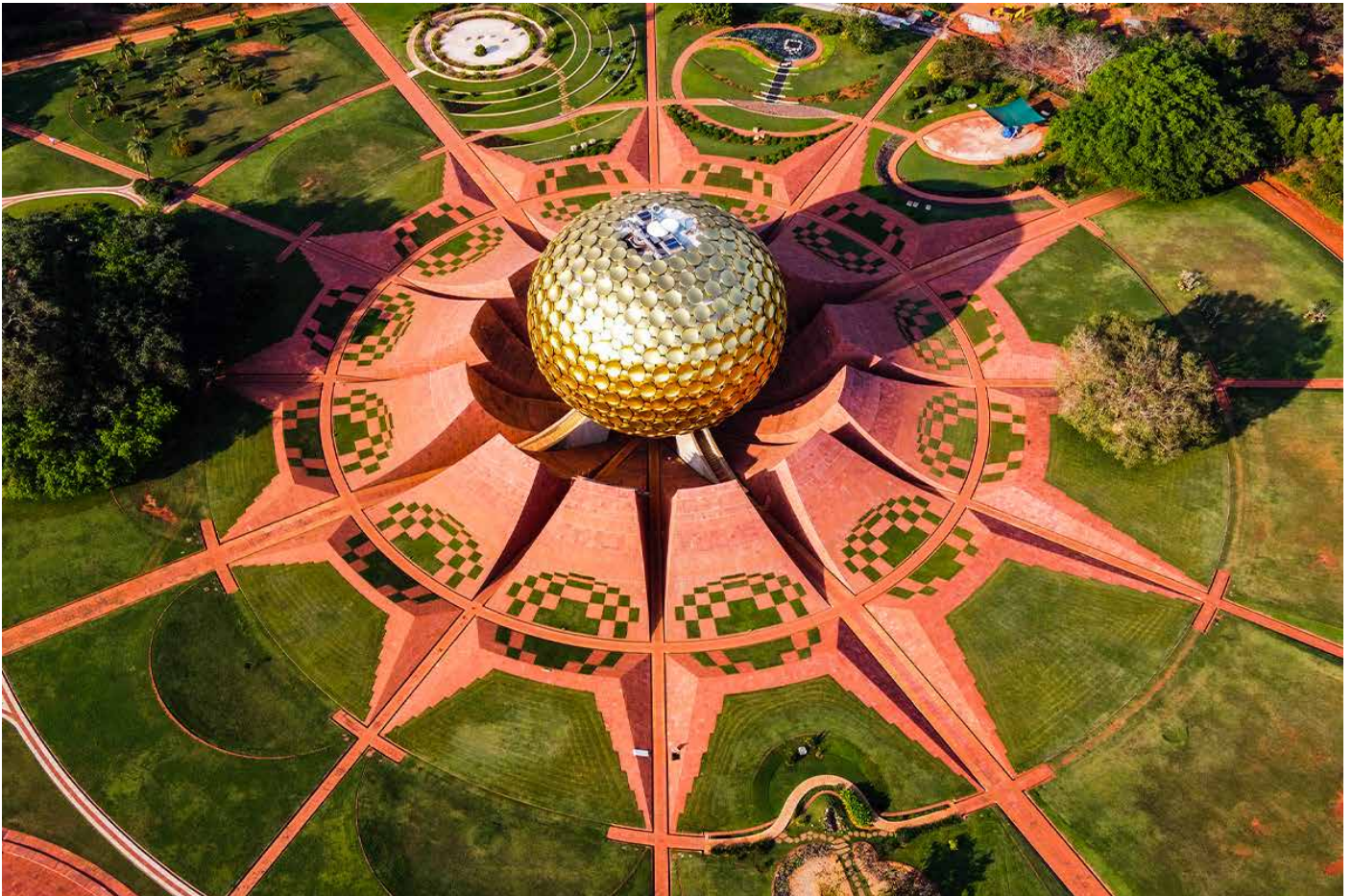




# News Notes

#958 A weekly bulletin for residents of Auroville 19 January 2023



The Unseen with whom there can be no pragmatic relations, unseizable, featureless, unthinkable, undesignable by name, whose substance is the certitude of One Self, in whom world existence is stilled, who is all peace and bliss — that is the Self, that is what must be known.

*Mandukya Upanishad.*

One sees it as a mystery or one speaks of it or hears of it as a mystery, but none knows it.

*Gita*

## Pondering

As Life and Mind have been released in Matter, so too must in their time these greater powers of the concealed Godhead emerge from the involution and their supreme Light descend into us from above.

*Supermind, Mind and the Overmind Maya*

At the origin of things we are faced with an Infinite containing a mass of unexplained finites, an Indivisible full of endless divisions, an Immutable teeming with mutations and differentiae. A cosmic paradox is the beginning of all things, a paradox without any key to its significance.

*Indeterminates and Cosmic Determinations*

*Life Divine by Sri Aurobindo*



# Contents

<b>PONDERING</b>	<b>1</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>4</b>
September 25, 1968	4
<b>TOWNHALL SPEAKS</b>	<b>5</b>
FAMC invites the community members to apply for these new roles	5
Project Leads for FAMC subgroups & Office administration	5
Work Focus for each area	5
Green sector (farms & green buffer zones)	5
Accounts, Audits & Reporting (Income-generating Sector)	5
BCC and City Services (efficiency and planned growth)	5
Economy, finances & budgets and planning office	5
Housing/Building Service (Maintenance & new buildings with ATDC)	6
Land Resources Management	6
Hospitality sector (GH, food, tour guides, events, workshops)	6
Health & Healing sector	6
Office administration team (3 persons) for core FAMC sectors	6
Stewardship Re-Defined	6
FG meeting notes, 6 January 2023	6
From The Entry Service—ES # 165	7
<b>COMMUNITY NEWS</b>	<b>7</b>
<b>Auroville Matters</b>	<b>7</b>
Multi-Disciplinary Forum Sessions	7
<b>Awakening Spirit</b>	<b>7</b>
Amphitheater—Matrimandir: Meditation with Savitri read by Mother to Sunil's music	7
Daily Peace Meditation	8
Sri Aurobindo Poetry Recital	8
Seeds of the Future	8
Kirtan with Matthew Andrews	8
Integral Yoga: Sri Aurobindo's & the Mother's Vision of Supramental Consciousness and How Haridas Chaudhuri Brought It to the West	8
Jeevan Vidya Introductory Course	9
Introduction to the Integral Yoga of Sri Aurobindo and the Mother	9
Tea Meditation	9
<b>For Your Information</b>	<b>9</b>
Celebrating Sri Aurobindo's 150th Birth Anniversary & 50th of Bharat Nivas	9
Program	9
<b>From the Editors</b>	<b>10</b>
Sri Aurobindo writes: Mahalakshmi	10
<b>Health Care</b>	<b>10</b>
Aurodent—Dental Clinic	10
Childbirth and Pregnancy Education	10
Morning Star	
Women's Wellness & Pregnancy Team	10

<b>Education</b>	<b>10</b>
Deadline for Future School Admissions 2023	10
<b>International</b>	<b>10</b>
Korean Cultural Fest	10
<b>The Arts</b>	<b>10</b>
Live Music Nights	10
Arpanaa presents Miti Desai	11
Svaram: Divine Sound	11
Concert of Divine Sound	11
Workshop in Carnatic rhythms: The Sound of Math	11
Centre d'Art Resident Artist Cedric Bregnard	11
About: Cedric Bregnard	11
About Centre d'Art Artist Residency	11
Every Soul Is Unique	12
Kuchipudi Dance by Gururaju	12
Pitanga Exhibition: In the land of Majestic Giants: Photo exhibition by Ashwin Ezhumalai	12
Exhibition Brief	12
Artist's Bio: Ashwin Ezhumalai,	13
<b>Activities</b>	<b>13</b>
Tai Chi Chuan Workshop	13
The Art of Chi—Stevanovitch's Method	13
2-Day Taijiquan (Tai Chi) Workshop	13
Tango Dance Class	13
Salsa Dance Class	13
Swimming Class	13
Aurogames Session At Humascape	14
Auroville International Potters Market	14
Edible Weed Walk	14
World Folk Dance	14
Karaoke Night	14
Invitation for cooking adventure	14
Medicinal Herb Garden	15
<b>Work Opportunities</b>	<b>15</b>
HR Hub Initiative	15
Receptionist (full time)	15
Coordinator/Supervisor (full and/or part time)	15
Video Editor (part time)	15
Inner Climate Academy Seeks Two People	15
<b>Honorary Voluntary</b>	<b>15</b>
Gau Seva at Sadhana Forest!	15
<b>Looking For</b>	<b>15</b>
Patricia Seeks Assistance	15
Seeking Massage table to buy or borrow	15
<b>Taxi Sharing</b>	<b>15</b>
From Chennai Airport, 19 January, 9am	15
To Chennai Airport, 22 January, 10am	15
From Chennai Airport, 9 February, 3pm	15
To Chennai Airport, 22 January, 8pm	15

<b>Foods, Goods and Services</b>	<b>16</b>
Integral Dog Evolution Approach	16
Healthy North Indian Monthly Scheme: Are You Interested?	16
Eco Femme Open House	16
Latest News from Inside India—Travel Shop	16
<b>Auroville Poetry</b>	<b>16</b>
God's one-donor store	16
Beyond the Human	17
Today...	17
<b>Voices and Notes</b>	<b>17</b>
Auroville Radio	17
Last published podcasts	17
Namma Veedu	17
Man as he is not Sufficient	17
Obsession with Power, Money and Sex	18
To People of Ill-will	18
<b>Lost and Found</b>	<b>18</b>
Lost Glasses	18
<b>Classes, Workshops &amp; Healing Arts</b>	<b>18</b>
Awareness Through the Body & Movement	18
Spiralling into Self	19
21-day Ultimate Health Challenge	19
Pitanga	19
Wise Body Workshop	19
Tai Ji and Qi Gong classes with Cilica Chlimper (France)	19
Peace Within: Peace Without	20
Vérité Intensives	20
Speaking from the Heart, Based on Non-violent communication, with Vega	20
Self Love & Awareness: Inner Journey, Meditation Retreat with Ananda	20
Odissi: Indian Classical Dance, An Introduction, with Stella	20
Authentic Relating Games	20
Quiet Healing Center	20
Anatomy for Aquatic Bodyworkers with Gianni De Stefani	20
Watsu & OBA Basic with Dariya & Daniel	21
Oceanic Bodywork Aqua (OBA) 2 with Gianni De Stefani	21
Ancient Vedic Healing Workshop with Swami Omkar	21
A Call To Parents with Babies to join Watsu® for Babies with Dariya	21
Watsu for Babies with Dariya	21
JIVA, your journey in healing and transformation	21
Integral Regression Therapy with Sigrid Lindemann	21
Natural Horsemanship	21
New: Webinars Natural Horsemanship with Mirrabelle	22
Inner Child Work Webinar	22
Journey of the Soul	22
Transforming trauma with Sigrid	22
Our Venue Sharnga Guesthouse	22

<b>Languages</b>	<b>22</b>
News From Auroville Language Lab	22
Looking for a Volunteer	22
Tomatis	22
Current Language Courses at ALL	22
English Conversation with Ramesh	22
New: Spanish with Mila	23
New: Sanskrit with Kaushal	23
New: Beginner Italian	23
New: Tamil Written and Spoken with Murugesan	23
German with Verena	23
French with Jean-François	23
New: English for Total Beginners with Rupam	23
Beginner and Pre-Intermediate English with Rupam	23
New: Intermediate Spanish with Susana	24
Current Schedule of Classes	24
To join or enquire	24
A note to present and past students:	24
The Language Lab's Opening Hours	24
<b>Cinema</b>	<b>24</b>
Aurofilm At MMC Auditorium, Town Hall	24
Reminder	24
"FIRST COW"	24
Cinema Paradiso	25
Film Program 23 to 29 January 2023	25
Eco Film Club	26
Schedule of Events	26
Living in the Future's Past	26
<b>N&amp;N Guidelines</b>	<b>26</b>
Hard deadline for submissions TUESDAY 3pm	26
How to submit material	26
Disclaimer	26
<b>Accessible Auroville Public Bus</b>	<b>26</b>
<b>Emergency Services</b>	<b>26</b>





# House of Mother's Agenda

---

SEPTEMBER 25, 1968

(continued from last week)

**Mother:** There is a whole side of human thought which has held the conception that identification with the supreme Consciousness could only come through the abolition of the individual creation, but in fact Sri Aurobindo said it was possible WITHOUT doing away with the creation. They hold the conception that the creation must be done away with because they don't take the creation beyond the human creation – it's impossible for man, but possible for the supramental being. And that will be the essential difference of the supramental being: being able, without losing a limited form, to unite his consciousness with the supreme Consciousness.

