the earth, birds and bee  
The sun, stars and galaxies...  
This me is the We  
The One and Its many...  
The mWe.  
Tee-hee

Zech, 2022.11.26

## Voices and Notes

### AUROVILLE RADIO



Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

### Last published podcasts

- [Sri Aurobindo, La Vita Divina—Cap. 12](#) (Sri Aurobindo)
- [Exploring the Spirit—Sharing-From the Urn \(1968\) to Megalithic Park \(2022\) by Poppo Swami \(Reinhold Pingel\)](#). (Pioneers)
- [Audible Weed Walk—Ep.98 "Back to the basics: a weedy green hummus after the rainy blues"](#) (Food Education)
- [Kadhai Ketpoma—Ep.10](#) (Literature)  
"நீ நதி போல ஓடிக்கொண்டிரு"
- [Une série hebdomadaire de lectures par Gangalakshmi—419](#) (Integral Yoga)
- [Marlenka's weekly offering—Ep.72](#) (Literature)
- [Sri Aurobindo, La Vita Divina—Cap. 11](#) (Sri Aurobindo)

### Last Youtube live videos

- [Deep Dialogue for Harmony in Auroville, with Raghu Ananthanarayanan](#)

...and more! on [www.aurovillerradio.org](http://www.aurovillerradio.org)

Please help us to relocate the radio!  
Donate to F.A. number 251369

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and Love

Regards, Wobbli

## ALL THAT GLITTERS IS NOT GOLD!

To my surprise I got quite a few responses to my "Farming and Food" articles which I've been posting recently.

A few friends stopped me on the way to discuss the topic together. While talking to another friend I brought up the first incident which made me realize the phenomena of the lost Native Edible Varieties. So here I'm sharing it with you all.

During my 13 years involvement in the farm sector in Auroville, I've also worked (and learned) in foodlink and in the urban farming project.

Foodlink reserves most products for PTDC and PTPC, and for some other buyers. The surplus is placed on foodlink shelves for individual customers. These shelves have a variety of fruits and vegetables, and in the past it also included some native produce.

I remember Indian customers occasionally looking with nostalgia at their native vegetables, and sometimes buying them. But this was not habitual, it was only occasional, because Indian consumers are more attracted to produce introduced by the West, like carrots, tomatoes, cabbage, broccoli, cauliflower, brinjal, peppers, chilly, etc. (Yes, that's right, they are not native to India, as most people might think. That's right, not even chilly. People are so attracted to these perfect looking vegetables. But the fact that westerners eat them doesn't mean they are very healthy. All that glitters is not gold!).

On the other hand, some curious non-Indian customers stared at these unusual looking vegetables, turned towards me and asked me what these were. Most of the time I wasn't able to answer their questions.

These vegetables weren't moving from the shelves very easily, and one day the manager told a farmer to take his native vegetables back and to stop bringing them to foodlink. My inquisitive mind (and my love for food) gave me the impulse to ask if I could take some of the unsold vegetables at home. The farmer was very kind and instead offered me the fresh ones (he wasn't going to sell them anyway).

After some research I discovered that these edible varieties need little or no care to grow. They can survive solely on rain water, and some actually grow like pest (but a good pest because it's food!).

Then I put my culinary skills into action and started cooking them in my own style. All the vegetables were delicious and healthy. The only vegetable I had difficulties with was Bitter Gourd, because I found it too bitter. But eventually I created recipes to make it more pleasant. Later I also discovered that Bitter Gourd is particularly healthy. Today I would say it is more like a medicine than just food, and I even got used to eat it raw.

Back in foodlink I was able to inform the non Indian customers about these unusual looking vegetables.

But how many people could I inform? I had to repeat my story many times, and perhaps people wouldn't even remember my recipes.

I thought of getting the help of a movie maker and produce short informative videos about these native edibles. I wanted to show people how to prepare these native edibles, and how to grow them (not exclusively in farms, but also in small spaces like in an urban environment). I thought of doing one short video per vegetable, and each short video could be played at Cinema Paradiso prior to the scheduled movie, or at the end of the movie.

I found a movie maker that was in tune with this project. We filled in the grant proposal application and... we didn't get approval. All our enthusiasm, research and planning was in vain. In Pondy still today you can see old ladies selling "unusual"

vegetables on the street. You don't see them inside the market, and they don't have a stall. They're sitting on the ground with their vegetables resting on a tarp, right by the side of busy roads.

**When I look in their tarps today, I can see that their "unusual" variety is shrinking every year.**

There is an obvious reason for this phenomena: consumers don't buy them, farmers won't grow them. Hence the native edible variety is going extinct.

The WWF is concerned about the extinction of the panda. Some people want to create cow sanctuaries. Save the whales and save the snails!

Well, what about raising concern about the Native Edible Variety? Plants are living beings just like animals. Preserving local species is also preserving local culture. And most importantly it's the future of our food.

Rescuing the Native Edible Variety and creating a seedbank is an intervention which doesn't cost much money and effort.

Knock knock, is there anybody up there?

Gino

### WHAT IS THE TRUTH?

*"From every side they ask the question (they are all like that), "What IS the Truth? What do you mean when you speak of the Truth?"*

They want a mental definition of the Truth... Truth cannot be expressed in the mind's terms. That's the point. And all the questions they ask are mental ones. Truth cannot be formulated, it cannot be defined, but it can be LIVED.

And one who has completely dedicated himself to the Truth, who wants to live the Truth and serve the Truth, will know EVERY MINUTE what he has to do: it will be a sort of intuition or revelation (more often than not wordless, but sometimes also expressed in words), which will every minute let him know the truth of that minute. And that's what is so interesting.... They want to know "the Truth," but as something well defined, well sorted out, well established; and then you are nice and quiet, you no longer need to seek! You adopt it and say, "This is the Truth," and then it's rigidly set—that's what all religions did, they set up their truth as a dogma. But that's not the Truth anymore.

Truth is a living, changing thing, which expresses itself every second and is ONE way of approaching the Supreme. Everyone has his own way of approaching the Supreme. There may be some who can approach Him from every side at the same time, but there are those who approach through Love, those who approach through Power, those who approach through Consciousness, and those who approach through Truth. And each of these aspects is as absolute, imperative and indefinable as the supreme Lord himself is. The supreme Lord is absolute, imperative and indefinable, ungraspable in his entirety, and his attributes have that same quality.

Once he knows this, one who puts himself at the service of one of these aspects will know (it's translated in life, in Time, in the movement of time), he will know every moment what the Truth is—that's very interesting—or he will know every minute what Consciousness is, or he will know every minute what Power is, or he will know every minute what Love is. And it's a multiform Power, Love, Consciousness, Truth, which express themselves innumerable in the manifestation, just as the Lord expresses himself innumerable in the manifestation."

*The Mother, from Her Agenda December 24, 1966*

[https://sri-aurobindo.co.in/workings/ma/agenda\\_07/1966-12-24-01\\_e.htm](https://sri-aurobindo.co.in/workings/ma/agenda_07/1966-12-24-01_e.htm)

Submitted by Zech

### GROUP-SOUL:

#### THE 1968 AND VIETNAM WAR GENERATION

*November 17, after darshan in Mother's room. On the terrace facing the samadhi I relive how in 1973 I reached India traveling overland. The following concludes the chapter "Egypt, Turkey, Iran, Afghanistan, Pakistan", commencing a new book.*

I traveled overland to India in 1973 and again in 1978 back to Italy. The Mother describes a pre-Atlantis civilization, a kind of terrestrial paradise where everything was pure and beautiful; this was the space I was with my traveling companions, free from material possessions except the backpack, sleeping bag and basics we carried. I traveled under a special protection and don't remember anyone getting drunk or taking drugs; spending the night in the waiting room of railway stations, waking up at 5 am to take the bus didn't leave space for vagaries.



On 12 October 1973, crossing the Pakistani border, I kneeled and kissed the earth of Mother India: I had come home. But the pilgrimage was not over, nor was ours an individual journey. The 1968 and Vietnam war generation, rebelling against hypocrisy and stereotypes, against greed and empty formulas, against dead conventions and ruthless exploitation, against social climbing and prestige racing, against consumerism and bombastic propaganda, against all that escalates war between individuals and nations sought rebirth into a free, united humanity. Threading countless paths, exploring all ways, omitting or rejecting none, all means were good. Before reaching "paradise upon earth", as Nolini-da called the Sri Aurobindo Ashram of the golden years, embraced by the early Ashramites, I had to fully delve into the attempt, firstly inchoate, then more and more defined, of the emerging group-soul of an entire generation: mine.

