



News Notes

#961 A weekly bulletin for residents of Auroville 9 February 2023

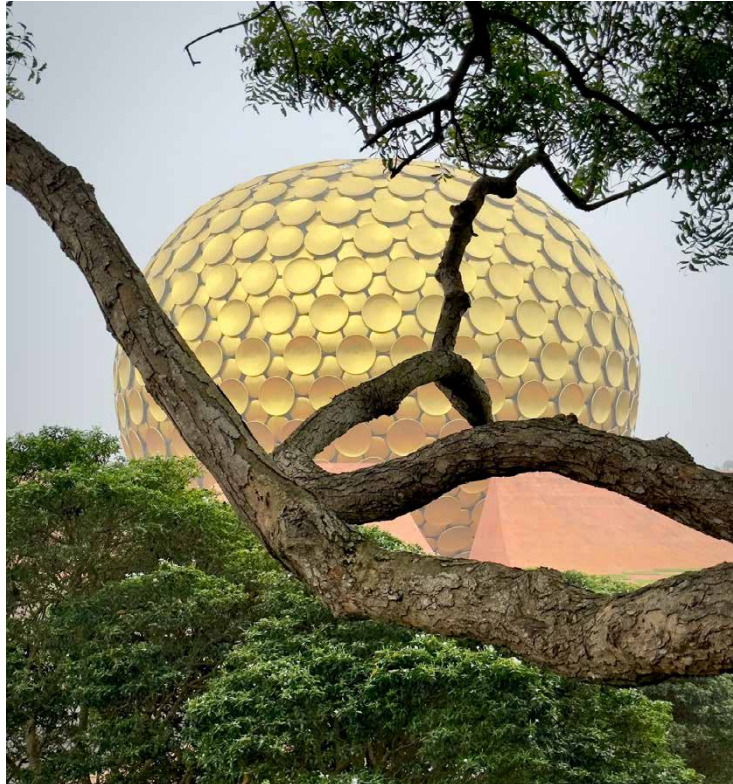


Photo by Roger Toll

Two birds beautiful of wing, friends and comrades, cling to a common tree, and one eats the sweet fruit, the other regards him and eats not. .. Where winged souls cry the discoveries of knowledge over their portion of immortality, there the Lord of all, the Guardian of the World took possession of me, he the Wise, me the ignorant.

Rig Veda

"Hearken to me and understand, O Nachiketās; I declare to thee that heavenly Flame, for I know it. Know this to be the possession of infinite existence and the foundation and the thing hidden in the secret cave of our being."

Katha Upanishad

Pondering



For in fact the Knowledge is there concealed in the Ignorance itself; it has rather to be unveiled than acquired: it reveals itself rather than is learned, by an inward and upward self-unfolding. But first it will be convenient to meet and get out of the way one difficulty that inevitably arises, the difficulty of admitting that, even given the immanence of the Divine in us, even given our individual consciousness as a vehicle of progressive evolutionary manifestation, the individual is in any sense eternal or that there can be any persistence of individuality after liberation has been attained by unity and self-knowledge.

The Eternal and the Individual, The Life Divine by Sri Aurobindo

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House of Mother's Agenda

December 4, 1968

(continued from last week)

Mother: No later than this morning, the whole morning, there was... (what should I call it?) it has the nature of wonderment, but not the joy of wonderment, and it doesn't have the stupidity of bewilderment, it's... something... a state, yes. The body notes the way life is (or at least the way life is for our outer, active consciousness), the way life is, the way it APPEARS to be... and it's very hard for it not to say, "Why, why, why? WHY? ." And then, when it sits looking like that, it becomes sad, sad, so very sad; then it feels that's not the thing. And what's that sadness?... It must be... it must be the door that leads to something else... which it doesn't yet understand.

Why, why is this world like this, why? Why all these horrors, why?... That's how the body was this morning. And it has the impression—just as it has that very strong, very strong sensation of being within the Lord—it has the impression of what that leads to, of what is to come. And then, with TOTAL trust, total.... But it doesn't yet know.

It's all the time—constantly, unceasingly—all the time brought face to face with this experience that when you are like this (Mother tips two fingers on one side), that is, turned to the Divine, things work out miraculously—miraculously... it's unbelievable; and being like that (Mother tips two fingers on the other side) is enough for everything to be disgusting, to go wrong, to grate: a TINY LITTLE movement either of trusting opening, or of the ordinary consciousness (not at all a consciousness of revolt or negation, not at all: merely the ordinary consciousness, the consciousness of life as people have it—the ordinary consciousness), and it's enough... things become appalling; and then, like this (gesture in the other direction): miraculously marvelous. For microscopic, unimportant things, you understand, that is to say, for EVERYTHING—no question of "important" or "unimportant" things, nothing of that sort—for everything it becomes simply miraculous, yet it's the same thing! In one case you are in pain, you suffer, you are miserable, you even fall ill, and in the other case... And it's the same thing.

But it has reached the point where now the body is quite astounded that one can live the ordinary life with the ordinary consciousness and be contented! It finds that appalling, you know, appalling. And that way of living in chaos, ugliness, wickedness, selfishness, violence, oh... and cruelty and all possible horrors, and of finding it all perfectly natural.... That's when the body says to itself, "It must be... it must have been necessary as a stage in the development, and it's an effect of the Grace, so there's nothing to say, there's only to admire."

But it's absolutely certain—absolutely certain—that if the world, if the creation were as it appears to be to this bodily consciousness as it now is, there would be only one thing to do—to blot it out!... That's obviously the explanation of, and justification for, all nihilistic religions and philosophies. It takes a thoroughly unconscious insensitiveness to be able to live happily and contentedly in this horror that is the world. And all this... IS the Lord, and not only IS the Lord but is WITHIN the Lord; that is to say, it's not as we imagine it—things that were driven away, rejected—not at all, not at all: all this is there WITHIN the Lord.... So there.

You see, the body has this experience of being completely disorganised, of having a cold, a pain here, a pain there... and when it's in a certain attitude (we may call it an attitude, I don't know), at any rate in a certain state of consciousness: vanished! All that no longer exists, there's not a trace—there's no cold anymore, no pain anymore, nothing anymore, it's all gone! Though it's ready to come back.... And not only gone (which would be a psychological phenomenon), but the CIRCUMSTANCES of people and things around CHANGE! They become different: in one case, everything is like that—stubborn, twisted—and in the other... (long silence)

So as a matter of fact, the body's advantage over the mind is that it understands very well (for it, it's natural) that all that way of seeing and speaking is only a way of seeing and speaking; you may have the opposite way and it may be just as true, and yet another way would be quite true, and finally all that one says and thinks is only... ways of seeing. The mind has difficulty with that, but the body knows it very well, very well. But... (long silence)

Inexpressible. (silence)

How are your nights?

Satprem: Not good. **Mother:** The same? **Satprem:** Yes, not up to much.

Mother: Unchanged?... Very well.

The body knows a state in which it doesn't sleep in the ordinary way (what's called "sleep"), and instead there is a state (which we might call a state of harmony, but not active, very still) in which time no longer exists, that is to say, the body may spend two hours, three hours like that, thinking it was five minutes. Now that's how nights are. It's becoming more and more frequent. And I have an impression that's what would change your sleep (I've been thinking about it often, almost every day), like this: going into that state, which isn't at all the ordinary sleep in which you have dreams and activities and the subconscious is so active—no, nothing of the sort.

All that is something beginning. We must have patience.

Satprem: I've been wondering.... All these last few weeks I have been waking up in the morning with aching eyes. I've been wondering where it came from?

Mother: Do you work a lot in the evening?

Satprem: I work normally. But the strange thing is that as the day goes by, it gets better. Then, in the night, my eyes start aching. What's going on?... I've been wondering if there wasn't something subtle bothering me?¹ (Mother remains looking)

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

With love and gratitude,

For and on behalf of Gangalakshmi (HOMA)

¹ These strange night difficulties were going to last for a long time and may have been linked to the intrigues around P.L. This Agenda will mention them again in 1969.

Townhall Speaks

GREEN BUFFERS AND PARKS

Dear friends, since June 2022, ever since this FAMC started functioning, we have tried to meet with the people involved in “greening” of Auroville. All of us appreciate the greening work that has gone on for years in AV but we have information that needs to be gathered.

Since we have not managed to sit with those receiving maintenance for green work—aka green beltors (despite us reaching out to them a few times) we have asked the questions by email, to collect the [baseline data](#).

We have also requested an annual work plan for the Green buffer zone and Parks, which has gone unheeded.

In the 57th GB meeting following observations were made:

- 4.5) There is no pan-Auroville annual budget,
- 4.6) There is no medium and long term economy plan.

Following actions have been suggested by the GB for the above two points:

- 4.1) Preparation of an annual Auroville budget that includes all resources and all needs.
- 4.2) Preparation of a medium and long-term economy plan including financial plans of the income-generating units of Auroville. To achieve this we need to have the data and cooperation and collaboration from all people involved in this work. Hoping for the same.

In Her Service, Smiles, Submitted by Geeta for FAMC

BCC MONTHLY REPORT January 2023

As we communicated in our previous report, we intend to provide periodic reports to the Community to bring transparency and more insight on from where the funds are being received and how it is being disbursed.

The main sources of our funds are the units and individual City Services contributions and some services.

• **Maintenances & Visa refunds:** This month, about 50 new maintenance and 12 visa/passport refunds were processed successfully, in consultation with the FAMC. As of January 2023, the existing maintenance portfolio is as follows:

Children maintenances	631
Workplace maintenances	457
Silver Fund	77
Contingency maintenances	52
Personal and Social Care	30
Temporary Emergency Maintenances	24
Bridging Maintenance Fund	22
Other Auroville Activities	15
Other Auroville Projects	6
Total FT Maintenances & Children Maintenances	1314

• **In-Kind Scheme:** Please be informed that the Auroville Bakery has been included in the In-Kind Scheme of maintenance.

• **City Services Contribution (CSC) overview as of 31 January 2023:** Out of the approached 680 residents (approximately) who were not paying CSC, the status is as follows:

Responded and initiated contribution	72
Responded but waived including 18+ Students	136
Responded but in TOS	109
Responded but unwilling to contribute	8
Not Responded	355

We are glad to inform you that many residents have replied after a second reminder. As a result, the number of resident responses reached almost 50%. Until now, 72 of the residents have initiated to contribute, adding almost Rs 3 lakhs per month to our collection budget.

• **Unit/Activity Contribution:** BCC is currently occupied with analysing the arrears in contributions and preparing to set up a system to enable more effective and timely collection. As of now, units’ contribution collection is still pending for the financial year 2020-2021 & 2021-2022. We are finalising the amount “still to be paid” to the Central Services Fund. We are involving the accountants of the units as well, in this exercise. Once we confirm the contribution amount from the units, we will share the details with the community. Going further, we intend to request the units/activities to cooperate with us in submitting the amounts due.

• **Home Care:** The expenses for home care include the care of Aurovilians (above the age of 60 years) at the care homes and their residing places as well as the transport costs for hospital treatments which increased from 5% to 12% by the end of the year. We see that the overall costs have increased by 44% at the end of the year.

Year	Month	Overall cost (Rs.)	Taxi cost (Rs.)	Percentage of taxi cost in overall cost
2022	January	151,131	7,415	4.91%
	February	116,975	3,820	3.27%
	March	142,505	6,450	4.53%
	April	140,935	6,665	4.73%
	May	163,525	7,630	4.67%
	June	157,030	8350	5.32%
	July	158,595	7650	4.82%
	August	155,230	11500	7.41%
	September	168,095	12475	7.42%
	October	196,285	19,940	10.16%
	November	197,330	26,710	13.54%
	December	217,985	26,565	12.19%

• **Budget 2023—2024:** City Services units are currently in the process of preparing their budgets and the deadline of submissions to BCC has been announced as February 7th, 2023. BCC has set up a help desk for technical and budget-related queries and the contact information has been shared with the City Services units. As the automated process has been put in place for the first time, we thank you for your patience and cooperation in using the new facility. We are noting down all the feedback as we receive and these are being processed.

