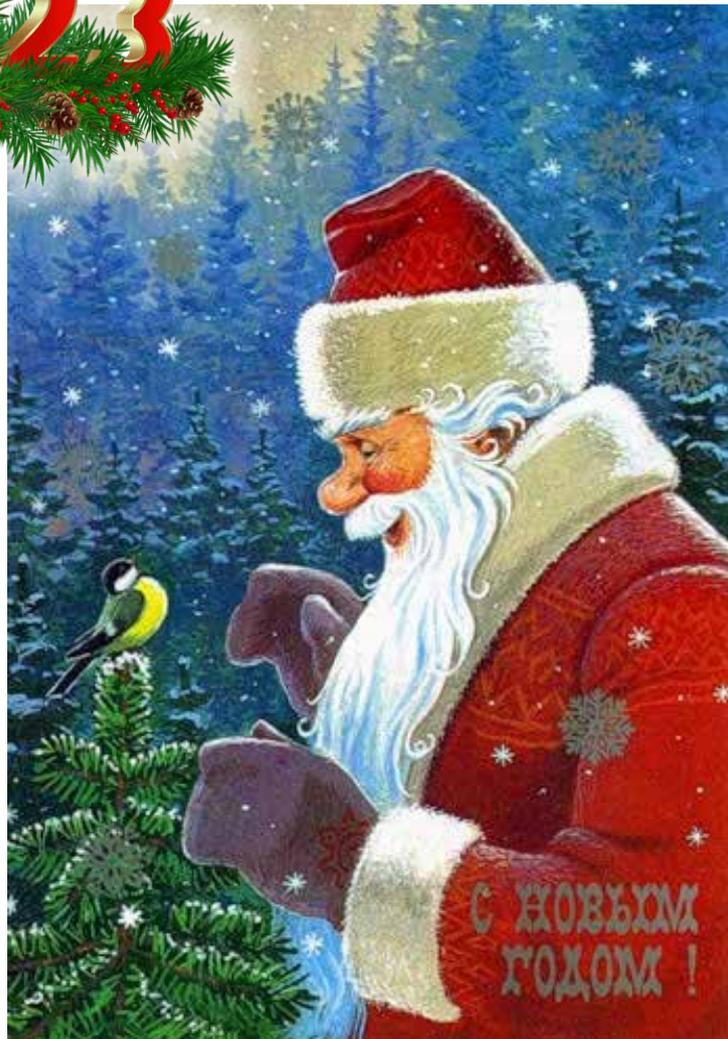


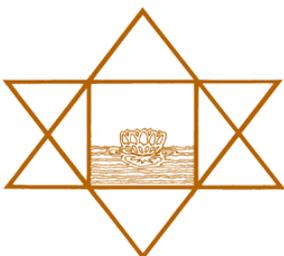
# News & Notes

#955 A weekly bulletin for residents of Auroville 29 December 2022



## Pondering

The true soul secret in us — subliminal, we have said, but the word is misleading, for this presence is not situated below the threshold of waking mind, but rather burns in the temple of the inmost heart behind the thick screen of an ignorant mind, life and body, not subliminal but behind the veil, — this veiled psychic entity is the flame of the Godhead always alight within us, inextinguishable even by that dense unconsciousness of any spiritual self within which obscures our outward nature.



*The Double Soul in Man,  
Life Divine by Sri Aurobindo*

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## *The Last Moment*

### HT CABLE WORKS IN INDUSTRIAL ZONE



**Auroville  
Town  
Development  
Council**

*L'avenir d'Auroville*

Dear Aurovilians, we herewith inform you that in the coming weeks the Electrical Service will lay the HT cable connection in the Industrial Zone along the Auromode radial.

*In Her service, L'avenir d'Auroville*



# 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)

(continued from last week)

In our unseen subtle body thought is born  
 Or there it enters from the cosmic field.  
 Off from her soul stepped out a naked thought  
 Luminous with mystic lips and wonderful eyes;  
 Or from her heart emerged some burning face  
 And looked for life and love and passionate truth,  
 Aspired to heaven or embraced the world  
 Or led the fancy like a fleeting moon  
 Across the dull sky of man's common days,  
 Amidst the doubtful certitudes of earth's lore,  
 To the celestial beauty of faith gave form,  
 As if at flower-prints in a dingy room  
 Laughed in a golden vase one living rose.  
 A thaumaturgist sat in her heart's deep,  
 Compelled the forward stride, the upward look,  
 Till wonder leaped into the illumined breast  
 And life grew marvellous with transfiguring hope.  
 A seeing will pondered between the brows;  
 Thoughts, glistening Angels, stood behind the brain  
 In flashing armour, folding hands of prayer,  
 And poured heaven's rays into the earthly form.  
 Imaginations flamed up from her breast,  
 Unearthly beauty, touches of surpassing joy  
 And plans of miracle, dreams of delight:  
 Around her navel lotus clustering close  
 Her large sensations of the teeming worlds  
 Streamed their dumb movements of the unformed Idea;  
 Invading the small sensitive flower of the throat  
 They brought their mute unuttered resonances  
 To kindle the figures of a heavenly speech.  
 Below, desires formed their wordless wish,  
 And longings of physical sweetness and ecstasy  
 Translated into the accents of a cry  
 Their grasp on objects and their clasp on souls.  
 Her body's thoughts climbed from her conscious limbs  
 And carried their yearnings to its mystic crown  
 Where Nature's murmurs meet the Ineffable.  
 But for the mortal prisoned in outward mind  
 All must present their passports at its door;  
 Disguised they must don the official cap and mask  
 Or pass as manufactures of the brain,  
 Unknown their secret truth and hidden source.  
 Only to the inner mind they speak direct,  
 Put on a body and assume a voice,  
 Their passage seen, their message heard and known,  
 Their birthplace and their natal mark revealed,  
 And stand confessed to an immortal's sight,  
 Our nature's messengers to the witness soul.  
 Impenetrable, withheld from mortal sense,  
 The inner chambers of the spirit's house  
 Disclosed to her their happenings and their guests;  
 Eyes looked through crevices in the invisible wall  
 And through the secrecy of unseen doors  
 There came into mind's little frontal room

Thoughts that enlarged our limited human range,  
 Lifted the ideal's half-quenched or sinking torch  
 Or peered through the finite at the infinite.  
 A sight opened upon the invisible  
 And sensed the shapes that mortal eyes see not,  
 The sounds that mortal listening cannot hear,  
 The blissful sweetness of the intangible's touch;  
 The objects that to us are empty air,  
 Are there the stuff of daily experience  
 And the common pabulum of sense and thought.  
 The beings of the subtle realms appeared  
 And scenes concealed behind our earthly scene;  
 She saw the life of remote continents  
 And distance deafened not to voices far;  
 She felt the movements crossing unknown minds;  
 The past's events occurred before her eyes.  
 The great world's thoughts were part of her own thought,  
 The feelings dumb for ever and unshared,  
 The ideas that never found an utterance.  
 The dim subconscious's incoherent hints  
 Laid bare a meaning twisted, deep and strange,  
 The bizarre secret of their fumbling speech,  
 Their links with underlying reality.  
 The unseen grew visible and audible:  
 Thoughts leaped down from a superconscious field  
 Like eagles swooping from a viewless peak,  
 Thoughts gleamed up from the screened subliminal depths  
 Like golden fishes from a hidden sea.  
 This world is a vast unbroken totality,  
 A deep solidarity joins its contrary powers;  
 God's summits look back on the mute Abyss.  
 So man evolving to divinest heights  
 Colloques still with the animal and the Djinn;  
 The human godhead with star-gazer eyes  
 Lives still in one house with the primal beast.  
 The high meets the low, all is a single plan.  
 So she beheld the many births of thought,  
 If births can be of what eternal is;  
 For the Eternal's powers are like himself,  
 Timeless in the Timeless, in Time ever born.  
 This too she saw that all in outer mind  
 Is made, not born, a product perishable,  
 Forged in the body's factory by earth-force.  
 This mind is a dynamic small machine  
 Producing ceaselessly, till it wears out,  
 With raw material drawn from the outside world,  
 The patterns sketched out by an artist God.

(to be continued next week)

Happy New Year  
 "To My Immortal Children with My Immortal Love."  
 The Mother,  
 Submitted by Gangalakshmi  
 Sri Aurobindo, Savitri—A Legend and a Symbol  
 Book 7: The Book of Yoga, Canto 6: Nirvana and the Discov-  
 ery of the All-Negating Absolute  
[https://sri-aurobindo.co.in/workings/sa/2829/0039\\_e.htm](https://sri-aurobindo.co.in/workings/sa/2829/0039_e.htm)

# Townhall Speaks

## BCC REPORT SEPTEMBER–DECEMBER 2022

Dear Community, we are happy to share with you the report covering our main activities for September to December 20, 2022.

Despite operational challenges, we are working sincerely, diligently and responsibly for the community with support from FAMC. The Budget Coordination Committee is focused to bring about a timely review of the budgetary needs of the City Services (CS), the disbursement of the recurring budgets and accountability of their utilization. The City Services maintenance support is also taken up for a review in all sectors of the Auroville community life—Municipal Services, Schools, Farms, Green Zone, Sports and Recreation, and others. BCC is also reviewing the collection of contributions from income generating activities to pull that in-flow within a reasonable time frame and facilitate operational dynamics that are more predictive and also more adaptable by the units and services. FAMC and BCC are jointly reviewing the operational modalities of the needed functions.

Keeping in mind the economic fluctuations and inflation, we have revised all maintenance by 10% from December 2022. While this has created a big jump in our monthly budget, we also have reviewed the City Services contributions from all our residents on the Master List to bring about more inclusive support from all the residents of Auroville. We also needed to increase CS Contribution from Rs 3,470 to Rs 3,800 to partly cover the expenses of the increased monthly budget.

The group of municipal services of Auroville is a very essential sector of our community life that supports each and every resident, child, volunteers, interns, guests and myriad others. For supporting this sector, efficiency and timely information is very critical. Contributions from the income generating services and individual contributions need to be facilitated for proper and heartfelt support. On this front, BCC and FAMC took up a two-pronged approach. First, all contributions were reviewed and all expenses were checked. Also, the cash inflow is being streamlined to bring contributions on time. Using data analytics, we identified to our surprise that, for some reason or another, almost a third of adult Aurovilians (680) were not in the list of residents contributing to the City Services. We are reaching out individually to each of them to help the community and contribute. Two-thirds of them have not responded yet and we will send follow up reminders.

We have given refunds for visa and passport renewal to 28 persons, amounting Rs 2,35,000. All Auroville residents (Indians and foreigners) should inform Resident Services when they are out-of-Auroville for more than 15 days and check-in with them on their return. This will help us to follow up into their maintenance in a better way.

We would like to inform you that in the current financial year, we are having a deficit of around 50 lakhs per month and our reserves are low. Assessing our expenses and the position of reserves (and FAMC's concerns of parallel governance/administration) we have placed some ex-working group members on a Bridging Maintenance with the same amount and now are offering a Care Package for those who have no other financial support after the Bridging Maintenance gets over.

FAMC and BCC is supported by Harini who has been providing statistical data for economy and other demographics for bringing about the processes to calculate the contributions from the income generating activities. We have had an increase in the number of Senior Aurovilians. We are projecting an increase of 30% in the number of senior Aurovilians seeking home-care every year. Although our

intention is to provide the best care to everyone in need, we are currently facing challenges to cover the costs of the increasing needs. This is one of the reasons that we have reached out to all in the community, individuals and units, to contribute to City Services to support our collective economy. We will share more detailed information on the recurring budgets and maintenance to give more clarity about the spectrum of supports and expenses needed and used. We intend to provide periodic reports to the Community to bring transparency and we hope to change the perception.

We appreciate the work done by Ellie and Sheida over the past years and are grateful for the smooth hand over at the end of November. Shankardevy from FAMC and his team spent many joint sessions in order to handover to the new team and also to review where all data analytics and process automations may be applied to bring about an agile BCC process flow. Punniyakodi and Vikraman (both Aurovilians) have taken over their responsibilities and are currently working on making the processes simpler and automated.

To facilitate and streamline communication between the community and BCC, a portal has been created: [collective.auroville.org.in](http://collective.auroville.org.in). We request all residents to use this website to send in their requests instead of emails or visits. This will help us to improve our response time to a maximum of one week. You are welcome to meet us during the visiting hours. We are located on the first floor of the Archives Building, entrance from the inner road.

We are in the process of simplifying and automatizing the budgeting exercise for the financial year 2023-24 for the Central Services. You will hear from us more about this soon.

We have also undertaken the exercise of revising the guidelines pertaining to maintenance, contributions, Temporary Out of Station (TOS), Silver/Social Support and Health Fund.

*Thanks, with best regards, BCC,  
Naren, Ocean, Radhika, Rupali*

## L'AVENIR D'AUROVILLE

### ATDC Application Announcement 29-12-2022

A. The following projects have received Preliminary Design Approval (feedback requested before the 12th of January 2023 to [application-avenir@auroville.org.in](mailto:application-avenir@auroville.org.in)):

#### Dhandapani—PDA No. 2569

- **Applicant/s:** Dhandapani
- **Location/area:** Aurelec / Outside Master Plan
- **Area for which approval is sought:** 135sq.m
- **Project brief:** It is an old building, the roof is made of ferro-cement which is now mouldy and it is leaking. The house is built with a single brick wall. The house will be rebuilt.
- *This is a Preliminary Design Approval, to be followed by a Building Approval.*
- *For more details, please see our Auronet post <https://auroville.org.in/article/93905>*

#### Constructive feedback guidelines:

So far, while giving permissions, we have asked the project team to include approval from the neighbors. This has no resonance with the ideals of Auroville where we are supposed to be headed towards a life guided by no desire, no preferences and no sense of ownership. We will no longer request this approval.

