

#983 A weekly bulletin for residents of Auroville 13 July 2023



Annapurna farm

Follow the shining thread 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 that which is Immortal; knowers of the secret planes, form them, the steps by which the gods attained to immortality.

Rig Veda.

Pranic energy is the life of creatures; for that is said to be the universal principle of life.

Taittiriya Upanishad



We do not create God as a myth of our consciousness, but are instruments for a progressive manifestation of the Divine in the material being. We do not create the gods, his powers, but rather such divinity as we manifest is the partial reflection and the shaping here of eternal godheads. We do not create the higher planes, but are intermediaries by which they reveal their light, power, beauty in whatever form and scope can be given to them by Natureforce on the material plane. It is the pressure of the life-world which enables life to evolve and develop here in the forms we already know; it is that increasing pressure which drives it to aspire in us to a greater revelation of itself and will one day deliver the mortal from his subjection to the narrow limitations of his present incompetent and restricting physicality

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# House of Mother's Agenda



#### The Fundamental Agni

At the outset of the second phase, a little before his retirement, we find a rather strange conversation that Sri Aurobindo had in 1926 with a French physicist. These few words of Sri Aurobindo's, which must then have seemed rather enigmatic, show the particular orientation of his experiences:

There are two statements of modern science that would stir up deeper ranges in an occultist:

- 1. Atoms are whirling systems like the solar system.
- 2. The atoms of all the elements are made out of the same constituents. A different arrangement is the only cause of different properties.

If these statements were considered under their true aspect, they could lead science to new discoveries of which it has no idea at present and in comparison with which the present knowledge is poor.

Let us remember that the year was then 1926.

Sri Aurobindo continued: According to the experience of ancient Yogis... Agni is threefold:

- 1. ordinary fire, jada Agni
- 2. electric fire, vaidyuta Agni
- 3. solar fire, saura Agni

Science has only entered upon the first and second of these fires. The fact that the atom is like the solar system could lead it to the knowledge of the third.

What was Sri Aurobindo driving at? And how is it that he not to mention the rishis of six thousand years ago—knew before all our scientific laboratories that solar heat, Saura Agni, has a different origin from what we usually call fire or electricity, that it is produced by nuclear fusion and that it is the very same energy found in the atom's core? It is a fact—perhaps disconcerting for science, which needs to deal with 'concrete realities'—that every physical reality is lined with an inner reality which is both its cause and its foundation; even the most infinitesimal material elements have their inner counterparts, and foremost among them are our own physical organs, which are only the material linings or supports of the centers of consciousness. Everything here is the symbolic translation or shadow thrown by a light or a force that is behind, on another plane. This whole world is but a vast Symbol. Science observes and analyzes phenomena, devises equations for gravitation, weight, atomic fission, etc., but it only touches the effects, never the true cause. The yogi sees the cause before the effect. A scientist can deduce a certain cause from the effects produced, whereas a yogi deduces the effects from the cause; he can even deduce effects that do not yet exist from a cause that already exists (e.g., the accident will happen tomorrow from the force of the accident that is already there in the background). The scientist manipulates effects, at times bringing about catastrophes; the yogi sees the cause, or, rather, identifies with the Cause, and thereby he can alter the effects, or as Sri Aurobindo puts it, the 'habits' we call laws. Ultimately, all our physical effects, which we have codified into laws, are nothing more than a convenient support for the manifestation of forces that are behind, exactly as a performance of magic requires certain

