



# News Notes

#962 A weekly bulletin for residents of Auroville 16 February 2023



One controlling inner Self of all beings... As the Sun, the eye of the world, is not touched by the external faults of vision, so this inner Self in beings is not touched by the sorrow of the world.

*Katha Upanishad*

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

*Swetaswatara Upanishad*

## Pondering



THE UNIVERSE is a manifestation of an infinite and eternal All-Existence: the Divine Being dwells in all that is; we ourselves are that in our self, in our own deepest being; our soul, the secret indwelling psychic entity, is a portion of the Divine Consciousness and Essence

The distinction between the divine and the undivine life is in fact identical with the root distinction between a life of Knowledge lived in self-awareness and in the power of the Light and a life of Ignorance, — at any rate it so presents itself in a world that is slowly and with difficulty evolving out of an original Inconscience.

*The Divine and the Undivine, The life Divine, by Sri Aurobindo*

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*The Last Moment*

### **CROWN ROAD IS CLOSED**

Dear residents, the Crown in front of Solar Kitchen and PTDC will be closed off from now till completion in April.

You are requested to use the partially completed (soon fully completed) parking space opposite Solar Kitchen for parking your bikes and vehicles, or, to park on the temporary parking to the right side of the yellow gate of the Solar Kitchen complex (when coming from the roundabout).

*Thanks and regards,*  
**Govind, Hemant, Jaya, Ponnusamy,**  
**Prasad, Sindhuja, Toby**  
**L'Avenir d'Auroville / ATDC**



# House of Mother's Agenda

## The Gospel of Death and Vanity of the Ideal

Then pealed the calm inexorable voice:  
 Abolishing hope, canceling life's golden truths,  
 Fatal its accents smote the trembling air.  
 That lovely world swam thin and frail, most like  
 Some pearly evanescent farewell gleam  
 On the faint verge of dusk in moonless eves.  
 "Prisoner of Nature, many-visioned spirit,  
 Thought's creature in the ideal's realm enjoying  
 Thy unsubstantial immortality  
 The subtle marvelous mind of man has feigned,  
 This is the world from which thy yearnings came.  
 When it would build eternity from the dust,  
 Man's thought paints images illusion rounds;  
 Prophesying glories it shall never see,  
 It labours delicately among its dreams.  
 Behold this fleeing of light-tasselled shapes,  
 Aerial raiment of unbodied gods;  
 A rapture of things that never can be born,  
 Hope chants to hope a bright immortal choir;  
 Cloud satisfies cloud, phantom to longing phantom  
 Leans sweetly, sweetly is clasped or sweetly chased.  
 This is the stuff from which the ideal is formed:  
 Its builder is thought, its base the heart's desire,  
 But nothing real answers to their call.  
 The ideal dwells not in heaven, nor on the earth,  
 A bright delirium of man's ardour of hope  
 Drunk with the wine of its own fantasy.  
 It is a brilliant shadow's dreamy trail.  
 Thy vision's error builds the azure skies,  
 Thy vision's error drew the rainbow's arch;  
 Thy mortal longing made for thee a soul.  
 This angel in thy body thou callst love,  
 Who shapes his wings from thy emotion's hues,  
 In a ferment of thy body has been born  
 And with the body that housed it it must die.  
 It is a passion of thy yearning cells,  
 It is flesh that calls to flesh to serve its lust;  
 It is thy mind that seeks an answering mind  
 And dreams awhile that it has found its mate;  
 It is thy life that asks a human prop  
 To uphold its weakness lonely in the world  
 Or feeds its hunger on another's life.  
 A beast of prey that pauses in its prowl,  
 It crouches under a bush in splendid flower  
 To seize a heart and body for its food:  
 This beast thou dreamst immortal and a god.  
 O human mind, vainly thou torturest  
 An hour's delight to stretch through infinity's  
 Long void and fill its formless, passionless gulfs,  
 Persuading the insensible Abyss  
 To lend eternity to perishing things,  
 And trickst the fragile movements of thy heart  
 With thy spirit's feint of immortality.  
 All here emerges born from Nothingness;

Encircled it lasts by the emptiness of Space,  
 Awhile upheld by an unknowing Force,  
 Then crumbles back into its parent Nought:  
 Only the mute Alone can for ever be.  
 In the Alone there is no room for love.  
 In vain to clothe love's perishable mud  
 Thou hast woven on the Immortals' borrowed loom  
 The ideal's gorgeous and unfading robe.  
 The ideal never yet was real made.  
 Imprisoned in form that glory cannot live;  
 Into a body shut it breathes no more.  
 Intangible, remote, for ever pure,  
 A sovereign of its own brilliant void,  
 Unwillingly it descends to earthly air  
 To inhabit a white temple in man's heart:  
 In his heart it shines rejected by his life.  
 Immutable, bodiless, beautiful, grand and dumb,  
 Immobility on its shining throne it sits;  
 Dumb it receives his offering and his prayer.  
 It has no voice to answer to his call,  
 No feet that move, no hands to take his gifts:  
 Aerial statue of the nude Idea,  
 Virgin conception of a bodiless god,  
 Its light stirs man the thinker to create  
 An earthly semblance of diviner things.  
 Its hued reflection falls upon man's acts;  
 His institutions are its cenotaphs,  
 He signs his dead conventions with its name;  
 His virtues don the Ideal's skiey robe  
 And a nimbus of the outline of its face:  
 He hides their littleness with the divine Name.  
 Yet insufficient is the bright pretence  
 To screen their indigent and earthy make:  
 Earth only is there and not some heavenly source.  
 If heavens there are they are veiled in their own light,  
 If a Truth eternal somewhere reigns unknown,  
 It burns in a tremendous void of God;  
 For truth shines far from the falsehoods of the world;  
 How can the heavens come down to unhappy earth  
 Or the eternal lodge in drifting time?  
 How shall the Ideal tread earth's dolorous soil  
 Where life is only a labour and a hope,  
 A child of Matter and by Matter fed,  
 A fire flaming low in Nature's grate,  
 A wave that breaks upon a shore in Time,  
 A journey's toilsome trudge with death for goal?

(to be continued next week)

Sri Aurobindo, Savitri—A Legend and a Symbol  
 Book 10, The Book of the Double Twilight, Canto 2,  
 The Gospel of Death and Vanity of the Ideal  
[https://sri-aurobindo.co.in/workings/sa/2829/0045\\_e.htm](https://sri-aurobindo.co.in/workings/sa/2829/0045_e.htm)  
 With love and gratitude, Gangalakshmi (HOMA)

# Townhall Speaks

## AUROVILLE INTEGRATED INFORMATION SYSTEM (AIIS)

With the transition to the digital world over the last two decades, most of the community information content, data, communications, presentations, reports, design documents, assets, project information, cultural programs, education research and all aspects of the society has been carried away into the stream of time. The Archival team and system that captured fragments of printed and published materials on paper, through pictures and some video formats has had less submission of content from the working groups, from the schools, from the research organizations, from the cultural groups etc. over the last many years. Most of the digital content is published and lost in time.

An Auroville Integrated Information System (AIIS) is the need of the day whereby all and most of the digital world content produced in and for Auroville society may be properly recorded, cataloged and maintained for posterity. FAMC is setting up an initiative to set up the AIIS technical system and teams to help establish this collating of our digital memory for the collective. Of course, an initiative is only as good as the people and support coming forward to carry it forward. Once the team is mobilized and over time continued participation from one and all is necessary to make it a fruitful endeavor. The information quality and quantity of the gathered content will over time reflect the change that Auroville has been launched to bring about in our Charter.

The AIIS office will be responsible for securing a fully integrated, updated data system with all core data of Auroville administration, and making it available to working groups as well as the office of the Secretary. It will be responsible to achieve:

- A Common information technology (IT) platform for all working groups and services
- Integration of all data and applications across groups and sectors
- Institutional process-driven “ownership” of all program rights and data
- Secured data, documents and communication
- Data “sanitizing” and monitoring
- Statistics and archival
- E-Governance

The AIIS office will work in collaboration with all groups, IT staff and programmers already working on data systems, but it is the responsibility of the AIIS office to create the overarching integrated system and make it available for all.

All working groups and Aurovilians working with Auroville data systems are asked to collaborate with this effort.

## Email structures and formats of all Auroville Working groups

As part of Systems & Processes review the following is shared with all residents and members of the working groups for adoption in email format:

Going forward, **all working groups emails** will be of the format [working\\_group@aurville.org.in](mailto:working_group@aurville.org.in).

eg [famc@aurville.org.in](mailto:famc@aurville.org.in).

All working group correspondence/emails will be archived for posterity.

**Each working group member** will be provided an email id for his/her group work of the form eg [MemberName-WGName@aurville.org.in](mailto:MemberName-WGName@aurville.org.in). All members' emails will be archived for posterity.

We will check and ascertain now that all the groups' members follow this modality and no personal email is to be used for the working group to avoid any confusion of work and personal life into the professional setup.

A new admission & termination group email id will be created—[welcom@aurville.org.in](mailto:welcom@aurville.org.in). This will be used by the current Entry team members going forward. A new email id will be created for each member of the present entry group of the form [name-welcom@aurville.org.in](mailto:name-welcom@aurville.org.in).

We will be doing the same for the **Auroville Security team**. There are several emails used by the Auroville Security team, and it's creating confusion and missed coordination and communication when needing to reach the Security team members. [security@aurville.org.in](mailto:security@aurville.org.in) is the new team id. Members will be provided an [name-security@aurville.org.in](mailto:name-security@aurville.org.in).

**All subgroups of ATDC & FAMC** will follow suit.

As part of the larger need for a digital archival system for Auroville going forward, **any group that is created by the Residents Assembly**, it is suggested that the same nomenclature and format be used as it is to be archived for posterity.

## Email structures and formats of all Auroville Units/Services/Trusts

As part of Systems & Processes review the following is shared with all residents and executives & trustees of the Auroville Trusts, Units, Services, Activities for adoption in email format:

For proper and timely communication from the working groups and Auroville Foundation office with all the trustees, executives of units & services, activities managers etc the following email format is to be used. Trustees, executives and activities managers change in time and thus a properly structured email format will help continuity in the communication and work done for the entity by anyone engaged with the entity's works. The format to be adopted is

<entity\_name>@aurville.org.in

eg. [aurinoco@aurville.org.in](mailto:aurinoco@aurville.org.in)

Some units have created unique email addresses and these may continue to be used for necessary external interfaces to clients and suppliers eg. [info@aurinoco.net](mailto:info@aurinoco.net). Internal email address for official communication is to be set up and used.

## Asset Registry for all working groups, trusts, units, services

As part of Systems & Processes review the following is shared with all the manager of trusts, units, services and the members of the working groups for adoption of keeping a registry of the assets under their care.

Annual registry of the assets under care for each of the entities of Auroville is to be submitted to FAMC-Finance for a consolidated asset register maintenance for Auroville.

The following are suggested asset-types that are to be tracked for the various categories. Each pertinent entity may also have an asset list that includes more items than the suggested lists below which are particular to the nature of the work. Please take time to reflect and include those for documentation and collation.

- FS accounts for 12 years
- Buildings, Office Equipment, Machinery, Vehicles—2/4 wheelers
- Farm, construction equipment & machinery
- Computers, scanners, printers, GPS, other special equipment
- Others
  - ∞
- Trusts
- Units, Services, (Activities)
- Municipal Services
- Agro-green sector
- Housing
- ATDC/Architects/Contractors
- Transport sector
- Others

*In Her Service, Smiles, Geeta for FAMC*

**L'AVENIR D'AUROVILLE/ ATDC**

**Application Announcement—16-12-2023**

A. The following projects have received Special Project Approval (information only):

**Auroville Model Farm and Training and Production Center—GB—PA—2588**

- Applicant/s: Anita & Jothi Prasad
- Location/area: Sustenance Farm
- Area for which approval is sought: 16,187.4sqm
- Project brief: Establishing an Auroville Model Farm and Training and Production Center for aspirant Aurovilian farmers.

**List of activities**

1. Cultivation
2. Training
3. Sustainable Agriculture
4. Regenerating Internal Resources
5. Sustainable Healthy and Conscious Food

Cost of the project is projected at Rs. 8,79,000/- which will be funded through a Gol Grant.

- Anita & Jothi Prasad are the Project Holders for this project.

B. The following projects have received retroactive approval (information only):

**Pushpa/Patha house—Retroactive Approval Certificate BA No. 2601**

- Applicant/s: Pushpa
- Location/area: Fraternity / Outside Master Plan
- Area for which retroactive approval is sought: 156.50sqm
- Project brief:

Pushpa & Patha had done a violation on the first floor without getting permission from the ATDC. Pushpa, applied with Housing Service for a stewardship agreement. At this point the background of the asset was requested by Housing Service, and L'avenir d'Auroville/ ATDC agreed to issue the missing Approval Certificate so the stewardship agreement could be issued by Housing Service. For this, L'avenir d'Auroville / ATDC asked Pushpa to submit the floor plans, the four sides' elevations as photos, and evaluation of the house. These requested documents were received in February 2023.

L'avenir d'Auroville / ATDC will now issue the Approval Certificate in order for the Housing Service to give the stewardship agreement. However, a Completion Certificate needs to be obtained by Pushpa (as will be the case for all assets in Auroville) as requested by L'avenir d'Auroville / ATDC, which will require further details to be furnished.

C. The following projects have received building application (feedback requested before 23 January 2023 to [application-avenir@auroville.org.in](mailto:application-avenir@auroville.org.in)):

**Jegan—Kitchen Extension—BA No—2593**

- Applicant/s: Jegan
- Location/area: Douceur / Outside Master Plan
- Area for which approval is sought: 14.29 Sq.m
- Project brief: Redo the larger roof lean—to existing previously and on the side of the house in order to make a kitchen.

