



# News & Notes

#964 A weekly bulletin for residents of Auroville 2 March 2023



This Self is fourfold—the Self of Waking who has the outer intelligence and enjoys external things, is its first part; the Self of Dream who has the inner intelligence and enjoys things subtle, is its second part; the Self of Sleep, unified, a massed intelligence, blissful and enjoying bliss, is the third part ... the lord of all, the omniscient, the inner Control. That which is unseen, indefinable, self-evident in its one selfhood, is the fourth part: this is the Self, this is that which has to be known.

*Mandukya Upanishad.*

*Photo by Roger Toll*

## Pondering



We shall realise that all experience has its use; for all experience counts in this prolonged building and nothing is rejected except what has exhausted its utility and would be a burden on the future...We are not only what we know of ourselves but an immense more which we do not know; our momentary personality is only a bubble on the ocean of our existence.

It is, as it were, the urgent sea out of which the waves of our conscious becoming arise.

*The Boundaries of the Ignorance, The Life Divine by Sri Aurobindo*

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# House of Mother's Agenda

## The Gospel of Death and Vanity of the Ideal

(continued from last week)

...“One day I shall behold my great sweet world  
 Put off the dire disguises of the gods,  
 Unveil from terror and disrobe from sin.  
 Appeased we shall draw near our mother's face,  
 We shall cast our candid souls upon her lap;  
 Then shall we clasp the ecstasy we chase,  
 Then shall we shudder with the long-sought god,  
 Then shall we find Heaven's unexpected strain.  
 Not only is there hope for godheads pure;  
 The violent and darkened deities  
 Leaped down from the one breast in rage to find  
 What the white gods had missed: they too are safe;  
 A mother's eyes are on them and her arms  
 Stretched out in love desire her rebel sons.  
 One who came love and lover and beloved  
 Eternal, built himself a wondrous field  
 And wove the measures of a marvellous dance.  
 There in its circles and its magic turns  
 Attracted he arrives, repelled he flees.  
 In the wild devious promptings of his mind  
 He tastes the honey of tears and puts off joy  
 Repenting, and has laughter and has wrath,  
 And both are a broken music of the soul  
 Which seeks out reconciled its heavenly rhyme.  
 Ever he comes to us across the years  
 Bearing a new sweet face that is the old.  
 His bliss laughs to us or it calls concealed  
 Like a far-heard unseen entrancing flute  
 From moonlit branches in the throbbing woods,  
 Tempting our angry search and passionate pain.  
 Disguised the Lover seeks and draws our souls.  
 He named himself for me, grew Satyavan.  
 For we were man and woman from the first,  
 The twin souls born from one undying fire.  
 Did he not dawn on me in other stars?  
 How has he through the thickets of the world  
 Pursued me like a lion in the night  
 And come upon me suddenly in the ways  
 And seized me with his glorious golden leap!  
 Unsatisfied he yearned for me through time,  
 Sometimes with wrath and sometimes with sweet peace  
 Desiring me since first the world began.  
 He rose like a wild wave out of the floods  
 And dragged me helpless into seas of bliss.  
 Out of my curtained past his arms arrive;  
 They have touched me like the soft persuading wind,  
 They have plucked me like a glad and trembling flower,  
 And clasped me happily burned in ruthless flame.  
 I too have found him charmed in lovely forms  
 And run delighted to his distant voice  
 And pressed to him past many dreadful bars.  
 If there is a yet happier greater god,  
 Let him first wear the face of Satyavan

And let his soul be one with him I love;  
 So let him seek me that I may desire.  
 For only one heart beats within my breast  
 And one god sits there throned. Advance, O Death,  
 Beyond the phantom beauty of this world;  
 For of its citizens I am not one.  
 I cherish God the Fire, not God the Dream.”  
 But Death once more inflicted on her heart  
 The majesty of his calm and dreadful voice:  
 “A bright hallucination are thy thoughts.  
 A prisoner haled by a spiritual cord,  
 Of thy own sensuous will the ardent slave,  
 Thou sendest eagle-poised to meet the sun  
 Words winged with the red splendour of thy heart.  
 But knowledge dwells not in the passionate heart;  
 The heart's words fall back unheard from Wisdom's  
 throne.  
 Vain is thy longing to build heaven on earth.  
 Artificer of Ideal and Idea,  
 Mind, child of Matter in the womb of Life,  
 To higher levels persuades his parents' steps:  
 Inapt, they follow ill the daring guide.  
 But Mind, a glorious traveller in the sky,  
 Walks lamely on the earth with footsteps slow;  
 Hardly he can mould the life's rebellious stuff,  
 Hardly can he hold the galloping hooves of sense:  
 His thoughts look straight into the very heavens;  
 They draw their gold from a celestial mine,  
 His acts work painfully a common ore.  
 All thy high dreams were made by Matter's mind  
 To solace its dull work in Matter's jail,  
 Its only house where it alone seems true.  
 A solid image of reality  
 Carved out of being to prop the works of Time,  
 Matter on the firm earth sits strong and sure.  
 It is the first-born of created things,  
 It stands the last when mind and life are slain,  
 And if it ended all would cease to be.  
 All else is only its outcome or its phase:  
 Thy soul is a brief flower by the gardener Mind  
 Created in thy matter's terrain plot;  
 It perishes with the plant on which it grows,  
 For from earth's sap it draws its heavenly hue:  
 Thy thoughts are gleams that pass on Matter's verge,  
 Thy life a lapsing wave on Matter's sea.

(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,  
 For and on behalf of Gangalakshmi (HOMA), Zech

# Townhall Speaks

## FUNDS & ASSETS MANAGEMENT COMMITTEE REPORT

February 2023

*"The beneficence, skill, industry, generous enterprise and large openhandedness of the Vaishya"—"The Vaishya purified and liberated, becomes the supreme giver and lover & enjoyer", Sapta Chatusthaya, Sri Aurobindo*

AUROVILLE

FUNDS AND ASSETS MANAGEMENT COMMITTEE

FOUNDATION

ACUR, AUROVILLE 605 101  
TAMIL NADU, INDIA  
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- All assets, buildings, farms, green buffer zone and parks, lands are resources that belong to the Divine Mother to be optimally and diligently used by all. The assets are held in a structure-The Auroville Foundation- amenable to the laws of the land.
- FAMC team has met most of the people who had applied for Project Lead positions in ten areas that we had published last month.
- FAMC along with the Foundation Office had arranged for an information sharing meeting after a System and Process Audit which was carried out with an Auditing Company from Chennai. This was followed by two workshops on practical processes to be adjusted and adopted for a timely consolidation of units, trusts and Foundation accounts with required fiduciary norms and guidelines.
- FAMC team along with the Foundation Office also met the Farmers and Green buffer Zone/ Parks workers for CAG queries and the road ahead.
- Comptroller and Auditor General of India (CAG) has not certified the accounts for the year 2021-2022 for Auroville units/ trusts and consolidated accounts of Auroville Foundation because they are not in the Ministry of Education approved format.
- FAMC along with BCC have met the accountants of some units for unit contributions calculations and reconciling the data of the past couple of years. All of these meetings have proceeded amicably. We will continue this process in the coming month/s. Few of the executives also joined for the meeting in connection to their unit accounts
- We have directly communicated with 44 out of 47 people who receive support from the BCC for the green buffer zone and parks work of Auroville. Some baseline data for the buffer zone has been requested from them. This exercise was undertaken because we have not managed to meet with the "group". An annual work plan and a roadmap needs to be set up for a comprehensive yet optimum green belt land management.
- Housing survey has now been completed. The data collected will be reviewed and scrubbed for anomalies and a summary report will be generated for sharing and taking up related works in terms of use, allocations, repairs, planning etc.
- Discipline Farm utilization issue, which has been festering for a long time, has been settled after several on-site visits by FAMC members and meeting the persons engaged on the land at the farm.
- FAMC team went on-site to Buddha Garden and met up with farmers to review the discord situation on the ground. After talking with the persons, a way forward is being prepared.
- We have requested three members of the community to meet up with the Housing Service to join the list of transfers of their current stewardship into other housing assets.
- The FAMC has asked some well performing activities to upgrade themselves to units before FY 2023-24 due to their healthy turnover. We wish them good luck.
- Housing policy and mandate have been offered to the residents for review and feedback.

- All of the BCC budgets will be now put into proper Tally accounting formats so that by the end of March, 2023 financial year, the full BCC budget will be ready for proper consolidation with the Auroville Foundation accounts. This will be the first time the exercise will be effected using proper accounting methods. This will also allow for timely budget utilization and proper resource needs planning for the municipal services.
  - Ongoing initiatives:
    - Prosperity work
    - Meeting with Solar Kitchen executives, La Terrace executives, Arka executives, Sustenance Farm/Akshaya restaurant executives, Vanaville executives
    - Along with ATDC, review of Utsav project, beginning review of Vibrance project and Svaram new campus project
  - Work in reviewing or update of policies and mandates:
    - Upgrade request from large activity to unit is under review and follow up—list of entities given.
    - Review of those who have not progressed is underway.
  - Work in progress to review low performance units over many years in operation to strengthen them or close their activities and engagements.
  - Urgent items, routine items:
    - Review of funds distribution on recurring expenditures, collections
  - Challenges:
    - Work Plan for sub group—Green buffer zones of the Master Plan.
    - Review of farm group submitted work plan to jointly make it realistic and expand the acreage under cultivation with needed training, infrastructure and technical support
  - Items still pending/ongoing
    - Health Sector consolidation and finance is being looked into.
    - Review of the SAIER regards budgets, finances, educational resources
    - 350 residents did not respond to the request to support City Service municipality
  - **Units and Trusts issues.** Appointment, reappointment or resignation of trustees, unit executives and activity manager:
    - **Mandala Pottery**, a unit under **ABC Trust**. Reappointment Stephanie BUSSMANN as an executive dated from 2022-12-03.
    - **Serendipity** a unit under **Hospitality Trust**. Resignation of Sara SPONZA dated 2023-02-19. Appointment of Saranya RAMACHANDIRAN as an executive dated from 2023-02-19 to 2026-02-18.
    - **Aram** is a new activity under the umbrella entity **LEAD** (Learn Experience And Develop). Naveen VASUDEVAN is appointed as new manager from 2023-02-19.
    - **Chrysalis** is a New Activity under the umbrella entity **LEAD** (Learn Experience And Develop). Ms.Nadia Dowlat Farahani and Ms. Auromira Parks are appointed as new managers from 2022-12-31.
- In Her Service, Smiles, submitted by Geeta for FAMC*

### ERRATA: BCC REPORT LINK



Last week, we printed the BCC Report but failed to add the following link.

Note: [The detailed report is available in this link.](#)

*Light and Peace, Roy and Agni*

# Community News

## Auroville Development

### BRING FORWARD AUROVILLE

Dear Secretary Dr. Jayanti Ravi, it was a pleasure to meet you and present some ideas, how to bring forward Auroville to a real city. Thank you for your attention and valuable time. In the attachment you will find not only the presented PPP as a pdf-file, but also background material:

1. the former economic feasibility study to show whether education is the key for Auroville's development to the intended size as a city or not.
2. the last page of a forwarding letter of the project report of a "World University for Human Unity in Auroville" by Kailas, as was demanded from UNESCO 1969. This project report and the forwarding letter were sanctioned by Mother after a first draft was obviously dismissed. This quote is contained in the booklet "Interacting with UNESCO during the Mother's years", which is available in the library of the Auroville Foundation.
3. the historical background to AV's International university, assembled by Gilles G. from the Archives,
4. some stimulating thoughts and reflections of Gilles G. about a new approach to AV's International university.

This additional historical material shall balance the objections some people in Auroville may have to something like a university in Auroville.

The next step on the way to a "Campus of Human Unity (CHU)" would be, as mentioned in the PPP, the "Project Report of the CHU".

The job-description for the required team, to produce this report, is still to be made. This I will do as a next step together with my friends in Auroville.

As soon as this job-description is officially accepted and necessary resources are provided, the real work can start.

I hope this letter meets your expectations.

- [The whole material is also available through this link](#)

With best regards, Helmut.

Helmut Ernst, as Friend of Auroville staying in Grace  
+49 1736614658 WA and Signal

### ABOUT THE SPIRIT OF AUROVILLE

AVI Board's chairman's opening speech of the 2023 of Auroville International's General Assembly held on February 21st 2023 at the Unity Pavilion in Auroville

Dear Friends, I would like to start by thanking you for attending this meeting. Let me thank the members of AVI who have traveled often from great distances for this occasion, and especially my colleagues on the Board, who make their unique and fruitful contributions throughout the year. But I would like to talk to you about a subject that is very much on the agenda: "the spirit of Auroville". It is even on the front page of the February issue of AV Today. I will borrow from this article this quote from Mother:

In 1967 the Mother defined the spirit of Auroville: "And the concrete materialization of the spirit of Auroville hasn't taken place yet, it doesn't exist, there isn't in the earth atmosphere a formation of the "spirit of Auroville," which is a spirit... At bottom is "The art of building unity out of complexity." Without uniformity, you understand: unity through harmony in complexity, with each thing in its place... It's very difficult."

Does the spirit of Auroville exist 56 years later? Yes and no. Yes, because Auroville radiates with all its achievements, with its unique atmosphere, with its courageous residents who were once called "Warriors of Light". It is a jewel, which must be preserved and protected.