The world had grown unlivable, we had nothing to lose. This was our strength but also explains the self-destruction that for some went along with the quest, yet gave us the stamina to keep going, fearlessly exploring. We were the initiators, the builders of a new age, unknown; we had done with the past and there was no way back. Isn't this what the Mother expects from the Aurovilians? Unknowingly, "the Call to the Great Adventure", lived spontaneously, was our creed and force; every time I took the road—pilgrim in a crowd of wanderers—there was but that.

Traveling with youth that, in most cases, hadn't the cultural and societal background I had (Mother's guidelines for Auroville is what those I left in Italy dreamed of) but whose wealth was idealism free from mental constructions, throwing at stake all they were, makes the way I reached the Sri Aurobindo Ashram and afterwards Auroville different from that of most people here. I know by experience that the new society is behind the corner, if people are ready to give up everything, life itself, to meet the call.

Nobody forced me to travel that way, my husband would finance whatever I asked; but I chose to live the full experience, braving all dangers and hardships as all others. Some would never make it—it could be any of us—but we had no choice, the Quest was all. Relinquishing bourgeois comforts and aims was our strength and freedom, rejecting the old paradigms; how much were we willing to endure, sacrificial lambs for a new world and society that cannot fail to manifest, we believed, if pure enough to surrender everything? We had turned our backs to the decayed societies we hailed from and could only march forward, happen what may, whatever inner baggage we carried. India, calling seekers from all over the planet, was the alchemical crucible; freeing symbolically first *nigredo*, then *albedo*, *citritinitas* eventually, for a few *rubedo*... Reuniting spirit and matter, the opposites have to come together in the hieros gamos, the divine marriage where human beings come into wholeness.

The Dream, as Mother describes it, was in the air. It was a mass movement, irrepressible and irrefragable; founding Auroville the Mother had freed the spirit of the age and I was to make the discovery day by day, traveling along with thousands other youth seeking the Promised Land. "At our inmost centre there is a free being, wide and knowing, who awaits our discovery and who ought to become the acting centre of our being and our life in Auroville" the Mother said; this is how the admission form to Auroville, to be signed by Her, commences. The 'City of God'—the ideal society because of which I took birth over the ages—exists forever, it is for the group-soul to manifest it. Our 'Promised Land' was that 'free being, wide and knowing' I always knew, determining my place and date of birth, my family and education and environment, all the circumstances of life so that I rejoin my family: Sri Aurobindo Ashram. Auroville.

Paulette

### REGARDING COP27

**Editor's Note:** We are republishing this article as the Active Links mysteriously disappeared from issue #950. Those Links are now revived for reference.



Sharm El Sheikh had an average annual rainfall of 7mm over the last 30 years (=climate); Puducherry had 1459mm. COP27 in this balmy 19-27 C Sharm El Sheikh has 62,000 participants which

necessitated the A/Cs full on, but pools and coral reefs winked. 99.9% of the people had to be flown in as there are hardly any roads in the tip of Sinai, let alone a railway. Environmental consciousness by example, or fake show no. xx? In the end no clear commitment has been reached, not even on the long promised compensation fund for 3rd world countries who emitted far less CO<sub>2</sub> in the past and also in the present. PR China still wants to pretend being part of that group too while emitting 400% more CO<sub>2</sub> than India and rivaling the US in economic power. Some tried to label only coal CO<sub>2</sub> as bad, while green labeling natural gas and even oil. Bad for countries having only coal like India and China, but good for a place like Qatar, the location for the next COP-28. What is wrong with meeting in Alaska or Siberia? Both also have plenty of oil and could accomodate 70,000 people indoors without A/C. Why never a COP (or a Greta Thunberg) in PR China, the no.1 emitter by far? This whole circus is politics driven, not numbers based.

For CO<sub>2</sub> emission per person country wise see here: CO<sub>2</sub> Emissions, Global Carbon Atlas: tCO<sub>2</sub>/person & time series.

I wouldn't call CO<sub>2</sub> a pollutant by the way as all animals breathe it out and all plants in in large amounts every minute. It is rather a benign gas at the present dosage of 0.04% in our air with an ever diminishing warming effect every time it doubles so not at all as scary as projected by Western media. From all CO<sub>2</sub> circulating in Nature only 3.86% can be attributed to human activities.

Anton

### Classes, Workshops & Healing Arts

#### MINDFULNESS MEDITATION WITH IVANA

12:45—13:15, Daily, Monday till Friday  
Hall of Light, Creativity, Auroville



Mindfulness meditation has many benefits for every practitioner. All are welcome! An explanation will be given at the beginning of the class and practice will be after for 20 minutes.

**Polite Notice:** Please be on time and keep your vehicle at the parking place of the Hall of Light.

• Contact: [ivana.frousova@yahoo.co.uk](mailto:ivana.frousova@yahoo.co.uk)  
Love, Ivana, <https://artservice.auroville.org/ivana-frousova/>

### SOUL EXPRESSION CIRCLE

Fridayday, 2 December, 5:30—7pm,  
Pavilion of Tibetan Culture



This circle proposes first of all several mantra songs including, for each, a time of listening and interiority, as well as a time of collective singing in a group consciousness. Then, in order to let express the soul, a free time of creation on paper is proposed.

As a qualified art therapist, Inès helps adolescents and adults who want to reconnect with their soul. Through his activity, Ines allows them to go out to meet themselves, to reveal and use their internal resources and to let their deep truth be expressed. Inès provides individual and collective interventions for individuals, associations and therapeutic collaborators.

Kalsang Dolma,

On behave of Tibetan Culture International zone .

### FREEDOM FROM FEAR

With Dr. Sehdev Kumar

- Professor Emeritus, Canada
- Internationally renowned Author, Poet, Mediator
- Author of "7000 Million Degrees of Freedom", "Ocean in a Drop: Verses of Kabir"



Verite, Saturday, 10 December, 2—4:30pm

Fear has an apocalyptic power; it can sap all energy, and make even thing inert and lifeless.

- Fear of Losing Face
- Fear of Loneliness
- Fear of Love & Intimacy•
- Fear of Failure

How can one live with full intensity and with all ebbs and tides, without knowing what fears freeze the mighty river of one's life?

• Register: +91 7867805812

Sehdev Kumar

## AUROMODE YOGA SPACE

### December 2023 Events and Activities

Date	Description
Monday & Friday, 5:30—6:45pm	Vinyasa Flow with Balaganesh, Drop in
Wednesday, 7:15—8:30am	Hatha Yoga with Laure, Drop in
Saturday, 4—5pm	Hatha yoga with live Tibetan singing bowl, Balaganesh & Jean Luc, Drop in
Saturday, 5:30—7pm, except December 3	Saturday evening Philosophy circle, Balaganesh, Drop in
December 1—10. 6:30—9:30am & 3—7pm	100 Hr Hatha/ Vinyasa Yoga TTC: Asanas, Pranayama, Meditation, chanting, yoga philosophy, Anatomy and Physiology and more, Balaganesh, Registration as a must
Karлакattai	Balaganesh—By appointment only
Marma Head Massage	Balaganesh—By appointment only

- For more information: [contact@auromodeyogaspaces.com](mailto:contact@auromodeyogaspaces.com) or [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com), WA + 91 9892699804

Best regards, Balaganesh SIVA

### FAMILY AND SYSTEMIC CONSTELLATION WORKSHOP

Saturday, 10 December, 9am—6pm

Creativity Hall of Light

- Contact [moghan@auroville.org.in](mailto:moghan@auroville.org.in), 9751110486

Thank you, Moghan

### JOYS OF SATVIC LIVING

Sunday, 4 December, 4—5:30pm

Bhumika Hall, Bharat Nivas



Join us for a heart-to-heart conversation with Subah Saraf & Harshvardhan, co-founders of the Satvic Movement—an inspiring holistic health education platform [satvicmovement.org](http://satvicmovement.org) that has transformed the lives of millions of people. This will be an interactive session in which they will share about their journey, inspiration, challenges, proud moments, aspirations and more.

