



News Notes

#960 A weekly bulletin for residents of Auroville 2 February 2023



It is the might of the Godhead in the world that turns the wheel of Brahman. Him one must know, the supreme Lord of all lords, the supreme Godhead above all godheads. Supreme too is his Shakti and manifold the natural working of her knowledge and her force. One Godhead, occult in all beings, the inner Self of all beings, the all-pervading, absolute without qualities, the overseer of all actions, the witness, the knower.

Swetaswatara Upanishad

Pondering



He is the thinker and his thought, the warrior and his courage, the gambler and his dice-throw. All realities and all aspects and all semblances are the Brahman; Brahman is the Absolute, the Transcendent and incommunicable, the Supracosmic Existence that sustains the cosmos, the Cosmic Self that upholds all beings, but It is too the self of each individual: the soul or psychic entity is an eternal portion of the Ishwara;

*Brahman, Purusha, Ishwara
The Life Divine by Sri Aurobindo*

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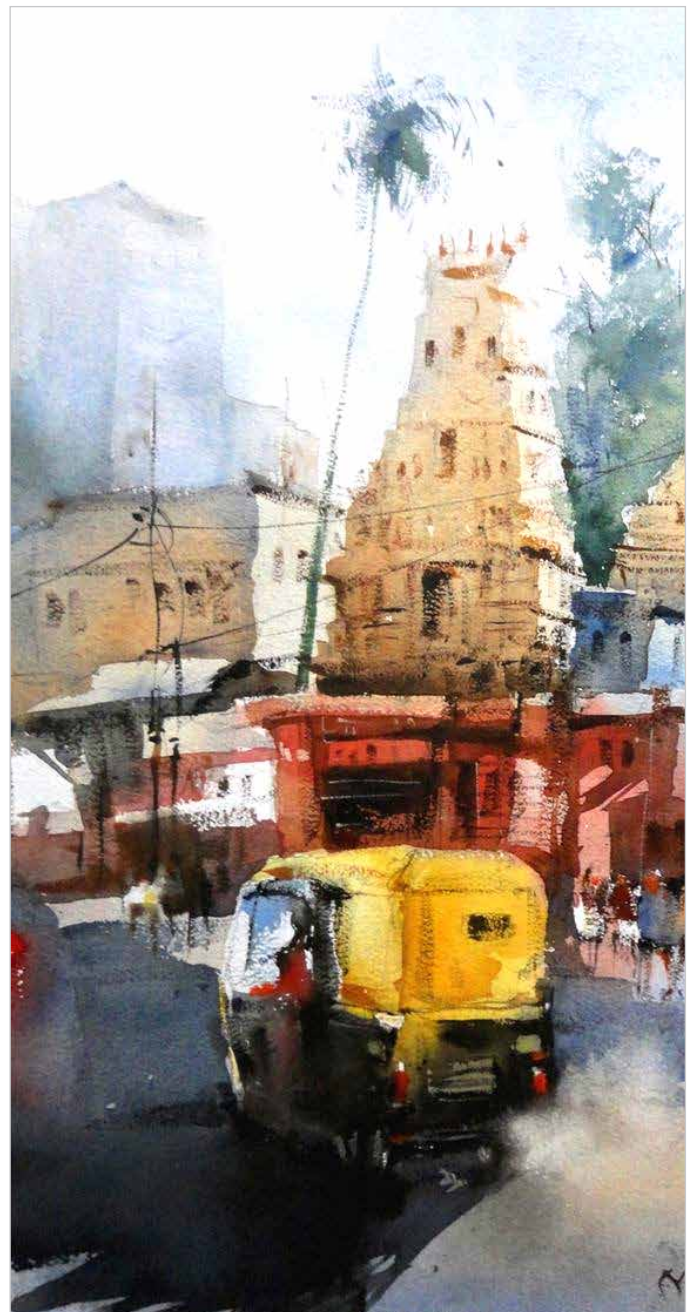
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House of Mother's Agenda

December 4, 1968

(continued from last week)



Mother: To come back to this man from the Vatican, he belongs to the type of people who have principles of action and can kill their dearest friend (or have him killed) like that, out of conviction. That's clear.

Satprem: *It's the type of the "Grand inquisitors."*

Mother: Yes.

If we want peace and quiet, it's best not to attract their attention!

Satprem: *But he's watching P.L.: in V's vision, he was watching your symbol around P.L.'s neck.*

Mother: Is P.L. wearing it?

Satprem: *I don't know. V. saw P.L. with your symbol around his neck, and this man was looking at your symbol.*

Mother: But I don't think P.L. wears it?

Satprem: *I think he does, but hidden, of course, not on the outside!*

Mother: Hidden doesn't matter.

Satprem: *Yes, but anyhow this man is watching, he's keeping his eye on it.*

Mother: P.L. would do well to be on his guard.

Satprem: *I told him.*

Mother: They're going to be on the same committee!² That's very interesting! (*Mother laughs*) Very interesting.

But... (how can I put it?) I've left this whole affair [of the Church reforms] in the hands of the Grace. And I expect interesting things to occur, because there, we don't know... What people don't know is the miraculous power of the Grace, even over the worst disbeliever, even over the worst enemy. (*silence*)

The body is very simple, it has a child's simplicity. This morning it was assailed with visions—not "visions," I don't know what to call them... they weren't exactly recollections, but things coming and all of them expressing hatred, violence (all that side, you know), and the body saw, it saw and felt, and said so spontaneously (it continues to be in this constant communion with the divine Presence), it said to the Lord, "Why do You carry all that in Yourself?" With a child's candor and simplicity: "Why do You carry all that in Yourself?" And just when it said that, there was a sort of vision, a vision extended over the whole earth of all the horrors constantly committed on it: "Why do You carry...?" So then, the Answer is always, always the same (it's like this, it's here like this [*gesture around the head*]): "In my Consciousness, things are different." Or, "In my Consciousness, things have a different appearance." And there was this insistence: "Work to have the true consciousness." The

TRUE consciousness that contains everything.

And this morning, the body understood: the problem was very clearly understood. (None of this is thought out, I don't know how to explain... it's not positively sensations, but... it's perceptions... I don't know [*Mother feels the air with her fingers*].) But the body clearly understood why division is, for a while, for the growth of the being, necessary. Because if there were from the start the perception it now has of everything within the Lord, absolutely everything, for instance all the things that even not so long ago (though in a different way) were still giving it a sort of horror—certain kinds of cruelty, certain things were really giving the body a sense of horror... Now it's no longer like that, but it still can't be happy with such things; it can be indifferent (*gesture of a Witness*),—but it can't be happy. And it has understood why that horror was necessary; why there was a time when the manifested world, the world of manifestation, needed to appear outside and separate from the Lord.... (*After a silence*) One must... one must have that immutable Peace, one must be as vast as the universe to be able to bear the idea that EVERYTHING is the supreme Lord.

And the body has understood that it's only now it has the experience because it's only now it is sufficiently conscious and surrendered (surrendered in the true sense; I might almost say "identified," but that's too high-sounding a word, it doesn't want to use it, it knows it's not like that and identification will be something else), but quite simply that it's now capable and ready to bear the idea that everything is the Lord, that there is NOTHING but the Lord. Previously, for quite a long time, it still needed to feel that all these movements (*gesture forward*) lead to the Lord, while all those movements (*gesture backward*) lead away from the Lord. For a long time, the choice was necessary. And now, it's doing its tapasya to be able to bear this idea—but without admitting or accepting movements of degradation and cruelty... That is, with the nascent impression that things are not what they seem to be; that we only see the appearance and they are not what they seem to be.

But the brain cannot understand. The Mind can speculate on anything, but this is something else, the mind isn't there. The brain, its capacity... (*Mother remains gazing*).

(to be continued next week)

Volume 9. 1968: Agenda
of the Supramental Action Upon Earth
https://sri-aurobindo.co.in/workings/ma/agenda_09/1968-12-04-01_e.htm

² For the reforms of the Church.

Townhall Speaks

RENOVATIONS AND CHANGES OF ASSETS OR LOCATIONS

Dear Aurovilians, L'avenir d'Auroville/ ATDC is now fully focused on implementing and realising the Galaxy Master Plan. All existing and planned buildings will be checked against the parameters given in the Master Plan. If found to be in violation with these parameters, solutions to bring them in line with the Master Plan will be looked into. Depending on the severity of the violation, different timelines to solve the violation may be decided on.

The goal is to end up with a situation without violations. It is therefore important that all renovation works, interior as well as exterior, are approved by L'avenir d'Auroville/ ATDC, as most Aurovilians do not know whether their building is in alignment or in violation with the Master Plan, and what the destined future of the building/ location is.

Please contact L'avenir d'Auroville/ ATDC before undertaking ANY alterations to the buildings or assets or locations you consider under your purview. We kindly request this so that you do not waste your resources needlessly. L'avenir d'Auroville/ ATDC will not be responsible for any expense made for changes/ renovations/ improvements that were not approved in advance in case the building will be given a different use, phased out, or partly or fully demolished.

Thank you for your understanding and cooperation,

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

NEW MEMBERS OF THE AUROVILLE COUNCIL AND ENTRY GROUP

Dear Residents, The Selection Process for the Auroville Council, Entry Board and FAMC took place on 29 January 2023 in Bhumika Hall.

Welcome the newly selected working groups members!

The profiles of all nominees are available here

- <https://www.ras-auroville.org/main-wgs-2023>

Auroville Council

New members selected (2 out of 3 open vacancies)¹: **Ashwini** (Petite Farm) and **Riju** (Courage).

- **New team—Ongoing members**

Balaji (Kottakarai), **Claudine B.** (Inspiration), **Philippe** (Anusuya), **Samrat** (Anusuya), **Shiva** (MM Nursery), **Suryan** (Isai Ambalam); newly selected members: **Ashwini** (Petite Farm), **Riju** (Courage).

- **Note 1:** "If there are insufficient candidates chosen during this process to fill the positions available in the WG's, then these positions will remain vacant, and a new selection process for that group can be scheduled" (*PWG, Part 3, ch. 7*)
- **Anbu V.** (Windarra) withdrew his nomination prior to the selection process.

Entry Board

- **New members selected**

(4 out of 4 open vacancies): **Fabienne** (Sukhavati), **Grace** (Pump House), **Sara** (Baraka), **Sonja** (Aurodam).

- **New team—ongoing members**

Alain S. (Invocation), **Jayanthi** (Auromodele), **Lakshmanan** (Kuilapalayam), **Matilde** (Madhuca), **Swadha** (Courage); newly selected members: **Fabienne** (Sukhavati), **Grace** (Pump House), **Sara** (Baraka), **Sonja** (Aurodam).

¹ Initially there were 3 open vacancies, but the Auroville Council and Entry Board added another one, so that eventually the selectors were asked to select 4 members.

- **Anandi** (Certitude) and **Rakhal** (Sukhavati) withdrew their nominations prior to the selection process.
- For next steps the newly selected members should follow up with the relevant working groups.
- Detailed report of the Selection Process 2023 will follow soon

The event was conducted by the Residents' Assembly Service (Giovanni P., Sathish A., Tatiana S.), their resource person (Dan), and facilitated by Elisa with the support of Henrike.

We would like to express our [gratitude to the Selectors](#) who agreed to participate in this event. We truly admire their dedication and enthusiasm. Special thanks to our volunteer, Clara, who assisted us with coordination and logistics. We thank the Silent Presence Keepers (Helen, Iris, Pala, Suzie) who held the atmosphere and supported us on a subtle level throughout the process. We thank the Bhumika Hall team for hosting the event. A big "thank you" to the Citizens Assembly (David, Henrike, Martin, Mukta) for organising the preparation session for the selectors! Our sincere apologies if we missed mentioning anyone above.

- Here you can find [some beautiful moments of the event](#)

Thank You! Much love, Giovanni P, Sathish A, Tatiana S For the Residents' Assembly Service

FROM THE ENTRY SERVICE—ES # 167

Dated: 2-02-2023

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. We thank you in advance.

NEWCOMER ANNOUNCED:

- **Rotem ABDAY** (Israeli) staying in Maitreye II and working at Chrysalis Project & Morning Star



Rotem

CHILD OF NEWCOMER:

- **Theodore ROY** (Israeli) born on 26/05/2016 (son of Rotem ABDAY)
- **Noam Gabriel ROY** (Israeli) born on 30/10/2018 (son of Rotem ABDAY)

NEWCOMER CONFIRMED:

- **Rahul SHARMA** (Indian)
- **Sio Man CHANG** aka **Loretta** (Portuguese)



Anuragha

AUROVILIAN ANNOUNCED:

- **Anuradha SENGUTTUVAN** (Indian) staying in Future School Staff Quarters (Transformation Community) and working at Future School
- **Raquel SANCHEZ** (Spanish) staying in Serenity and working at Pitanga, Abhaya & Spanish Pavilion



Raquel

AUROVILIAN CONFIRMED:

- **Poovizhi PATCHAIYAPPAN** (Indian)
- **Jens TORP** (German)

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 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.