No, because the spirit of Auroville is still in the making, it is still to be built, it is not a goal to be reached, it is obviously a "work in progress".

Let's hear what Aurovilians have to say about this spirit of Auroville. Here are, among others, some extracts from letters addressed by Aurovilians to the Governing Board's Chairman, and published in this same article of AVToday:

"The whole magic of AV is what the physical eyes cannot see."

"The two only explicit conditions mentioned by the Mother for becoming an Aurovillian were goodwill and to offer one's work in all sincerity."

"Auroville being a representative microcosm of the entire world, the living laboratory of human evolution as Mother would say, we seem to have to deal with every possible obstacle before real change can take root."

This last comment explains well why the elaboration of the Auroville spirit is so arduous, and why Aurovilians have to go through crises like the one they are going through at the moment. This is not the first crisis, nor the last one, that Aurovilians experiment, but we have to keep faith in the wisdom of this emerging Auroville spirit so that harmony may return. Despite the apparent lack of progress in the reconciliation processes among Aurovilians, the Auroville Dream is more alive and relevant than ever, the strength of this Dream will transcend all obstacles, and we are confident that the goodwill of all will succeed to find the way to a fruitful collective development. The Mother precisely provides us with the key to recover the lost harmony:



"Come to an agreement, all of you. That's the only way to do good work. In order to agree, each one must climb to the top of his consciousness; it is on the heights that harmony is created." *The Mother—April 2, 1970*

It is a delicate matter for Auroville International to intervene in the debates taking place in Auroville. It is understood that only the Aurovilians can decide on the road to follow concerning the development of the Town, and consequently, on what constitutes the spirit of Auroville. However, the involvement of several AVI members goes back to the sixties and seventies. Some were captivated by the teachings of Sri Aurobindo and Mother in the Sri Aurobindo Centers or Auroville associations around the world and, like your humble servant, had a personal encounter with Mother, which transformed their lives. Several of our members have even lived part of their lives, as Aurovilians, the Auroville experience. Others have also lived the life of Ashramites at the Ashram in Pondicherry. We all consider ourselves, so to speak, "Aurovilians at heart", and there are therefore certain observations—or evidences, if you prefer—that we, as members of Auroville International, feel entitled to make:

- First of all, the spirit of Auroville is not found in the verticality of a power coming from above, but in the horizontality of a collective spirit. Aurovilians are servants of the divine consciousness, that resides in us, not servants of any guru, leader, group or interest of any kind. Vertical power belongs to the old world, and it seems that in its most extreme form it is living at this moment its last harmful shakes in the world.
- Secondly, freedom for the residents to grow and develop activities and institutions should be respected—naturally inside the frame of the laws and rights of India. If the freedom to think, express oneself and create is not assured, fear will creep in, joy will disappear, and creative

power will fade away. As Sri Aurobindo puts it: "Without the freedom to take risks and commit mistakes, there can be no progress.... Growth of Consciousness cannot come without freedom" ([Talks—25th December 1938](#))

- Thirdly, in addition to the necessary framework of freedom, Aurovilians must be granted of a framework of security, both legal and economic. That is why the intimidation of residents, the censorship of the various medias of Auroville, the arbitrary restriction of maintenances, the establishment of narrow rules of conducts, the pressure on visas and other repressive regulations, mainly for opinion differences, all these liberticidal and insecure patterns are manifestly contrary to the spirit of Auroville.

And I would also add that the spirit of Auroville is not also a spirit of blocking, of a systematic blockade to all good ideas and projects. Some suggest that the current crisis would be the consequence of a certain negativity on the part of a few residents, fostered by deficient decision-making processes. All must agree that collective work processes need to be dusted off and rejuvenated. There must also be an acceptance that infrastructure, construction and beautification work in a city will inevitably be accompanied by inconvenience and disruption. It is the same in every city of the world.

All must work together with the greatest possible goodwill to build and develop the city. Consultations and debates must take place, but once a broad consensus is reached, the work should proceed without hindrance or delay. All residents must obviously be included in this process. If someone feels rejected or excluded from the process, it is a signal of failure.

Auroville International will in any case continue to support the Aurovilians in every way, to support the harmonious development of Auroville and to give concrete help to concrete projects.

Did you happen to know the allegory—which can be an illustration of another chapter of the Auroville spirit—that a speaker had used to illustrate the actual situation in Auroville. We remember that Mother loved Japanese art. This researcher reminded us of the story of the Japanese emperor's broken bowl. To remake this bowl, the emperor found a way to re-weld the pieces with gold threads. The result reached such a level of beauty that a new art was born, "kintsugi" or "gold jointing". This researcher used this story to evoke the situation in Auroville. There has been a break. Rather than lamenting the situation, can we find that golden thread that will glue the pieces back together? To glue back together to go further, in a more beautiful way..

And now I leave the voice to our dear secretary Friederike, who is the soul of our group and has been doing so for a long time. Thank you for your complete dedication to Auroville and AVI.

*Christian Feuillette (Pragna), Chairman of AVI-Board*

## *Awakening Spirit*

### AMPHITHEATER—MATRIMANDIR

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

**Meditation at sunset with Savitri**

Sri Aurobindo's long mantric poem

read by Mother to Sunil's incredible music

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

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



*Surya & Velmurugan*

## INTRODUCTION TO THE INTEGRAL YOGA

### of Sri Aurobindo and the Mother

Tuesday, 7 March, 9am—12noon

Introduction to the Integral Yoga of Sri Aurobindo and the Mother on Tuesday, 28 February, at 9am—12noon

- **Focus:** Self-mastery
- **Led by:** Ashesh Joshi
- **Place:** Mirabelle Education Centre, Auromodele
- **Contact:** 9489147202.

Please be present by 8:45am

*All are Welcome, Ashesh Joshi*



## SRI AUROBINDO POETRY RECITAL

**Sri Aurobindo**  
**POETRY RECITAL**

Savitri Bhavan - Square Hall  
Monday Mar 6<sup>th</sup> 5:15<sup>pm</sup> - 6<sup>pm</sup>

Malcolm is a native English-speaker and spoken-word poet. He offers to present the works of Sri Aurobindo.

Speaker  
**Malcolm**

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

All are welcome. See you there.

*Peace, Love & Soul, Malcolm*

## A NEW BIRTH: A MEETING OF THE MOTHER WITH SURENDRA NATH JAUHAR ON 11.05.1967



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

Duration: 23min.

The Mother's message from this meeting is: "Once you have no more desires, no more attachments, once you have given up all necessity of receiving a reward from human beings whoever they are, knowing that the only reward that is worth getting is the one that comes from the Supreme and that never fails, once you give up the attachment to all exterior beings and things, you at once feel in your heart this Presence, this Force, this Grace that is always with you. And there is no other remedy. It's the only remedy, for everybody without exception."

Surendra Nath Jauhar founded the Delhi branch of the Sri Aurobindo Ashram. The film is available on the website of AuroMaa under the title:

- **The Mother: A New Birth (An Interview with Surendra Nath Jauhar on 11 May 1967).** Photography and concept by Tara Jauhar. Produced by the Sri Aurobindo Ashram, Delhi Branch.
- <https://www.youtube.com/watch?v=kemAjml5emQ>

Followed by **Adoration of The Divine Mother**—A short film consisting of the Mother's self-portrait and her reading of Savitri. Duration: 5min.

*With light and peace,  
and in offering all  
to Mother and Sri Aurobindo,  
Margrit*

*Gratitude*

**GRATITUDE TO SOHAM**

Gratitude to Soham for reminding us that we are here to help prevent World War III and it hasn't happened yet. There is an emergency now on Earth, please love and express acceptance as much as possible...

**INTO A CREATIVE CHAOS THEY ARE CAST**

*Into a creative chaos they are cast  
Where all asks order but is driven by Chance;  
Strangers to earth-nature, they must unite:  
They work and battle and with pain agree:  
These join, those parts all parts and joins anew,  
But never can we know and truly live  
Till all have found their divine harmony.  
Our life's uncertain way winds circling on...  
And Nature steps into the eternal Light.  
Then only ends this dream of nether life.*

**Savitri:**  
*Book of the Traveler of the Worlds. p.153-4*  
*Anandi ayün, Lux.Certitude*

**GRATITUDE FOR ELLEN**

Dear Ellen of Arati, you were showing keen interest with the needy children and helped them to have good supplementary food and care in the early years of your Auroville journey.



We still remember your beautiful laughter while learning your first Tamil Lesson from our kids.

We pray for your peaceful further journey. Aum Shanti staff, Old students who know you from those early years and present team in gratitude.

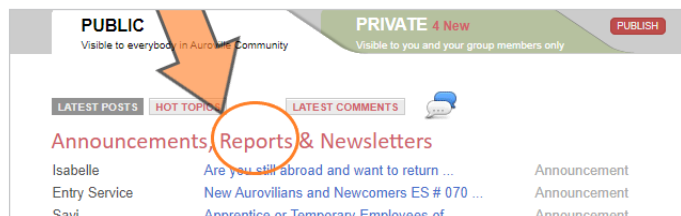
*Ilaignarkal Education Centre, Auroville.*

*For Your Information*

**THE AUROVILLE SAFETY & SECURITY TEAM**

Dear Community members, AVSST's duty reports for September to December 2022 are available on Auronet.

To find it, go in the "Reports" section of Auronet by clicking where indicated in the following screenshot:



- Emergency (24/7): +91 9443090107
- Vehicle Access: +91 9488752435
- Office: +91 4132623400
- Website: [safety.auroville.org](http://safety.auroville.org)



In light of the recent events, AVSST is offering this temporary alternative email address in addition to the existing address: [aurovillesafety@gmail.com](mailto:aurovillesafety@gmail.com)

For vehicle/entrances related matters, please keep using the following: [vehicleaccess@auroville.org.in](mailto:vehicleaccess@auroville.org.in)

Thank you, The Auroville Safety & Security Team (AVSST)

**DAILY PEACE MEDITATION**

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



Submitted by Arun

*Special Opinion*

**VIOLATIONS OF NGT RULING AND RATIFIED AUROVILLE BUILDING APPLICATION PROCESSES—OPEN LETTER**

To: [application-avenir@auroville.org.in](mailto:application-avenir@auroville.org.in)

In your announcement in the News and Notes dated 23 02 2023 you state that the following project has received building approval.

*Temporary caretaker house and volunteer capsules—AV model farm & training & production centre. BA 2603*

*Applicants: Anitha and Jothi Prasad*

While we must assume that you are aware of the NGT ruling of 28 April 2022 and the implications of not complying to the court ruling, we would non the less like to remind you that the NGT ruling of 28 April 2022 does not permit any further construction in the project area until proper township plans are prepared and apply for environmental clearance (NGT ruling 123.a). The NGT ruling does not exclude temporary structures and is for the entire project area that includes all lands of Auroville.

There is also a serious conflict of interest here. Jothi Prasad is a member of the group that has given the permission for the project. So de facto can be seen as giving himself permission for the project.

We would like to further state that clearing of the area was started prior to permission and feedback period. This is a violation of the agreed upon Auroville process for approval of projects.

Additionally we assume that you are aware of at least 2 other construction projects being started in the last few weeks that are in violation of the NGT ruling and do not even seem to have gone through the prescribed Auroville building application process.

- **Construction** at the south west corner of the Auromode compound.
- **Construction** next to the visitor toilets inside the Matri-mandir compound.
- Permission for temporary caretaker house and volunteer capsules—sustenance farm

*In Service, Allan B, Anan, Dorle, Divya L, Island, Lata, Meera N, Natasha S, Tom G*

*Health Care*

**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)



**SANTÉ SERVICES IN MARCH 2023**



**Working Hours**

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

**Tests and Sample collection**

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

**For emergencies**

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

Doctor consults with Dr. Senthil, Monday to Friday	Nursing Care Ezhil & Thilagam, daily, no appointment necessary
Ayurveda with Dr. Sonia, Monday / Thursday / Friday	Ayurveda with Dr. Be, as per availability
Acupuncture with Andres, Monday to Friday	Homeopathy with Michael, Monday/ Wednesday/ Saturday
Integrative Psychotherapy with Juan Andres, Monday to Friday	Pregnancy Care & Women's Wellness with Paula, Tuesday & Wednesday
Physiotherapy & Massage with Galina, Monday To Friday	Physiotherapy with Rebeca, Monday / Wednesday / Friday
Family Counseling with Monique, TOS	Paediatric Physiotherapy with Swati, Monday/ Wednesday/ Thursday

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

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

Dasha

**TO ALL MEMBERS OF THE AV HEALTH FUND SCHEME**

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



As the financial year is going to end, all the pending bills from April 2022 till February 2023 have to be processed before the end of March 2023.

Only the medical bills from March 2023 can be paid till the end of April 2023.

The audit service has told not to process any bills from last financial year after March 2023.

Please check your cupboards while there is still time!

Best, Stefan, for AV Health Fund

*International*

**THE FRENCH PAVILION PRESENTS**

**Board Games for Everyone with Véronique**

- Friday, 3 March, 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.