Similarly when we publish projects for approval, we will discard all personal feedback with respect to "neighbors choosing neighbors" or "neighbors choosing development guidelines".

- **All other feedback is welcome and will be part of the process.**

*Lieve for L'avenir d'Auroville / ATDC*

### HOUSING SURVEY TO BE CONDUCTED

Dear residents, the Housing Service is responsible for maintaining the database of all the housing assets of Auroville. In the past attempts were made by many Housing Service teams to compile this data through a community-wide survey but were not successful.

We do have a database that stores all the information about housing details, however, there are a lot of gaps in the information and we are facing many challenges on a daily basis due to old/insufficient data.

To address these gaps in our data, the Housing Service is commencing the survey. An App has been made to facilitate the recording of the data including GPS location, and the latest pictures from different angles, etc of the assets.

We are dedicating 3 months to this survey work. Committed team members who are assigned especially to conduct these surveys, will visit the communities and gather all the data. These team members will carry their ID issued by the Housing Service during their visit. Appointments will be prefixed with the communities, prior to their arrival.

Once all the information is collected, compiled, and uploaded to the drive for regular updation and will be open to the community.

We are looking forward to taking this mission up and finalizing this enormous task, however, we can not achieve it without your support. So we request everybody to be informed of this effort and everyone's cooperation to complete this.

*Thank you, Piero for Housing Service Team*

### FROM THE ENTRY SERVICE—ES # 162

**Dated: 29-12-2022**

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 Friends 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:

- Claudio ZAINI (Italian) staying in Sharnga (Aurora house) and working at Linea Dental (Aurelec)
- Silambarasan ILAVARASAN (Indian) staying in Celebration and working at Progress Landscape



Claudio



Silambarasan



Jens



Poovizhi

#### AUROVILIAN ANNOUNCED:

- Jens TORP (German) staying in International House and working at Creativity Guest House
- Poovizhi PATCHAIYAPPAN (Indian) staying in Fraternity and working at STEM Land

#### AUROVILIAN CONFIRMED:

- Sathya ARUMUGAM (Indian)

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

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

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

A confirmed Aurovillian becomes officially a Resident of

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

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

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

*Yours, The Entry Board*

*(Alain, Aurore, Dheena, Jayanthi, Lakshmanan, Matilde, Matripasad, Ramanarayana and Swadha)*

# Community News

*Auroville Matters*

## NEW YEAR AT MATRIMANDIR



### 31 December 2022

- **4:30—9pm:** The Inner Chamber will remain open for Aurovilians and Newcomers for their concentration before the New Year.
- **5—6:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree and in the Garden of Unity.
- **5:30—6:15pm:** "Tuning the finite to infinity" Sound Reflections By Svaram Team. Deep Listening—Soundscape—Aspiration. At the Unity Pond, Mini Amphitheatre. Entrance by the Office Gate. Visitors and guests are requested to carry their Aurocard along with them.
- **11pm—12:15am:** Matrimandir will remain open for the midnight meditation for **Aurovilians and Newcomers only**. All are requested to be seated in the Inner Chamber latest by 11.45 pm.

*Visitors' hour for concentration in the Matrimandir as usual in the morning between 9 and 11:30am as per their respective bookings.*

### 1 January 2023

- **6—6.30am:** New Year Meditation under the Banyan Tree. Entrance by the Office Gate. Guests are requested to carry their Aurocard with them. **Last entry for guests and Aurocard holders at 6:10am.**
- **5:30—6pm:** Amphitheatre, New Year Music of Sunil. Entrance by the Office Gate. Guests are requested to carry their Aurocard with them.

*Bonne Année and Happy New Year to All!  
Thanks, Antoine*

*Awakening Spirit*

**SAVITRI BHAVAN, JANUARY 2023**

**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 15th Jan.2023
- **A new Bilingual Exhibition on 'Sri Aurobindo.** A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

**Films: Mondays at 4pm at the Sangam Hall**

- **January 2: Home—the Earth: our home is a miracle and a beauty.** This Film by Yann Arthus-Bertrand makes us more conscious about our beautiful blue home. Duration: 94 min.
- **January 9: Alexandra David-Neel.** She was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1912. The film is in French with English subtitles. Duration: 104 min.
- **January 16: Interview of Shradhdhavan.** Responses to Questions About Auroville. Filmed by a Russian TV Crew on April 3, 2013. Duration: 54min.
- **January 23: Integral Yoga.** Sri Aurobindo & The Mother's vision of Supramental Consciousness and how Haridas Chaudhuri brought it to the West. Duration: 55min.
- **January 30: Integral Yoga Psychology of Sri Aurobindo—Introduction.** Debashish Banerji is carefully unfolding the terms Integral, Integral Yoga Psychology and Integral Consciousness. Duration: 62 min.

**A new series of talks by Larry Seidlitz**

- Fundamentals of Sri Aurobindo's Philosophy in Savitri
  - **First talk on "The Brahman: the Absolute, the Omnipresent Reality, the Divine"**
  - **January 3, 2023, 4-5pm in the Sangam Hall**

**Full Moon Gathering**

- **Friday, January 6, 7:15—8:15pm** in front of Sri Aurobindo's statue

**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, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shradhdhavan
- **Thursdays 5:15—6:30pm:** Hymns to the Mystic Fire by Sri Aurobindo led by Nishtha
- **Fridays 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 4:30pm:** Mudra-chi led by Anandi
- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am—5pm
- **Library and Digital Library** is open Monday to Friday 9-5

Wishing you all  
A Happy and Wonderful New Year 2023

With your support, Dhanalakshmi, for Savitri Bhavan

**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...

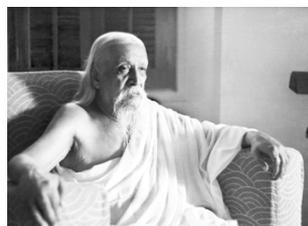
We are restarting from Book 1. Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

- **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, laptops, 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)

**A SERIES OF PRESENTATIONS BY LARRY SEIDLITZ**

**Monthly Presentations on "Fundamentals of Sri Aurobindo's Philosophy in Savitri"**



The first presentation is on 'The Brahman: The Absolute, The Omnipresent Reality, the Divine'

This talk will consider Sri Aurobindo's conception of the Brahman, which he translates with such terms as The Absolute and the Divine.

We will see how Sri Aurobindo expresses his experience of the Brahman in both his prose works and in Savitri and how together they can stimulate in us a deeper understanding and more powerful experience.

- **Tuesday, 3 January, 4—5pm, Sangam Hall, Savitri Bhavan**

Everyone is welcome

Thank you, *Dhanalakshmi* for Savitri Bhavan Team

**DAILY PEACE MEDITATION**

*Daily meditation*

**Venue :**  
Unity Pavilion Peace Hall

**Timings :**

- **Thursday from 5PM to 5h45PM**
- **Monday, Tuesday, Wednesday and Friday from 6PM to 6h45PM**

**INTRODUCTION TO THE INTEGRAL YOGA**

**of Sri Aurobindo and the Mother**

**Tuesday, 3 January, 9am—12noon**

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 3 January, at 9am—12noon

- **Focus:** The Inner being,
- **Led by:** Ashesh Joshi
- **Place:** Mirabelle Education Centre, Auromodele
- **Contact:** 9489147202.



All are Welcome, *Ashesh Joshi*

**HOME—THE EARTH**

**our home is a Miracle and a Beauty**

Monday, January 2, 2023, 4pm at Savitri Bhavan.



Duration: 94 min.

Two million years ago Life on Earth started, and a subtle, fragile harmony of Life on Earth developed. All organisms are linked in a “delicate but crucial” natural balance with each other.

Mankind has ‘only’ 200 000 years of existence. And in the last 60 years mankind has brought big changes and destroyed the equilibrium of life. This process is accelerating, and everything is going faster and faster.

The documentary by Yann Arthus Bertrand shows the diversity of life on Earth from the sky through aerial footage from 54 countries and demonstrates how Earth’s problems are all interlinked due to the tremendous pressure humanity has put on the environment and the consequences of climate change. The film attempts to make us more conscious and to be careful with our beautiful blue and green home.

Since the documentary was released in 2009 efforts have been made to grow in conscious awareness to be more careful with the environment and to save nature. But still and always there is a lot to do.

Special thanks are going to the 88000 employees of the Performance, Planning and Review (PPR) Group who supported the movie HOME. Duration: 94 min.

On YouTube the film is accessible under the title *Home—Full Documentary film, Home 2009, By Yann Arthus Bertrand I.*

*Submitted by Margrit*

**BRAHMANASPATI KSHETRAM**

**Calendar of regular events on January 2023**

**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

*Happy New Year*

Calendar of regular events of January 2023

Every Thursday 6:00 - 6:30pm  
Meditation

2nd & 16th, Monday 4:00 - 5:00pm, reading  
“The Sunlit Path”  
in English & Tamil by Dhanalakshmi

3rd & 17th, Tuesday 5:30 - 6.30pm, reading  
“The Mother’s Questions & Answers- Vol-7”  
in English by Rama Narayana

6th, Friday 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

Location

Thank you, Tixon

*Big Thanks*

**BIG THANK YOU**

A big Thank You to Sauro, Carla and the Italian Pavilion for arranging the extraordinary Piano concert of Gloria Campaner that took place at Kripa on 21 December 2022.

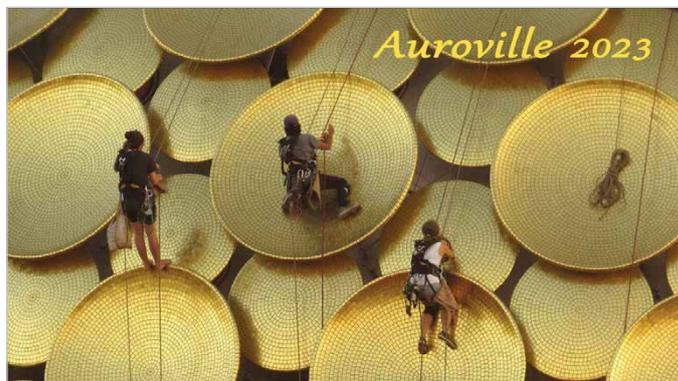
Shivaya

*Lands for Auroville*

**THE LAND FUNDRAISERS**

**Annual New Year’s Card for 2023**

Dear Friends, we are about to welcome New Year 2023. and we warmly thank you for accompanying us in our actions to complete and consolidate Auroville’s needed physical base—its land.



*An indomitable courage, a perfect sincerity, a total self-giving...*

This year, as for the last 8 years, the land fundraisers have created an inspiring and aspiring card of New Year’s wishes that we are planning to send you. It has been prepared by Aurovilians Aravinda and Jasmin in collaboration with our team, and with photos by Aurovilians Lalit Kishor Bati and Mona Doctor-Pingel. The first page is above.

The complete card will be available for free to everyone starting on January 1 at the following locations in Auroville:

- Town Hall ground floor kiosk
- The Visitors Center Information Office
- PTDC and Pour Tous
- The LFAU Office at Town Hall, first floor

Our annual New Year’s card is a way for us to express our sincere appreciation for your valued contributions and collaboration... and to connect together with all of you in beauty and harmony for a new year of progress towards our shared vision and goal !

*Onward on the Sunlit Path in this New Year,  
Aryadeep, Jothi, Mandakini*

*Health Care*

**AURODENT—DENTAL CLINIC**

**AURO DENT**

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)

## AYURVEDIC RECOMMENDATIONS FOR WINTER



Even if the rain still gives a feeling of monsoon, the body is actually in a winter mode. The cold atmosphere brings about blockages to the dissipation of body heat which increases the digestive power and metabolism, this increases the need for more nourishing food, fatty or sweet items to protect us from the cold.

There's a feeling of coming back to the warmth of one's inner place. In the body, Kapha slowly builds up to increase strength, energy and immunity.

If imbalanced, it may give a sense of emptiness in the heart, dullness in the mind or feeling depressed or lonely (Vata or Kapha imbalances).

Help the body to regenerate: **Keep Agni Strong**—in the abdomen for an optimum nutrient assimilation and in the heart for clarity and joy.