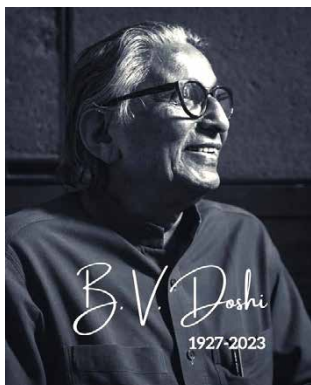
A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

**Yours, The Entry Board,
(Alain, Aureo, Dheena, Jayanthi, Lakshmanan, Matilde, Matripasad, Ramanarayana and Swadha)**

Community News

Auroville Matters

AUROVILLE MOURNS THE PASSING OF DR. B.V.DOSHI on 24 January 2023



We are deeply touched to have lost someone as remarkable as him; not only was he a friend, philosopher, guide for Auroville, but he has been participating actively in Auroville's development over the last decades, has served as member of the Governing Board for several years, as well as the Chairman of the Town Development Council almost a decade ago.

The beginning and pacing up of the development of the Auroville city in the recent months started with an online meeting with him in August 2021 with Town Development Council, the Working Committee and the Secretary. On several occasions, he has expressed his keenness and eagerness to see the city develop, saying that he wanted the beautiful, sacrosanct, visionary and futuristic Galaxy Plan of Auroville not to remain merely an image, but to be manifested for the benefit of humanity as a whole.

Auroville Town Development Council is currently setting up a Board of Experts to guide the development work with eminent visionaries and professionals from around the world; Auroville had approached Dr. B.V. Doshi to be part of this panel, and he had joyfully agreed to be a part of this panel of experts. Auroville will sorely miss his presence, expertise and guidance.

We offer our deep condolences to his family and close friends, to all those that he has touched deeply in his remarkable journey.

*From the Office of the Secretary
of the Auroville Foundation*

Submitted by Joel, Auroville Media Interface

MATRIPRASAD HAS PASSED AWAY

Our friend and brother Matriprasad passed away at the age of 65 in his apartment at Prayatna. His body was found around noon on 26 January; he had earlier informed his colleagues that he felt unwell and wouldn't come to work for a few days. The cremation of his remains took place at the Auroville Cremation grounds in the afternoon of the next day.



Matriprasad (Marco Zaccanti) came to Pondicherry and Auroville for the first time in 1978 with a group of friends from Italy. In the mid-80s he settled in Auroville in the Existence community and was active with forestry work, the Auroville Council and the Entry Board of which he was presently a member.

He was a silent and persevering presence who will be missed by his friends, colleagues and all those who knew him. Our condolences go out to Ana and her daughters Xenia, Jivatma and Amrita for whom he was a true father figure during his years in Existence.

Matriprasad's Friends

From his Auroville family

Dear friends, we are deeply saddened by the passing of Matriprasad and would like to invite you to join us in our prayers and loving remembrance of him. He has been a dearly loved member of our family since our arrival in Auroville and has made our lives brighter with his warmth and affection, his quiet wisdom, and his irrepressible wit, playfulness, and humor. His memory will always remain in our hearts, as will the strength of his faith and commitment to Auroville's ideals.

With love, Ana, Amrita & Jivatma

Aurevoir, Matriprasad!!!

Dear Matriprasad, the Entry Board members would like to thank you for the dedication and sincerity you showed as a colleague and as an Aurovillian. There is nothing that can compare to the knowledge and comprehension you were living with and have shared with us. To us, you have demonstrated great qualities with your dedication to the Mother and the spirit of Auroville. You were always looking for harmony and peace, your kind words touching those who were listening. We never imagined we would have to say goodbye to you so soon, nor so suddenly.

Thank you for your quiet presence and endless patience working together with us and creating memories!

It's difficult to say goodbye to someone who shared so many years with us, finding the best course of action. We sincerely appreciate everything you have worked for. You will always hold a special place in the hearts of people who knew you.

Goodbye! May you rest in peace where you always wanted to be and remain blessed!!!

*Warmly, William for The Entry Service
(The Entry Board, the Entry Secretariat
and the Aspiration Team)*

CHRISTIAN EDET HAS PASSED AWAY



On 24 January our Aurovillian brother Christian Edet passed away in his Promesse home at the age of 62.

Born at Noumea, New Caledonia, Christian came at the age of 46 to Auroville in 2006 and was accepted as Aurovillian in 2007. During the last 15 years he lived in Promesse.

Starting out with working at Matri-mandir, he then worked and lived at Sadhana Forest where he was a quiet, hardworking and appreciated member of the community.

In his later years he was active as gardener in Promesse and considerably instrumental in the cleaning up of the northern side of Promesse where village waste had been dumped for decades.

Living mostly in his own world and not socializing much, residents may mainly remember him from his bicycle rides over the large distances between Promesse, Sadhana Forest, Kuilyapalayam and elsewhere and back,—usually wearing a flower behind his ear.

May he be at peace. OM



CALL FOR ORGANISATION

End of 2022—beginning of 2023

Responding to a call from the Auroville Council, a group gathered every week from Saturday November 12 till now (last meeting took place on the 28 January 2023) to try to answer to this "[call for organization](#)".

Here is the general description of the assignment by the Auroville Council:

"Auroville, as a collective experiment, needs our continuous efforts to improve its organisation/ structure/ governance. Even in these challenging times, we have the responsibility to empower ourselves and re-align our collective with the ideals of Auroville, within the current legal frame".

Here is a tentative report of this group after 11 sessions of 2 hours.

It is not aiming at a detailed and exhaustive account of the work so far, rather some salient features to get in touch on how the work is done and inspired by which spirit. We are all aspiring to strive toward not less than a radical renewal, a new birth of Auroville's life. We need more time to end this process and we are like in a jungle, discovering the path as we walk.

The method chosen

Apart from knowing each other better¹, the first meeting addressed the need to define the path we wanted to follow to do this job. The present crisis we are going through is creating a space and is increasing the need for this improvement. This aspiration that we feel in the community nowadays was also very palpable amongst us; we were all filled with this call... yet many of us had no clear idea about how to progress and were simply open with the hope that our aspiration would make a breakthrough and guide us, whereas a few attended this 1st sharing with concrete ideas. And there was also a certain impatience and a concern to be concrete and consistent.

This idea emerged: "we first need to clarify and agree on the goal of a renewed collective organization if we want to be efficient and progress".—"What should or could be the goal of a renewed collective organization?" Also it was agreed that the goal was not to 'improve' an already existing organization, rather to build something totally new and innovative, closer to the ideals of Auroville. And from there came as evidence: the need to explore assiduously the ideals of Auroville not only to let emerge a goal but to draw from there whatever necessary principles of organization would best serve Auroville's ideals in our collective organization.

There was another proposal consisting of making a thorough study of our present organization, analyzing its strengths and weaknesses in order to know what to improve. It was not retained at that moment.

We then met weekly and took the time to share our individual understanding of the "Charter of Auroville", of "The Dream" and a small compilation of quotes from Sri Aurobindo and the Mother related to each article of the Charter. We also brought individually some other texts to complete this initial compilation.

Week after week, we all made a sustained effort to listen to each other, building as much as possible on each one's contribution. It has been fruitful and often uplifting and that is what has helped us to carry on this exploration of the fundamentals of Auroville. It was not at all commenting, rather sharing our intimate conviction and questions. Diversity was there always and there was also the generosity to embrace all of it so that we could walk together through this path and clarify a goal wide enough to be true for everyone, and ambitious enough to pull us toward unknown and promising horizons.

A lot of notes have been taken that will be helpful to deliver our synthesis.

A meaningful issue on the way:

to combine a search for the highest inspiration while keeping grounded and practical? This has been an issue coming up regularly under one form or another.

• How

Though we felt no so at ease to mix the two and even less to bypass the highest and go too rapidly in the realm of practicalities, we should be grateful to see these two aspects coming up in our discussions: because yes, Auroville is precisely about this endeavor "to find new forms for a new consciousness".

To some of us who are more concerned by a sense of urgency it looks like we have produced very little in these 11 sessions. However, for most of us we felt we are finding a path in the unknown for radical changes. It is true that we have chosen to dive deep and as completely as possible. But how to explore genuinely the ideals of Auroville so that everyone harmonizes around a common understanding in a short time? The relevance of our work lies before anything else in our unity... so far, we have succeeded to remain united: how can anything be serving Auroville's progress otherwise?

We ended this exploration of the fundamentals by the end of December and "courageously" formed a first image of what could be the goal of our collective organization. We then have taken up to study the practical advice on the collective organization The Mother has given insight about. The firsts of which are:

"To be practical, you must first have a very clear vision of your goal, of where you are going."

"If the growth of consciousness were considered as the principal goal of life, many difficulties would find their solution". After a long meeting exploring what could be this vision of our goal, we finally came up with a formulation; yet in order to be settled we will need to go further in the practicalities that it ensued. Please take it as a temporary formulation that may evolve.

The goal of Auroville is "Human Unity, Peace upon Earth"/ Divine Anarchy. Hence, the goal of Auroville's collective organization could be: "to foster the growth of our individual and collective consciousness so as to make it the aim of life"

The necessary qualities to realize this goal: Simplicity/ Flexibility/ Broadness, Wideness, Depth/ Compelling for all (momentum, irresistible)/ Evolutive/ No rules (or minimum and flexibles)/ Mutuality (collective at the service of the individual and the individual at the service of the collective)/ Freedom/ Self-determination (individual and collective)/ Discipline (individual and collective).

The next steps will consist in exploring how to implement this goal in our collective organization. It can certainly be a powerful motor. At this point we have agreed that some of us will parallelly explore existing advances in organizational systems, taking into account ground realities, etc.

Some members will be attending both explorations to bridge the two approaches. We intend to meet to get connecting points. Along these gatherings, we have also gained maturity on the nature and the scope of the "deliverable" that we will be able to give to the community and if we succeed to remain united until the end of it we are convinced that it will be substantial and helpful for our future collective life.

It does not mean that this work of renewal will be over, on the contrary it means that it will have enough concrete and genuine ground to be started by everyone concerned.

Thank you for your attention'
Call for Organization Task Group, January 2023
Warmly, Rakkhal

¹ **Present in the first meeting:** Hendrik, Dan, Eric Ch., Lawrence, Sandyra, Veronique J. Riju, Mila, Pablo, Thomas (Volunteer), Olivier, Pala, Laszlo, Rakkhal, Ann R.—Susan P. Fabienne, Philippe, Ashwini, Claudine and Pala not present during the first session but after, Savithri as note taker.

AURO KALINDRIYA: TIME-WEAVING PROJECT

• What is it about?

If you aspire to experiment with the Synchronic Order and harmonize your physical vital and mental parts to create the space needed for their psychic essence to reveal itself.

If you wish to mutualize Time in a collaborative and restorative way and cooperate creatively in a global project? Maybe the following will interest you! Dive into the Adventure of Auro Kalindriya and join for a journey of 13 months of 28 days each plus one day known as DAY OUT OF TIME, making it $364 + 1 = 365$ days.

• When does it start?

The adventure starts on 28 February as it is the Day out of Time. That day is crucial as it creates a spiral movement between two cycles of 364 days, therefore enabling an evolutive process to manifest consciously.

• How does it work?

Each month is based on a quality given by Mother, plus a thirteenth one known as Unity.

We will therefore connect to each quality for four weeks. These four weeks relates to the four inner instruments of Nature, Prakriti known in India as Citta-Ahamkara-Manas-Buddhi, by which we will connect to these qualities. We could approximately translate them as Body, Will, Emotions, Intellect.

• Where does it come from?

This is a very ancient Initiation that has been practiced at least by the Celtic tribes of antiquity and the Maya and known as the Prophetic Calendar because of its inner harmony and its ability to stick to the natural cycle with a high degree of precision.

The Roman and later the Christian have chosen to adopt it in their own reform of Time, even though the latter chose to hide it beneath the 12 months of the Gregorian calendar that became the universal calendar, conserving that knowledge in an unbroken continuity until now.

Mother took up the flame with the birth of her Dream on that very day.

• Why like this?

Mother chose this date for the birth of Auroville as the Healing of the Nations. After showing the path of Mantra Yoga for the Transformation of Body she revealed the secret path of Time within Auroville itself as the Beacon for humanity to unite in peace.