**Regaining our Economic Consciousness**

- Thursday, 2 March, 5pm, French Pavilion

Conference-discussion, with Jonathan,

In French only, 1h + discussions

After a year-long journey of raising awareness about how money can be used and using alternative tools to it, Jonathan offers to share what is being done in the Francophone countries presently around this subject. This is part of a wish in taking our responsibilities on our modes of consumption, our relation to money, and reclaiming consciousness and power over how this life energy is used.



**Introduction to Esperanto language**

- Monday, 6 March, 5pm, French Pavilion

Presentation followed by playful application by Ewa (member of Esperanto association Grenoble). In French, 1h



Esperanto was created by Ludwig L. Zamenhof, a Polish doctor who lived in a city where the different language communities always misunderstood and fought each other. That is why he created Esperanto as a language they could learn quickly in order to communicate better. Esperanto was created with the aim to be a fair communication tool. Today, millions of people can communicate in Esperanto in more than 150 countries around the world ! Ewa will introduce this language and basic rules to start using it with a playful approach, which may inspire you to continue after !

Thank you, Vivekan

*The Arts*

**A COLLECTIVE EXHIBITION**

Kalakendra Art Gallery invites Artists from all backgrounds

Title: Let us invoke the beautiful in all pervading Shakti Energy" & Remembering Sri Aurobindo's 150 Birth Anniversary

Guidelines: You bring your work by 4 March 2023:

- 4 art works only per person.
- A4 size or maximum 24x18 inches, framed if possible.
- Paintings must be signed, dated, titled, mobile number.
- 15% contribution for the maintenance of the gallery against a purchase.
- Participation by each artist Rupees 500 for the mounting work.
- Each participant may send by e-mail copy of one painting, passport size photo of artist: [bharatnivas-kalakendra@auroville.org.in](mailto:bharatnivas-kalakendra@auroville.org.in)
- Film makers, singers, poets, writers, musicians, dancers, ceramists, sculptures can participate also by offering their work during the exhibition dates.

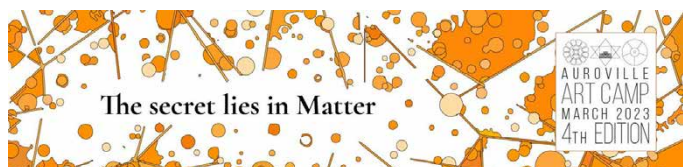


Meeting: All are invited for a meeting on Friday, 3 March at 11am at Kalakendra to discuss, exchange ideas, share a common plan for the 3 weeks program.

Dates of Exhibition: 8—26 March 2023

- Your positive response, presence and participation is welcome. For information, write to:
  - [bharatnivas-kalakendra@auroville.org.in](mailto:bharatnivas-kalakendra@auroville.org.in)
  - 04132622488, +91 9442121315

Tapas, for the Cultural Team



**March 11—18, 4<sup>th</sup> Edition**

Sri Aurobindo and the Mother assign a highest status to an art which serves as revealer and teacher of a quest for the All-Beautiful. In 2019, we decided to organise an art camp that was renewed in 2021 and in 2022. **The fourth edition will take place from Saturday March 11 to 18 2023 at the Pavilion of Tibetan culture.** The theme of this fourth edition is: The Secret lies in matter.

Auroville Art Camp is not just an art camp, it is an Art Camp taking place in Auroville, a unique place of experiment where men and women from all over the World and India have answered to the call of The Mother to manifest her dream and the vision of Sri Aurobindo.

It is an Artist camp with Artist residency for professional visual artists. This Art Camp focuses on the collaboration of Indian national artists and Auroville artists, working on a specific theme during one week thus creating bridges within India through Art. Artists are asked to produce at least one piece of Art that will be exhibited at the end of the camp. We proceed by application as we wish to give an opportunity to artists from all over India to participate regardless of their background and network. So far, for the 3 editions, 67 professional artists and 12 art students have participated.

In these times, such an event supporting artists and not only on a material level, is more than ever essential, not to mention the role of Art in our work here in Auroville. By organising this art camp, we try to create a concentrated atmosphere for the duration of one week where we work together in search of Beauty, invoking through Art this new world which is our ideal.

The organisation and preparation of the Art Camp is a community initiative. At each step, Aurovilians contribute to the project in so many ways depending upon who they are, what they know, what they foresee. We, the core team of the Auroville Art Camp organisation are so grateful for that. It's about goodwill, collaboration and contributing to the dream that is Auroville.

The preparation of the art camp is also an opportunity for being inventive and resourceful. With each edition, we create an art installation that is set up at the venue of the art camp to welcome the invited artists and create a space that draws creation and beauty. This is an occasion for everyone who participates to share the joy of making and learning and to nurture collaboration and togetherness.

- **For the opening of the Auroville Art Camp on Saturday, 11 March at 9am, Deepti will give a talk on the theme of this year's edition, the title of the talk is: Seeking the Divinity within Life 'An exploration of Sri Aurobindo's Action'. You are most welcome to attend the talk . During the week we have also planned open doors so that the community and the schools can see artists at work and interact with them.**
- **The open doors are scheduled on Wednesday, 15 March and Thursday, 16 March 11am—12:30pm & 2—4pm, artists at work**
- To close the art camp an Exhibition of the Artworks created during the week will take place at the Pavilion of Tibetan culture: **Exhibition Opening on Saturday, 18 March at 3pm.**
- To know more about the Auroville art camp: <https://aurovilleartcamp.wordpress.com/about-the-artcamp/>

*With Gratitude, Hervé for  
The Auroville art camp team*

**ROOTS OF THE SKY ✕ PARTICIPATIVE PROJECT**

6—11 March, 9am—12pm & 1:30—5:30pm



**Followed by an Exhibition**

**From 17 to 25 March 2023, 2:30—5:30pm**

**Closed on Sunday**

- Come and draw with us the Banyan Tree.
- This participatory project will take place at Centre d'Art Citadines in the presence of the artist.

It is 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 tree that reigns in the gardens of the Matrimandir.

For years Cedric has been immortalizing trees around the world, ancestral specimens of different species, of these sacred beings that border on immortality.

What started as an individual photographic project has evolved over time and circumstances into a collective performance. With Cedric's guidance, the public is invited to give back contrast to a monumental photograph of the Banyan by intervening with black ink on the half-tone image. The artist becomes the initiator of an almost alchemical link with the matter.

During the next few weeks, Centre d'Art gallery will host the performance entitled *Roots from the Sky ✕*.

On its walls, like an immense fresco, a photographic panorama representing the banyan tree in shades of grey will welcome the public who will be invited to participate.

All those who want to (no need to be an artist, we are all creators, says Cedric), will be able to enter a particular space/time where they will have to, by "writing" on the image of the tree, restore 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 the texture of the bark or the leaves, we bring it back to life, out of time."*

You will enter and leave your worries and fears at the door. You will be in a non-mental attitude. You will be given a brush/pen and will be assisted in the expression of your personal calligraphy. You will be alone and in the midst of others. Your gestures will become a spontaneous dance in communion with the tree, a tribute to the living. When you look at the results of previous performances, what strikes you is the surprising beauty, the homogeneity of a work done by so many different people.

According to Cedric this harmony comes from the inner

attitude of the participants. Everyone participates with a common and respectful intention, in a personal gesture without judgment.

Now, beyond the symbolic implications of this performance and the importance of the banyan tree for Auroville, this is a unique project, to which you are invited, a total art project, in which you will be the author and the beneficiary of the experience, and he, the giant tree, face to face.

*Dominique Jacques / Centre d'Art  
The artwork will be donated to Auroville Art for Land.*

### AUROVILLE TANGO FESTIVAL N°10

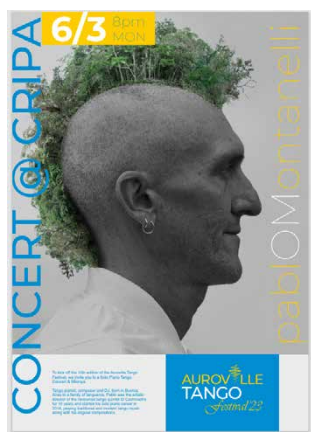
#### Solo Piano Tango Concert Pablo Montanelli

Monday, 6 March, 8pm @ CRIPA

To kick off the 10<sup>th</sup> edition of the Auroville Tango Festival, we would like to invite all to a Solo Piano Tango Concert & Milonga.

Tango pianist, composer and DJ, born in Buenos Aires to a family of tangueros, Pablo was the artistic director of the renowned tango quintet El Cachivache for 10 years and started his solo piano career in 2016, playing traditional and modern tango music along with his original compositions.

- Access through the frisbee field.



*Thanks in advance, Maud for tango*

### MUSIC WEEKEND AT SOLITUDE FARM

3 and 4 March, 7:45pm Music  
7pm Dinner

#### Evening of Bossa Nova

On Friday, 3 March there is an evening of Bossa Nova with Tomas Murmis and Aditi Malhotra both from the prestigious Berkeley school of music.



#### Bebop and cool jazz with Dwayne Clemons

On Saturday, 4 March we have bebop and cool jazz with Dwayne Clemons who is a renowned jazz trumpeter who for a long time played on the New York scene. Now based out of Copenhagen. He is playing with Our own Dhani Muniz and an extraordinary drummer called Joey van Leween.



- Music and localicious dinner at Solitude farm.
- Dinner starts at 7 pm.  
Music starts at 7.45 pm.

See you there.

*Thanks, Krishna Mckenzie, Solitude Farm  
solitudepermaculture@gmail.com, 9843319260*

### Activities



#### SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- To book contact Mani, +91 8637633696

*Submitted by Mani*

# KIRTAN & SACRED SONGS

with **Raquel & Matthew**

## Saturday, March 11 5:00pm - Anitya Community

Info: +91 9751607501 - joianitya@gmail.com  
Anitya is a community project registered under LEAD, Auroville  
Location: Center Field, follow the ANITYA signs

We invite you for our last kirtan before summer with our dear friends Matthew Andrews and Raquel Jover.

*Mathilde for the Joi Anitya team*

## Dances of universal peace

ANITYA, AUROVILLE, TAMIL NADU  
FREE TO ALL!

[Dancesofuniversalpeace.org](http://Dancesofuniversalpeace.org)

**7th March 5-7 pm**  
**9th March 7.30-9 pm**  
**10th March 7.30-9 pm**

*With thanks and warmth, Lison*

### TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

- By apointment: Any time you can do class

#### Information

- Bring water bottle, socks
- Every month new batch beginner
- Minimum commitment 1 month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

#### For bookings contact us:

- +918637633696,  
[bakisatadance@gmail.com](mailto:bakisatadance@gmail.com)



*Mani, @bakisata\_dance*

📍 Pitchandikulam Forest  
 🏠 ECODORM  
 🕒 6:30PM

**8th MARCH 2023**

Ever Slow Green tells the story of Auroville's 50-years-young forest through some of the diverse characters who have dedicated their lives to bringing it to fruition.

**EVER SLOW GREEN**  
 RE-AFFORESTATION IN AUROVILLE, SOUTH INDIA

FILM SCREENING & TALK  
 with director Christoph Pohl  
 a documentary film



Thank you, Kavitha,  
 for Comm4unity Education

**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 LAST SET OF WEED WALKS FOR THE SEASON IN MARCH**

**The last SET of weed walks for this season – in March**  
 On Saturdays, 11, 18, 25 March 2023  
 Time: 7:30am to 8:30am (upto 8:45am)  
 Venue in Auroville: TBA before the walk  
 Pre-registration required (max 10 people)

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

Edible Weeds Project @ Pranimverse (NinaS)

*Specific venue for each weed walk is decided after the registration is completed, and informed to the registered participants only*



Submitted by Nina

**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

**SALSA DANCE CLASS**

- **Beginner Class:** Every Tuesday, 6:30pm
- **All Levels:** Every Saturday, 6:30pm
- **By appointment** any time you can do Salsa, Bachata Kizomba
- **Need To Bring:** Socks, Water, Smile
- **Venue:** New creation Dance studio
- **Register before coming:** +918637633696



Mani, @bakisata\_dance

*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

*Work Opportunities*

**HR HUB INITIATIVE**



HR Hub Initiative is a service which helps individual Aurovilians and Newcomers in search for suitable work by connecting them to Auroville units and services who are looking to fill positions and in turn to find the right individuals to step in.

We invite the Auroville Services/Units to use our service; if you are in need to find someone to fill out a work position in your unit, we can help you by screening and finding suitable applicants.

We also invite Aurovilians and Newcomers that are in search of a work opportunity to write to us and apply through our service so that we can connect you with the Units/Services of Auroville in need.

At the moment we do have a number of candidates in search for suitable working opportunities. If your Unit/Service is in need of people, feel free to contact us; we might be able to connect you with Aurovilians/Newcomers who are searching for work.

- Please contact us for more information: [hr.hubauroville@gmail.com](mailto:hr.hubauroville@gmail.com)

Warmly, Sara for HR Hub Initiative

## Looking For

### Needs a Desktop Monitor

Dear Friends, we need a desktop monitor for our cafe. Kindly contact us if anyone can find one on +91 9843319260

Thanks, Krishna Mckenzie, Solitude Farm  
[solitudepermaculture@gmail.com](mailto:solitudepermaculture@gmail.com)



### Looking For Long-term House Sitting



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

8667648515 or [solespazio@gmail.com](mailto:solespazio@gmail.com)  
With Love & Gratitude, Enzo

## Available

### Furniture and Other Items Available:

- Big cupboard height 87cm, depth 38.5cm, width 92cm
- Small and cute night stand, 1 sofa set plus 2 single (3 pieces)
- One brass cylinder container
- One TEFAL steam iron almost new
- Bronze statues
- Various paintings
- Mother's photos



Please contact Susmita: 9345400559

## Foods, Goods and Services

### ECO FEMME OPEN HOUSE

Every Thursday morning from 10:30am

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



See you soon!