### General Guidelines In The Food

*"The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow"*

*from the book Ashtanga Hridaya, Sutrasthana, Chapter 3 Rutcharya, Sloka 11-14*

- Sweet, sour and salty tastes are best for this season
- Eat warm, cooked food spiced up with: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- Proteins: Mungdal, black gram (Maasha) beans, chick-peas, lentils, white meat, egg, mutton (meat soup), nuts and seeds, spirulina, hemp seeds
- Vegetables: green leaves, carrot, beet, eggplant, cauliflower, broccoli, bitter-snake-bottle-gourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet
- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery; wine prepared with jaggery (called Arishtam), sugarcane juice, golden milk
- Ayurvedic blend to stimulate absorption: Trikatu (for Kapha), Hingwashtak churna (for Vata), Avipatikar churna (for Pitta)... with honey

### To Avoid

- Cheese, yogurt, curd, lassi at dinner (they should be eaten at breakfast or lunch)
- Cold beverages
- Raw vegetables
- Heavy and difficult to digest (deep fried food, etc.)
- Ice-cream

### In The Activities

- Main principle: stabilize, centre, recharge
- Sleep longer
- Keep a regular rhythm (with meals and bedtime)

- Massage with sesame oil + apply heat to let the oil penetrate
- Hot shower or bath, Foot bath with warm salty water
- Keep the body warm with cotton, wool, silk, leather
- Physical exercise: 30 minutes daily of stimulating Yoga, Pranayama, Meditation-concentration, Qi-Gong, Toning...
- Nasya: 1 drop of Anu Tailam in each nostril

### To Avoid

- Prolonged fasting
- Humid and cold air, wind, fan
- Long hours at the computer
- Stay awake late at night

*Wishing you a nurturing and loving winter,  
Be @ Sante*

### SANTÉ SERVICES IN JANUARY 2023

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—Friday before 12pm.
- 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 Friday</b>	Nursing Care, Ezhil & Thilagam, <b>Daily (No appointment necessary)</b>
Ayurveda with Dr. Sonia, <b>Monday/ Thursday/ Friday</b>	Ayurveda with Dr. Be, <b>Tuesday to Friday</b>
Acupuncture with Andres, <b>Monday to Friday</b>	Homoeopathy with Michael, <b>Monday/ Wednesday/ Saturday</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>	Integrative Physiotherapy with Juan Andres, TOS
Physiotherapy with Rebeca, <b>Monday/ Wednesday/ Friday</b>	Physiotherapy and Massage with Galina, <b>Monday to Friday</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*

**CHILDBIRTH AND PREGNANCY EDUCATION**

**Morning Star  
Women's Wellness & Pregnancy Team**

Wednesday, 5—7pm, Hall of Light, Creativity



Morning Star offers education to expectant parents about conscious pregnancy, child-birth and parenting.

- We offer classes every Wednesday starting **January 4, 2023** from 5—7pm at Creativity Hall of Light.

Sessions include gentle body movement, educational topics related to pregnancy, birth, parenting, breastfeeding and other topics as needed. We invite all expectant mothers, fathers and families of Aurovillians, Newcomers, Volunteers, Staff and bio region persons to join us.

- Please send a message to Balaganesh SIVA +91 9892699804 and we will add you to a WA group for updated information so you can join us every week to learn and share this Most Important Life Experience.
- Contact [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)

Please share with friends and family.

*Best regards, Balaganesh SIVA*

**TROUBLE WITH LENSES**

I would like to share my experience having glasses made for use on a PC

I had gotten some lenses from the Optical Shop in the Health Center for reading on a PC.

Because I did not feel o.k.while using them, I took them back, to have them check them and they told me they were fine. Nonetheless after some time I still had discomfort. I then went to the old Optical Store, Krishna, and they checked them out and told me the problem is that they use Lenses made in China, not India, they were cheaper and not really good. They changed the lenses, and everything was fine after that.

I didn't want to go back to the Health Center but after reading Anton's Post I felt it is important to share my experience.

*Anandi-ayün*

**IT MATTERS**

This Friday, 30 December, please swing by between 3 and 6pm at the Auroville Botanical Garden:

**30<sup>TH</sup> DEC 2022**

Swing by between 3 to 6pm

At The Auroville Botanical Garden

**It Matters  
Launch Event**

*THE BIG PICTURE IS UNKNOWN* a fun installation to discover  
[itmatters.auroville.org](http://itmatters.auroville.org) / [@auroville.curated](https://twitter.com/auroville.curated)



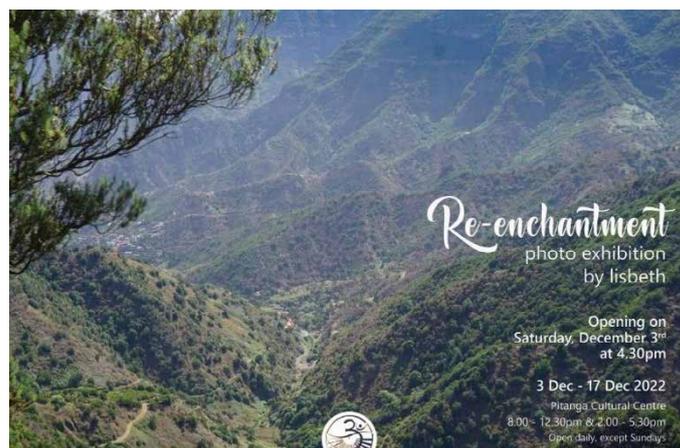
It Matters, a new art gallery in Auroville, is pleased to invite you to a **one afternoon fun art installation** called **The Big Picture is Unknown** for the occasion of our launch.

*"Through art we aim at supporting creative awareness, collective consciousness & social change. It Matters is an online art gallery (until we have our own space) that connects you with a handpicked collection representative of Auroville's collective research towards Human Unity."*

*Bhakti & Sandra, +91 9499019389*

**RE-ENCHANTMENT, PHOTO EXHIBITION BY LISBETH**

Extended till 12 January.



If you wish to receive Pitanga's 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, on behalf of Pitanga*

**FOR ITALIANS WHO LOVE POETRY**

**"La Luna in pieno giorno"**

The new book of poems by Paola De Paolis, "La Luna in pieno giorno" is now available at the Library and the Laboratory of Evolution.



*Paola*

*The Arts*

**THE WORLD OF FLOWERS AND LEAVES**

**30 December~13 January**

**OPENING 5:00~6:30pm 30 Dec**

**Tibetan Pavilion**

**SHRADHANJALI & JINyeo Kim**

*Jinyeo, for Shradhanjali*

**THE DIVINE SEED**

Opening 6th January 2023 at 4.30 Pm

**THE DIVINE SEED**

Saravana Deivasegamani

6 Jan - 20 Jan

mon - sat 10am - 1pm / 2pm - 5pm SUNDAY CLOSED



Centre d'Art Gallery, Auroville invites you to an exhibition "The Divine Seed" by Saravana Deivasegamani

- **When:** Exhibition opening on Friday, 6 January, at 4:30pm
- **Exhibition Dates:** 6—20 January
- **Gallery hours:** Monday to Saturday, 10am—1pm, 2—5pm. Sunday is closed
- **Where:** Centre d'Art Gallery, Citadines, Auroville.



Please Park at town hall.

Free pickup and drop from the visitors Center on Friday and Saturday from 2:30 to 4:30pm.

**The Divine Seed**

Saravana Deivasegamani's love of nature drives his passion for sculpting. The seed has a special place in his inner meditations. It is not an inert object but a spiritual symbol that connects the human with the divine.

Saravana's solo exhibition, The Divine Seed, is an ode to nature. In this show, the Aurovilian artist presents a set of evocative sculptures and installations inspired by the many forms and manifestations of the natural world. Made of wood, metal, and reclaimed natural material, Saravana's carefully constructed, structurally balanced and visually alluring artworks prove his technical competence, ingenuity, as well as conceptual understanding of man and nature.

**Artist's Bio**

Saravana (b. Puducherry, 1984) is essentially a self-taught artist. He began his career as a metal craftsman and decorative grill designer. Over time, he honed his skills in fine art sculpting through self-study, experimentation, and vigorous practice. His first major exhibition was held in 2016 at Gallery Square Circle, Kala Kendra (as part of a two-person show with eminent painter and fellow-Aurovilian Juergen Puetz). The same year, his sculptural installation titled 'Creators' made entirely of natural Palmyra seeds won the National Award of the Lalit Kala Akademi. His award-winning work was displayed at the 58th National Exhibition in the National Gallery of Modern Art, Bangalore. He was also invited to the national artists' conclave in February—March 2017. Since then, Saravana has participated in a number of group exhibitions, artists' camps and workshops in Puducherry, Chennai, Bangalore, New Delhi, and Hampi. He has also conducted lecture demonstrations on how to convert scrap/ found material into evocative art objects.

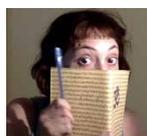
**Artist Statement**

I am a nature artist. For me, the concept of 'Nature' is intrinsically linked to both my life and work. I have seen, felt and learned how nature can nourish as well as affect human existence. Without Nature, there is no life, no humanity, and no existence. I spend most of my waking hours in the wild—watching and being one with nature and its glorious manifestations. In my art, I give shape to my reflections, experiences, and wonder of being with Nature. The recent pandemic has made me introspect on the connection between man-made creations and the natural world. In my work, I seek to express my concerns and also find answers to our present dilemmas. I firmly believe in what Sri Aurobindo once said: 'What Nature is, what God is, what man is can be triumphantly revealed in stone or on canvas.'

Saravana Deivasegamani  
Warm Regards, Centre d'Art Atelier

*Activities*

**CREATIVE WRITING PLAYGROUND**



Creative Writing Playground weekly updates: this week's I "Just Wanna Write!" short podcast topic on AVRadio: Negative thinking and how to get rid of it by writing.

For others' creative insight on writing, please subscribe to the Creative Writing Playground blog. It's for Aurovilians and Newcomers only and it's for free. You can find it on [gatedreams.com](http://gatedreams.com).

Enjoy! Francesca.

**WALK WITH US**

Rains are here—A rainy day is a perfect time for a walk in the woods. 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—7 am
- **Venue:** 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 +91 99580 84473, WA only, Regards Arun

### FOOD FOREST TOUR

**With Snacks From the Garden**

Every Sunday 9:30—11:30, La Ferme Community

# FOOD FOREST TOUR

**WITH SNACKS FROM THE GARDEN**

I welcome you to a tour through my permaculture garden! We will take a look at local food and you will get an idea on how to start growing your own food.

This tour includes a MINI-RAW FOOD- WORKSHOP where we will harvest different foods to prepare some delicious

## VEGAN ICE CREAM

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

Limited to 7 people - sign up closes Saturday 8pm

Contribution  
300rs Av/Nc, & volunteers,  
700rs guests.



[www.youtube.com/myfoodforest](http://www.youtube.com/myfoodforest)

Sign up whats app Sarah 9047421044  
[sarah@auroville.org.in](mailto:sarah@auroville.org.in)



[sarah@auroville.org.in](mailto:sarah@auroville.org.in)  
[www.youtube.com/myfoodforest](http://www.youtube.com/myfoodforest), Sarah

### NADOPASANA AND LESSONS IN CARNATIC SINGING

Each class begins with the meditative practice of yoga of sound (yoga nadopasana) by visualizing the eight chakras corresponding to the eight notes, then we will sing a raga while studying the pulse and rhythms as well as a composition of the Carnatic repertoire.

#### Lessons

- **Every Monday:** classes for children, 5—6pm.
- **Every Friday:** classes for adults, 5—6pm.
- **Private lessons** (volunteer), on demand.

#### Educational concerts

- Every Monday and Friday, 6pm—7pm.

Bruno, at the veena, will introduce you to the nature, construction, subtleties and purposes of Carnatic music.

#### Venue

Music room at Bruno's in Utility in Auroville. Please leave your vehicle at the entrance to the community.

- Mobile: 9597922185, [nadopasana@auroville.org.in](mailto:nadopasana@auroville.org.in)

Cordially, Bruno



### LA PISCINE POOL SCHEDULE

Dear Swimmers, we have uploaded this color coded pool schedule where you will be able to see slots that are free and bookable in real time.

- If you see a free slot that you would like to book, please call the pool Office
  - 0413 2623297 or
  - Gopal +91 8525961850



You will also be able to see when school sessions have been canceled for non-booking lap swimming.

- Please [download and bookmark this link](#) for easy access

La Piscine Team, Lila

### TANGO DANCE CLASS

Every Monday group class, Cripa, Auroville



## Tango dance class

2 month commitment for group class, Every month's new batch for beginners and intermedium, every Monday private class by appointment for any day's Place:cripa, Auroville

Mani :+918637633696

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

### SALSA DANCE CLASS

Every Tuesday group class  
New Creation Sports Ground, Auroville



## Salsa dance class

2 months commitment for group class Every month's new batch For beginners and interedium, every Tuesday private class by appointment for any day's place:New creation sports ground ,Auroville Mani :+91863763369

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

Mani, +918637633696

### AUROGAMES SESSION AT HUMASCAPE

Sessions with Aurogames games 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

### Education

#### COMM4UNITY EDUCATION

#### A Talk on Human Permaculture

**A Talk on Human Permaculture**

All are Welcome  
5-6PM December 30th,  
at the Hive, Auromode Complex.

Conducted at the Hive, in collaboration with Comm4unity Education, both under the Hospitality Trust, of the Auroville Foundation.

World renowned Human Permaculturalist, Bernard Alonso, will share more about his work and book. Refreshments will be offered, for a relaxed introduction to the topic of how the “human” element plays a key role in the success of Permaculture Design projects.

### House Exchange

#### Exchange for a Flat in Luminosity



Dear community, I'm the stewardess of a flat in luminosity that I'm happy to exchange with another flat/house of someone tired of his own in Auroville. Anyone interested? The flat is in the central area close to the elephant water tank. Refurbished. 2nd floor.