For more details, please see our Auronet post <https://auroville.org.in/article/94489>

**Constructive feedback guidelines**

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

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

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

*At the service of Truth,  
Lieve for L'avenir d'Auroville / ATDC*

**FROM THE ENTRY SERVICE—ES # 169**

**Dated: 16-02-2023**

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 Aurovilian in writing to [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com). We thank you in advance.

**NEWCOMER ANNOUNCED:**

- Brigitte VARWIG aka Gitti (German) staying in Aurodam and working at La Piscine
- Rajkumar DEVARAJ (Indian) staying in Pony Farm and working at Kalpana Fitness Center
- Samuel BROYE (British) staying in ARATI and working at Food Laboratory (Quantum Mechanics)



Brigitte

**CHILD OF NEWCOMER:**

- Harshavarthani RAJKUMAR (Indian) born on 03/09/2021 (daughter of Rajkumar)



Rajkumar

**NEWCOMER CONFIRMED:**

- Jean Francois CLAUDE (French)
- Rajinikanth RATHINAPILLAI (Indian)

**AUROVILIAN ANNOUNCED:**

- Sankarshan KINI (Indian) staying in Dana and working at AV Arts Services
- Surya RAVISHANKARAN (Indian) staying in Kalpana and working at Auroville Web Service & Purnam Center



Samuel

**YOUTH TURNED 18 CONFIRMED:**

- Gothainayagi BALAMURUGAN (Indian)
- Krishnapriyan KRISHNAMOORTHY (Indian)

**FRIEND OF AUROVILLE CONFIRMED:**

- Paola DE PAOLIS (Italian)



Sankarshan

**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 Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

A confirmed Aurovilian 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, Aureore, Dheena, Jayanthi,  
Lakshmanan, Matilde, Matriprasad,  
Ramanarayana and Swadha)*



Surya

**UPDATE REGARDING N&N**

Dear Community members,

We would like to update you that the editors at the News and Notes have been asked by the Secretary of the Office of the Foundation of Auroville, that reports from the working groups that are selected by the Residents' Assembly should be omitted from publication.

We are working on finding a solution to resolve this situation and will inform you soon about a way forward.

*For the Auroville Council,  
Ashwini, Balaji, Claudine, Philippe, Riju,  
Samrat, Shiva, Suryan*

# Community News

## Auroville Matters

**INVITE TO THE AUROVILLE FESTIVAL**



We wish you all a wonderful new year, 2023!

We invite the residents of Auroville to become a part of the Auroville Festival '23.

This year, the festival's theme is the first quality of Mother's symbol—Sincerity. The Auroville Festival is observed for eight days, from the 21st to the 28th of

February, and we are planning to dedicate two days each to Maheshwari, Mahakali, Mahalakshmi, and Mahasaraswati.



Every year, during February, we traditionally, informally celebrate the Auroville week, from Mother's birthday on the 21<sup>st</sup> to Auroville's birthday on the 28<sup>th</sup>. Since last year, we've given the Auroville week a consolidated form with a dedicated team to organize the events around it as the 'Auroville Festival'. From this year onwards, the Auroville Festival shall be one of the events of AWARE, a unit under Auroville Services Trust. Each year, we plan to observe a theme and organize the festival activities under that umbrella. In 2022, the theme was 'Unity' and we explored topics such as unity in the community, unity with the neighboring villages, manifesting City for Unity, along with the announcement of Sri Aurobindo's 150<sup>th</sup> Birth Anniversary year.

From this year onwards, every year, we shall focus on one quality of Mother's symbol during the Auroville Festival. Thus, this year, the theme of the Auroville Festival is 'Sincerity'. Her qualities are an apt reminder, as to why we are here. We shall use the occasion of the festival to look at various aspects of Auroville through the lens of 'Sincerity'. We've further defined the eight days of the Auroville Festival,

inspired by the four central petals of Mother's symbol—Maheshwari, Mahakali, Mahalakshmi, and Mahasaraswati. The first four days shall focus on the four powers of the Universal Mother—Wisdom, Strength, Harmony, & Perfection. And, the remaining four days on four attributes we need to develop in ourselves, echoing her Grace—Knowledge, Power, Abundance, & Selfgiving.

Each day we shall begin with some calming and centering activities for concentration, and then move on to physical activities, where the body is activated and energized. Further, there shall be activities and workshops that touch the participant's and attendees' biological functions in a positive manner. After lunch, some discussions and talks have been planned to cater to the cerebral needs, wherein, we shall dive into the details of the possible common actions. A dedicated discussion series has been planned around the City, to honor the inner circle of the Auroville symbol. Finally, each evening shall end with some lively cultural activities.

We invite the interested residents of Auroville to become part of the festival, as they feel called. The festival is planned and managed by the residents. The expenses of the event shall be met with the donations received through AWARE. We request the community members donate generously, to enable us to execute the event independently. The account number is 251362.

- If you wish to **volunteer or participate** in any of the events, please write to [festival@auroville.org.in](mailto:festival@auroville.org.in) or [festivalauroville@gmail.com](mailto:festivalauroville@gmail.com).

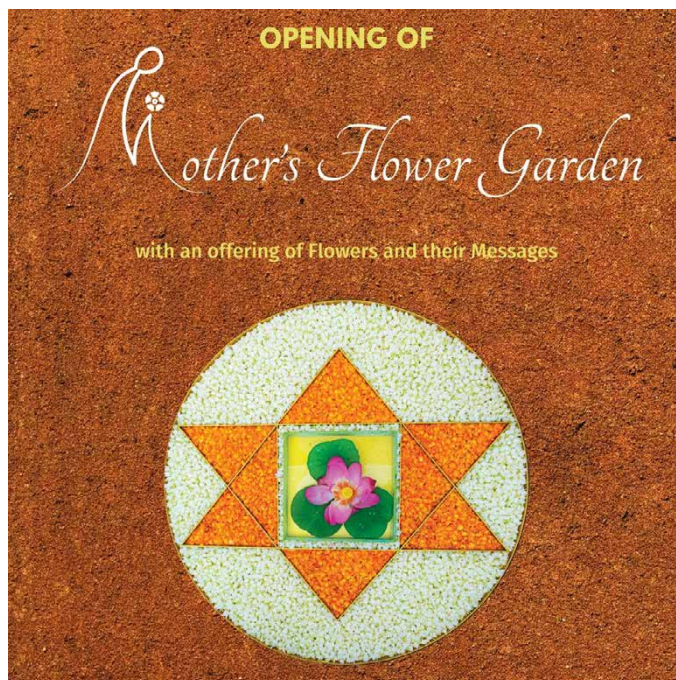
Wish you all well!

*Love, Auroville Festival Team  
Devasmita, Lakshay, Nilima, Sudha, Uma P, & Uma M.  
[festival.auroville.org](http://festival.auroville.org)*

**OPENING OF THE MOTHER'S FLOWER GARDEN**

Mahalakshmi Park, Near Solar Kitchen Roundabout  
Inauguration: 10:30am, 21 February, 2023

*"Flowers are the moments' representation of things that are themselves eternal". Sri Aurobindo*



Join with us in Prayer and Gratitude And The Messages of the Flowers.

- **Date:** 21—28 February,
- **Time:** 9:30am—4:30pm

*With Loving Regards, MFG Team  
(Jyoti, Naren, Poonam & Rabi)*

*Passing On*

**EVA OF CITADINES**



In the afternoon of Saturday 11 February, Eva Mikulski, Jean Pougault's long term partner, peacefully passed away in their Citadines apartment after suffering a cerebral hemorrhage. She had just celebrated her 77<sup>th</sup> birthday on Wednesday, 8 February with her Citadines family, in good health, full of joy and deeply happy.

Hailing from Germany, Eva came to Auroville in 1987. When she arrived here, she said she had the strong sense of reaching home. Starting out in Aspiration, she lived in Revelation, then in Djaima and finally in Citadines. By getting together with Jean in the early 90s, she joined a family and became a big part of Aurassi, Sruti and Usha's life.

While being active in various aspects of community life, she will be mostly remembered for her wholehearted engagement in education, first at the pre-crèche and then in the creation of Deepanam school. She also served two terms in the Auroville Council as well as the Entry group.

Throughout, she was painting and exploring arts through sculpture and collages, doing several exhibitions at Pitanga and in Centre d'Art. She never sold any of her paintings, but offered them to those who were touched by her work. She considered each painting to be the result of an inner experience which she would happily share with someone reverberating with it.



The Mother's Agenda was her bedside table book; she read and re-read the 13 volumes over and over, rediscovering them each time; it was a deepening process. She would surrender everything to the Divine and to The Mother.

Our warmest condolences go out to her partner Jean, her family and good friends.

*Farewell Eva! OM*

*Appreciations*

**APPRECIATION NANDINI TAILORING SECTION**

A special appreciation note for the Nandini tailoring section—Elizabeth, Indrani & entire team, for their beautiful work. We really appreciate the precision & perfection of their designing, stitching, finishing & the fittings too.



We find all our clothes stitched there, and have always been so perfect & it is a lovely feeling to wear them :)

Also their fabric collection is so conscious & very well. We love all the pillow covers, and other covers also from there. Everything is wonderfully perfect. Wanted to write a thank you for all this lovely work.

*Lots of love, Mimansha & Romel*



**THANK YOU FOR A BEAUTIFUL EVENING**

Thank you: Dena Merriam, Auroville Foundation, Aviusa, Matrimandir, Auroville Community and Krishna Das for a beautiful evening in the Matrimandir Amphitheater and garden

*Jocelyn Janaka*

*Awakening Spirit*

**DARCHAN TOKENS: COLLECT**



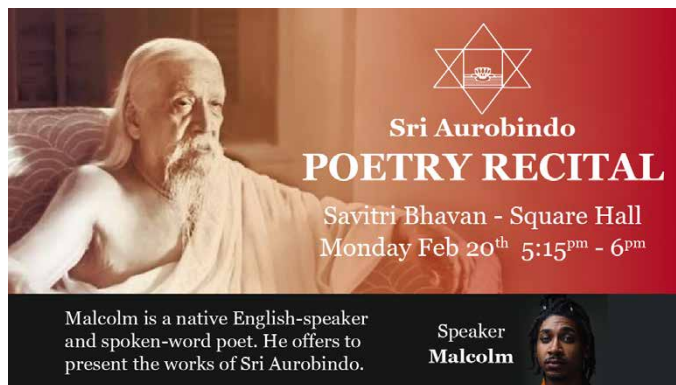
Residents who came to register for a Darshan token last week, may collect their tokens at Pitanga, Samasti on

- Saturday, 18 and Monday, 20 February
- 9am—12pm and 3—5:30pm

*With love, Mallika and Pitanga's team*

**SRI AUROBINDO POETRY RECITAL**

Savitri Bhavan, Square Hall  
Monday, February 20, 5:15—6pm



Dear lovelies, this Monday at Savitri Bhavan Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. All are welcome. See you there.

*Peace, Love & Soul, Malcolm*

**FLOWER OFFERINGS AT SAVITRI BHAVAN**

**A photographic exhibition**

- 20 February – 4 March, Savitri Bhavan, Square Hall
- Inauguration: 10am, Monday, 20 February

Everyone is welcome

**Flower Mandala Workshop**

- Friday, 24 February, 10:30am—12pm.

Deepen into your devotion by connecting with the spirit of flowers, in this mini-workshop at Savitri Bhavan. The flowers themselves can teach us how they wish to be offered to the Divine through mandala-making, a sacred practice born from the devotional heart.

Registration mandatory, limited seats.

- Savitri Bhavan team: +919833384580 WA

*Thank you, Dhanalakshmi, for Savitri Bhavan Team*





**DAILY PEACE MEDITATION**

Unity Pavilion, Peace Hall  
 Monday, Tuesday, Wednesday, Friday 6 to 6:45pm  
 Thursday 5 to 5:45pm



**Venue :**  
 Unity Pavilion Peace Hall  
**Timings :**  
 • Thursday from 5PM to 5h45PM  
 • Monday, Tuesday, Wednesday  
 and Friday from 6PM to 6h45PM

Submitted by Arun

**THE ONE WHOM WE ADORE AS THE MOTHER**

Monday, 20 February 2023, 4pm at Savitri Bhavan.



Duration: 63min

Sri Aurobindo wrote: *“The One whom we adore as the Mother is the Divine Consciousness Force that dominates all existence, one and yet so many-sided that to follow her movement is impossible even for the quickest mind and for the freest and most vast intelligence. The Mother is the consciousness and force of the Supreme and far above all she creates. But something of her ways can be seen and felt through her embodiments...in whom she consents to be manifest to her creatures.”*

And the Mother declared: *“Between eleven and thirteen a series of psychic and spiritual experiences revealed to me not only the existence of God but man’s possibility of uniting with Him, of realizing Him integrally in consciousness and action, of manifesting Him upon earth in a life divine.”* Her quest for manifesting this reality ultimately brought her to Sri Aurobindo, in collaboration with whom the divine work was to be done.

An audio-visual presentation by the Sri Aurobindo Ashram Archives on the Mother’s life from childhood onwards, her training, her meeting with Sri Aurobindo, and the creation of the Ashram and Auroville.

- The film is also [available on YouTube](#).

*With light and peace and gratitude..... and in offering all to Mother’s and Sri Aurobindo’s Grace and Truth Harmony...*

Margrit

**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

**SUNLIT PATH**

Join us at A Sunlit Path this week for heartfelt musical sharings, organized in collaboration with Abhaya, an Auroville activity of ASSA.