But it's impossible for man. That I know.

As I said, you have it [union with the supreme Consciousness], but as soon as you want to express it, it's finished, it becomes again... (*gesture as if shut up in a box*). That means the substance we are built with isn't sufficiently purified, illumined, transformed (anything, any word) to express the supreme Consciousness without distorting it.

(silence)

*Mother enters an experience*)

It's a certain opacity of Matter, of the substance, which prevents it from being able to manifest the Consciousness... and that same opacity (I don't know what to call it), that opacity is what gives Matter the sense of existing.

It's part of the experience of these last few days. For... I don't know, for weeks I lived in a sort of fluidity – a transparent fluidity – and as that transparent fluidity is replaced by this something I now call "opacity," a sort of concretization of the body's existence comes back.

You understand, the psychic being's direct contact with the bodily substance, without intermediary, gives the sensation... (is it "sensation"? I don't know; it's neither sensation nor perception), it's a sort of "felt vision" – and that vision is very precise, very precise – of the value of the vibrations in comparison with a higher vibration which is (this is as much as I can say) more directly expressive of the supreme Vibration.

It's difficult to express, but the body is now living an experience it had never had, like going from an imprecision to a precision, from a sort of fluidity to... it's not something concrete, but from something fluid – fluid and imprecise – to something precise. Any event (any small event that happens to the body) is an occasion for a new perception. Previously, everything was fluid and imprecise; now it's beginning to grow more precise – more precise, more accurate. But it loses a little of its fluidity.

It's very hard to express.

I had never thought about it. Strangely, it's not deliberate, I've just now had the experience. So it's not very clear yet.

In reality, the mind provides a precision which is lacking when it's not there. Its role in the creation has been, as a matter of fact, to make things precise, to explain them, and at the same time to limit them.

Volume 9. 1968: Agenda of the Supramental Action Upon Earth

[https://sri-aurobindo.co.in/workings/ma/agenda\\_09/1968-09-25-01\\_e.htm](https://sri-aurobindo.co.in/workings/ma/agenda_09/1968-09-25-01_e.htm)

For and on behalf of Ganga lakshmi (HOMA)

Zech

# Townhall Speaks

## FAMC INVITES THE COMMUNITY MEMBERS to apply for these new roles

Dear Community, Funds & Assets Management Committee (FAMC) has identified ten key areas in its core mandate that need dedicated full time project leaders to take it forward under its direct guidance. FAMC invites the community members to apply for these new roles. The Project Leader will work with FAMC to assist in implementing the identified milestones in each of the focus areas listed under; prepare a work plan and execute it to achieve the results in a time bound manner.

- Green Sector (Farms, City Parks & Green Buffer Zones)
- Accounts, Audits & Reporting (Income-generating Sector)
- BCC and City Services (Effective and planned budgeting for municipal services)
- Economy, finances & budgets planning office (Auroville wide budget for planned growth)
- Grants channeling and Fundraising (Unity Fund + scaling for the City)
- Housing/Building Service (Maintenance of existing buildings & new buildings with ATDC)
- Land Resources Management
- Prosperity Service (exploration for rollout with a broad based approach)
- Hospitality sector (GH, food, tour guides, events, workshops)
- Health & Healing Sector

The Project Leader role is a full time position and we are looking for people who have shown capability to plan, coordinate, work with other people and of course those who are happy in getting their hands dirty in execution.

In the current situation of polarized opinions in the community, FAMC would like to reiterate that this is an open invitation to all our community members irrespective of your opinions on the current working groups. As long as there is a sincere aspiration, experience and skill in the areas of work listed above and a willingness to work together for the vision of Auroville, setting aside our individual differences, FAMC is happy to work with you. Welcome!

Please apply using the Google Form: <https://forms.gle/bVeb7532oxHauntP7> before 25th Jan. FAMC will schedule individual and group meetings to discuss the roles and responsibilities and to understand the suitability of each individual for these roles. Each project leader will start functioning from 1 Feb, 2023.

*In Her Service, Smiles,  
FAMC (Chandresh, Geeta, Kalya,  
Sathyanarayan, ShankarDev and Torkil)*

### Project Leads for FAMC subgroups & Office administration

- Green sector (Farms, Parks & Green Buffer Zones)
- Accounts, Audits & Reporting (Income-generating Sector)
- BCC and City Services (Effective and planned budgeting)
- Economy, finances & budgets planning office
- Grants channeling and FundRaising (Unity Fund + scaling)
- Housing/Building Service (Maintenance & new buildings with ATDC)
- Land Resources Management
- Prosperity Service (exploration for rollout)
- Hospitality sector (GH, food, tour guides, events, workshops)
- Health & Healing Sector
- Total three office administration persons

### Work Focus for each area:

#### Green sector (farms & green buffer zones)

##### Farm Sector Annual Work Plan

- Assess and document the Farm Sector current ground reality
- Prepare a project plan for farm sector growth for over next three years
- Subtask for each year
- Budgeting for planned expansion

##### Green sector Annual Work Plan

- Budget allocation and accounts tracking
- Monthly reporting of progress of implementation of the annual work plans
- Quarterly analysis and corrective action and reporting
- Annual report and preparation of detailed plans for the following year
- Review the green buffer zone use and stewardship requirements with ATDC

#### Accounts, Audits & Reporting (Income-generating Sector)

- Centralized & digitization of accounts at unit/service entity level
- Data Analytics for supporting performance and efficient growth
- Cash flow analysis
- Track and reconcile GST and other discrepancies that are reported by accounting software system
- Periodic reporting of fiscal health metrics
- Analysis of poor performance entities for change or closure
- Annual accounts consolidation and fiscal report for each sector and AV as a whole

#### BCC and City Services (efficiency and planned growth)

- Annual recurring budgets analysis and review requested needs of municipal services
- Review and set up the contribution share of units & services of income generating entities for effective support for stability, sustainability and growth
- Analysis of poor performance entities for change or closure in the municipal services sector
- Periodic review of budget spending and proper accounting of the municipal services
- Annual report of the municipal sector in clusters and AV as a whole

#### Economy, finances & budgets and planning office

- Central accounts office to track all the income and expenditure of Auroville
- Planning office for corpus utilization for growth and new sectors of Auroville such as Prosperity for all, collective transport, Higher educational sector, expansion of food sector, Housing Sector etc.
- Annual report of the overall financial flow of funds and overview of Auroville planned growth potential
- Grants channeling and FundRaising (Unity Fund + scaling)
- Set up a fundraising cell office and annual and three year budget for its operations
- Review and prioritized budgetary needs for Auroville as a whole taken from the planning office
- Strategize fund raising methods and channels for reaching out to donor agencies, HNI etc
- Track the distribution of and reporting/utilization of funds channeled to entities
- Proper tax reporting for each agency, entities of countries and closing the loop with donors
- Annual reporting of the grant channeling results, future plans and fiscal data.

**Housing/Building Service  
(Maintenance & new buildings with ATDC)**

- Annual planning for building maintenance based of a set of criteria
- Budgeting of Housing maintenance to reach a goal of every building maintained once 3-5 years
- Working with fundraising cell and ATDC for new housing project development and allocation
- Work with Prosperity and economy group to setup EMI schemes for new and young residents
- Monthly report of the housing maintenance, transfers, new allocation along with office budget report
- Annual report of total picture of operations and financial budgets used for the work and its results in a simple and structured format

**Land Resources Management**

- Monthly report on land maintenance work and its budgets
- Monthly report on land exchange, purchases that are completed
- Quarterly report on land fundraising effort
- Annual reports on the operations, budgets, funds, land parcel exchanges, consolidation and other
- Prosperity Service (exploration for rollout)
- Prepare realistic needs basket for individual (demographics), couples (demographics, family with a varying mix of age group children
- Review and identify social sectoral needs that need to be established or strengthened for offering prosperity services—mobility, communication, extra-curricular activities etc
- Prepare estimated ball park budgets for the above needs for an annual rollout
- Prepare projected growth for the sector over three years
- Work with planning office to provide realistic needs for proper economic growth and fundraising as applicable
- Provide period update on the progress of the exploration of this sector

**Hospitality sector (GH, food, tour guides, events, workshops)**

- Aggregate and bring together scattered and discrete services offered by individuals or pairs in this sector
- Bring transparency, accountability for operations and reporting for Indian regulations as necessary
- Enable more integrated services offering via an online platform to allow a comprehensive experience to encourage use of Auroville resources rather than listing on non-Auroville platform
- Bring proper reporting of availability of services, operations and contributions to the City Services for the collective

**Health & Healing sector**

- Aggregate and bring together scattered and discrete services offered by individual healers in this sector
- Senior Care Services to be scoped and budgets identified
- Health fund income and disbursements to be reviewed for optimum utilization for all and supported by all (health fund like individual city services are responsibility of all residents)
- Plan and scope a support structure and budgeting for the vision, dental and basic preventive health services for all residents
- Health Emergency Services plan and budgets

**Office administration team (3 persons) for core FAMC sectors**

- Financial Secretariat
- Assets Secretariat
- General FAMC Secretariat

**STEWARDSHIP RE-DEFINED**

*At Auroville nothing belongs to anyone in particular.  
All is collective property.  
To be utilized with my blessings for the welfare of all.*

*The Mother*

- All houses, apartments and other immovable constructions created on Auroville land, vested in the Auroville Foundation, are assets of the Auroville Foundation. The Auroville Foundation holds all these assets in trust for humanity as a whole.
- Therefore, an Aurovilian or any other person cannot in any way claim to be the private owner of houses, apartments or other constructions in Auroville.

Funds & Assets Management Committee facilitates the use and allocation of all of Auroville housing assets via the Housing Service.

Housing Service is in the process of updating the assets registry of all residential properties of Auroville. All housing assets will be tabulated against the persons currently residing there. A proper review of the current registered information will be done and an updated database will be maintained going forward of the occupants of the residential assets against the Register of Residents for a proper utilization of the collective properties.

Going forward each Aurovilian or the family will work only with the Housing Service for the allocation and use of the residential asset/premises for their own use. No subletting or operating of guest facilities are to be undertaken at any time.

Any allocation of housing assets for new comers or volunteers will be done solely by the Housing Service. Any resident going out of station for a longer period than (8 weeks) must provide the housing asset to the Housing Service for others' use via house sitting arrangements facilitated by the Housing Service only.

No Aurovilian will hold double or more housing assets. Inheritance is not recognized in Auroville and parents or guardians will not hold any housing asset for their minors. No Aurovilian will hold any asset on behalf of other residents or Friends of Auroville.