Mother gifted Auroville with that Grace because she as well as Sri Aurobindo knew about the key role of Time as an instrument for the Transformation of Humanity and Earth. On top of that, she gifted us the Golden Day which falls on 29 February as an extra Day out of Time every four years to keep aligned with the real length of the actual cycle. This is not a random coincidence. flow harmoniously at a collective level and allow the space needed for introspection and exploration of

Join the Antic Call of the Mother and contribute to co-create a psychic atmosphere which will help life to consciousness at an individual level. Feel free to cooperate in any creative way.

- **Sincerity:** 1 to 28 March
- **Humility:** 29 March to 25 April
- **Gratitude:** 26 April to 23 May
- **Perseverance:** 24 May to 20 June
- **Aspiration:** 21 June to 18 July
- **Receptivity:** 19 July to 15 August
- **Progress:** 16 August to 12 September
- **Courage:** 13 September to 10 October
- **Generosity:** 11 October to 7 November
- **Goodness:** 8 November to 5 December
- **Equality:** 6 December to 2 January
- **Peace:** 3 January to 30 January

- **Unity:** 31 January to 27 February
- **Day out of Time:** 28 February
- **Golden Day:** 29 February

Inquiry or Doubts clearing at aurokalindriya@gmail.com

Submitted by Cyril

Special Opinion

CONCERNS REGARDING THE CONCERT

By Krishna Das

Dear Matrimandir Executives, we are writing on behalf of the many community members who have contacted us to express concerns regarding the concert by Krishna Das that is planned for next month. While there is widespread interest in and support for the event itself, there are sincere concerns about the venue being the Matrimandir.

We understand that there will be tickets issued but not sold and therefore the event will not be commercial. However, since Krishna Das has a very large public following it will attract a lot of people from outside who may not understand the space in which he would be singing.

The funding from the Foundation office can be explained and utilized in good faith for this event; what the community is concerned about and would dissuade many residents to attend it, is to be part of 'propaganda' that is seen and felt in such events and VIP visits organized by the Foundation office (to most of which the community is neither welcome nor informed) and the style of imposition that is frequently experienced.

Besides all this, the aspect of the sanctity of the Matrimandir and the risk of setting a precedent by allowing one function which would then naturally open up the space for other events, is a concern that must be acknowledged. There are most certainly other suitable venues where many Aurovillians would happily welcome and attend an event like this.

We understand the multiple layers that all of us need to deal with and integrate as best as we can, as we face various facets of this situation, the ultimate goal being to live and act in the true Spirit of Auroville, and we hope you can understand and respect the concerns that many community members have about the venue of this event.

Sincerely, Aravinda, Bharathy,
Chali, Hemant, Maël, Sauro, Valli
26.01.2023

Youth Initiative

WORK SURVEY AGES 18–30

We at YouthLink bring to you a survey on youth, and our relationship with work. Throughout the years we have heard many allegations, statements, and comments, ranging from "Auroville youth are lazy" to "youth want to work but there is nothing to do in Auroville". This survey will serve to give clear and accurate information on the current realities. Please fill out the survey if you are a youth of Auroville between the ages of 18–30!



Research Methodology

The aim of this research is to study the current relationship between the work culture of Auroville and the youth of Auroville. This research focuses on extracting the existing trends of youth-work culture of the region. To do this, a mixed methodology is adopted.

The study uses both quantitative and qualitative research methods to understand how youth of Auroville is involved in the workforce of the region. The data collection for the project is conducted in two phases.

The first phase consists of quantitative data collection through online and offline modes, i.e circulating a google form with the questionnaire, online on social media forums. This will be followed by a representative survey where in-person surveys are conducted with specific sample groups ranging from different age groups (18-21, 22-26, 27-30).

The second phase of this research consists of qualitative data collection whereby in-person interviews are conducted with participants and representatives of the three groups. Open-ended interviews, Focus Group discussions will be conducted to substantiate the data gathered by the surveys. This will form a cumulative understanding of the relationship between the youth and the work-culture of Auroville.

Additionally, this mixed data acquired out of quantitative and qualitative research will result in well-balanced research where statistical data is combined with detailed transcriptions and analysis of oral interviews to bring out the existing patterns of Aurovillian work-force.



You can fill up the survey through the QR code or the Link provided below:

• <https://forms.gle/TzsGsagCDAZabgv06>

Thank you for taking the time to fill out this survey, we will publish the results when they are ready. Thank you.

Sincerely, Namu,
for YouthLink Team

Awakening Spirit

AMPHITHEATER—MATRIMANDIR

Every Thursday, 5:30—6pm, weather permitting

Meditation at sunset with Savitri

Sri Aurobindo's long mantric poem

read by Mother to Sunil's incredible music

Enjoy the beautiful open space, in the very center of Auroville!

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



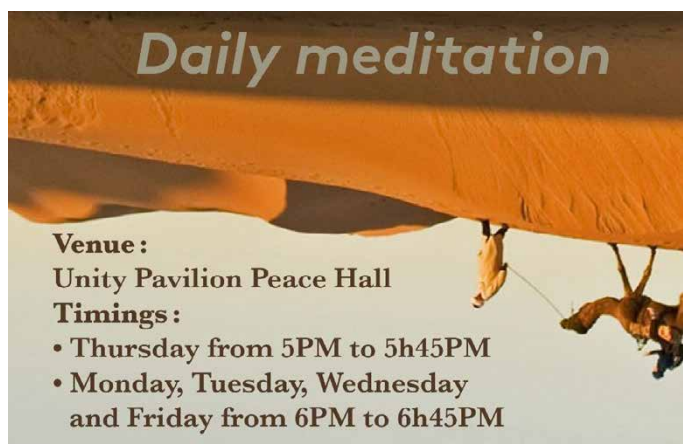
Surya & Velmurugan

DAILY PEACE MEDITATION

Unity Pavilion, Peace Hall

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

Thursday 5 to 5:45pm



Venue :

Unity Pavilion Peace Hall

Timings :

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

Submitted by Arun

BUILDING MATRIMANDIR

Labor Of Love 1971-2008

Monday, 6 February 2023, 4pm at Savitri Bhavan.

Savitri

B H A V A N

Duration: 52min.

This impressive and touching documentary on building the Matrimandir shows archival footage of the early stages of the construction and the Foundation Stone ceremony, gives a more comprehensive coverage of the final stages of this project and includes interviews with some of the builders.

The construction of Matrimandir represents a special aspect of the growth of Auroville and its soul. On 14 August 1970, the Mother gave the message;

"The Matrimandir wants to be the symbol of the Divine's answer to man's aspiration for perfection. Union with the Divine manifesting in a progressive human unity."

The Foundation Stone of the Matrimandir was laid on Mother's birthday on 21 February 1971. On that day, the Mother's message was:

"Let the Matrimandir be the living symbol of Auroville's aspiration for the Divine."

The two-DVD edition of the film in eight languages published by Auroville Video Production in 2008 is available for sale at the Auroville Visitors Center and the income will support the Matrimandir.

The English version can also be seen on Vimeo: <https://vimeo.com/44315540>

Submitted by Margrit

SATSANG BY NARAD

Thursdays, 6:30pm, Kalpana Community @ E1-2B



We are pleased to inform you that we are resuming the Spiritual Satsang on Thursdays, from 2 February 2023, at 6:30pm in Kalpana Community @ E1-2B, East Block, 1st Floor (above the parking area). Cordially inviting you all.

Thank you, William

BRAHMANASPATI KSHETRAM

Calendar of Regular Events of February 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

Calendar of regular events of February 2023

Every Thursday 6:00 - 6:30pm
Meditation

6th & 20th, Monday 4:00 - 5:00pm, reading
"The Sunlit Path"
in English & Tamil by Dhanalakshmi

7th & 21st, Tuesday 5:30 - 6:30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English by Rama Narayana

5th, Sunday at 6:00pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

No.3/134, Kalathu Mettu Street
Edayanchavadi, Auroville
kshetram2014@auroville.org.in



Thank you, Tixon

INTRODUCTION TO THE INTEGRAL YOGA

of Sri Aurobindo and the Mother

Tuesday, 31 January, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 7 February, at 9am—12noon



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

Please be present by 8:45am

*All are Welcome,
Ashesh Joshi*

Health Care

SANTÉ SERVICES IN FEBRUARY 2023

Crown Road, Phone: (413) 2622803

Email: sante@auroville.org.in



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

Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

| | |
|---|--|
| Doctor consults with Dr. Senthil, Monday to Friday | Nursing Care, Ezhil & Thilagam, Daily (No appointment necessary) |
| Ayurveda with Dr. Sonia, Monday/ Thursday/ Friday | Ayurveda with Dr. Be, Tuesday to Friday |
| Acupuncture with Andres, Monday to Friday | Homoeopathy with Michael, Monday/ Wednesday/ Saturday |
| Family counselling with Monique, TOS | Pregnancy Care & Women's Wellness with Paula, Tuesday & Wednesday |
| Paediatric Physiotherapy with Swati, Monday, Wednesday, Thursday | Integrative Physiotherapy with Juan Andres, TOS |
| Physiotherapy with Rebeca, TOS | Physiotherapy and Massage with Galina, Monday to Friday |

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.

In case of cancellation or to reschedule, it is necessary to inform us in advance.

Love, Dasha

TO ALL MEMBERS OF THE AV HEALTH FUND SCHEME

If you still have any medical bills from the past months at home please drop them, **together with your doctor prescription and your PT account number and Email**, in the Health Fund box at Aspiration Health Centre or at SANTE.



- As the financial year is going to end, all the pending bills from **April 2022 till February 2023** have to be processed before the **end of March 2023**.
- Only the medical bills from **March 2023** can be paid till the end of **April 2023**.
- The audit service has told **not to process** any bills from last financial year **after March 2023**.

Please check your cupboards while there is still time!

Kind regards, Health Fund Team

AURODENT—DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

The Arts

HIBISCUS ART FESTIVAL

2023
Edition



HIBISCUS ART FESTIVAL



CALL FOR ARTISTS, PERFORMERS AND VOLUNTEERS

If you would like to co-create the festivities with us,
please get in touch at:

HIBISCUSAV@GMAIL.COM | +917019230205



@ SVE DAME | SATURDAY, 14 - 18 FEBRUARY | 11 AM to 9 PM

WORKSHOPS | COMMUNITY ART | MUSIC | PERFORMANCES |
OPEN MIC | POETRY | MEDITATION | HOLISTIC FOOD & LOTS MORE!
[FACEBOOK.COM/HIBISCUSAV](https://www.facebook.com/HIBISCUSAV) | [INSTAGRAM.COM/HIBISCUSAV](https://www.instagram.com/HIBISCUSAV)

Greetings of the day! We are coming up with the 2023 edition of the Hibiscus Art Festival—'Sacred Synergy'.

*Love, Peace & UFOs, Hibiscus AV Team,
Achla, 7019230205*

RAKHEE KANE

Exhibition Within/ Without

Centre d'Art Gallery, Citadines, Auroville invites you to an exhibition **Within/ Without** by Rakhee Kane

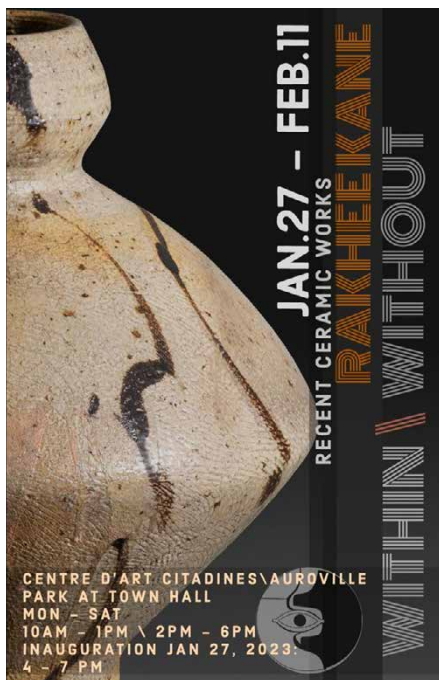
- **Exhibition Dates:** 27 January—11 February
- **Gallery hours:** Monday to Saturday, 10am—1pm, 2—5pm. Sunday is closed
- **Where:** Centre d'Art Gallery, Citadines, Auroville.

Please Park at town hall.