• **Systems & Processes:** To ensure more transparency, accountability and compliance, the Auroville Foundation has facilitated a Systems & Process Audit on all financial processes and this is still ongoing. BCC itself has been taking steps to enhance the effectiveness of existing systems and processes to comply with these requirements. Measures to digitise and automate BCC processes for efficiency are under way. Policies and Guidelines are also under our review.

• In the upcoming financial year, all City Services accounts will be included into the Tally accounting software for consolidation with all Auroville accounts. The transaction documentation and follow up will be done to align with the requirements for proper accountability. This process will be strengthened further over the coming year and is driven by the FAMC.

• **BCC Office Hours for residents** are open in February and March only in the afternoons (2:30 to 4:30pm) due to budget processing requests.

*Sincerely, with warm regards,
Naren, Ocean & Radhika for BCC*

FUNDS & ASSETS MANAGEMENT COMMITTEE REPORT

January 2023

AUROVILLE

FUNDS AND ASSETS MANAGEMENT COMMITTEE

FOUNDATION

ACUR, AUROVILLE 605 101
TAMIL NADU, INDIA
adminfamc@aurville.org.in

All assets, buildings, farms, forests, lands are resources that belong to the Divine Mother to be optimally and diligently used by all. The assets are held in a structure-The Auroville Foundation-amenable to the laws of the land.

During the months of January, System and Process audit approved by the GB was undertaken. Two members of FAMC were observers during the same. FAMC is looking into the AV Radio, which has received donations. These have been substantially utilized. Despite this, the project is not moving ahead. We have asked for details of donations, donors and utilization certificates from the Radio team. We have requested details of the material received so far, time-frame and money required for the fruition of the move to its assigned space in the Archives building of this well appreciated service of Auroville.

The Archives first floor front room will be used in the near future for some services.

We have separately posted/ published the needs of project leaders needed to strengthen our operations and add efficiency, transparency and accuracy to the same.

We had our first meeting with executives of Solar Kitchen to understand their operations. This was initiated after we received a resignation from one of their executives. FAMC members participated in an event at the Raj Nivas, Pondicherry on Pongal day. This event brought Aurovilians, Ashramites and Sri Aurobindo Society together.

We have met the housing survey team and offered our suggestions for capturing more comprehensive data. We are following up on the delayed unit contributions and calculations-from before 2020. As such we are-and will continue-scheduling meetings with unit accountants for clarity on the data before further progress is made.

Couple of members of FAMC have visited Buddha Garden to understand the conflict between the Aurovilians engaged in farming there.

FAMC members along with other working group members and Aurovilians received the G20 delegates on the last day of the month.

*In Her Service, Smiles,
Geeta for FAMC*

FROM THE ENTRY SERVICE—ES # 168

Dated: 9-02-2023

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 aurville.entryservice@gmail.com. We thank you in advance.

NEWCOMER ANNOUNCED:

- Ramanan MUTHUVEL (Indian) staying in Aspiration and working at Auroville Online Store
- Sudha SUPPARAMANI (Indian) staying in Ayarpadi Farm and working at Solar Kitchen



Ramanan

NEWCOMER CONFIRMED:

- Sagar N (Indian)
- Sanjay TUMATI (Indian)



Sudha

SPOUSE OF AN AUROVILIAN CONFIRMED:

- Dharani SARAVANAN (Indian)

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

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

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

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

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

Yours, The Entry Board

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

Greetings from the Aspiration team!

Dear Community, greetings from the Aspiration team!

We are glad to share with you that we redesign the Initiation program (Yucca) that we conduct on a monthly basis for aspirants who are about to start their Newcomer process.

We have noticed that the program is ready to accommodate some changes and it is the call of the hour. This redesign is an attempt to further fine-tune Yucca as an instrument to serve the beauty of Auroville that we feel in our hearts.

The Yucca program contains 3 main tenets to support Pre-Newcomers:

- connecting with the Spirit and aims of Auroville.
- becoming familiar with the practical aspects of life in Auroville.
- exploring the personal aspiration that each one has in relation to Auroville.

For each of these core tenets, we have developed pedagogical methods.

We wish to share here some details about the program redesign:

From February, the Welcome Talk will be integrated within the Yucca Program, making it a program of one full week, synthesizing the three tenets. This allows us to have more time and space to immerse into a deeper and meaningful initiation.

The newly proposed program looks like this....

- **Day 1:** Welcoming the Spirit of Auroville: Interaction, inspirational talks and a session on self-discovery.
- **Day 2:** First half is for plunging deeper into the themes of Day 1. In the second half, aspirants will contemplate their choice to continue for the rest of Yucca, and prepare their reflections/questions for the group discussions.
- **Days 3, 4 & 5:** Interactive sessions with Aurovilians on varied aspects of Auroville Life, including the collective organization, city planning, economy, food sustainability & farms, units, services, housing & entry process.
- **Day 6:** Integrating individual aspiration with service towards the community.

This new structure will allow us to strengthen especially the third tenet—the meaning that each aspirant bears in relation to Auroville.

The first session of this renewed program is scheduled for February.

*Thank you,
The Aspiration team
(Amir, Falguni & Ramya)*

Community News

Passing On

SRI MAHALINGAM SANGUKRISHNA



In the late morning of Friday 3 February, our dear friend and brother, oldest Aurovilian and stalwart devotee of Sri Aurobindo and the Mother, Sri Mahalingam Sangukrishna, left his body in his small Fraternity abode at the age of 103,—at peace to go to his home. During the week it had become clear that he

was ready to go. Affectionately looked after by his always-caring friends and neighbors, Kumar and Sumathi, and by visiting relatives and AVHS caretakers throughout the years, he peacefully slipped away.

Having lived and worked in the Ashram during the 50s, and for a time wavering back and forth between Ashram and Auroville while part-time teaching in Udavi and Arulvazhi schools in the seventies, Mahalingam joined us in 1994 for good. Born in Tirunelveli, Tamil Nadu, and qualified in the Tamil language, he was a welcome presence in Transition school where he functioned as a Tamil teacher for 6 years, after which he concentrated on the translation into Tamil of all Collected Works of the Mother and Sri Aurobindo's Letters on Yoga, and other works. The material was published in 'Vaigarai' (Dawn), a well-read Tamil magazine published by the Ashram.

At the time he lived in Pitchandikulam Forest from where, always clad in dhoti, he used to make long walks over Auroville's many roads and paths, receiving happy greetings and smiles from residents passing by.

In his later years, Mahalingam lived in Fraternity from where he was a steady visitor and observer at New Creation's Sports Centre during the training and matches there. It was in that location that Aurovilians came to honor and congratulate him at the commence of his 100th year on 1 July 2019.

Mahalingam enjoyed a life well lived, as Independence fighter during the Quit India Movement towards India's independence, spiritual seeker, teacher, translator, writer, Ashramite, and Aurovilian. His uniquely humble presence and old-school devotion added a delicate, special quality to our communal life.

Auroville most respectfully salutes him, and will miss him dearly.

His remains were buried at the Auroville burial grounds in the afternoon of 4 February, with family members and Aurovilians attending.

OM

- For an [interview by Lourdes Epinal](#)
- For a [short clip of Aurovilians honoring him](#) at his 99th birthday

REMEMBERING OUR SERVICE FLOWER LADY On 10.02.2023, 3rd Anniversary



My dear Auroculture. Now it is the 3rd year of your departure. You were my first teacher at Udavi Primary school to start with. I am grateful and proud of being your student and caregiver. You are my inspiration. We both had a good time together. We all miss you my dear

Love, Raji, Courage

THOUGHTS OF MATRIPASAD

Dear Matripasad, it is impossible to think of you disconnected from the Matrimandir building. I was living at the MM Camp and working there, and you were always around, as a MM worker and also, because you were living so close (Existence), when we needed somebody for any duty, we called you, and 10 minutes later, you were there, doing what was needed! No for nothing, dear Maggy, give you that name: MATRIPRASAD. Thanks a lot for your quiet and smiling presence...you will be there forever.



On the other hand, I am very grateful that just a few days ago we were meeting at the Town Hall. As always, when I have a doubt related to a Newcomer, I was asking you, your advice about them was always very precise for me... Of course, you smiled and simply said : "you know each case is different", and we smiled...

Ciao, caro Matripasad...Till the next time

Under Her Love and Grace, Anandi ayun

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 meditation

Venue :
Unity Pavilion Peace Hall

Timings :

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

INTRODUCTION TO THE INTEGRAL YOGA of Sri Aurobindo and the Mother Tuesday, 14 February, 9am—12noon

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



- **Focus:** Intimacy with the Divine
- **Led by:** Ashesh Joshi
- **Place:** Mirabelle Education Centre, Auromodele
- **Contact:** 9489147202.

Please be present by 8:45am

All are Welcome, Ashesh Joshi

THE MOTHER'S ROOM DARSHAN
21 February 2023, 4:30am—6:00pm



The Sri Aurobindo Ashram has announced that The Mother's Room will open on 21 February for general Darshan from 4:30am to 6:00pm.

We are thankful to the Ashram that tokens are made available for residents of Auroville for distribution in the community prior to the 21 February.

- Time slots for Aurovilians and Newcomers are from 12:00noon to 3:30pm.
- Registration of tokens, in person only, will happen at Pitanga, Samasti, at the following timings:
 - Friday, 10 and Saturday, 11 February
 - 9am—12pm & 3pm—5:30pm
- This is a service for Aurovilians and Newcomers only.

Please come in person to register your token and identify yourself as a resident: Newcomers need to bring their Newcomer card. If you are a new resident or not known to us organizers personally, please bring your Auroville card. Residents, who are unable to come on their own to Pitanga, may send someone with a requesting note indicating the name(s) and number of token(s) required. We will do our best for your requirements.

We remind you, dear friends, that we do not take requests by mail or phone. (Sorry for the inconvenience.)

- The Mother's Room Darshan is available to all. If you are unable to register for a token before the Darshan, or if you are not a resident of Auroville, you may go on the day itself to the Ashram to get your entry token directly.
- These are the available options to have a Room Darshan on the 2 February:
 - You may join the general Darshan queue from 4:30am onward.
 - You may go any time after meditation, from 6:40am onward, and get your token at the booth near the Ashram Post Office. In this case you will probably need to wait or come back later at the time indicated on the token.
- Transport: The Darshan day is Tuesday. Please check with the person responsible for the transport for the possibility of having the AV bus available on that day.
- Collection of tokens will be on:
 - Saturday, 18 and Monday, 20 February
 - 9am—12pm & 3pm—5:30pm
- Venue for registration and collection of tokens is:
 - Pitanga, Samasti.

With love, Mallika and Pitanga's team.

Pondy Saiier Bus On Darshan Days

- February 21, 2023, Mother's Birthday

For those using the SAIER bus to have darshan in Mother's room on February 21, the bus will leave from Matrimandir at 3pm and return from Pondy at 6pm.

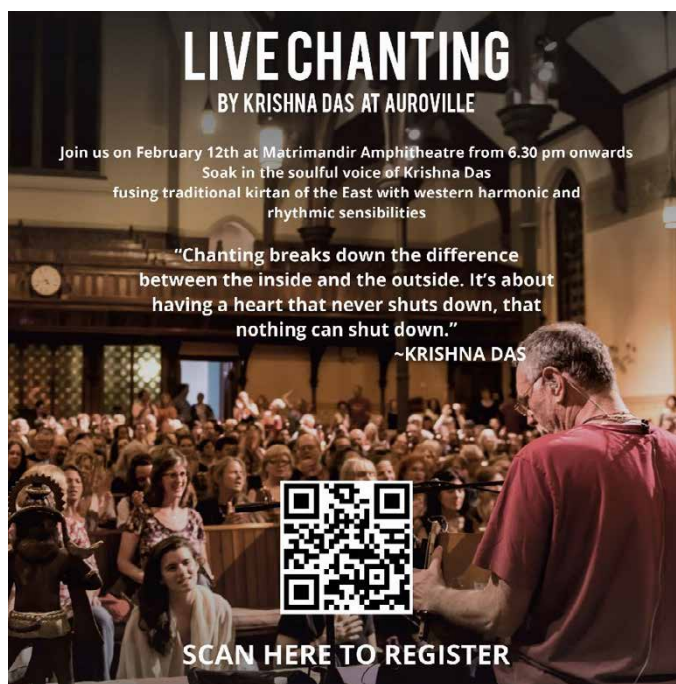


- This service is reserved to Aurovilians and newcomers only.
- Tokens are required; reservation in Pitanga on Friday and Saturday.