*In Her Service, Smiles,*

*FAMC (Chandresh, Geeta, Kalya,  
Sathyanarayan, ShankarDev and Torkil)*

**FG MEETING NOTES  
6 January 2023**

*Vengatesh Abri, Yuval Eternity (Chair), Diego Samridhi, Audrey Infinity, Ancolie Evergreen/Nilathangam, David Aurodam, Hans Abri, Dave Silence, Christoph Bliss/Anusuya, Vikram Infinity, Philippe Anusuya, Ana Existence, Cristo Revelation, Julien Revelation, R.Kannyappan Pitchandikulam, D.Segar, Mani Samridhi, Manolo Bliss/Espace, Siva.R Kriya, Rita Center field, Edzard Discipline, Amos Evergreen (Notes)*

- Julien from Revelation working in the forest, asked for maintenance when there can be one available, Revelation forest receives no maintenance so far though there's a few people waiting on the list.
- Ancolie is at the end of her apprenticeship Maintenance. She works at two forests including holding a small nursery of endangered species and requests forest maintenance.
- Ivana from Vikas is a working artist who would like to work and live in a forest as an inspiration for her creative art. If interested she can be contacted through 7094344154
- Next FG meeting will be held at Samridhi

*Submitted by Amos*

**FROM THE ENTRY SERVICE—ES # 165**

**Dated: 19-01-2023**

The following people have been recommended by the Entry Board to join our community.

Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovillian in writing to [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com). We thank you in advance.

**NEWCOMER ANNOUNCED:**

- Sagar SHERPALI (Indian) staying in Auroville and working at Yuvabe
- Sanjay TUMATI (Indian) staying in Udavi School and working at STEM Land



Sagar

**NEWCOMER CONFIRMED:**

- Claudio ZAINI (Italian)
- Silambarasan ILAVARASAN (Indian)



Sanjay

**AUROVILIAN ANNOUNCED:**

- Daniel RABIN (Canadian) staying in Kriya Community and working at Art Service & Auroville.com



Daniel

**AUROVILIAN CONFIRMED:**

- Lucas Louis Vincent POLLET (French)

**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.

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

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

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

*Yours, The Entry Board*

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



# Community News

## Auroville Matters

### MULTI-DISCIPLINARY FORUM SESSIONS

The “Dreamweaving the Auroville Crown 2022” experience proved that Auroville professionals can work together healthily, and address transformational social shifts needed to be considered while approaching Planning.

After its conclusion, in April 2022 a few discussions were held on the idea to create a Multi-Disciplinary Forum where Aurovilians and non-Aurovilians actively working on specific domains could participate sharing their knowledge and expertise on selected Planning topics.

Exploratory meetings started in May 2022, and “Mobility” was selected as a first topic; working sessions then began in August 2022. The experiment aimed at reflecting on the topic starting from the angles of each specialist in the room, to compile a collaborative Multi-Disciplinary document approaching the Mobility in Auroville: how an educationalist, anthropologist, economist, health specialist, psychologist, water expert, scientist, artist, ecologist, etc., would reflect on and envision mobility in AV from their expertise point of view, even before architects, engineers, urban planners, and designers.

For this first exploration, between 15 to 20 professionals from the fields of Water, Arboriculture, Education, Health, Planning & Architecture, Hospitality, Media & Communication, met for 6 meetings of 2½ hours each. Various methods have been experimented to define 5 pillars of Mobility in Auroville ( Bio/Regional, Resilience, Safety, Flow, Experience) using The Mother’s symbol to deepen and access the intuitive and qualitative aspects of Mobility. This collection of the expectedly diverse perspectives on the topic would enrich the Planning in Auroville, as multiple aspects, generally not taken into account while employing the usual socio-technical approach, converge into the discussion.

- [The outcome of the experiment is a document available here](#)

The Multi-Disciplinary Forum has the potential to help future interactions among Aurovilians but also with external experts; it can provide suggestions, recommendations and/or guidelines to Planning subjects to be included in a larger Auroville Planning Vision Document, and on specific Planning Projects or Programs; it can ignite possible Multi-Disciplinary projects consolidating a culture of collaboration across different disciplines.

*Giulio, on behalf of MDF team*

## Awakening Spirit

### 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, l-pads, cell phones, etc. No Photos.
- **Dear Guests,** please carry your Guest Card with you
- **Access only for the Amphitheater from 5:15pm.**

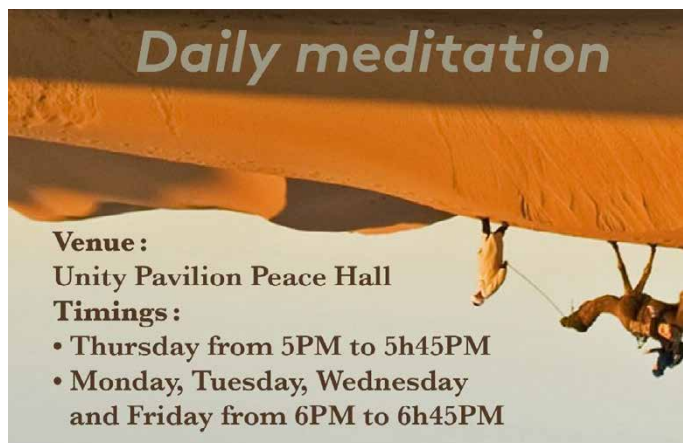
*Thank you, Surya & Velmurugan (Amphitheater team)*

**DAILY PEACE MEDITATION**

**Unity Pavilion, Peace Hall**

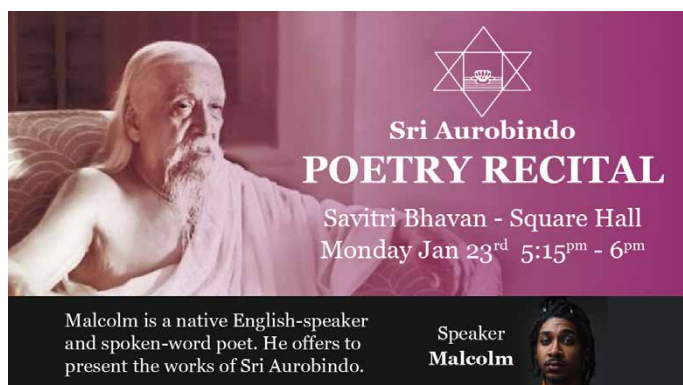
Monday, Tuesday, Wednesday, Friday 6 to 6:45pm

Thursday 5 to 5:45pm



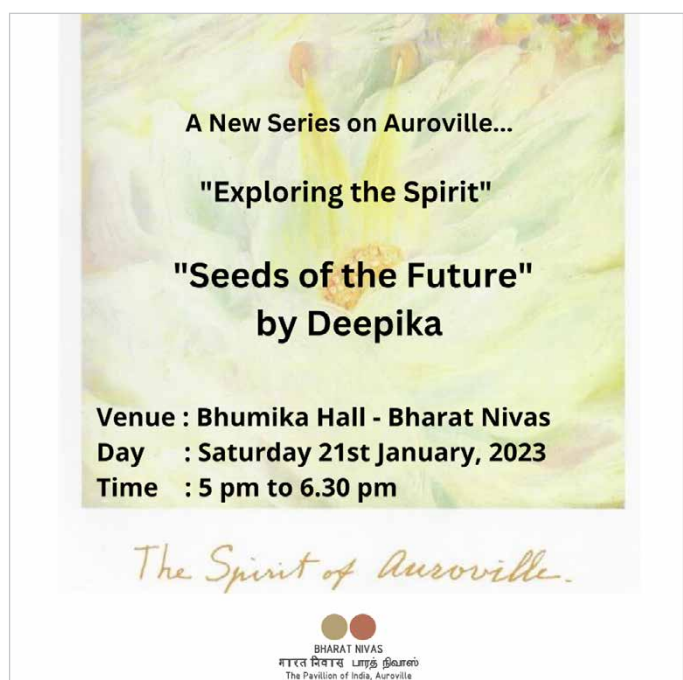
Submitted by Arun

**SRI AUROBINDO POETRY RECITAL**



Dear lovelies, this Monday at Savitri Bhavan, Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. The programme will be in the Square Hall from 5:15 till 6pm. All are welcome. See you there.

**SEEDS OF THE FUTURE**



Submitted by Vani

**KIRTAN WITH MATTHEW ANDREWS**

**Kirtan with Matthew Andrews**

Matthew is a writer, musician, entrepreneur and yoga teacher. He is also the current President of Auroville International (AVI), USA.



**Date:** Saturday - 28th January, 2023

**Time:** 6:00 pm to 7:00 pm

**Venue:** Progress Hall, Bharat Nivas

**All are welcome**

Warmly, Samskritam Auroville team

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

Submitted by Deven

**INTEGRAL YOGA**

**Sri Aurobindo's & the Mother's Vision of Supramental Consciousness and How Haridas Chaudhuri Brought It to the West**

*Savitri*

B H A V A N

Monday, January 23, 4pm at Savitri Bhavan.

Duration: 55min.

Haridas Chaudhuri was the first person to write a Ph.D. dissertation on The Life Divine; later Sri Aurobindo approved of him being sent as a representative of the Integral Yoga to the USA. In 1951, he founded the American Academy of Asian Studies and the Cultural Integration Fellowship (CIF) in California.

In 1968, Haridas Chaudhuri launched The California Institute of Integral Studies (CIIS), a private, non-profit university which maintains strong ties with Auroville. Haridas Chaudhuri and Alan Watts established those institutions as meeting places for counter-cultural movements and connecting the cultural traditions of East and West.

In the film, Haridas Chaudhuri speaks about the Renaissance of India and shares his insights into Sri Aurobindo's revolutionary work and spiritual experiences. Debashish Banerjee then talks about the Mother and her spiritual collaboration with Sri Aurobindo in Pondicherry, explaining how her spiritual power makes it possible for everybody and anybody to progress in Sri Aurobindo's Integral Yoga.

It is a special documentary expressing the deep desire for change among the 1960s generation and the search for a new evolutionary consciousness which brought the Yoga psychology of the East closer to the Western psychology on the basis of Sri Aurobindo's work and philosophy. Haridas Chaudhuri as an Indian philosopher wrote books on the themes *The Evolution of Integral Consciousness*, *Integral Yoga: The Concept of Harmonious and Creative Living* and *The Philosophy of Integralism: The Metaphysical Synthesis in Sri Aurobindo's Teaching*.

Submitted by Margrit



## JEEVAN VIDYA INTRODUCTORY COURSE

in English, 2—7 February 2023

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.

**Shared by** Ashok Gopala & Drishta Gopala  
**Venue** Progress Hall, Bharat Nivas, Auroville

**Dates** 2nd to 7th February 2023

**In collaboration with** Samskritam Auroville

If interested please contact

**Registration** Pashwa +91 98194 14523  
<https://bit.ly/AVJVFeb23> devabhasha@auroville.org.in

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 2023, facilitated by Ashok Gopala (and assisted by his daughter Drishta Gopala).

- The course requires 26 hours over 6 days,
- including two full days from 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 behaviour 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.

**Venue:** Progress Hall, Bharat Nivas, Auroville

**Dates:** 2—7 February, 2023

### Schedule

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

## INTRODUCTION TO THE INTEGRAL YOGA

of Sri Aurobindo and the Mother

Tuesday, 17 January, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 24 January, at 9am—12noon

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

Please be present by 8:45am

All are Welcome, Ashesh Joshi



## TEA MEDITATION

### Tea Meditation -with Jass

Sunday 22nd January 11am



for more information call:  
+91 73394 54425  
On Donation basis

Tea is an ancient drink that has been hailed for its beneficial effects for ages. The story goes that centuries ago some monks threw these leaves in a pot of hot water and discovered that after drinking the infusion they could meditate much better! And so tea and meditation have always been intertwined. In this session we will explore the traditional Chinese way of serving tea, 'Gong Fu Cha', drinking quality Chinese tea in a silent and mindful manner.