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

About Rakhee Kane

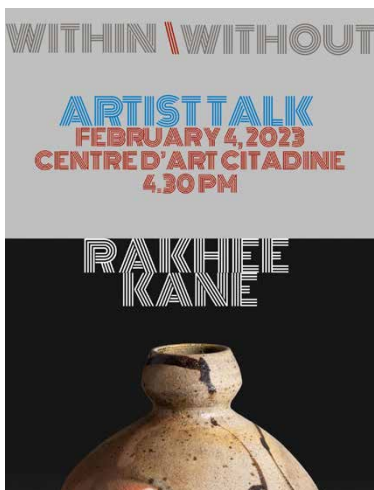
Rakhee Kane's work Transcends the art of ceramics into a



Visual experience that integrates her excellent skills and mastery over techniques of firing with her love for abstraction of Nature forms, landscapes and Indian Aesthetics. Her work reflects an amalgamation, intriguing design vocabulary that imbibes her love for Nature, while keeping her Ceramics forms Pure and Simple. Her unassuming personality finds its expression in simplicity of forms and its complexity of techniques of Firing with Soda, wood and Raku.

Kane's Ceramics work, represents the coming of age in Indian ceramic art which has found it's own niche in the contemporary Indian art world. The scale and sensitivity of her pieces appeals directly to the viewers, collectors and curious minds equally, who want to own a small part of her unending search to touch the core of Indian Aesthetics.

Her recent work has a quiet presence and sublime posture, when a viewer experiences it in a gallery setting. Her special sharing and connection with her contemporaries is a gift to the professional colleagues. Her work is a tribute to her mentors by her total commitment to her passion and profession, and balance of her work and personal life in the natural setting of her Studio in Auroville.



Talk by Rakhee Kane

- 4 February, 4:30pm, Centre d'Art Gallery, Citadines
Warm regards, Sri/ Centre d'Art

CENTRE D'ART RESIDENCY

You are welcome to participate in the project.

Centre d'Art residency is an opportunity for artistic exchange and experimentation, focusing on process-based and artist-led research with a participatory aspect.



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.

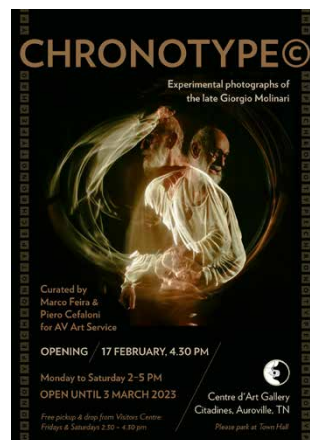
It was in Japan, in 2010, that these series took off, during an exhibition created after an invitation from the Spiral Art Center of Tokyo. This made me realize how my interest in looking for multiple representations of those seeds' life cycle reflected my desire to contribute to reconnect people to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

- Residency timeline: 1 February to 31 March
- To know more about participatory aspect please contact cedricbregnard@gmail.com
- To know more about Cedric's work: <https://www.cedric-bregnard.ch/>
- To know about Centre d'Art residency program: <https://centredart.in/>

Warm regards, Sri, Centre d'Art
+91 413 2622699,
centredart@auroville.org.in
www.centredart.in

EXHIBITION "CHRONOTYPE"

Centre d'Art Gallery, Citadines, Auroville invites you to an exhibition **"Chronotype"** Experimental photography of the late Giorgio Molinari



- **Exhibition opening on** Friday, 17 February, 4:30pm
- **Exhibition Date:** 17 February—3 March
- **Gallery hours:** Monday to Saturday, 10am—1pm, 2—5pm. Sunday is closed
- **Where:** Centre d'Art Gallery, Citadines, Auroville.

Please Park at town hall.

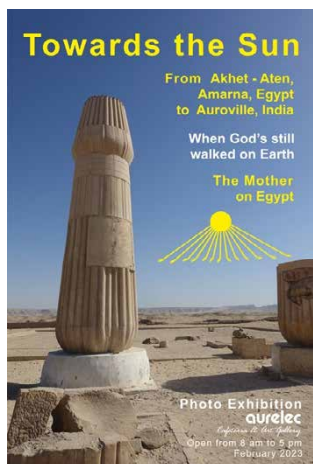
Free pickup and drop from the visitors Center on Friday and Saturday from 2:30 to 4:30pm.

Warm regards, Sri/ Centre d'Art

TOWARDS THE SUN

Aurelec, Photo Exhibition, February 2023

In Ancient Egypt they worshipped many gods. The Sun-God was called Aten. When Amenhotep IV became the Pharaoh he changed his name to Akhen-Aten, which means "One who serves Aten", the Sun God. He tried his best to change Egyptian worship of many gods into worship of only one god, the Sun God. Sri Aurobindo says that the Sun universally stands for the Supramental Truth, which is the New Consciousness that he and Mother brought for the earth and mankind.



History tells us that Akhenaten was strongly influenced by his mother, **Queen Tiye**, who we now know was Mother. Pharaoh Akhenaten moved the whole capital of Egypt from Thebes to a new city that he built, and there is even an inauguration date: February 22nd 1347 BCE (give or take a week or two). Akhenaten called his new city **Akhet-Aten** which means "**City of the Horizon**". We know that in the 1960's Mother planned to build her new city called "New Horizon" near Ousteri Lake, Pondicherry.

Akhenaten founded his "**City of the Horizon**" with these words. "*Here is the place that belongs to No person, No god. Nobody owns it. It is Everybody's place. The earth will find its Joy in it. Hearts will be Happy in it.*"

In 1968 AD, three thousand, three hundred and thirty seven years later, Mother founded Auroville. She said Auroville meant "**City of Dawn**". A city named for the time the sun comes up over the horizon. She used words very similar to the words Akhenaten used. Just like Akhenaten, Mother said, "Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole." Mother also called Auroville "**The City the Earth needs.**" Akhenaten said, "**The Earth will find its Joy in it.**" In his new City of the Horizon, Pharaoh Akhenaten and his wife Queen Nefertiti built a temple to the Light. Up to that time, all Egyptian temples were filled with statues and paintings of gods and goddesses and people went there to worship their many gods. Akhenaten's new temple was empty inside. There were no statues, no paintings; nothing for traditional worship.

Mother put the Sun Temple **Matrimandir** in the center of Auroville. She said the **Matrimandir** should not have any images or photographs and it should not be used for any form of worship or ritual. The Inner Chamber of the **Matrimandir** is lit by a ray of the sun at its center. Akhenaten means one who serves the Sun God. We can see that long ago Akhenaten's Temple to the Light, in his City of the Horizon was like Mother's **Matrimandir** in **Auroville**, her **City of Dawn**.

Mother explained that; "Akhenaten's revelation aimed at revealing to the humanity of that time the Unity of the Divine with its Manifestation."

This is the Unity that the new beings in Auroville will also realize—the eternal Divine Truth of Love that they are and the Divine Truth of that Love which is also our physical universe.

Mother said that Akhenaten's attempt was premature—men were not ready for it. She said that it had to be expressed more than three thousand years ago, so it would keep on living on the Mental Plane. It has been in the Universal Mind, which is open to everyone, and it has come down through time to us here in Auroville and to people all over the world. Akhenaten and Mother were doing the same work when they each built their city. Mother was helping Akhenaten build his city in Ancient Egypt when she was his mother, Queen Tiye.

(This text is an excerpt of an upcoming Prisma publication: The Mother on Egypt. From Akhen-Aten (Amarna) to Auroville, Towards the Sun.) Submitted by Franz, for Prisma

International

FRENCH PAVILION PRESENTS

How can we change the destiny of our children?

Conference presented by Lorrain

- Friday, 3 February, 5pm, French Pavilion
- In French only, 1 hour

The experience-felt, the words spoken in front of a pregnant woman, or in front of a young baby, "can" become the meaning of the child's life. After training as an EPFL engineer (Switzerland), Lorrain POIRSON traveled to India and meeting teachers in spirituality, making connections between various traditions, recent discoveries, and his experience. The work presented during this conference is the synthesis of several years of research.

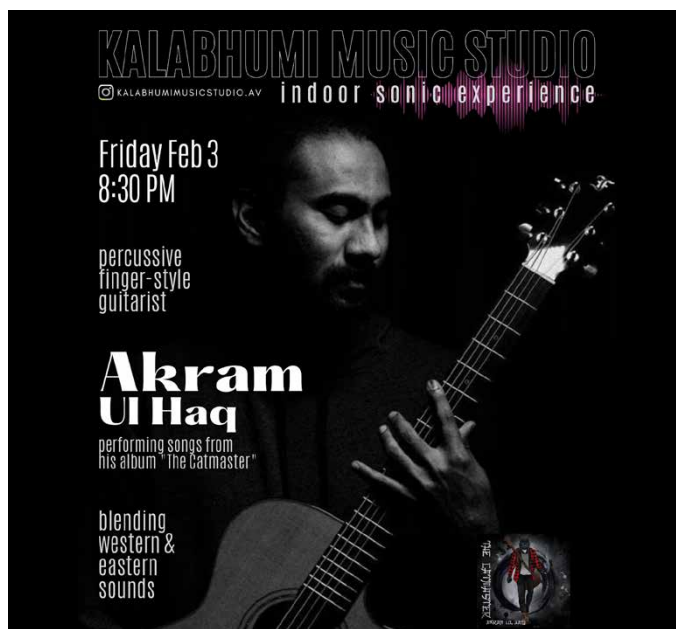
Warm regards, Michael for French Pavilion

Music

AKRAM UI HAQ

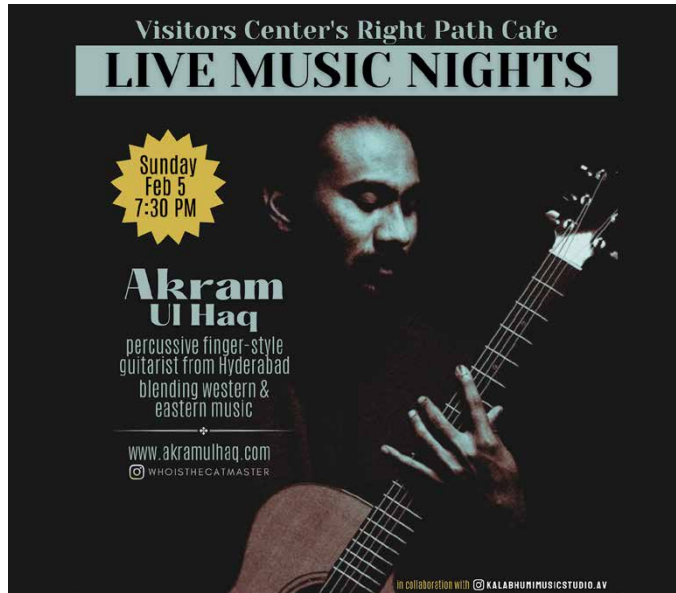
Kalabumi Music Studio

- Friday, February 3, 8:30pm



Live Music Nights

- Sunday, February 5, 7:30pm



KALABHUMI GOES LIVE

Saturday, February 4, 7—10pm

KALABHUMI Goes LIVE!
KALABHUMIMUSICSTUDIO.AV

Saturday Feb 4 7-10 PM

7pm Sage for The Ages
Kalabhumi resident jazz band takes off! Starting an octa-city tour this Feb, they will perform unique compositions from their latest album "Second Nature"

8pm Nowhere Station
Second visit by the rock and hindi trio, Rijul-Anant-Dhruv, accompanied by Tommaso and Edo on this special come-back!

9pm Anāhata
experimental fusion of Indian Classical and Electronica- featuring Iti on sitar/vocals & Vishwamitra on beats/bass

drugs & alcohol prohibited

Parking at Cripa back side / Gaia frisbee field, follow instructions from our team!

VENUE: KALABHUMI MUSIC STUDIO AUROVILLE

VEG/VEGAN BURGERS BY CAFE MELD
KAJIMBA MIRACLE BEVERAGES
CAFE 73 ICE CREAM DELIGHTS
MYTHSINART (AV APPAREL)

TEN 10 FOR BOOKINGS 8056795810 @TENDIOLOKA

Edo, Kalabhumi Music Studio

Activities

CENTER FOR RESEARCH EDUCATION EXPERIENCE IN THE VISUAL ARTS

Class And Sessions, February & March 2023

Please confirm with the artist before you come to the class.

Collage by Kiran

- Tuesday, Wednesday, 10:30am—12:30pm.
- Thursday, 3—5pm

Henna Design (Only for February) by Pooja.

- Tuesday, Wednesday, 10:30am—12:30pm.
- Thursday, 3—5pm

Explore Drawing and Colour with Audrey

- Thursday, 9:30—11:30am And

Life Model: A sketching of human figure w/ Audrey

- Friday, 9—11am, Drop-in.

Clay Sculpture by Sangarapranan

- Saturday, 2—3:30pm And

Oil Painting by Sangarapranan

- Sunday, 10:30—12am, +91 9047722987.

Open Studio

Is supporting to work on your own visual art with our art supplies and space.