All are welcome!

[bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in)

Regards,  
Vani, BN Cultural Team

## SATVIC MOVEMENT IN AUROVILLE

A few days ago I briefly met Subah and Harsh who are the founders of an initiative called the Satvic Movement. I feel they are doing a wonderful work of sharing timeless health knowledge in modern implementable terms.

As a personal connection, in September 2022 my nephew and his wife who live in Mumbai told me that they are joining Satvic Movement's online learning program called the 21-day Ultimate Health Challenge. I also registered for it and joined it partly out of curiosity and partly to support them. I must say that I was extremely impressed with the simplicity, depth and joyfulness with which they delivered the online program. I'm amazed to know first hand how it has positively changed the life of so many people.

On December 4, Sunday, Bharat Nivas team will be hosting an interactive session with the Satvic Movement team at 4pm in the Bhumika Hall. I'd encourage you to interact with them and check their website [satvicmovement.org](http://satvicmovement.org). They have a more online workshops coming up to support youth (of all ages) in developing the habit of waking up at 5 am or getting introduced to Yogic practices based on the eight aspects covered in Patanjali's Yogasutras—Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

May we all move towards a more Satvic lifestyle and ultimately go beyond the Gunas :)

With Love and Best Wishes, Deven

### LAUGHTER YOGA

Laughter Yoga is a unique health craze sweeping the world that was developed by Indian dr Madan Kataria.

To get the scientifically proven health benefits from laughter, it must be extended for 15 to 20 minutes at the time. Natural laughter is conditioned and usually lasts for just a few seconds. Through laughter yoga one can laugh heartily for an extended period because it does not rely on humor, jokes or comedy. Laughter is simulated as a body exercise in a group, with eye contact and childlike playfulness it becomes genuine spontaneous contagious laughter.

Reasons to Come to a Laughter session:

- To bring more joy into your life
- To increase oxygen, endorphins, serotonin & oxytocin
- To reduce stress, inflammation, cortisol, & blood pressure
- To boost your immune system, self esteem & your mood
- To promote longevity, kindness & compassion
- To enhance flexibility, creativity & productivity

Monnet Zubieta

**NOURISH YOUR FEMININE**

5:30-7:30pm, Thursday, 8 December

Harmony hall, Bharat Nivas



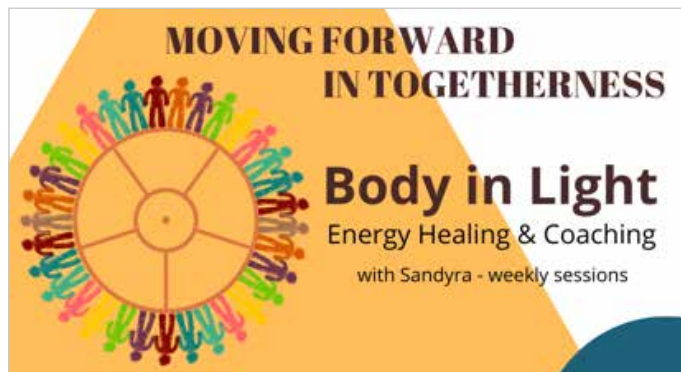
Join us for Women's full moon circle on the topic "Nourish your feminine".

- Suggested contribution: 200Rs
- For more info contact: +9315237800

With love and gratitude Prem Shakti

**MOVING FORWARD IN TOGETHERNESS**

Every Thursday, 5:30—7pm, Pavilion of Tibetan Culture



Learn the key principles of self-healing and become your ownhealer

- Align with your source energy
- Rejuvenate your cells
- Purify your whole System throughout time & Space
- Increase your vibration.
- Receive energy healing and relaxation

The workshop offers a beautiful combination of receiving energy healing, learning personal and collective evolution and self empowerment.

Deep insights and the remembering of who you really are will come back to the surface of your consciousness and enable you to live your life in alignment with your Divine essence.

The workshop will be designed that you can come at any session and you will benefit.



**ARKA**

**WELLNESS CENTER & MULTIPURPOSE HALL**

Regular activities, December 2022

**Classes**

Classes	With Whom	When
Acro Yoga	Damien 9047722740	Monday to Saturday
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30-8:30am. Wednesday 4:15pm Friday 5:30pm, Only by Appointment.
Iyengar yoga	Olesya, 9159052743	Monday, Wednesday, Saturday, 6:30-8am. Monday, Thursday, Saturday, 5-6:30pm.
Qigong Yang Style, self-massage	9600094875, +353877420282	Monday to Saturday, 8:30-9:30am, by Appointment only
Chakra Breathing Meditation	(WA), Marco	Friday: 7:30-8:30am
Heartfull Meditation	Avanthika, 6380238326	Tuesdays 9:30am to 10:30am
Sound Chakras healing	Lakshmi, 8489764602	Only by Appointment

**Treatments**

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, by appointment 9943410987	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacolouring	Meha, by appointment, 9443635114	Monday to Saturday
Shiatsu, Thai Yoga Massage, OsteoThai, Somatic Bodywork. Only by Appointment	Marco, WA +353877420282 9600094875	Monday to Sunday
Chinese Fire Cupping and Moxibustion Therapy	Chun, 8098900708	Monday to Saturday
Tarot, Oracles and Akashic Records Reading	Valentina: 9791719387, +39346225804, WA	Monday to Friday (Morning)
Acupuncture	Dr. Mohammad Sahel, 9994208068 Only Appointment	Monday to Saturday
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry. Also in French	Antarjyoti: 0413 2623767, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>	Monday to Sunday

Thanks & Regards, Ramana, Arka

## QUIET HEALING CENTER



[www.quiethealingcenter.info/quiet@auroville.org.in](http://www.quiethealingcenter.info/quiet@auroville.org.in)

+91 9488084966

### Heartfull® Meditation Classes with Avantika Nirupama

• Sunday 4, 11, 18 and 25 December, 9:30—10:30am

*“Concentrate in the heart. Enter into it; go within and deep and far, as far as you can. Gather all the strings of your consciousness that are spread abroad, roll them up and take a plunge and sink down. A light is glowing there, in the deep quietude of the heart. It is the Divinity in you—your true being. Hear its voice, follow its dictates.”—The Mother*

- Connect to the Light in your own Heart Center
- Surrender mind energy to your Heart Center to transform the mental aspect of your existence
- Surrender pelvic energy to your Heart Center to transform the vital aspect of your existence

Come learn and practice the sacred techniques of Heartfull® Meditation. Heartfull® Meditation techniques will help you understand Sri Aurobindo’s dictum “All Life is Yoga” and connect you to his teachings in a deeper way.

Avantika has been studying Sri Aurobindo and the Mother’s teachings, and Heartfull® Meditation, for twenty years. She has a 500-hour yoga teacher’s certificate and translated some parts of Savitri in Marathi and Hindi. As mainstream schooling cultivates mind and ignores body and spirit, she home schooled her daughter after reading Sri Aurobindo’s understanding of human existence to keep the connection with the Light.

Questions? Contact Avantika at [avantikalight@gmail.com](mailto:avantikalight@gmail.com)

### Baby Swim Class with Appie & Fridayederike

• Monday, 12 December, 9:30—11am

A special opportunity to connect with your baby!

You’ll be guided on how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You’ll learn and practice the basics in the group, while you stay focused on your baby’s needs in the moment. In the end, there is free playtime.

- Please bring towels and a closing swimming pant for your baby; for babies between 2 and 12 months with their parents.

### Woga® (Yoga in Water) 1 & 2 with Dariya

• Saturday, 17 & Sunday, 18 December, 9am—5pm, 16 hours.

Woga is the union of two words: water and yoga. It is based on yoga poses and stretches modified for warm water.

Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety. Water yoga is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. You do not need to know how to swim. Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.

- Prerequisites: no previous experience required (also no need to know how to swim).

### Watsu® & OBA® Basic with Dariya and Daniel

• Monday 19—Saturday 24 December 2022, 1—6pm: 31 hours.

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). Watsu, the part where the client’s face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the OBA part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you’ll practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You’ll experience floating other people and being floated, on the surface and underwater, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

- Prerequisites: no previous experience required.