At Serendipity Guest House, next to Center guest house



Submitted by Sara

## For Your Information

### CELEBRATING Sri Aurobindo's 150th Birth Anniversary & 50th of Bharat Nivas

All are invited to attend India's 74<sup>th</sup> Republic day, Flag Hoisting Ceremony with a chanting of National Anthem, followed by Vande Mataram and Sanskrit Hymns



- **Flag Hoisting Ceremony:** 26 January, Thursday, 8 am
- **Open Air Kalakendra, Bharatnivas**

### Program

1. Chanting of Mantras, National Anthem, Vande Mataram.
2. Breakfast at Annam Kitchen
3. Running Live Broadcast of the Parade at Bhumika Hall
4. Kucchipudi Dance Performance at 10:30am at Sri Aurobindo Auditorium, Bharatnivas

All are welcome

*From the Editors*

**SRI AUROBINDO WRITES: MAHALAKSHMI**



Where there is affinity to the rhythms of the secret world-bliss and response to the call of the All-Beautiful and concord and unity and the glad flow of many lives turned towards the Divine, in that atmosphere she consents to abide. But all that is ugly and mean and base, all that is poor and sordid and squalid, all that is brutal and coarse repels her advent. Where love and beauty are not or are reluctant to be born, she does not come; where they are mixed and disfigured with baser things, she turns soon to depart or cares little to pour her riches. If she

finds herself in men's hearts surrounded with selfishness and hatred and jealousy and malignance and envy and strife, if treachery and greed and ingratitude are mixed in the sacred chalice, if grossness of passion and unrefined desire degrade devotion, in such hearts the gracious and beautiful Goddess will not linger. A divine disgust seizes upon her and she withdraws, for she is not one who insists or strives; or, veiling her face, she waits for this bitter and poisonous devil's stuff to be rejected and disappear before she will found anew her happy influence.

*Roy and AgniJata*

*Health Care*



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)

**CHILDBIRTH AND PREGNANCY EDUCATION**

**Morning Star**

**Women's Wellness & Pregnancy Team**

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



We invite all expectant mothers, fathers and families of Aurovillians, New comers, Volunteers, Staff and bio region persons every Wednesday to socialize, learn about an education topic related to childbirth and finally learn breathing and relaxation, movement and music relaxation. The classes are offered for free.

Please share among your friends and family .

- Contact [morningstar@auroville.org.in](mailto:morningstar@auroville.org.in)
- WA only + 91 98926 99804

*Best Regards, Bala*

*Education*

**DEADLINE FOR FUTURE SCHOOL ADMISSIONS 2023**



Dear Friends, Students who wish to enter the 9<sup>th</sup> or 11<sup>th</sup> grade this upcoming school year, are requested to apply through our website, <http://www.futureschool.org.in>.

On the admission page there are forms for 9<sup>th</sup> and 11<sup>th</sup> grade which can be submitted online. All applications have to be submitted before 28 February 2023 and all applicants will be asked to take an entrance evaluation on 10 March 2023 at 13:00 o'clock.

*Best Regards, Nikita and Priya,  
Future School Office*

*International*

*Korean Culture Fest*

한국 문화 의 날



Saturday / 21 Jan / 2023

1pm to 6pm

Venue : Pavilion of Tibetan Culture

- Traditional Games and Experience
- Street Foods (Last order 5:30pm)
- Tea Ceremony (3pm / 5pm)
- Display of Korean Traditional Dress (20(Fri) – 21(Sat) Jan / 9am to 5pm)

Presented by KOREAN PAVILION

*The Arts*

Visitors Center's Right Path Cafe

**LIVE MUSIC NIGHTS**

**Coming Home**  
bossa-jazz

Sunday  
Jan 22  
7:00 PM

featuring:  
Ludmi  
Ronny  
Shakti  
Tommaso



A COLLABORATION WITH KALABHUMI MUSIC STUDIO

[@KALABHUMIMUSICSTUDIO.AV](https://www.instagram.com/kalabhumimusicstudio)

ANY ENQUIRY? RIGHT PATH CAFE:  
04132 622248 OR +91 90430 04918  
 CAFETERIA.AUROVILLE

OUTSIDE VISITOR? KINDLY PARK YOUR CAR,  
TWO-WHEELER OR VAN AT VISITORS CENTER  
MAIN PARKING AND WALK TO THE CAFE!

**ARPANAA PRESENTS MITI DESAI**

28 January, Unity Pavillion, 7—8:30pm  
(Please be seated by 6:45pm)



Arpanaa is delighted to present a unique concert: Madhyama The Centre from which it all Spins by classical dancer, designer and educator Miti Desai. A performative conversation the artist will delve into mythology, stories and symbols, exploring the journey of classical dance from the Form to the Formless.

Miti Desai, a Mohini Attam dancer is a senior disciple of Guru Smt. Mandakini Trivedi. Having trained earlier in Bharatanatyam, Miti was looking for a spiritual approach to dance to satisfy a deep inner quest. This she found when she came to Nateshvari, a dance school run by Mandakini Trivedi which is committed to reviving the yogic traditions in Indian Dance and creating dancers who can assimilate the principles of the art into their lives.

Fluidity of lines, an inner grace and an innate understanding of the form, mark Miti's dance. In her performances there is an absence of the need to impress...what comes through is only a serene surrender to the dance.

Miti has been awarded the title of Singar Mani at the 45th Kal Ke Kalakar Sangeet Sammelan and has performed at prestigious festivals in India and Abroad.

After her presentation the artist will engage in a Q & A session with the audience. This shall be a wonderful opportunity to understand the nuances of classical Indian dance and the principles that the form is rooted in.

Arpanaa is an organization under the Auroville City Services and has been engaged in bringing various cultural events for the community. Presently this service is anchored by Geeta, Yogini and Riju.

*Thanks and Warm regards, Geeta, Yogini, Riju, for Arpanaa, a service under City Services.*

**SVARAM: DIVINE SOUND**

**Concert of Divine Sound**  
Jan 22, Unity Pavilion, 7 pm  
the Rhythms of Carnatic Music

For registration, please contact:  
[gkotangi@gmail.com](mailto:gkotangi@gmail.com)

**Concert of Divine Sound**

• January 22, Unity Pavilion, 7pm,  
The Rhythms of Carnatic Music

Umayalpuram Mali: Mridangam, S. Venkatramanan: Kanjira, C.K Vasudevan: Konnakol (spoken rhythm), N. Rajaraman: Gethuvadhayam, Gordon Korstange: Bamboo Flute

**Workshop in Carnatic rhythms: The Sound of Math**

• January 22, 3pm, Bhumika Hall, Bharat Nivas

For registration please contact: [gkotangi@gmail.com](mailto:gkotangi@gmail.com)

**CENTRE D'ART RESIDENT ARTIST**

**Cedric Bregnard**

1 February—31 March 2023



**About: Cedric Bregnard**

Amazed by the cycles of nature, I have always been interested in its metamorphosis and its singular beauty. I started my work in photography with the human life cycle. In 1998 I finished my training at the Ecole de Photographie de Vevey producing a series of photographs of deceased people; this work, Passage, was carried out in the greatest respect and through the kindness of a nursing home, unique in Switzerland by its quality in palliative care.



I was then drawn by the resemblance between the cycles of human life and those of nature. Over the course of more than ten years, I have achieved several photographic series on the growth of plants starting from their seeds.

It was in Japan, in 2010, that these series took off, during an exhibition created after an invitation from the Spiral Art Center of Tokyo. This made me realize how my interest in looking for multiple representations of those seeds' life cycle reflected my desire to contribute to reconnect people to their natural environment.

Amazed by the cycles of nature, I have always been interested in its metamorphoses and its singular beauty.

I first set out to follow those of the man, through a photographic series of portraits of deceased people. I carried them out with the greatest respect and thanks to the kindness of a palliative care home, a pioneer in the quality of support in French-speaking Switzerland. "Passage" was my first work on transitions from life to death and it marked, in 1998, the end of my training at the Vevey School of Photography.

I was then challenged and attracted by the resemblance between human cycles and those of nature. For more than 10 years, I made several photographic series on the growth and cycles of plants from their seeds. It was in Japan, in 2010, that these series took off, on the occasion of an exhibition organized at the invitation of the Spiral Art Center in Tokyo. I realized how much my sustained interest in searching through the multiple representations of the life cycles of these seeds reflected my desire to contribute to reconnecting humans to their natural environment.

• <https://www.cedricbregnard.ch/>

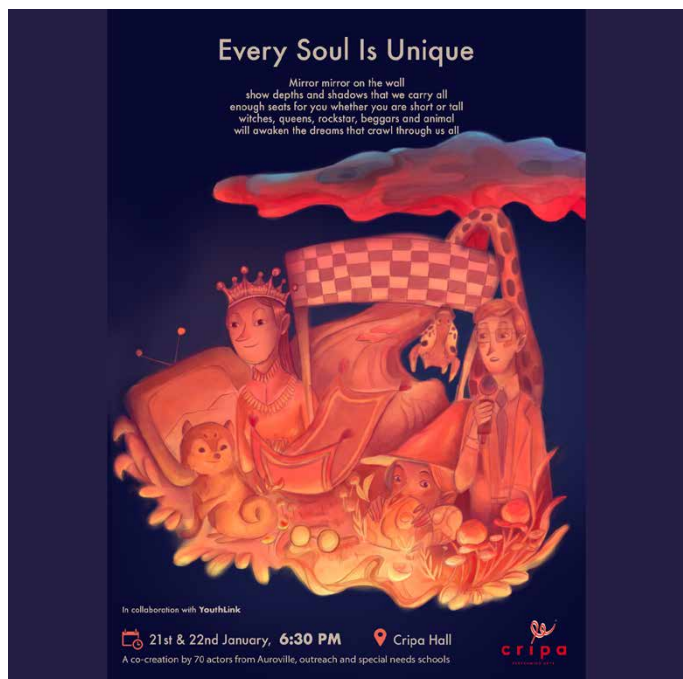
**About Centre d'Art Artist Residency:**

Centre d'Art residency is an opportunity for artistic exchange and experimentation, focusing on process-based and artist-led research with a participatory aspect. Centre d'Art encourages artists to pursue new research and widen their networks to support the development of their practice.

• <https://centredart.in/artist-residency-auroville/>

Warm regards, Sri/ Centre d'Art, Citadine

**EVERY SOUL IS UNIQUE**  
21 & 22 January, 6:30pm, Kripa



“Every Soul Is Unique” includes 70 participants (age 6 to 20) from Auroville, Thamarai and Deepam schools. The stories and songs have all been written and co-created by the participants. The intention of this project is to sow the seeds of love, self worth, inclusion, acceptance, trust and creativity from a young age. We would love to see you there! Come and support the kids!

*Fakeera and team*

**KUCHIPUDI DANCE BY GURURAJU**  
Sri Aurobindo Auditorium  
Thursday, 26 January, 10:30—11:30am



On the occasion of 150<sup>th</sup> of Sri Aurobindo Birth Anniversary and 50<sup>th</sup> of Bharat Nivas and Republic Day, Bharat Nivas, The Pavillion of India, Auroville presents Kuchipudi Dance by Gururaju from Bangalore, recipient of “Ramgopal Best Male Soloist” & recipient of “Nupura Kala Ratna”

*Submitted by Arun*

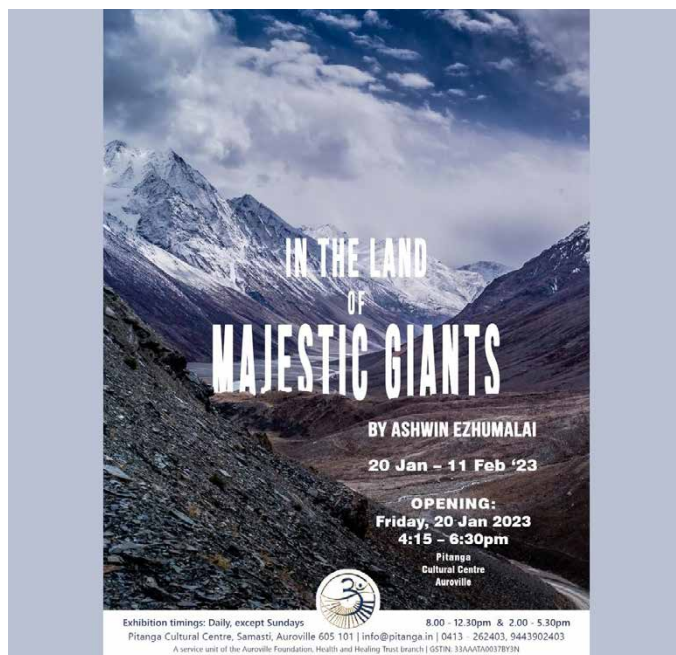
**PITANGA**



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

**Exhibition: In the land of Majestic Giants**  
**Photo exhibition by Ashwin Ezhumalai**

- 21 January—11 February 2023
- Change Of Date**
- Opening: Saturday, 21 January, 4:15—6:30pm



**Exhibition Brief**

“Mountains have always been a fascination of mine since the time I knew what they were. The visuals of the first sight of snow peaked mountains are still clear in my memory. When I had my first opportunity to trek on the terrains of these majestic beings, it was war with myself! It was the toughest challenge and struggle that I had faced, the difficulties were immense. However, in the presence of these tranquil, majestic beings full of life and energy, it became an inward journey, a journey of getting to know myself and discover who I was and who I was becoming; and at the end of the trek the outcome of this journey outweighed all the demerits and left me with a profound experience, a sense of feeling whole and alive! Since then, it is a closer bond that I carry with these majestic beings and every time I travel, hike or trek in their terrain the bond becomes stronger.