- Saturday, Sunday, 9:30am—5pm, Led by Pooja

Contacts

- Audrey: 0413 2622641, +919489408358
- Kiran: +91 9108944731
- Pooja: +91 9422978173
- Sangarapranan: +91 9047722987



CREEVA

CREEVA Art Studio,
Creativity Community, Auroville
creeva@auroville.org.in
warmly, Sathy

SPIRIT&NATURE

Two Day Immersive Journey with Aikya

Wednesday, February 8, and Thursday, February 9

It is an introduction into Inter-species connection, an intuitive way of being together with another species like animals, trees, etc. and then communicating from the heart (from a silent place within), an exchange of energy, of messages.

You can expect some basic theoretical background, game-practices. Also screening of a documentary, personal sharing, and a peaceful celebratory 'sharing circle around the fire'.

- For information & to register [click here](#) (or scan the QR Code on the poster)

- Subscribe to our newsletter: [Click here](#)

"Nature as a teacher of the multiplicity of creative expressions of Spirit"

Aikya, <https://spiritandnature.org>



REVELATION MORNING FOREST WALK

REVELATION FOREST
(Mahakali Park)

Forest Immersion

🕒 1hr - 7am to 8am | 📅 Monday to Friday

📍 Revelation Forest Gate
Adjacent to CSR & Auromode

FREE WALK IN NO REGISTRATION

- Guided Forest Walk
- Connect with nature through all your senses
- Learn about History & context of Forest regeneration in Auroville

For More Info
📷 revelation_forest 📞 +91 95001 83706

Start your day with a refreshing and therapeutic walk amidst the dense lush green wooded forest of Auroville, wherein you connect with nature through all your senses. Also, learn about the history and context of forest regeneration in Auroville.

General Instructions:

- Meeting Point: Revelation Forest Gate (Near CSR and Auromode)
- Reach 10 mins before 7am.
- Be adequately clad to prevent mosquito bites. You may also carry mosquito repellants.
- No registration is required. Just walk-in.
- No charges involved. It's free of cost.
- Duration: 1 hr, 7—8am
- Days: Monday to Friday only
- For queries: +919500183706 WA only

Regards, Arun

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 | Bakisatadsnce@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

COLLECTIVE FALK DANCES
Tuesday, February 7, 7:30-9pm, SAWCHU, Bharat Nivas



With love and appreciation, Lison

AUROGAMES SESSION AT HUMASCAPE

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



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

Geetha 7094688421, Veronique 9488512678

RUPAVATHI JOY ACTIVITIES

Bio-region Temple Tour

- Every Sunday, 9am—12noon, starting from Solar Kitchen



Indian cooking

- Every Saturday, 2—4pm, at Creativity. If you want to participate, please book it in advance.

Cell & WA 8098845200, rupavathijoy@gmail.com

Rupavathi Joy

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,

WA 8525038274 or call 8122274924.

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

Gatherings

JOY OF IMPERMANENCE

Devotional circle & Potluck

Devotional Circle & Potluck

Sitara and the JOI - Anitya team invite you

Thursday, FEB 2 - 6:30pm

Anitya community, Maloka hall

Our friend Sitara will lead a kirtan as a farewell gift to Auroville

Free event. Donations to support JOI are welcome
Location : follow the signs from Center gh

Joy of Impermanence

You are invited to join us in a Devotional Circle¹/Potluck² this **Thursday, February 2, starting at 6:30pm** at the Maloka of the Anitya/Joy of Impermanence community. To find Anitya, you can follow the signs from Center Guest House.

This will be my farewell gift to Auroville since I'm leaving India on February 9. I'm also celebrating my 60th birthday! Free entry. Donations for the Anitya/Joy of Impermanence space are welcomed. Hope you can join us!

Namaste, Sitara and the JOI—Anitya team

¹ **The Devotional Circle** is a space through which we open our hearts to connect with the center of Love, Peace and Joy that we all share, through devotional expressions such as music, song and poetry. Everyone is welcome to participate, whether it's leading a chant, playing music, sharing an inspirational reading, or contributing some form of devotional art.

Sitara leads kirtan³ and call-response type chants in different languages. Some come from various spiritual traditions. Sometimes other musicians accompany her.

² **Potluck.** If you want to share food with us, please bring a favorite dish (vegetarian, dairy, gluten and sugar free, if possible) or a natural alcohol-free drink. Also bring your own reusable plate, cutlery and glass. For the benefit of those who have food allergies or sensitivities, we ask that you write the ingredients of your contribution on a card and place it next to your plate. You can also put your name on it. Thanks.

³ **Kirtan** is a type of group chanting that creates a high energy vibration. It is a devotional yoga practice. In addition to singing, Sitara plays the harmonium, a musical instrument that is played on the floor, has a keyboard, and sounds like an organ. You don't have to be a singer to receive the benefits of this ancient healing practice. According to the Vedas, the sacred scriptures of India, kirtan is the highest, fastest and easiest way to connect with the divine in this age. Many, including Sitara, find it one of the most joyful ways to connect with our inner being. Let's join our voices to access the healing power of sound. Experience the powerful effect of chanting the ancient sounds that help open the heart, calm the mind and free the voice. **Sitara**

Kirtan & Sacred Songs

KIRTAN & SACRED SONGS

with **JAYA DEVA**
Student of Krishna Das

Thursday, FEB 9
5:00pm

Anitya community, Maloka hall
Location : follow the signs from Center guest house

Donation-based Event

Joy of Impermanence

In 2010, Jaya Deva met Krishna Das in Spain and followed him during his tour. A year after, he traveled to India with him and chanted daily with him the Hanuman Chalisa at the Neem Karoli Baba temple in Rishikesh. Since then, Jaya Deva has been regularly singing with Krishna Das in various places of the world. Today, he continues to delve into the practice of Krishna Das, whom he considers his teacher, his inspiration, and represents Guru Tattva himself in his life, at its best.

"Ram nam karne se sab pura ho jata."

Work Opportunities

MATRIMANDIR DISC CLEANING TEAM is looking for new members

Dear Aurovilians and Newcomers only! Matrimandir Disc cleaning team is looking for new members on the regular basics.

Description of the work: we take the bags with climbing equipment (8kg) to the roof of MM. Then we take up the sets of the ropes (same 8—9kg) to the roof from the above-chamber layer inside MM. Install the ropes. Attach ourselves to the ropes and start disk cleaning with jute clothes, one vertical line of disks per day, from the very top to very bottom of MM. The job is dirty, monotonous and physically hard.

Timings: Monday to Friday, 4:30 to 6:00 for advanced workers and 4:30—7:00 for the beginners, depending of your capability to learn.

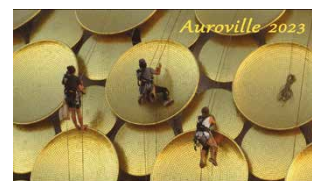
We give training course of 4—6 classes where we teach climbing skills, equipment and security. After you pass the exam you can start the real work.

If you

- have no fear of heights,
- no allergy to the dust,
- physically strong,
- have no problem with coming in time,
- ready to commit at least 1 evening per week minimum for half year,

Please contact Agni(Jata)

- WA +91 9843605237.



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

Submitted by AgniJata

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.

Secretarial work (part time)

A Service of Auroville is looking for a secretary: the task would consist mainly in responding to emails, taking minutes of the meetings and making agendas, issuing resolutions. A perfect command of written and spoken English is needed as well as an excellent command of basic computer skills.

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.

Waiter (Part Time)

A restaurant is looking for a Waiter to cover evening shifts and weekends.

Cook (part Time)

A Restaurant is looking for a cook with very good previous experience.

Receptionist and supervisor (part or full time)

A Guest house is looking for someone that have good communication skills to take up the work of welcoming the guests, managing the bookings and supervise the house-keeping. Previous experience in the hospitality field is required.

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.
Kind Regards, HR Hub Initiative

Looking For

Looking for a long-term house-sit



I'm a newcomer and looking for a long-term house-sit. Please let me know if you are looking for a house sitter.

Contact Details: Cbin Thomas, ph./WA 9961711805, cbinthomas@gmail.com

Warmly, Cbin

Needs a Harmonium

For a one time kirtan singing event a member of the music group of Krishna Das needs an Indian harmonium. Can anyone borrow one for this one time kirtan event? Transport I take care of.

Amarnath, 9787389103



Priya is Looking for House Work

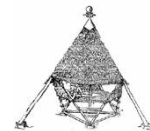
Priya from Kottakarai is urgently looking for house work. She can cook and clean. She can speak some english.

- Please contact her at 7639134851
- You may also contact her father at 9976886259

Pawan

Looking for a House Sitter

Looking for a house sitter for the summer months in a forest place. Starting mid April. WA +33695420920. Thank you. Ambre



Kitchenware Needed

Do you have extra kitchenware which you don't need? We would like to put it to good use. Our cooking adventure project is looking for:



- plates, bowls and cups made out of clay or ceramic or glass
- tablespoons, teaspoons and butter knives, cutting knives
- large containers for storage of grains
- frying pans, pots
- foldable tables, shelves, wall hooks, stand for plates, anything which can be used to organize a kitchen.

We plan to open a friendly part-time cafe, to be announced.

Thank you, Alexey S.

WA +91 8300288303 or alexey@auroville.org.in

Looking for a Housekeeper

I am looking for an English or Hindi speaking amma who knows cooking or is willing to learn.

Contact Prem Shakti, 9489244823 WA

Prem

Available

HOUSEHOLDS MATERIALS AVAILABLE

- Clothes Drying Rack
- Foam Mattress Single
- Inflatable Couch with Leg Rest and Inflation Machine
- Shoe Rack
- Sunflame Aluminium Pressure Cooker 6ltr
- Desktop Wooden Table
- Grinder Bullet
- Amazon Basic Keyboard
- 2 Wooden Shelves with Clamps: Size 90/6in & 48/6in
- Water tumbler

WA +91 77810 02628, WA +91 9787879943

Thank you, Jayapriyan

Lost and Found

Chappal Swapped

I left with someone else's black chappals (rubber sandals) after Matthew's Kirtans session on Saturday last at 6pm. Apologies! I hope you found mine that were left behind. I would like to exchange them back again. Call Raju at 70942 93659.

Roger



Birkenstock Sandals Taken



Hi, someone accidentally took my shoes, a pair of blue Birkenstock sandals, size 42 at the Sadhana Forest Eco Film Club on the evening of Friday, 27 January. A pair of similar looking brown Birkenstock sandals was left behind at the entrance of the Sadhana Forest main hut.

If you accidentally exchanged your shoes with mine, kindly contact Jazz, WA +917339459425, so we can set up an exchange.

Thank you very much for your help! Jazz, Sadhana Forest

Shiny Unicorn Bag Missing!

Dear all, a customer lost her Shiny unicorn bag of her daughter's. If you find it please let me know.

Thank you, Matilde,
matildemadhuca@gmail.com



Taxi Share

To Chennai Airport, 6 February, 8am

Taxi sharing to Chennai airport, 6 February, 8am. 2 seats available. Please contact me WA +7094339490 or rnfcljdsus@gmail.com.

Thank you, Jiseong

To Chennai Airport, Thursday, 9 February, 2pm

Looking to share a car/taxi ride from AV to Chennai airport on Thursday, February 9. I need to leave AV latest 2pm.

Contact Sitara: 7094756218, sitaraaum@gmail.com

Thank you, Sitara

To Chennai, Sunday, 5 February, 7:30am

I am looking for someone to share a cab from Auroville to Chennai on Sunday, 5 February, at 7:30am. You can contact me: +3345814000 WA. **Best Regards, Fanny**

From Chennai Airport, 9 February, from 3pm

I will land on 9 February at 14:45.

Cheers, Eric

eric.stardust@gmail.com.

Foods, Goods and Services

KOREAN SILENT RESTAURANT

Goyo, the Korean silent restaurant

- Open for lunch on Tuesdays and Thursdays

After a long~ long~ Silence, Goyo, the Korean silent restaurant in Luminosity opens again for lunch on Tuesday and Thursday in February & March.



We are happy to host you with special ambience and Korean home style cuisine.

- Please book for lunch minimum a day before by SMS 9489693809 or goyo@auroville.org.in

Korean tea ceremony

Also there will be a Korean tea ceremony

- on Monday, Wednesday & Friday at 2:30 or 4pm at Goyo

Hosted by Mint & Imsoon.

- Please book it by WA +919489904112 or mint@auroville.org.in



Peace Goyo, Wonja Kim

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*

THE SPROUT-SALADS AND MORE FOR TAKE AWAY

Dear All, we are thrilled to announce the launch of our new take-away service, offering salads and more! Our commitment to using only the freshest ingredients that guarantees a delicious and satisfying meal every time.



On weekdays, we offer: one type of salad (excluding Tuesdays, where you can choose from either soups or sandwiches), two types of soup, and two types of sandwich. We also have fresh sandwich bread, buns, pastries, cakes, and non-alcoholic beer (when available).