- Send me WA +91 8300731300 if you're also having a flat to exchange

michelle@auroville.org.in

### Human Permaculture Design Sertificate

*Human Permaculture Design Certificate*

January 23rd-February 4th 2023 in Auroville

"Harness the power of permaculture to change yourself and become a regenerative force for the planet."  
Bernard Alonso

Conducted through Comm4unity Education, Hospitality Trust, of the Auroville Foundation.  
comm4unity@auroville.org.in

This Internationally Certified Program is a powerful, forward-thinking training that uses permaculture principles of ecological design rooted in People care, Earth care, and Fair share—for redesigning your life and community, to align with the resources available on the planet.

#### Community Life Design

- 20 February—18 March 2023

*Community Life Design*

20th FEB - 18th MAR 2023

Certified by  
gaia education

Conducted through Comm4unity, an activity under LEADS Education, Hospitality Trust, of the Auroville Foundation  
comm4unity@auroville.org.in, +91 8940568266  
www.comm4unity.com

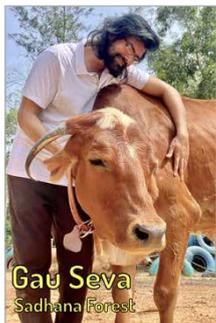
This 4 week certified program is for anyone seeking to manifest change in their life. Learn through Auroville's examples of conscious alternatives—that inspire transformational processes of self discovery.

Gain confidence in applied design, in the context of community living.

Thank you, Kavitha & Michael for  
Comm4unity Education,  
a unit under LEADS,  
Hospitality Trust, Auroville

*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*

**AUROVILLE INTERNATIONAL  
POTTERS MARKET**

January 26-28

- We are looking for volunteers from January 23 to January 29.
  - Please email [aurovillepotters-market@gmail.com](mailto:aurovillepotters-market@gmail.com) with "volunteer" in the subject line.
  - Please do include your name, phone number, and dates/times you are available.



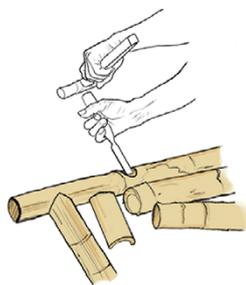
- Also we are looking to borrow 3 DONGLES. If you have one to lend us from January 24 to January 29, please email us with "dongle" in the subject line. Please do include your phone number.

*Thank you very much!  
Krishna*

**CAPSULE COURSE ON BAMBOO**

**earthweavers**

One day hands on workshop



**RE-LAUNCH OF WINTER SESSION  
CAPSULE COURSE  
ON  
BAMBOO**

Contact:

@earthweavers

+91-6000800370

[workshop-earthweavers@auroville.org.in](mailto:workshop-earthweavers@auroville.org.in)

Pony Farm, Auroville, Tamil Nadu-605.101

SATURDAY/ 07 JANUARY  
9 AM - 4:30 PM 2023

*Meera Prajapati, (Principal Architect),  
Earthweavers, Auroville*

*Work Opportunities*

**HR HUB INITIATIVE**



HR Hub Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in

**Accountant (full time)**

A Service of Auroville is looking for an accountant. The person needs to have good knowledge of Tally and xls, and a good command of english. It is a full time position with maintenance.

*Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. You can find us at [hr.hubauroville@gmail.com](mailto:hr.hubauroville@gmail.com).*

*Warmly, Sara*

*Looking For*

**Looking for a Housekeeper**

Looking for an Amma in the Green Belt Area. 10 minutes from Kulilapalayam.

Contact 9489325088 or WA 33695420920

*Thanks, Ambre*



**Needs an Office Chair**



Dear Community Members, would you have some extra office chairs to donate to Youth-Link? We have our Help Desk/office at Town Hall, below Le Morgan. Our team is increasing by the day & we don't have enough chairs for everyone. If you have one lying around that you aren't using, reach out to us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in), we are happy to offer some basic contributions against it.

*With Love, Ankita, YouthLink Team*

**Non-dry clay for Modeling**

Hello everybody! Any spare clay to create sculptures? Please let me know. Any amount is welcome.

*Ivana/ Roof Studio,*

*7094344154,*

[ivana.frousova@yahoo.co.uk](mailto:ivana.frousova@yahoo.co.uk)



**Looking for a Place**



Hello Dear Community, I am a SAVI volunteer, a mature woman who is Responsible, Resourceful, and Reliable, I am looking for a long-term rental with a kitchenette in a relatively quiet area; preferable, is to have hot water and AC. Thank You for any Assistance in this Search !

*Chandra, the elder, 85310 33318 WA*

*Lost and Found*

**Missing Card Readers**



For a few years, two credit card reader machines (pictured) have been missing from Auroville Art Service. We have lent them out to receive payment for an event, but they never came back. If you have our readers, please do return them.

*Warm regards, Thank you, Daniel/Krishna, AV Art service*

## Birkenstocks Removed

A rather new pair of Blue, Rubber Birkenstock sandals have been accidentally removed from the shoe rack outside of the Free Store, on Friday, 23 December, between 12 noon and 12:30pm. Please, these have special Orthotic Inlays, which are a great help for my knees.



Please, return these chaples to Anandi in the PTDC office.  
+91 85310 33318 WA  
Nandri, Chandra, the elder

## For Your Information

### EDITOR'S NOTE: Concerning Submission of Posters



We give space for the poster 10x10cm, and if it is bigger it will be reduced proportionally to fit the space. Please be sure that the letters on your poster are big enough to be readable.

#### If your poster is unreadable: possible solutions:

1. Send us new poster; long text separately
  - Put only the most important text on the poster, like title, date, venue, one short phrase of explanation or a tagline
  - Instead of putting long text on the poster, send it to us in a separate word file, we will format it in N&N along with your poster
2. Pictures and Text
  - Send us text and pictures in the word file and we will format it as a N&N article.

If the poster you sent is unreadable, we keep our right NOT to print your poster.

Light and Peace,  
Roy and AgniJata

## AUROVILLE SECURITY Peaceful New Year

Dear Aurovilians, newcomers, volunteers, guests, friends and visitors, as the end of the year approaches, we encourage those who want to get together to usher in the New Year with small, fraternal and convivial gatherings rather than large and loud parties.

Your collaboration is indispensable to maintain peace and harmony in the Auroville area.

We wish you a meaningful and joyful transition into the New Year.

- 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)

Anandamayi Legrand,  
for the Auroville Safety & Security Team (AVSST)  
Emergency (24/7): +91 9443090107  
Vehicle Access: +91 9488752435  
Office: +91 4132623400



## Available

### Two Mi Tv Available

- Mi Tv (43") 4K Ultra HD Smart Android LED TV L43M4-4AIN (Black) (2019 Model) Bought in June 2020. Refurbished with 3 month warranty.
- Similar model: Mi Tv 108 cm (43 Inches) Available for contribution-with 3 month warranty



If interested, please contact Ayesha on 9442263323 WA only or email [panthaky.ayasha@gmail.com](mailto:panthaky.ayasha@gmail.com)

Ayesha

## Help Needed

### SUPPORT THAMARAI TO THRIVE



Dear Community, we reach out with our dream of encouraging 45 people to donate 1600 Rs/\$20 per month (or part of).

This is the monthly expenditure for one child in our education, health, nutrition, sports and extracurricular activity programs and covers the short fall in our operation budget.

- A monthly donation can be made at FC account 251633 or [on this link, the AVI USA site](#) where they are currently matching donations for December.

Since we opened in 2006, with after schools and later health/well being, STEM, sports and leadership programs, we have supported countless children and families to stretch towards their full potential. Please see this short film. We now have centres in both Edayanchavadi and Annai nagar villages, have both regular/annual programs in local schools and support youth with other community projects.

Having recently completed building a new learning centre/home base in Annai nagar village, our financial reserves are exhausted.



So we reach out with this campaign to encourage 45 people to contribute 1600 Rs/\$20 per month which will bring long-term sustainability to the current projects.

If you would like to give this as a gift to others, we are happy to send a confirmation email to the recipient and to follow-up with a gratitude postcard when we receive the recipient's postal address and email at on email [thamarai@auroville.org.in](mailto:thamarai@auroville.org.in).

With gratitude and the very best wishes  
to all from Thamarai team,  
Briget

### SIDDHARTHA FARM SEEKING FUNDS



We would like to thank those who supported us by contributing towards Siddhartha Farm's new tractor, however funds were still not enough. As a result, we had to take a large loan and use the funds we had saved up to erect fences.

We are hereby again reaching out to the community to continue supporting us. We desperately need fences to protect the crops from invading wild pigs. We also need help to cover the loan cost for the tractor.

Any donations are welcome and will help us continue to grow food for the community. Please make your donations to the following account number #0486

Sincerely, Suha  
for Siddhartha Farm Team

## Taxi Sharing

### From Chennai Airport, 19 January, 10pm

Looking for 1, 2 or max 3 passengers to share a taxi from Chennai Airport on Thursday, 19 January 2023.

I am landing at 9am and if needed could wait a little before starting towards amazingly unique Auroville.

#### Please contact

- +34685673777 WA
- +917289907792 SMS only.



Merci beaucoup, Sunny

### To Chennai Airport, 22 January, 10am

To stay ECO friendly I am very willing to share a taxi from Auroville to Chennai Airport on Sunday, 22 January 2023.

Departure from Auroville from 10—11am.

#### Please contact

- +34685673777 WA
- +917289907792 SMS only.



Thanks Sunny

## Foods, Goods and Services

### VISITORS CENTRE



### Vegetarian/ Vegan Buffet on New Year's Eve

Saturday, 31 December, from 7pm onwards

There will be a vegetarian/ vegan buffet on Saturday, 31 December, from 7pm onwards at the cafeteria Visitors Centre at The Right Path Cafe, we will serve you the vegetarian and vegan buffet on New year's eve.

## New Year's Eve Vegetarian & Vegan Buffet

- Pumpkin Soup
- Biryani with Raita
- Navratan Kurma
- Dhal Rajma
- Plain Rice
- Black Rice Croquettes
- Ratatouille
- Hummus Yellow and Pink
- Pakora
- Salads & Dips
- Pitta bread & Rois
- Choice of Desserts
- Rosella Syrup Juice
- New Year Punch

rs 675/-

Bookings welcome  
cafeteriavc@auroville.org.in  
whats app +91 904 300 4919

**31st December 2022, 7pm**  
at Right Path Cafe, Visitors Center, Auroville

#### Booking welcomed

- via 04132622248 and WA +91 90430 04919

Thank you, Cafeteria team  
Details on Auronet. Happy New Year!  
Nicole

### SAVI IS SHIFTING TO A NEW OFFICE

Will remain fully closed on Wednesday, 28, Thursday, 29 and Friday, 30 December

Dear Members of the Community and Volunteers, we wish to inform you all that Savi is shifting to a new office located on the 1<sup>st</sup> Floor of the Town Hall (the former Video Library and next to the AV News & Notes office).



- During this process of shifting, Savi will remain fully closed on Wednesday, 28, Thursday, 29 and Friday, 30 December, 2022.
- We will be fully functional from our new premises from Monday, 2 January, 2023.

Wishing you all a Happy New Year!

The Savi team,  
Don, Manimozhi, Monica, Pranshula,  
Sandjivy, Saranya, Vivek  
Submitted by Saranya

### ECO FEMME OPEN HOUSE

Every Thursday morning from 10:30am

Dear friends, 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

Friday, 30 December, 10am—5pm

Dear All, Auromode Hive would like to invite you to an Open House on Friday, 30 December from 10am to 5pm. We will have free internet! All are welcome to try out our coworking space, Free of Charge!!!

www.auromode.in

Coworking space

FREE  
OPEN HOUSE  
December 30th

You are Welcome !

Hi-Speed internet  
Fully AC  
Conference room  
Video projector  
Color printing  
Self serv. Kitchen

📍 Auroshilpam  
Auroville 605101  
Tamil Nadu, India

📞 70921 97375  
✉ auromodehive@auroville.org.in  
📷 @auromode\_hive

- For more details regarding our Plans and facilities check out our website: [www.auromode.in/hive-coworking](http://www.auromode.in/hive-coworking)
- WA 7092197375

With Best Regards  
Dhesh (on behalf of the Auromode HIVE 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 a self-declaration form on the online Air Suvidha portal was implemented for passengers from China, Japan, South Korea, Hong Kong and Thailand. PCR test for them is mandatory.*

*All International passengers will undergo a health screening on arrival.*

*E-Visa portal gets upgraded and it is now again possible in the UK and Canada to apply for the same. Maybe the situation with E-Visa in other countries will also improve with the same upgrade. If not working we recommend to get the Visa directly from the Indian Embassies.*

Aircraft of most of the Airlines are fully booked and it's 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 40% or even double.

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

Joster

*Voices and Notes*

**KALI YUGA  
(Second part)**

*"They live according to another idea of Self than the reality, deluded, attached, expressing falsehood,—as if by an enchantment they see the false as the True."*

**Maitri Upanishad.**

*"One whose intelligence has attained to Unity, cast away from him both sin and virtue."*

**Gita.**

*"These are they who are conscious of the much falsehood in the world ; they grow in the house of Truth, they are the strong and invisible Sons of Infinity."*

**Rig Veda.**

*"The philosophers have only interpreted the world in various ways : the point however is to change it."*

**Karl Marx.**

**Soham adds:** *"Into a divine beautiful, blissful world!"*

*Then : "An eternal truth-consciousness must possess us and sublimate all our natural modes into its own mode of being, knowledge and action : a spontaneous truth-awareness, truth-will, truth-feeling, truth-movement, truth-action can then become the integral law of our nature."*

**Sri Aurobindo's Life Divine.**

*"More I know about the human race more I love animals."*

**Pablo Picasso.**

*"Ego is the most formidable of the knots which keep us miserably tied to Ignorance."*

**Sri Aurobindo's Life Divine.**

Although necessary in the pathetic hu-wo/man evolution.