- Musician and composer Bindhumalini Narayanaswamy shares songs and conversation with us on **16 February at 7pm.**
- And then a workshop on **Saturday, 18 February at 10am—12pm** where we will learn songs of Bharathi-yar, one of the greatest Tamil literary figures of all time.
- Yoga instructor, musician and President of Auroville International USA, Matthew Andrews and Raquel Jover will be offering a kirtan for us on **Sunday, 19 February, at 5pm** which will be followed by dinner.

- **Limited space so please register, for each event separately, at the earliest by WA 8870988843.**

**Bindhumalini Narayanaswamy** ([www.asunlitpath.org/bindhumalini](http://www.asunlitpath.org/bindhumalini)) is a singer and composer. Bindhu constantly strives to explore avenues outside of her strict classical roots to play with the pure soul stirring power that music has. She has journeyed to various hamlets, villages, cities and countries sharing the songs and poems of various mystic saints of India. She directed music for feature and documentary films in Tamil, Kannada and other languages. Bindhumalini has been expanding her craft, community and repertoire through multidisciplinary collaborations.

She won the National Award and Filmfare Award as Best Singer for the songs she created and sang in the film Natcharami.

**Matthew Andrews** ([www.asunlitpath.org/matthew](http://www.asunlitpath.org/matthew)) is co-director of Shraddha Yoga where he manages the “behind the scenes” aspects of the business, teaches yoga philosophy, and offers kirtan and chanting. His deepest aspiration is to surrender entirely to the Divine Beloved, and live a life of sacred collaboration and co-creation with the Love that breathes the universe into being. His greatest support in this comes from his teacher GurujiMa, in whose illuminating grace countless miracles have blossomed in his heart.

Sudha

**THE MOTHER'S BIRTHDAY MEDITATION**

**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

*Whatever is your personal value or even your individual realisation, the first quality required in yoga is humility.*

The Mother's Birthday  
Tuesday, 21st February 6:30 - 7:00pm  
Meditation

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

Submitted by Tyxon

**INTRODUCTION TO THE INTEGRAL YOGA of Sri Aurobindo and the Mother**

Tuesday, 21 February, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 21 February, at 9am—12noon

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

Please be present by 8:45am



All are Welcome,  
Ashesh Joshi

**MINDFULNESS MEDITATION**

**Mindfulness Meditation**  
With White Light Healing Meditation  
by Tanushree Singh

The practice of this meditation has significant benefits in relation to curing emotional, mental and physical health concerns.

20 February, 4:30pm, Unity Pavilion

ATTAIN A STATE OF EASE  
CLEAR THE CLUTTER IN THE MIND  
LEARN TO STRENGTHEN CONNITION WITH ONE'S HIGHER SELF & LISTEN TO IT

Submitted by Arun

*Health Care*

**MAATRAM**

**an Integrated Approach to Mental Health**

Maatram means change or transformation in Tamil. By taking into account the entire context of the problem, we work together towards your systemic transformation and growth.



At Maatram, we adopt an inclusive & integrated approach to mental health. We work together with you to bring peace, presence and connection back into your life.

- **Open Consultation Hour: Monday to Friday, 9—10am**

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

- **For routine appointments**
  - Message/call: 9087709434,
  - [maatram@auroville.org.in](mailto:maatram@auroville.org.in), <https://maatram.org.in/>
- **Location:** Mitra Youth Hostel, Townhall, Auroville.  
Warmly, Megha, for Maatram

**DEDICATED FOR VISION (SPECIAL EYE CAMP)**

24 February, 9am—4pm

@ Illaignarkal Educational Centre

**Aurokiya Eye Care**  
Organizes  
*Special Eye Camp*  
In collaboration with  
**Aravind Eye Hospital**  
&  
**Ilaignarkal Educational Centre**  
**Free & Spot Registration**  
Contact: [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in)  
Supported by  
AVI USA & Daniel Brewer Legacy Fund

Aurokiya Eye Care (AEC) in collaboration with Aravind eye hospital Pondicherry and Ilaignarkal Educational Centre is organizing a special free comprehensive eye camp for Auroville and Bioregion villages on 24th February 2023 at Ilaignarkal Educational Centre. The one-day free eye camp will be held to mark the special occasion of Mothers birthday, Auroville birthday and Shri Aurobindo's 150th birth anniversary. All examinations would be free of cost and glasses, medicine will be available at a nominal cost. Spot registration will be on walk-in basis and no prior registration is required

The following services will be provided at the eye camp

- Refractive errors examination
- Blood Pressure and Random Blood Sugar
- Intraocular pressure and Glaucoma examination
- Diabetic Retinopathy and Retinal diseases evaluation
- Cataract and other eye problems

We request you to share the Information with your Ammas and Gardeners.

- Fore detail contact [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in).

Thanks, Aurosugan, Aurokiya Eye Care

## SPRING AND LIVER SUPPORT With Ayurveda And Healthy Plants



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) that takes away slowly the strength and energy, leaving us exhausted by the end of the summer.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it shows lethargy, fatigue, loss of appetite, colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/ cared/ heard, greedy... If these occur, it is time to expel Kapha and help the liver to detox:

### With the food

- **Most beneficial:** Fasting a day a week
- Eat warm, cooked, easy to digest
- **Good tastes:** bitter, astringent and spicy
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, green salads, lettuce, rucola, spinach)
- Artichokes, ashgourd, avocado (moderately), beetroots, bottlegourd, broccoli, carrots, cauliflower, celery, chowchow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good sweet = Cereals:** amaranth, barley, buckwheat, red rice, millets, dry oats; Fruits: pomegranate, apple, dry apricots, chiku, papaya, grape, pear, raisins, strawberries...
- **Spices:** all the spices are good, red chilli with moderation
- Ghee or sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, roibos), warm water, with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, soya milk warm and spiced, black tea, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction—20-30ml in the morning before breakfast
- Walk 100 steps after lunch

### Daily routine

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Wash with warm water (shower or bath)
- **Keep the body warm:** neck and feet especially
- **Physical exercise:** 30 minutes per day
- **Yoga** (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- **Pranayama** (Kapalabhati, Bhastrika)
- **Fumigation:** eucalyptus, neem, sage

*Wishing you a cheerful Vasanta,  
Berengere (Be) @ Santé Clinic*

### AURODENT—DENTAL CLINIC



Dental Clinic  
Auromode, Auroville.

**For Appointment please contact us**

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

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

*For Your Information*

### INVITATION TO AVI GENERAL ASSEMBLY



**Auroville International General Assembly**

22 February, 9am—12noon & 2—4pm

@ Unity Pavillon.

Everyone is welcomed

*Thanks, Vani*

### MEETING OF THE IAC WITH THE COMMUNITY



**Thursday, 16 February, 5pm @ Unity Pavilion**

We are happy to announce that four members of the International Advisory Council (IAC) will be in Auroville and have asked to meet with the community.

The meeting will be followed by a light meal. This will be their first interaction with us; all are welcome to attend.

*In Service, residents and  
Valli, Maël, Philippe, Aravinda, Bharathy,  
Hemant, Sauro, Chali*

*Acres for Auroville*

**LANDS FOR AUROVILLE UNIFIED**

Auroville Centre for Urban Research,  
Administrative Area, Auroville, Tamil Nadu, India  
**The Auroville Charter & The Auroville Festival**  
**21—27 February 2023**

Dear friends and well-wishers of Auroville's bright future, the Charter of Auroville was written 21 days before Auroville's Inauguration on 7 February 1968. As recorded in the Agenda, The Mother said after writing it: "It's not me who wrote all this... I noticed something so interesting: when it comes, it's imperative, there's no room for arguing. I write it down—whatever I may be doing I am FORCED to write it down. But when it's not there, it's just not there! Even if I try to remember, nothing comes, it's not there! So it's clear that it doesn't come from here: it comes from somewhere above." In other words, the Charter of Auroville is not an action of the human intellect but an action of the consciousness which sees all things in their wholeness and Truth-Vision.



A learned person, the Sri Aurobindo scholar Kireet Joshi, once said that the Auroville Charter represents a "revolution". We feel there is a great truth in this statement. More than a revolution, the Auroville charter could lead humanity, not just Auroville, to the goals of most of the revolutions of the past—a better world, a greater world, a luminous life and a glorious future for all. But to follow and to realise the Auroville Charter is a twofold challenge.

Firstly, the Charter must be understood and grasped deeply by means of frequent meditation and contemplation on it, for the more we dwell on it, the more it reveals its light and inspiration. The second challenge is posed to our human sincerity. Unless we align our entire being—thought, aspiration and actions—with the Auroville Charter, it will remain in the realms of ideals and vision.

Neither of these challenges is easy to meet given the complexity and imperfection of human nature, and the realities of life and collective evolution. The only thing to do is to hold on and hold out, to persist, to hold the mantra "Solvitur amulando": "keep trying, keep experimenting". As the famous quote says: "Success is an ability to go from failure to failure without losing enthusiasm."

This month marks the 55<sup>th</sup> birth anniversary of Auroville. Between the Mother's birthday on 21 February and Auroville's on the 28<sup>th</sup>, there is a gap of a week which is celebrated as the Auroville Festival. May this special week in Auroville celebrate our consecration to the ideals of the Charter. And radiating out from Auroville, may its ideals enter the life of humanity in general—paving the way to realising the profound revolution that its ideals enshrine and herald.

*With trust in Auroville's bright future,  
Aryadeep, Mandakini*

Please specify your donations for "Acres For Auroville" via check, bank transfer or online:

- Donating & Tax Deductibility information: <https://land.auroville.org/new-banking-information/>

News, videos, and land information:

- [www.land.auroville.org](http://www.land.auroville.org)

Contact:

- Landline +91 413 2622657, [lfau@auroville.org.in](mailto:lfau@auroville.org.in)



**ACRES FOR AUROVILLE LAND CAMPAIGN**  
**February 2023—The Mother's Birthday & the Anniversary of Auroville's Creation**



*"I saw them cross the twilight of an age,  
The sun-eyed children of a marvellous dawn..."*

The Mother called us to "Come to the Future" on many occasions and in many ways. One very concrete way was to invite us to "the great adventure" and participate in creating the City of Dawn. It is inscribed in the Auroville Charter: "Auroville wants to be the bridge between the past and the future."

Today, at least three generations have been born in this privileged, unique and remarkable space for discovery, growth and creation. It is the privilege of all of us—Auroville-born and not Auroville-born—to participate in building this bridge to another age. For by building the City of Dawn, it is we who are calling the Future to come.

One major condition for fostering this future base is to consolidate its designated Master Plan area—the land dedicated to Auroville's role and destiny. Together let's protect and complete this landing ground for a new age for the future of born-in and coming-to Auroville generations to come. For as Sri Aurobindo wrote: "We do not belong to the past dawns but to the noons of the future."

**Let's keep on calling the future  
by manifesting Auroville!!**

**Join us to help consolidate its physical base**

Please specify your donations for "Acres For Auroville" via check, bank transfer or online.

- Donating & Tax Deductibility information <https://land.auroville.org/new-banking-information/>

News, videos, and land information: [www.land.auroville.org](http://www.land.auroville.org)

Contact: [lfau@auroville.org.in](mailto:lfau@auroville.org.in)

Photo: Mona Doctor-Pingel of AV-born Ami (with the kind permission of his parents)

Quotes: "Savitri" Book III; the Auroville Charter; Essays on the Gita

Acres for Auroville is a collaboration of Auroville International & Lands for Auroville Unified

*Books*

**NEW BOOK RELEASE: LE SOIR ET L'AUBE**



I received a few copies of my latest book published in France, a non fiction on Evolution:

**Le Soir Et L'aube**

*Une Odyssée de la Matière*

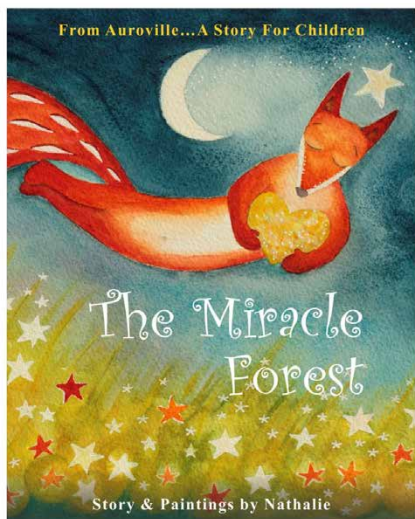
Anyone interested in the book—yes, witten in French—can contact me by mail or phone.

Here, how it looks like

- <https://www.editions-maia.com/livre/le-soir-et-l-aube-pascal-estrem-9782384412853/>

Om... Pavitra

**BOOK RELEASE: THE MIRACLE FOREST!**  
 Saturday, 25 February, 10am, AV Library



Slide show and Story Reading. Juice and biscuit too.  
 Love, Nathalie

*Youth Initiative*

**PUBLIC SPEAKING WORKSHOP**

28 February, 10am—12pm @ CRIPA.



Youthlink invites you to a special workshop held by Jesse.

Through different exercises and practice you will learn some keys to be more comfortable to speak in public. This workshop is especially designed for people who have no experience in this field but if you already have experience in theater or public speaking you are welcome too.

- To register email us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or come to our office in Town Hall between 9:30am—12pm and 2—4pm to sign up.

Aurore from Youthlink team

*Education*

**AN INVITATION TO EXPLORE ABOUT EDUCATION**

**With Dr Alok Pandey**

9:45am, Sunday, 19 February @ Aha! Kindergarten

We all have many questions about education, whether as an educator, as a parent or as an individual on their journey of learning and progress. Often, it's hard to find those collective spaces to ask the most fundamental questions and reflect together.