ritualistic diagrams, certain ingredients or formulas, so that the forces invoked can manifest themselves. This whole world is a gigantic magical performance, a constant act of magic. But the earthly diagram, all the ingredients we have so earnestly and unchangeably codified, all our infallible formulas, are merely conventions. The earthly ritual can change if, instead of remaining mesmerized by the effects, we go back to the cause behind them—on the side of the Magician. There is a tale about a Hindu Brahmin who, every day at the hour of his worship, had the family cat tied up so that he would not be disturbed in his ritual. Eventually, both the Brahmin and the cat died, and the Brahmin's son, now in charge of the worship ceremony, procured a new cat, which he then conscientiously tied up during the sacrifice! From father to son, the cat had become an indispensable element in the effective performance of the ritual. Our own unassailable laws, too, may contain a few little cats. If we go back to the original force concealed behind the physical support, to the 'true movement,' as the Mother describes it, then we begin to witness the Great Play, and to realize just how different it is from the rigid notions we have of it. Behind the phenomenon of gravitation, to take one of the rituals, there is what the ancient yogis called Vayu, which causes gravitation and the electromagnetic fields (as Sri Aurobindo mentioned also during that conversation of 1926), and this is how a yogi can eventually defy gravity. Behind the solar or nuclear fire there is the fundamental Agni, 'the child of the waters, the child of the forests, the child of things stable and the child of things that move. Even in the stone he is there,' says the Rig Veda. (I.70.2) This is the 'warm gold dust' the Mother speaks of, the real cause behind the effect, the original force behind the material, atomic support; 'other flames are only branches of thy stock.' (1.59) It is because Sri Aurobindo and the rishis saw this spiritual Agni in Matter, this 'sun in the darkness,' that they were able to know of its material, atomic effects, and hence of nuclear fusion, long before our own scientific experiments revealed this phenomenon. This is also why, since they knew the cause, they dared to speak of transformation.

(to be continued next week)

Satprem, The Adventure of Consciousness, Chapter 17, The Transformation

https://sri-aurobindo.co.in/workings/satprem/adventure\_of\_consciousness\_e.htm#060

With love and gratitude, For and on behalf of Gangalakshmi (HOMA)

Zech



# Townhall Speaks

#### **KEEP THE RESIDENTS' SERVICE INFORMED**

Dear Aurovilians, Newcomers and Auroville Youth,

Our Residents Service tries its best to maintain proper records for everyone. As most of us, both Indians and foreign residents, are in the habit of going in and out of Auroville without informing them it makes their work of maintaining correct records harder.

You are therefore requested to make sure that:

- 1. As a foreign resident you inform the Residents Service when you are traveling out of Auroville for a period of 2 months (within India) or out of India for even 1 day or more.
- 2. All Indian Residents are requested to respect and do the same.
- 3. This is because the X-Visa requires all foreign residents to live and work in Auroville for 9 months minimum, per year. Indian residents may respect the same requirement in the spirit of the Charter for all and keep the Residents Service informed. The same applies to OCI card holders.
- 4. Auroville Youth going out for higher studies are requested to keep the Residents Service informed if they need to stay out for longer than 3 years together with their reasons. Staying out beyond 5 years without informing the Residents Service or Housing will mean that they are taken off the Master List.

The person will then have to restart his or her process on return.

- 5. In the case of Aurovilians having to stay out for longer periods to take care of elderly parents the same process as above (4) will apply.
- 6. If you decide to leave Auroville, for whatever reason, please inform the Working Committee at workingcom@ <u>auroville.org.in</u> so they can update the Residents Service.

Please make a note of these details and don't forget to keep the Residents Service informed.

> Best wishes, The Working Committee (Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine)

#### FROM THE ENTRY SERVICE—ES # 188

Dated: 13-07-2023

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to <u>auroville.entryservice@gmail.com</u>. We thank you in advance.

#### **NEWCOMER ANNOUNCED:**







Maheshwaran

Ramesh

- Gwjwn DAIMARI (Indian) staying in Celebration and working at Youth Link
- Maheshwaran RAMESH (Indian) staying in Azhagu Bhoomi and working at Food Link
- Ramesh BALASUBRAMANIAM (Indian) staying in Maitreye I and working at Language Lab

#### **AUROVILIAN CONFIRMED:**

- Abijith ROY (Indian)
- Rajesh SHAH (US)
- Chakarapani SAKTHIVEL (Indian)
- Kaniamudhan AYYANAR (Indian)
- Karan WILSON (Indian)