To place an order please contact us: +919489907808WA Our catalog is available on the top part of the WhatsApp chat, allowing you to add items directly.

Please note that orders must be placed latest before 9am. to allow for preparation, as our team is small.

Pick-up is available between 12pm and 5pm at Cynerggy's office in Maitreye1.

We will keep you updated on any new menu additions via our WhatsApp shop and you can follow on Instagram.

- https://www.instagram.com/the_sprout_auroville/

Thank you for considering our take-away service. We look forward to serving you soon!

Best regards, Monica for The Sprout

MARC'S CAFE

Closed on Wednesdays

Dear all, we have some updates on our timings. We will close every Wednesday starting from February 1.



Thank you, Marc's cafe team

Auroville Poetry

A RAIN

A child stood
Beneath a tall bush
Full of white blossoms.

Then lifting a hand
To shake the branch above
He received a rain
Of scented petals.

Eyes closed
He spread arms
And swayed in the rain.

Then he left quietly
Contented
Ready to start
A new day.

With joyful Gratitude, Anandi Zhang



THERE IS ONLY...

One
 "Every individual
 is a special manifestation
 in the universe,
 consequently his true way
 must be absolutely unique."
 – The Mother
 There is only One
 Perceiving all unique co-Ones...
 The One without a second
 It is I looking at Me
 Marvelously manifesting uniquely
 Zech, 2023.01.30

Voices and Notes

AUROVILLE RADIO



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

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

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

Last published podcasts

- [Soul Tracks—Se. 04 Ep. 25](#) (Music)
- [Savitri, Book I, Canto V, Part 3](#) (Integral Yoga)
- [I just wanna write—Ep.5 “Why do I write”](#) (Creative Writing)
- [Une série hebdomadaire de lectures par Gangalakshmi—427](#) (Integral Yoga)
- [Marlenka’s weekly offering—ep.80](#) (Literature)
- [Interview with Manasee Jog and Bhakti \(La Petite Maison\)](#) (Multimedia)

Last Youtube live videos

- [Kirtan with Matthew Andrews](#)
- [Interactive community meeting with Working Committee, FAMC and L’avenir](#)

...and more! on 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

Peace and Love

Regards, Wobbli

THE FLOWING FROM LIFE DIVINE

A unity behind diversity and discord is the secret of the variety of human religions and philosophies; for they all get at some image or some side clue, touch some portion of the one Truth or envisage some one of its myriad aspects. Whether they see dimly the material world as the body of the Divine, or life as a great pulsation of the breath of Divine Existence, or all things as thoughts of the cosmic Mind, or realise that there is a Spirit which is greater than these things, their subtler and yet more wonderful source and creator,—whether they find God only in the Inconscient or as the one Conscious in inconscient things or as an ineffable superconscious Existence to reach whom we must leave behind our terrestrial being and annul the mind, life and body, or, overcoming division, see that He is all these at once and accept fearlessly the large consequences of that vision,—whether they worship Him with universality as the cosmic Being or limit Him and themselves, like the Positiv-

ist, in humanity only or, on the contrary, carried away by the vision of the timeless and spaceless Immutable, reject Him in Nature and Cosmos, — whether they adore Him in various strange or beautiful or magnified forms of the human ego or for His perfect possession of the qualities to which man aspires, his Divinity revealed to them as a supreme Power, Love, Beauty, Truth, Righteousness, Wisdom,—whether they perceive Him as the Lord of Nature, Father and Creator, or as Nature herself and the universal Mother, pursue Him as the Lover and attracter of souls or serve Him as the hidden Master of all works, bow down before the one God or the manifold Deity, the one divine Man or the one Divine in all men or, more largely, discover the One whose presence enables us to become unified in consciousness or in works or in life with all beings, unified with all things in Time and Space, unified with Nature and her influences and even her inanimate forces,—the truth behind must ever be the same because all is the one Divine Infinite whom all are seeking. Because everything is that One, there must be this endless variety in the human approach to its possession; it was necessary that man should find God thus variously in order that he might come to know Him entirely. But it is when knowledge reaches its highest aspects that it is possible to arrive at its greatest unity. The highest and widest seeing is the wisest; for then all knowledge is unified in its one comprehensive meaning. All religions are seen as approaches to a single Truth, all philosophies as divergent view-points looking at different sides of a single Reality, all Sciences meet together in a supreme Science. For that which all our mind-knowledge and sense-knowledge and suprasensuous vision is seeking, is found most integrally in the unity of God and man and Nature and all that is in Nature.

The Brahman, the Absolute is the Spirit, the timeless Self, the Self possessing Time, Lord of Nature, creator and continent of the cosmos and immanent in all existences, the Soul from whom all souls derive and to whom they are drawn,—that is the truth of Being as man’s highest God-conception sees it. The same Absolute revealed in all relationships, the Spirit who embodies Himself in cosmic Mind and Life and Matter and of whom Nature is the self of energy so that all she seems to create is the Self and Spirit variously manifested in His own being to His own conscious force for the delight of His various existence, — this is the truth of being to which man’s knowledge of Nature and cosmos is leading him and which he will reach when his Nature knowledge unites itself with his God-knowledge. This truth of the Absolute is the justification of the cycles of the world; it is not their denial. It is the Self-Being that has become all these becomings; the Self is the eternal unity of all these existences,—I am He. Cosmic energy is not other than the conscious force of that Self-existent: by that energy It takes through universal nature innumerable forms of itself; through its divine nature It can, embracing the universal but transcendent of it, arrive in them at the individual possession of its complete existence, when its presence and power are felt in one, in all and in the relations of one with all;—this is the truth of being to which man’s entire knowledge of himself in God and in Nature rises and widens. A triune knowledge, the complete knowledge of God, the complete knowledge of himself, the complete knowledge of Nature, gives him his high goal; it assigns a vast and full sense to the labour and effort of humanity. The conscious unity of the three, God, soul and Nature, in his own consciousness is the sure foundation of his perfection and his realisation of all harmonies: this will be his highest and widest state, his status of a divine consciousness and a divine life and its initiation the starting-point for his entire evolution of his self-knowledge, world-knowledge, God-knowledge.

Extracts from Progress to Knowledge—God, Man and Nature—The Life Divine by Sri Aurobindo

Submitted by Soham

Classes, Workshops & Healing Arts

FROM SUFFERING TO FREEDOM

10 and 11 February, 8:45am—4pm,
Arka Wellness Centre

“...the way of Knowledge through the mind’s discernment between Reality and appearance.” Sri Aurobindo

“Each one is the artisan of his own miseries,” the Mother



We don’t live in the World but in our own interpretation of the world! Despite how it appears, our psychological suffering is self-created...In this practical **Self Knowledge Workshop**, we will learn a powerful method of deconditioning self-inquiry to “cut” through our painful beliefs with a “sword” of discriminative Truth. Unmasking our wrong ways of taking things, our false story lines about our issues, through our investigation, a liberating breakthrough is experienced, a new happy Light dawns from within, a more flowing and wise way of life...

Facilitated by Antarijoti, French senior Aurovilian who has been sharing his lifelong research and meditation, and has been giving psycho spiritual consultations for the last 10 years, as part of the Arka team of practitioners.

- Registration and info: landline 0413 2623767, antarcalli@yahoo.fr

Warmly, Antarijoti

THAI YOGA, MASSAGE, AIURVEDIC MASSAGE

THAI YOGA MASSAGE

An ancient technique used to unblock energy stagnation and awaken your inner healer, through acupressure on the energy meridians and movements of the body and joints.

Therapy in English, Spanish & French

Contact Andrés (WA): +91-9751607501 for Thai Massage

AYURVEDIC MASSAGE

Soothing full body oil massage intended to dissolve tension in the body and rejuvenate prana by focusing on head, back, stomach and feet.

Therapy in English & French

Contact Elene: +91-7904143719 for Ayurvedic Massage

Location: ANITYA - from Center Field, follow the signs!
Anitya is a community project registered under LEAD, Auroville

Mathilde Truchot

WOMEN TEMPLE, WITH DARIYA

Wednesday 8 February, 4.45—6:45pm

Welcome into the circle of conscious Women exploring & connecting through embodied practices (prayer, movement, conscious touch, self inquiry), in the spirit of support, healing and collective transformation.



- If you hear a whisper or a roar of ‘yes’ from within you, pls register on 9786658967

Dariya

INVITATION TO RAISE THE SACRED PORTAL

Mondays, 6 and 20 February, 7—9pm
Harmony Hall, Bharat Nivas

Invitation to all the women who are interested to heal and rise together using the sacred portal of New and Full Moon as an opportunity for a Collective Transformation and Nurturing Divine feminine. Towards contribution & donation



- For details contact Prem Shakti on WA 9489244823

Love and gratitude,
Prem Shakti

Let's use the portals of the New & Full Moon to heal and rise together! You're welcome to bring a friend.

Join us in Harmony Hall, Bharat Nivas
on Mondays: 6th and 20th February 7-9pm

Open to all women
+91 9489244823

Guest: INR 300/-
AV residents: Donation based

TAIJI (TAI CHI) / QIGONG CLASSES

With Michael Winkler @ Bharat Nivas
(Sawchu or Progress)

Divine Arts Auroville
presents



Taijiquan
Chen Style Taijiquan
Practical Method



Qigong
Daoist Energy Work
& Meditation

These classes offer a profound insight in the original Chinese work on spiritual self-development and healing (Qigong), an understanding of the core principles of Daoism and insights into “Chen Style Taijiquan Practical Method”—a style of Taijiquan (Tai Chi)—that still keeps the original martial art alive. Each half-day session can be booked separately, and in each of them we introduce and deepen some sets of exercises of Chen Taijiquan and Qigong.

- Dates: February 4, 5, 11, 18, 19, 25, 26
- Session Times: 9am—12noon & 2—5pm
- Content
 - zhàn zhuāng 站桩: Standing Meditation
 - dòng gōng 动功: Qigong Exercises in Motion
 - tǐběngōng 基本功: Basic Foundations
 - yīlù 一路: Traditional Taiji Form
- Benefits
 - opening the joints
 - strengthening center
 - improve body awareness
 - relaxation and purification of body and mind
 - releasing blockages and increase overall energy
- Facilitated By Michael Winkler, a certified Shiatsu Practitioner and Teacher for Taiji & Qigong since 2007. Michael is a 20th generation indoor disciple of Chen Style Taijiquan under lineage holder Master Chen Zhonghua since 2013. He has practiced Taiji & Qigong since 2003 and has learnt from various Chinese and international teachers. Detailed vita and certificates are on the website (link below).
- Registration & Enquiries
 - +91 9150567003,
 - micha@taiji-shiatsu.de
 - <https://www.the-taiji-family.com>

Submitted by Michael

SHIATSU—AN ART OF TOUCH

(continues)

A six days seminar to deepen or begin Your Journey

Shi-atsu thumb-pressure brings with its practice stress reduction and peace, vitalisation of life force or Ki as well as a potent chance to grow strong for and within certain challenges on all levels of our being through touch.



This time we will explore the back points/ Yu points as Points of each meridian, which serve as a way to findings/ momentary diagnosis—assisting us to find the meridians useful for our Shiatsu partner in a session.

Come, experience and explore conscious and calm Perception, inner Sensing and Awareness of Touch in connection with the study of 12 Classical Meridians and 5 Elements, Health Wisdom, strengthening and harmonising exercises and ways to move for your daily practise. This course is part of the first of four Seminar-Series spanning over the next 2—3 years for a complete Shiatsu Practitioner training.

- **Monday, 6 February, 2—4pm:** Introduction to Shiatsu and the Course. Open for All Interested.
- **Wednesday, Friday, Saturday: 8, 10, 11 February and 15, 17, 18 February;**
 - Wednesdays & Fridays, 9am—4pm,
 - Saturdays 10—5 pm
- at Budokan Auroville on Dehashakti Sports Ground

Shiatsu—because Health matters!
Contribution required for ensuring future seminars. Kindly give from your heart.

Do contact Ulrike Urvasi at mothersworkforthemother-swork@gmail.com, 9751513906 (WA, Signal, Telegram)!

- Certificate given on Completion of the Course

Ulrike

YOGA BY TAHIR

Yoga of Awareness

- With Tahir at Vérité, Thursday, 10:30—11:30am

Yoga awareness is a different style Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration.



- Contact 0413 2622045, 7867805812 WA, programming@verite.in

- Organizing Group: Verite

Hatha Yoga—Sun & Moon with Tahir at Vérité

- Every Monday—from 9—10am

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

- Contact 0413 2622045, 7867805812 WA, programming@verite.in

- Organizing Group: Verite

Best regards, Tahir

AWARENESS THROUGH THE BODY

Introduction To Atb

ATB

Awareness through the body

Sunday, 12 February, 9am—1pm



Whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating the attention. If you are able to gather together the rays of attention and consciousness on one point and maintain this concentration with a persistent will, nothing can resist it.