- Why do we need education; what is unending education?
- What is it about the current education practices that has led the world to its current state?
- How does integral education help us address the needs of current times?
- What is psychic education? What role does it play in creating a society based on values like Beauty, Equanimity, Integrity, Love, Gratitude?

We welcome you to explore these and other questions that you may have with Alok Da!

Warm Regards,  
 Aha! Kindergarten team  
[aha@auroville.org.in](mailto:aha@auroville.org.in)

**AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY**

Dear Community, Auroville Institute is now an Institute of Higher Education. It is affiliated with Pondicherry University to offer 3 years Bachelor Degree courses in:



- Software Development & Machine Learning
- Green Energy and Electric Systems
- Production Technology
- Applied Electronics & Chip Design.

Aurovilians kids and others who have completed 12<sup>th</sup> standard or a 10<sup>th</sup> standard and ITI are welcome to join these vocational oriented degree courses.

The degree certificates will be issued by the Pondicherry University. The curriculum was designed by AIAT as per NEP2020 guidelines and approved by the Pondicherry University. It is integrating spirituality, Indian heritage, communication and leadership with emerging technologies. 60% of the syllabus is skill oriented.

Qualified Aurovilians, Newcomers, Volunteers and qualified Faculties from outside are conducting these courses.

Dr. Sanjeev Ranganathan is the Principal. Jean Yves Tairot and myself are the active executives of AIAT.

These courses are conducted at AIAT Campuses in Aurobrindavan and Irumbai. Another benefit: small classes (max. 25-32 students). The courses will be conducted in a hybrid mode, i.e. digital as well as at the campus. Internship at Auroville units or at an industrial site is part of the curriculum. After graduation a student can apply for a Master Degree program anywhere in the world.

**Let us build AIAT, a unique Institute of Higher Education of Auroville!**

AIAT needs your financial and material support to upgrade its infrastructure! For that we request you kindly support AIAT to be an institute of Higher Education and R&D in sustainable Technologies.

**How can you contribute?**

- Financial donation to build infrastructure such as buy equipment for practical purposes (Machines, 3 D printers; Computers, Solar Systems, etc.), upgrading of classrooms and workshops.
- Donate to meet running cost
- Setting a digital Library with computers
- In Kind donation: Donating e.g. solar systems, Wind generators, Biogas plants, in working conditions, and 3D prinComputers, etc. in working condition.

*Pl. note that all financial donation should be through Unity Fund, beneficiary: AIAT*

Lavkamad, Sanjeev,  
 Ranganathan, Jean Yves Tairot

*Ecology*

**THE 3<sup>RD</sup> WATER FESTIVAL IS UNDERWAY**

The 3<sup>rd</sup> Water Festival is underway, from 2 February (World Wetlands day) to 22 March. It is held in various places encompassing the Pondy, Villupuram Auroville Cuddalore (PVAC) region. It strengthens the One School One Pond (OSOP) initiative, where a school adopts a pond to keep clean. A ceremonial water pot (Neer koodam) with water from Oustery or Kalluvelli travels from school to school, and a water pledge is taken.



- A workshop for products made with water hyacinth stems will be held in Sirakazi 4—19 March by two experts from Assam. The opening ceremony took place in Alliance Francaise attended by dignitaries.

On 4 February in Marakanam, Saravanan organized the school ceremony, The Kalapet girls Govt Hr Sec School organized the clean up of the Kalapet pond together with activists and local leaders.



On 11 February Auroville Village Action Group (AVAG) hosted an event with the women's federation. The Neer koodam will be brought to over 10 schools in the Vanur block.

- **Mohanam School** (Balu and Segar) are also organizing the Neer koodam visits to schools in the bioregion and Auroville.
- **Schools wishing to participate** may kindly get in touch with Balu 9943644757 or Segar at 9751292838. The event includes receiving the Neer Koodam, a short music meditation, taking the water pledge—Schools may focus a lesson on the importance of water and organize a pond cleaning activity. The Neer Koodam then passes on to the next school.

**Upcoming Auroville Events**

- 21 February, Pitchandikulam, 9:30—11am Joss offers a forest walk, 25 people max, please call Azhagappan 9787065356 to register.
- 18—22 March: Auroville hosts the closing of the festival. This will be at the ponds near the Visitors Center/road to Solitude. There will be Exhibitions, Talks, Games and cultural events and a ceremony for all the Neer koodams.

A calendar of events will be published shortly.

- You can find a [Link to the Calendar \(in progress\) here](#).

**Water is crucial to our survival, so let's together make this event a succes. How?**

- Participate, Volunteer, Contribute
- Water Festival FS account 251257
- Contact [watermattersmela@gmail.com](mailto:watermattersmela@gmail.com)

Renu for Water mela 2023 Team

**LIFE-LESS PLASTIC**

**LIFE-LESS PLASTICS**  
from Awareness to **Action!**

Learn about the Toxic Plastic, how it impacts our health and how to prevent its growth!

Friday 17/2 at 17h  
Savitri Bhavan, the Sangam Hall  
Auroville

Life Less Plastics

Speaker **Madie**  
[Madie@theworldishome.org](mailto:Madie@theworldishome.org)

Thank you, Dhanalakshmi for Savitri Bhavan Team

**NEW TO THE DELTA?**

New to The Delta?  
Learn More and Register—Gene Keys

We need more tools to help us navigate this inevitable change that the current climate demands from us. Our brighter future depends on our ability to mature into a collective that is receptive to a higher will. The new year was ushered in by 84 Aurovilians participating in the first offering of The Delta.



This program offers us a tool to aid in our collective transformation to feel a coherence and perhaps above all, a deep Trust in the whole. Creators of The Delta have extended themselves to offer this tool for free to Auroville.

Participants commit to seven weeks, in groups of 7, in which they will deeply introspect and share on themes of: Purity of purpose, Grace in relating, Peace through thought, Transparency of the heart, Selflessness in speech, Harmony of the higher mind, Attunement to spirit.

- More information about The Delta is provided in the link <https://genekeys.com/delta/>.

A second offering of the program is being envisioned to begin in March. An introduction will be organized around the beginning of March.

Here is one participant's testimony, "The Delta experience has been transformative and inspiring. Inner growth has been encouraged from a deep contemplative space. Flying together, with our own Delta and the awareness of many other Deltas in flight in Auroville simultaneously has given birth to a powerful feeling of collective consciousness. The authentic sharing spaces created have brought out the art of gentle listening. Leading to openness and receptivity in our beings. Shining the light of awareness on so much within and without. A shared sense of purpose, intimacy and a renewal of the joy of deep connections was felt strongly. Grateful for this journey together."

If you are drawn to participate in this exploration, and we intend to begin in early March, please complete the Google form in the link below before 23 February (we need a week to get your coupon):

- [https://docs.google.com/forms/d/1Ss2YSUNiVtLzJ\\_4unZmfyX-fmiDfAVMIFCB3KshD8nl/edit](https://docs.google.com/forms/d/1Ss2YSUNiVtLzJ_4unZmfyX-fmiDfAVMIFCB3KshD8nl/edit)

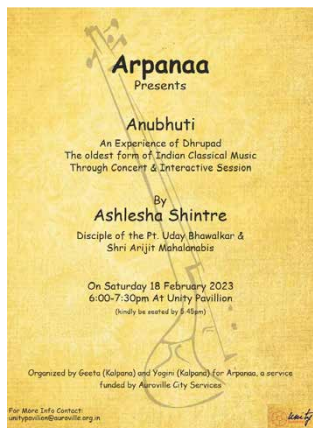
Warmly, Amy B., for the organizing team

*The Arts*

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

**ARPANAA PRESENTS**  
**Anubhuti by Ashlesha Shintre**  
 18 February, Unity Pavillion, 6—7:30pm  
 Please be seated by 5:45pm

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 Bhawalkar and she has further also learnt with Shri Arijit Mahalanabis.



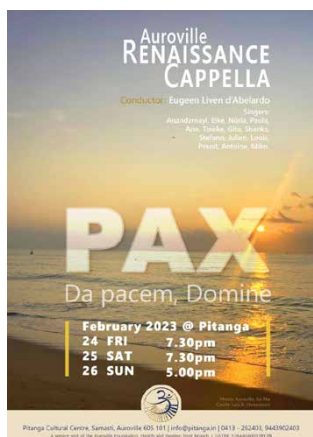
Arpanaa is an organization under the Auroville City Services and has been engaged in bringing various cultural events for the community. Presently this service is anchored by Geeta and Yogini.

Thanks and warm regards, Yogini

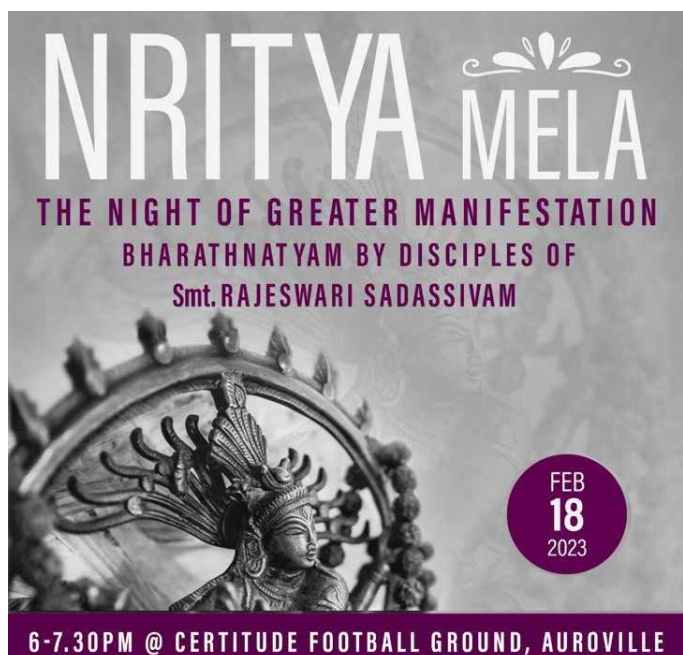
**PAX—DA PACEM, DOMINO**

The Auroville Renaissance Cappella under direction of Eugene Liven d'Abelardo invites you to their concerts  
 Friday, 24, Saturday, 25 February @ 7:30pm  
 Sunday, 26 February @ 5pm

Gregorian chant and works from Melchior Franck (1579-1639), Johannes Eccard (1553-1611), Antoine Brumel (1460-1512), Costanzo Festa (1490-1545), Cypriano de Rore (1515-1566), Orlando di Lasso (1530-1594), Jean Mouton (1459-1522), Heinrich Schütz (1585-1672), Felix Mendelssohn (1809-1847), Arvo Pärt (\*1935), Pushkar Carlotto (\*1970), Rens Tienstra (\*1988).  
**Singers:** Anandamayi, Elke, Núria, Paula, Ane, Tineke, Gita, Shanks, Stefano, Julien, Louis, Pranit, Antoine, Miko.



Submitted by Andrea, on behalf of Pitanga



**HIBISCUS ART FESTIVAL**

**Sacred Synergy**

Sve Dame, Saturday, 25 February, 11am—9pm

The annual festival of art, learning and co-creating is back. Join us to co-create the festivities!



- **Create, Inspire, Share**
  - Exhibit your Art
  - Sell your Crafts
  - Offer Workshops
  - Perform for the audience
  - Volunteer behind the scenes
- **Get in touch:**
  - [hibiscusav@gmail.com](mailto:hibiscusav@gmail.com)
  - +917019230205
- **What's Happening:**

Music, Workshops, Performances, Community Art, Open Mic, Poetry, Meditation, Holistic Food, Artisanal Market, Lots More!

- Facebook.com/hibiscusav
- Instagram.com/hibiscusav

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

**PITANGA:**

**Exhibition The Willow Tree**

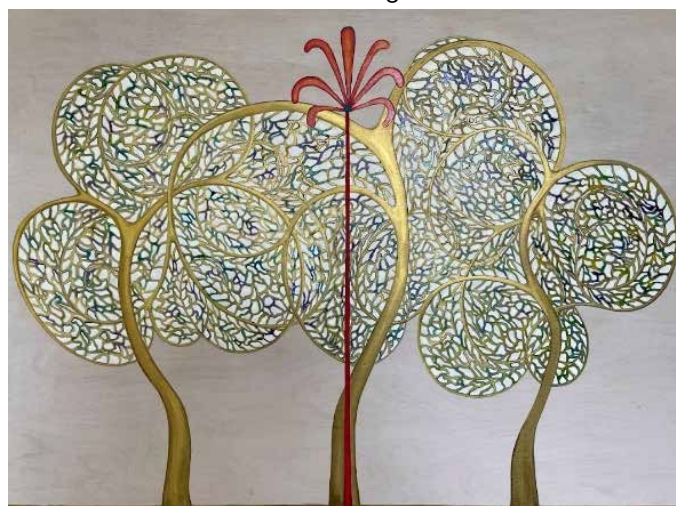
Opening: Saturday, 18 February, 4:30—6:30pm



0413 2622403/ WA 9443902403

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

Crystal, Aurovilian, invites you to the opening of her art exhibition at Pitanga "The Willow Tree"



18 February – 17 March 2023  
 OPENING: Saturday, 18 February 4:30 – 6:30pm  
 PITANGA Cultural Centre  
 Auroville

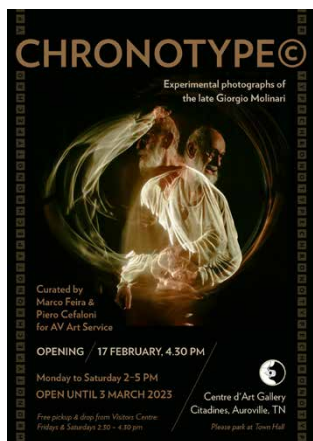
If you wish to receive Pitanga's program of activities by email, please write to us: [info@pitanga.in](mailto:info@pitanga.in)

See you at Pitanga, with a smile!  
 Submitted by Andrea, on behalf of Pitanga

**EXHIBITION “CHRONOTYPE”**

Centre d’Art Gallery, Citadines, Auroville invites you to an exhibition “Chronotype” Experimental photography of the late Giorgio Molinari

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



Please Park at town hall.