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

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

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

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

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

> Yours, The Entry Board (Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha)

#### **Entry Service Timings**

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm 0413 262-2707, auroville.entryservice@gmail.com

# Community News Awakening Spirit



#### INTRODUCTION TO SAVITRI **Dream Divine Series**

A class conducted by Shraddhavan in 2017



Wednesday, July 19, 4:30—5:30pm @ Sangam Hall of Savitri Bhavan

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'. The goal of the project is to make newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

#### Everyone is welcome.

Thank you, Dhanalakshmi for Savitri Bhavan Team

#### **EVOLUTION FAST-FORWARD, PART 1**

#### Vision and Work of Sri Aurobindo and The Mother

Monday, 17 July 2023, 4pm at Savitri Bhavan.



Duration: 23min.

'A sun-vast Truth is dawning upon earth as the next step in earth's evolution...and the human crisis is a veiled drama of its manifestation... The central fact, the essential and cardinal significance of the evolution is not development and perfection of the outer and instrumental form but the development and increasing perfection of consciousness. ...It is inevitable because it is at once the intention of the inner spirit and the logic of nature's process.' With these words, Sri Aurobindo informs us about the evolutionary developments on earth, their next stage and purpose. He calls this dawning greater consciousness Supermind, or Supramental.

It is important to remember that in ancient India Vedic rishis knew about the evolution of consciousness. The evolutionary journey of the soul through many births was also well-known. It was believed that the soul lived through different life-forms until it reached human form becoming capable of rising to a yet greater consciousness. The rishis explored cosmic consciousness and the sun-vast truth of the Supermind.

However, this knowledge was lost over the millennia. The later philosophical schools saw life on earth as misery or even as an illusion, Maya, and the reality of the material world was rejected. It may have resulted in a great accumulation of certain spiritual treasures, but it has also been responsible for the bankruptcy of life in India.

In the West, a very different tendency can be observed: science has been focusing on material reality, rejecting the reality of the spirit. As a result, the conquest of the material world and the rise in prosperity followed. But in the process, nature and the environment were mercilessly exploited, and the spirit thoroughly neglected.

To synthesize the achievements of the East and the West we must consider the relationship between consciousness and force, between the impersonal and personal, and see the unity behind the multiplicity of forms and actions. Sri Aurobindo explored this on all levels of existence and wrote about it in considerable detail. He spoke of consciousness and force as inseparable. They are two aspects of the same reality. He coined the phrases 'conscious-force' or 'consciousness-force' or used the Sanskrit expression 'Chit-Shakti'. According to him, the force that builds the world is a consciousness-force.

A film by Sopanam Auroville in 3D motion graphics and directed by Manoj Pavithran. In the beginning, there is also a video clip of Sri Aurobindo's Symbol. Duration: 3min.

 The link on YouTube is: https://www.youtube.com/watch?v=QpKxR5rCjyQ

Submitted by Margrit

#### **SAVITRI BHAVAN, JULY 2023**



#### **Exhibitions**

- Meditations on Savitri: The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
- Glimpses of the Mother: Photographs and texts In the Square Hall
- A new Bilingual Exhibition on 'Sri Aurobindo: A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

#### **Films**

- Mondays at 4pm in the Sangam Hall
  - July 17. Evolution Fast Forward, Part 1—Vision and Work of Sri Aurobindo and The Mother: A film by Sopanam, Auroville to bring to young people through 3D motion graphics the Vision & Work of Sri Aurobindo and The Mother. And there will be a short video of Sri Aurobindo's Symbol. Duration: 26min.
  - July 24. Sri Aurobindo's Integral Yoga—Evolution Fast-forward, Part 2. Psychology, Cosmology, Transformational Practice: Film by Sopanam, Auroville in 3D motion graphics (2015). Duration: 50min.
  - July 31. Evolution Fast-Forward, Part 3—Parts of the Being & Planes of Consciousness as mapped by Sri Aurobindo and The Mother (2017). Duration: 75min.