But careful on the long run it is deadly.

*"The only hope for the future is a hu-wo/man change of consciousness."*

**Mother.**



How ? By a constant, sustained aspiration to the complete transformation of our whole being. For the time being, the world is a vast, mental, lunatic asylum full of illusions, sophisticated falsehoods, a world run with blind, ferocious greed, delirious with avid longings. What about surrender deafening mess ? The marvelous secret of true, ineffable Happiness is integral surrender to the Supreme laughing consciousness. No way out!

Once, during one of his luminous, lovely talks, Dr. Kireet Joshi told the audience that Hell was not hidden in some underworld vast cavern but here on Earth. Please have a look at the homo sapiens sapiens (too much!) history, you will be convinced of its chronic, ferocious madness. The poor mental has the stupid pretention to explain anything and everything while in fact ignoring crassly everything. What is the great trick to dominate, to annihilate the others ? Deceive them cleverly, if it does not work, kill them!

Jesus of Nazareth with His Divine Gospel of Universal Love was disturbing too much the avaricious, glutton, insatiable, voracious shopkeepers. Their falsehoods are worn out up to the weft, we can see the light through their tireless, pretty, little schemes. These crooks ignore in mass that the only true wealth is spiritual. Perfect surrender to the Lord's will is the true key to our liberation from the ugly turpitudes of the frenetic, feverish evils of the apparent world.

Once surrendered, we will know the shining truth.

Many people here in Auroville pretend to practice yoga. But one must know that yoga is a one pointed aspiration an all consuming endeavor where one is constantly nourishing one's flame with an inflexible, concentrate sacrifice of the old idiotic piped to the Divine Lord and its Beloved Shakti.

**About Shaktis:**

According to me, women are the future of men, they are generally gentle, intuitive, compassionate. In France (Paris), during the seventies, I was in close contact with the feminism's avant-garde. I have been able to appreciate them to the full. They liked, among other things, my mutable gender dancing style. At that time, I had long flowery, flowing, wavy hair like Iggy Pop, so imagine the show! I was the antithesis of a macho like the Taliban tribe. In the seventies, among us every fantasy was allowed joyfully. Women are generally spontaneously more psychic than ordinary men. It is why I was so happy in their company.

In Auroville, we are not here to live like satisfied, comfortable, peaceful bourgeois (even petty bourgeois).

We are here to abolish the government of falsehood in ourselves, we are here to carry to the old, valetudinarian, out of breath, grimacing, collapsing world, the fire of Truth and Love transformation. A forget, if I already told you, but the great Satprem told long ago the Aurovilians that they can build 100 Matrimandirs, if they radically don't change their consciousness, it is like pissing in the wind...

Kali yuga has been monstrous, our sacred task is to open the golden doors of the New Creation, the Satya yuga and finish for good with this numbing nonsense.

The mental is for a while the way then it becomes the pain in the neck, the blunderer, the obstacle. So switch off, merge yourself in the ineffable Silence of the Absolute then your highest dream will be realized (at last).

*"The swan that settles in the purity... Born of the Truth,—itself the Truth, the Vast."*

**Katha Upanishad.**  
*"From the non-being to true being, from the Darkness to the Light, from death to Immortality."*

**Brihadoryaka Upanishad.**

"The cops, convinced they had made the biggest haul since the capture of Geronimo, started to grill me. I promptly fell asleep, which proved that I was a pretty cool customer, allright."

The Great Harpo Marx.

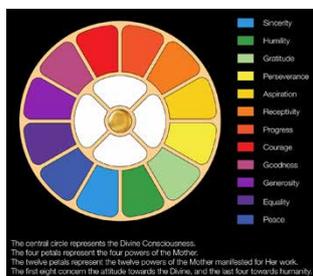
"People speak too much."

Soham,  
Happy Loving, Truthful.  
Beautiful, Blissful New Year!

## THE MOTHER'S SYMBOL

### As Guide for the Willing Servitors of the Divine

The aspired qualities or verities towards the Manifestation of the Divine Consciousness on Earth through the Sunlit Path of Surrender, of Bhakti, the first and last word of the Integral Yoga of Sri Aurobindo and the Mother, have always been visible everywhere here in Auroville, and must be understood and applied properly. If we consciously look at our founder the Mother's Symbol as guidance, the right attitudes and applications are all here:



- "The first eight concern the attitude towards the Divine..." (the object of Bhakti and Surrender is the Divine)
- "...and the last four towards humanity." (upon the perfection of the aspired qualities and attitudes, applied as willing servitors of the Divine)
- "The center is gold."
- "Gold = Divine Truth"
- "White = the Light of The Mother, or the Divine Consciousness"

The Mother's Agenda, January 19, 1972

[https://sri-aurobindo.co.in/workings/ma/agenda\\_13/1972-01-19-01\\_e.htm](https://sri-aurobindo.co.in/workings/ma/agenda_13/1972-01-19-01_e.htm)

The pivotal Question  
The Invocation  
That evokes The Answer:

Who is this Mother?

Here is Sri Aurobindo  
One of the Double Avatar  
Founders of Auroville  
Revealing The Mother:

[https://sri-aurobindo.co.in/workings/sa/25/on\\_the\\_mother\\_sabcl\\_25\\_e.htm](https://sri-aurobindo.co.in/workings/sa/25/on_the_mother_sabcl_25_e.htm)

Zech, 2022.12.17

The same question has been asked in the past by seekers of the Truth who have discovered Sri Aurobindo and the Mother in the course of their existential quest:

Who is this Mother?

The Question  
Is the Beacon  
That Beckons  
The Quest

Answers reveal themselves spontaneously along progressive/regressive stages of the quest. It took many years before I discovered this book online:

The Mother, The Story of Her Life,  
by Georges Van Vrekhem

[https://sri-aurobindo.co.in/workings/other/van\\_vrekhem-mother.htm](https://sri-aurobindo.co.in/workings/other/van_vrekhem-mother.htm)

Zech, 2019.01.28

## PHYTOLITHS

Some years ago Eric Ramanujan invited me to Aranya. In Sanskrit Aranya means forest or sacred forest. It lies 12 km to the west from Matrimandir, near Sri Aurobindo Ashram garden.



Eric wanted my help in his investigations of the eagle owl, in latin Bubo bubo. In latin bubo means owl. It prefers to live in semi desert areas with deep erosion, like between Aranya and Hermitage.

Before 1968 all area contemporary Auroville was semi desert with the strong erosion. There were sandy storms like in the Sahara. Afterwards Aurovilians created the army of green warriors-trees. Sandy storms stopped but the good habitat for eagle owls was reduced.

Eric Ramanujan passed not long ago. He was a brilliant biologist and talented artist, painter. Thank you, dear Eric ! You showed me in Aranya the phytoliths—petrified pieces of ancient trees. Phytoliths in Aranya are not big. Jean (Two Banyans) told me about Tiruvakara near Vanur (about 5 km to the west from Arunachala farm) where phytoliths are large.

The father of Jean was a carpenter. If he saw a tree, he could immediately say how furniture is possible to make from this tree. My brother worked in the paper industry. Maybe he can say how many leaves of paper are possible to receive from one tree.

In Egypt there are plant Cyperus papyrus, not trees, but ancient Egyptians prepared paper from it. The contemporary libraries are the hecatombs of something similar to phytoliths. Every element of the biosphere is a god's child. Plants, animals, mens compose camaraderie. But what people do with plants? That is not good for mankind's karma.

I found a prophecy of Fedor Romanenko from Moscow university (The Hindu 14 October 2009, page 19);

"Dinosaurs died out. Mammoths died out. Maybe we're next." In Sanskrit, Pkaktro Janah The ordinary man is the enemy for himself.

Boris

## Auroville Poetry

### KOLAM

A winding pathway  
To Beauty

### SAREE

Covers up  
To reveal  
∞

Thali or potluck  
Diversity in one plate

With joyful Gratitude,  
Anandi Zhang



THE CALL TO AUROVILLE

The Inner Call is the key  
 The Secret hidden within  
 A Quest expressed as a Query  
 The Question as conscious vibration  
 Oscillating in a particular frequency  
 Acting as a flaming beacon  
 For the Supramental Energy  
 To ping back and latch on.

Only when open, truly  
 In conscious freedom  
 Not forcing impatiently  
 But maintaining equilibrium  
 With resonants in company, preferably  
 Will create the appropriate transformation.

This is conscious surrender, essentially.

All in tune are in a commune  
 Living in balance and harmony  
 Sitting in group meditation  
 Increasing the force of frequency  
 And hastening each other's evolution.

There's a place, vibrating strongly, I now see  
 That, on Earth, is It: My Next Station  
 There, clearly, is the place to be.

Zech, 2018.09.23,  
 Om Namō Bhagavate

Classes, Workshops & Healing Arts

SERENDIPITY

Activities and Treatments Update

Regular Classes

Hatha Yoga with Ramesh

- Monday and Wednesday, 5:30—6:30pm,  
 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.

Traditional Sanskrit Mantras with Sonia

- Thursday, 10:30am—12noon, drop-in class,  
 Friday, 5—6pm, regular students.

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.

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. The main focus is on developing consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life. It also offers a holistic framework for understanding and working with trauma from a body-centered perspective (unified somatic approach to trauma-informed care). As Stefania has a large academic and professional background in counseling, she also includes in the sessions elements of general western psychology, psychosynthesis, Indian and Integral Psychology, Integrative Somatic trauma healing therapy and techniques from Awareness through the body and astroshamanism.

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 and Simona

- On appointment only
  - Sara +91 9443617308
  - Simona +91 9489511648

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.



Sara

### AUROMODE YOGA SPACE

Yoga of Cosmic Sound Waves  
December 31, 3:30—5:30pm

In this universe everything is energy and energy is both a wave that vibrates and expands and at the same time a particle, which contracts and collapses. The duality of the universe generates the vibration around us, the cosmic dance of Nataraja represents this vibration.



We invite you to join us on the last day of the Gregorian calendar to still your mind and take time to perceive all the 5 elements of your body, release any accumulated tension and prepare your body and mind

to receive the abundance of the new year. We will use fire drum, gongs, Tibetan singing bowls and many music instruments. We also have simple Hatha Yoga movements

- Venue: Auromode Yoga space, Auromode Apartments, Near CSR
- WA only + 91 98926 99804
- [contact@auromodeyogaspace.com](mailto:contact@auromodeyogaspace.com)
- [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com)



### ACTIVITIERS BY DR. SEHDEV KUMAR

#### Freedom From Fear

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



Verite, Saturday, 7 January, 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

Dr. Sehdev Kumar

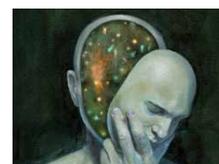
### Peace Within: Peace Without

- Vérité, Saturday, 21 January, 2—4:30pm

Can there be Peace Within if there is Discordance in the Family?

Can there be Peace in the World if our Leaders are driven by Arrogance and Fear?

Can there be Peace in our Hearts if demonic forces of Injustice and Inequality keep flourishing in the World unheeded?



Let us aspire for an Integral Vision of Peace that celebrates

Love ∞ Harmony ∞ Dignity

At all levels

In the Phenomenological & Spiritual Universe Alike

- Register: +91 78678 05812

Dr. Sehdev Kumar,  
Professor Emeritus, Canada, Author, Poet, Mediator,  
Author of *Angels in Black Holes*,  
*Ocean in a Drop: Verses of Kabir*.

[www.lotusinthestone.com](http://www.lotusinthestone.com)

### CIRCLE OF WOMEN

#### Women Temple

- Wednesday, 4 January, 7—9pm

Tapping into our deep longings, connecting to what truly matters & planting seeds of new beginnings.

Welcome into the circle of Women exploring & connecting through embodied practices like prayer, movement, conscious touch, self inquiry, in the atmosphere of rediscovering sisterhood & celebrating each other's unique gifts.



If you hear a whisper or a roar of 'yes' from within you, pls register on whatsapp/telegram 9786658967

#### Create your Vision Board

- Friday, 6 January, 3—6pm,
- Saturday, 7 January, 3—5pm.

New Year is another perfect time for envisioning reality.

Creating a sacred space that displays what qualities we want to manifest in life, actually does bring them to life—what we focus on expands. When we create a vision board with a focus and place it in a space where we see it often, we essentially end up doing short visualization exercises throughout the day.

Visualization is one of very powerful mind exercises we can do; for ex Olympic athletes have been using it to improve performance. It's simple: a vision board needs to focus on how/what one wants to feel/experience, not simply on things that one wants...

Welcome to join this 5 hour ws, to connect with your deeper longings, let your creativity flow using recycled materials and create your Vision board around specific project/topic (relationship, work, community, health...), or a more general one for ex. for next month, a year etc.

- Please register, so I know how much material to prepare! WA/telegram 9786658967

Both above offerings by Dariya who is trained in many land and water based modalities and has been holding individual and group spaces for transformation over 25 years.