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

**Chronotype**

AV Art Service and the Centre d’Art Gallery is pleased to announce an exciting new photography exhibition, “CHRONOTYPE”, featuring a selection of the late Giorgio Molinari’s experimental works curated by Marco Feira & Piero Cefaloni for AV Art Service. The exhibition will be open to the public starting on Friday, February 17th at 4:30 PM and will run until March 3rd, 2023. Gallery hours are Monday to Saturday, 2 PM to 5 PM and visitors are requested to park at the Auroville Town Hall.

Born in Milan, Giorgio was drawn to photography from a young age and had a deep interest in Oriental philosophy. Throughout his career, he worked with top names in advertising agencies, record companies, theater productions, and architectural designs. In 2003, during the “Auroville 35 Years” celebration at the UNESCO center in Paris, Giorgio learned more about Auroville and eventually became an Aurovilian in 2006.

The exhibition features Giorgio’s unique take on photography, where he captures duration and space within the two dimensions of the final image. Through this approach, the subject loses its perspective reference, resulting in a more truthful representation of reality. The artist’s vision, as he puts it, “may seem surprising, but the result maintains compliance with reality outside of any subsequent interpretative intervention.”

Giorgio Molinari’s approach to digital photography was unique. Instead of capturing an instant of space-time continuum Giorgio’s work captured a duration of significant importance. He aimed to trap space within the two dimensions of the final image, thereby losing the perspective reference that is typically implicit in photography. This reduction of a three-dimensional subject to a two-dimensional plane in a perceivable time was, in his words, “the most adherent representation of that unknowable reality of which we are an inseparable part.”

The aesthetic and creative process behind Giorgio’s work was centered around the idea of truthfully representing reality. He believed that the reduction of a subject to a two-dimensional image, while apparently still, was the closest representation of reality that could be achieved through photography. Giorgio’s works are meant to stimulate the unconscious processes of reconstruction by similitude and tap into the base of human visual perception.

We invite you to come and experience the exciting works of Giorgio Molinari and see his vision come to life at the Centre d’Art Gallery, Citadines, Auroville.

For more information on Giorgio Molinari, please visit

- <https://auroville.org/page/giorgio-molinari-227> and
- <https://artservice.auroville.org/giorgio-molinari/>.

By Christoph Klütsch, f or AV Art Service

**CEDRIC BREGNARD RETURNS TO AUROVILLE.**

Dear Friends, you are welcome to participate in the project.

- Please contact [cedricbregnard@gmail.com](mailto:cedricbregnard@gmail.com), [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

It was to meet a tree that Cedric Bregnard returned to Auroville. 10 years after his first stay, the Swiss artist has an appointment with the monumental banyan which reigns in the gardens of the Matrimandir.



Centre d’Art Auroville

For years Cedric has immortalized trees around the world, specimens ancestral of different essences, of these sacred beings who graze immortality. What was initially an individual photographic project has changed over time and circumstances into a collective performance. With Cedric’s advice, the public is called upon to redraw the tree by intervening in black ink on the light screen per-existing impression. The artist becomes the initiator of an almost academic link with matter.

Over the next 8 weeks the Center d’Art gallery will house the performance titled Roots of Heaven. On its walls, like an immense fresco, a photographic panorama representing the banyan in shades of tenuous gray will welcome the public who will be invited to participate.

Anyone who wants to (no need to be an artist, we are all creators, says Cedric), will then be able to enter a particular space/time where they will have to “write” on the skin of the tree, restoring it in all its presence.

“It’s a physical encounter—explains Cedric—the spirit of the tree remains imprinted on the film. By intervening on the shadows, we bring out the light, by getting lost in the infinite details of bark or leaf texture, bring it back to life, out of the time.”

Extract from an article by Dominique Jacques / Centre d’Art

**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. (See more about on next page)

- Residency timeline: 1 February to 31 March



- To know more about participatory aspect please contact [cedricregnard@gmail.com](mailto:cedricregnard@gmail.com)
- To know more about Cedric's work: <https://www.cedricregnard.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](mailto:centredart@auroville.org.in), [www.centredart.in](http://www.centredart.in)

**HIBISCUS ART VILLAGE PRESENTS**  
**Poetic Encounters of the Transforming Kind**  
Sve Dame, Sunday, 19 February, 3—9pm

Join us for an evening of curated poetry on the theme of creativity, followed by a holistic dinner<sup>1</sup>.

If you'd like to participate as a poet or a reciter of delegated poem selections, please get in touch.

- Facebook.com/hibiscusav
- Instagram.com/hibiscusav
- RSVP
  - [hibiscusav@gmail.com](mailto:hibiscusav@gmail.com)
  - +917019230205



<sup>1</sup> Dinner on pre-reservation only, contribution required  
Thanks & Regards, Hibiscus AV Team

Visitors Center's Right Path Cafe  
**LIVE MUSIC NIGHTS**

**Funkistaan**  
A princely state of music

in collaboration with @KALABHUMIUSICSTUDIO.AV

Malcolm - Vadaprem - Mahatma - Samuel - Edo

Sunday Feb 19 7 PM

ANY ENQUIRY? RIGHT PATH CAFE: 04132 822248 OR +91 90430 04919 @ CAFETERIA, AUROVILLE

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

*Activities*

**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](mailto: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 Bakisatadance@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

## ART WORKSHOPS BY SENIOR ARTIST ABHIJIT ROY

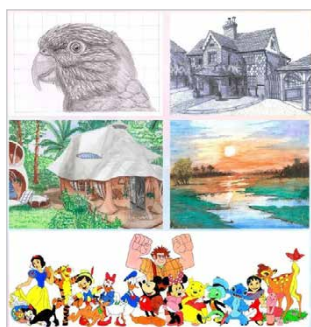
Every Saturday, 2—4pm,

Study Room (Sri Aurobindo Centre)



Come along and learn how to sketch paint & draw under following categories of your choice

- Fundamentals of drawing, 10 sessions
- House Portrait, 5 sessions
- Urban Sketching (paint along)
- Water colour landscape (paint along)
- Draw Cartoon Characters (paint along)



Contribution required

For Registration please send an email to [bharatnivas@auroville.org.in](mailto:bharatnivas@auroville.org.in)

Regards, Vani, BN Culture team

## 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

## THE FRENCH PAVILION WELCOMES

**Board Games for Everyone with Véronique**

- Friday, 17 February, 3—5pm @ 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

## TUNE INTO YOUR HIGHEST ENERGY

With Raw Vegan Food & Mindset Reset

22—26 February, Solitude Farm, Auroville

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.

When we are stuck in our daily lives, we forget the interconnectedness of the whole universe and how magical our life & body is.

I invite you to transform your body & life; and step into the magic of love, alive foods, movement & mental reprogramming in the loving grace of mother nature at Solitude Farm.

- You have come not to survive but thrive!

So let's meet Tune Into Your Highest Energy in the Raw Vegan & Mindset Reset Retreat.

The Raw Vegan Retreat offers farm fresh raw food in one of the best Permaculture Farm in India, Solitude Farm.

In the retreat there will be farm to table raw and cooked vegan foods. We will be teaching you how to eat, heal & cleanse your body and mind through raw foods, movement & subconscious mind reprogramming.

The retreat will be a small group of people and is focused on giving personalized attention to **Your Life, Mind, Body & Healing**.

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 (both cooked & raw) 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, personalised 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.

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



Krishna Mckenzie,  
Solitude Farm

## ANITYA - JOY OF IMPERMANENCE

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

Anitya  
Community  
Tour  
+Lunch

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

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](http://joyofimpermanence.in)

**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

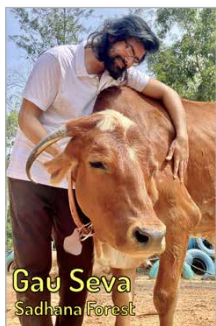
This tour includes a **MINI-RAW-FOOD-WORKSHOP** where we will harvest herbs, fruits and flowers to prepare some delicious **VEGAN ICE CREAMS** and more...

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

Sign up and info's whatsapp Sarah 9047421044  
sarah@auroville.org.in  
www.youtube.com/myfoodforest

*Honorary Voluntary*

**GAU SEVA AT SADHANA FOREST!**



Your heartfelt service is needed at the Sadhana Forest Gaushala! You are most welcome to join us on any day from 6am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking.

If you would like to contact us:  
[sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in),  
WA 8525038274 or call 8122274924.  
*Looking forward to welcoming you!*  
The Sadhana Forest team, warmly, Shek

**MOHANAM VILLAGE HERITAGE CENTRE INAUGURATION**  
**Call for Volunteers**

Help us redecorate the Mohanam Campus for it's Inauguration on 25 February.

MOHANAM VILLAGE HERITAGE CENTRE  
INAUGURATION

*Call For Volunteers*

Mohanam is a hub for local art & culture, history & traditions of the Auroville Bioregion and acts as a bridge between the traditional and modern, between what is happening in Auroville and what is unfolding in the villages around.

- **Venue:** Mohanam Campus, Isaiambalam road, Auroville
- **Date:** 18, 19 February, anytime between 9am—5pm
- **Contact:** mohanamprogram@auroville.org.in

**Things We Need Help With**

- Create traditional art on walls, pots, bullock carts etc.
- Make sculptures out of paper mache/ waste material etc.
- Moving things around.

Thanks And Regards, Anchal

*Work Opportunities*

**HR HUB INITIATIVE**



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

**Assistant of accounts manager (part-time)**

A service is looking for an assistant accounts manager. Good command of written and spoken English, able to answer emails politely, able to make invoices, check payments, keep excel sheets, etc. Familiarity with Tally is a plus, three half days a week (suitable for young mothers who may have to work a lot from home).

**Secretarial work (part time)**

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

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

Warmly, Stephanie

*Lost and Found*

**Soundcraft mixer missing from Cripa**

Dear Aurovillians, my name is Nadaprem and I'm a musician. In June 2020 I left a Soundcraft mixer (see the pic.) in the cupboard in Cripa. This year as I came to pick it up, it wasn't there any longer.



Please let me know if you know anything about its whereabouts. I left it there for Aurovillians to use if needed, but also to return it back to Cripa. If someone borrowed it, please let me know, +91 836-9438477 WA

Nadaprem

*Available*

**Skechers Available**

New shoes: women's size 39

Skechers stretch sport shoe

9486363525, Marlenka



**Electric Scooter Available**



Dear friends, we are selling our Electric scooter. It is a black Ampere Zeal with TN registration bought in December 2019 with 5 years insurance included. It has a mileage of 50 km and can reach 55 km/h. It has an excellent acceleration and it is designed for carrying 2 people (thus not much loss of acceleration and speed). It is in good condition as we serviced it twice a year

and we just serviced it on February 5th. Batteries are still perfect. Ampere is the best brand for maintenance as parts are easily available and very cheap.

If interested please contact Stefania at +919486363442. First come first give basis as this model is quite popular.

Giovanni & Stefania

## Looking For

### Looking For Long-term House Sitting, Nilima



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](mailto:nilimabarde@yahoo.co.in). *With Gratitude, Nilima*

### Looking For Long-term House Sitting, Enzo



Dear Community, I am a Newcomer and looking for a long-term house sitting from April 2023 onwards or even earlier. I am single, from Italy and I have been working for the Auroville Language Lab. I am a neat, clean, reliable, quiet and respectful person.

Please reach out on 8667648515 or mail to [solespazio@gmail.com](mailto:solespazio@gmail.com) *With Love & Gratitude, Enzo*

### Looking for a Cleaning Lady

looking for a part time cleaning lady for a place in the Green Belt. 9489325088

*Thanks, Ambre*



### Looking for Gardener

Full time gardener + watchman work available for house in Fraternity. Contact for interview 9443413471

*Shama*



## Taxi Share

### To Chennai Airport, 22 February, 3pm

I have booked a shared taxi from Auroville going to Chennai airport on Wednesday, 22 February, at 3pm. Please contact me if you would like to share

*Serena 8489760966*

### To Chennai Airport, 22 February

Taxi to share to Chennai Airport. I leave Auroville on 22 February at around midnight. +33664346187 WA

*Thank you, best salutations, Manuel*

### To Chennai Airport, 28 February, 4am

Taxi leaving AV to Chennai Airport on Tuesday, 28 February at 4am, 9486363525.

*Marlenka*

## Help Needed

### TRANSPORTATION TO/FROM PONDY

#### For Savitri Study Camp by Dr. Alok Pandey

Dear All, As every year on 22—27 February from 5pm for about 90 minutes, 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.

As I don't have any transport and the Auroville bus timings are not fitting for the event, am wondering if somebody is going from AV to attend the event and would please take me along?

- Please contact me
    - +34685673777 WA
    - or only sms: +917289907792
    - or just look for me in PTDC from 9am onwards.
- Merci beaucoup, Sunny*

## Foods, Goods and Services

### RADISH GREENS

Loving the Auroville red radishes but don't know what to do with the greens?