The Eco Femme Team'

### SERVICE: SOUL OF THE SOIL

Offers its services voluntarily in gratis in the below areas only to individuals/activities who/which do not have a qualified and experienced in-house resource.

#### Focus

- Social and Service Startups: Products and Services
- Concept Note, Project Proposal and Application Form Preparation—Guidance only
- Email Marketing, Instagram, Business Communication, Website content—Guidance only

**Contact Details:** Surajkiran,  
• 988420 4918 Voice and WA  
• [surajkiranv@gmail.com](mailto:surajkiranv@gmail.com)  
• Location: Auroville



Submitted by Surajkiran

## Auroville Poetry

### WHO TO EXCLUDE?

This realisation that We are One  
Means this We in our utter diversity  
Are inseparable in our unity.  
This Unity in Diversity means  
That no one nor anything  
Can be excluded,  
Or every unique one or thing  
Is included,  
In The Play of the Infinite One.  
So who to exclude?  
Conscious, half or not  
Every one plays their roles.  
Each unique being or thing  
Is simply a point or frequency  
In the spectrum of Consciousness  
Co-manifesting in the oneness  
Of this marvelous shared experience.  
Whatever are the intertwined results,  
"Whatever" because of our ignorance,  
Totally obviously depends  
On the Supreme Consciousness-Force  
Characterised by Omniscience  
Omnipotence and Omnipresence.  
That is why the Avatar's advice,  
A tip from the emanation of the Source:  
"Surrender to the Force."  
Take the Sunlit Path of Bhakti  
Easy, joyful and worry-free  
A willing instrument just be  
Going with the magical flow  
Of divine synchronicity.

Om Namo Bhagavate,  
Zech, 2023.02.22

## 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

- [Overcoming Apartheid—Community gathering with South African activist & minister Jay Naidoo](#) (Meetings)
- [Yaadhum Oorey! Yaavarum Kelir](#) (Tamil culture)
- [Aathichudi](#) (Tamil culture)
- [Tamil Folk Culture and Music](#) (Tamil culture)
- [History of Tamil Temple Architecture](#) (Tamil culture)
- [Why did I learn...?—Ep. 1 "The Mathematics of Trust"](#) (Integral Education)
- [Tamil Annai—Women Contribution](#) (in Tamil Language) (Tamil culture)
- [Kadhai Ketpoma—Ep.20](#) (Literature)  
"நீ நதி போல ஓடிக்கொண்டிரு"
- [Marlenka's weekly Offering—Ep.83](#) (Literature)

- [Une série hebdomadaire de lectures par Gangalakshmi—430](#) (Integral Yoga)
- [Sri Aurobindo, La Vita Divina—Cap. 22](#) (Sri Aurobindo)
- [Life-Less Plastics—from Awareness to Action!](#) (Environment)
- [Soul Tracks—Se4, Ep 28 “On me Tod Again”](#) (Music)
- [Kadhai Ketpoma - Ep.19](#) (Literature)  
“நீ நதி போல ஓடிக்கொண்டிரு”
- [Marlenka’s weekly Offering—Ep.82](#) (Literature)
- [Savitri, Book II, Canto II, Part 1](#) (Integral Yoga)

### Last Youtube live videos

- [Auroville Birthday Dawnfire Meditation](#)

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Peace and Love

Regards, Wobbli

### THE WATERSHED MOMENTS IN INTEGRAL YOGA

In 2008, a biography of Sri Aurobindo authored by Peter Hees, an archivist at the Sri Aurobindo Ashram Archive Department, created a furor which led to a deep divide in the Integral Yoga community the world over. Every individual, community, gathering, study groups, centers connected to the Integral Yoga spiritual eco-system had to individually and collectively reflect in and for herself or itself what is the Truth Consciousness. The reality of consciousness, the work of the Divine Mother in Her manifestation though Her Creation and its ever forward progression became a far distant unknown. The watershed moment for Ashram changed the course of the working of The Mother’s Force in Her manifestation.

Over the last many decades since the inauguration of Auroville, the Dream of the Divine enunciated by the Mother at the February 28, 1968 has been clocking time in measures of years instead of the Mother’s impetuous force in Action that She put in motion at the get go. Over the last 55 years many memorable and otherwise milestones have marked the coursing of time for the glimpse of its manifestation.

The year 2021 brought in a new Secretary followed by the new Governing Board and the new International Advisory Council providing the full triumvirate of Governance as enunciated in the Auroville Foundation Act which was brought into fruition in 1988 by early pioneers and other well wishers who lived a period of turmoil and upheaval over interpretation of the Dream and to be a true Aurovilian, indirectly who are the rightful “owners” of the Auroville Dream.

The year 2022 has been the watershed moment for Auroville. Beginning with the residents, internal working groups, Friends of Auroville, other Associates and those from the Ashram who were equally the pioneers who worked on the ground before the inauguration, the Auroville International Centers, its members and wide network of country associates, study groups, media, etc all caught in the maze of self and group reflection of what Auroville is about. What they are about in relation to the project of Actual Human Unity on this only planet Earth? Some seem to still live in the false narrative of the rightful, legal “owners” of the Auroville.

The one and only quest is both individual and collective. What am I? What is my true and only role in Auroville? How am I to bring the harmony in the collective? Only from the individual reconciliation, peace and truth of the being will small group dynamics and harmonious collaborations can germinate. Without collaboration no actual manifestation of anything can happen, let alone Auroville as what the Mother enunciated with all those around Her.

Chandresh, February 23, 2023

### AUROVILLE: MOTHER’S ESSENTIAL GUIDELINES

Between 1986 and 1990, as a researcher for the Laboratory of Evolution and the Centre for Human Unity instituted by Kireet Joshi, I put together a series of stenciled compilations on Yoga and Auroville during Mother’s years; financed with grants from the Government of India, these were distributed to the entire community along with the News, to share what attitude and lifestyle the Mother expected from the 50,000 inhabitants town named after Sri Aurobindo. The inner quest determined the outer life; the signposts were those minimum material needs for which the Mother instituted the Auroville Prosperity system, in March 1968, two weeks after founding Auroville. The 30 square meters plus the collective spaces for bachelors’ flats (75 for a family of four) highlighted the town’s spiritual character; there were no cars, and servants or paid workers.



Copy of the guidelines approved during Mother’s years, stored in the Auroville Archive, and of the Galaxy album are with me. The admission leaflet, to be signed by the Mother to be accepted, implied a basic code of conduct; this simple but striking document revolves around the text To be a true Aurovilian, emphasizing:

1. The inner discovery and psychic awakening.
2. Aspiration to Auroville’s true consciousness.
3. Goodwill.
4. Fostering human unity.
5. On the practical side, no Newcomers’s fee.
6. Working daily minimum five hours, including Sundays, for the community’s effective needs; six hours, if Sunday is excluded. Work for oneself or family doesn’t count. Pregnant women and nursing mothers work as receptionists.
7. Newcomers who have no money but do useful work are provided basic accommodations and taken in charge on the basis of minimum material needs.
8. “When Auroville meets the individual’s needs and requirements, one is expected to offer to Auroville all that he has and can in terms of material possessions.”

Thus the original leaflet. Pondering over the throng of archival material (statements by the Mother, drafts and documents by others which she signed) complementary guidelines emerge as well:

9. The children born in Auroville are naturally Aurovilians and Auroville has the full responsibility; this ceases if the parents take them away.
10. All is collective property, to be utilized for the well-being of all.
11. All industries/productive units belong to Auroville as a whole. Each case is to be considered separately, but within a context where private property, money circulation and paid staff are banned.
12. No drugs. No alcohol. Ideally, no tobacco; no smoking in the collective spaces.
13. No politics.
14. No violence.
15. No police.
16. No chemical fertilizers and pesticides.
17. No servants.
18. Paid workers are allowed only temporarily and anyhow for not more than one year—until an Aurovilian picks up the job.

19. Integration of the villagers. As long as not ready to join Auroville, the Mother had instituted a system similar to that of the Auroville Prosperity, preferably replacing the wages; their children went to school together with the Auroville children.
20. No cars and no polluting traffic. Collective transport, also underground; bicycles; electric vehicles at no more than 15 kms per hour.
21. "The cell has 30m<sup>2</sup> for private use and 10m<sup>2</sup> for collective use. Five cells can shelter six persons. The flat has 75m<sup>2</sup> for private house, and 25m<sup>2</sup> for collective use. On the average a flat can shelter 2 adults and 2 children (4 inhabitants per flat)." (Galaxy album).

These are Mother's essential guidelines. Accepting the challenge of "the great adventure" with the boldness of young idealists, Auroville's early inhabitants were admitted on such basis within one year; in some cases, this period could be shortened or extended.

Submitted by Paulette

#### KALI YUGA / PART 4

"And without doubt our (poor) times prefer the image of the thing, the copy to the original, the representation to the reality, the appearance to the being... What is sacred for him, is only an illusion, but what is secular is the truth. Even better, the sacred in his eyes grows as decrease the truth and that the illusion grows, so that the eight of illusion is also for him the eight of the sacred." Ludwig Feuerbach in Preface to the essence of Christianity

The respect for the sacred, the sublime, the true having already vanished, Jesus Christ who was so intensely, truly loving the people of the whole world, who has realised the unity with the entire creation, was led to the cross of sacrifice. Paradoxical, funny no? Only bad karma? Usually people to escape from what they fear and completely ignore (pure love for example), hate and slay. The whole Kali Yuga is drenched with blood. Since super long the humankind is bathing, sometime happily, sometime not, in a crass ignorance. Ignorance, not consciousness is governing the world. The great seers of yore tried vainly to awaken this miserable growing mass of wo/men to the reality, the truth which would free them from the painful shackles of blind ignorance. In vain! Their ears, eyes and hearts are dead to the appeals of the infinite. They are all in love with their pitiful ego, and all the miseries befalling on them life after life, after life, after life.

Here in Auroville, Mother of all graces offers us with an act of divine generosity to free ourselves of all the terrible bondages we have been carrying with us for ages. And even if her smiling photos are everywhere we have chosen to ignore her and go on our businesses as usual. Ignorance is the great, ugly, sarcastic, cynical mask of things. It devours and deforms everyone and everything in this world of total falsehood. It creates, democracy or not, masses of submissive robots. Living in a climatized hell, that our clever guardians try to make pleasant (we have the right to go here and there to consume what we want, to fuck with whoever is willing, to make complex transactions in order to become "richer" but in fact more poor psychikali etc. etc. The gesticulation of the ordinary slaves is endless. One day, the pressure in the pressure cooker will become unsustainable and it will explode. Imagine the damages...

Mother and Sri Aurobindo showed us the way out of this deadly mess. They were very much aware that one can create falsehood, like a world plague corrupting everything and everyone, I insist. Integral yoga, the way out of this integral madness requires an integral sincerity. All lukewarm, apathetic, lethargic aspiration will let you go nowhere. A total self-giving, a total sacrifice of your ridiculous ego is asked for, not less. The false person must die in order to give birth to the divinity you have been secretly, then and only then, life shows its true meaning. You were living in a vast glorious, marvelous paradise, and you were ignoring

it. A death veil was possessing your true being, you were blind to the super light which enlightens the whole earth, you were frantic, impulsive, stressful, hallucinated, overexcited, the accomplices of your own desperate disintegration and death. There is no more time and energy to waste, the pressure cooker is ready to explode, and you with it. Save what can be saved, your precious soul, cling firmly on it, and sing ardently the praises of God (only).

To be continued...

Your beatific Soham

*Post scriptum: May the people of the five births accept my sacrifice, those who are born of the light and worthy of worship; may earth protect us from earthly evil and the mid-region from calamity from the gods. Follow the shining tread spun out across the mid-world, protect the luminous paths built by the thought; weave an inviolate work, become the human being, create the divine race... Seers of truth are you, sharpen the shining spears with which you cut the way to the that which is immortal; knowers of the secret planes, form them, the steps by which the gods attained to immortality.*

Rig Veda

#### THE CROWN!



So sorry to learn that the gb has chosen materials for the Crown Way that are not environmentally friendly. The materials the road service had used were environmentally friendly, the plan the dreamweavers presented was environmentally friendly but they chose this which is not environmentally friendly. At the summit of science and spirituality for an awakening of humanity the

chairman recognized climate change as a global crisis and acknowledged it as the responsibility of all of us.

For fifty five years the Auroville community has worked consciously, despite being grossly spiritually undeveloped, to help the land regenerate and protect the water resources. trees were planted and nurtured, green manure crops were planted and tilled into the soil, dams were built to save the precious rainfall from the monsoon rains from being carried through the canyons to the Bay of Bengal, water catchment tanks were built. We developed and trained a road service that built and maintained environmentally friendly roads and cycle paths.