I am happy to share some of these stunning landscapes in this exhibition and hope to transport the sheer beauty, spirit and immense energy that one can sense on these terrains. The collection of photographs presents some of the rarely visited valleys and passes from Himachal Pradesh. The aim is to give an immersive and visual experience of the vastness of the Himalayan ranges along with its varying terrain and diverse landscape below and above the tree line, glaciers, grassy hills, and snow-capped mountains. Moreover, it also tries to highlight some of the treks and travels done by a small group of Aurovilians in these remote, and harsh conditioned landscapes.

To conclude, the exhibition will portray my journey with photographic visuals of the Himalayas, photographs I’ve taken during treks and travels through the years from different regions of the Himalayas. It will try to engage the viewers into a visual and yet inward journey to rediscover themselves through these majestic beings.” *Ashwin Ezhumalai*

**Artist's Bio:** Ashwin Ezhumalai,

- Email: [ashwin@auroville.org.in](mailto:ashwin@auroville.org.in)
- Instagram: [ashwin\\_ezhumalai](https://www.instagram.com/ashwin_ezhumalai)
- Work: Teacher/facilitator in Last School, Auroville; Stage Light Designer, Freelance, Photographer
- Hometown: Born and brought up in Auroville

Submitted by Andrea, on behalf of Pitanga

*Activities*

**TAI CHI CHUAN WORKSHOP**

30 January—18 February, 2023  
Monday to Saturday, 7:30—10:30am



Inner Way Tai Chi School

Tai Chi Hall in Sharnga presents

**The Art of Chi—Stevanovitch's Method**

Beginners, chi and tai chi basics, approaching the 24-posture form. The workshop is essentially directed towards:

- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

Information and booking: [taichi@auroville.org.in](mailto:taichi@auroville.org.in)

Website: [taichi.auroville.org](http://taichi.auroville.org), [www.artduchi.com](http://www.artduchi.com)

Submitted by Krishna

**Chen Style Taijiquan Practical Method**  
Internal Martial Arts

**2-DAY WORKSHOP | SAWCHU, AUROVILLE**  
**SAT 21 & SUN 22 JANUARY @ 9-5pm**

Facilitated by Michael Winkler, A 20th Generation Chen Style Taijiquan disciple under Master Chen Zhonghua

<p><b>Details</b></p> <p>For more info, scan QR code, or visit: <a href="http://the-taiji-family.com">the-taiji-family.com</a></p>	<p><b>Pricing</b></p> <p>1-day: 2500, 2-day: 4000 Volunteers/NCs: 50% off AV Residents: Donation</p>
--	--

For more information visit: [www.the-taiji-family.com/](http://www.the-taiji-family.com/)

Submitted by Michael

**DANCE Tango**

EVERY MONDAY... CRIPA 6:30PM

BY APPOINTMENT ANY TIME YOU CAN DO CLASS

**INFORMATION**

- bring water bottle, socks !!
- every month new batch beginner
- minimum commitment 1 month
- Listen more Tango music
- Every days tango dance by booking for couples or Individual
- Be on time
- place: cripa, Auroville, Tamil nadu

FOR BOOKINGS, CONTACT US:  
+918637633696   bakisatadance@gmail.com   Instagram@Bakisata\_dance

**Salsa dance class**

EVERY TUESDAY 6:30 PM  
BEGINNER CLASS

EVERY SATURDAY ANY LEVEL 6:30PM  
By appointment any time you can do salsa, Bachata, Kizomba

NEED TO BRING  
SOCKS | WATER | SMILE

Venue:  
New creation Dance studio  
Auroville, Tamil Nadu  
Register before coming,  
mani :863763396  
@bakisata\_dance

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

To book contact Mani  
+91 8637633696

**Swimming classes**

### AUROGAMES SESSION AT HUMASCAPE

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



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

Geetha 7094688421, Veronique 9488512678

### AUROVILLE INTERNATIONAL POTTERS MARKET

**Auroville International POTTERS MARKET 2023**

Thursday 26<sup>th</sup> - Saturday 28<sup>th</sup> January, 11:00 am - 6:00 pm  
Visitors Centre, Auroville

Showcasing over 40 studio potters!

CHILDRENS CLAY PLAY STATION, DEMONSTRATIONS, WORKSHOPS, RAFFLE

aurovillepottersmarket@gmail.com

Submitted by Krishna

### EDIBLE WEED WALK

**Edible Weed Walk**  
The third weed walk for this season  
(Next walk only on 21 February)  
is on **Saturday, 21 January 2023**

**Time:**  
7:30am to 8:30am (max 8:45am)

**Venue in Auroville:**  
TBA before the walk  
Pre-registration required

For registration, and contribution write to:  
edibleweedwalk@gmail.com  
or WhatsApp: 9840936907

Edible Weeds Project @ Praniverse (NinaS)

Submitted by Nina

### WORLD FOLK DANCE

**BHARAT NIVAS**  
भारत निवास பாரத நிவாஸ்  
The Pavilion of India, Auroville

On the occasion of 150<sup>th</sup> of Sri Aurobindo Birth Anniversary  
50<sup>th</sup> of Bharat Nivas

## World Folk Dance

In collaboration with Livia & Bill Vanavar & special visiting artist  
Bharat Varma, India's First Body Percussionist

**Venue : SAWCHU**  
**Date : Saturday 21<sup>st</sup> January 2023**  
**Time : 5.30 to 6.30 pm**

NB - The public can join & enjoy the dance with the Artists after the performance.  
All are welcome.

Submitted by Vani

### KARAOKE NIGHT

Friday, 20 January, 6:30—9pm, Nowana Restaurant

Dear Community, 2023 has started and as you know we like to organize events to bring the community together. We decided to start the year in song and for that we invite you all to join us at **Nowana Restaurant (Auromodele)** for a Karaoke night. Everybody is welcome to come, sing or just listen, and Nowana will serve food as usual.



YouthLink  
AUROVILLE

Since the monsoon has been lacking, let's call the rain! Hope to see you all there!

Love, Fun and Joy, Aurore for YouthLink Team

### INVITATION FOR COOKING ADVENTURE

Are you in love with cooking ?

Is there peace and joy in your heart, which you are ready to share with people? Do you have free time on weekends and holidays? Do you have a good amount of energy, fast hands and good will? Are you a dreamer, is your imagination working non stop?



If you answered yes yes yes for all the questions, or maybe just some yes and some no (like me) then ...

You are welcome to be a part of a new cooking project in Auroville. Our adventure is supposed to be interesting, joyful and (as usual) sometimes challenging. The project is not profit oriented, it is rather aimed to create a space for transformative changes in the culture of cooking, eating, communicating, working together, collaborating with local farmers, sharing experiences... etc. It is a full scale partnership, with freedom and responsibilities. No hired workers, amas, etc.

We will start with what we have—space to cook and serve up to 25 people at a time on Sundays from 9am to 1pm, whenever we feel ready to be open.

For more information please contact me

- WA+91 8300288303 or [alexey@auroville.org.in](mailto:alexey@auroville.org.in)

Alexey S.

### MEDICINAL HERB GARDEN

Monday to Friday, 9:30—11:30am



Guided tour in the forest where you will learn about the health benefits of the plants and herbs growing in the forest based on the teachings of the traditional Siddha medicine.

We are located next to Ritam, Annai nagar

Contact +91 9345454232, Shivaraj, Martuvam

### 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

#### Receptionist (full time)

A Guest House is looking for a Receptionist. The person needs to have a good command of written and spoken English; good command of basic computer skills; be welcoming and friendly. It is a part time position with maintenance.

#### Coordinator/Supervisor (full and/or part time)

A Guest House is looking for a skillful person that can coordinate the work for the upkeep of the facility. The work requirement is to supervise a team of employees and look after the overall maintenance of the compound, either on a part-time or full-time basis. If the person has a good command of spoken Tamil it would be preferable.

#### Video Editor (part time)

A new activity is looking for a Video Editor to join their team. The work would consist mainly in creating videos for social media and introduction videos for courses.

On a part time basis.

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).

Kind Regards, Sara for HR Hub Initiative

#### INNER CLIMATE ACADEMY SEEKS TWO PEOPLE

Inner Climate Academy ([innerclimateacademy.org](http://innerclimateacademy.org)) is looking for 2 people to join our team.

1. We have a short term need (around 2 months) for a Hindi to English translator with speaking & writing skills, to translate from video footage. We can provide lunch & any can cover associated costs within reason.

2. Learning resources and documentation support. 3 months initially with potential for a long term position. For someone interested in transformational learning and pedagogy to help with a) design learning resources for our courses and b) to document and write reports of the learning sessions. Skills required: Proficient in written English, experience with Canva and a flair for graphic design. Must have good self-management skills. Part-maintenance available after a short trial period.

• Please contact [amy@innerclimateacademy.org](mailto:amy@innerclimateacademy.org) if you are interested in either of these positions.

Amy Lucksted, Office Coordination

[www.innerclimateacademy.org](http://www.innerclimateacademy.org)



### 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

### Looking For

#### Patricia Seeks Assistance

Patricia seeks to hire assistance (approx. 7am to 6pm, evening until 9pm). Maybe your Amma knows Ammas who are healthy, speak sufficient English to help with prescribed simple movement and be restfully present, or perhaps make some soup, tidy up—even if for two hours for next few weeks, e.g. Please connect us.

[pat@auroville.org.in](mailto:pat@auroville.org.in), 0413 2623750, Patricia

#### Seeking Massage table to buy or borrow:

Does someone have one? It needs to be adjustable and with a removable headpiece for KaHuna/ Lomi Lomi massage. Happy to pay, or in exchange for KaHuna massages.

Contact: 8608266549, [penny@auroville.org.in](mailto:penny@auroville.org.in)

Penny

### Taxi Sharing

#### From Chennai Airport, 19 January, 9am



Looking for 1, 2 or max 3 pax to share a taxi from Chennai Airport on Thursday, 19 January. I am landing at 9am and if needed could wait a little before starting towards amazingly unique Auroville.

- Please contact WA: +34685673777
- or only SMS: +917289907792.

Sunny

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

To stay ECO friendly I am very willing to share a taxi from Town Hall, Auroville to Chennai Airport on Sunday, 22 January. Departure from Auroville 10—11am.



- Please contact WA: +34685673777
- or only SMS: +917289907792.

Merci beaucoup, Sunny

#### From Chennai Airport, 9 February, 3pm



From Chennai airport to Auroville. I will be landing on 9 February at 14.45

I'm Single, so room to share .