Paulette

KRISHNA DAS' OFFERING
TO THE UNIVERSAL MOTHER, KIRTAN

Matrimandir Amphitheatre, Sunday, 12 February, 6:30pm



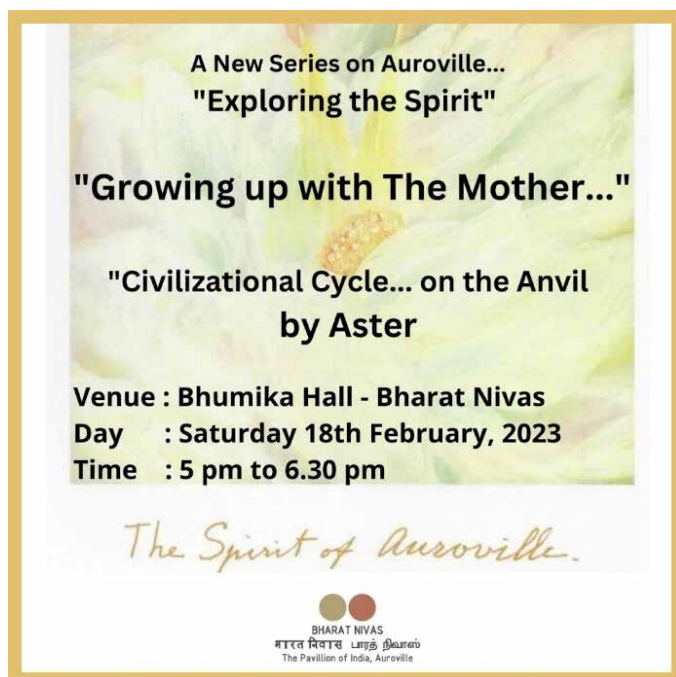
- Entrance from the Second Banyan Gate only from 5:30pm.
- Prior booking is needed at the following link: <https://aviusa.org/krishna-das/>
- Matrimandir and the Park of Unity will remain closed to all from 3 pm.

Bags, cellphones, cameras, tablets and other recording equipment will not be allowed into the Park of Unity.

A Custody facility will be provided for those in possession of such items near the designated parking area outside the Park of Unity.

- Matrimandir Management will try to take utmost care but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".
- All are reminded that the Park of Unity is a place of peace and tranquility and therefore to help us maintain this atmosphere.

Antoine



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

We are pleased to invite you for a kirtan with Jaya Deva in the Anitya community. Jaya Deva met Krishna Das in 2010 in Spain and followed him during his tour. A year later, 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

From Mathilde for the Joi Anitya team

SAVITRI BHAVAN
No film on Monday 13 February 2023

Savitri
B H A V A N

With light and peace, Margrit

For Your Information

OPEN HOUSE AT KINDERGARTEN
Friday, 17 February, 1:30—3:30pm



Saturday, 18, 9am—12pm

The Kindergarten (Center Field) will be open to everyone on Friday 17th of February from 1:30 to 3:30 pm and Saturday 18th from 9:00 to 12 Pm.

You are welcome to visit the exhibition of crafts and works of the children, ages 3 to 6, and to discover the Play of Painting room and the Blocks room.

Subha for the Kindergarten Team

Health Care

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sudha

MAATRAM

Centre for Psychological Development & Support

Schedule for February 2023

Walk-in, Open Consultation Hour (OCH)

- Monday to Friday: 9—10am
- Monday/ Wednesday/ Friday: 4:30—5:30pm

Therapists (for OCH) as listed below

Monday	Saif	Palani
Tuesday	Rashmi	
Wednesday	Palani	Tia
Thursday	Chetna	
Friday	Gopa	Tia

OCH is a walk-in session where anyone can come without an appointment. If the therapist is already seeing someone by the time you walk in, please leave your contact details and we will revert.

To see a therapist by appointment, please email/call Maatram or reach out to the individual therapist directly

Other activities

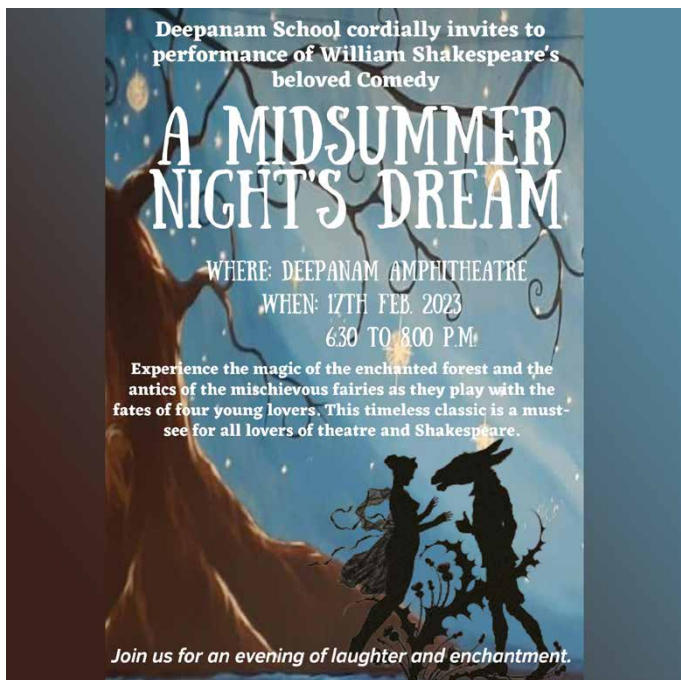
- Rural Mental Health activities at Thamarai, Annai Nagar.
 - First Thursdays of every month, 10am—12.30noon
- Street Play on Mental Health Awareness, once a month at different venues or by invitation
- Care for senior Aurovilians

Contacts

- 9087709434, Message or Call
- matram@auroville.org.in
- Website: matramav.in
- Location: Mitra Youth Hostel near Town Hall.

*Warmly,
Megha for Maatram*

The Arts



BHARAT NIVAS PRESENTS

Photo Exhibition "The Renaissance in India"

- Kalakendra Art Gallery, 17 February—2 March 2023
 - Inaguration: Friday, 17 February, at 4:30pm
 - Opening Hours: 9am—5pm, Sundays open

Bharat Nivas invites you to a Photo Exhibition, Inspiration taken from the texts "The Renaissance in India" by Sri Aurobindo, Celebrating Sri Aurobindo's 150th Birth Anniversary.

"India of the ages is not dead nor has she spoken her last creative word; she lives and has still something to do for herself and the human peoples..."

Parking outside the main GATE



Upcycling Work in Progress

Bharat Nivas invites you to Upcycling Work in Progress offered by Guest Artist-in-Residence Bettina Schori (Denmark)

- Venue: Kalakendra Gallery Space
- Inauguration: 4:30pm, Friday, 17 February,
- Dates: 17—25 February 2023
- Opening Hours: 9 to 5 pm
- Contact: 0413-2622488
- Bettina: +4527146715



Art Classes, Collaborations & Discussions

Bharat Nivas invites to Art Classes, Collaborations & Discussions for Artist of Auroville, Guest Artists in Residence, Art Lovers and Wondering minds...

- Tuesday & Thursday afternoons, 2:30—4pm
- Kalakendra Art Gallery, Bharat Nivas
- Contact: 0413-2622488
- bharatnivas-kalakendra@auroville.org.in



Tapas

**THE WILLOW TREE
Art Exhibition in Pitanga**



by Crystal, Aurovilian
18 February—17 March

Opening: Saturday, 18 February, 4:40—6:30pm

Artist Statement, The Willow Tree

Since ancient days, trees have been used to represent life, growth, wisdom, prosperity and more in legends, poetry, literature, and religion.

Mystical and majestic, trees are seen as ancient living beings. From healing to protection, trees have played a large role in our history.

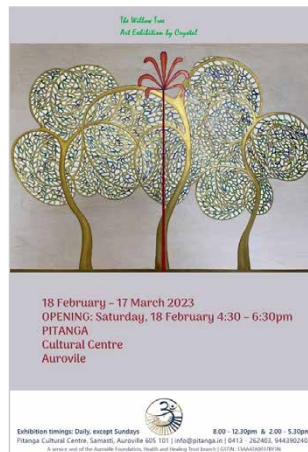
A great energy and a wisdom are believed to flow through them.

A large tree with long, flowing branches and leaves, the willow tree often symbolizes flexibility and adaptability. The limber and supple nature of its extremities means it bends to accommodate and withstand strong winds and adverse weather.

On my early morning walks in the park, I see trees standing there, rooted in the earth and reaching up to the heavens, seemingly unmoving from day to day. But are they?

Some get uprooted and fall down in a heavy storm or cyclone, others just sway with the winds and currents and adapt their stand holding their firm base.

Jean-Christophe
for Pitanga



**ORIENTAL-OKZIDENTAL
PIANO CONCERT BY HARTMUT**



Oriental-Okzidental
Piano-Concert by Hartmut
18.02.23 Cripa 8 pm



Submitted by Hartmut

ANUBHUTI—AN EXPERIENCE OF DHRUPAD

18 February, 6:30—8pm, Unity Pavillion

Please be seated by 6:15pm



Arpanaa is delighted to present a curtain raiser concert to the Celebration Week. We bring to the community—ANUBHUTI—an experience of Dhrupad, the oldest form of Indian Classical music, by one of the young exponents of this genre—Ashlesha Shintre from Hyderabad.

Ashlesha has been trained in the Dhrupad style of vocal music under the eminent vocalist Pt. Uday Bhavalkar and she has further also learnt with Shri Arijit Mahalabnis.

Hailing from a family that loves music, Ashlesha was initiated in the fundamentals of Hindustani music by her mother and subsequently for a few years from Shri Prem Shankar Nayak and Shri Hareshbhai Bhavsar of Valsad. As a young adult she felt drawn to singing and learnt the Khayal form of Indian Classical music under the guidance of Smt Ranjana Bhide.

When Ashlesha first heard Pandit Uday Bhawalkar, she was totally mesmerized by his meditative thought provoking aalap. And that is when she commenced her journey in the incredible world of Dhrupad.

Ashlesha has been awarded the Junior Research Fellowship by the Ministry of Culture, Govt. of India to study Dagarbani Dhrupad. She has also ventured into composing music and is a much sought after IAYT certified Yoga therapist. Apart from teaching yoga on a regular basis, she has conducted yoga and music workshops for children and adults alike.

Post the performance the artist has agreed to engage in a short interactive session. This will be a wonderful opportunity to understand the nuances of a Dhrupad concert and some of its fundamental principles.

Geeta

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

Art for Land

ART FOR LAND AND PIERRE LEGRAND

The Material and The Spiritual can impact each other to alter Life and the Environment

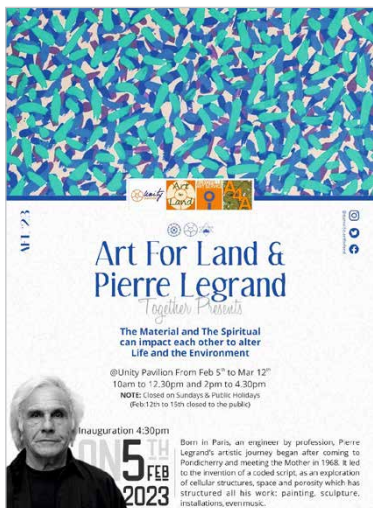
@Unity Pavillion From 5 February to 12 March

10am—12.30pm and 2—4.30pm

- NOTE: Closed on Sundays & Public Holidays,
- 12 & 15 February is closed to the public

Born in Paris, an engineer by profession, Pierre Legrand's artistic journey began after coming to Pondicherry and meeting the Mother in 1968. It led L Febto the invention of a coded script, as an exploration of cellular structures, space and porosity which has structured all his work: painting, sculpture, installations, even music.