We had all agreed to help build the city earth needs when we joined, but we hoped and worked for an environmentally friendly city not one that would hasten the end of homo sapiens. We endured many hardships while working towards the goal of an environmentally friendly environment only to see the effort we have put into this be disregarded by the powers that be. It makes it hard for us to respect this way of building Auroville

Jocelyn Janaka

#### HUMAN WILL OR THE DIVINE WILL

*The whole world yearns for freedom, yet each creature is in love with his chains; this is the first paradox and the inextricable knot of our nature. Sri Aurobindo*



For millennia we humans have wondered if, beyond our own ingenuity and powers of reasoning and thought, there is yet another mind, a greater mind that encompasses all intelligence, and sees all, and knows all.

Where is such a mind located? By what name do we call it? How do we know its presence?

Beyond our own will—however free or confined in its contours—is there another will that prevails more resolutely?

On a difficult path, on a new journey, in moments of despair or uncertainty, in the face of death or disease, on top of a cliff, in torrential rains or in snowstorms, in victories and in defeats, with sinking hearts or with joyous abandon, in soli-

tude or in communion, in states of hopelessness or in ecstasy, in whispers and in a thousand chants, across lands and across times, perhaps foolishly, perhaps unknowingly, we have often spoken of the will of God, and have wondered what it might be, and how it might align with our own will.

*'God Willing', Insha'Allah.*

*Not my will but thy will be done.*

*Not my will but God's Will. The Divine Will.*

Yet so often we have manipulated the Will of God to squeeze it into our own wanton and ferocious whims and desires; so often we have declared, loudly and unequivocally, our own will to be the Will of God. In every war, in every skirmish, everywhere, everyone claims God to be on his side. During the long years of the Crusades that engaged the Muslims and the Christians in fierce battles over many centuries in the Holy Land in Jerusalem, Christian crusaders went on a rampage of murder and destruction, all proclaiming to be fulfilling the Will of God:

*[We] made an attack upon them and killed an innumerable multitude. All the others fled in confusion. Our men, moreover, returning in victory and bearing many heads fixed upon pikes and spears, furnished a joyful spectacle for the people of God.*

*Allah-hu-Akbar: 'God is Great'* so often, sadly, turns out to be a war cry for mercilessly destroying temples and cities, and to mutilate and kill, to hang the innocent and the meek, to burn libraries and museums, and then boast in strident and obnoxious phrases that it is all the will of God.

Fate. Destiny. Divine Will. God's Will. Laws of Nature. Causality. For so long we have wondered why do certain things and events happen the way they do: an earthquake, a drought, the birth of an autistic child, a sudden heart failure. For so long, in all lands, we have so often invoked providence and God's Will as the primary cause of all events. For many centuries now, human intellect, expressed through reason, rationality, reflection and thought, and the search for natural causation through scientific investigation, seems to be increasingly superseding all notions of destiny or any divine will.

Yet, at every turn in our lives, we experience the unexpected and the unknown which seem to defy all natural laws: a child is run over by a car; lightning strikes an old man; one meets a stranger and a whole new world opens up. Sometimes one wonders if some transcendent will is at work. What will is this? Whose will is it? What does 'Free Will' mean then for us humans?

How do we know what the will of God is? "For each one of us, there is only one thing necessary," says monk Thomas Merton, "to fulfil our own destiny, according to God's will, to be what God wants us to be."

How do we discover what God wants us to be?

For many, all over the world, God is no more. He is merciless. He is blind. He is dead. He is a mere illusion.

I wonder if a blood cell knows the body it inhabits as it flows through the mysterious conduits of arteries and veins. Does it comprehend the meaning of its own movement as it passes through vast and complex structures of the body? How does it know that its universe is the body of a turtle or of a poet, who himself may be meditating on the same quest in a colossal universe?

Yet the blood cells move on, defining and creating the stream of life, making it pulsate with longing, and render meaning to it as a turtle. Or as a human being.

A Christian missionary, Brother Andrew—Andrew van der Bijl—came to be known as "God's Smuggler" for smuggling Bibles to communist countries at the height of Cold War. Telling his own story, he wrote: "I think you're like one of your own lumps of clay, Andy. God has a plan for you, and He's trying to get you into the centre of it, and you keep dodging and slithering away." We all make plans; our parents and our teachers, our priests, well-wishers, politicians, officials, ideologues, they all make plans for us. But is there God's plan for us? How often do we keep dodging and slithering away from such a plan?

Is God's plan what we call destiny?

Does knowing one's destiny lead one to Freedom? To Liberation?

I say, 'I am what I am'.

But if I really knew what I am, would I really be what I am?

In the words of Krishna in the Bhagavada Gita:

*Prakrteh kryamanani ... The Nature manifests itself in numerous ways, but he whose Soul is bewildered by delusion*

*Thinks: "I am the doer."*

**Sehdev Kumar**

**Note:** Professor Emeritus Sehdev Kumar is author of '7000 Million Degrees of Freedom' and 'Ocean in a Drop: Verses of Weaver-Sage Kabir'. His new book, 'Angels in Black Holes: Hope, Light & Redemption' is expected to be published soon.

### FROM THE MOTHER'S AGENDA OF APRIL 17, 1971

*"Sri Aurobindo came to tell us: one need not leave the earth to find the Truth, one need not leave life to find one's soul, one need not abandon the world or have limited beliefs to enter into relation with the Divine. The Divine is everywhere, in everything, and if he is hidden, it is because we do not take the trouble to find him."*

**Questions and Answers, 8.13.1958**

- [https://sri-aurobindo.co.in/workings/ma/agenda\\_12/1971-04-17-01\\_e.htm](https://sri-aurobindo.co.in/workings/ma/agenda_12/1971-04-17-01_e.htm)

Read it all very, very carefully. There are many keys in that Agenda to understanding the integrality of the Lila, this Divine Play of the Supreme One and Its infinite multidimensional intertwined dynamic unique manifestations.

And that we are in "the Hour of God", a totally new paradigm shift in consciousness and species, the Supramental being. A new beingness, a new condition of life on Earth. And at every fast-flowing moment each is playing one's unique role and note, whether conscious or not, with the Supreme as conductor.

As the Mother said, we are all puppets of larger forces, that's why one who understands and is fully surrendered to the Supreme can laugh.

Otherwise how can any teeny tiny little transitional individual even be in this exponentially evolving marvel of the here and now, fast-forwarding to a Life Divine?

Let's all do our best, and let the Supreme modulate the rest.

**Om Namo Bhagavate, Zech, 2023.02.26**

*Classes, Workshops & Healing Arts*

### TRADITIONAL MANTRA AND STOTRA CHANTING CLASSES



**Traditional  
Mantra & Stotra  
Chanting Classes**

at Serendipity Community

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

with Sonia Novaes

Email: [serendipity@auroville.org.in](mailto:serendipity@auroville.org.in) | WhatsApp: +91 8940288090

**Sincerely, Sonia, Om**



**ACTIVITIERS BY DR. SEHDEV KUMAR**

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

**Freedom From Fear**

• Verite, Saturday, 11 March, 2—4:30pm

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



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

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

• Register: +91 7867805812

**Peace Within: Peace Without**

• Vérité, Saturday, 18 March, 2—4:30pm

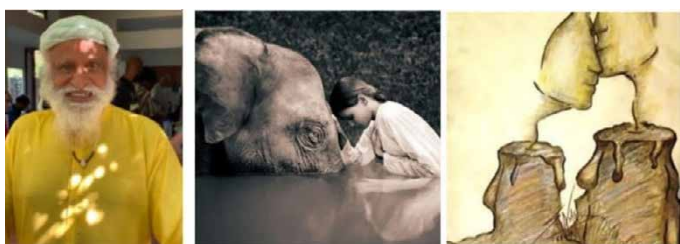


- Can there be Peace Within if there is Discordance in the Family?
- Can there be Peace in the World if our Leaders are driven by Arrogance and Fear?
- Can there be Peace in our Hearts if demonic forces of Injustice and Inequality keep flourishing in the World unheeded?

Let us aspire for an Integral Vision of Peace that celebrates Love & Harmony & Dignity at all levels In the Phenomenological & Spiritual Universe Alike

◦ Register: +91 78678 05812

**Yoga Of Forgiveness**



Verite, Saturday, 25 March, 2—4:30pm.

- From the Darkness of Hatred & Indifference to the Light of Forgiveness is a momentous step
- From Fear & Festering Revenge to the Courage of Being is the True Journey of the Spirit

*We must let go  
What ties us to the prison bars  
And dream once again of Freedom.  
In this freedom alone  
lies our true  
Redemption.*

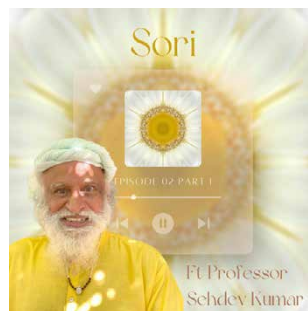
• Register: +91 7867805812

Thank you,  
Sehdev Kumar,  
[www.lotusinthestone.com](http://www.lotusinthestone.com)

**SORI**

**Episode 2 Part I The Yoga of Forgiveness with Professor Sehdev Kumar**

Welcome to [Episode 2 part I](#) of the Sori podcast exploring apology and forgiveness, this time live from Auroville, India.



In this episode I had the most captivating conversation and a deep meeting of hearts with Professor Sehdev Kumar exploring the Yoga of Forgiveness and how this relates to the healing of personal and collective hurts.

- For more information about Sehdev Kumar's work and books available check out: [www.lotusinthestone.com](http://www.lotusinthestone.com)

**Special thanks** to Nadaka and Gopika for the permission to share their beautiful music from their Album Surya chants of light.

- Track 2: Arogya Mantra by Nadaka & Gopika
- Track 4: Navagraha by Nadaka & Gopika



**Episode 2 Part II A way back to love: The journey of apology and forgiveness**

Welcome to [Episode 2 part II](#) of the Sori podcast exploring apology and forgiveness from Auroville, India.



Here's episode 2.2 of the Sori podcast. In this episode we will be exploring the journey to forgiveness and how this makes space for gratitude and love.

You will have an introduction to the Sori workshops and how the imagination and creativity can be experienced as a healing gift that lives within us all.

**Conversations with special guests** Yogini and Megha unfold the personal journey of how apology and forgiveness can be discovered and experienced in family and relationships. A musical conversation with cellist Gundolf explores the dialogue and meeting of hearts that is needed as the ground within which forgiveness can grace us.

**Special thanks** to Marco for your beautiful contributions to the workshop. Rekha, Michael and Gopika for your support and hospitality.

**Special thanks** to Nadaka and Gopika for the permission to share their beautiful music from their Album—SURYA chants of light.

- Track 1: Suryaya Swaha by Nadaka & Gopika
- Track 5: Suryashtakam by Nadaka & Gopika



- Hear the full album [Surya CD on Spotify](#)
- Nadaka & Gopika's YouTube channel
- Web Site [www.Ragamantra.com](http://www.Ragamantra.com)

Edited by Theodore Lowry in collaboration with Reculture North Studios.

- For more information contact [www.alkimiasoul.com](http://www.alkimiasoul.com)
- Podcast links: [www.alkimiasoul.com/podcast](http://www.alkimiasoul.com/podcast)
- [Spotify link](#)

Creative Holistic Wellbeing Services



**ARKA**  
**WELLNESS CENTER & MULTIPURPOSE HALL**  
 Regular activities, March 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, Hennacolouring	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, 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*

**21-DAY ULTIMATE HEALTH CHALLENGE**

6 to 26 March, 6—7am

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

**ULTIMATE HEALTH CHALLENGE**

Learn 7 Habits to Rise to Your Peak Health, in 21 days.  
**6th to 26th March, 2023 (6 to 7 am)**

**Benefits You'll Experience :**

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

We're happy to recommend the upcoming 21-day Ultimate Health Challenge facilitated by the Satvic Movement ([satvicmovement.org](http://satvicmovement.org)) team from 6 to 26 March, 2023.

- It's an online program with sessions every morning from 6 to 7 am.

**Support Group in Auroville**

In February 2023 some of us in Auroville who had taken this online program had come together for a 3-day cooking workshop led by Mini Gupta, a chef from the Satvic Movement team. We also met over a couple of potluck meals and sessions to learn and reflect together.

For the 21-day program in March 2023 also we are forming an informal support group for residents in and around Auroville. The support will be offered in the form of collective study and reflection circles locally as well as an exploration of a community kitchen experiment that serves whole-food plant-based vegan dishes.

We will also read and reflect on excerpts from the book 'Integral Healing' which has a compilation of Sri Aurobindo and The Mother's writings on health and healing.

**Registration**

- You can sign up for the program on [ultimatehealthchallenge.in](http://ultimatehealthchallenge.in)
- It has a fee which you can directly pay to Satvic Movement. If money is a constraint, then let us know and we can request them to give a discount/waiver.

It's also important to clarify that Samskritam Auroville team neither takes any financial incentive from this program nor charges any fees for the services and support. We offer all our learning programs and services as an unconditional gift and we run solely on voluntary donations.