**Greens** are an amazing source of nutrients so don't let them go. You can use them in almost any stir fry Asian vegetable dish—like Stir-fried Chinese **Greens**—with a bit of garlic or ginger or both, some soy sauce and perhaps some sesame seeds and lime juice, maybe even a dash of jaggery. You can also use them in Thai curries etc. When the greens cook they are not very strong tasting and the whole bunch shrinks so all those greens become very little. If you have green smoothies, you can use them in that as well.



Here is a recipe:

- <https://sharan-india.org/recipes/green-smoothies/>

*Enjoy! Dr Nandita Shah, 0413 2622637*

*SHARAN: Building a Culture of Health!*

[www.sharan-india.org](http://www.sharan-india.org)

### 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, 17 February, 10am—5pm

Dear All, Auromode Hive would like to invite you to an Open House on Friday, 17 February from 10am to 5pm.

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



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



Coworking space

**FREE  
OPEN HOUSE  
December 30th**

*You are Welcome!*



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

Auroshilpam  
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Tamil Nadu, India

70921 97375  
[auromodehive@auroville.org.in](mailto:auromodehive@auroville.org.in)  
@auromode\_hive

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

**WA 70921 97375**

*With Best Regards, Dshesh for Auromode Hive Team*

## LATEST NEWS FROM INSIDE INDIA—TRAVEL SHOP

Our E-mail address has changed to

- [travelshop@inside-india.com](mailto:travelshop@inside-india.com), landline 2623030

Mr. Ganesh, our Travel Consultant, is not in the office from the 15 February till 10 March. He can also be contacted any-time by phone or by

- +91 9894598686 WA,  
or by email: [travelshop@inside-india.com](mailto:travelshop@inside-india.com)



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

- Lufthansa 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
- 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

## Voices and Notes

### AUROVILLE RADIO



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

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

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

### Last published podcasts

- [Sri Aurobindo, La Vita Divina—Cap. 21](#) (Sri Aurobindo)
- [Soul Tracks—Se.4 Ep.27 “Vikram!”](#) (Music)
- [Kadhai Ketpoma—Ep.18](#) (Literature)  
“நீ நடுகி போல ஒடிக்கொண்டிரு”
- [Une série hebdomadaire de lectures par Gangalakshmi—429](#) (Integral Yoga)
- [Marlenka’s weekly Offering—Ep.81](#) (Literature)
- [Teens Connect—Ep. 3](#) (Integral Education)

### Last Youtube Live Videos

- [Reflections of the The Delta—a collective tool for transformation](#)
- [Community meeting with International Advisory Council](#)

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

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

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

Peace and Love

Regards, Wobbli

## THE AIM OF HUMAN LIFE

“The Key to happiness is Reduction of Desires” From that preparatory stage of Avatar Krishna comes the next key from one of the Double Avatar, the Mother: “The aim of human life is to discover the Divine and to manifest it.”

Naturally, this discovery leads to happiness, but this happiness is a consequence, not an aim in itself. And it is this mistake of taking a mere consequence for the aim of life that has been the cause of most of the miseries afflicting humanity.” *Her Agenda, March 28, 1970*

- [https://sri-aurobindo.co.in/workings/ma/agenda\\_11/1970-03-28-01\\_e.htm](https://sri-aurobindo.co.in/workings/ma/agenda_11/1970-03-28-01_e.htm)

Lots of tips in that link... divine elaboration.

### Addendum:

Avatar Krishna is the incarnation of the Godhead of Mind. Mind is a dualistic consciousness. A false perception of existence: This or that.

A transitional stage in the evolution of consciousness and life... Double Avatar Sri Aurobindo and the Mother are the incarnation of the Godhead beyond Mind, the Supramental. The Supramental is a Unity Consciousness. A Truth perception of existence:

This and that. And so the Great Cosmic Game of the One and Its many continues on Earth... Towards a Life Divine.

**Commentary:** “Godhead” means presiding over that plane of consciousness. The asuras, devas and other supraphysical beings from that plane downwards are what we call lesser “gods”. Humans are also gods, in the making. That is why: “The aim of human life is to discover the Divine and to manifest it.” Although at present our mode of perceiving existence is still based on Mind, based on falsehood. That is why it is said that we are, as climbing out from the abyss within this plane of Mind, the creation of the asuras. But only transitional, until the psychic beings within are discovered and fully awakened. “Avatar” means the Supreme emanated in a human body, to kickstart a paradigm shift on Earth in the material, psycho-physical plane, to show the humans how to proceed, in deed and words, with the new stage of the evolution of consciousness and life. The good news is that the Supramental Double Avatar Sri Aurobindo and the Mother have come. Woohoo! And everyone from all multidimensional planes of consciousness are participating on this cosmic playing field we call Earth.

Awakening the physical, Matter itself, that it is also the Divine, is the cutting edge Integral Yoga practice in our current evolutionary stage, with the help of the Supramental Consciousness-Force, plus Its derivatives, brought down into the Earthplay by the Supramental Double Avatar. The future result of this hastened and intensified progressive evolutionary process is what we call the Divine Manifestation, the next species the Supramental being.

What is currently happening, exponentially, is a change of consciousness from the false-separative mind or mental consciousness to the Truth-Unity Supramental consciousness. Very interesting, isn't it? How can anyone get bored with what is actually happening and what is yet to come? For some, further distinctions on the terminology used are necessary, specifically on the Mind and Overmind realms regarding Avatar Krishna, and the Supramental realms of the Double Avatar Sri Aurobindo and the Mother, although it may get too complex for discussion.

Here's a preliminary link for anyone interested:

- <https://auromere.wordpress.com/2009/01/28/the-golden-lid-or-hiranmaya-patra/>

I am more interested in the actual practice of the Yoga of the Cells which the Mother reveals in Her Agenda, thus the basic overview. Iso, as Jnana, spiritual knowledge, for many of the younger generation coming here with highly awakened psychic beings that are ready for the full realization of their divinity, oneness with all and receptivity with the Vision and Work of the Supramental Avatars. We are in their Auroville anyway, aren't we?

Further questions and elaboration [on this FB forum](#) One Earth Union.  
**Om Namō Bhagavate, Zech**

**KALI YUGA  
(Part three)**

*"When all the desires that cling to the heart are loosed away from it, then the mortal becomes immortal, even here he possesses the eternal."*

**Brihadaranyaka, Upanishad**

*"Long and narrow is the ancient path, I have touched it, I have found it, The Path by which the wise knowers of the eternal attaining to salvation, depart hence to the high world of paradise."*

**Brihadaranyaka, Upanishad**

*"I am a son of earth, the soil is my mother... May she lavish on me her manifold treasures, her secret riches... May we speak the beauty of thee, O earth, that is in thy villages and forests and assemblies and war and battles"*

**Atharva Veda**

*"O flame, thou foundest the mortal in a supreme immortality for increase of inspired knowledge day by day; for the seer who has thirst for the dual birth, you created divine bliss and human joy"*

**Rigveda**

*"The soul is an eternal portion of the supreme and not attraction of nature, but neither the cosmos nor the individual consciousness is the fundamental truth of existence; for both depend upon and exist by the transcendental divine being"*

**Sri Aurobindo, The Life Divine**

The now famous Kali Yuga did not start the sacrificial flight to heavens of the lovely and loving Jesus Christ hanging on his cross of salvation, but much earlier when the wonderful Sri Krishna perched like a bird of paradise on a high branch of an imperishable kadamba tree, has been slayed by an arrow shot at his holy heel by a wandering hunter. Then the fate of humankind took a turn for the worst possible times. Preparing the advent of the Satya Yuga the cosmic forces started to knead the lost panic stricken, greedy, hallucinated, tortured, rough, mad humankind. The ignorant devilish horror was governing all the life of the miserable creatures. Humanity was then abandoned to dementia, greedy madness and misery (in rags and gold).

The eternal question for truth was followed by a microscopic minority perpetuating secretly the secret aspiration of women of an eternal freedom and intense bliss running, jumping, flying here on the divine earth-like, hilarious, dancing, whirling around like inspired poets. The rest of the mass was busy by a process (unconscious) of self destruction, constant anguish and self-suffering, the consequence of their cross, pretentious ignorance. Along the centuries as a consequence of this unconscious chaos, this jumble, this feverish hell, this meli-meloic frantic mess, they keep on building new glittering civilizations, their ardor to perpetuate their race of bipeds did not know any respite they went on with fervor to reproduce themselves in all ways possible—they can be very creative in this domain.

Today we are eight billions on a more and more suffocating earth by an infinite type of pollution (psychological as well). We are on the verge of a gigantic explosion. Mother and Sri Aurobindo came on earth to give humanity a chance of salvation. They unveiled the way out of this masochism *"In the supracosmic (comic!) view of things the supreme reality is alone entirely real."* **Sri Aurobindo, The life Divine.** A bit further *"A certain illusoriness, a sense of the vanity of cosmic existence and individual being is a characteristic turn of this seeing of things, but it is not essential, not an indispensable adjunct to its main thought-principle. In the extreme truth is the supracosmic or the absolute ParaBrahwo/man. All this ordinary, confuse, anarchic (not spiritual) life, looks like a cosmic madhouse. But don't forget that in*

spite of all, our proper aim is to get cured of our insanity and depart into light, truth and freedom. So to say to be led onepointedlessly to the most direct road to Nirvana."

Don't forget that planet earth is not immortal as well as the infinite cosmos, they are just short episodes of the soul's eternity. We should not neglect out of painful, sweaty, pointless speculations that it exists infinite number of supra terrestrial planes, where divinely, ecstatic, we will devour spaces without limit, and play, and sing, and laugh, and fly and flirt psychikali and dance at divines will.

The only condition is to renounce for good to our enslaved, ridiculous, miserable, misleading, appalling ego. Then we will be ready for the glories of the Satya Yuga, the era of integral truth.

*To be continued*

**PS:** It is not by chance that the flower Mother called "mind" produces poisonous fruits. On the contrary "Psychic power in existence" ( a pink hibiscus) produces only marvelous, enchanting, delicious fruits. Now I would like to add that death exists only in the minds of people (fears, anxieties, etc...), it has no real reality. By the way, did you ever heard of the rock'n'roll band Greatful Dead, who rose from the dead several times due to the abusive intake of heroine (overdoses). An example to follow! I can't prevent myself to add that

*"Truth of being must govern truth of life."*

**Sri Aurobindo, The Life Divine.**

Between the infernal qui pro quo! The infernal misunderstanding.

*"As we were passing through the border from Colorado and Utah, I saw God in the sky in the shape of vast golden clouds, caressed by the sun which jutted out over the desert and seemed to point a finger towards me and say "Take this way and move forward, you are on the path to heaven"*

**Jack Kerouac, On the Road**

**Also: I won't repeat it enough, we are here to avoid a third world war. This is an emergency. How? In transforming ourselves into Divine Beings. That's All!**

**You're loving Soham**

**A LOST OPPORTUNITY : HINDSIGHT TO FORESIGHT**



Auroville, a pioneer in back to basics food systems and healthy food habits does not have its own products in the certified organic products in the food grains sphere. There are specific product offerings in small and niche areas but not in the community scale

Most of the certified organic products marketed in Auroville covering grains, pulses, spices, condiments, herbs, salt and sugar are brands not in the Auroville name. Priority must and should be given to community products when the expertise and experience exists and can deliver.

A lost opportunity to provide the community with products which are in Auroville for Auroville. Ensure a healthy, nutritious and budget friendly product range and offering. It would also provide employment and generate revenue as these products after meeting the needs of the community can be provided to customers in commercial markets.

As a community we owe it to ourselves to make available the vast spiritual intellect in all areas of work as integral yoga to the future generations. Food systems being a primary source of life should be the starting point in this journey.

A Lost Opportunity which needs to become "The Way Back" In all it reflects a lack of Vision and Mission of Giving.

**Regards, Surajkiran**

*Auroville Poetry*

THE AIM OF HUMAN LIFE

“Faultless” is only the Divine.  
 Forget it if you’re still human.  
 You’ll just be a hypocrite.  
 A compromised saint.  
 We’re all still prisoners  
 Slaves gagged and chained.  
 “Be quiet! Be humble!” it says  
 “Who says?” The morality police  
 Let loose by the high priests  
 Pretending to be true but false.  
 And so the devil within hides  
 Like a broken record pesters  
 Like a diabetic wound festers  
 Like resurgence of bad memories  
 That bodes nothing better.  
 This the undivine mental prison  
 The circus of the poor humans  
 Until you cry for “something else”  
 The “something” that is the Divine.  
 Where? Nowhere else but within  
 Just there smiling, waiting...  
 For you to offer and surrender  
 All your petty ego’s desire  
 Lust for sex, money, power  
 The sticky dark dividers  
 Between the suffering abyss  
 And the boundless Great Bliss.  
 “Mirror, mirror on the wall  
 Who’s the greatest of them all?”  
 Oops, it’s not you.  
 “But who?” Asks silly you  
 Burning mad even to unlit  
 The Divine Love and Light  
 The throat of Snow White slit.  
 But as usual it all boomerangs  
 A poke, a slap, a kick in the butt  
 Or your precious life snuffed out...  
 Another term in the prison of time  
 Until you have learned your lesson.  
 And so the aim of this human life  
 Is to discover the Divine  
 Hiding within...  
 To find THAT  
 And manifest IT.  
 The becoming  
 To a Brand New Being.  
 Again “How?”  
 The Sunlit Path of Surrender  
 To the One  
 That Knows and Can:  
 Abdicate this separate “you” forever...  
 “This One, where?”  
 Oy! IT’s just there, everywhere...  
 “Again where?”  
 This yourself you have to discover...