Dariya

**PITANGA**



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

**Programme for January 2023**

**Iyengar Yoga with Tatiana**

*Only with prior registration!*

• **Tuesdays 4:30—6pm, Yoga for the Spine, Drop-In**  
 This class is open to residents and guests also. Booking preference is given to residents. It is not a medical class. Participants can join if they have spine problems but need to be able to fully take care of themselves, carry their own props etc.

• **Thursdays 4:30—6pm, Mixed level, Regular practitioners only**

This class is open to residents and guests if they are practicing regularly already. Booking preference is given to residents.

• **Saturdays 9—10:30am, Restorative Yoga, Level 2-3, Regular practitioners only**

This is a class for Aurovilians only, for the very advanced students.

• **Saturdays 11am—12pm, Pranayama, Regular, Open for residents only. For any Iyengar Yoga practitioner who is practicing regularly.**

**Yoga Asanas with Rachel**

- **Mondays 5—6:30pm, Hip opening, All levels, Drop-in**
- **Tuesdays 7—8:30am, All levels, Drop-in**
- **Wednesdays 7—8:30am, All levels, Drop-in**
- **Thursdays 7—8:30am, All levels, Drop-in**
- **Fridays 5—6:30pm, For beginners, Drop-in**
- **One-on-one lessons available on request.**

**Ashtanga Yoga—Mysore Style with Sheida**

- **Mondays 7—8:30am, Drop-in**
- **Thursdays 7—8:30am, Drop-in—starts Jan 5**
- **Saturdays 9:30—11am, Drop-in—stops Dec 31**

**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 **Monday to Friday 3:30—4:30pm** to Pitanga.

**Healing Spaces**

- Please book your appointment for a healing space by phone: 262 2403

Bio-Resonance	Afsaneh
Chiropractic Adjustment	Afsaneh
Essenian Healing	Patrick
Energy Meridian Exploration Session	Andres L
Foot Reflexology	Sheida
Thai Yoga Massage for ladies	Sheida
Thai Yoga Massage	Bernardo

**More Yoga**

Yin Yoga, in French, Drop -In, 31 December, 14 & 28 January	Saturday, 5—6:15pm	Aur�lie
Pranayama, Regular only	Friday, 6:45—8am	Fran�ois, Namrita
Yoga Therapy, restarts 9 January, All levels	Monday, Wednesday, Friday 8:30—10am	Gala
Asanas for children, 7—9 yrs, Regular, restarts 14 January	Saturday 10—11am	Gala
Asanas for teenagers, 10-15yrs, Regular only Restarts 9 January	Monday, Wednesday 4—5pm	Lisbeth

**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, Restarts 12 January	Thursday, 3—4pm	Gala
Yoga Nidra, Drop-In	Thursday, 11:30am—12:30pm	Rosa A.
Awareness and Joy, For seniors, Drop-In	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	Paused till mid February	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

**Yoga de l’ nergie with Ricardo, classes in French**

- **Mondays, 3—4:30pm, starts 2 January.**  
*New Yoga class starting*

Created by Lucien Ferrer and perfected by his disciple Roger Clerc, this yoga is a synthesis of a simplified tantric technique of Indo-Tibetan inspiration. It is adapted to the Western and modern world. This Yoga starts from the study and development of this principle through 26 preliminary movements in order to become aware of the currents and the control of the energy in the body in order to reach calmness and equanimity, the first condition to enter Yoga. It continues with the movements of Naropa of Tibetan inspiration, as well as with the study of asanas, pranayama and akasha, thus going from the densest to the most subtle.

- **Classes: 90min**, each class bringing complementary elements and movements to complete the daily practice of the 26 preliminary movements.

*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, on behalf of Pitanga*



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 (WA), Marco	Monday to Saturday, 8:30-9:30am, by Appointment only
Chakra Breathing Meditation		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
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana by appointment 9047654157	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, Only by Appointment	Dr. Mohammad Sahel, 9994208068	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

# YOGA & MEDITATION CLASSES

SriMa International School of Transformational Yoga, India



Everyday class:  
Transformational Yoga: 6:30 am to 7:30 am  
TIME Meditation: 7:30 am to 8:30 am

SriMa Shanti House  
Sri Meerambigai Garden, 95 C.M.Chavady,  
Near Auroville Main Rd, Kottakupam 605104  
(+91) 9810670711 / 9810680711  
[contact@transformationalyoga.org](mailto:contact@transformationalyoga.org)

Founded by Swami Vidyanand



WORLD YOGA FEDERATION

[WWW.TRANSFORMATIONALYOGA.ORG](http://WWW.TRANSFORMATIONALYOGA.ORG)

Swami Vidyanand taught at Delhi ashram for ten years. He's very down to earth and based nearby. *Petra*



**VÉRITÉ INTENSIVES**

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

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

Registration required for the following intensives

**Master Class:**

**Breath, Mantra, Asanas & Prana Nidra w/ Andres**

• Saturday, 7 January, 9:30am—12pm

This class focussed on purifying the Energy Pathways or Nadis, through grounding asanas, mantra chanting (with harmonium), breathing techniques and a revitalising relaxation technique (prana nidra). As a result, the flow of Prana (Vital Life Force) is unblocked throughout the Nadis (energy meridians), and balance is restored in the physical, mental, emotional, intuitive and psychic being.

**Yoga Simplified:**

**A Basic Yoga Program, 2 days w/ Lakshmi**

• Saturday and Sunday, 7 & 8 January, 9:30am—4:30pm

This is a basic wholesome two-day yoga workshop where you will learn some body loosening movements, Surya Namaskar, breath enhancing techniques and sound based breathing practices which can calm the nervous system. The program also includes satsangha, bajans chanting, and a Q&A session. It is designed in a way that is suitable for anyone and is intended to deliver yoga in its most holistic context.

**Freedom from Fear w/ Dr. Sehdev**

• Saturday, 7 January, 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.



**VÉRITÉ PROGRAMS**

Phone: +91413 2622045, 2622606,

Mobile: 7867805812, 8489391876

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

[www.verite.in](http://www.verite.in)

**Intensives (pre-registration required)**

Day & Date	Intensives (pre-registration required)	Timings	Presenters
Saturday & Sunday, 7 & 8 January	Yoga Simplified: A Basic Yoga Program, Lakshmi (2 days)	9:30am—4:30pm	Lakshmi
Saturday, 7 January	Master Class: Breath, Mantra, Asanas & Prana Nidra	9:30am—12pm	Andres
Saturday, 7 January	Freedom from Fear	2pm—4:30pm	Sehdev
Friday, Saturday & Sunday, 13, 14 & 15 January	Prana Yoga: Tuning Life Energy Training	9am—4:30pm	Ananda
Saturday, 14 January	Anatomy for Yoga Practitioners: The Knee	9:30am—12pm	Rebeca
Saturday, 14 January	Yoga Nidra: Know your Soul & Feel the Universe	2—4:30pm	Ved
Friday, 20 January	Herbal Remedies from the Mediterranean Area	9:30am—11:30am	Stella
Saturday & Sunday, 21 & 22 January	Explore and Balance Your Five Bodies (Koshas) Through the Practice of Yoga	9:30am—12:30pm	Sabrina
Saturday, 21 January	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Sehdev
Friday & Saturday, 27 & 28 January	Speaking From The Heart: Based on Non-Violent Communication	Friday—9:30am—4:30pm Saturday—9:30am—1:30pm	Vega
Friday, Saturday & Sunday, 27, 28 & 29 January	Self Love & Awareness: Inner Journey, Meditation Retreat	9am—4:30pm	Ananda
Saturday, 28 January	Odissi: Indian Classical Dance, an Introduction	3—4:30pm	Stella

**Therapies (by appointment only)**

Thai Yoga Therapy	Andres
Cranio-sacral Therapy	Giuliano
Functional Medicine	Lize
Biodynamic Cranio-sacral Therapy	Mila
Mindfulness Based Life Coaching	Moller
Private Yoga Session / Yoga Therapy	Nadia

Grounding & Relaxation Massage—Emotional Healing, Fertility Massage	Prem Shakti
Private Yoga Session / Yoga Therapy	Rachel
Foot Reflexology	Radhika
Integrated Cranio-sacral and Foot Reflexology	Radhika
Integrated Ayurvedic Accupressure, Deep Tissue & Heart Healing Massage	Raja
Private Yoga Session	Sabrina
Heart-Centered Resilience	Susan
Lomi-Lomi Massage	Umberto
Ayurvedic Abhyanga Massage	Umberto

**Yoga & Re-creation Programs**

*Social Distancing Practiced In All Programs*

Days	Drop-in Sessions	Timings	Presenters
Mondays	Hatha Yoga: Sun & Moon	9—10am	Tahir
Mondays	Hip Opening And Arm Balance Hatha Vinyasa Yoga Flow	10:30—11:30am	Abhi
Mondays	Yin Yoga	3:30—4:30pm	Emma
Mondays	Deep Sound Bath	5—6pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Slow Flow Yoga	9—10am	Emma
Tuesdays	Yoga for Inner Alignment	10.30—11.30am	Radhika
Tuesdays	Yoga As a Tool: Go Within	3:30—4:30pm	Shriya
Tuesdays	Holistic Yoga	5—6pm	Sabrina
Tuesdays	Vinyasa Flow	5—6pm	Rebeca
Wednesdays	Yoga for Inner Alignment	9—10am	Radhika
Wednesdays	Backbend And Hip Opening Hatha Yoga Flow	10:30—11:30am	Abhi
Wednesdays	Restorative Yoga	3:30—4:30pm	Rachel
Wednesdays	Nataraj Dance Meditation	5—6:30pm	Nirmal
Wednesdays	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Hatha Yoga on Alignment	9—10am	Rachel
Thursdays	Yoga As a Tool: Go Within	3:30—4:30pm	Shriya
Thursdays	Vinyasa Flow	5—6pm	Rebeca
Thursdays	Holistic Yoga	5—6pm	Sabrina
Fridays	Free Flow Dance & Movement	5—6:30pm	Vega
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
Saturdays	Ecstatic Dance	5—6:30pm	Tahir
Saturdays	Chakra Dance Meditation	5—6:30pm	Nirmal



## VÉRITÉ REGULAR EVENTS

JANUARY 2023

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

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

[www.verite.in](http://www.verite.in)

### Classes

#### Hatha Yoga on Alignment w/ 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, or email [programming@verite.in](mailto:programming@verite.in).

#### Hatha Yoga: Sun & Moon w/ 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, or email [programming@verite.in](mailto:programming@verite.in).

#### Yoga As a Tool to Go Within w/ Shriya at Vérité

- Tuesdays and Thursdays, 3:30—4:30pm

A yoga class for anyone who wants to understand and explore themselves through the body and breath. Sessions include 2 components: physical and spiritual; the physical asana practice is a medium to access the more subtle parts of the Self. Some days we sweat, some days we are balancing, and other days we are in a restorative space, but on all days the aim is to find the peace within!

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

#### Holistic Yoga w/ Sabrina at Vérité

- Tuesday & Thursday, 5—6pm

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, or email [programming@verite.in](mailto:programming@verite.in).

#### Vinyasa Flow Yoga w/ Rebeca at Vérité

- Tuesday & Thursday, 5—6 pm

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, or email [programming@verite.in](mailto:programming@verite.in).

#### Free Flow Dance and Movement w/ Vega at Vérité

- Friday 5—6:30pm

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, or email [programming@verite.in](mailto:programming@verite.in).

#### Restorative Yoga w/ Rachel at Vérité

- Wednesday 3:30—4:30pm

A supported yoga 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, or email [programming@verite.in](mailto:programming@verite.in).

#### Nataraj Dance Meditation w/ 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, or email [programming@verite.in](mailto:programming@verite.in).

#### Yoga for Inner Alignment w/ Radhika at Vérité

- Tuesday 10:30—11:30am & Wednesday 9—10am

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

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

#### Hatha Yoga on Alignment w/ 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, or email [programming@verite.in](mailto:programming@verite.in).

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

#### Chakra Dance Meditation w/ Nirmal at Vérité

- Saturday 5—6.30pm

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, or email [programming@verite.in](mailto:programming@verite.in).

#### Ecstatic Dance w/ 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, or email [programming@verite.in](mailto:programming@verite.in).

#### Slow Flow Yoga w/ Emma at Vérité

- Tuesday 9—10 am

This Gentle Vinyasa practice explores the Range of motion of the body while working on mobility and flexibility. The class focuses on breath and mindful movements with a moderate intensity.

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

**Hatha Vinyasa Yoga w/ Andres at Vérité**

- Monday, Wednesday & Friday, 5—6pm

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, or email [programming@verite.in](mailto:programming@verite.in).

**Yin Yoga w/ Emma at Vérité**

- Monday 3:30—4:30pm

Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilise and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

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

**Hip Opening And Arm Balance Hatha Vinyasa Yoga Flow w/ Abhi at Vérité To Strengthen and Release the Tightness of Muscles**

- Monday 10:30—11:30am

A Hip Opening Immersion To Unlock Tight Joints. Hip openers are an essential part of a strong and balanced yoga practice. While hip opening poses have many great benefits, they are often challenging and uncomfortable to practice, especially for beginners. These asanas are not only great for physical well-being, hip opening asanas also encourage emotional release and stress relief. If you follow some basic practice tips, you can conquer these challenging poses and reap all of their amazing benefits.