- To know more or to join the support group, please write to us on [devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

*All are welcome, warmly,  
Deven and Shilpa  
for Samskritam Auroville and Bharat Nivas team*

**THAI MASSAGE**

Everyday after 5pm

If you want to participate, please book it in advance:

- +91 8098845200, Voice and WA
- [rupavathijoy@gmail.com](mailto:rupavathijoy@gmail.com)

*Rupavathijoy*

## SERENDIPITY: ACTIVITIES & THERAPIES

### Regular Classes

#### Hatha Yoga with Ramesh

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



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

#### Traditional Sanskrit Mantras with Sonia

- Thursday, 10:30—11:30am, drop in class and Friday, 5—6pm, Regular Students.

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

### Therapies

#### Bach Flowers Remedies with Stefania

- On appointment only, +91 9486363442

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



#### Conscious Life Counseling with Stefania

- On appointment only, +91 9486363442

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

#### Shiatsu Massage with Sara and Simona

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

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

#### Contacts & Address

- Ex. Joy Community in front of Center GH
- Center Field, Auroville—605101, Tamil Nadu, India
- Landline: +91 0413 2965693
- Mobile/WA: +91 9385623342
- [serendipityauroville@gmail.com](mailto:serendipityauroville@gmail.com)
- <https://serendipity.auroville.org>
- <https://www.facebook.com/serendipityauroville>

Warmly, Sara for Serendipity

### QUIET HEALING CENTER



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

+91 9488084966

#### KaHuna Basic Massage Training with Sang

- Wednesday, 8 till 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. We will live and learn the magic of KaHuna massage in the beautiful surrounding of the Quiet Healing Center.

This basic course includes meditation & yoga, chantings and prayers, Huna philosophy, traditional Hula dance steps, giving and receiving KaHuna of massages... and vegetarian lunches.

**Prerequisites:** no previous experience required

#### Watsu & Meditation with Dariya

- Monday, 13 & Tuesday, 14 March, 8:45am—6pm

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

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

**Prerequisites:** Watsu Basic

Submitted by Guy

**SUNLIT PATH**

**March Calendar**

**March CALENDAR**

**REGULAR CLASSES** Yoga 7-8AM MON WED FRI

**COMMUNITY GATHERINGS** KIRTAN MAR 4 5 PM, full moon gathering MAR 6 6:30 PM

**HEALING** Agurvedic Marma Massage offered by GIACOMO COLOMBA, Expressive Arts-Based Healing offered by SUDHA SUTHANTHIRAM, Archetype Reading offered by GIACOMO COLOMBA, Psychotherapy Sessions offered by PRIYAM JAIN

**RETREATS** MAR 4,5,6 Sing! The Embodied Voice offered by SHALINI SEKHAR, MAR 10,11,12 Spiralling into Self Archetypes and Personal Myth offered by GIACOMO COLOMBA & SUDHA SUTHANTHIRAM, MAR 16,17,18 DECODING THE YANTRA Sacred Geometry & Symbology offered by VIVECHANA SARAF, MAR 24,25,26 DHRUPAD offered by NILOY AHAN

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

an Auroville activity of ASSA, under Artisana Trust register at 88709 88843 @sunlitpathcommunity

- We start March at A Sunlit Path with a kirtan and full moon gathering and then move into four weekend immersions, from music to archetypes and sacred art.
- Regular group yoga classes continue and private healing offerings can be booked in advance.
- Please register for all events/sessions in advance through whatsApp 8870988843.

**Spiraling into Self**

**Spiralling into Self Retreat** Myths and Archetypes to Deepen our Personal Journeys offered by GIACOMO COLOMBA & SUDHA SUTHANTHIRAM

contribution requested

registrations: (limited to 8 people) 88709 88843

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

an Auroville activity of ASSA, under Artisana Trust @sunlitpathcommunity

Join us for “Spiraling into Self”, a retreat offered by Giacomo Colomba and Sudha Suthanthiram at A Sunlit Path on 10, 11 & 12 March at 2—5pm daily. Limited to 8 participants.

We hold space in this retreat for you to journey into the wisdom of your unconscious, having time and space to reignite a connection to your inner world through the language of myths, symbols and archetypes. This retreat will guide you into the map of your psyche and facilitate the

discovery of what energies need to be evoked in the here and now for your personal journey. We will be using visual arts, Jungian psychology, movement and Integral yoga to deepen your personal processes.

- **Location:** A Sunlit Path, Auroville
- **Accommodation:** available at A Sunlit Path
- **To register:** 8870988843
- Limited to 8 participants.

Giacomo Colomba is a writer and researcher on Integral Yoga, Hermeticism and Posthuman Philosophy. Sudha Suthanthiram is a yoga instructor and expressive arts practitioner.

- <https://www.asunlitpath.org/sudha>
- <https://www.asunlitpath.org/giacomo>

Warmly, Abhaya Team

**PITANGA**



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

**Workshop Nutritious Dynamic Movement with Lison**

- 3 weekly classes on 8, 15 and 22 March: Wednesdays, 8:30—9:45am.

Please register with Pitanga.

*A rich and balanced menu of movements to cultivate optimal health, vitality, and well-being.*

The primary expression of the body and of life is movement. If the body does not move enough, too intensely or poorly (by lack of diversity, unhealthy or mainly linear movement), our overall health is affected. Bodily stagnation and lack of circulation of our fluids are the result of increasingly sedentary lifestyles or specialization in a limited number of activities/practices.



Similarly, if the body is well nourished with varied, multi-directional, conscious, nutritious, and dynamic movement, our body’s natural resources are stimulated and our overall health is activated.

Resetting through movement, reconnecting with our bio-intelligence and the joy of living in a mobile, stable, and adaptable body; this is what we propose to explore during this class, inspired by various somatic practices, including Biointegrityyoga®.

- [About Biointegrityyoga®](#)

Widen your perspective of movement and your self-discovery and integrate it into your daily menu in order to live at your greatest aliveness, in a more embodied, conscious, joyful, and harmonious way.

- **About Lison.**

She has been passionate for many years to explore and connect the fields of health, movement and consciousness from different aspects and perspectives. Psychomotor therapist. ATB (Awareness Through the Body) trainer. Certified yoga teacher (Biointegrityyoga®).

*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*

## ACTIVITIES BY LAKSHMI

### Sound chakras healing

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



#### Benefits:

- Peace, Calm and Quietude
- Mental clarity
- Revitalizing, released
- Improve sleep
- Emotional and mental balance
- Inner silence
- Deep relaxation
- Grounding

Individual session, Couple session, Small group, max 4 people

### Private Transformational yoga classes

- Transformational Yoga
- Pranayama to release Fear, Anger and Anxiety
- Pranayama to achieve Peace, Calm, Quietude and Clarity
- Breathwork



**Transformational yoga** is inspired by Mother and Sri Aurobindo's Integral Yoga. It is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit.

Powerful, yet gentle, everyone can reap the benefits of this purifying yoga practice.

#### Please contact me for an Appointment

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

*Activity offered under Abhaya, an activity of ASSA, under Artisana Trust*

## AUROMODE YOGA SPACE

### March schedule

#### Discover Local Tamil Nadu and temple visits

- March 5, Sunday, 8am—1pm

In this half day immersion, we like to bring you a taste of the local Tamil culture. We start with yummy Tamil breakfast (millet/ragi based), followed by theory and discussions about. History & Geography of Tamil Nādu and its influence on the world Tamil language & its vast literature Significance of Pooja & human body as temple and more...

We will also visit powerful temples in and around Auroville and learn about the local legends.

#### Hatha / Vinyasa flow Yoga retreat

- March 6—19, 6:30—9 30am & 3—7pm  
Every day except Sunday

We invite you to join us for this 2-week yoga retreat as part of our TTC program if your intention is not to teach others, but to improve your own self practice. Experience all four margas (paths) of Yoga in the international spiritual town of Auroville.



## Daily Asanas, Pranayamas, and Meditation

- Weekly Satsangs, yogic philosophy & lifestyle
- Bakthi Marga: Local temple visits & chanting
- Karma Yoga: Visit & involve in a few projects like farms in Auroville
- Jnana Yoga: Study of Bhagavad Gita, local culture and yogic lifestyle
- Raja Yoga: Practice of Asanas & other bodywork

**Contact:** [Balaganesh.siva@gmail.com](mailto:Balaganesh.siva@gmail.com), +91989269980 WA

*Best Regards, Balaganesh SIVA,  
Auromode Yoga Space*

## OWN YOUR MIND YOUR ABUNDANCE YOUR LIFE

Workshop by Ange Blanchflower  
**OWN YOUR MIND YOUR ABUNDANCE YOUR LIFE**  
Exploring Living from the Inside Out  
Dates March 3, 4 and 5 mornings  
only from 9 to 12.30



Location: Aurora's House, Sharnga  
(Location Details will be sent upon RSVP)  
All are Welcome!

Please contact [ange@auroville.org.in](mailto:ange@auroville.org.in) or 8098700425 WA

*All are Welcome! Ange*

## INTRODUCTION TO ATB

Sunday, 12 March, 9am–13pm

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

*The Mother*



**ATB**   
Awareness through the body

A morning to have a taste of Awareness Through the Body.

Being asked by many of the people participating in the regular ATB Sessions, if they could bring their dear ones who are visiting them these days, I offered this introduction in February, and there were many who could not join as we fixed in 25 the list of participants due to the space. So if it happened you could not do it for any reason in February, this may be your time to experience it!

And as you know we have a limit, as soon you are clear you want to join us, please kindly register your name at Pitanga.

- Landline +91 413 2622403
- +91 9443902403 WA
- [info@pitanga.in](mailto:info@pitanga.in)

*Looking forward to meeting you! Smiles, Rosa*

## VÉRITÉ WORKSHOPS

Advance registration required

Please contact Verite @ 0413 2622045,  
2622606, 7867805812

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



### **Metabolic Syndrome: How to Reverse the Causes & Symptoms with Lize**

- Friday, 3 March, 9:30am—12pm

Actionable strategies to reverse not only the symptoms (increased blood pressure, high blood sugar, excess body weight, abnormal cholesterol and triglyceride levels) but also the cause of metabolic syndrome, and prevent its progression to diabetes.

### **Explore Your Koshas Through the Practice of Yoga with Sabrina**

- Saturday, 4 March, 9:15am—12pm

According to the Taittiriya Upanishad (Yajur Veda), the human being is composed of 5 sheaths (physical, vital, mental, intuitive and bliss) called "Pancha koshas ". After a short presentation about the Koshas, and how they interact with each other, Sabrina will guide you through a specific Hatha Yoga practice to explore and experience them. Becoming aware of our bodies develops inner clarity and discrimination, and sharpens our yoga practice. As attention is strengthened and awareness expanded, better understanding of ourselves and self-management can occur in our everyday life. A beautiful session, open to everyone. Can be followed by the workshops "Balance your 5 Bodies" / "Purify your 5 Bodies".

### **Odissi Dance Foundations for Beginners with Stella**

- Saturday, 4 March, 2—4:30pm

Odissi is a classical theatre-dance style originating from Northeast India. Of all the classical Indian styles, Odissi dance is considered the most "feminine". Its techniques distill grace, elegance and fluidity, while simultaneously developing the qualities of strength and stamina. The aim of this workshop is to explore the

fundamentals of Odissi dance and introduce new students to this enchanting art form. No prior dance experience is required!

### **Mindfulness with Heart with Moller**

- Tuesday, 7 March, 9:30am—12pm or
- Thursday, 9 March, 9:30am—12pm

Mindfulness meditation takes us into the heart of our innate ability to be aware. When exploring this form of awareness meditation, we gradually discover the wisdom, compassion and mutuality present in every living moment of our lives. Although we may generally be unaware of these refined human qualities, mindfulness meditation elicits in us a process of awakening into who we truly are—beyond words, dogmas and limiting self-beliefs. We gradually begin to fathom the depth of our human potential, and through the practice gain confidence in the sustainability of our own clarity and wisdom. No special talent or qualification is required for effective Mindfulness meditation. We learn as we go along. All are warmly invited to join us for these informal workshops.

### **Optimal Longevity with Lize**

- Wednesday, 8 March, 9:30am—12pm

Die young, as late as possible. Strategies to live long, with good physical health and quality of life, as well as with satisfaction, meaning and purpose.

### **Food that Heals: Eat, Enjoy, Rejoice with Stella**

- Friday, 10 March, 9:30am—12:30pm

Discover how to use the power of medicinal plants in your daily food in this interactive workshop. We will be learning the healing properties of well known and lesser known herbs and spices, sharing plant-based recipes, and understanding the key principles of a natural healthy diet.

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

- Friday, 10 March, 9:30am—4:30pm &
- Saturday, 11 March, 9:30am—1pm

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

### **Yoga for Energy Pathways with Andres**

- Saturday, 11 March, 9:30am—12pm

The wisdom of the body's energy lines—SEN (Thai) or Nadis (Sanskrit)—is one of the most important and fundamental pillars of both Yoga and Thai Yoga Therapy. These are energetic pathways of life, giving breath in the body. When the energy doesn't flow appropriately through these energy lines, disease appears. In this workshop, you will learn the origin of this ancient knowledge and practical yogic tools (asanas, pranayama, kriya, prana nidra, mantras) specifically aimed to unblock energy meridians and restore health.