The Mother

A morning to have a taste of Awareness Through the Body. I have been asked by many of the people participating in the regular ATB Sessions, if they could bring their dear ones who are visiting them these days. And as I like to keep the regular groups closed, to be able to keep deepening together, I decided to open this possibility for those passing by Auroville nowadays and wanting to experience a little bit of ATB.

So if this is for you, please kindly register your name

- Pitanga landline +91 413 2622403,
- WA +91 94439024031
- info@pitanga.in

Looking forward to meeting you!
Smiles, Rosa

FAMILY AND SYSTEMIC CONSTELLATION WORKSHOP

Saturday, 11 February, 9am—6pm



Creativity Hall Of Light

Contact Moghan@auroville.org.in

9751110486

Thanks, Moghan

AUROMODE YOGA SPACE

February 2023 Schedule

| Day | Time | Description |
|-----------------------------------|------------------------------|--|
| Monday & Friday until February 17 | 5:30—7pm | Vinyasa Flow with Bala |
| February 1—10 | 6—9:30am daily except Sunday | Auromode Yoga festival Daily Asanas, pranayama, Kriyas |
| February 4 | 4—6 pm | Yoga of Cosmic Sound. Hatha Yoga with Tibetan bowls, gongs and instruments |

Auromode Yoga Festival: February 1—10

- Every day 6—9:30am except Sunday

Practice, Practice & Practice!

We offer a change to get deeper with your daily practice. Less talk and more Yoga. You can also drop in for one day.



Yoga of Cosmic sound waves

• February 4, 2023, 4—6pm



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

We invite you to join us, lease any accumulated tension and prepare your body and mind to receive the abundance. We will use a fire drum, gongs, Tibetan singing bowls and many music instruments. We also have simple Hatha Yoga movements

- Contributions required
- Bring your own mat if you have one.
- Yoga shala will remain closed on February 17—28
- Contact balaganesh.siva@gmail.com / +91 9892699804

Best Regards, Balaganesh Siva

ACTIVITIERS BY DR. SEHDEV KUMAR

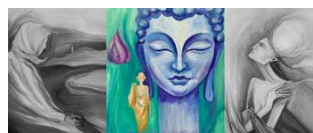
Professor Emeritus, Canada, Internationally renowned Author, Poet, Mediator, Author of "7000 Million Degrees of Freedom", "Ocean in a Drop: Verses of Kabir"

Freedom From Fear

• Verite, Saturday, 18 February, 2—4:30pm

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

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



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

Peace Within: Peace Without

• Vérité, Saturday, 4 February, 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

Thank you, Sehdev Kumar, www.lotusinthestone.com

AUTHENTIC RELATING GAMES

Tuesday, 7 February, 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.

- On coming Tuesday we will explore: Self love through embodied practices both verbal and non-verbal.

Each week we offer different practices that enrich our capacity to relate consciously with ourselves and with 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

HEARTFULL® MEDITATION WITH AVANTIKA

Savitri Bhavan (First Phase building)

Tuesdays, February 7, 14, 21, 28, 9:30—10:30am

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

- Open and connect to the Light in our own Heart Center (Heart Chakra)
- Surrender mind energy to Heart chakra to transform mental aspect of human existence
- Provide a shield of Divinity (the true us) around body

Savitri, whom Sri Aurobindo taught initial Heartfull meditation techniques, lost both her parents in a plane crash near Mumbai, India in 1978 when she was seventeen. Her sister was murdered in California four years later.

Her father was an Indian Muslim and mother an American Italian Catholic. The Muslims said that her mother couldn't go to heaven as only Muslims went there upon death and vice versa. It confused and pained her and she became an atheist.

Later, she heard a voice within that said it had come to teach her how to love herself. This teacher taught her how to cocoon herself with the Light from her own heart centre for love and protection. Later it taught her mental centering to surrender her mind energy to her Heart chakra for transformation.

Four years later, the voice revealed that it was Sri Aurobindo who had taught her these techniques. Savitri has brought down many more techniques since then through her devotion to Truth to help the human form move towards Light.

Sri Aurobindo has also trained her to bring down different Lights.

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

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

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

Please contact Avantika at avantikaLight@gmail.com for any questions. She is a Purna Yoga teacher at 500 hour level. She has translated some parts of Savitri in Marathi and Hindi. Always intrigued by Rigveda, she is learning Vedic Sanskrit and Rigveda in Sri Aurobindo's Light from Nishtha in Auroville.

Thank you, Avantika

PITANGA



0413 2622403/ WA 9443902403
info@pitanga.in

New healing modality

Cranio Sacral Technic & Ancient Healing Technic with Anne Hildebrand

"Graduated in Biodynamic Cranio Sacral Technique from Ged Sumner's Body Intelligence Training schools in India and France, I have trained my hands to listen to the music of the bodies and create the right space of safety and caring for the body to tune in and play its own scales. I also use ancient healing techniques passed down from the Cree lineage of the Bear Clan and rely on journeys into the non-ordinary reality (invisible world) to receive information that supports change."

These two techniques accompany physical and emotional traumas as well as certain unusual situations that are not traditionally dealt with.

These practices are done on a table, dressed, with a delicate touch of the areas suffering from restriction. A session can take place in silence or with explanations. The receiver is free to move and speak."

- For appointments with Anne please contact Pitanga's reception desk.

Special events in February

Tai Ji and Qi Gong classes with Cilica Chlimper, France

- Every Wednesday in February, 9—10:30am, Tai Ji
- Monday, 6 February, 8:30—10am, Qi Gong
- More classes to follow in March.
- These are drop-in classes, open to all levels.

Dynamic Balance Course with Osnat (Physiotherapist)

- Tuesdays, 9—10:15am, starts 7 February, ends 28 March
- Prior registration is required!

"I invite you to enhance your balance in a program of 8 sessions, in which we will practice balance exercises from different methods and techniques with an emphasis on functional training."

*If you wish to receive Pitanga's program of activities by email, please write to us: info@pitanga.in
See you at Pitanga, with a smile !*

Submitted by Andrea, on behalf of Pitanga

QUIET HEALING CENTER



www.quiethealingcenter.info/quiet@auroville.org.in
+91 9488084966

Ancient Vedic Healing Workshop w/ Swami Omkar

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

In this workshop you'll be exposed to the ancient art of Vedic Healing through Prana Vidya or the Knowledge of Prana, the universal life force which permeates all creation.

Advantages of Prana Vidya

- simple to learn and practice
- all types of lifestyles can experience and practice Prana Vidya
- healing based on Prana Vidya does not have any negative side-effects for the healer
- while learning Prana Vidya, its healing power can already be experienced
- all kinds of mental and physical problems can be cured
- character, memory power, and thought processes can be improved
- can also be used for success in education, wealth, peace, and relationships
- purifies your inner being and uplifts your spiritual life

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.

- No previous experience required!

Somatic Yoga Classes with Linda Lee

- Saturday, 4, 11 and 18 February, 10:30am—12pm

Somatic yoga classes are designed to

- learn how to use Somatics as a preparation for yoga asanas;
- experience ease, comfort, joy and stability that flows from inside out;
- include somatic preparations for Sun Salutations;
- lay down movement pathways for a seamless flow, which establish stability and safety, and stimulate courage, compassion and contentment.

- **Group sessions:** Saturdays, 10:30am—12pm
- **Individual sessions** upon request.

WOGA (Yoga in Water) 1 & 2 with Petra

- **Tuesday, 7 & Wednesday, 8 February, 8:45am—5pm, 12 hours**

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

Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety. Water yoga is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high.

Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool! Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position, and under water), pranayama and meditation.

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

Ayurvedic Birenda Massage Course with Jean-Louis and Sivacoumar

- **Thursday, 9—Sunday, 12 February & Saturday, 18 and Sunday, 19 February 9am—5pm, 30 hours**

This massage training consists of six days, divided into four and two days.

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

You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards. Manual and certificate are given upon completion of the course.

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

Watsu & Breathing with Dariya

- **Thursday, 9 & Friday, 10 February 8:45am—6pm, 15 hours**

A 2-day journey of exploring and discovering your breath and its applications in Watsu. You will also integrate the practice of Watsu qualities and the power of working with your receiver's breath.

Several topics will be discussed such as the link between breathing and yourself as a giver, but also breathing and your energetic connection with the receiver. You will also be exposed to the anatomical basis of our respiratory system to better understand its functioning. To incorporate all these elements into your water work, you will practice, explore, share your feelings, and practice again and again...

- **Prerequisites:** Watsu Basic

Watsu & Meditation with Dariya

- **Saturday 11 & Sunday 12 February 8:45am—6pm, 15 hours**

Meditation is an important tool to listen, accept and know ourselves, and to become more intuitive towards ourselves and others. In our understanding, the purpose of meditation is to cultivate presence and peace of mind, which fosters possibilities to connect to our unique essence and the world around us. It also encourages development of our intuition and perception through the heart, besides perception through the rational mind. This might at times support making choices from a deeper place.

Meditation essentially helps to develop our capacity for personal expansion and is the basis for our ability to deeply listen to, and be fully present with the person we float during a Watsu session.

- **Prerequisites:** Watsu Basic

Adapted Watsu with Gianni De Stefani

- **Friday, 17—Sunday, 19 February 8:45am—6:30pm, 25 hours**

In this course, you'll learn to apply the qualities and techniques of Watsu on persons with special needs or disorders, whether physical or mental. You will also learn using pool noodles and working with people, who are rigid or afraid to be held due to trauma, culture or water fear. In the regular Watsu, you learn to create the necessary confidence to allow a person to relax in your arms. In this course you learn about the functioning of the human body, so that you can give a pleasant session to people with special needs.

- **Prerequisites:** Watsu 1 plus 150 hours of aquatic bodywork or Watsu 2 plus 100 hours of aquatic bodywork

Watsu Yoga Round with Fred & Roberto

- **Monday, 20 February, 3—6pm, 3 hours**

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to our heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of our being. When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching alternated with moments of stillness invite a progressive well-being: body and mind become free to dance!

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

Watsu & OBA Basic with Dariya & Daniel

- **Tuesday, 21—Sunday, 26 February 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!

Shiatsu for Watsu with Petra

- **Tuesday, 21—Sunday, 26 February 8:45am—6:30pm, 50 hours**

Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network—the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

- **Prerequisites:** Watsu 1

Holistic Reflexology Training with Ananda

- Monday, 13—Friday, 17 February
9am—5pm, 30 hours

Reflexology is a deeply relaxing, healing & balancing tool for body-mind-energy. With meditative presence & loving energy—nerve endpoints, lymphatic nodes, 'micro map' of the body parts and energy centres in hands and feet are activated/relaxed. It helps harmonize internal organs, blood circulation, nervous, hormonal, lymphatic systems and boosts immunity. Reflexology has roots and is practised by ancient cultures of India, China and Egypt. The modern form of Reflexology is based on extended research and mapping by Eunice Ingham and zone therapy by Dr William Fitzgerald. It also combines meditative presence, energy work experience and holistic approach by Ananda. In this training you'll learn

- anatomy of physical, energy bodies and reflexology maps
- reflexology techniques and sequences for organs, nervous, lymphatic, hormonal and energy balancing
- lymphatic flush drainage sequence for detoxification
- warm-up, self-healing, theory, practice, exchange sessions and integration
- meditations to be open channel of presence and loving energy
- effective ways to give deep healing sessions effortlessly

This module 1 training covers anatomy, self-healing, foot reflexology sequences, meditation and session setup. On successful completion, a participation certificate will be provided!

- Prerequisites:** no previous experience required!

JIVA

your journey in healing
and transformation

www.auroville-jiva.com,

Facebook, Youtube, WA 9626006961

contact@auroville-jiva.com,



New: Webinars Natural Horsemanship with Mirrabelle

- 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 Mirrabelle directly: 919626565134 WA or 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, 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, Sharnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care—hoofs, nutrition, psychology, care, riding and therapy!

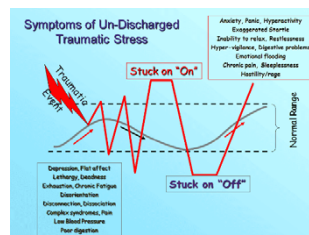
- Sessions afternoons 4—6pm or mornings 8—10am

Contact: WA 9626565134, contact@auroville-jiva.com

Transforming trauma with Sigrid

How to identify trauma and posttraumatic stress disorder? How to recover a person's full potential, energy and zest for life—and even integrate the wisdom of it all?

2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work.