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

**Backbend and Hip Opening Hatha Yoga Flow w/ Abhi at Vérité To Unlock the Centre of Love**

- Wednesday 10:30—11:30am

Heart Openers To Unlock The Center Of Love. Heart opening Yoga revolves around the heart Chakra, a spiritual power in the human body based on Indian beliefs. It is believed the heart Chakra is the centre for love, compassion, and emotions in our lives and bodies. When the heart Chakra is closed off, it can result in holding grudges, being unable to let go, being emotionally unstable, and having the inability to feel love or be loved. Also, you may think you are ready to embrace love, but your body language may say otherwise. The fear of heartbreak and the effort to protect our fragile hearts are often visible in our body language. You need to open your heart to let love in. This class will be helpful for those who are struggling with self love and those who have tight shoulders, upper back and neck.

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

**Deep Sound Bath w/ Satyayuga at Vérité**

- Monday 5—6pm

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone and drum along with mystic chanting.

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

**Treatments and Therapies****Thai Yoga Therapy w/ 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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

**Biodynamic Craniosacral Therapy w/ 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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

**Craniosacral Therapy w/ Giuliano at Vérité**

Craniosacral therapy (or CST) is a non-invasive manual medicine technique based on gentle hand applied pressure (5-10 grams). Through conscious touch it's possible to quickly facilitate self-healing. CST is a broad spectrum therapy indicated for all ages, and particularly useful for muscle and joint trauma, persistent pain, whiplash, pre- and post-operative treatments, stiffness and changes in movement of the spine, as well as postural problems.

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

**Private Yoga Sessions/ Yoga Therapy w/ Nadia at Vérité**

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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

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

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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

**Craniosacral Therapy & Foot Reflexology w/ Radhika at Vérité**

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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage w/ 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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Private Yoga Sessions/ Yoga Therapy w/ Sabrina at Vérité**

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 personalised sequence according to your needs.

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Private Yoga Sessions/ Yoga Therapy w/ Rachel at Vérité**

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Ayurvedic Abhyanga Massage w/ 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 synchronised 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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Lomi Lomi Hawaiian Massage w/ 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: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Functional Medicine w/ Lize at Vérité**

Functional medicine determines the root causes of the symptoms the patient brings to the practitioner. These symptoms are comprehensively investigated through in-depth case-taking, clinical examination, and laboratory testing. The aim of all forms of Functional Medicine intervention is to restore optimum functioning to all the regulatory systems of the body as a whole. Founded on cutting-edge medical science, Functional Medicine is uniquely positioned to identify and address the underlying causes of chronic illness. The body-mind has an innate impulse towards health, wholeness and well-being. A stressful lifestyle presents many challenges to this self-regulating mechanism. Every individual is genetically, biochemically and psychologically unique, and the path to healing is personal and different for each of us. Lize establishes a true collaborative therapeutic partnership with her patients to create an individualised, health-oriented management plan to restore the body's integral functioning.

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Mindfulness Based Life Coaching w/ Moller at Vérité**



For Moller, coaching is the art of establishing an empathetic, soulful rapport between himself and those he communicates with. He regards this immediate connection between two relative strangers as the basis for all inner healing, mutual sharing and potential growth. And as Mindfulness is entirely founded on greater awareness and openness of heart and mind, the

coaching experience he offers is always deeply rewarding and enlightening—as well as creatively challenging. If you find yourself swept away by your thoughts and emotions which make you feel disempowered, overwhelmed and anxious, you may find that mindfulness, combined with skillful coaching, may greatly relieve you from such painful states of stressful experience.

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

### **Heart-Centered Resilience w/ Susan at Verite**

Learn simple, heart-focused skills to help regulate your body's response to stress. These scientifically validated tools have been proven to increase wellbeing, personal and professional performance, and quality of life. One or two 60-90 minute sessions are very useful, but for optimum learning, a series of 3 sessions is recommended.

- By appointment: +914132622 606, +917867805812 WA, [treatments@verite.in](mailto:treatments@verite.in)

*Kathir for Vérité Programming*

### **JIVA**

**your journey in healing and transformation**



[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, Sharnaga 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)

**New: Webinars Natural Horsemanship with Mirabelle**

- **Horse Care and Management (5 lessons)**
  - Basic needs,
  - Basic anatomy
  - Feed needs,
  - Deworming
  - Basic medical terminology

What we can learn from horses about leadership (5 lessons)

- History of horses and humans, and its significance
- Basic needs: similarities and differences
- Different kinds of intelligence and what they mean
- Non-verbal communication and energy levels, how to find neutral
- Setting yourself up for success, value-based Teamwork!
- Contact Mirabelle directly: 919626565134 WA or [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

**Workshop in Holotropic Breathwork**

- 1—5 January and 8—12 January



Facilitated by **KC Tomas**, (Grof Transpersonal Work representative India, Thailand and Sri Lanka, has guided over 1400 breathwork sessions), “Holotropic states of consciousness, then, are those non-ordinary, expansive, states that invite and support this innate movement towards wholeness. In the words of Grof: “Holotropic states bring to consciousness that which has a strong emotional charge in us already. Something that is psychodynamically relevant at the time and is most available for us for conscious processing.” When we enter a holotropic state with the intention of healing and self-discovery, it invites a kind of inner radar that scans our unconscious and brings to consciousness that material to which we most need to attend and heal. “

- Each of the 5 day workshops can be booked separately to empower your personal healing.
- At the same time, the 2 workshops are the first two of a 6 module facilitator training in JIVA Breathwork

All info and registration [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 09626006961

**Journey of the Soul, 31 December, 10am—2pm**

- **Venue: Sharnga Guest House Yogahall**

A 1 day workshop to explore the “Layers of the heart”, an inner journey described by the Mother, and more recently by Soleil Lithman, a long term associate of Auroville. After a short Intro, we will follow a guided meditation. This workshop is an opening toward the dimensions of inner work proposed by The Mother. A workshop for all.



**Facilitator Sigrid Lindemann**, an Aurovilian researcher for over 20 years, international faculty in integral regression therapy.

**Venue** Sharnga Guesthouse Yogahall  
[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 09626006961

**Transforming trauma, 14 & 15 January 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:** 14 & 15 January, 9—5pm.
- **Venue:** Sharnga Guesthouse Yogahall, [www.sharngaguesthouse.in](http://www.sharngaguesthouse.in)
- **Jiva Venue:** Sharnga Guest House, [www.sharngaguesthouse.in](http://www.sharngaguesthouse.in)

**Our Venue Sharnga Guesthouse**

- [www.sharngaguesthouse.in](http://www.sharngaguesthouse.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/YEPAV> 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

**QUIET HEALING CENTER**



[www.quiethealingcenter.info/quiet@auroville.org.in](http://www.quiethealingcenter.info/quiet@auroville.org.in)  
+91 413 2622329/+91 9488084966,  
9488079871

**Baby Watsu Class with Appie & Friederike**

- **Monday, 2 January, 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.

**Birenda Massage Course with Jean-Louis & Sivacoumar**

- **Thursday, 12—Sunday, 15 January &**
- **Saturday, 21—Sunday, 22 January**
- **9am—5pm**

**Birenda Massage** is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience. To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you’ll learn how to massage the legs, arms and front of the body.

You’ll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

Manual and certificate upon completion of the course!

### Somatic Yoga Classes with Linda Lee

- Saturday, 31 December, 10:30am—12noon

Somatic yoga classes are designed to:

- learn how to use Somatics as a preparation for yoga asanas;
- experience ease, comfort, joy and stability that flows from inside out;
- include somatic preparations for Sun Salutations;
- lay down movement pathways for a seamless flow, which establish stability and safety, and stimulate courage, compassion and contentment.
- Group sessions, Saturdays, 10:30am—12pm
- Individual sessions, on request.

### Liquid Flow Essence with Dariya & Daniel

- Tuesday, 10—Monday, 16 January 8:45am—6pm + one evening, 50 hours

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Auroville, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.

This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, work.

Liquid Flow Essence is a favorite elective of many students. It offers a wonderful new sequence of essential bodywork movements laced together in a graceful, continuous flow. Along with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection with ALL.

- Prerequisites: Watsu & Liquid Flow Basic or Watsu & OBA Basic.

### Watsu 1 with Petra

- Tuesday, 17—Monday, 23 January, 8:45am—6:30pm, 50 hours

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C) and is known as the mother of all water therapies, created by Harold Dull in the 1980s.

Watsu, the part during which the receiver's face remains on the surface, introduces the qualities and body mechanics to work with someone in water. Watsu offers an opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, releasing emotions and traumas—ultimately, for freeing body and mind in a flow unique to each client and each session.

In this course, you will first practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another body in water. You will experience floating other people and being floated, on the surface, thereby creating space for deep relaxation and nurturing body, mind and spirit.

- Prerequisites: No previous experience required.

### Female Massage Therapists Needed

We are looking for female massage therapists, who are willing to offer their skills on a regular basis at the Quiet Healing Center.

If you are interested to join a team of over thirty therapists and dedicate some of your time, energy, and love to our healing centre, which has been serving Aurovilians and guests for more than two decades, please send an email to [quiet@auroville.org.in](mailto:quiet@auroville.org.in) or message 9488084966 WA.

With gratitude and appreciation,  
Thanks, Guy for Quiet Healing Center

### JEEVAN VIDYA INTRODUCTORY COURSE

(in English)

2—7 February, Progress Hall, Bharat Nivas, Auroville

An introduction to

# JEEVAN VIDYA

A course to explore purpose and meaning of humans & humane living in context of existence.

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<b>Shared by</b>	<b>Venue</b>
Ashok Gopala	Progress Hall,
&	Bharat Nivas, Auroville
Drishta Gopala	
<b>In collaboration with</b>	<b>Dates</b>
Sanskritam Auroville	2nd to 7th February 2023
<b>Registration</b>	If interested please contact
<a href="https://bit.ly/AVJVFeb23">https://bit.ly/AVJVFeb23</a>	Pashwa +91 98194 14523
	<a href="mailto:devabhasha@auroville.org.in">devabhasha@auroville.org.in</a>

WELL BEING OF ALL INCLUDES WELL BEING OF THE SELF

We are looking to offer a Jeevan Vidya Introductory Course in Auroville, on 2—7 February, facilitated by Ashok Gopala (and assisted by his daughter Drishta Gopala).

- The course requires 26 hours over 6 days, including two full days, 9am—5pm on Saturday and Sunday,
- and 4 weekdays with evening slots 5:30—8pm.

All Jeevan Vidya workshops are offered as a gift to the society, with the sole purpose being to bring about co-existential harmony through awareness and understanding.

### About the Jeevan Vidya course

- Jeevan Vidya is a proposal for understanding all of life—self, relationships, society and the natural world—through exploration and inquiry.
  - It offers a road map towards greater clarity and insight, to enable living with integrity and harmony at all levels of existence.
  - Jeevan Vidya focuses on the study of the human being, and proposes self-verification as the tool through which a lived (embodied) understanding is possible. This brings a coherence in our thinking, choices and behavior at all levels.
- While the Jeevan Vidya course is based on Madhyasth Darshan (madhyasth.org) by Shri A. Nagraj (1920-2016), the format of the course is about exploring universal aspects of life by learning from each other through dialogue and reflections.
- It does not aspire to establish a sect or a commune.
  - It is not based on any prevalent religion, spiritual school, philosophy or ideology.
  - It is not for making money or achieving fame.

### Schedule

- Wednesday, 2 January, 5:30—8pm, only evening
- Thursday, 3 January 5:30—8pm, only evening
- Friday, 4 January, 5:30—8pm, only evening
- Saturday, 5 January, 9am—5pm, full day
- Sunday, 6 January, 9am—5pm, full day
- Monday, 7 January, 5:30—8pm, only evening

**Note:** Beyond the hours of the course the facilitators will be available for informal interactions throughout the duration of the course.

- There is space for about 25 to 30 participants, so anyone who might be interested to attend this, please reach out to Pashwa on +919818414523 or email [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in) (see next page for registration)

- Registration link: <https://bit.ly/AVJVFeb23>

The course will be offered freely without any financial fees, however it is important to commit to attending all the sessions. All are welcome.

Warmly,  
Samskritam Auroville team

## Languages

### 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

#### Looking for a Volunteer

- To complete the identification and site-mapping of the trees surrounding our building in AutoCad. The work would require a week or so.

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

#### Current Language Courses at ALL

##### New: Sanskrit with Kaushal

Great news for Sanskrit learners! We are going to start a new Sanskrit Beginners Course with Kaushal this January!

Growing up in a traditional environment with exposure to Sanskrit texts, Kaushal pursued his interest in Sanskrit more actively later in life. He is now interested in helping others reach a good basic understanding of this rich, extraordinary language. This two-month course will take you through the sounds and the alphabet, and shall explore simple words, conversation, and chanting of select mantras.

- The course will start on 5 January and classes will take place every Thursday, 2:30pm to 4:30pm.

##### New: Beginner Italian

Great news for Italian learners!

Our new Beginner Italian course is slated for early January, 2023! As always, spaces are limited. You are welcome to enquire with us and reserve your spot!

##### 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.

#### 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, 9:00am to 10:30am. Course started on October 31 comprising 36 hours of teaching over three months.

#### French with Jean-François

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.