Submitted by Arun



CENTRE D'ART RESIDENCY

Timeline: 1 February to 31 March 2023

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



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

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

International

DEUTSCHE VERSAMMELN SICH

Die deutschsprachige Community trifft sich am Samstag

18. Februar um 16.00 Uhr

zu einem Kaffeeklatsch im European House (dem Tibetan Pavillion gegenüber) Seid herzlich willkommen und bringt gute Laune. Kuchen/Kekse und interessante Themen.

Thank you, Jürgen, Quiet

THE FRENCH PAVILION

1. French Pavilion welcomes on Board Games for Everyone with Véronique

- Friday, 10 February, 3pm onwards at French Pavilion

Come to relax and have fun, meet new friends and test your creative thinking by playing board games at the French Pavilion! For all ages and levels.

Thank you very much, Vivekan



2. The French Pavilion is hosting a series of workshops

The French Pavilion is hosting a series of workshops to discover some major works of recent French social sciences

A selection of excerpts from texts or interviews will be offered for reading a few days in advance, then will be read together on the day of the workshop in order to exchange and debate about these theoretical proposals. As a second step, it will be a question of drawing together the possible applications of these thoughts in the Auroville context.

- Three independent workshops are planned for the next 3 months (once a month).

Workshop 1: Beyond Nature/Culture

- **Starting on Thursday, 16 February, 5—6:30pm**
 - Works of French Anthropologist Philippe Descola.
 - **Facilitated by Rémi Astruc.**
 - *Good understanding of French language is required*

Professor at the Chair of Anthropology of Nature at the Collège de France since 2000, and director of studies at the Laboratory of Social Anthropology created by Levi-Strauss in 1960 (EHESS/CNRS), Philippe DESCOLA (born in 1949) led field research in the Ecuadorian Amazon with the Jivaros Achuar (The Lances of Twilight, Paris, Plon, "Terre Humaine", 1993). A major contribution to the critique of dualism (Nature/Culture) which led in Europe to the split between social sciences and natural sciences, his comparative study of the modes of socialization of nature in many human societies revealed 4 main ways of "composing the world": naturalist, animist, totemist and analogist (Beyond nature and culture, Paris, Gallimard, 2005), and gave rise to many debates (The Ecology of others. Anthropology and the question of nature, Versailles, Quae, 2011).

Participants will need to understand the French language for this first workshop. Prior registration is preferable and you can get the excerpts/texts by writing to us at france@auroville.org.in. Drop-in without preparation is also possible for this first workshop.

Thank you very much, Vivekan

Youth Link Initiative

FRENCH CLASSES



After the success of the Tamil courses we have decided to offer you the same format with French courses

Join our first French class 2023 for beginners happening at the Youth Center!

Taking place from 20 February to 3 March 2023 taught by Vijaya Wauquier. French is an international language rich in culture, a knowledge of this language is beneficial for travel, higher education, international job market etc.

- This class timings: 5—6:30pm. No class on Weekends
- To register email us at youthlink@auroville.org.in or come to our office in Town hall, 9:30am—12pm or 2pm—4pm to sign up. *Aurore for Youthlink team*

TECH ELVES



Dear all, YouthLink has started an initiative called Tech Elves in order to help Aurovilians better understand their technology! From simple things such as adding a contact to your phone to more in-depth tasks like completely backing up your computer, we are available to come once a week and help you with anything you may need concerning your technology.

If you are interested and would like some assistance

- WA/message us at +91 7397787112
- or send an email to Youthlink@auroville.org.in and we will set a time to come and meet you :)

Sananta for the YouthLink Team

WOMEN SELF DEFENSE



To empower women in Auroville, YouthLink would like to invite you to a self defense workshop. This workshop will be hosted by Giacomo and 2 YouthLink members. It helps to minimize the risk of being a victim of assault or harassment, and how to behave in such cases.

For reasons of safety and comfort this workshop is only open to women aged 13+. Proof of age will be required on the day of the workshop and a liability waiver will be required to cover any incident that may occur during the class.

- To register email us at youthlink@auroville.org.in or come to our office in Town hall, 9:30am—12pm or 2pm—4pm to sign up. *Aurore for Youthlink team*

Activities

ANALOGUE PHOTOGRAPHY WORKSHOP

February 2023

- Analogue Darkroom Workshop at the Centre d'Art, Auroville by Sasikanth Somu
- Date: 16, 17 and 18 February 2023.
- Venue: Centre d'Art Gallery, Citadines, Auroville



Program & Timings

- **Thursday, 16: 2—5pm**, Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 17: 9am—12:30pm**, Film photo shoot; **2pm—5pm**, Develop your roll of film.
- **Saturday, 18: 9am—12:30pm & 2—5pm**, Printing Contact Sheets & photos in the darkroom.

Fees

- The workshop fee for Guests is Rs.2500 plus GST 18%.
- The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

Registration Contact: centredart@auroville.org.in

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

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

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

Sergey, for Centre d'Art

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

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

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

To book contact
Mani
+91 8637633696

**Swimming
classes**

**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

AUROVILLE FILM INSTITUTE STUDY CIRCLE



Film Institute @ Auroville is delighted to introduce an open study circle, 5 to 6:30pm at the Video Room in KalaKendra, Bharat Nivas.



The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Week's Schedule:

- 5—6:30 pm, Video Room, KalaKendra, Bharat Nivas

Monday	13 February	Review	Ways of Seeing (1972) /John Berger, Camera & Painting; Women & Art
Tuesday	14 February	Review	Ways of Seeing (1972) /John Berger, Painting & Possessions; Fine Arts & Commerce; War
Wednesday	15 February	Review	About Time (1985) /John Berger
Thursday	16 February	Reading	Introduction to Documentary, Bill Nichols,
Friday	17 February	Reading	Introduction to Documentary, Bill Nichols
Saturday	18 February	Reading	Jungian Studies Projections

For more information write to:

- support_filminstitute@auroville.org.in
 - contact AVFI fellow Kumud: +91 7592805013 WA
- Warm Regards, Richa,
Auroville Film Institute, +91 9969879319

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

FOOD FOREST TOUR

FOOD FOREST TOUR

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

Come and connect with nature and learn about healthy and sustainable food options

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

VEGAN ICE CREAMS and more...

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

Sign up and infos whats app Sarah 9047421044
sarah@auroville.org.in

www.youtube.com/myfoodforest

SWARAM: SOUND EXPERIENCE

Integral Sonic Studies and Practices 2023

Certificate program in Auroville/India

This 4 module certificate course in Integral Sonic Studies and Practices offers the opportunity of a thorough introduction, exposure, immersion and training in the vast subject of Music and Medicine and can benefit the lay-person's personal growth journey, deepen the practice of yoga aspirants, as well as enhance the professional work of therapists, educators, health and social workers and wellness specialists.



The course offers a gradual entry into the world and practice of sound healing.

- **Module 1: 6—11 March 2023, Principles and Concepts of Therapeutic Music & Sound Healing**
 - Nada Brahman- A Sound Philosophy
 - Mapping the Human Embodiment & Integral Psychology
 - Organology—Musical Instruments of the World and their therapeutic
 - significance
 - Overview of Integral Sound Therapy
 - The Building Blocks of Therapeutic Sound and Music
- **Module 2: Music Theory, Creativity and Instrument Play, 31 July—6 August 2023**
- **Module 3: Music and Medicine: The Therapeutic Process, 23—29 October 2023**
- **Module 4: Creating your Sound approach and Modality, 22—28 January 2024**

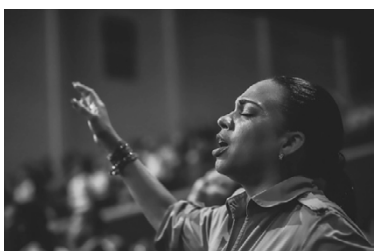
The Training comprises 4 modules (168 hours) taken over a year. The 4 parts of the course are consecutive and need journaling, periodic assignments and a final project work for certification. Module 1 may be taken separately, Certificate granted upon completion of the 4 Modules and project assignments.

- **Final registration date 26 February 2023**
- **Location Bmumika Hall, Bharat Nivas**
- For more details, contact
 - svaramsoundhealing@gmail.com,
 - SVARAM Office +91 413 2622220,
 - www.svaram.org

Vocal Explorations: Playshop, Practices, Training

- **13—17 March, Bhumika Hall**

In a full week's program, an invited group of professional singers, and voice and vocal yoga practitioners will facilitate the opening and explorations of the natural voice aiming at the authenticity of natural self-expression. At the same time, techniques and practices will be shared and exercised to harness the full potential of the individual voice.

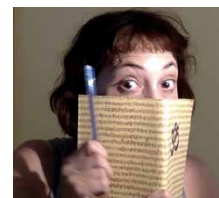


- For registration, please contact:
 - +917871286893 WA,
 - svaramprograms@gmail.com

Submitted by Bondeepa

I JUST WANNA WRITE!

Hello my beautiful creatives, I Just Wanna Write! (a weekly podcast on Auroville Radio on creative writing) will take a pause of a couple of weeks. It will be back with new fresh material. We will focus on **how to use creative writing for overcoming core negative beliefs** and start a new inspiring life's path.



In the meantime, if you want to listen to the past episodes just go to this link: <https://gatedreams.com/podcast/>.

If you're wishing to deepen your knowledge on creative writing and have fun with some writing games please subscribe at the creative writing section of my website Gate of Dreams. The subscription it's needed to protect the content, which is mainly coming from my writing experiments and that will be used in future publications. It's for Aurovilians and New-comers only and it's for free. Gatedreams.com is the link.

Enjoy your writing. Catch you later Auroville. Peace.

Francesca.

SOLITUDE FARM PRESENTS

Tune Into Your Highest Energy

With The Power Of Farm Fresh Raw Vegan Food & Mind Reset

- **22—26 February**

We welcome you to tune you into your highest energy and inner spark through cleaning your body and mind through raw vegan foods, mind reprogramming techniques & movement.

This retreat is an experiential farm to table raw vegan and mindest reset retreat, at Solitude Farm in the international township of Auroville.

As you clear out the negative thoughts & toxins in your system, as we call it the dust on the mind & body then your real energy hidden within you gushes out!

This workshop aims to empower you to take charge of your body and mind through learning how to use raw foods to heal and clean your body as well as reset your subconscious mind.

We would be teaching you

- What and how to eat so that your food energizes, heals & transforms you into your highest potential—because you are what you eat!
- Self love and mindset reprogramming to create energy and heal your mind, body & life.
- Flow and conscious movement to help you release energy blocks & tune into fresh energy from within.
- Take home with you reprogramming meditations, food recipes, personalized meal plans and inner well being program to follow the rest of your life.
- One online session every month for the next 6 months with Kartika to follow up with the program.
- Become a part of online Expand Love Fit Body & Mind Community so that you have community support & accountability

The coach is **Kartika**, certified yoga teacher, body coach & naturopath, 4 years raw vegan & barefooter. She lost 17 kgs of weight, healed her depression, anxiety, ovarian cyst, Hemorrhoids skin infections & inflammation through the power of raw food, subconscious mind reprogramming and movement. In the workshops she shares all her secrets to heal and transform your life.

Heal & Transform

- Find out more: <https://www.expandlove.online/>
- Youtube: Expand Love.
Take a look at our videos to know more about the coach <http://www.youtube.com/expandlove>
- +84388659029 WA



Climate Change Workshop



CLIMATE FRESH
All the cards are in your hands!