Zech, 2023.02.07

OFFER ALL

Immersed in the Lila  
 The Divine Play  
 The Great Cosmic Game  
 of the One and Its many,  
 Just remember always:  
 Offer All

[Reference is here](#), Zech, 2023.02.11

*Classes, Workshops & Healing Arts*

FALL IN LOVE WITH YOUR VOICE

On Monday, 20 & Monday, 27 February, 10am—1pm  
 Join Us for 1 or 2 of the Workshops!

**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

Through a liberating voice coaching, you tap into the inherent wisdom and power of your voice and body, and keep breaking the barrier of fear and shame.

This allows you to heal step by step and experience the power and grace of your voice.

We will open and deepen our breath so that your singing is nurtured by prana and your chest and heart can stay proud and vibrating.

We will dive into the power of mantras and sacred songs.

In this workshop you will learn:

- Technical and energetic exercises to develop your voice and make your physical body a strong and open instrument
- To free the expression of your emotions and experience how they enrich your voice.
- To chant and sing ancient mantras, to connect to your soul and the big spirit, the divine, life...

By healing your sacred instrument—your voice—you gain access to a powerful tool for fearless self-expression.

We are looking forward to meeting you and your voice!

- Info & registration: +917094058699 WA, [joianitya@gmail.com](mailto:joianitya@gmail.com)
- Towards donation! The benefits will be donated to the iaac av dog shelter

Mathilde for the Joi Anitya Team

## AUROMODE YOGA SPACE

### Discover Local Tamilnadu and Temple Visits

17 February, Friday, 8am—1pm



In this half day immersion, we like to bring you a taste of Tamil Nadu. We start with yummy Tamil breakfast (we have more than just Idly and dosa!), followed by theory and discussions about Tamil culture, traditions, its geography, language & literature.



#### We will learn

- History of Tamilnadu since Sangam period
- Geography of Tamilnadu & its influence on world
- Tamil language & its vast literature
- Why we do pooja at temples
- Human body as temple and more
- We will also visit powerful temples in and around Auroville and learn about the local legends. Join us this Friday



- Registrations as a must.
- Contact [balaganesh.siva@gmail.com](mailto:balaganesh.siva@gmail.com) +91 9892699804,

*Bala*

## 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.



- Individual session
- Couple session
- Small group (max 4 people)

For an Appointment contact me at:

- 8489764602 or
- [lakshmiprem369@gmail.com](mailto:lakshmiprem369@gmail.com)

Offered under Abhya an activity of ASSA trust

*Namaste, Lakshmi*

## ALIGN YOUR BODY, MIND AND HEART

Transformational Yoga: Sound Healing & Breathwork

- Saturday, 18 February
- 9:30am—12:30pm, 3—4:30pm
- Creativity, Hall of Light



In this workshop we will open and activate the chakras tuning up the body with sound, allowing ourselves to explore and express our voices in freedom diving into a Sound bath. Afterwards we will move through the practice of Transformational Yoga aligning the Body, Mind and Heart. In each asana we will experience Pranayama, Brahmari and chanting a Mantra to open and activate the heart chakra. Your voice is a way that you carry your unique energy into a space. Sages say when you are aligned in body, mind, and spirit, your voice resonates a spiritual vibration. There is a universal language, beyond words, culture, sex or nationality. A language of the heart that cuts across all difference and connects us to something greater than ourselves. That language is music.

Sound is our connection to our deepest being. It connects us to a higher consciousness, but also to our primal selves. Each one of us has access to this innate power of sound through our voice.

From 3pm to 4:30pm we will practice:

- Fire Breathing
- Alkaline Breathing

It combines Conscious breathing and longer breath holds. We are getting out of the thinking mind and open up to whatever needs to come up. Regular Breathing practice can open the mind to a deeper self-discovery, clarity and bliss. It can really change your life including boosting the immune system, lowered stress and inflammation, better focus, improve energy, awareness, presence, inner peace.

All are welcome to embody a wonderful experience

- Limited space, max 10 people
- For registration please contact:
  - Lakshmi 84 89 76 46 02
  - [Lakshmiprem369@gmail.com](mailto:Lakshmiprem369@gmail.com)

*Activity offered under Abhya Assa trust, Namaste, Lakshmi*

## MUDRA—CHI

For now on the Mudra-Chi class will be

- Every Tuesday at 4:30pm;
- On Sundays we just practice in the garden, after Savitri reading, by 12noon;
- @ Savitri Bhavan

Facilitator: Anandi ayun



*Anandi ayun*

## PSYCHO-SPIRITUAL WORK

### Introspective Tarot And Other Sessions



To bring more clarity and freedom on life issues where there was confusion and entanglement, empowering self knowledge in order to allow new steps in life.

- Tarot, deconditioning self-inquiry, "inner personalities" discovery and other tools.

- by Antarijoti in English or French, these sessions are an activity of Arka Wellness Center,

- info/booking: 0413 2623767 or email: [antarcalli@yahoo.fr](mailto:antarcalli@yahoo.fr)

*Warmly, Antarijoti*



### CIRCLE OF MEN

The next closed men's circle will begin on 25 February. This will be fully online, facilitated by the Mankind Project.

It will be held on 10 consecutive Saturdays, 12-2pm, and focus on tools such as grounding, effective connection, Jung's archetypes, emotional intelligence practices, especially designed for men. Scholarship available for those in need.. message me for details, or check out the website

- <https://www.mankindproject.org.in/circle-of-men>  
Vikram, 9843948288 WA

### COLLECTIVE TRANSFORMATION and Nurturing Divine Feminine

Monday, 20 February, 7—9pm  
Harmony Hall in Bharat Nivas

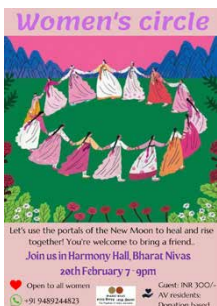
- Topic: Support system

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

For more details contact Prem Shakti

- 9489244823WA

With love and gratitude, Prem Shakti



### AUTHENTIC RELATING WORKSHOP

Tuesday, 21 February, 5:30—7:30pm

With Prem Shakti @ Bharat Nivas Harmony hall

### AUTHENTIC RELATING GAMES



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

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



Open to everyone



Guests ₹300



+919489244823



AV Residents Donation-based

The intention of this offering is to create a safe container for heart centered, authentic expression that leaves us more alive and resourced, so we carry the light into the world.

On coming Tuesday, we will explore: Connection to ourselves and others through embodied practice—verbal and non-verbal—building loving touch in a safe container

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

Authentic Relating is a practice using exercises, or games, to teach the skills necessary to quickly create deep, meaningful human connection. It steers people towards a greater sense of wholeness—a defragmentation of the self into a more cohesive whole—through freely expressing our true experience in the company of others. It is an approach to cultivating more genuine, fulfilling, and mutually rewarding relationships. Please bring comfortable clothes and your presence. Prem Shakti



### 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 by Appointment only
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 Sunday
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, <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>	Monday to Sunday

Thanks & Regards,  
Ramana, Arka



## VÉRITÉ WORKSHOPS

Please contact

Verite @ 0413 2622045, 2622606,  
7867805812

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

Registration required for the following workshops

### An Introduction to Mindfulness Meditation with Moller

- Wednesday, 22 February, 9:30am—12:15pm

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.

### Conscious Relating with Ananda

- Friday, Saturday & Sunday, 24, 25 & 26 February, 9am—4:30pm

You are welcome to explore, learn, practice, experience and heal in this programme, which is an experiential process of self-awareness, love, conscious communication and growth. You will learn effective exercises, meditation, and healing processes involving the body-mind-energy and spirit connection that you can integrate in your daily life. You will further be able to understand patterns, beliefs, projections and behaviors in relating with oneself and with others, as well as recognize attachment styles, relationship stages and childhood influences to be able to let go & heal from unconscious, unloving and unhealthy entanglement.

### Restorative Yin & Nidra Yoga: Deep Relaxation for Body & Mind with Emma

- Friday, 24 February, 9am—12:15pm

The workshop will be divided into two sessions with a tea break in the middle. One session will include theory and practice, where we will journey through conscious relaxation, exploring a contemplative Yin Yoga practice to restore the natural condition of the deep tissues in the body while releasing tension in the physical, energetic, and mental layers. Then we shall transition into a relaxing Restorative Yoga practice which unwinds deep tension helping you to slowly let go of stress and feel more connected to your body. Finally, we shall experience Yoga Nidra — known as yogic sleep — a form of guided meditation practiced laying down, where we move into a deep state of conscious sleep, which is a deeper state of relaxation, taking us effortlessly into restful balance and harmony.

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

- Friday, 24 February, 2—4:30pm

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

### Introduction to Traditional Thai Yoga Massage (Nuad Boran) with Andres

- Saturday, 25 February, 9:30am—16:30pm

This is an ancient technique used to unblock energy stagnation and awaken our inner healer. This is achieved through both acupressure on the energy meridians (Nadis/Send Lines) and movements of the body and joints based in Yoga Asanas. From the system originated by Yogi Shrivaka Kumar Baccha (he was close to Buddha and personal physician of his Sangha). Discover all the secrets behind this tradition linked to energy meridians, tricks to unblock stagnant energy, and how to connect with others through this technique while practicing “Metta” (loving kindness) meditation. People of all backgrounds who feel drawn to it as a transformative practice are welcomed.

Thanks and Regards, Thushar, Programs Coordinator  
Verité Programming

### QUIET HEALING CENTER



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

+91 9488084966 WA, mob.

### Somatic Yoga Class with Linda Lee

- Saturday 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.

Prerequisites: no previous experience required!

### Shiatsu for Watsu with Petra & Ulrike

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

### 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!

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



## NEWS FROM AUROVILLE LANGUAGE LAB

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

### Tomatis

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-method.php>
- <https://www.aurovillelanguage.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMLyyw-ZNdZcAng/videos>
- <https://www.listenwell.com/>

### 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, 4—5pm.
- Course started on 13 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, 2:30—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,
- Classes will take place Saturdays, 11am—12noon.

We have 3-4 spots left.

### 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!

### KaHuna Basic Massage Training with Sang

- Wednesday, 8—Sunday, 12 March

- Day 1: 9am—6pm
- Day 2, 3 & 4: 7am—6pm
- Day 5: 7am—3pm

KaHuna is an ancient massage technique, which originated in the South Pacific. KaHuna body workers use their hands, as extension of the heart, as well as forearms and elbows in long fluid strokes, while performing traditional dance steps.

The training consists of two 5-day courses during which you'll learn the magic of KaHuna in the beautiful surroundings of the Quiet Healing Center. The basic course includes Meditation & Yoga, chantings and prayers, Huna philosophy, traditional Hula dance steps, and lots and lots of massages. To understand the depth of KaHuna, it helps to have an understanding of the Hawaiian Huna philosophy and how it relates to bodywork and healing. A fundamental belief of Huna is that everything seeks balance and love. So while technique is an important part of the massage, much of the work is done by Love/Aloha.

The Hawaiians view all aspects of the body as one and believe that the physical, mental, emotional and spiritual are all part of the "whole" self—when healing is effected on one level, all levels are affected. Illness is a state of tension, which leads to resistance that blocks energy movement. KaHuna helps release these blockages, while at the same time giving the energy a new direction.

Dance work or hula movements, combined with the breath work of the practitioner are also important and form an integral aspect of KaHuna. The movements are important to assist the energy flow both within the practitioner and the recipient. Healing is increased by Aloha: Aloha received and Aloha given. This is the Essence of KaHuna!

Sang was trained at the Mettes Institute in Australia and has been a facilitator at the Institute from 2003-2006. She introduced Hawaiian massage courses to Auroville in 2006 and has been teaching Lomi Heartwork, Lomi'Ili'Ili (hot stone massage) and KaHuna bodywork ever since.

- **Prerequisites:** no previous experience required

Thanks, Quiet Healing Center Team, Guy

• **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—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, 3:30—4:30pm.**

**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 practically-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, 9:30—10:30am.**
- Course started on 7 February comprising 24 hours of teaching over three months.

**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
- Classes take place every **Tuesday, 2:30—4pm.**

**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—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—12noon.**

**New: Spanish with Mila**

Our long-time Spanish teacher, Mila, will be starting Beginner Spanish on 15 February. This three-month course (24-hour) is structured on the highly-acclaimed book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach". Mila has been running this course since many years with tremendous success. By the end of the course, students will be equipped with the Spanish alphabet, phonetics, vocabulary, etc. The course will delve into verb conjugations, formation of sentences, use of adverbs & adjectives, and work on the student's listening & reading skills.

- Classes will take place  
**Mondays & Wednesdays, 2—3pm.**
- Course will start on 15 February comprising 24 hours of teaching over three months.

**Sanskrit with Kaushal**

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

- The course started on 5 January
- Classes will take place every  
**Thursday, 2:30—4:30pm.**

**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—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—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—3pm and**
- **Tuesdays & Fridays 3:30—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—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	3:30—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	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 15 February	2—3pm	Monday & Wednesday
	Elementary To start soon	TBA	TBA
	Intermediate Started 22 November	2:30—4pm	Tuesday
Japanese	Beginner To start February 2023	TBA	TBA
Italian	Beginner To start 13 February	4—5pm	Monday & Wednesday

### To join or enquire

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

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

### A note to present and past students:

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

### Change in contact info

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

**Please use the following numbers to contact us:**

- 2623661 Lab, 2622467 Tomatis
- +919843030355 WA only

### The Language Lab's Opening Hours

**Monday—Friday:** 9:00am—12:00pm & 2:00pm—5:00pm.

**Saturday:** 9:00am to 12:00pm.

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

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

Find us on    @aurovillelanguagelab

Auroville Language Lab Tomatis Research Centre

Vismai, for Language Lab Team

*Cinema*

### 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, 24 February

#### Wonders of Life—What is Life

2013/ 59 minutes/ Tim Green

This episode covers one of the most fundamental questions of all—what is life? From exploring undersea vents in the Philippines to swimming with Golden Jellyfish in Palau, Professor Brian Cox demonstrates how life might have arisen on the planet. Along the way, he shows how all life on the planet is connected through something truly unexpected!