### 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: 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.

- Classes will take place Mondays, Wednesdays, & Fridays 11:00am to 12 noon.

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

### 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!

### A note to present and past students

*If you've borrowed any of our books, please bring them back! We are cataloging our reference library.*

*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@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.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!

### 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@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)

Find us on    @aurovillelanguagelab  
Auroville Language Lab Tomatis Research Centre

### Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Beginner & Pre-Intermediate	10:15—11:15 am	Tuesday & Thursday
	Total Beginners To start soon	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	2:30—4:30pm	Saturday
	Beginner for Teens Started 12 November	11am—12noon	
	French Conversation 1 Started 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	9:30—10:30am	Tuesday & Friday
	Written & Spoken Beginner, To start soon	10—11am	Monday & Thursday
Sanskrit	Beginner To start 5 January 2023	2:30—4:30pm	Thursday
Spanish	Beginner: Group 1 Started 3 October 2022	2:30—3:30pm	Monday & Wednesday
	Beginner: Group 2 Started 3 October 2022	3:45—4:45pm	
	Intermediate Started 22 November	2:30—4pm	Tuesday
Japanese	Beginner To start February 2023	TBA	TBA
Italian	Beginner To start January 2023	TBA	TBA



Submitted by Vismai



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**2 January to 8 January 2023**

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Maintaining standard Covid protocols, i.e. temperature check, registration, and Mask (and not scarves) etc. are a must even now. Please come prepared. To organize a seminar/program please contact us via email.

We continue to have issues with our projector. It is getting repaired, and we will continue the program with an older alternative. Clearly it is time for us to look for a new one. If you are able to kindly donate at MMC's FS Account for this.

**Indian— Monday 2 January, 8:00pm:**  
**BELASHURU (Start of the day)**

India, 2022, Dir. Shiboprosad Mukherjee & Nandita Roy w/ Soumitra Chatterjee, Swatilekha Sengupta, Rituparna Sengupta, and others, Drama-Family, 140mins, Bengali w/ English subtitles, Rated: U (PG)

This is a sequel to the film Belasheshe (end of the day) for which we had held special screenings with one of the directors. In that film Biswanath could, for the first time, deeply connect with Arati, his wife of over 50yrs. In this film, situated five years later, Arati is diagnosed with Alzheimer and Biswanath has to cope. Not the new beginning he was hoping for, but nevertheless it is. *This is the last film of where the two veteran actors appear together. We have lost both of them since.*

**Potpourri—Tuesday 3 January, 8:00pm:**  
**THE PARTY**

UK-Denmark, 2017, Writer-Dir. Sally Potter w/ Timothy Spall, Kristen Scott Thomas, Patricia Clarkson, and others, Comedy-Drama, 77mins, English w/ English subtitles, Rated: R

To celebrate her long-awaited prestigious post as a Shadow Minister for Health and, hopefully, a launch to party leadership, the newly appointed British opposition politician, Janet, is throwing a party for friends at her London flat. Of course, in this select and intimate soirée, apart from Bill, Janet's husband, the elegant hostess has also invited a motley crew of elite, hand-picked guests. All was going to be perfect—as per the plan, but then reality had other plans.

**Interesting—Wednesday 4 January, 8:00pm:**  
**FIRE OF LOVE**

USA-Canada, 2022, Dir. Sara Dosa, w/ Miranda July, Katia Krafft, Maurice Krafft, Biography-Documentary, 98 mins, French-English w/ English subtitles, Rated: PG

Intrepid scientists and lovers Katia and Maurice Krafft died in a volcanic explosion doing the very thing that brought them together: unravelling the mysteries of volcanoes by capturing the most explosive imagery ever recorded.

**Selection—Thursday 5 January, 8:00pm:**  
**DOROGIE TOVARISHCHI (Dear Comrades!)**

Russia, 2020, Dir. Andrey Konchalovskiy w/Yuliya Vysotskaya, Vladislav Komarov, Andrey Gusev, and others, Drama-History, 121mins, Russian w/ English subtitles, Rated: NR (R)

Novocherkassk, USSR, 1962. Lyudmila is a Party executive and devout communist who had fought in WWII for Stalin's ideology. Certain that her work will create a communist society, the woman detests any anti-Soviet sentiment. During a strike at the local electromotive factory, Lyudmila witnesses a laborers' piquet gunned down by the government forces. The incident affects both her personal life as she finds her daughter missing after the blood bath, and her world view that she held so dearly.

**International—Saturday, 7 January, 8:00pm:**  
**AMSTERDAM**

USA, 2022, Dir. David O. Russell w/ Christian Bale, Margot Robbie, Chris Rock, and others, Comedy-Thriller, 134 mins, English w/ English subtitles, Rated: R

In the 30's, three close friends—a doctor, a nurse, and a lawyer—witness the mysterious murder of a retired general, and are framed for it. They soon find themselves at the center of an outrageous secret plot. Amsterdam is based on the Business Plot, a true 1933 conspiracy in which wealthy American businessmen and bankers tried to overthrow an influential politician.

**Children's Matinee—Sunday, 8 January, 4:30pm:**  
**KLAUS**

Spain-UK-USA, 2019, Dir. Sergio Pablos & Carlos Martínez López w/Jason Schwartzman, Rashida Jones, and others, Adventure-Comedy, 96 mins, English-Saami w/ English subtitles, Rated: G

Jesper, postal academy's worst graduate, stationed on an island above the Arctic Circle, where the feuding locals hardly exchange words let alone letters. Jesper is about to give up when he finds an ally in local teacher Alva, and discovers Klaus, a mysterious carpenter who lives alone in a cabin full of handmade toys. Then the magic happens. *Rescheduled since we could not screen it last week due to technical issues.*

**Bruno Ganz Film Festival @ Ciné-Club**

**Sunday 8 January, 8:00pm:**  
**DER UNTERGANG (Downfall)**

Germany, 2004, Dir. Oliver Hirschbiegel w/ Bruno Ganz, Alexandra Maria Lara and others, History-Drama, 156 mins, German w/ English subtitles, Rated: NR (PG).

In one of the greatest cinematic performances of all time, the late director channels the pure psychosis of one of the most evil humans to walk the earth and becomes Adolph Hitler in his final days. With outstanding writing, cinematography and a remarkable supporting cast, Downfall is an instant classic.

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

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

Thanking You,  
 MMC/CP Group Account# 105106,  
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)



**Reminder**

- Friday 30 December, 8pm, "Hallelujah: Leonard Cohen, A Journey, A Song" by Daniel Geller and Dayna Goldfine, US, 2021

**Special Program:  
a Mexican Mini Film Festival**

Aurofilm, A Sub-Unit Of Saiier And Auroville Mexico Present A Mexican Mini Film Festival

- Friday, 6 and Saturday, 7, at 6 and 8pm, Video room (Visitors' Centre)
- Sunday, 8, at 10:30am, MMC Auditorium (Town Hall)



We are happy to present a selection of 5 feature films about Mexican culture and 8 very short animated films of Indigenous Mexican Languages. This is an initiative of Auroville International Mexico in collaboration with Aurofilm!

*Welcome to all! Bienvenidos todos!*

*We wish you a happy and luminous New Year !*

**Friday, 6 January, at Video Room, Visitor Centre**

- **18:00** I 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".

Martin, 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** i 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 Tavira

In 1970, Cleodegaria Gutiérrez, "Cleo" 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 Sofia; the father, Antonio; grandma Teresa; and their four children. When Antonio, a doctor, remains in Quebec after a conference, the problems in his and Sofia's marriage become apparent... Shot in black & white, Roma won many awards, including with the Golden Lion for Best Film at the Venice International Film Festival.

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

**Saturday, 7 January, at Video Room, Visitor Centre**

- **18:00** Coco

**Directed by** Lee Unkrich— Animated film US, 2010

With voices of: Anthony Gonzalez, Gael García Bernal, Benjamin Bratt, Alanna Ubach, Ana Ofelia Murguía

Coco is a much awarded computer-animated fantasy film produced by Pixar Animation Studios. The story 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, businessman Germán Noble cuts off his three spoiled children from their family fortune, which forces them to do the unthinkable: get jobs! The film's plot for this successful movie was taken from Luis Buñuel's 1949 Mexican film The Great Madcap starring Fernando Soler.

*A lively comedy, not particularly for the young children, Spanish/ EST*

**Matinée Sunday 8 January at MMC Auditorium (Town Hall)**

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

With voices of: Diego Luna, Zoe Saldana, Channing Tatum, Ice Cube, Ron Perlman

A 3D computer-animated musical fantasy film. Based on an original idea by the Mexican director, the story follows a bullfighter who, on the Day of the Dead, embarks on an afterlife adventure to fulfill the expectations of his family and friends. The Book of Life encourages us to celebrate the past while looking forward to the future!

*General Audience—English/EST 1h.35'*

**Program Details For Short Films Of 68 Voices (Indigenous Mexican languages!)**

A project of HOLA COMBO, a Mexican production company that worked together with Channel 11, a Mexican television channel dedicated to culture, who showed, supported and finished the project. As well as with INALI, the National Institute of Indigenous Villages in Mexico.



**Friday 6 January at Video Room (Visitors' Centre):**

**20:00**

- **When a Tongue Dies/ Cuando Muere Una Lengua "Quema polihui se tlajtol camanali"**  
Náuatl Language/EST 2 min
- **The witch Cricket/ El Chapulin brujo "Wo'ochi yee sisibome"/ Yaqui Language/EST 4 min**
- **The origin of life on earth/ El origen de la vida en la tierra "Cha'an jiñi yùjkel yik'oty bajche'tsa'tye'jchy cuxtyä'lel tyi lum"/ Ch'ol Language/EST 1 min**
- **The origin of the rainbow/ El origen del arco iris "Nga'tae kucha kitukja' ya xi s'e nga ja menda tsio"/ Mazateco/EST 1 min**

**Saturday 7 January at Video Room** (Visitors' Centre):

**20:00**

- The origin of fire/ El origen del fuego  
"Juka tájjita ániat yew maachiaako"  
Maya Language/EST 1 min
- The Fireflies that Embellish the Trees/  
Las Luciérnagas que embellecen los árboles  
"Netosa Brajkinbebajyaata Kita'nutje Netovuwi"  
Matlatzinca/EST 1'30 min
- The last dance/ La última danza  
"U Yóok'otil Kíimil" Maya Language/EST 2'28 min



- My Face dies/ Muere mi rostro  
"Niy Kilakán" Totonaco Language/ EST 1'27 min  
Thanks a lot! Merci beaucoup, Surya and Susana  
Aurofilm, Kalabhoomi,  
[aurofilm@auroville.org.in](mailto:aurofilm@auroville.org.in), 0413-2622 037

**ECO FILM CLUB**

Every Friday at Sadhana Forest

**Schedule of Events:**

16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour

16:30 Tour of Sadhana Forest

18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

18:30 Eco Film Club begins with "previews" of short Sadhana Forest films

20:00 Dinner is served

21:15 Free bus from Sadhana Forest back to Solar Kitchen  
Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner!

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

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

**Friday 6th January**

**Vegan 2022 + Fools and Dreamers**

2022 / 30+33 minutes

- **Vegan 2022.** The Film shines a spotlight on the idea that we each have an individual responsibility to recognise and address. It explores the possible choices that we can make as consumers in fostering care and compassion for the animals we share the Earth with.
- **Fools & Dreamers.** Regenerating a Native Forest is a 30-minute documentary about Hinewai Nature Reserve, on New Zealand's Banks Peninsula, and its kaitiaki/manager of 30 years, botanist Hugh Wilson. In 1987, Hugh let the local community know of his plans to allow the introduced 'weed' gorse to grow as a nurse canopy to regenerate farmland into native forest.

Warmly, Shek

**THE FRENCH PAVILION PRESENTS**

**From France to Auroville by Truck: Presentation by the Turtle Family**

Thursday, 29 December 2022 at 5pm, French Pavilion

"Come and meet us for a moment of sharing at the French Pavilion: we are Nico, Didine and Sasha and we have been traveling in our expedition truck for 2 years now from France to India, meeting the rich cultural diversity and peoples along the way. We will tell you about our adventure and how we found ourselves in Auroville by taking the route of the first pioneers. One of them, who arrived in 1969 will be there with us."

Presentation in French, with English Subtitles, duration: 1h



Thank you, Vivekan

*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,  
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[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in), 0413-262-2133

*Accessible Auroville Public Bus*

[avbus@auroville.org.in](mailto:avbus@auroville.org.in),  
+91 94430 74825



**Auroville TO PONDICHERRY  
except Sunday**

	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 Enterance	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  
except Sunday**

	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**

*The Last Moment*

**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. 16](#) (Sri Aurobindo)
- [“It Matters” launch event—30 December](#) (Performing Arts)
- [Audible Weed Walk—Ep.100 Food for singing hearts, and healthy bodies! \[Wild Food Fairness—Part 6\]](#) (Food Education)
- [Exploring the Spirit-Fulfilling Auroville’s purpose by Loretta](#) (City Life)
- [Soul Tracks—S.4 Ep.22](#) (Music)
- [Kadhai Ketpoma—Ep.14](#) (Literature)  
[“நீ நதி போல ஓடிக்கொண்டிரு”](#)
- [Marlenka’s weekly offering—ep.75](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—423](#) (Integral Yoga)

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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**