CLIMATE CHANGE WORKSHOP
SATURDAY 11TH FEB - SOLITUDE FARM
FROM 2PM TO 5PM

A SCIENTIFIC, COLLABORATIVE AND CREATIVE WORKSHOP TO LEARN ABOUT THE CLIMATE IN A FUN WAY!




LIMITED AVAILABILITY 8 PEOPLE max
DONATION BASED (RECOMMENDED AMOUNT RS 1 000)
PLEASE BOOK WITH SOLITUDE FARM CAFE ON 9843319260

A scientific, collaborative and creative workshop to learn about the climate in a fun way!

With rigor and pedagogy, the Climate Fresk makes it possible in a short time to understand the functioning of the climate system as well as the causes and consequences of its disruption. Participating in this workshop raises awareness on the complexity of climate change, gives an overview of this vast problem and provides keys to understanding in order to act effectively.

- Limited availability 8 people max. Donation based
- Please book with Solitude Farm Cafe on 9843319260

Non-interventional Farm Tour

Dear Community friends, without a relationship to where our food comes from we lose our cultural identity.

This theme of cultural redemption through honoring what grows locally has become very much the main narrative of Solitude farm and the farm cafe.

Everyday we are serving very tasty and extremely healthy foods that not only grow easily, with no carbon footprint but are the very fabric of ayurveda and the Tamil culture.

There has been an overwhelming interest in the work we are doing and I would like to invite Aurovillians who have not as yet explored our work to come and do so.

We have a free farm tour every Saturday where you can visit the farm with Krishna and understand the philosophy of Non-interventional agriculture, the ideas of Masanobu Fukuoka and permaculture put into practice.

Farm tour is at 11:30 every Saturday

Solitude Farm cafe is on the lunch scheme and if you would like to join simply contact Nico at Financial service and he will do the needful.

We also run a lunch scheme outside the CF lunch scheme where people sign up for a minimum of 12 meals a month and receive a substantial discount.

- Please contact 9843319260 to join the lunch scheme.
- The farm cafe is open Monday through to Saturday and serves breakfast and lunch. Local food that is accessible to us all is our lowest common denominator! Eating is education!

Looking forward to seeing you here,
Love, Krishna



ANITYA - JOY OF IMPERMANENCE

JOI aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY

Anitya Community Tour +Lunch

Limited spots available! Booking required

Saturday FEB 18 11:00

WhatsApp 7094058699 for booking

₹ 300 per pers

Anitya is registered under LEAD, Auroville
Location: Center Field, follow the ANITYA signs
More info: joyofimpermanence.in




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, Shek

DIGITAL COMMUNICATION VOLUNTEER



The Green Silk Road is a climate friendly alternative to travel between India and Europe, but with a deeper aspiration: not just doing less harm, but more good. 7 people from Auroville (mainly Greenbelters) are leaving mid-April to reach Europe (in 6 weeks); along the road they will be facilitating exchange and meaningful relationships as well as offering tangible support to local changemakers and their projects.

Come and join the support team raising awareness about the concept and benefits of a Green Silk Road among the general public and specific groups that would benefit from it, such as educators, farmers, NGO's, manufacturers, transportation companies, and governments.

- As project digital manager, you will be in charge of:
 - Creating infographics, videos photos and articles that showcase the benefits of the Green Silk Road;
 - Using storytelling, statistics, and real-life examples to make the content relatable and engaging;
 - Develop an attractive website.
- You will be working 2 days a week with an engaged and fun team!
 - More info: <https://www.thegreensilkroad.com/>.
 - Please contact Gijs at: thegreensilkroad@gmail.com

Thanks a lot in advance, Claire

Available

Available Furniture

Single wooden bed with mattress; wooden 3 panels screen room divider; scale old model (with set of iron weights).

Paola 2622138/ 9486422138



Lost and Found

Sunglasses Found

A pair of sunglasses with black/white frames found at the Visitors Centre following the Auroville International Potters Market. If they are yours, please get in touch with Auroville Art Service at aurovillearts@auroville.org.in.



If not claimed by February 20, they will go to the Free Store.

Warm regards, Krishna for Auroville Art Service



Taxi Sharing

To Chennai Airport, 10 February, 1am

Taxi booked to share for 10 February, 1am, pick up from Auroville, going to Chennai airport. Please contact Serena 8489760966 WA.

To Tiruvannamalai, Thursday, 14 February, 6:30am

Starting in AV at 6:30am and being back at 6:30pm
Contact Mira, mira-drews@gmx.de or +4915736634774

To Chennai Airport, 16 February, 3am

Leaving AV between 3 and 5 am.
Contact Mira, mira-drews@gmx.de or +4915736634774

Thank you, Jagrata

Help Needed

JAZZ TRUMPETER TO PERFORM

Dear friends and music lovers!

On 4 March we are very excited to be hosting a concert with Dwayne Clemons, who is an amazing jazz trumpet player from New York City. (He is the father of Daniel and Goni, the children of Ela)



Solitude Farm

He will be playing a show with Dhani Muniz on Bass, Joey Van Leeuwen on drums and another so far undefined guitarist or pianist. This type of show where the musicians meet in a very fresh and spontaneous way, playing under the trees at Solitude with our beautiful farm to plate food are always memorable events.

• We need some help for this show though!

Dwayne arrives on 21 February and will stay for two weeks and we need to find some accommodation for him.

- Does anyone have a room to spare where we could host him?
- If anyone has a bike he could use that would also be super helpful.
- Anyone who would like to help volunteer for this show, decorations, serving, lights etc is also very much welcome.
- Please help and let our collective spirit create our dynamic, creative and rich community!
- Please get in touch on 9843319260 WA.

Love, Krishna, Solitude Farm,
solitudepermaculture@gmail.com, 9843319260

ENDANGERED CRAFT MELA



In just a few short weeks, the Endangered Craft Mela will be happening at TLC!

We need hands to prepare the space for about 50 artisans and 170 children who will be coming to participate in a weeklong workshop exploring and celebrating endangered crafts such as bamboo and palm basket weaving, kalam kari, silambam, coconut rope making, and much more.

If you have a few hours and elbow grease to spare

- **Please join us the next two upcoming Saturdays, 11 & 18 February, from 9:30—12:30 at Base Camp.**
- **Questions?** Please don't hesitate to contact Jessmijn, +91 94864 91981 WA.

Looking forward to seeing and meeting you and holding this beautiful community event together!
Camille

**LOOKING FOR TRANSPORTATION
for Savitri Study Camp in Pondy
by Dr. Alok Pandey**

Dear All, as every year from 22—27 February from 5pm for about 90 minutes with a break our respected and precious Dr. Alok Pandey will give Savitri classes.

The Savitri Study Camp will take place in the hall of the society office in Pondy right in front of the ocean with the marvelous breeze.

I'm wondering if from Auroville somebody is going to attend the event and could please take me along? ... as i don't have any transport and the Auroville bus timings are not fitting for the event!

Please contact me

- +34685673777 WA or +917289907792 only sms
- or just look for me in PTDC from 10am onwards.

Thanking you very much, Sunny

Thank you!

FINAL UPDATE!

Urban Design Student from Auroville

Dear members of the community,

At some point during the past 6 months, you have perhaps read my updates, encouraged me or contributed towards my fundraising efforts to help me attend a semester of my Urban Design studies in Milan, Italy.



With less than one week to go before my journey in Milan begins, I would like to share with pride that I have successfully raised 100% of the funds that were required for this dream to become a reality! More than 70% of these funds were from well-wishers in Auroville.

I am sincerely grateful for your support and I hope you continue to encourage other aspiring youth like me. I look forward to sharing my learnings with you and Auroville at large in the near future.

Thank you, Bhavya

Looking For

Full time gardener work available

Full time gardener work available. Person applying for the job should have a vehicle and have prior experience working with plants. Interested person contact 9443413471



Shama

Looking For Long-term House Sitting



Dear Community, I am at the end of my Newcomer period and looking for a long-term house sitting from this summer, April 2023 onwards. I am here with my two daughters, 13 and 9 years old. Please reach out on 8888860442

or nilimabarde@yahoo.co.in.

With Gratitude, Nilima

Lost and Found

Found Reading Specticals and Pen-drive

Found Reading Specticals and a grey pen-drive in the case, near News and Notes office in Townhall.

Contact: newsandnotes@auroville.org.in, 0413-262-2133

AgniJata

Foods, Goods and Services

ECO FEMME OPEN HOUSE

Every Thursday morning from 10:30am

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



See you soon!

The Eco Femme Team'

AUROMODE HIVE OPEN HOUSE

Friday, 10 February, 10am—5pm

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

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

For more details regarding our Plans and facilities check out our website: www.auromode.in/hive-coworking

WA 70921 97375

With Best Regards, Dshesh for Auromode Hive Team

RAPID CARE SERVICES

Rapid Care Services has been serving our community in various aspects of repairs and maintenance. We hope that your expectations have been met by us. Do share your feedback with us at the following Email ID



RAPID CARE SERVICES
One call to solve all your problem

◦ rcsrapidcareservices@gmail.com

◦ rapidcare@auroville.org.in

We have a well-experienced and equipped team to resolve all your repairs and maintenance requirements. Our team is prepared to take up all aspects of the repairs and maintenance activities in our community.

List of services provided by Rapid Care Services:

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

By choosing Rapid Care Services, you are supporting an Auroville activity managed by youth and contributing to the community while growing the Economy of Auroville.

Kindly do give us an opportunity and call us for all your repairs and maintenance needs.

Best regards, Balaji & Arun.

Balaji: 8270071581, Arun: 7639810621

LATEST NEWS

FROM INSIDE INDIA—TRAVEL SHOP

Our E-mail address has changed to travelshop@inside-india.com, landline 2623030

Mr. Ganesh our Travel Consultant is in the Kalpana Office for discussing Travel itineraries, issuing, rescheduling etc. for all kinds of ticketing from 10am to 4pm. He can also be contacted anytime by phone or by WA: +91 9894598686, or by email: travelshop@inside-india.com



Aircraft of most of the Airlines are fully booked and it's advisable to make bookings well in advance. For travelers who accept flexible flight dates: there is a chance to get international flight tickets for only about 20 % higher price than in the past. But if one books late and has a fixed itinerary it could be 40 % or even double.

- Luffhansa is pleased to remind everyone that they will increase the frequency of flights from MAA—FRA as per the below schedule:
- Effective 27 March 2023: five flights weekly
- Effective 29 June 2023: daily operations
- Oman airways has special fare to Milan, London and Paris
- Vistara airline competitive fares are available to Paris, Frankfurt.
- Qatar airways good fares are available to Stockholm, Munich, Zurich, Rome and Milan.

In light of rising cases of Covid-19, it is now mandatory for all non-Thai passengers traveling to Thailand from India, to have International travel insurance valid for at least 7 days after the travel itinerary.

All the best, Joster

Auroville Radio

AUROVILLE RADIO



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

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

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

Last published podcasts

- [Sri Aurobindo, La Vita Divina—Cap. 20](#) (Sri Aurobindo)
 - [Savitri, Book II, Canto I](#) (Integral Yoga)
 - [Soul Tracks—Se4 Ep26 “A tribute to the great Tom Verlaine”](#) (Music)
 - [Kadhaj Ketpoma—Ep.17](#) (Literature)
“நீ நதி போல ஓடிக்கொண்டிரு”
 - [I just wanna write—Ep.6](#) (Creative Writing)
 - [Une série hebdomadaire de lectures par Gangalakshmi— 428](#) (Integral Yoga)
 - [Sri Aurobindo, La Vita Divina—Cap. 19](#) (Sri Aurobindo)
- ...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

Auroville Poetry

ON A CYCLE PATH

A white cow stepped aside
Quietly, gracefully
When it felt my presence.

I passed
Quietly, gratefully
Without ringing the bell
Or falling into a yell.