The workshop is designed for therapists of body and mind, psychologists, and all who work with trauma.

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

- Time:** 4 & 5 February, 9—5pm.
- Venue:** Sharnga Guesthouse Yogahall, www.sharngaguesthouse.in
- Jiva Venue:** Sharnga Guest House, www.sharngaguesthouse.in

Inner Child Work Workshop with Sigrid Lindemann

- 8 February, 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 Sigrid 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, WA 9626006961

Submitted by Sigrid

SERENDIPITY: ACTIVITIES & THERAPIES

Regular Classes

Hatha Yoga with Ramesh

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



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

Traditional Sanskrit Mantras with Sonia

- Thursday, 10:30am—12noon, Drop in class and Friday, 5—6pm, Regular Students.

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

Therapies

Bach Flowers Remedies with Stefania

- On appointment only, +91 9486363442

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

Conscious Life Counseling with Stefania

- On appointment only +91 9486363442

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

Facial Acupuncture and Massage with Lhamo

- On appointment only +91 9565524237

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

Gua Sha (Chinese Detox Scrub) with Lhamo

- On appointment only +91 9565524237

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

Hypnotherapy with Lhamo

- On appointment only +91 9565524237

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

Shiatsu Massage with Sara and Simona

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

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

Small Children (0-6) Chinese Massage with Lhamo

- On appointment only, +91 9565524237

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

(Ex. Joy Community in front of Center GH)

Center Field, Auroville—605101, Tamil Nadu, India

Landline: +91 0413 2965693

Mobile/WA: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipityauroville.org>

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

VÉRITÉ INTENSIVES

Registration required for the following intensives

Please contact Verite @ 0413 2622045, 2622606, 7867805812

or programming@verite.in, www.verite.in

An Introduction to Mindful Meditation with Moller

- Wednesday, 8 February, 9:30am—12noon

Mindfulness meditation takes us into the heart of our innate ability to be aware. When exploring this form of awareness meditation, we gradually discover the wisdom, compassion and mutuality present in every living moment of our lives. Although we may generally be unaware of these refined human qualities, mindfulness meditation elicits in us a process of awakening into who we truly are—beyond words, dogmas and limiting self-beliefs. We gradually begin to fathom the depth of our human potential, and through the practice gain confidence in the sustainability of our own clarity and wisdom.

No special talent or qualification is required for effective Mindfulness meditation. We learn as we go along. All are warmly invited to join us for these informal workshops.



Prana Yoga: Tuning Life Energy Training (3-day workshop) with Ananda

- Friday, Saturday & Sunday, 10,11 & 12 February, 9am—4:30pm

Prana is the universal life energy. Yoga is tuning body-mind-spirit to wholeness. Prana Yoga is based on Hatha yoga, Pranayama, Meditations & Siddha. Through conscious postures, breathing, movement & stillness open the self-enhancing, transforming, healing, grounding & tuning the energy flow to detox, rejuvenate the body-mind-energy, build immunity, enhance sensitivity, perception, expand awareness, enrich self-healing and open to higher states of consciousness.

In this training, welcome to Learn, Practice and Expertise...

- Warmup, Asana Sequences for healthy body, spine & energy flow
- Foundation & Advanced Pranayama, Awareness exercises
- Yoga Nidra, Nada Yoga, Chakra awareness, Meditations
- Cleansing Kriyas and Anti-viral herbs building vital Immunity
- Modern Science of Respiratory, Nervous and Lymphatic Systems
- Inner Science of Energy: Chakra, Nadi, Vayu, Mudras, Bandhas,...

Preventing Diabetes, Reversing Pre-Diabetes & Insulin Resistance with Lize

- Friday, 10 February, 9:30am—12pm

Pre-diabetes and diabetes levels are rising dramatically worldwide as traditional way of life is replaced with modern, fast-paced living. 6 out of 10 adults in South Asian cities now have diabetes or pre-diabetes, but 50% of them do not know they have it. Lifestyle factors—diet, exercise, sleep, stress management—directly influence the risk of developing diabetes and insulin resistance. This workshop will give you the knowledge, motivation and practical tools to help you dramatically decrease your risk of developing diabetes, lower blood sugar levels naturally, and, in many cases, to reverse pre-diabetes and insulin resistance.

Balance Your Five Bodies (Koshas) through the Practice of Yoga with Sabrina

- Saturday, 11 February, 9am—12:30pm

According to the Taittiriya Upanishad (Yajur Veda), the human being is composed of 5 sheaths (physical, vital, mental, intuitive and bliss) called "Pancha Koshas".

- **On day one**, after a short presentation about the Koshas and how they interact with each other, Sabrina will guide you through a specific Hatha Yoga practice to become aware and experience them. Some of the exercises will be experienced through asanas and pranayamas, and others through light, sound and meditation.
- **On day two** you will learn how to balance each of them through different yogic tools, and then you will experiment as Sabrina guides you through 5 different balancing practices, one per Kosha, as follows: 1 asana sequence, 1 pranayama set, 1 mantra japa, 1 pratyahara practice and 1 meditation.

This workshop strives to enhance your self-awareness and widen your knowledge in Yoga. Becoming aware of your bodies can help you develop better inner clarity as well as sharpen your yoga practice. By learning how to choose the right yogic tool to balance and handle the different parts of your being on a daily basis, self-management and autonomy increases, thereby improving understanding, harmony and well-being.

A beautiful workshop open to all levels.

Many thanks, Kathir and Thushar
for Vérité Programming, 914132622045 or 2622606
programming@verite.in, www.verite.in

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.

Current Language Courses at ALL

New: Beginner Italian

Great news for Italian learners!

Fabio has joined us as our new Italian teacher and is ready to start a Beginner course as soon as we have 4-5 confirmations! Fabio was born and brought up in Italy where he obtained a degree in Linguistic and Intercultural Mediation, a course focused on intercultural exchange. He is deeply interested in Italian and European history. If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 3-month (24-hour) compact course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

- Classes will take place twice weekly, on Mondays and Wednesdays, 4pm to 5pm. Course will start on 13 February comprising 24 hours of teaching over three months.

New: Spoken Tamil with Saravanan

The current course will conclude soon. We will start a new batch in February!

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

- Classes will take place Tuesdays & Fridays, 9:30am to 10:30am. Course will start on 7 February comprising 24 hours of teaching over three months.

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.

- Course will start on 6 February. Classes will take place twice weekly, on Mondays and Wednesdays, 2:30pm to 3:30pm.

- **Elementary Spanish**

This three-month course (24-hour) 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. As always, spaces are limited!

New: French with Jean-François

Jean-François's current batches are concluding soon. He will soon be starting new batches for all his courses. He offers 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 will start on March 4. Classes will 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 will start on March 4, and classes will 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 will start on March 6. Classes will 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 will start on March 6. Classes take place Mondays & Thursdays, 3:30pm to 4:30pm.

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.

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.

Sanskrit with Kaushal

Our teacher, Kaushal is offering a new Sanskrit Beginners Course. 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.

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.

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.

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 | 11:00am—12 noon | Monday, Wednesday, Friday |
| | English Conversation Group 1 | 2—3pm | Monday & Thursday |
| | English Conversation Group 2 | 3:30—4:30pm | Tuesday & Friday |
| French | Beginner To start 4 March 2023 | 2:30—4:30pm | Saturday |
| | Beginner for Teens To start 4 March 2023 | 11am—12noon | |
| | French Conversation 1 To start 6 March 2023 | 2—3pm | Monday & Thursday |
| | French Conversation 2 To start 6 March 2023 | 3:30pm—4:30pm | |
| German | A1.1 Beginner Started 28 November 2022 | 11am—12:30pm | Monday & Wednesday |
| | A1.2 Beginner Started 31 October 2022 | 9—10:30am | |
| Hindi | Beginner To start soon | 10am—12noon | Saturday |
| Tamil | Spoken Beginner, To start 7 February 2023 | 9:30—10:30am | Tuesday & Friday |
| | Written & Spoken Beginner, To start soon | 10—11am | Monday & Thursday |
| Sanskrit | Beginner Started 5 January 2023 | 2:30—4:30pm | Thursday |
| Spanish | Beginner To start 6 February 2023 | 2:30—3:30pm | Monday & Wednesday |
| | Elementary To start February 2023 | TBA | TBA |
| | Intermediate Started 22 November 2022 | 2:30—4pm | Tuesday |
| Japanese | Beginner To start February 2023 | TBA | TBA |
| Italian | Beginner To start 13 February 2023 | 4pm—5pm | Monday & Wednesday |

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. This is a monthly course.

- Mondays & Thursdays, 02:00 pm to 03:00 pm and
- Tuesdays & Fridays 3:30pm to 4:30pm.

Beginner and Pre-Intermediate English with Rupam

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

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

A note to present and past students:

- If you've borrowed any of our books, please bring them back! We are cataloging our reference library.
- If there is a language you would like to learn, and it's not on our list, please send us a query!

To join or enquire

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

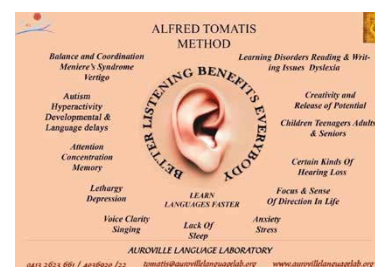
- **Please Note** Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

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-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>



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

Find us on    @aurovillelanguagelab
Auroville Language Lab Tomatis Research Centre

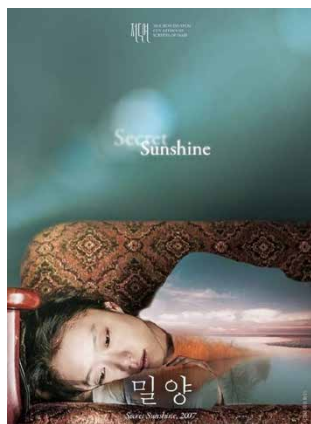
Vismai,
for Language Lab Team

Cinema

**KOREAN CINEMA
Telling the Untold**

- 4 February, 3pm, Cinema Paradiso
Screening & sharing by Cho Yong-kyu cinematographer of Secret Sunshine.

Lee shot in CinemaScope for the first time. "Most suspense movies aren't made in CinemaScope," he said, "But I thought it would be a good way to show the little things, the details in our daily life. I felt that CinemaScope could be a way of telling this story which is not just about what you see, but also touches on what is hidden. I tried to compose the scenes in such a way that you are not aware of the composition, only fluidity." *The New York Times*



- **Secret Sunshine**, 2007 South Korea, 142 mins, English subtitles

Director: Lee Chang-dong **cast:** Jeon Do-yeon (Best Actress, Cannes), Song Kang-ho & meet acclaimed South Korean documentarist

- **Kim Young-rho**
4 February, 8pm, Gaia's Garden

Note: Please keep in mind that this event will be filmed for the documentary project on going. If anybody who does not wish to appear in the video, please abstain from coming.

ECO FILM CLUB
Every Friday at Sadhana Forest

Schedule of Events:

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



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

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

**Friday, 10 February
Wonders of Life—Home**

2013/ 59 minutes/ Gideon Bradshaw

Professor Brian Cox explores the wonders of our beautiful planet and home to all life as we know it. It is a wonderful exploration of how even as new planets are being discovered which could host humans, Earth is what we would always consider home

Warmly, Shek



At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday, 3 February, "THE SUMMIT OF THE GODS " by Patrick Imbert, France/Luxembourg 2021

Friday, 10 February, 8:00pm

"STILL LIFE" (original title: Sānxiá Hǎorén)

Directed by JIA ZHANGKE, China, 2006

Synopsis: Shot in Fengjie, a small town on the Yangtze River which is slowly being submerged by the building of the Three Gorges Dam. The film tells two stories, in a way parallel, that of Han Sanming, a miner, who arrives there to find his wife whom he has not seen for 16 years and that of a nurse, Shen Hong, who is looking for her husband who has been away from home for two years... Two stories of loneliness and abandonment, but also of solidarity, which weave together individual destinies and collective drama, issues of a society in the grip of violent upheavals and the power of nature. The won the Golden Lion Award for Best Film in the Venice Film Festival.

Original Mandarin version with English Subtitles. Duration 1h48'

News and Notes Guidelines

**Hard deadline for submissions
TUESDAY 3pm**

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

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

How to submit material:

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

Disclaimer:

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

Roy & Agnijata, News & Notes,
Media Centre, Town Hall,

NewsAndNotes@auroville.org.in, 0413-262-2133

Accessible Auroville Public Bus

avbus@auroville.org.in, +91 94430 74825

**Auroville TO PONDICHERRY**

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

**Pondicherry TO AUROVILLE**

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

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

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

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

News & Notes



#960, 2 February 2023

A weekly bulletin for residents of Auroville