### Watsu® 1 Transition Flow (TF) with Dariya & Daniel

• Monday, 26—Fridayday, 30 December 8:45am—6pm, 34 hours

In this follow-up course, you’ll be taught to connect the basic movements and positions you have learned in Watsu Basic with long, gracefully flowing transitions and to adapt this work to people of different sizes, shapes, and dispositions. You’ll also learn about your own body mechanics and how to support and move each person as effortlessly as possible. On land, you’ll be introduced to both Co-Centering and Tantsu, and explore what being held means to you and others.

- Prerequisites: Watsu Basic

Guy, for Quiet Healing Center, Auroville



[www.auroville-jiva.com](http://www.auroville-jiva.com), WA 9626006961  
[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), [Facebook](#), [Youtube](#)

### Natural Horsemanship

- Individual and group sessions ongoingly

Mirrabelle offers webinars, classes and workshops in Natural Horsemanship. Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!

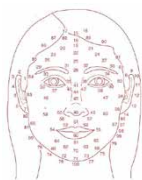


Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication—and it’s just fun time to BE with a sensitive, naturally trained horse! Mirrabelle lives with horses since she was 3 years young. Past 10 years she fulfills her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care—hoofs, nutrition, psychology, care, riding and therapy!

- Sessions afternoons 4—6pm or mornings 8—10am

Contact: WA 9626565134, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## Acupuncture, Qigong, Shiatsu with Andres



Andres Lokutta, is a experienced practitioner in Acupuncture (over 12 years), and further practices of Chinese Medicines: QiGong energy exercises, and Shiatsu: gentle stretches to increase energy flow.

Please contact us for an appointment via [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 09626006961

## Integral regression therapy training

- Intro Session 13 December, 4:30—6:30pm
- Intro Webinar 14 December, 7—9pm

Integral regression therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, integrating trauma therapy, past life regression therapy, inner child work, NLP, and a client centric approach.



Typically, integral regression therapy addresses unexplainable pains, trauma from accidents or early childhood, questions about past lives, life purpose or restricting behavior patterns.

**Sigrid:** An in-depth training through a series of webinars the theory of this deeply healing approach is transmitted. Therapists wishing to integrate this approach in their psychotherapeutic or body- mind — healing work shall come for presence sessions, for four 3 day workshops to Auroville, to practice facilitating the 2hrs therapy sessions, and their own personal transformation.

- **The 7 Module training in Integral Regression Therapy starts end July with Modul 1 Reliving and transforming**

Sigrid Lindemann is integrating her large professional background in this focussed approach to transforming deep, longstanding issues towards an evolving consciousness and purpose of life. Sigrid is a transpersonal regression therapist, trainer in hypnotherapy and teacher of advanced classical homeopathy, with her background in Integral Yoga, living over 20 years in Auroville, Pondicherry.

All info: Sigrid [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA9626006961

## Explore your mind

- 3 day workshop in hypnotherapy
- 23, 24, 25 December

*"The answers you seek never come when the mind is busy, they only come when it is still"* What is hypnosis? How do the right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax! Meditate with ease! Expand your therapeutic toolbox!



Apply Selfhypnosis Workshop combining experiential learning and "Theory of the Mind" Certified course from EKAA [www.ekaa.co.in](http://www.ekaa.co.in)

- Friday, 23 December, 4—7 pm
- Saturday & Sunday, 24 & 25 December, 9am—5:30pm at Sharnga Guesthouse Yogahall
- Info meeting 21 December, 5—5:30pm. at Sharnga Guest House Terrace

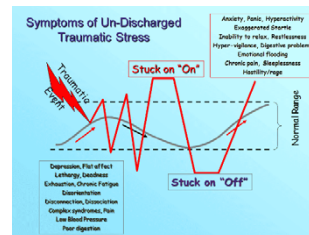
**Trainer:** Sigrid Lindemann Certified Faculty in Hypnotherapy, Regression Therapy and Classical homeopathy, Germany and Auroville

**Venue:** Sharnga Guesthouse Yogahall, [www.sharnaguesthouse.in](http://www.sharnaguesthouse.in)

**Register** with Sigrid, 09626006961 WA, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## Transforming trauma, 3 & 4 December with Sigrid

How to identify trauma and posttraumatic stress disorder? How to recover a person's full potential, energy and zest for life—and even integrate the wisdom of it all? 2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work. The workshop is designed for therapists of body and mind, psychologists, and all who work with trauma.



**Facilitator:** Sigrid Lindemann, international faculty in integral regression therapy, Sensation method homeopathy, trauma therapy in Auroville for 20 years

- **Time:** 3 & 4 December, 9—5pm.
- **Venue:** Sharnga Guesthouse Yogahall, [www.sharnaguesthouse.in](http://www.sharnaguesthouse.in)

## Our Venue Sharnga Guesthouse

- [www.sharnaguesthouse.in](http://www.sharnaguesthouse.in)

**Sharnga Guesthouse** is a green oasis, with a huge Banyan Tree, horses, birds, a lively tropical garden, with a small pool, gym and rooms from simple to AC, single to family units. A Yoga Hall, AC lounge with big screen, and the great service and international cuisine make it a perfect spot.

**YEP** We do offer adventure camps with kids programs, <https://www.facebook.com/YEP-AV> parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

- We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Fasting Natural Horsemanship, Horse Assisted Therapy, Medical Clowning, Yoga Nidra, Gentle Birth & Peggancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation



## VÉRITÉ REGULAR EVENTS, DECEMBER 2022

Phone: +91413 2622045, 2622606,

Mobile: 7867805812, 8489391876

[programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)

## Classes

### Hatha Yoga: Sun & Moon with Tahir at Vérité

- Monday, 9—10am

Hatha Yoga is a preparatory process. The word "ha" means sun, "tha" means moon. "Hatha" means to bring balance between the sun and the moon (or the Ida and Pingala); Hatha yoga is a path toward uniting opposites. You can explore Hatha Yoga in ways that take you beyond certain limitations, but fundamentally, it is a physical preparation—preparing the body for a higher possibility.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

### Hatha Vinyasa Yoga with Andres at Vérité

- Monday, Wednesday & Friday, 5—6pm, no class 28 December

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).



**Yoga for Inner Alignment with Radhika at Vérité**

- Tuesday 10:30—11:30am

This yoga is a physical practice that embraces the reality of life through attitude, alignment and action, helping us to feel more grounded and centered in our daily activities.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Holistic Yoga with Sabrina at Vérité**

- Tuesday & Thursday 5—6pm & Wednesday 9—10am  
no class 27, 28, 29 December

Come and experience a complete Hatha Yoga class, to balance the whole being! Each class includes pranayamas/pranavyayamas/mantras/mudras/asanas/ meditation.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Free Flow Dance and Movement with Vega at Vérité**

- Friday 5—6:30pm, no class 16 & 30 December

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Ecstatic Dance—with Tahir at Vérité**

- Saturday 5—6:30pm

Ecstatic Dance is a freeform conscious dance practice. As soon as you enter the space, you are invited to let go of judgments and expectations and allow yourself to feel your emotions, sensations, body, mind and spirit. A safe space for movement and expression.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Nataraj Dance Meditation with Nirmal at Vérité**

- Wednesday 5—6:30pm

Nataraj represents the energy of dance. Dance becomes meditation when mind dissolves and only the dance remains, when the 'doer' disappears and embodiment manifests. These 90 minute sessions follow Osho's Nataraj Meditation format with occasional enhancement of the soundtrack using live instrumental music.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Hatha Yoga on Alignment with Rachel at Vérité**

- Thursday 9—10am

The class offers detailed verbal guidance and instruction along with extended personal experience to adjust you into the posture with consciousness and focus on alignment. This practice helps to improve physical, physiological and mental capabilities, and helps us to live in the present moment with presence and stability.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Restorative Yoga—Rachel at Vérité**

- Wednesday 3:30—4:30pm

A supported ypga practice of restorative poses and breath work that help to calm and soothe the nervous system, improve sleep, reduce stress and anxiety and open the body.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Chakra Breathing Meditation with Nirmal at Vérité**

- Saturday 5—6:15pm  
no class 17 & 31 December

This meditation session includes body warm up, different breathing techniques focused on the chakras, and dance to release stress and be prepared for a silent seating meditation.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Vinyasa Flow Yoga with Rebeca at Vérité**

- Tuesday & Thursday, 5—6pm

Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength and flexibility. Under the view of a physiotherapist teacher, there is a main focus on individual alignment with anatomical explanations for the safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging.