### **Freedom from Fear with Dr. Sehdev**

- Saturday, 11 March, 2pm—4:30pm

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

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

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

### **Prevention & Reversal of Cognitive Decline with Lize**

- Monday, 13 March, 9:30am—12pm

Declining brain function need not be a part of aging. It is entirely possible to prevent, and reverse, age related decline and dementia, through specific lifestyle changes and targeted nutrition and supplements. These same strategies will help to ensure optimal brain function, at any age.

*Kathir  
for Vérité Programming*

### **JIVA: YOUR JOURNEY IN HEALING AND TRANSFORMATION**



[www.auroville-jiva.com](http://www.auroville-jiva.com), WA 9626006961  
[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), [Facebook](#), [Youtube](#)

### **Journey of the Soul**

- 7 March, 10am—1pm

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



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

**Venue** Sharnga Guest House Yogahall

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

## ReiKi Healing Sessions with Niyati

**Reiki: The Science to Realize the Absolute.**

An easy therapy to bring body, mind and soul in unison and as a result bestow on oneself naturalness, awareness and totality or completeness of life & living.

“Rei” means Omni Present and “Ki” means Life Force. Reiki therapy is channeling the abundant life force to a concentration of healing. Reiki energy works with the chakras of the body, healing the tangible & intangible aspects of life.



What Reiki can give in abundance is awareness: Awareness of your body, of your mental health, of your emotional health. When you have some mental and emotional issues you're fighting, it's like your companion, bringing back your natural flow. Book a session for a healing experience.

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

## Integral Regression Therapy

- Intro Session, 9 March, 7—9pm Online Webinar
- Intro Session, 10 March, 10am—1pm, Integral Health, Prayatna

Integral regression therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, integrating trauma therapy, past life regression therapy, inner child work, NLP, and a client centric approach. Typically, integral regression therapy addresses unexplainable pains, trauma from accidents or early childhood, questions about past lives, life purpose or restricting behavior patterns. Individual therapy sessions of 2-3 hrs are offered by Sigrid on request.



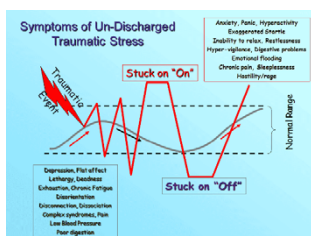
- [Watch Sigrids interview with Jim Garrison](#), Ubiquity University, San Francisco, California on “Integral Yoga applied: Heal and transformation with Integral Regression Therapy”

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

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

## Transforming trauma, 4 & 5 March with Sigrid

How to identify trauma and posttraumatic stress disorder? How to recover a person's full potential, energy and zest for life—and even integrate the wisdom of it all? 2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work.



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

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

- Time: 4 & 5 March, 9—5pm.
- Venue: Sharnga Guesthouse Yogahall, [www.sharngaguesthouse.in](http://www.sharngaguesthouse.in)
- Jiva Venue: Sharnga Guest House, [www.sharngaguesthouse.in](http://www.sharngaguesthouse.in)

## Natural Horsemanship

- Individual and group sessions ongoingly

Mirabelle offers webinars, classes and workshops in Natural Horsemanship. Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!



Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication—and it's just fun time to BE with a sensitive, naturally trained horse! Mirabelle lives with horses since she was 3 years young. Past 10 years she fulfills her life's dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse. Mirabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care—hoofs, nutrition, psychology, care, riding and therapy!

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

Contact: WA 9626565134, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## New: Webinars Natural Horsemanship with Mirabelle

- Horse Care and Management (5 lessons)

- Basic needs,
- Basic anatomy
- Feed needs,
- Deworming
- Basic medical terminology

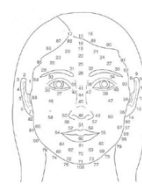


What we can learn from horses about leadership (5 lessons)

- History of horses and humans, and its significance
- Basic needs: similarities and differences
- Different kinds of intelligence and what they mean
- Non-verbal communication and energy levels, how to find neutral
- Setting yourself up for success, value-based Teamwork!

- Contact Mirabelle directly: 919626565134 WA or [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## Acupuncture, Qigong, Shiatsu with Andres



Andres Lokutta, is an experienced practitioner in Acupuncture (over 20 years), and further practices of Chinese Medicines: Qi-Gong energy exercises, and Shiatsu: gentle stretches to increase energy flow (dressed).

Please contact us for an appointment via [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com), WA 09626006961

## Integral Regression Therapy

- With Sigrid Lindemann

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



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

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

## The way of the heart

### • 7<sup>th</sup> Sufi Retreat with Nirupam 26—30 March

Explore Sufi techniques Zikr & Whirling, Gurdjeff sacred dances, active meditation, breath work, meditation... all to guide you to an open heart and a silent mind...



A deeply meditative yet physically active retreat.

*"Life changing 5 days"*

*"Never have been so close to my inner self"*

*"Yes, I broke through my emotional blocks, finally... in such a caring, loving atmosphere".*

Sufi Nirupam Gyan has decades of experience, research and practices meditation and sufi practices such as whirling, Zikr, poetry. His last 2 workshops received enthusiastic feedback ; his enormous background and repertoire has him guide every group in the present moment, taking utmost care of individual transformative processes.

We are happy to organise the 7<sup>th</sup> workshop with Nirupam, early registration required.

• **Venue:** CRIPA

• **Info and Registration:** [www.auroville-jiva.com](http://www.auroville-jiva.com)

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

### Our Venue Sharnaga Guesthouse

• [www.sharnagaguesthouse.in](http://www.sharnagaguesthouse.in)

Sharnaga Guesthouse is a green oasis, with a huge Banyan Tree, horses, birds, a lively tropical garden, with a small pool, gym and rooms from simple to AC, single to family units. A Yoga Hall, AC lounge with big screen, and the great service and international cuisine make it a perfect spot.

YEP We do offer adventure camps with kids programs, <https://www.facebook.com/YEPAV> parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

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

## INTEGRAL HEALTH



CLASSICAL  
HOMEOPATHIC  
PRACTICE

*Classical homeopathy hypno-therapy child care*

*We are providing alternative health care for body, mind and emotion through classical ho-*

*meopathy and transpersonal regression therapy since 2001*

*Homeopathy is the 2nd biggest medicine globally, practiced since 200 years, and further developed by our teacher Dr. Sankaran, Mumbai, [www.theothersong.com](http://www.theothersong.com)*

*Sigrid is member of the international teachers team*

• <https://www.wish4healing.net/>

### Aqua Terra—Water of Unity

We are offering Aqua Terra, a homeopathic remedy prepared from the water from 324 water sources on Auroville` s 50<sup>th</sup> Birthday.

We invite all interested to meet on **Friday 4:30pm—5:30pm** at Integral Health, to share the research as well as potential benefits for the Auroville community.

All are welcome to pick up Aqua Terra C 200 and C 1000 from our remedy box in the waiting area.

- **Sigrid** offers homeopathic consultancy since 1997, with a special focus on long term constitutional homeopathic treatment, to address chronic diseases, migraine, autoimmune diseases, psychiatric issues, and treatment of children incl special needs children and behavioral issues.
- **Malar** offers consultancy in Tamil, as well as First Aid Remedies and PC remedies.

Available from our remedy box in the waiting area, 24-7 accessible, for free:

- **Okoubaka C 30**—to alleviate the effects of exposure to pesticides in Cashew spraying
- **PC Shock Trauma, PC Allergy, PC Diabetes, PC High Blood Pressure etc. and 70 more PC remedies to help with effects of trauma**, as well as **chronic diseases** are available. Benefits are well established—no side effects.
- **Harmony** and **Samata**, remedies related to Mothers and Sri Aurobindo energy, which can enhance meditation, and support healing.
- **First Aid Kits with 32 remedies** are available, description in English, French, German and Tamil are available. Please contact us if you would like to learn how to use homeopathy for First Aid.
- **Consultations are free** for Aurovilians and newcomers, from others donations are welcome. Consultations are generally held in English, French, German, and Tamil
- **Malar** is managing the office, the FirstAidKits and PC remedies, daily Mondays to Fridays 9—12.30 a.m,

You are welcome to contact us at [integralhealth@auroville.org.in](mailto:integralhealth@auroville.org.in) to enquire about the most suitable approach for your health or psychological issue.

**Integral Health, Prayatna 2623669**

**Central building 1st floor with spiral staircase**

**Sigrid, [sigrid@auroville.org.in](mailto:sigrid@auroville.org.in)**

**Malar [malar@auroville.org.in](mailto:malar@auroville.org.in), 9080054843**

## Languages

### NEWS FROM AUROVILLE LANGUAGE LAB



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

### Tomatis

We are still processing the existing requests for Listening Tests and Consultations. However, please feel free to enquire and place your requests with us.

For more information about the Tomatis program, please have a look at the following links:

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

### Current Language Courses at ALL

#### New: Elementary Italian

Fabio will start a new course for Elementary Italian end of March or beginning of April. This three-month course is for any learners who already have a basic knowledge of Italian and would like to explore the language further. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. Feel free to enquire with us and reserve your spot!



### New: Beginner Italian with Fabio

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 11.
- 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 11,
- Classes will take place on **Saturdays, 11am—12noon.**

We have 3-4 spots left.

#### • French Conversation (Pre-Intermediate)

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in French. Jean-François will also review the grammar useful for basic conversation.

- This course will start on March 6.
- Classes will take place **Mondays & Thursdays, 3:30—4:30pm.**

#### • 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, 2—3pm.**

### New: Beginner Japanese with Tomoko

Exciting news for all those waiting to learn Japanese! Tomoko is going to start a new Beginner's batch in March as soon as we reach 5 confirmations. The course will cover the Japanese alphabet, phonetic, numbers, basic grammar, & vocabulary. By the end of the course, students will be able to converse on everyday matters such as talking about one's day, visiting someone's house, ordering food at restaurants, etc. Tomoko's classes are highly interactive and make use of audio and pictures.

- The course will start second week of March. There are two possible days & times for the course:
  - **Tuesdays & Fridays, 3—4 pm**
  - **Saturdays, 10am—12noon**

As always, spots are limited. You are advised to register soon with your preferred time slot!

### New: Spoken Tamil with Saravanan

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

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

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

### 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.

### Sanskrit with Kaushal

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

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

### Intermediate Spanish with Susana

Our long-time teacher, Susana is offering an Intermediate Spanish course for students who are already familiar with the various verbal modes in Spanish language (Infinitive, Indicative, Conditional, Subjunctive, and Imperative). The course will focus on polishing the conversational skills of the students and will also dive into the rules of grammar. This is a monthly course.

- This course started on 22 November and
- classes take place **every Tuesday, 2:30—4pm.**

### Ramesh runs two groups:

- **Mondays & Thursdays, 2—3pm** and
- **Tuesdays & Fridays, 3:30—4:30pm.**

This is a monthly course.

### 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.

### 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.**

### 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!

### A note to present and past students:

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

### To join or enquire

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

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

### 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

### 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—12 noon	Monday, Wednesday, Friday
	English Conversation Group 1	2—3pm	Monday & Thursday
	English Conversation Group 2	3:30—4:30pm	Tuesday & Friday
French	Beginner To start 11 March 2023	2:30—4:30pm	Saturday
	Beginner for Teens To start 11 March 2023	11am—12 noon	
	French Conversation 1 To start 6 March 2023	3:30pm—4:30pm	Monday & Thursday
	French Conversation 2 To start 6 March 2023	2 -3pm	
German	A1.1 Beginner	TBA	TBA
	A1.2 Beginner	TBA	
Hindi	Beginner To start soon	10am—12noon	Saturday
Tamil	Spoken Beginner, Started 7 February 2023	9:30—10:30am	Tuesday & Friday
	Written & Spoken Beginner, To start soon	10—11am	Monday & Thursday
Sanskrit	Beginner Started 5 January 2023	2:30—4:30pm	Thursday
Spanish	Beginner Started 15 February 2023	2:30—3:30pm	Monday & Wednesday
	Elementary To start soon	TBA	TBA
	Intermediate Started 22 November 2022	2:30—4pm	Tuesday
Japanese	Beginner, To start March 2023	TBA	TBA
Italian	Beginner, Started 13 February 2023	4pm—5pm	Monday & Wednesday

Vismai, for Language Lab Team



### At Multi Media Centre Auditorium, Town Hall

#### Reminder:

- Friday 3 March, "WALL-E" by Andrew Stanton, US, 2008. And on Saturday 4th, Cine-master class on the animated film, 5 to 6.30 pm at Aurofilm, Kalabhoomi, by Abhijit Roy...

**Friday 10 March, 8pm: "Mississippi Mermaid"**

• original title: LA SIRÈNE DU MISSISSIPPI

Directed by François Truffaut, France, 1969

With: Catherine Deneuve, Jean-Paul Belmondo

**Synopsis:** Adapted from the 1947 novel *Waltz into Darkness* by Cornell Woolrich. Louis Mahé, a wealthy tobacco plantation owner on Réunion Island in the Indian Ocean, awaits the arrival of his bride-to-be, Julie Roussel, whom he has never met. They became acquainted through the personal column of a French newspaper and have been corresponding. Louis drives to the dock to greet Julie who is arriving on the steamer *Mississippi* from Nouméa, the capital of New Caledonia. When they meet, he is surprised by her beauty and does not recognize her; she is not the woman in the photo that she had sent him... A romantic and film noir, lesser known by French New Wave master: François Truffaut, with iconic actors....