[eric.stardust@gmail.com](mailto:eric.stardust@gmail.com)

#### To Chennai Airport, 22 January, 8pm

Hello, I offer 2 seats for sharing Sunday Night, 22 January, to be there at Airport around 12 Midnight To Monday 23 January



Gundi, 9745913419

[Gundischulz@heilen-in-berlin.de](mailto:Gundischulz@heilen-in-berlin.de)

*Foods, Goods and Services*

**INTEGRAL DOG EVOLUTION APPROACH**



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

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

- Limited sessions available Monday to Friday afternoon.
- For more information: [www.integraldogs.com](http://www.integraldogs.com) or WA 8122225266

Thanks, Arthur

**HEALTHY NORTH INDIAN MONTHLY SCHEME**

**Are You Interested?**

Hey friends, like me, are you also from North India and miss simple, homely North Indian healthy meals? Are you too missing the Maa ke Haath ka Khaana? Are you too missing the Chapatis? :D If yes, then this is for YOU



I am Divyanshi, an Aurovilian from Punjab who loves authentic North Indian food, made the healthy way! I am planning to create a North Indian Food Home delivery system in Auroville, in a tie-up with a home-cook from Pondicherry.

The idea is not to do this as a restaurant or a one-off delivery, BUT a subscription of a lunch/dinner scheme, where we eat healthy North Indian food. It will have fresh, green and healthy vegetables such as bhindi (lady finder) with curd, lauki (bottle gourd), karela (bitter gourd) with dal, parhaval, palak corn (spinach and corn/paneer), baigan ka bharta (eggplant bharta) etc. Of course, one in a while, we will have paneer, aloo, chola too! We will try that the chapatis are also made with bran atta.

This is an initial survey to get a sense of interest in this in and around Auroville. Only if sufficient people are interested will we be able to take this forward!

Take 5 minutes and fill this form and share with all your beloved North Indian friends!

Here is the link for you to express your interest:

- <https://bit.ly/north-indian-food>

Warmth, Divyanshi

**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

**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 Suvridha 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.

Aircraft of most of the Airlines are fully booked and its advisable to make bookings well in advance. For travelers who accept flexible flight dates: there is a chance to get international flight tickets for only about 15 % higher

Joster

*Auroville Poetry*

**GOD'S ONE-DONOR STORE**

Finally I arrived  
At God's one-donor store.

Like a savvy customer  
I picked, picked and picked  
What I thought I wanna have  
Disregarding and discarding  
What dismayed and disarrayed

God burst out  
Into golden laughter  
And reminded me

"Here I AM the Boss.  
And I sell in packs only.

Why do you still pick  
Yuuu picky?

You don't have to  
Buy into My Story  
Or buy in My Store."

Now I have to  
Either surrender  
Or walk away  
Empty-handed.

With joyful Gratitude,  
Anandi Zhang



## BEYOND THE HUMAN

Look at your present physical form.  
Ever tried tracing its progressive evolution  
Beyond the day you were born?

At some weary point  
The mind just gives up  
Acknowledging its limitation.  
Best leave things to the Unknown  
With Its Divine Logic and Power  
Of Infinite Creative Expression,  
I bow selflessly in adoration  
In complete surrender and identification.

Now open your awakened eyes  
And look again at this Marvel  
That is your physical form:  
This Matter Divine,  
The One Eternal Spirit's Expression,  
With its limitless potential  
For any revolutionary formation  
Through energetic transformation.  
For the multidimensional adventurer,  
The blissful traveller and enjoyer  
Of the multitudinous worlds,  
The ever-quickening time has finally come  
Beyond the animal-human rebirth norm.

From the Messengers of the Unborn:  
On Earth no doubt coming soon  
A Divine Manifestation.

2023.01.14

Synchronicity strikes again ever so swiftly:

- [The Mother's Agenda, June 28, 1969](#)

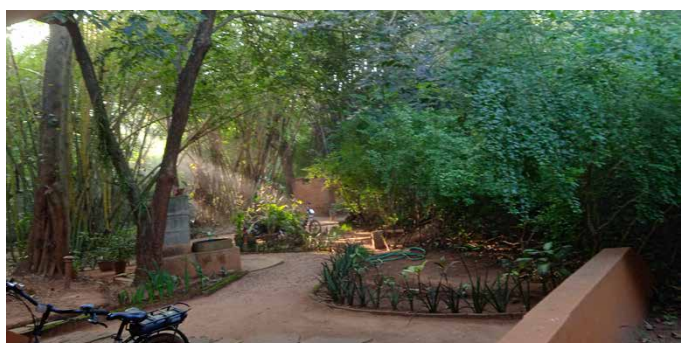
Worlds upon worlds  
Holograms and programs...  
High time for a reprogram  
Of the human enneagram  
And add on the tenth Avatar:  
The Transformer —  
Master of Matter

Zech, 2023.01.15

## TODAY...

The silence of early morning  
light in the leaves  
murmuring in the bamboo  
warm hideaway of petal  
and parrots.

Anandi-ayün, Certitude



## 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

- [Teens Connect—Ep. 2](#) (Integral Education)
- [Marlenka's weekly offering—ep.78](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—425](#) (Integral Yoga)

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

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

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

Peace and Love

### NAMMA VEEDU

Housing today is the need of the hour in Auroville more than being far and few. A place to stay signifies a place to be, connecting one to their constant. It will afford an opportunity to equally contribute and partake in the continuing continuity of consciousness.

Many are praying for the call to journey to and in Auroville. Housing in Auroville should be community residency rather than generational spaces. It is only possible when housing is created as a community effort on an accessible scale. That will open doors to embrace the dedicated and committed Servant of the Divine who can continue the contribution to The Mother's vision of Unity and Equity.

To seek and expect the right of entitlement landed in seva done afore, is not in the spirit of the Dream that is Auroville and the Truth-Consciousness vision of Sri Aurobindo. A place to stay is The Way Back to the path of the journey that is Auroville.

Regards, Surajkiran

### MAN AS HE IS NOT SUFFICIENT

Man as he is is not sufficient to himself, nor separate, nor is he the Eternal and the All; therefore by himself he cannot be the explanation of the cosmos of which his mind, life and body are so evidently an infinitesimal detail.

The visible cosmos too, he finds, is not sufficient to itself, nor does it explain itself even by its unseen material forces; for there is too much that he finds both in the world and in himself which is beyond them and of which they seem only to be a face, an epidermis or even a mask.

Neither his intellect, nor his intuitions, nor his feeling can do without a One or a Oneness to whom or to which these world forces and himself may stand in some relation which supports them and gives them their significance.

He feels that there must be an Infinite which holds these finites, is in, behind and about all this visible cosmos, bases the harmony and interrelation and essential oneness of multitudinous things.

His thought needs an Absolute on which these innumerable and finite relativities depend for their existence, an ultimate Truth of things, a creating Power or Force or a Being who originates and upholds all these innumerable beings in the universe.

Let him call it what he will, he must arrive at a Supreme, a Divine, a Cause, an Infinite and Eternal, a Permanent, a Perfection to which all tends and aspires, or an All to which everything perpetually and invisibly amounts and without which they could not be.

Soham

## OBSESSION WITH POWER, MONEY AND SEX

In one of last week's post of an Aurovillian titled "I Can't Get No Satisfaction", it states:

"Unfortunately we can't get the focus on money out of our minds. We are obsessed with it."

However, obsession with money is not just about it. It is interdependent with the obsession with power and sex.

"Money is the visible sign of a universal force, and this force in its manifestation on earth works on the vital and physical planes and is indispensable to the fullness of the outer life. In its origin and its true action it belongs to the Divine. But like other powers of the Divine it is delegated here and in the ignorance of the lower Nature can be usurped for the uses of the ego or held by Asuric influences and perverted to their purpose. This is indeed one of the three forces—power, wealth, sex—that have the strongest attraction for the human ego and the Asura and are most generally misheld and misused by those who retain them.... For this reason most spiritual disciplines... proclaim poverty and bareness of life as the only spiritual condition. But this is an error; it leaves the power in the hands of the hostile forces. To reconquer it for the Divine to whom it belongs and use it divinely for the divine life is the supramental way for the sadhaka."

"How can money be reconquered for the Mother?

"Ah!...There is a hint here. Three things are interdependent (Sri Aurobindo says here): **power, money and sex**. I believe the three are interdependent and that all three have to be conquered to be sure of having any one—when you want to conquer one you must have the other two. Unless one has mastered these three things, desire for power, desire for money and desire for sex, one cannot truly possess any of them firmly and surely. What gives so great an importance to money in the world as it is today is not so much money itself, for apart from a few fools who heap up money and are happy because they can heap it up and count it, generally money is desired and acquired for the satisfactions it brings. And this is almost reciprocal: each of these three things not only has its own value in the world of desires, but leans upon the other two. I have related to you that vision, that big black serpent which kept watch over the riches of the world, terrestrial wealth—he demanded the mastery of the sex-impulse. Because, according to certain theories, the very need of power has its end in this satisfaction, and if one mastered that, if one abolished that from human consciousness, much of the need for power and desire for money would disappear automatically. **Evidently, these are the three great obstacles in the terrestrial human life and, unless they are conquered, there is scarcely a chance for humanity to change.**"

"...but the true Power, the Power Sri Aurobindo calls "supramental", unless one is absolutely free from all egoism under all its forms, one will never be able to manifest. So there is no danger of its being misused. It will not manifest except through a being who has attained the perfection of a complete inner detachment. I have told you, this is what Sri Aurobindo expects us to do—you may tell me it is difficult, but I repeat that we are not here to do easy things, we are here to do difficult ones."<sup>1</sup>

And so it follows, for anyone who sincerely aspires to practice the Integral Yoga or Supramental Yoga of Sri Aurobindo and the Mother towards a Life Divine on Earth: the absolute necessity of **Brahmacharya**.<sup>2</sup>

Om Namo Bhagavate

<sup>1</sup> <https://incarnateword.in/cwm/04/3-may-1951?search=money+power+sex>

<sup>2</sup> [https://sri-aurobindo.co.in/workings/sa/24/0009\\_e.htm](https://sri-aurobindo.co.in/workings/sa/24/0009_e.htm)

Zech, 2023.01.16

## TO PEOPLE OF ILL-WILL

Instant Karma:

"The harm you have caused willfully always comes back to you in one form or another."

(said by the S.M. consciousness)

• [The Mother, Agenda, April 29, 1969](#)

Read in full for complete guidance, warning and understanding of the powerful forces at play towards the coming Divine Manifestation here on Earth.

S.M. = Supramental Consciousness and Its variants

Zech, 2023.01.13

## Lost and Found

### Lost Glasses

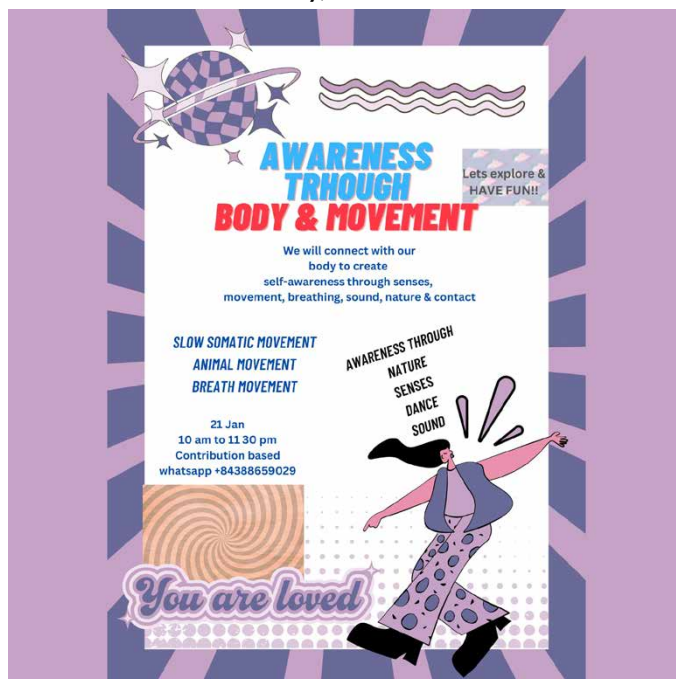


Glasses are in a gray box. They are special glasses with red frames. If you find them please WA or SMS to 9486363454. Thanks, Evmarie

## Classes, Workshops & Healing Arts

### AWARENESS THROUGH THE BODY & MOVEMENT

21 January, 10—11:30am



Hey everyone, in this workshop we will be gathering to do a movement awareness session to support the body's natural movement towards release of blocked energy trapped in our body, to become more self aware of our movements and to learn how we can reprogram our body & mind with conscious movement to access our innate strength, resilience and bliss.