- Contact 0413 2622045, 7867805812 WA, [programming@verite.in](mailto:programming@verite.in).

**Treatments and Therapies****Thai Yoga Therapy with Andres at Vérité.**

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

**Biodynamic Craniosacral Therapy with Mila at Vérité**

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

**Private Yoga Sessions/ Yoga Therapy with Nadia**

Yoga therapy is the specific application of sequences of posture, breathwork and meditation with the support of props, to address an individual's physical, mental, and emotional needs within a holistic and highly personalised framework. Yoga Therapy is for those who require specific guidance and modification or may not be able to follow a regular class due to special needs, pace, or recuperation requirements, typically these include back care, joint issues, energetic/hormonal imbalances, lack of mobility due to injury, injury to the nervous system, PTSD, anxiety, circulatory problems and much more.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

**Grounding & Relaxation Massage, Emotional Healing Massage, Fertility Massage with Prem Shakti**

After an initial consulting phase, the needs of the client are assessed and deep tissue massage is applied to help release emotional tension. The client is coached via deep breathing through the massage process in order to help the body come back to its natural state of wellness. This massage helps to align the body, mind, heart and soul so people can improve their health and gain more clarity and integrity in their lives.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

**Craniosacral Therapy & Foot Reflexology with Radhika**

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among many benefits, it reduces stress, improves digestion and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

### Individual Self-work with Clay with Megha at Vérité

Clay has innate qualities that help us connect with ourselves creating a more real, tangible and physical experience of our subtler state and inner environment. While our breath becomes an intricate part as we connect with the "earth" it brings awareness, presence and balance within. Through feeling and sensing clay we will immerse into an inner journey using certain hand building techniques and the wheel.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

### Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja at Vérité.

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

### Private Yoga Sessions/ Yoga Therapy with Sabrina

Yoga is an amazing tool to relieve and strengthen the body and mind, bringing back energy and a sense of balance. Through yoga-therapy, pranayamas, mudras, mantras and asanas, Sabrina proposes to create and guide you through your own personalized sequence according to your needs.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

### Ayurvedic Abhyanga Massage with Umberto at Vérité

Abhyanga massage is an ancient Indian Ayurvedic oil technique for healing and detoxifying body, mind and spirit. The Abhyanga works in a synchronized manner to restore the flow of life energy in the body. This Ayurvedic detox and stress reduction therapy is performed with coconut or sesame oils, which help to nourish your nervous system, relax the muscles, and maintain the flexibility of your joints. The session ends with a face massage and rest.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA

### Lomi Lomi Hawaiian Massage with Umberto at Vérité

Lomi Lomi is a Hawaiian massage and includes long, fluid, rhythmic strokes over the whole body using the hands as an instrument of the heart. Energetic, emotional and muscular blockages are released allowing circulation, oxygen, life and spirit to flow through body and mind. While the whole body is accepted unconditionally, the muscles and connective tissue are stretched, stiff joints are loosened, circulation improves, skin glows, and internal organs are gently manipulated into their correct relationships. The therapist works with deep breathing and a heart-centered focus, giving balance, energy flow, and a heart-opening peace to the client.

- By appointment: [treatments@verite.in](mailto:treatments@verite.in)  
+91 4132622606, +91 7867805812 WA



### VÉRITÉ PROGRAMS, DECEMBER 2022

Phone: +91413 2622045, 2622606,  
Mobile: 7867805812, 8489391876  
[programming@verite.in](mailto:programming@verite.in),  
[www.verite.in](http://www.verite.in)

### Yoga & Re-creation Programs

#### Drop-in Sessions

Days	Drop-in Sessions	Timings	Presenters
Mondays	Hatha Yoga: Sun&Moon	9—10am	Tahir
	Hatha Vinyasa Yoga	5—6:00pm	Andres
Tuesdays	Yoga for Inner Alignment	10:30—11:30am	Radhika
	Holistic Yoga (no class 27 December)	5—6:00pm	Sabrina
	Vinyasa Flow	5—6:00pm	Rebeca
Wednesdays	Holistic Yoga (no class 28 December)	9—10am	Sabrina
	Restorative Yoga	3:30—4:30pm	Rachel
	Nataraj Dance Meditation	5—6:30pm	Nirmal
	Hatha Vinyasa Yoga (no class 28 December)	5—6:00pm	Andres
Thursdays	Hatha Yoga on Alignment	9—10am	Rachel
	Vinyasa Flow	5—6:00pm	Rebeca
	Holistic Yoga (no class 29 December)	5—6:00pm	Sabrina
Fridaydays	Free Flow Dance & Movement (no class 16 & 30 December)	5—6:30pm	Vega
	Hatha Vinyasa Yoga	5—6:00pm	Andres
Saturdays	Ecstatic Dance	5—6:30pm	Tahir
	Chakra Breathing Meditation (no class 17 & 31 December)	5—6:15pm	Nirmal/Vega

#### Intensives (pre-registration required)

Day & Date	Intensives (pre-registration required)	Timings	Presenters
Saturday, 3 December	Yoga Nidra—Know your Soul & Feel the Universe	9:30am—12:00pm	Ved
Friday, 9 December	Explore Your Bodies (Koshas) Through the Practice of Yoga	9:30am—12:30pm	Sabrina
Saturday, 10 December	Balance Your Bodies (Koshas) Through the Practice of Yoga	9:30am—12:30pm	Sabrina
Saturday, 10 December	Freedom from Fear	2pm—4:30pm	Sehdev
Saturday, 17 December	Shaucha: Yoga to Purify Body, Energy & Mind	9:30am—12pm	Sabrina
Saturday & Sunday, 17 & 18 December	Vinyasa Krama Yoga, an Introduction	9:30am—12:30pm	Joshna

Saturday, 17 December	Yoga of Forgiveness	2pm—4:30pm	Sehdev
Saturday, 24 December	An Introduction to L.A. Style Salsa Dance	9:30am—12pm	Raja
Saturday, 24 December	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Sehdev

**Therapies (by appointment only)**

Therapies (by appointment only)	Therapist
Thai Yoga Therapy	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Private Yoga Session/ Yoga Therapy	Nadia
Grounding & Relaxation Massage—Emotional Healing, Fertility Massage	Prem Shakti
Foot Reflexology/ Integrated Cranio-sacral & Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Private Yoga Session	Sabrina
Lomi-Lomi Massage/ Ayurvedic Abhyanga Massage	Umberto



**VÉRITÉ INTENSIVES,  
DECEMBER 2022**

Phone: +91413 2622045, 2622606,  
Mobile: 7867805812, 8489391876  
[programming@verite.in](mailto:programming@verite.in), [www.verite.in](http://www.verite.in)

Registration required for the following intensives

**Explore Your Bodies (Koshas) Through The Practice of Yoga with Sabrina**

- Friday, 9 December, 9:30am—12:30pm

You will be guided to experience your different ‘bodies’ (physical, vital, mental, intuitive and bliss) called Panchakosha in Yoga. Becoming aware of our bodies helps us to bring more clarity about what is happening within us in our daily lives, and enhance our yoga practice. As attention is strengthened, and awareness expanded, better understanding and self-management can occur. A beautiful session open to everyone.

**Balance Your Bodies (Koshas) Through The Practice of Yoga with Sabrina**

- Saturday, 10 December, 9:30am—12:30pm

According to the Taittiriya Upanishad, the human being is composed of 5 bodies (physical, mental, vital, intuitive & bliss) called koshas. In this workshop, Sabrina will guide you to balance each of these koshas through a specific yoga practice: 1 asana, 1 pranayama, 1 japa, 1 pratyahara, and 1 meditation practice. This workshop will teach you how to connect with and harmonize each of your koshas, enhancing your autonomy and awareness. A beautiful session open to all levels, can be done independently from the workshop “explore your bodies”.

**Freedom from Fear with Dr. Sehdev**

- Saturday, 10 December, 2—4:30pm

Fear has an apocalyptic power; it can sap all energy, and make everything inert and lifeless.