With joyful Gratitude,
Anandi Zhang

THE DRAMA OF PRAKRITI¹

Ever changing...
Body-life-mind
Fleeting...
Unsatisfying.
But big thanks:
Impermanence.
Because of You,
The transformation
Towards
The Divine Manifestation
Is possible.
The secret of the New Dawn?
Discover Purusha
And learn to swim and surf
With the Supramental Divine

2023.02.04

No-mind
immersed
in the flow.

Trapped mind
immersed
in the backflow.

Zech, 2017.04.12

¹ <https://motherandsriaurobindo.in/Sri-Aurobindo/books/compilations/the-hidden-forces-of-life/>

Voices and Notes

NEWS&NOTES

Auroville’s internal collective instrument to share information

It is important for the community to have a vehicle for information that reflects the efforts, work and life of Aurovilians and reaches all residents. Although intended for internal distribution, the N&N can be viewed by a wider public.

We recognize and emphasize the importance of respectful communication, particularly on subjects with differences in perception and standpoint.

We wish also to emphasize that the N&Ns is an independent service for and by the residents of Auroville. Thus no fraction of the community can claim to have control over it or pressurize the editors in favor or against groups.

The N&N serves as a platform where observations, questions, and various viewpoints co-exist, reflecting the diversity of our community life and its freedom to express and evolve as a collectivity.

The Auroville Council
(Balaji, Claudine, Philippe, Samrat, Shiva, Shivaya, Suryan, Svenja)

**COLLECTIVE LETTER TO THE NEWS & NOTES EDITORS
February 2023**

By filling up this form you agree to sign the below letter. It will be sent to the News & Notes editors, with a copy to the Auroville Council and the Working Committee selected by the Residents’ Assembly. Additionally, an anonymous copy of it will also be shared with the Auroville community (through the RA massbulletin or other means).

To the News & Notes editors, Roy and Agnijata

Dear Roy and Agnijata, the News & Notes is a deeply integral and valued part of our community for providing announcements and reports, heartfelt sharings, and more. It is our internal newsletter, financed by the residents through our common funds, with the purpose to serve as a voice of the residents as well as to inform. Thank you for your service as editors of the News & Notes.

Over the past month, it appears you have decided to no longer publish announcements and reports from the working groups selected and endorsed by the Residents’ Assembly of Auroville. Never before has the News & Notes been a tool for division and concerted censorship of residents’ voices, with the RA-selected working groups being silenced from relaying important information to all. We are dismayed by this act that further adds to the current confusion and disrupts the functioning of our internal processes.

The News & Notes is one of the oldest institutions in Auroville, dating back to 1975, and has always served as an apolitical neutral space for all perspectives, so that residents have access to all information. Censorship is against the very spirit of mutuality and freedom that Sri Aurobindo and the Mother stood for.

Over the past year, the News & Notes has included all perspectives of the working groups selected by the Residents' Assembly, the perspectives of the Office of the Secretary and its appointed people, and others. After the censorship of Auroville, the News and Notes was the only freely accessible platform left to hold space for all narratives, explanations and announcements, in a spirit of impartiality, diversity and mutuality. Your recent decision to silence the voice of the RA-endorsed groups contradicts the foundations of inclusivity and community on which the News and Notes is based. This service was created and funded by the residents as a means to "organize various activities relating to Auroville", which is a function of the Residents' Assembly under Section 19(2)(b) of the Auroville Foundation Act, 1988. It cannot be hindered or undermined by the decision of a few, since this service is essential to our proper functioning as a collective.

We request you to publish announcements and reports from the working groups selected and endorsed by the Residents' Assembly. If either or both of you are unable to fulfill your function on behalf of the community, and to uphold the spirit and values of the News and Notes, we request you to resign so that other residents may fulfill this role.

The spirit of impartiality, diversity and mutuality is fundamental to this role as only through expressing our rich diversities can we aim for a higher synthesis and a truer Unity.

*Sincerely, Maël
for the undersigned residents of Auroville*

THE GREAT LIGHT-AND-POWER THAT HIDES

From the approach of violence of the egocentrics and materialists, specifically the many atomic and nuclear explosions¹ conducted using poor human guinea pigs², we now have the accumulated painful collective



experiences and knowledge of the Great Light and Power that hides in the very atoms of the cells of our physical bodies. In the Integral Yogic process the future emergence of this Great Light and Power, the Supreme Consciousness-Force of the Divine, will be modulated from within by a Superconscious Will of the coming new species the Supramental being, the Divine Manifestation, whom will have fully awakened its own Matter. The same Matter, that which we are all physically composed of, is universally quantum-entangled. A Divine Governance of Earth will thus dawn, and a Life Divine for all sentient beings in the Golden Age, Satya Yuga, commences.

The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent.

Little by little it will be revealed to us what this new species must be, and meanwhile, the best course is to consecrate oneself entirely to the Divine.³

Here are some guidance on the working of the Supramental Power from the Double Avatar:

- https://sri-aurobindo.co.in/workings/ma/agenda_11/1970-04-11-01_e.htm
- https://sri-aurobindo.co.in/workings/ma/agenda_11/1970-04-18-01_e.htm

"Yes, to you the world is still this way because you WANT it this way; when you no longer want it this way, it will be the true way."

"If You Want It So!"

**Om Namō Bhagavate
Zech, 2023.02.03**

¹ <https://youtu.be/ftCcMjXPpII>

² <https://youtu.be/qbBu6cWczTY>

³ <https://auroville.org/page/a-true-aurovilian>

MARKING TREES

An attempt, from an arboriculturist's point of view, at a neutral reply to the [project communicated by the GB ATDC](#) to mark the trees within Auroville. (I have forwarded this to them too)

I would like to bring to people's attention that over 26,000 trees have already been surveyed within Auroville and [plotted on a plan](#) to an accuracy of about 2 centimetres, without damaging a single tree. Yes, more needs to be done, but properly. We have the means and know-how here.

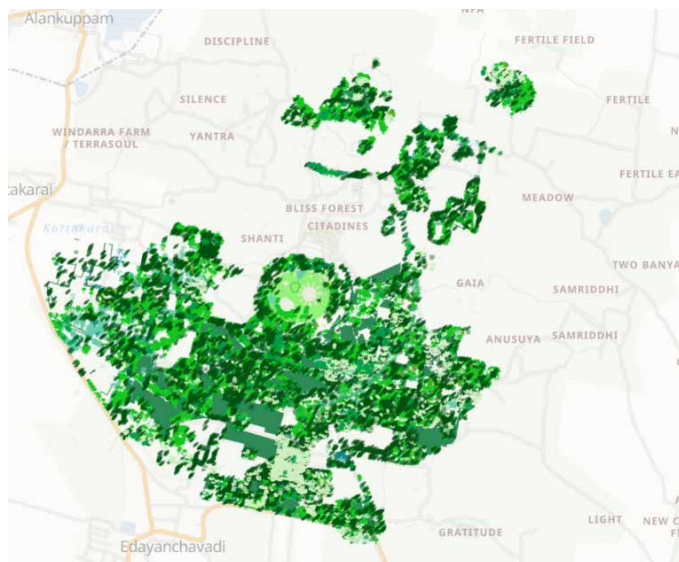


Figure 1. A brief representation of some currently surveyed vegetation

I don't know what the intended outcome of the survey mentioned by the GB ATDC is but marking and numbering trees isn't very useful information. The method used is certainly not standard except in substandard environments. It may also be more informative to plot areas instead of individual trees. If just the number of trees is required, then using remote sensing is also more efficient.

Figure 2 Example of tree marking in AV commissioned by the GB ATDC. For more photos click here



In the latest newsletter from the [International Society of Tropical Foresters](#) I had submitted a brief article regarding surveying trees for development purposes (it is one of the services that I provide for which I have both education and experience with). The article is on [page 6 here](#). I have personally surveyed over 2000 trees in Auroville using this method with some projects being directly with the TDC in 2020. So, this is not new for Auroville.

If the intent of the project is to identify the trees, a team from Delhi will not be able to do this as they will only recognise some species. It is clear that more information regarding the flora of the area is required for people to get an idea of why many people feel that it is important to conserve.

The World Wildlife Fund [has this to say about it: link](#). And they have forwarded the work to be [updated to here](#). And finally, [The characteristics, representativeness, function and conservation importance of tropical dry evergreen forest on India's Coromandel Coast](#) from the *Journal of Threatened Taxa* is another source of information worth considering.

Regarding whether this marking method does or not lasting harm to the trees: this is essentially partial girdling. Full girdling around a stem will always kill a tree (or at least the stem or branch separated from the roots by the damage). Partial girdling will affect the tree more or less depending

on the severity of the damage, the type of tree, its current health and the environment that it is in or will shortly be in (such as if the summer is about to come, as it is currently). It is a practice generally avoided unless you want to damage or kill a tree.

Please state the intent for the project and please specify what you mean by *Galaxy Master Plan* as there is no record of this document. If you have it, please send it to me as a timeline is being worked on to present what documents exist regarding Auroville planning, from 1965 up to now, to clarify things.

I would like to suggest that you, being in the position that you are (supported by money and power) could do a lot of positive things, but that would require identifying and working on what people can agree on first rather than focusing on doing things that divide the community.

I would also request that you stop this work until the intent is clearly communicated and an appropriate method is identified to achieve that intent, if it is found that the intent has value.

Requesting accountability and progress, [Island Lescure, consulting arborist](#)

ELEGANCE VS VULGARITY

There is a plant called *Barleria Cristata*. It was described by Carl Linnaeus. The common name is Philippine violet. According to the Mother the name of this flower is 'Elegance in emotions'. The Mother commented: "Delicate and refined, does not permit itself any vulgarity."



The plant likes sun and rain. They have roots, keep silent and through photosynthesis create oxygen and biomass. People hide from sun and rain under roofs, they are rootless, like to speak, create other noise, produce pollution.



Every tree is an ecosystem, every highway is lifeless. Carl Linnaeus (1707-78) wrote: "Nature in minimus maxime miranda"—"Nature in smallest, especially miraculous." There is a sentence: "The Student studies the microbe through a microscope, microbe does the same from the other side."

This beautiful elegant plant sees a very vulgar mankind and thinks: "Shame!" Excuse for people is Auroville—Eldorado of the planet.

Pioneers of the city worked in collaboration with nature. They were divers for pearls in India. For the Mother name of flowers *Hibiscus rosa-sinensis* is "beauty of Auroville".

In Marika Home it can be seen from time to time, a remarkable bird in the winter season—paradise flycatcher. Sometimes the peacocks demonstrate here their miraculous open tales. Aranyani, the goddess of forest, rests in Auroville from cruelty in most places of earth. Honoré de Balzac wrote a book in 1829 "La Peau de Chagrin" (The Magic Skin). The forests of the world reduce like this skin.

I like the symbolic poem of Ashok Koteri "Salute to the tree": "I open my window and make a salute, god bless the branch and feed the root thou hast lived before, will live after me."

Boris

Classes, Workshops & Healing Arts

MUDRA-CHI CLASS

From now on the Mudra-Chi class will be:

- Every Tuesday at 4:30pm
- Sundays, after Savitri reading, by 12noon.

Where: Savitri Bhavan

Facilitator: Anandi ayun

The Assistant and the old group welcome you!

Anandi ayun



SWEDISH-DEEP TISSUE MASSAGE

at Auromode Angamtree Wellness center,

Swedish Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles) It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

For more information and booking, contact angamtree@auroville.org.in at +919384460764

Warmly, Tahir

SOUND CHAKRAS HEALING

Guided vibrational sound journey using (Bija mantras, Tibetan bowls and Tuning forks therapy) to help to Reduce Stress, Anxiety, Depression, Insomnia, stimulating the natural cellular healing process, Rebalancing the emotions & Reconnecting with your true essence.