The session will be about connecting with our body and energies along with being mindful of the present experience and sharing with others, opening to or receiving the present moment, pleasant or unpleasant, just as it is, honoring what comes up for us without either clinging to it or rejecting it.

We hope to see you there and vibe in love ♥ you can get to know more about the facilitators on [www.instagram.com/expend.love](http://www.instagram.com/expend.love) and [www.instagram.com/explore\\_consciousness](http://www.instagram.com/explore_consciousness)

- Contribution based
- Prior registration necessary
- For further information please call: +84388659029

Kartika & Nadja

**SPIRALLING INTO SELF**

**Spiralling into Self**  
Workshop  
Myths and Archetypes to Deepen our Personal Journeys  
offered by **GIACOMO COLOMBA & PRIYAM JAIN**

2-5pm  
**SAT 21 JAN**

contribution requested

registrations: (limited to 8 people)  
**88709 88843**

hosted by  
**A Sunlit Path**  
center for art and healing  
in collaboration with **Abhaya**

an Auroville activity of ASSA, under Artisana Trust

@sunlitpathcommunity

We will be using movement, visual arts, Jungian theory and integral yoga to access the wisdom of our unconscious.

This workshop is for anyone who is curious and open to explore the language of the unconscious.

This workshop will guide you into the map of your psyche and facilitate the discovery of what energies need to be evoked in the here and now for your personal journey. We will be using visual arts, Jungian psychology, movement and Integral yoga to deepen your personal processes.

Priyam Jain is a Psychotherapist and an expressive arts practitioner based out of Delhi. Giacomo Colomba is a writer and researcher on Integral Yoga, Hermeticism and Posthuman Philosophy based in Auroville.

- <https://www.asunlitpath.org/priyam>
- <https://www.asunlitpath.org/giacomo> **Abhaya**

**21-DAY ULTIMATE HEALTH CHALLENGE**

[www.satvicmovement.org](http://www.satvicmovement.org)

**ULTIMATE HEALTH CHALLENGE**

Learn 7 Habits to Rise to Your Peak Health, in 21 days.  
23rd Jan to 12th Feb (6 to 7 am)

Benefits You'll Experience :

- Abundant Energy
- Optimal Weight
- Clarity of Thinking
- Deeper Sleep

We're happy to recommend the upcoming 21-day Ultimate Health Challenge facilitated by the Satvic Movement team

- 23 January to 12 February, 2023. It's an online program with sessions every morning from 6 to 7am. **Deven**

**PITANGA**



(0413) 2622403/ WA 9443902403

[info@pitanga.in](mailto:info@pitanga.in)

**Wise Body Workshop**

An approach to body work based on the principles of Tai Ji and Qi Gong, proposed by Cilica Chlimper (France).

Cilica is proposing 2 workshops for people interested in the practice of Tai Ji and Qi Gong and would like to develop the skills that will enable them to integrate the essential principles of Yin Yang in every gesture.

- Friday, 27 January and Friday, 3 March, 9am—1pm
- Three hours practice and sharing in Pitanga.
- Open to all with prior registration.

**Keynote**

- To understand the principles and aims of these disciplines and how they enlighten consciousness and could, maybe?
- Contribute to Sri Aurobindo and Mother's research

**Background**

*The Qi is the generating inner flow of all natural life manifestations*

This approach frees the flow of Qi and keeps it in constant movement, tuning the body as if it were a musical instrument. The body aligns, taking root as tensions and resistances melt away. These tensions can be mental, emotional, and respiratory and can be so deeply inside the body tissues that we are unaware of them.

When breath power moves fluidly through our body, we discover the beauty and grandeur of our inner self in every gesture we make. The body becomes the link between sky and earth.

**The skills to learn**

- The awakening of the « sensorial organ »
- Understanding how the body resistances are built and how to let them go.
- Understanding body weight: aligning the body correctly to minimize gravitational pull and optimize fluidity of movement. The sensations experienced are like those in a microgravity environment.
- Stretching without tension or pain: Spine centering.
- Softening joints, releasing tensions in the fascia.
- Placement and opening of pelvis:
- the space where the force of Qi gathers and releases.
- Respiratory connections and opening of the breath flow.

**More information about Cilica**

- [www.sagesses.biz](http://www.sagesses.biz)
- <https://fr.linkedin.com/in/cilica-chlimper-4b2457>

**Tai Ji and Qi Gong classes with Cilica Chlimper (France)**

- Monday, 30 January, 8:30—10am, Qi Gong
- Wednesday, 1 February, 9:30—10:30am, Tai Ji
- Monday, 6 February, 8:30—10am, Qi Gong
- Wednesday, 8 February, 9:30—10:30am, Tai Ji

More classes to follow in February and March. These are drop-in classes, open to all levels.

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

## 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)



### VÉRITÉ INTENSIVES

Phone: +91413 2622045,  
2622606,

Mobile: 7867805812

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

Registration required for the following intensives

### Speaking from the Heart, Based on Non-violent communication, with Vega

- Friday, 27 January, 9:30am—4:30pm &
- Saturday, 28 January, 9:30am—1:30pm

Learn the basics and principles of non-violent communication, a practice that helps to restore connection to and communication from the heart, which is within our nature.

### Self Love & Awareness: Inner Journey, Meditation Retreat with Ananda

- Friday, Saturday & Sunday, 27,28 & 29 January  
9am—4:30pm

*"Love and Awareness are two wings of the bird to fly in the open sky of life"*

- Experiential journey for self Discovery, Healing & Growth with Awareness exercises, Meditations, Psychology & Inner Science
- Deepen Body connection, Mind observation, Emotion Exploration & Energy tuning
- Learn to embrace emotions of anger, pain, fear... with Love
- Accept & Heal past holdings with Forgiveness & Gratitude
- Explore needs, assumptions, beliefs, projections & triggers
- Access true self & inner resources beyond masks & layers
- Rejuvenate Inner Child, Enhance flow, Enrich presence and Evolve from Reaction to Response
- Taking care of the Inner Garden with Love and Awareness

### Odissi: Indian Classical Dance, An Introduction, with Stella

- Saturday, 28 January, 3—4:30pm

This is an introductory class on Odissi, which is a classical theatre-dance style originating from north-eastern India. Its historical roots are in the ritual dances of the Maharis—women connected to the temple of Lord Jagannath in the city of Puri. The aim of the class is to introduce the students to the articulate world of this art form by exploring the basics.

Thushar, Programs Coordinator, Vérité Programming

## AUTHENTIC RELATING GAMES

Tuesday, 24 January, 5:30—7:30pm

With Prem Shakti @ Bharat Nivas Harmony hall

## AUTHENTIC RELATING GAMES



Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, playful environment?

JOIN US IN HARMONY HALL, BHARAT NIVAS  
EVERY TUESDAY 5:30-7:30PM



Open to everyone



Guests ₹300



+919489244823



AV Residents  
Donation-based

The intention of this offering is to create a safe container for heart centered, authentic expression that leaves us more alive and resourced, so we carry the light into the world. Authentic Relating is a practice using exercises, or games, to teach the skills necessary to quickly create deep, meaningful human connection.

It steers people towards a greater sense of wholeness—a defragmentation of the self into a more cohesive whole—through freely expressing our true experience in the company of others. It is an approach to cultivating more genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence.

With love & authenticity, Prem Shakti

## QUIET HEALING CENTER



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

+91 9488084966 WA & Mobile

### Anatomy for Aquatic Bodyworkers with Gianni De Stefani

- Wednesday, 25, Monday, 30 January,  
8:45 am—6:30pm: 50 hours

A basic knowledge of anatomy is required for a Watsu practitioner, working with a client's body in many different ways. This course offers a theoretical and experiential overview of a model of traditional anatomy for Watsu, focusing on planes and axes of movements, mechanics of articulations, physiology, metabolism, and on muscles & their lengthening.

Theory and practice take place on land and in water. Through massages and specific exercises, you learn the functionality of various body structures and the possible applications in Watsu. About one-third of the course is dedicated to theory, one-third to practice on land, and one-third to practical applications in water.

- Prerequisites: Watsu 2 plus 100 hours of aquatic bodywork training or Watsu 1 plus 200 hours of aquatic bodywork training.

## Watsu & OBA Basic with Dariya & Daniel

- Wednesday, 25, Monday, 30 January, 8:30am—1:30pm: 31 hours

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

The flowing interaction with water, its fluid support and warm embrace, and the practitioner's presence provide a space for the client to experience the multi-layered benefits of this powerful and softening bodywork. Watsu & OBA offer an opportunity for profound relaxation and letting go, for building trust, for being nurtured and held, for expanding inner and outer boundaries, for releasing emotions and traumas—ultimately, for freeing body and mind in a flow unique to each client and to each session.

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

- **Prerequisites:** no previous experience required!

## Oceanic Bodywork Aqua (OBA) 2 with Gianni De Stefani

- Wednesday, 1, Monday, 6 February 8:45am—6:30pm: 50 hours

A 6-day course with mainly under water work. OBA 2 focuses on learning more complex techniques and refining your intuitive responses. You will also learn about your own body mechanics and how to support and move each person as effortlessly as possible. Successful completion of the course enables you to give a complete sessions to family, friends and acquaintances.

- **Prerequisites:** OBA 1 or equivalent course (such as Liquid Flow Essence or Waterdance 1)

## Ancient Vedic Healing Workshop with Swami Omkar

- Saturday, 4 & Sunday, 5 February 10:30am—5:30pm: 12 hours

This workshop teaches the ancient art of Vedic Healing through *Prana Vidya* or the *Knowledge of Prana*, the universal life force which permeates all creation. *Prana Vidya* offers the knowledge of gaining, restoring and uplifting *Prana* in our body. It also explains how to transfer this life force to other people, as *Prana* can be given to others, who are sick or in an imbalanced state. **Swami Omkar**, founder of "Pranava Peetam Trust", has been teaching *Prana Vidya* in India and abroad and likes to share his knowledge with everyone, who is eager to learn this ancient Vedic Healing method.

- **Prerequisites:** no previous experience required!

## A Call To Parents with Babies to join Watsu® for Babies with Dariya

- Babies from min. 2 months to max. 2 years on Tuesday, 24 January, 2:30—4pm.

Watsu for Babies is a water shiatsu course to ease and inspire movement with a baby in warm water, based on two main principles: presence and moving from our core, while being in water with a baby. Parents, who would like to get inspiration to be with their little ones in water with more presence, play, deepen connection with water, and use the properties of water as stimulation for hyper- and hypo-tonic muscles of babies, are most welcome to join!

- Please contact Quiet Healing Center beforehand: email [quiet@auroville.org.in](mailto:quiet@auroville.org.in) or call/WA 9488084966.

## Watsu for Babies with Dariya

- Tuesday, 24 January, 8:45am—6pm: 8 hours

Watsu for Babies is a beautiful and spontaneous way of experiencing the first childhood years and is open to all those who would like to experience the joy of being in water with babies. In this course you will discover that emotions arising from spontaneous movements in water open extraordinary borders. They allow us to be in the present moment, simply listening to the breathing of the baby while being supported by the healing power of water. Through some Tantsu and Ai-Chi exercises, you will start listening to yourself and to the baby you hold in your arms. You will also learn possible transitions of the Watsu sequence in order to expand it in a creative way for babies.

Thanks to the collaboration with Gianni De Stefani, certified WABA facilitator, Dr. Riccardo Palumbo has been able to develop a new massage, which is introduced in this course to bring Watsu into the world of babies.