- Fear of Losing Face
- Fear of Loneliness
- Fear of Love & Intimacy
- Fear of Failure

How can one live with full intensity and with all ebbs and tides, without knowing what fears freeze the mighty river of one’s life? Drawing from Buddhist Philosophy, existential psychotherapy and Integral Yoga, we will explore both the theoretical underpinnings of the phenomenon of fear and the practical ways of addressing it on a day-to-day basis.

*Thushar, Programs Coordinator, Vérité Programming*

**PITANGA PROGRAMME FOR DECEMBER 2022**



(0413) 2622403/ WA 9443902403, [info@pitanga.in](mailto:info@pitanga.in)

**Workshop with Vega  
“Move with feelings Dance your needs”**



A morning workshop based on Non-Violent Communication and body movements with Vega

- Understand the connection between our emotions and the body.
- Connect to one’s own feelings and needs.
- Practice deep listening and experience presence through language and movement.
- Explore embodying your needs.

Please contact Pitanga’s reception desk for registration or write to us by email/ WA.

**Yoga with Rachel**

Monday, Friday	5—6:30pm	Asanas: Hip opening, Asanas, Beginners
Tuesday, Wednesday, Friday	7—8:30am	Asanas, All levels

- One-on-one lessons available on request

**More Yoga**

Yin Yoga, in French, Drop-In, on December 10 & 31 only	Saturday, 5—6:15pm	Aurélie
Pranayama, Regular only	Friday, 6:45—8am	François, Namrita
Yoga Therapy, All levels	Monday, Wednesday, Friday, 8:30—10am	Gala
Asanas for children, 7—9 yrs, Regular	Saturday 10—11am	Gala
Asanas for teenagers, 10—15 yrs, Regular only	Monday, Wednesday 4—5pm	Lisbeth

### Ashtanga Yoga Mysore Style with Sheida

Monday, 7—8:30am	Wednesday, 3—4:30pm	Saturday, 9—10:30am
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### Body—Mind—Spirit

Energy Meridian Exploration, Regular	Monday 5—6:30pm Saturday 8—9:30am	Andres L
Taoist Qi Gong In French, Drop-In	Tuesday, 7:30—9am	Elisa T.
Taoist Qi Gong In English, Drop-In	Thursday, 3:15—4:45pm	Elisa T.
Neurographic Drawing, For adults, Drop-In	Thursday, 3—4pm	Gala
Yoga Nidra (Not on 1/12, 8/12)	Thursday, 11:30am—12:30pm	Rosa A.
Awareness and Joy, For seniors, Drop-In (Not on 2/12 & 9/12)	Friday, 9—10am	Rosa A.
Feldenkrais, Drop-In	Friday, 5:15—6:30pm	Shari
Aviva Exercise, For women, Drop-In	Thursday 4:30—5:30pm	Suriya-gandhi
Odissi Dance, Beginners, Drop-In	Monday 4:45—5:15pm, Friday 3:45—4:30pm	Rekha
Odissi Dance, Intermediate, Regular	Monday 5:15—6:15pm, Friday 4:30—5:15pm	Rekha
Reading class "The Life Divine"	Friday 4:30—5:30pm	Balvinder

### Homeopathic Clinic

"Svasti" Homoeopathic Clinic with Dr Aditi Patel, B.H.M.S., Homoeopath (Registered).

Consultations for new cases are held by appointment only. Please contact her by phone +91 9428429642 for any enquiry, or come in person on Tuesday, Thursday, Saturday 3:30—4:30pm to Pitanga.

### Healing Spaces

Please book your appointment for a healing space by phone: 2622403

Acupuncture	Heidi
Essenian Healing	Patrick
Energy Meridian Exploration Session	Andres L
Shamballa Reiki	Pierre
Shiatsu	Ulrike
Thai Yoga Massage	Bernardo

### About our healing spaces

- **Acupuncture** regulates and harmonizes the flow of life energy, the "Qi", of the whole organism. The "Qi" flows in a network of channels called Meridians. The acupuncture points are located along these channels. To regulate and tonify the "Qi", acupuncture points are stimulated with needles or treated with mugwort (moxibustion). Acupuncture may help with all kinds of pain, fatigue, menstrual and menopausal disharmonies, anxiety as well as many other disorders of the body.

- **Essenian Healing:** Essenian treatments are a therapeutic approach that uses the healing power of light and sound as well as the massage of energy points with the aim of maintaining or restoring a harmonious balance between body, soul and spirit. The healing acts by restoring the flow of energy that has been disrupted by stress, illness, negative thought forms and the difficulties of everyday life.

- **Energy Meridian Exploration:** Manual application of Shiatsu, Thai massage, and Tui Na with knowledge of acupuncture points.

- **Shamballa Reiki:** Pierre is offering treatments for those who are open to using the Universal Energy, we call Reiki, to keep us aligned during the immense shift we are all going through. In his observation "the cosmic clock is turning; the Universal Energy remains the same".

- **Shiatsu:** The Quantum Shiatsu practised by Ulrike Urvasi for over 20 years follows an understanding which is multi-dimensional and holistic, reminds of and activates the self-healing forces in each one of us.

- **Thai Yoga Massage** is a deep, full-body treatment, which includes both stretching of the joints and muscles, and applied pressure on the Sen lines. Traditionally Thai Massage was not only used to treat illnesses, but also to maintain health and well-being.

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

See you at Pitanga, with a smile!  
Submitted by Andrea, for Pitanga.

### HEARTFULL® MEDITATION WITH AVANTIKA

Wednesdays 4:30 to 5:30 PM at Arka

*"Those who feel the unquenchable thirst for something different will be protected in a cocoon of Light to traverse all perils of the convulsions of the old and dying world—for in part of their being they already belong to that Light, to the New World. And all one has dreamt to be the most beautiful, the most marvelous, the most fantastic is nothing compared with what will be realized." The Mother*

- Open and connect to the Light in our own Heart Center (Heart Chakra)

- Surrender mind energy to Heart chakra to transform mental aspect of human existence

- Provide a shield of Divinity (the true us) around body Savitri, whom Sri Aurobindo taught initial Heartfull meditation techniques, lost both her parents in a plane crash near Mumbai, India in 1978 when she was seventeen. Her sister was murdered in California four years later. Her father was an Indian Muslim and mother an American Italian Catholic. The Muslims said that her mother couldn't go to heaven as only Muslims went there upon death and vice versa. It confused and pained her and she became an atheist. Later, she heard a voice within that said it had come to teach her how to love herself. This teacher taught her how to cocoon herself with the Light from her own heart centre for love and protection. Later it taught her mental centering to surrender her mind energy to her Heart chakra for transformation. Four years later, the voice revealed that it was Sri Aurobindo who had taught her these techniques. Savitri has brought down many more techniques since then through her devotion to Truth to help the human form move towards Light. Sri Aurobindo has also trained her to bring down different Lights.

Avantika has been Savitri's student since 1996. She home-schooled her daughter in Seattle after reading Sri Aurobindo's understanding of human existence. She had felt hollow despite having studying MSc in India, MS in US, having a lucrative job, the tick marks of success. Savitri and Sri Aurobindo helped her understand the complexity of human riddle and clarify foundational questions, "Who are we and what are we doing on planet earth?"

Sri Aurobindo says, "Blows fall on all people. It's not because there's anything wrong with you but because you are full of desires. To turn to the divine is the only truth in life."

**Hearfull® Meditation techniques** are a proven pathway to systematically turn to the divine.

Please contact Avantika at [avantikaLight@gmail.com](mailto:avantikaLight@gmail.com) for any questions. She is a Purna Yoga teacher at 500 hour level. She has translated some parts of Savitri in Marathi and Hindi. She has studied Rigveda in Sri Aurobindo's Light with Nishtha, an Aurovillian who teaches Rigveda like an alive poetry rather than some fixed dogma.