#### **Dream Divine Series**

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'.

The goal of the project is to make newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

 There will be a weekly session every Wednesday 4:30—5:30pm.

The series will include presentations, films, talks, etc., followed by questions and answers.

#### **Regular Activities**

- Sundays 10:30—12noon: Savitri Study Circle
- Tuesdays, Fridays, Saturdays 4—5pm: L'Agenda de Mère: listening to recordings with Gangalakshmi
- Tuesdays 4:30pm: Mudra-chi led by Anandi
- Thursdays 4—5pm: Videos of The English of Savitri led by Shraddhavan
- Saturdays 4:30—6pm: Satsang, led by Ashesh Joshi
- Exhibitions, Main Building and Office are open Monday to Saturday 9am—5pm
- Library and Digital Library is open Monday to Friday 9am—5pm

Everyone is welcome Submitted by Dhanalakshmi, for Savitri Bhavan Team



#### **BRAHMANASPATI KSHETRAM**

The Mother Sri Aurobindo Centre
Calendar of Regular Events
for July 2023

20 my dear little child diverse Live only for the Divine

- Every Thursday, 6—6:30pm: Meditation
- Every Wednesday, 5:30—6:30pm: reading 'The Mother's Questions & Answers, Vol-7' in English

Many thanks, Tixon

No.3/134, Kalathu Mettu Street, Edayanchavadi, Auroville



Kshetram2014@auroville.org.in

#### **UNITY PAVILION: DAILY PEACE MEDITATION**

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



Submitted by Arun

#### AMPHITHEATRE—MATRIMANDIR

Every Thursday at sunset, 6 to 6:30pm weather permitting

#### Meditation with Savitri read by Mother to Sunil's music

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

#### Reminder to all

- The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.
- We request everyone: please do not use cameras, Ipads, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you. Access only for the Amphitheatre from 5.45 pm and until meditation ends.

Surya & Velmurugan

## For Your Information

#### **MATRIMANDIR**

#### Will be Closed For a Week

Monday, 17 July—Saturday, 22 July

Matrimandir will be closed for the week from Monday, 17 July up to Saturday, 22 July. A deep cleaning and some repairs will be underway inside

Matrimandir during thé week.



- Some Petals will be kept open during the Aurovilian timings: from 7 to 8am and from 4:30 to 6pm.
- The gardens will be open as usual.

Thank you, John

#### UPDATE YOUR KYC

Dear Friends, you may receive sms/mail from BSNL to update KYC( know your Customer) for your mobile phone connection. If you have received it, you do not need to go to the BSNL head office to update. We request that you please come to our office with your



original Aadhaar card, mobile phone. We'll update your details in the BSNL link.

Please call us for an appointment 2622298, 2622364 to help in time.

Gunasekaran for Telephone Service

Education

#### FRENCH CLASS FOR KIDS

Saturdays, 5:30—6:30pm @ New Creation School

French class (beginner's level) for kids of age group 6 to 12 years old is happening at New Creation school facilitated by Nivetha.

French is an International language rich in culture and a knowledge of this language is definitely beneficial.

- The class takes place once a week on Saturday evening from 5:30pm to 6:30 pm.
- To join the class send an email to nivethavishva@gmail.com or contact 9843188461



Nivetha

#### FRENCH CLASSES in the New Creation School

Classes will start on 18 July,

We have a new volunteer who wants to start teaching French for people. We will start French classes in the New Creation Free progress school for children. We will start with a first batch of students from 9 to 13



years old. We ask people to commit for at least 6 months.

- Classes will be 3 times a week. Tuesday, Thursday, Saturday for 1.5 hours, starting 5pm
- · We will have another class for adult on Saturday and Sunday for about 2 hours each

Our teacher, Jean Marie, is a Newcomer and he is really happy to start sharing his knowledge and being helpful here. We will ask for a contribution of 500 rs/month which will be used as a donation to support our school project.