- **Prerequisites:** Watsu Basic or a degree to work with babies in water.

Quiet Healing Center

JIVA

your journey in healing and transformation

[www.auroville-jiva.com](http://www.auroville-jiva.com),

Facebook, Youtube, WA 9626006961

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

## Integral Regression Therapy with Sigrid Lindemann

These 2-3 hr intensive individual sessions are composed for a lasting healing effect. These deeply transforming session integrate Inner Child Work, Trauma Therapy, Energy Work, Past Life Therapy on the basis of Sri Aurobindo's and The Mother's Integral Yoga



- Therapist Sigrid Lindemann, an International faculty in Advanced Homoeopathy (Sensation Method), transpersonal regression therapist and supervisor, <https://tasso.ekaa.co.in>, Founder of Integral Regression Therapy

- [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 9626006961

## 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)

**Inner Child Work Webinar**

- **8 October, 10am – 4pm**

Inner Child Work is an additional tool to foster self confidence, and let go of early belief systems. The therapist holds the space to allow an early, even very early childhood experience to surface for healing. The adult client is empowered for healing himself, with the skilled facilitation of the Inner Child therapist.



Inner Child Work can be practiced as a session itself, or woven into a counseling or therapy session. It is especially effective in self confidence and relationship issues, lack of self love, and limiting belief systems.

We offer a first introduction to “Inner Child Work”

Facilitator: Sigrud Lindemann, senior faculty in integral regression therapy, and Advanced Homeopathy (Sensation Method Dr. Sankaran), in Germany and Auroville, living in Auroville, Pondicherry for more than 20 years.

- [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 9626006961

**Journey of the Soul, 26 January, 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 Sigrud Lindemann**, an Aurovilian researcher for over 20 years, international faculty in integral regression therapy.

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

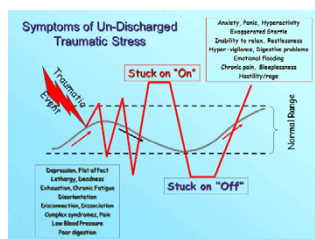
**Transforming trauma, 21 & 22 January with Sigrud**

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



- **Time:** 21 & 22 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 & Pregnancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

*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**

There has been a slight pause in Listening Tests and Consultations at Tomatis. We will inform you when we resume offering them.

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**

**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, 2:00pm to 3:00pm and
- Tuesdays & Fridays 3:30pm to 4:30pm.

This is a monthly course.

## New: Spanish with Mila

Our long-time Spanish teacher, Mila, will be starting two new batches this February:

### • Beginner Spanish

This three-month course (24-hour) is structured on the highly-acclaimed book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach". Mila has been running this course since many years with tremendous success. By the end of the course, students will be equipped with the Spanish alphabet, phonetics, vocabulary, etc. The course will delve into verb conjugations, formation of sentences, use of adverbs & adjectives, and work on the student's listening & reading skills.

### • Elementary Spanish

This three-month course is for those who have a basic knowledge of the Spanish vocabulary and tenses, and would like to further advance their skills. All students who have attended Mila's Beginner Course based on the book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach" are welcome to join. Mila will follow the same book (continuing from Chapter 15).

- Classes will take place in the afternoons. We will fix the days and timings as per the group's and the teacher's mutual convenience. Enquire now to reserve your spot. As always, spaces are limited!

## 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 started 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.

- 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, 09:00am 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: 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.

## 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!

### 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.

### Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Beginner & Pre-Intermediate	10:15—11:15am	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 2022	2:30—4:30pm	Saturday
	Beginner for Teens Started 12 November 2022	11am—12noon	
	French Conversation 1 Started 21 November	2—3pm	Monday & Thursday
	French Conversation 2 Started 3 November 2022	3:30pm—4:30pm	
German	A1.1 Beginner Started 28 November	11am—12:30pm	Monday & Wednesday
	A1.2 Beginner Started 31 October 2022	9—10:30am	
Hindi	Beginner To start soon	10am—12noon	Saturday
Tamil	Spoken Beginner, Started 1 November 2022	9:30—10:30 am	Tuesday & Friday
	Written & Spoken Beginner To start soon	10—11 am	Monday & Thursday
Sanskrit	Beginner Started 5 January 2023	2:30—4:30pm	Thursday
Spanish	Beginner To start February 2023	TBA	TBA
	Elementary To start February 2023	TBA	TBA
	Intermediate Started 22 November	2:30—4pm	Tuesday
Japanese	Beginner To start February	TBA	TBA
Italian	Beginner To start February	TBA	TBA

### 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!

### 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!

### Change in contact info

Due to the abrupt disconnection of VOIP services by Aurinoco, please note that the following numbers **do not function anymore: 4036920,921&922**. We apologize for the inconvenience. Rumour has it that these numbers cannot be restored unless Aurinoco repairs its relation with the company which was providing these services. Even if Aurinoco manages to establish a relation with another company to provide VOIP, our earlier numbers will not work. And since BSNL does not provide VOIP, for the moment, it's back to the good old copper connection BSNL for telephony.

Please use the following numbers to contact us:

- 2623661 Lab
- 2622467 Tomatis
- +919843030355 WA only

### 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.

Email: [info@aurovillelanguagelab.org](mailto:info@aurovillelanguagelab.org)

Find us on    @aurovillelanguagelab  
Auroville Language Lab Tomatis Research Centre

Vismai, for Language Lab Team



### At Multi Media Centre Auditorium, Town Hall Reminder

- Friday 20, "Apoorva Raagangal" (Unusual Melodies), by K. Balachander, India, 1975.

Note: Sasikanth Somu will give a Cine-master class on this Tamil classic film, at Aurofilm's studio, Kalabhoomi, on Saturday 21<sup>st</sup> at 5pm.

### Friday 27 January, 8:00 pm "FIRST COW"

Directed by Kelly Reichardt, US, 2019

With: John Magaro, Orion Lee, Toby Jones, Ewen Bremner, Scott Shepherd, Gary Farmer, Lily Gladstone

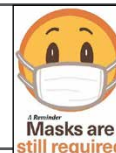
**Synopsis:** First Cow is an American western. It is an adaptation of the novel The Half-Life by Jonathan Raymond. The friendship of two young adventurers in Oregon at the beginning of the 19th century, and their attempt to get out of their precarious condition by developing a small bakery business in the fort where they settled, soon the two collaborate on a successful business, although its longevity is reliant upon the clandestine participation of a nearby wealthy landowner's prized milking cow... Kelly Reichardt (Wendy and Lucy) once again trains her perceptive and patient eye on the Pacific Northwest, this time evoking an authentically hardscrabble early nineteenth century way of life.

Original English version with English Subtitles. Duration 2h





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**23 January 2023 to 29 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 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 23 January, 8:00 pm:**  
**BAHUT HUA SAMMAAN (Enough of respect)**

India, 2020, Dir. Ashish R. Shukla w/ Sanjay Mishra, Ram Kapoor, Raghav Juyal, and others, Crime-Comedy, 125mins, Hindi w/English subtitles, Rated: NR (R)

Ghanshyam, aka Bony and Fundoo are part time engineering students, perpetually failing, and part time con-men. They get talked into robbing a bank in their campus. Armed with the masterplan of 'Baba'—an always-been-there, know-it-all soul in their college, Bony and Fundoo are all set to get their hands dirty and rich. But their paper perfect plan falls apart. The consequences are unanticipated. Sarcasm and social commentary are hard to miss. A film to watch.

**Potpourri—Tuesday 24 January, 8:00 pm:**  
**COMO AGUA PARA CHOCOLATE**  
**(Like water for chocolate)**

Mexico, 1992, Dir. Alfonso Arau w/ Lumi Cavazos, Regina Torné, Marco Leonardi, and others, Drama-Romance, 105 mins, Spanish-English w/ English subtitles, Rated: R

Tradition prevents—the beautiful Tita, the youngest daughter in her family to her beloved, Pedro. Instead, she must care for her mother. Pedro weds her older sister, while being in love with Tita. The situation creates much tension, and Tita's emotions begin to surface in fantastical ways through her cooking. Over time, unusual circumstances test the love of Pedro and Tita.

**Interesting—Wednesday 25 January, 8:00 pm:**  
**THE BEATLES AND INDIA**

UK, 2021, Dir. Ajoy Bose, Peter Compton w/ Magic Alex, Shankara Angadi, Jane Asher, Documentary-Music, 96 mins, English w/ English subtitles, Rated: Not Rated (G)

Rare archival footage, photographs, eye-witness accounts, and shoots across India, bring alive the fascinating journey of The Beatles members from their high-octane celebrity lives to a remote Himalayan ashram in India, in search of spiritual bliss. This is the first serious exploration of how India shaped the evolution of the band, and how they together bridged two vastly different cultures.

**Korean—Thursday 26 January, 8:00 pm:**  
**GWANGHAE, WANGYIDOEN NAMJA (Masquerade)**

Korea, 2012, Dir. Chang-min Choo w/ Lee Byung-hun, Seung-ryong Ryu, Han Hyo-joo and others, Drama-history, 131mins, Korean w/English subtitles Rated: NR (PG-13)

King Gwanghae, like most kings when being unpopular, fears for his life, and instructs his Chief Secretary Heo Gyun to find a doppelganger. After a search, a bawdy comedian Ha-sun was found, and brought to the palace to be groomed as a stand-in, with this secret only made known to Heo Gyun, and Chief Eunuch only. Nobody but the inner circle can be trusted with the secret.

**International—Saturday, 28 January, 8:00 pm:**  
**THE WONDER**

Ireland-UK, 2022, Dir. Sebastian Lelio, w/Florence Pugh, Tom Burke, Kila Lord Cassidy, Mystery-Thriller, English-Irish Gaelic w/ English subtitles, 108 mins, Rated: R

Set in The Irish Midlands in 1862, the story follows a young girl who stops eating but remains miraculously alive and well. English nurse Lib Wright is brought to a tiny village to observe eleven-year old Anna O'Donnell. Tourists and pilgrims mass to witness the girl who is said to have survived without food for months. Is the village harboring a saint 'surviving on manna from heaven' or are there more ominous motives at work?

**Children's Matinee—Sunday, 29 January, 4:30 pm:**  
**DORA AND THE LOST CITY OF GOLD**

USA, 2019, Dir. James Bobin w/ Isabela Merced, Benicio Del Toro, Eva Longoria, and others, Adventure-Comedy, 100 mins, English, Rated: PG

Having spent most of her life exploring the jungle, nothing could prepare Dora for her most dangerous adventure yet -- high school. Accompanied by a ragtag group of teens and Boots the monkey, Dora embarks on a quest to save her parents while trying to solve the mystery behind a lost Incan civilization.

*No Festival @ Ciné-Club*

**Sunday 29 January, 8:00 pm:**  
**EL ABRAZO DE LA SERPIENTE**  
**(Embrace of the serpent)**

Colombia-Venezuela, 2015, Dir. Ciro Guerra w/ Nilbio Torres, Jan Bijvoet, and others, Biography -Adventure, 125 mins, Spanish w/ English subtitles, Rated: PG.

The film follows two journeys made thirty years apart by the indigenous shaman Karamkate in the Amazonian forest—one with Theo, a German ethnographer, and the other with Evan, an American botanist. Both searching for the rare plant Yakura. The film was inspired by the travel diaries of Theodor Koch-Grünberg and Richard Evans Shultes, and dedicated to Amazonian cultures.

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)

**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.

**Friday 27th January**  
**Living in the Future's Past**

2018 / 82 minutes / Susan Kucera

Jeff Bridges presents this beautifully photographed 4K tour de force of original thinking on who we are and the life challenges we face. This thought-provoking film will provide insights into our subconscious motivations as residents on our planet, and how our fundamental nature influences our future as humankind.

*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:**

- 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.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.

**Disclaimer:**

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

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

*Accessible Auroville Public Bus*

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



**Auroville TO PONDICHERRY**

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude 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**

	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