**Avantika**

### SERENDIPITY: ACTIVITIES AND THERAPIES



(Ex. Joy Community in front of Center GH)

Center Field, Auroville—605101

Landline: +91 (0)413 2965693

Mobile/WA: +91 9385623342

Email: [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>

#### Tea Meditation

- Sunday, 4 December, 11am

Tea is an ancient drink that has been hailed for its beneficial effects for ages. The story goes that centuries ago some monks threw these leaves in a pot of hot water and discovered that after drinking the infusion they could meditate much better! And so tea and meditation have always been intertwined. In this session we will explore the traditional Chinese way of serving tea, 'Gong Fu Cha', drinking quality Chinese tea in a silent and mindful manner. We will drink a few rounds of cups together, meanwhile opening all our senses to the subtle fragrances of the tea and feeling our body and mind change cup after cup. After about 45 minutes of silence, there will be space for a short sharing and questions. Do not miss this unique opportunity to discover 'Cha Dao', the way of tea. You can book or just drop in. The contribution for this activity is on donation basis.

- If you need more information you can contact Jass directly by phone or WA +91 733 945 9425.

#### Regular Classes :

##### Mindfulness Evening Circle with Jass

- Every Thursday at 7:30pm (duration: 1hr and 30mins)

Mindfulness is the art of opening up to the present moment, embracing all that is alive within us and around us. It enables us to enjoy life deeply and cope with life's challenges in a skillful way. It helps us to stop and slow down, understand the deeper meaning of things and align ourselves with our true aspirations. This is a drop-in group session. On Donation

##### Traditional Sanskrit Mantras with Sonia

- Every Friday, 5—6pm, drop in class.

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

##### Hatha Yoga with Ramesh

- Every Monday and Wednesday, 5:30—6:30pm, and Fridays 7—8am, drop in class.

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

## Therapies

### Bach Flowers Remedies with Stefania

- On appointment only, (+91 9486363442)

These remedies are made out of watered-down extracts from the flowers of wild plants, containing its healing energy. They work not only with adults, as they are especially effective with children and even pets. It's a safe and natural method of healing that gently restores the balance between mind and body by casting out negative emotions which interfere with the equilibrium of the being as a whole.

### Conscious Life Counseling with Stefania

- On appointment only (+91 9486363442)

This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. Different techniques (like Awareness Through the Body, Psychosynthesis, Integral Psychology and Astroshamanism) will be used to develop consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life.

### Facial Acupuncture and Massage with Lhamo

- On appointment only (+91 9565524237)

Facial acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. The theory and techniques of facial massage comes from facial acupuncture and it is useful for people who are more sensitive and feel uncomfortable with the needles. Through massaging the face, neck, head and using acupressure, the whole body is treated and supported.

### Gua Sha (Chinese Detox Scrub) with Lhamo

- On appointment only (+91 9565524237)

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

### Hypnotherapy with Lhamo

- On appointment only (+91 9565524237)

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

### Shiatsu Massage with Sara

- On appointment only (+91 9443617308)

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

### Small Children (0-6) Chinese Massage with Lhamo

- On appointment only (+91 9565524237)

A very interesting way of looking at small children's health and well being. It is a way to cure infants' daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. It works through very soft massage using different acupressure points than adults. It is an empowering tool for parents to deal with their kids daily ailments. It is very effective for newly born babies and suitable for children up to 6 years old.

*Submitted by Sara*

## 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, since it is a wireless-free space

### Tomatis

Thank you to all those who have contacted us. We will get back to you one by one!

For more information about the Tomatis program, please have a look at the following links:

- <https://www.aurovillelanguagelab.org/tomatis-meth-od.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

### Current Language Courses at ALL

#### New: Intermediate Spanish with Susana

Our long-time teacher, Susana is offering an Intermediate Spanish course for students who are already familiar with the various verbal modes in Spanish language (Infinitive, Indicative, Conditional, Subjunctive, and Imperative). The course will focus on polishing the conversational skills of the students and will also dive into the rules of grammar. This is a monthly course.

- This course started on 22 November and classes take place every Tuesday, 2:30pm to 4:00pm.

#### New: German with Verena

##### • A1.1 Beginner German

Verena's A1.1 Beginner German Course started this week! Verena has been trained through the Max Mueller Bhavan, Chennai/ Goethe Institute, and she brings a variety of interactive tools and offbeat approaches to her classes. We have always got excellent feedback on her course! By the end of this three-month course, you would be able to carry out simple conversations in German like introducing yourself, talking about your work, your family, your hobbies, and ask & answer questions about everyday things like shopping, restaurants, holidays, etc. No previous knowledge of German is needed for this course!

- Classes take place Mondays & Wednesdays, 11:00am to 12:30pm. Course started on 28 November comprising 36 hours of teaching over three months.

##### • A1.2 Beginner German

This course is for students who have already taken a Beginner Course with Verena in the past or have a basic knowledge of German. The course is meant to deepen the basics previously learned and further advance the learner's German language skills.

- Classes take place Mondays & Wednesdays, 09:00am to 10:30am. Course started on October 31 comprising 36 hours of teaching over three months.

#### New: English for Total Beginners with Rupam

If you can read this, then obviously this course isn't for you! But, if you know someone who could use some basic, everyday English in their daily lives, feel free to pass this along. This one-month semi-intensive course will begin with the alphabet and take the students through basic nouns, verbs, and simple sentence structures.

- The course started on 25 November. Classes will take place Mondays, Wednesdays, & Fridays 11:00am to 12noon.

#### New: Tamil Written and Spoken with Murugesan

Our teacher, Murugesan, is ready to start a new Beginner Written & Spoken Tamil Course. This course is for those who wish to enrich themselves with the complex beauty of the Tamil written alphabet and speech. Murugesan will explore the difference between spoken & written Tamil, and focus on developing listening & reading skills through songs & lyrics. Grammar will also be taught with an emphasis on practical usage. The new batch will start in November.

- Classes will take place Mondays & Thursdays, 10am to 11am. The course will start as soon as we have a minimum of 5 students. It will run for three months comprising 24 hours of teaching.

#### French with Jean-François

Jean-François's first round of French courses concluded last month and we received fabulous feedback from his students! His new batches have just commenced. We are filling up spots quickly but you can still register!

Jean-François is offering four 3-month (24-hour) courses:

##### • Beginner French

This course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course started on November 5. Classes take place Saturdays, 2:30pm to 4:30pm.

##### • Beginner French for Teens

This course is for students between 13 to 16 years of age. The course is based on exercises that use many mediums like videos, games, role-playing, etc. to make learning both fun and effective. By the end of the course, students will have an immersion in the French language and will be able to express themselves in a simple way.

- The course started on November 12, and classes take place Saturdays, 11am to 12noon. We have 3-4 spots left.

##### • French Conversation (Pre-Intermediate)

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in French. Jean-François will also review the grammar useful for basic conversation.

- This course started on November 21. Classes take place Mondays & Thursdays, 2:00pm to 3:00pm.

##### • French Conversation (Intermediate)

This course is for those who have a good level in French. In this course, the basics of public communication like expression, understanding, argumentation, meeting participation shall be deepened. Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. At the end of the course, students will also have reviewed the grammar useful for interaction.

- This course started on November 3. Classes take place Mondays & Thursdays, 3:30pm to 4:30pm.

#### Beginner and Pre-Intermediate English with Rupam

Rupam continues to offer morning English classes. Her classes are a mix of discussion on current topics, and grammar as necessary. You are welcome to try out a class and see if it fits your needs. However, please note that this is not a drop in/walk in class but is meant for students committed to joining the course.

- Classes take place Tuesdays & Thursdays, 10:15am to 11:15am. Enquire now to join!

### English Conversation with Ramesh

Ramesh's classes are ideal for pre-intermediate and intermediate level English speakers. The course aims to equip students with day-to-day conversation skills in practical situations, improved vocabulary and pronunciation, idiomatic expressions, building listening comprehension, fluency and confidence in speech. Ramesh will also touch upon basic grammatical concepts.

#### Ramesh runs two groups:

- Mondays & Thursdays, 02:00pm to 03:00pm and
- Tuesdays & Fridays 3:30pm to 4:30pm.
- This is a monthly course.

### Spoken Tamil with Saravanan

Saravanan has been running this interactive and practical-oriented course for the past seven years. The class modules are based on a booklet called "Fun with Tamil", which has been put together with a lot of research and thought. By the end of this course, you would be able to converse in Tamil on day-to-day matters, having achieved a deeper understanding of its sounds, pronouns, conjugations, etc.

- Classes take place Tuesdays & Fridays, 9:30am to 10:30am. The course started November 1 and will run for three months comprising 24 hours of teaching.