Benefits

- Peace, Calm and Quietude
- Mental clarity
- Revitalizing, released
- Improve sleep
- Emotional and mental balance
- Inner silence
- Deep relaxation
- Grounding
- Individual session
- Couple session
- Small group (max 4 people)

Contact me for an Appointment

- Lakshmi +91 8489764602 or
- lakshmiprem369@gmail.com

Under Abhaya activity of ASSA trust, Lakshmi

YOGA WITH TAHIR AT VERITE

Yoga of Awareness

- Thursday 10:30—11:30am

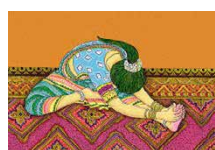
Yoga awareness is a different style of Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centres attention; and sharpens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



- Contact 0413-2622045, 7867805812 WA, programming@verite.in
- Organizing Group: Verite

Hatha Yoga, Sun & Moon

- Every Monday from 9—10am



Hatha Yoga is a preparatory process of Yoga. The word "ha" means sun, and "ta" means moon. "Hatha" means the 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



Sing! The Embodied Voice
Soften and release, play and rest, inhabit your wild voice

Workshop Series
offered by **SHALINI**
@shalinisekhar

5 SESSIONS
10am to 12:15pm
TUE & FRI
10,14
17,21,24
FEB

Register for the whole series or single sessions

contribution requested (limited to 10 people) register at **88709 88843**

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

an Auroville activity of **ASSA**, under Artisana Trust

@sunlitpathcommunity

Join us for “Sing! The Embodied Voice”, a workshop series by Shalini Sekhar to soften and release, play and rest and inhabit your wild voice.

- We start on Friday, February 10 and meet every Tuesday and Friday for 5 sessions.
- Five sessions, Tuesday and Friday, 10am—12:15pm
- February 10, 14, 17, 21, 24

Open to everyone. Preference will be given to those that want to sign up for the series, but registration for a single session is also possible. Only 10 participants, so please sign up soon!

- Please WA 8870988843 to register.
 - Rest, movement and awareness practices
 - Movement and visceral sound making
 - Bodywork to open and find support in your body
 - Sing simple music from India and around the world
 - Partner and group work. Balance safety and emotional challenge.
 - Sing your own song. How does it feel to be seen and heard?
 - Connect voice-body-breath-spirit and discover yourself.

*Thank you very much
Abhaya Team*



Traditional Mantra & Stotra Chanting Classes

at Serendipity Community

Friday 17:00 (Regular class)
Thursday 10:30 (Drop-in class)

with **Sonia Novaes**

Email: serendipity@auroville.org.in | WhatsApp: +91 8940288090

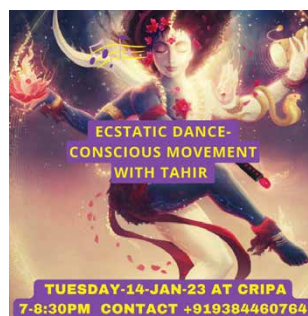
ESTATIC DANCE—CONSCIOUS MOVEMENTS

With Tahir, Tuesday, 14 February, 7—8:30pm, Cripa

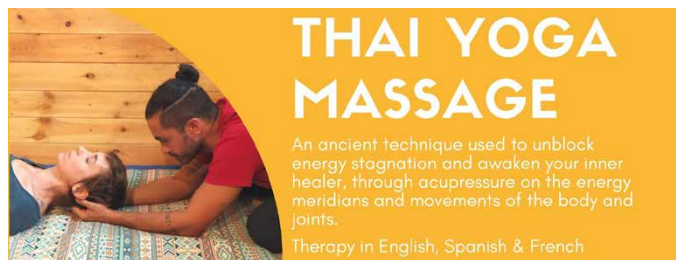
Ecstatic Dance is a free-form Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations and allow yourself to feel your emotions, sensations, body, mind, and spirit. A safe space for movement and expression.

For more information contact: +919384460764

Best wishes, Tahir



THAY YOGA, MASSAGE, AYURVEDIC 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

SURYA KRIYA WORKSHOP

Creativity Community, Hall Of Light
13—16 February 2023

Surya Kriya Workshop From Rahul, Teacher Trained By Sadhguru



I am Rahul, Hatha Yoga teacher, trained by Sadhguru in Isha Yoga Center, India. We Went Through Intense training of 1750 Hours, Learning How to Transmit This Ancient Technology of Well Being. Also I am offering Only those practices which worked for me. The Practice I want to Offer Is Called Surya Kriya. “Surya” Means “Sun”, and “Kriya” Means “inner energy process”. Surya Kriya is a potent yogic practice of tremendous antiquity, designed as a holistic process for health, wellness, and complete inner wellbeing. It Will be offered the way it was taught 2000 years ago or Classical way. “Surya Kriya Changed my life”

- This workshop will have 4 sessions (2 hours), one day one session. Attending every session is mandatory, To learn Complete Kriya.
- Starting from 13 To 16 February:
 - Monday, Tuesday & Thursday from 5 to 7 pm;
 - Wednesday from 7 to 9 am
- Towards contribution

Please park in the shade area beside the gate.

- Please Reserve Your Seat In Advance, 7206602665 WA.

Thanks, Lola

INTEGRAL TAROT READING

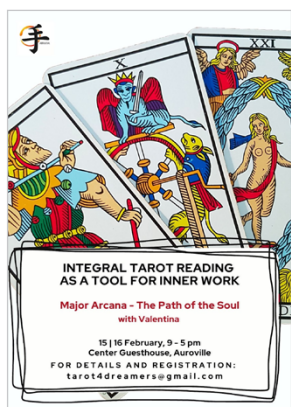
Major Arcana—The Path of the Soul

15 & 16 February, 9—5pm
Center Guesthouse, Auroville

Integral Tarot Reading as a tool for Inner Work with Valentina. For details and registration, please send an email to: tarot4dreamers@gmail.com

- This workshop is organized by Abhaya, an activity under ASSA, a unit of the Auroville Foundation

Thanks so much,
Valentina



HEARTFULL® MEDITATION WITH AVANTIKA

Savitri Bhavan (Reading Room)

Tuesdays, February 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—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

LAKSHMI'S MINI RETREAT

Living Gratitude, Embodying Abundance

Friday & Saturday, 17 & 18 February,
full days plus an evening

- Discovering the Goddess Lakshmi in all her qualities...
- Exploring our own abundant knowing and creativity...
- Awakenning a sense of celebration for being alive...
- Honoring the sacred feminine...
- Co-creating a culture of sisterhood...



Let's explore how to cultivate a more sustainable and authentic sense of gratitude—allowing us to truly acknowledge and live from abundance, and sustaining us in moments of disconnection and darkness.

The Retreat includes

- Compassionate listening
- Dance, movement
- Self inquiry
- Lakshmi Kolam
- Fire ritual and more...!

With Dariya who is passionate about creating spaces to explore deeper aspects of our being and interconnectedness.

- For more info and to register contact:
9786658967 WA/ telegram

Lakshmi

QUIET HEALING CENTER



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

+91 9488084966,

Watsu & Meditation with Dariya

- Saturday 11 & Sunday 12 February
 - 1st day: 8:45 am—8:30pm
 - 2nd say: 9am—4:30pm

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 foster 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

Somatic Yoga Classes with Linda Lee

- Saturday 11 and 18 February 2023
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.

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 & Ulrike

- 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 practiced 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!

Guy

VÉRITÉ WORKSHOPS

Registration required for the following workshops

Please contact Verite @
0413 2622045, 2622606, 7867805812
or programming@verite.in, www.verite.in



An Introduction to Mindfulness Meditation with Moller

- Wednesday, 15 February, 9:30am—12pm

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.

Master Class: Breath, Mantra, Asanas & Prana Nidra with Andres

- Friday, 17 February, 9:30am—12pm

This class focussed on purifying the Energy Pathways or Nadis, through grounding asanas, mantra chanting (with harmonium), breathing techniques and a revitalizing relaxation technique (prana nidra).

As a result, the flow of Prana (Vital Life Force) is unblocked throughout the Nadis (energy meridians), and balance is restored in the physical, mental, emotional, intuitive and psychic being.

Healthy Aging with Lize

- Friday, 17 February, 9:30am—12pm

We accept that becoming more sickly is a normal part of aging, with the increased suffering and economic burden this brings. However, this need not be the case. Our life-style habits— diet, exercise, sleep, stress management— are in large part the drivers of chronic disease and accelerated aging. We can increase not only our lifespan, but also our healthspan, or years spent in health and optimal function. This workshop will give you the knowledge, motivation and practical tools to help you live a long, healthy and productive life.

Most common yoga injuries and how to prevent them 2-day workshop with Rebeca

- Saturday & Sunday, 18 & 19 February from 9:30am—12pm

In this complete workshop we will explore the most frequent injuries in asana practice, with anatomical explanations and analyses of the mechanisms of action. Some tips and practical examples will be highlighted, as we understand how to minimize risks and how to adapt asanas for a safer practice.

Shaucha: Yoga to Purify Body, Energy & Mind with Sabrina

- Saturday, 18 February, 9:30am—12pm

According to the Yoga Sutras of Patanjali, Shaucha (Purity) is the doorstep that connects with the inner voice, in order to reach mental clarity and accelerate spiritual development. You will learn a variety of yogic tools such as asanas, pranayamas, mudras, mantras and meditation to purify and detoxify the physical body, the energetic system and the mind. (Please have a light breakfast, or come with an empty stomach).

Freedom from Fear with Dr. Sehdev

- Saturday, 18 February, 2 to 4:30pm

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

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

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

Odissi Dance Foundations Beginners workshop with Stella

- Saturday, 18 February, 3 to 4:30pm

Odissi is a classical theater-dance style originating from north-eastern India. Amongst all classical Indian styles, Odissi dance is considered the most Lasya—feminine, and its technique could be a valid tool to distill grace, elegance, and fluidity from rigorous work on the qualities of strength, stamina and resistance. Technically, Odissi is built on two basic postures: Chouka, the square and Tribhanga, the triple bend with the spine drawing an "s" shape. Feet stamp the ground, both creating different rhythmic patterns and generating ascending energy needed to produce graceful movements of the torso and the upper body. Furthermore, hand gestures and facial expressions are largely used as tools for storytelling in the Abhinaya pieces as well as to enrich the dance vocabulary. The aim of the session is to introduce participants to the articulate world of this art form by exploring the basics

Many thanks,
Kathir and Thushar for Vérité Programming



ARKA WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, February 2023

Classes

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

Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, 9943410987, by appointment	Monday to Saturday
Cranio sacral, Lomi Lomi Ka- huna massage, Barefoot body massage	Silvana, 9047654157, by appointment	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacoloring	Meha, 9443635114, by appointment,	Monday to Saturday
Shiatsu, Thai Yoga Massage, Osteothai, Somatic Bodywork and Sound Healing. Only by Appointment	Marco, +353877420282, WA 9600094875	Monday to Saturday
Chinese Fire Cupping and Moxibustion Therapy	Chun, (TOS) 8098900708	Monday to Saturday
Tarot, Oracles and Akashic Records Reading	Valentina: 9791719387, +39346225804, WA	Monday to Friday (Morning)
Acupuncture, Only by Appointment	Dr. Mohammad Sahel, 9994208068	Monday to Saturday
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry. Also in French	Antarjyoti: 0413 2623767, antarcalli@yahoo.fr	Monday to Sunday

Thanks & Regards,
Ramana, Arka

JIVA : your journey in healing and transformation

www.auroville-jiva.com,

Facebook, Youtube, WA 9626006961
contact@auroville-jiva.com,



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

New: Webinars Natural Horsemanship with Mirabelle

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

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

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

Natural Horsemanship

- Individual and group sessions ongoingly

Mirabelle 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! Mirabelle 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. Mirabelle 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

Integral Regression Therapy

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

Journey of the Soul

- 10 February, 10am—2pm
- Venue: Sharnga Guest House Yogahall

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



Facilitator Sigrid Lindemann, an Aurovillian researcher for over 20 years, international faculty in integral regression therapy. Venue Sharnga Guesthouse Yogahall

contact@auroville-jiva.com, WA 09626006961

Integral regression therapy training

- Intro Session 13 February, 5—7pm Online
- Intro Session 14 February, 10am—1pm in AV

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



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

- Individual therapy sessions of 2-3 hrs are offered by Sigrid on request.