You can get in touch with Jean Marie 8148401950 or with Beber 6385635943. or email at aurochild@auroville.org.in

Jean Marie

#### **BEGINNER'S ENGLISH INTENSIVE CLASS**

10-21 July, 5-6:30pm

We are thrilled to announce that YouthLink will be hosting a Beginner's English Class happening at the Youth Center!

The Beginner's English class is a great starting point for individuals who are new to the language or have minimal experi-



ence with it. In these classes we will focus on developing essential language skills and create a supportive/encouraging environment, where learners can comfortably practice their English skills by slowly building their confidence.

- The program is a 10 days intensive class taking place from 10 to 21 July, facilitated by Tom.
- This class starts at 5pm until 6:30pm.
- No class on Weekends :)

To register email us at youthlink@auroville.org.in or come to our office in Town hall: 9:30am—12pm and 2—4pm to sign up.

> Warmly, Nivetha for Youthlink team

#### **AUROVILLE LIBRARY**

#### **Timings**

- Mornings:
  - Monday—Saturday, 9am—12:30pm
- Afternoons:
  - Monday, Wednesday, Thursday, Friday & Saturday 2—4:30pm
  - Tuesday 4—6:30pm

#### Story time

- At the Auroville Library!
- Every Saturday, 10—11am.

All ages are welcome!

- Contact: 0413 2622894, avlib@auroville.org.in
- Web: library.auroville.org.in/



Kathrin, for Auroville Library Team

#### **GOOGLE WORKSPACE TRAINING CLINIC**

Learning how to get the best from google workspace can help you save time and improve efficiency in your work—making it easier to find emails/files and collaborate with others in your team.



We are offering a weekly drop-in clinic to help you set up or customize your google workspace on your phones, tablets, or laptops. This will include but will not be limited to:

- Email—how to get the most out of email with the least effort.
- Calendar—how to make sure you remember all your meetings.
- Google Docs & Google Sheets—how to create and share documents.
- Google Drive—how to organize documents.

FLOURISH
Support + Grow + Impact

The session will be facilitated at various locations across Auroville

on Wednesday morning from 10:30am to 12pm

and coordinated by Flourish (a service unit which aims to help create an ecosystem where those working in Auroville can grow and flourish). The clinic locations and details are:

	Time	Support Provider	Location address
.; ·	10am— 12pm	Sathish	150dpi, Surrender Community, Gate 2, Auroville
oort Da	10:30— 12:30	Madhan	Yuvabe, Saracon campus, Kottakarai Road, Auroville
dns	10:30am— 12:30pm		C3streamland designs, Udavi School campus, Edayanchavadi Village, Auroville.

For any questions, please contact Rishi

<u>rishi@flourish-av.org</u> or 9822609229 WA .

Rishi

#### **MATHEMATICS COURSE OFFERED**

#### What is being offered?

STEM land is offering a 1-hour session from Mon-Fri to learn Mathematics topics/themes at the 10th grade/O level. This is not tuition for either NIOS, CBSE, or State Board, the goal is to develop intuition to understand the key concepts of Mathematics and then practice with rigor. The goal is to make



Mathematics visual, accessible, and useful for life.

We will look at all important topics that are necessary for Mathematics at that level. This will help not only in the shortterm goals you may have but also long-term goals of developing a pattern mind and building problem-solving skills.

We will also introduce the easiest methods and shortcuts (after the concept is understood) to make students confident e.g. in calculations of squares, cubes, cube roots, trigonometry core triangles, Pythagorean triples, etc.

#### Where and when will the sessions be held?

The sessions will be held in STEM land from 5-6 p.m. Mon-Fri. You can join the next session on 10 July.

• Why is STEM Land offering these sessions?

We stand for responsibility, equality, and courage to create we are responding to this request from the community. We have been working with various grades from 3rd to 10th for 10 yrs now in visualizing mathematics, creating projects, etc so we have something to offer to those who want to take responsibility of their learning.