**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	20 February	Screening	<b>Stalker</b> (1979)/ 162 min. Andrei Tarkovsky
Tuesday	21 February	Reading	<b>Sculpting in Time</b> , Andrei Tarkovsky
Wednesday	22 February	Reading	<b>Sculpting in Time</b> , Andrei Tarkovsky
Thursday	23 February	Reading	<b>Sculpting in Time</b> , Andrei Tarkovsky
Friday	24 February	Reading	<b>Sculpting in Time</b> , Andrei Tarkovsky
Saturday	25 February	Reading & Screening	Conclusion of Reading/ Screening of Nostalgia, Andrei Tarkovsky

For more information write to:

- [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- contact AVFI fellow Kumud: +91 7592805013 WA

**Invitation to join Film-Philosophy**

with N B Ceylan's *Once Upon a Time in Anatolia*

- Analysis, appreciation, concept formation and film-philosophy.
- 4 & 5 March\_online; 14:30—18:30 IST
- with Deb Kamal Ganguly



From the Zone there is no escape for anyone with a sense of self-esteem and an acute, self-questioning conscience. The brilliance of Ceylan has explored the horror of banality, the violence of meaninglessness, the burden of the homogeneous empty secular time. Through the gradual and incremental collective reading of this great example of slow cinema, the course would locate the core of gray, barren, maleness, being symptomatic of an all encompassing yet invisible statehood, not really as a political entity out-

side the self, but an entity corroding the boundary of the philosophical autonomy of the self.

Participants are welcome who might be interested in the cinematic possibility of philosophical nature of an individual in the contemporary time; the quality of relationship between the 'routine work' of the individual and the impersonal modalities of functioning of the state apparatus, the nature and the burden of the secular time, and the cinematic utterances of multiple subjective temporalities within the body of a film.

**Mode of Teaching:** In the online sessions, sequences from the film will be shown and discussed in depth. Also reading material will be shared during the course.

- To know more please visit: <https://filminstitute.auroville.org/2023/02/05/acting-in-cinema/>
- Or write to [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- Or message +91 9969879319 WA/telegram

**Invitation to join Acting in Cinema**

A 15 days workshop for actors and directors with Pushpendra Singh

- 20 March—2 April, in Auroville



The workshop will have 2 units.

**In Unit 1:** Pushpendra Singh will look at cinema's history through its relationship with acting. He will analyze films in terms of acting styles and how various movements in Cinema have been shaped by change in acting styles. Pushpendra will critically appreciate films through the lens of acting in the following styles:

- Silent Cinema and the Chaplinesque Acting,
- Expressionism in Acting,
- Melodramatic Acting,
- The Bressonian School,
- Method Acting and the American school and how it influenced 'Realistic' Acting
- 'Neorealism' and its influence on Iranian cinema and the development of Naturalistic Acting
- John Cassavetes's use of hyper-realistic acting in his films,
- Modern Melodrama
- Brechtian Epic Approach to Acting
- National traditions and their use in Cinema

**In Unit 2:** The participants will enter into the practice sessions. Both screen actors and directors—will go through acting exercises dealing with psycho-physical aspects of acting—and correspondingly get a perspective on direction. Drawn from exercises by Constantin Stanislavski and Sandy Meisner, the participants will work in a live space. This stage will end with the participants shooting a devised short on one's own DSLR or smartphone.

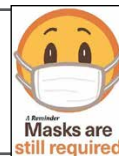
**Pushpendra Singh** is a critically acclaimed director-actor from India' from arthouse cinema in contemporary India.

- To know more please visit: <https://filminstitute.auroville.org/2023/02/05/acting-in-cinema/>
- Or write to [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- Or message +91 9969879319 WA/telegram

Warm Regards, Richa for Auroville Film Institute



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**20 to 26 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 20 February, 8pm**

**MAHISHASUR MARDDINI (A Night to Remember)**

India, 2022, Dir. Ranjan Ghosh w/ Rituparna Sengupta, Saswata Chatterjee, Parambrata Chattopadhyay, and others, Drama, 126mins, Bengali w/ English subtitles, Rated: U/A (PG-13)

A young deaf-mute girl is gangraped and murdered in Kolkata, a night before Durga puja. Nearby, a landlady and her four college-going tenants, busy with festival preparations, receive a few guests, some expected, some unexpected. The fatalistic and menacing incidents that unfold thereafter reveal that a girl-child or a woman in distress is a metaphor for humanity in peril. The expressionistic film noir, combining the forms of cinema and theatre, is about guilt-ridden memories, fake appearances of nobility that we all put on, and how these appearances eventually crumble. A tough but reflective film. The director will be present for a brief Q&A after the screening. Don't Miss!

**Potpourri—Tuesday 21 February, 8pm**

**THE DICTATOR**

USA, 2012, Dir. Larry Charles w/Sacha Baron Cohen, Anna Faris, John C. Reilly, and others, Comedy, 83mins, English-Hebrew-Arabic w/ English subtitles, Rated: R

The Republic of Wadiya is ruled by an eccentric and oppressive leader named Hafez Aladeen. Aladeen is summoned to New York to a UN assembly to address concerns about his country's nuclear weapons program, but the trip goes awry.

**Interesting—Wednesday 22 February, 8pm**

**LIVING THE CHANGE: INSPIRING STORIES FOR A SUSTAINABLE FUTURE**

Australia, 2018, Writer-Dir. Jordan Osmond, Antoinette Wilson w/ Helen Dew, Charles Eisenstein, Mike Joy, and others, 85mins, English, Rated: NR (G)

Sometimes the environmental, economic and social issues seem too big and overwhelming to deal with it. Climate change,

resource limits, economic downturn, social disconnection—the list is long. The film explores solutions to the global crises we face today—solutions any one of us can be part of—through the inspiring stories of people pioneering change in their own lives and in their communities in order to live in a sustainable and regenerative way. This screening has been made possible by the generous sharing of Happens Films and the directors.

**Korean—Thursday 23 February, 8pm**

**TAEGUKGI HWINALRIMYEO**

**(The brotherhood of war)**

Korea, 2004, Dir. Je-kyu Kang w/Jang Dong-Gun, Won Bin, Eun-ju Lee and others, Drama-Action, 140mins, Korean w/English subtitles Rated: NR (PG-13)

Jin-tae always looked after his younger brother Jin-tae — even shining shoes to raise funds for his education. When the Korean War drafted both brothers, Jin-tae makes a bargain with his commander that he'll take the riskiest missions if it will help shield Jin-seok from battle.

**International—Saturday, 25 February, 8pm**

**NOKTAH MERAH PERKAWINAN**  
**(The red point of marriage)**

Indonesia, 2022, Dir. Sabrina Rochelle Kalangie w/ Marsha Timothy, Oka Antara, Sheila Dara Aisha, and others, Drama, 119mins, Bahasa w/ English subtitles, Rated: NR (PG-13)

After 11yrs of marriage, the relationship between Ambar and Gilang enters a period of disappointment; worsened by the intervention of their parents. Gilang works as a landscape architect, while Ambar manages home, family, and find peace in teaching ceramics. There she meets Yuli. Gilang, Ambar, and Yuli's relationship soon become more complicated with Ambar questioning whether her marriage is worth saving.

**Children's Matinee—Sunday, 26 February, 4:30pm**

**DUMBO**

USA-UK, 2019, Dir. Tim Burton w/ Colin Farrell, Michael Keaton, Danny DeVito, and others, Fantasy-Adventure, 110 mins, English, Rated: PG



A struggling circus owner enlists a former star and his two children to take care of Dumbo, a baby

elephant born with oversized ears. When the family discovers that the animal can fly, it soon becomes the main attraction, drawing the attention of audiences, as well as a silver-tongued entrepreneur.

**NO FESTIVAL @ Ciné-Club Sunday 26 February, 8pm**  
**DR. STRANGE LOVE**

UK-USA, 1964, Dir. Stanley Kubrick w/ Peter Sellers, George C. Scott, and others, Drama-Comedy, 104 mins, English w/ English subtitles, Rated: PG.

Through a series of military and political accidents, a psychotic general -U.S. Air Force commander Jack D. Ripper triggers an ingenious, irrevocable scheme to attack Russia's strategic targets with nuclear bombs.

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

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

Please note that now, once again, mask is mandatory!

Thanking You,

MMC/CP Group Account# 105106,

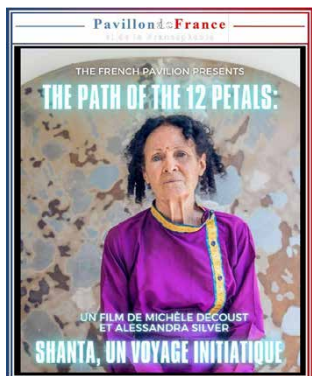
[mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

**THE FRENCH PAVILION PRESENTS**

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

Saturday, 18 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



**At Multi Media Centre Auditorium, Town Hall**

**Reminder**

- Friday, 17 February, "COMPANY LIMITED" (SEEMABADDHA) by Satyajit RAY, India, 1971

Aurofilm will not have a film show during the Auroville week: so no film on Friday 24 February; Rendez-vous the week after!

*Our 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.

**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.

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**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



# Auroville FESTIVAL Schedule

*sincerity*'23



We invite the residents of Auroville to become a part of Auroville Festival '23. This year, the festival's theme is the first quality of Mother's symbol - Sincerity. As the Auroville Festival is observed for eight days, from the 21st to the 28th of February, we are planning to dedicate two days each to Maheshwari, Mahakali, Mahalakshmi and Mahasaraswati.



	21st Tue	22nd Wed	23rd Thu	24th Fri	25th Sat	26th Sun	27th Mon	28th Tue
07:00 am	Om Choir & Mother on Auroville Savitri Bhavan Narad	Little Gems: Children of the Future Savitri Bhavan Revathy	Spiritual Significance of Flowers Savitri Bhavan Narad	Sri Aurobindo on Self Perfection Savitri Bhavan Maurice Shukla	Science & Spirituality Savitri Bhavan Sensai Vijay	Wealth from the perspective of The Mother & Sri Aurobindo Savitri Bhavan Uma M	Foundations of Indian Culture Savitri Bhavan Alope Pandey	The Ideal of Human Unity Savitri Bhavan Lopamudra
02:00 pm	Divine Consciousness Bharat Nivas	Courage to Boldly Spring Forward Bharat Nivas	Divine Anarchy & Spiritual Hierarchy Bharat Nivas	Culture of Perfection Bharat Nivas	Integral Education & Lifelong Learning Bharat Nivas	Prosperity & the Idea of No Money Bharat Nivas	Resource Mobilisation Bharat Nivas	Being a Willing Servitor Bharat Nivas
04:00 pm	Matrimandir Bharat Nivas	Residential Zone Bharat Nivas	Peace Zone & Crown Bharat Nivas	Cultural Zone Bharat Nivas	International Zone Bharat Nivas	Industrial Zone Bharat Nivas	Green Zone & 4 Parks Bharat Nivas	Galaxy Model Bharat Nivas
07:00 pm	Manipuri Dance Bharat Nivas Bimbavati Devi	Kalaripayattu & Mayurbhanj Chhau Bharat Nivas Kathivanoor Veeran	Sitar Recital Bharat Nivas Basab Sen		Kathak & Bharatnatyam Jugalbandi Bharat Nivas	Garba Bharat Nivas Rang Leela Group	Mystic Music Unity Pavilion Ustad Ashraf Hydroz	Ramana Child Prodigy Bharat Nivas

AWARE @Auroville.com

For more information, write to festival@auroville.org | festival.auroville.org

## THE MOTHER'S BIRTHDAY AT MATRIMANDIR 21.2.2023

Imperial MAHESHWARI is seated in the wideness above the thinking mind and will and sublimates and greatness them into wisdom and largeness or floods with a splendour beyond them. For she is the mighty and wise One who opens us to the supramental infinities and the cosmic vastness, to the grandeur of the supreme Light, to a treasure-house of miraculous knowledge, to the measureless movement of the Mother's eternal forces.

### Morning Meditation for Mother's Birthday

- 5.45 to 6.30 am at the Amphitheatre.

A recording of the Mother's voice reading from the book 'The Mother' by Sri Aurobindo will be played.

- Entrance from the Second Banyan Gate: open from 5am.
- All are requested to be seated by 5.40am.
- Access will be limited to the Amphitheatre and up to 7am only.
- Guests are requested to either carry their Aurocard

### Important Information

The meditation at the Amphitheatre of the Matrimandir is an opportunity for individuals to experience inner silence in a unique collective setting. To maintain the special atmosphere, everyone is requested to maintain complete silence and to leave their cell phones, cameras, tablets and other recording devices at home or in their vehicle. Those in possession of such items will be required to deposit them at the 'Custody Facility' near the designated parking area outside the Park of Unity.



Matrimandir Management will try to take utmost care of your items, but will not be responsible for theft or existing damage of items deposited at the 'Custody Facility'.

Please do not bring your pets to the meditation.

Through your participation, you can help make the collective meditation a precious moment of inner experience. Thanking you in advance for your understanding and co-operation.

### Evening: 5.30 – 6 pm

#### Recorded music of Sunil Bhattacharya

- Entrance from the Office Gate at 5.15 pm.
- Guests are requested to carry their Aurocard.
- Bags, cellphones, cameras etc will need to be deposited at the office entrance.

Aum Shanti!