Watch Sigrids interview with Jim Garrison, Ubiquity University, San Francisco, California on “Integral Yoga applied: Heal and transformation with Integral Regression Therapy”

Training in Integral Regression Therapy. An in-depth training is offered through a series of 4 webinars detailing the theoretical backbone of this deeply healing modality. Therapists wishing to integrate this approach in their psychotherapeutic or body- mind—healing work shall come for 3 practice workshops in between theory modules in Auroville, The practice and personal experience will enable them to practice facilitating the 2hrs therapy sessions, and their own personal transformation.

- 13 February, 7—9pm, Online Webinar
- 14 February, 10am—1 pm, at Integral Health, Prayatna

The first of 7 modules consisting of 2 webinar sessions will take place in March 2023,

All info: Sigrid contact@auroville-jiva.com, WA9626006961

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, Pondichery for more than 20 years.

- contact@auroville-jiva.com, WA 9626006961 Sigrid

Languages

NEWS FROM AUROVILLE LANGUAGE LAB

Please remember to put your mobile phones on flight mode and switch off all wireless and blue-tooth devices before you enter the lab, since it is a wireless-free space

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.aurovillelanguage.org/tomatis-meth-od.php>
- <https://www.aurovillelanguage.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTiG0y-sBMlly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

OPEN HOUSE
18th & 25th February
9:30 am - 12:30 pm

- experience Tomatis listening
- try our Tomatis active exercises
- learn about our special building
- meet our teachers
- discover our mediatheque
- share the joy of language

Snacks & juice | Chit chat | Happy vibes

AUROVILLE LANGUAGE LABORATORY
International Zone, Auroville | 0413-2623661

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: 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 2-month (16-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 to 3pm.

• 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, 10 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 11am to 12noon.

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. 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, 2:30 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, 2:30 to 4pm.

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, 11am to 12:30pm. Course started on 28 November comprising 36 hours of teaching over three months.

• A1.2 Beginner German

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

- Classes take place Mondays & Wednesdays, 9 to 10:30am. Course started on October 31 comprising 36 hours of teaching over three months.

English Conversation with Ramesh

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

- Ramesh runs two groups:
 - Mondays & Thursdays, 2 to 3pm and
 - Tuesdays & Fridays 3:30pm to 4:30pm.
 - This is a monthly course.

Beginner and Pre-Intermediate English with Rupam

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

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

Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Beginner & Pre-Intermediate	10:15—11:15am	Tuesday & Thursday
	Total Beginners To start soon	11am—12noon	Monday, Wednesday, Friday
	English Conversation Group 1	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 soon	2:30—3:30pm	Monday & Wednesday
	Elementary To start soon	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

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

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!

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



At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday, 10 February, "STILL LIFE" by Jia Zhangke, China, 2006

**Friday 17 February, 8pm
"SEEMABADDHA" (Company Limited)**

Directed by Satyajit RAY, India, 1971

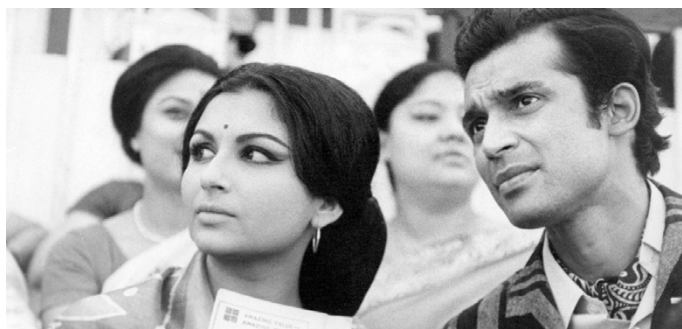
Music by Satyajit Ray

With: Barun Chanda, Parumita Chowdhury, Sharmila Tagore, Ajoy Banerjee, Haradhan Bannerjee

Overview: A social drama based on the novel Seemabad-dha by Mani Shankar Mukherjee. The film was the second entry in Ray's Calcutta trilogy, which included Pratidwandi (The Adversary, 1970) and Jana Aranya (The Middleman, 1976). The films deal with the rapid modernization of Calcutta, rising corporate culture and greed. The film won the National Film Award for Best Feature Film in 1971.

Synopsis: Shyamalendu is an ambitious sales manager in a British fan manufacturing firm in Calcutta, where he is expecting a promotion shortly. He is married to Dolan and lives in a company flat. His sister-in-law, Tutul, arrives from Patna to stay with them for a few days. She greatly admires Shyamal and his idealism. Then crisis strikes in the form of agitation at the factory just before the shipment of a prestigious export order and Shyamal is held to blame...

Original Bengali version with English Subtitles. Duration 1h48'



THE FRENCH PAVILION PRESENTS

**The Path of the 12 Petals:
Shanta, an initiatic journey**

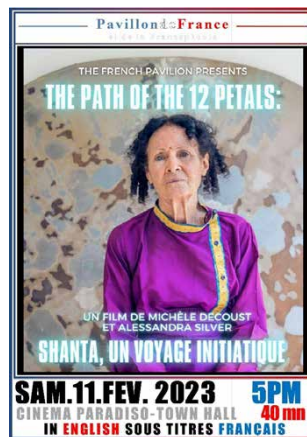
Saturday, 11 February, 5pm, Cinema Paradiso

Documentary film directed by Michèle DECOUST and Alessandra SILVER. In English subtitled French, 40min

Responding to an inner call, Chantal Gowa (Shanta), arrived in Auroville in 1991, her son and her painter's catalog under her arm. Three days later, she met Roger Anger, who, struck by her paintings, immediately asked her to work with him. First at the Matrimandir, then at the realization of the Petals. Realizing the twelve Petals then becomes Shanta's mission. It will last thirteen years, and imposes itself on it as a magnificent tool of evolution and transformation.

It is this odyssey, interior and exterior, which concerns us all, that we tell you through this film (40 minutes)

Thank you, Michael



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, 17 February
Vegan 2022**



2022 / 33 minutes / Klaus Mitchell

Time is running out to get a grip on the climate crisis and it's time for all of us to take action. VEGAN 2022—The Film shines a spotlight on the truth: we each have an individual responsibility to recognise and address. We can create a compassionate future ourselves for all life on this planet!



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
6 to 12 February 2023



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

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

Indian— Monday 6 February, 8pm
CHIPPA

India, 2019, Writer-Dir. Safdar Rahman w/ Sunny Pawr, Mala Mukherjee, Surojit, and others, Drama, 90mins, Hindi w/English subtitles, Rated: NR (GP)

It is a heartwarming tale of an orphan boy living in the streets of Kolkata. When he was younger his father had left him and his mom and eloped to marry a local girl. Now, when he turns ten, an old man gives him a letter written in Urdu, apparently from his dad which he had to give to Chippa when he turns ten. Chippa lives and works with a grand aunt but does not get along with her. So, he takes off from his shelter, armed with a letter from his dad he had not seen, written in a language he cannot read. The film is about his adventure as he roams the city at night by himself. A film to watch!

Italian—Tuesday 7 February, 8pm
COME SEPTEMBER

USA, 1961, Dir. Robert Mulligan w/ Rock Hudson, Gina Lollobrigida, Sandra Dee, and others, Comedy-Romance, 112 mins, English-Italian w/ English subtitles, Rated: G

A tribute to the Italian actress Gina Lollobrigida—Wealthy industrialist Robert Talbot arrives early for his annual vacation at his luxurious Italian villa to find three problems. His long-time girlfriend Lisa decided to marry another man. The major domo of his villa, Maurice has turned the estate into a hotel. And, the current guests of the "hotel" are a group of young American girls trying to fend off a gang of oversexed boys. Talbot, to his own surprise, finds himself becoming an overprotective chaperone.

Interesting—Wednesday 8 February, 8pm
GOOD NIGHT OPPY

USA, 2022, Writer-Dir. Ryan White w/ Angela Bassett, Stephen Colbert, Jon Stewart, and others, Documentary, 105mins, English w/ English subtitles, Rated: PG

The inspirational true story of Opportunity, a rover that was sent to Mars for a 90-day mission but ended up surviving for 15 years. Follow Opportunity's groundbreaking journey on Mars and the remarkable bond forged between a robot and her humans millions of miles away.

Selection—Thursday 9 February, 8pm
SOGONGNYEO (Microhabitat)

South Korea, 2017, Dir. Jeon Go-Woon w/ Esom, Jae-hong Ahn, Jae-Hyun Choi, and others, Comedy-Drama-Romance, 106 mins, Korean w/ English subtitles, Rated: Not Rated

Whiskey and cigarettes, the only ways of keeping her dignity in this city. But when the Korean government raised the prices of cigarettes so high that she simply couldn't afford the price hikes, she decided to give up her house. By losing her house, she thought she could ask her friends one by one to sleep in their own rooms in turns. But her wishful thinking would be a tough test between her and her friends. When reality became a daily difficulty to deal with regularly, there might no friendship can survive or, vice versa?

International—Saturday, 11 February, 8pm
IM WESTEN NICHTS NEUES
(All Quiet on the Western Front)

Germany-USA-UK, 2022, Writer-Dir. Edward Berger w/ Felix Kammerer, Albrecht Schuch, Aaron Hilmer, and others, War-Drama, 148 mins, German-French w/ English subtitles, Rated: R

The story follows teenager friends Paul Bäumer and Albert and Müller, who voluntarily enlist in the German army. Their patriotic fervor quickly dissipates into disillusionment. Paul's preconceptions about the enemy and the rights and wrongs of the conflict soon crumble. However, amid the countdown to armistice, Paul must carry on fighting until the end, to satisfy the top brass' desire to end the war on a German offensive.

Children's Matinee—Sunday, 12 February, 4:30pm
TIMMY FAILURE: MISTAKES WERE MADE

USA, 2020, Dir. Tom McCarthy w/ Winslow Fegley, Ophelia Lovibond, Wallace Shawn, and others, Adventure-Comedy, 95 mins, English, Rated: PG

Eleven-year-old Timmy Failure, together with Total—his 1,500-pound polar bear imaginary best friend—operate a detective agency in Portland, USA. A celebration of the power of imagination.

NO FESTIVAL @ Ciné-Club

Sunday 12 February, 8pm
DEAD MAN

USA, 1996, Dir. Jim Jarmusch w/ Johnny Depp, Gary Farmer, and others, Drama-Western, 121 mins, English w/ English subtitles, Rated: R.



The story of a young man's journey, both physically and spiritually, in to very unfamiliar terrain. William Blake travels to western frontiers of America sometime in the nineteenth century, lost and badly wounded, he encounters a very odd, out cast American named "Nobody", who believes Blake is actually the dead English poet of the same name.

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

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

Thanking You, Nina for
 MC/CP Group Account# 105106,
mmcauditorium@auroville.org.in

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 Enterance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35
 Pondicherry TO AUROVILLE			
	Trip 1	Trip 2	Trip 3
Ashram Dinning Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

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

FALL IN LOVE WITH YOUR VOICE



FALL IN LOVE WITH YOUR VOICE
 With SABINA ELSA ASTOLFI
 Singer, Voice Coach & Voice Healing facilitator
www.powerful-voices.com

PART 1
 JOIN ME TO CONNECT YOUR VOICE TO YOUR SOUL,
 BREAK THROUGH FEAR AND SHAME, AND
 LIBERATE YOUR UNIQUE SONG

MONDAY FEB 20 2023
 10 am - 1 pm

PART 2
 DISCOVER THE HEALING POWER OF YOUR VOICE,
 AND THE BIG HEALING MANTRA:
 THE MAHA MRITYUNJAYA MANTRA

MONDAY FEB 27 2023
 10 am - 1 pm

LOCATION: ANITYA COMMUNITY, AUROVILLE