Original French version with English Subtitles. Duration 2h  
Surya

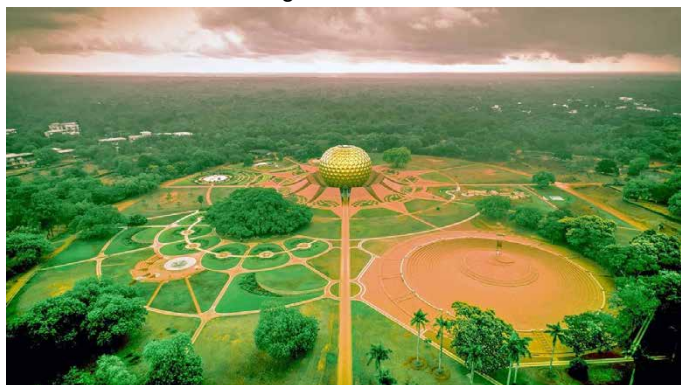
**THE FRENCH PAVILION PRESENTS**

**Auroville, Back on an Utopia**

Saturday, 3 March, 5pm, Cinéma Paradiso

Documentary by Hélène Risser Nicole Avril and J.P. Elkabbach made in 2008.

In French subtitled in English, 90min



After Elkabbach's film on Auroville in 1972, French TV channel "Public Sénat" came back to Auroville in 2008, 35 years later to see what had become of these "pioneers" filmed in 1972. How have they evolved? Are they still in Auroville? What has become of the basic concepts of Auroville, this utopia, this laboratory? This film was first presented following its release in September 2008 in Auroville.

Submitted by *Vevekan*

**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 10th March  
Eating Our Way To Extinction**

2022 / 81 Minutes/ Kate Winslet

**Eating Our Way To Extinction** takes audiences on a cinematic journey around the world, from the depths of the Amazon rainforests to the Taiwanese Mountains, the Mongolian desert, the US Dust Bowl, the Norwegian Fjords and the Scottish coastlines, telling the story of our planet through shocking testimonials, poignant accounts from indigenous people most affected by our ever-changing planet, globally renowned figures and leading scientists. This film will guide us to make choices that will help us protect and conserve the beauty of life on our planet.

Warmly, *Shek*

**AUROVILLE FILM INSTITUTE**

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

- Analysis, appreciation, concept formation and film-philosophy.
- 4 & 5 March 2023\_ Online;  
14:30 to 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 outside 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 in the contemporary times; 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](#)
- OR write to [support\\_filmstitute@auroville.org.in](mailto:support_filmstitute@auroville.org.in)
- Or message +91 9969879319WA/ Telegram

## Acting in Cinema

- A 15 days workshop for actors and directors with Pushpendra Singh
- from 20 March to 2 April 2023 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.

In Unit 2 Both screen actors and directors will go through acting exercises dealing with psycho-physical aspects of acting and 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 short on one's own DSLR or smartphone.

Pushpendra started his journey in theater with Barry John and was later trained at Film and Television Institute of India where he also taught briefly. His directorial debut feature, Lajwanti (2014) premiered at Berlinale. His second feature, Ashwatthama (2017) received the Asian cinema grant and premiered in the New Currents Competition at Busan film festival. His creative documentary, Pearl of the desert (2019) premiered in the Main Competition at IDFA and his latest feature, Laila Aur Satt Geet premiered in the inaugural Encounters Competition at Berlinale. Pearl of the desert received the Best musical film at Krakow film festival and he was awarded the Best Director at Hong Kong International Film Festival for Laila Aur Satt Geet (2020)—which also won NETPAC Award at Jeonju film festival. He has also had retrospective at MoMA, New York.

- [To know more please visit](#)
- OR write to [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- Or message +91 9969879319WA/ Telegram

## Still to Motion Photography Basics in Auroville

- With Rrivu Laha ( Cinematographer & Filmmaker )
- 6 March to 29 May 2023, Mondays & Thursdays, 11am to 12:30pm
- Total 24 sessions; 2 sessions a week, for 12 weeks over 3 months.

This course is particularly aimed for beginners of Motion Picture Photography. With this perspective, starting with still photography, participants will be guided through practical exercises

with the photographic tools, to gain command over the aesthetic possibilities of each tool with respect to the subjects of exploration. Simply put, the exercises will include observation, composition, exposure, perspective, movement, representation, bracketing, transformation, the moving image, the movie camera, painting with light, and making a 'shot'. Participants are expected to come to the sessions with a still camera.

- Expected contribution of 24 sessions over 3 months

For queries, if any, please write to

- [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in) or
- call/ message +91 9969879319 WA/ Telegram only
- [To know more visit](#)

## 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	6 March	Screening	<b>The Cabinet of Dr. Caligari</b> 1920, Germany Dir. <b>Robert Wiene</b>
Tuesday	7 March	Screening	<b>Nosferatu</b> 1922, Germany Dir. <b>F.W. Murnau</b>
Wednesday	8 March	Screening	The Haunted Screen: Post WW I German Cine
Thursday	9 March	Screening	<b>Metropolis</b> 1927, Germany Dir. <b>Fritz Lang</b>
Friday	10 March	Screening	<b>Metropolis</b> 1927, Germany Dir. <b>Fritz Lang</b>
Saturday	11 March	Open House	Open house at Auroville Film Institute, India Space.

For more information write to:

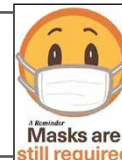
- [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)
- contact AVFI fellow Kumud: +91 7592805013 WA
- Kalakendra 0413 2622488.

Warm regards, Richa,  
Auroville Film Institute





**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**6—12 March 2023**



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

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

**Indian—Monday 6 March, 8pm**  
**CHITTAGONG**

USA-India-Bangladesh, 2012, Writer-Dir. Bedabrata Pain w/ Manoj Bajpayee, Delzan Hiwale, and others, Action-War, 105mins, Hind-English-Bengali w/English subtitles, Rated: NR (R)

School kids organize an armed revolt in the 1930s in British occupied Chittagong. There are casualties on both sides. Later, one of those kids successfully leads the peasants to regain their food-grains earlier commandeered by the British.

**Potpourri—Tuesday 7 March, 8pm**  
**AFTER LOVE**



UK, 2020, Dir. Aleem Khan w/ Joanna Scanlan, Nathalie Richard, Talid Ariss, and others, Drama, 89 mins, English-French-Arabic-Urdu w/ English subtitles, Rated: PG-15

Set in the port town of Dover, Mary Hussain suddenly finds herself a widow following the unexpected death of her husband. A day after the burial, she discovers he has a secret just twenty-one miles across the English Channel in Calais.

**Interesting—Wednesday 8 March, 8pm**  
**WRITING WITH FIRE**

India, 2021, Dir. Sushmit Ghosh & Rintu Thomas w/ Meera Devi, Shyamkali Devi, Suneeta Prajapati, and others, Documentary, 92mins, Hindi w/English subtitles, Rated: NR (G)

This acclaimed and inspiring film captures the story of the women journalists at Khabar Lahariya, India's only all-female-run news organization. It depicts what it means to be a woman and a journalist in the marginalized communities today amidst the millennia-old caste system, traditions, sexual violence against women and corruption. A powerhouse of a movie, clearly showcasing that there is no limit to what a woman can accomplish—what empowerment really means! This film is a tribute to the International Womens's Day today—8 March.

**Selection—Thursday 9 March, 8pm**  
**KING OF COMEDY**

USA, 1982, Dir. Martin Scorsese w/ Robert De Niro, Jerry Lewis, Diahnne Abbott, and others, Comedy-Crime, 109mins, English w/ English subtitles, Rated: PG

Rupert Pupkin is obsessed with becoming a comedy great. However, when he confronts his idol, talk show host Jerry Langford, with a plea to perform on the Jerry's show, he is only given the run-around. He does not give up, however, but persists in stalking Jerry until he gets what he wants. Eventually he must team up with his psychotic Langford-obsessed friend Masha to kidnap the talk show host in hopes of finally getting to perform his stand-up routine.

**International—Saturday, 11 March, 8pm**  
**EVERYTHING EVERYWHERE ALL AT ONCE**

USA, 2022, Dir. Idris Elba w/ Antwayne Eccleston, Frazer James, Aml Amin and others, Adventure-Comedy, English-Mandarin w/English subtitles, 139 mins, Rated: R

An aging Chinese immigrant, Evelyn Wang struggles to cope with everything. And, as if facing a gloomy midlife crisis weren't enough, Evelyn must brace herself for an unpleasant meeting with an impersonal bureaucrat: Deirdre, the shabbily dressed IRS auditor. However, as the stern agent loses patience, an inexplicable multiverse rift becomes an eye-opening exploration of parallel realities. Will Evelyn jump down the rabbit hole? How many stars are there in the universe? Can weary Evelyn fathom the irrepressible force of possibilities, tap into newfound powers, and prevent an evil entity from destroying the thin, countless layers of the unseen world?

**Children's Matinee—Sunday, 12 March, 4:30pm**  
**STRANGE WORLD**

USA, 2022, Dir. Don Hall w/ Jake Gyllenhaal, Jaboukie Young-White, Gabrielle Union, and others, Fantasy-Adventure, 102 mins, English, Rated: PG



This action-packed adventure introduces a legendary family of explorers, the Clades, as they attempt to navigate an uncharted, land alongside a motley crew of animals and creatures.

**No Festival @ Ciné-Club Sunday 12 March, 8pm**  
**LA VIEN EN ROSE**

France-UK, 2007, Dir. Olivier Dahan w/ Marion Cotillard, Pascal Greggory, and others, Biography—Drama, 140 mins, French w/ English subtitles, Rated: PG.

Biopic of the iconic French singer Edith Piaf. Raised by her grandmother in a brothel, she was discovered while singing on a street corner at the age of nineteen. The film is structured as a largely non-linear series of key events from the life of Édith Piaf. The film begins with elements from her childhood, and at the end with the events prior to and surrounding her death, poignantly juxtaposed by a performance of her song, "Non, je ne regrette rien"

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)

*Accessible Auroville Public Bus*

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



**Auroville TO PONDICHERRY**

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



**Pondicherry TO AUROVILLE**

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

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

*Emergency Services*

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

- PIMS—0413 2656271

**Security (24/7):**

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

**Health: Health Center—0413 2622123**

- Santé—0413 2622803
- Farewell—8903836246

**Mental health 24/7 support:**

- Vandrevalla Foundation +91 9999666555

**India Emergency Response Service (24/7):** 108

*The Last Moment*

**WHAT BRINGS US TOGETHER**

Last Saturday, 25 February, there was the Hibiscus Art festival in Sve Dame titled Sacred Synergy. As soon as I walked in, I passed through a variety of handicrafts and food stalls. That was nice, the variety of items and people coloured the place with festivity. But the best part was the show. The first to perform was NadaPrem. He played live flute, accompanied by his backing music. One of the last tracks included the singing of Pujasree, and that was quite sweet too. The music was good, and each piece told a story, and what made it visual and added more life was the spectacular dance of Karolina from Poland. She danced Odissi and a fusion of modern dances. She must have studied for a long time because her Indian classical dance was impeccable.

After the live music and dance, Kironmoy came on stage with his guitar. He played a variety of western and Indian styles, and his voice was very pleasant. Kironmoy is a true musician, and in my opinion he should have played longer.

Other performances included that of Karthick who sang in gibberish Spanish and cheered us up. Lison dragged some of the audience to the dance floor to learn traditional European Bal, which is always fun. Then it was the turn of the improv jam and Drum Circle, and I couldn't resist. I had to join in. That was a little chaotic at first, as usual, because the ego between drummers is very high, but then eventually it picked up and people danced.

Just like the good old times there were some friends dancing beautifully in front of us drummers and inspiring us. Sometimes Music can be a time machine!

The party ended up with a trio consisting of a DJ, a female vocalist, and Marco adding a few extra touches on djembe.

There was plenty of good food and a friendly atmosphere. One good feature of these types of parties is that you are not forced to sit and watch passively, but you can move around, get some tea or food and have a conversation with a friend while the show goes on.

It had been quite a while since we had a community party in Sve Dame. I think last time it was before Covid. Now there were a lot of new faces, but also quite a few old friends (and also enemies, because wherever we settle in the world we make new friends but also enemies). I was happy to see everybody, because they're all part of my life. Yes, also my enemies because we provide each other with challenges to grow, and because deep inside I know they are beautiful people.

The Hibiscus Art festival in Sve Dame was the one I enjoyed most in the whole Auroville festival, and it was organized with zero budget.

Sometimes I think some jobs/professions are highly respected but in practical terms give very little back to the community; whilst our musicians and performers give us a lot of joy, bring us together and help us release our tension, and yet they get no payment at all. When we bring musicians from outside we pay them, but we never think of paying our musicians/performers. Perhaps the outside musicians come from renowned schools, but our musicians perform with their open heart and have the ability to enlighten a sincere joy in us.

Perhaps in Auroville we attend too many serious meetings, whilst we need to gather in more joyous meetings instead. Sometimes our serious meetings remind me of a game show called LOL, where several comedians are invited to tell jokes to each other, and who laughs is out. So they all have to keep a straight face while they are talking nonsense to each other.

Anyway, a big thank you to the Hibiscus Art Festival people for bringing us together once more.

**Gino**

*News & Notes*

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