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

To join or enquire:

Please [fill out our form](#) to join or inquire about any language classes at the Lab! You can drop us an email to [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org), or call us at 2623661

- **Please Note** Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

### Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Beginner & Pre-Intermediate	10:15—11:15am	Tuesday & Thursday
	Total Beginners, Started 25 November	11am—12noon	Monday, Wednesday, Friday
	English Conversation Group 1: Started 7 November	2—3pm	Monday & Thursday
	English Conversation Group 2: Started 8 November	3:30—4:30pm	Tuesday & Friday
French	Beginner Started 5 November 2022	2:30—4:30pm	Saturday
	Beginner for Teens Started 12 November	11am—12noon	
	French Conversation 1 To start 21 November	2—3pm	Monday & Thursday
	French Conversation 2 Started 3 November	3:30pm—4:30pm	
German	A1.1 Beginner Started 28 November 2022	11am—12:30pm	Monday & Wednesday
	A1.2 Beginner, Started 31 October 2022	9—10:30am	
Hindi	Beginner To start soon	10am—12noon	Saturday

Tamil	Spoken Beginner, Started 1 November 2022	9:30—10:30am	Tuesday & Friday
	Written & Spoken Beginner, To start December 2022	10—1am	Monday & Thursday
Sanskrit	Beginner, To start December 2022	TBA	TBA
Spanish	Beginner: Group 1, Started 3 October	2:30—3:30pm	Monday & Wednesday
	Beginner: Group 2 Started 3 October	3:45—4:45pm	
	Intermediate Started 22 November 2022	2:30—4pm	Tuesday
Japanese	Beginner To start December 2022	TBA	TBA
Italian	Beginner To start December 2022	TBA	TBA

### The Language Lab's Opening Hours

**Monday—Friday:**

9:00am—12:00pm & 2:00pm—5:00pm.

**Saturday:**

9:00am to 12:00pm.

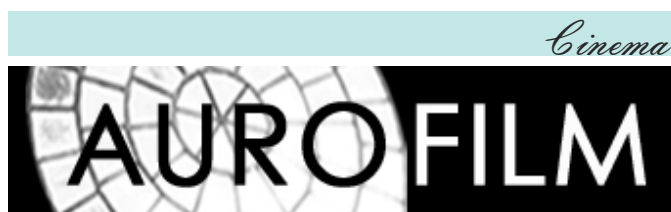
**Location:** International Zone, after Unity Pavilion & Pump House.

**Phone:** (0413) 2623 661, 4036920/22.

**Email:** [info@aurovillelanguage.org](mailto:info@aurovillelanguage.org)

Find us on    @aurovillelanguagelab  
Auroville Language Lab Tomatis Research Centre

Vismai for Auroville Language Lab Team



### MEXICAN MINI FILM FESTIVAL

Aurofilm, A Sub-Unit Of Saiier And Auroville Mexico Present A Mexican Mini Film Festival  
Video Room, Visitor Centre & MMC Auditorium, Town Hall  
Auroville, December 9, 10 & 11, 2022

*It is a selection of 5 feature films and 8 very short animated films of Languages, about Mexican Culture, with the collaboration and the initiative of Auroville Mexico!*

*Welcome to all! Bienvenidos todos!*

**Friday, 9 December, at Video Room, Visitor Centre**

- **18:00** | Dream In Another Language / Sueño En Otra Idioma (Original title)

**Directed by:** Ernesto Contreras, México, 2017, With: Fernando Álvarez Rebeil, José Manuel Poncelis, Eligio Meléndez. "When a language dies, a unique vision of the world is lost forever".

A young linguist arrives in a small jungle settlement hoping to record a conversation between two elderly men, the last two remaining speakers of the Zikril language. Unfortunately for him, the men are feuding and haven't spoken to each other in 50 years. Trying to bring the two old friends back together, he discovers that hidden in the past, in the heart of the jungle, lies a secret that makes it difficult to believe that the heart of Zikril will beat once again... A poetic, mythical and mystical film!

*Not particularly for the young children—Spanish/ Engl. Sub./EST 1h.43'*

- **20:00 Super Short Films In Mexican Indigenous Languages** (with Engl. Sub/EST!)

- **20:15 Roma**

Directed by Alfonso Cuarón, México, 2018, With: Yalitza Aparicio, Marina de Távira

In 1970, Cleodegaria "Cleo" Gutiérrez is an Indigenous live-in maid in an upper-middle class household in the Colonia Roma neighborhood of Mexico City. She and another maid, Adela, speak Mixtec when they are together, but Spanish in the presence of the family: the mother Sofía; the father, Antonio; grandma Teresa; and their four children. When Antonio, a doctor, remains in Quebec after a conference, the problems in his and Sofía's marriage become apparent...

Not for young children—Spanish/EST 2h.15'

**Saturday, 10 December, at Video Room, Visitor Centre**

- **18:00 Coco**

Directed by Lee Unkrich—Animated film US, 2010

Coco is inspired by the popular Mexican holiday call "Day of the Dead". The story follows a 12-year-old boy named Miguel Gonzalez who is accidentally transported to the Land of the Dead, where he seeks the help of his deceased musician great-great-grandfather to return him to his family among the living, and to reverse his family's ban on music...

General Audience, English/ EST 1h.45'

- **20:00 Super Short Animated Films In Mexican Indigenous Languages**

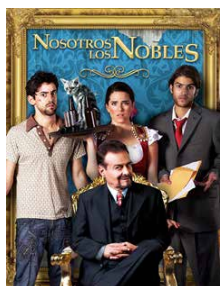
- **20:15 We Are The Nobles / Nosotros Los Nobles**

By Gary Alazraki, Mexico, 2013

With: Gonzalo Vega, Luis Mendez, Karla Souza, Juan Pablo Gil, Karla Sofía Gascón.

In Mexico City, a wealthy Mexican businessman, Germán Noble, and his three grown children, Javier, Bárbara, and Carlos, have lived a spoiled life of luxury ever since their mother died. After a close-call with death, Germán realizes what spoiled brats his children are and decides to teach them a lesson by staging corporate bankruptcy, forcing them to do get a job...

Comedy but not for young children, Spanish/ EST 1h.48'



**Matinée Sunday 11 December at MMC Auditorium (Town Hall)**

- **10:30 The Book Of Life / El Libro De La Vida**

By Jorge Gutierrez, Animated film US, 2014

It tells the journey of Manolo, a young man who is torn between fulfilling the expectations of his family and following his heart. Before choosing which path to follow, he embarks on an incredible adventure that spans three fantastical worlds where he must face his greatest fears... The Book of Life encourages us to celebrate the past while looking forward to the future.

General Audience—English/EST 1h.35'

Aurofilm, Kalabhoomi,  
[aurofilm@auroville.org.in](mailto:aurofilm@auroville.org.in), 0413-2622 037

**THE FRENCH PAVILION PRESENTS: DELICIOUS**

Saturday, 3 December, 5pm, Cinema Paradiso

Directed by Éric Besnard.

Film in French with English subtitles, duration: 112 min

France, 1789, just before the Revolution. With the help of a surprising young woman, a chef who has been sacked by his master finds the strength to free himself from his position as a servant and opens the first restaurant.



**ECO FILM CLUB**

Every Fridayday 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 9 December: Radioactive forest**

2016/ 58 minutes/ Yuji Kawakami

A project is underway to study some deserted areas near Fukushima by attaching a camera to wild boars to record the conditions of the former farmlands. 5 years after the life-changing event at Fukushima, we take a close look at how radiation has affected the wildlife, and what it entails for us humans.

*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.

Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.



**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](mailto: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 Council may be consulted and publishing of disputed material suspended.

Roy & Agnijata, News & Notes,  
Media Centre, Town Hall,  
[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in), 0413-262-2133



*Accessible Auroville Public Bus*  
 avbus@auroville.org.in, +91 94430 74825



**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 & New comers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

*Emergency Services*

**Ambulance (24/7):** Auroville—9442224680

- PIMS—0413 2656271

**Security (24/7):**

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

**Health: Health Center—0413 2622123**

- Santé—0413 2622803
- Farewell—8903836246

**Mental health 24/7 support:**

- Vandrevala Foundation +91 9999666555

**India Emergency Response Service (24/7):** 108