#### What will it cost?

Each youth needs to deposit Rs.300 at the beginning of each month to STEM Land. If the youth attends all the sessions the amount will be returned at the end of the month else not. This is an opportunity for young people to support their parents in a small way by being responsible. Adults are also welcome as long as they commit to the same rigor.

 Please contact Kugan 09159160372 or kugan@auraauro.com.

Submitted by Sanjeev

#### Health Care

#### **SANTÉ SERVICES**

#### **Working Hours**

Monday—Saturday, 9—12:30pm & 2—4:30pm

#### **Tests and Sample collection**

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

#### For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

#### **Appointment**

 Please call Santé on 0413 2622803 during working hours for an appointment

#### Santé Services Schedule

Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily, No appointment necessary
<b>Ayurveda</b> with Dr.Sonia & Dr.Be: As per availability	<b>Physiotherapy</b> with Arun: As per availability
Acupuncture with Andres: TOS	<b>Homeopathy</b> with Michael: Monday, Wednesday, Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Pregnancy Care & Wom- en's Wellness with Paula: Tuesday & Wednesday
Physiotherapy & Massage with Galina: Monday to Friday	<b>Physiotherapy</b> with Rebeca: Monday, Wednesday, Friday
<b>Bio-Well Assessment</b> (Evaluation of your well-being) with Helena: <b>TOS</b>	Functional Medicine with Lize: Tuesday/ Thursday/ Friday

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.
- In case of cancellation or to reschedule, it is necessary to inform us in advance.

Submitted by Dasha for Sante Services

#### **AUROKIYA INTEGRAL EYE CARE @ ARKA**



Aurokiya has been providing clinical eye service in collaboration with Aravind Eye Hospital and will start the shared medical appointments process for visiting Aravind. Personalized eye exercise and vision therapy sessions will also be available at Arka with appointments. Contact us for your eye care needs.

Website: <a href="https://www.aurokiya.com/">https://www.aurokiya.com/</a>

Contact: <u>aurokiya@auroville.org.in</u>, <u>aurokiya@gmail.com</u> WA/ Mobile: 8012305151

Warmest Regards, Aurosugan-Aurokiya

#### AYURVEDA TIPS FOR RAINY SUMMER



During the summer, body struggles to keep its inner temperature to a cool 35-36°C when outside temperature can rise well above. Now that the peak heat of the summer is over, thanks to the summer rain that cools down the atmosphere, we notice that days are warm, almost hot but nights can be chilly. This is when a bit of humidity and coolness in the air can give sore throat, sneezing, coughing or slight fever.

Pitta ferments and shows signs of acidity, inflammation or strong body odour and some bitterness, impatience, frustration, anger in the mind. Vata gets cold and makes the joints more painful, digestion and bowel movements irregular and mind might be imbibed with anxious thoughts, worries or lack of concentration.

We can help ourselves with the following recommendations:

#### With the food

- Eat only when hungry and eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc)
- Eat green leafy vegetables, take light dishes made of mung dal, vegetable soups... all pulses and dal are good when cooked with spices (all spices are good apart from red powder-chilli powder)
- For non-vegetarian, eat white meat or small fishes.
- Drink warm water all day long (especially when there's

- a sore throat)
- Dinner should be light and taken 2 hours before going to bed
- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Ghee used for cooking and Sesame and Olive oils for
- Chew some neem or Tulsi leaves

#### Some immunity enhancers:

- Giloy/Guduchi (Tinospora cordifolia), a very good immune regulator; 1tsp of powder morning and evening in warm water
- Amalaki (amla): full of vitamin C; consumed fresh if available or in powder
- Turmeric: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- Tulsi (Ocimum tenuiflorum/sactum): for the lungs, fresh leaves in warm water
- Ashwagandha (Whitania somnifera): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- Ginger—Turmeric—Black pepper powders (Be No1): improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
- Tulsi—Cinnamon—Amla—Ginger—Turmeric—Black pepper powders (Be No3): as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it's preventive, 3 times a day before food if there are symptoms
- **Saffron**, aloe vera, licorice herbal infusions
- Chyavanprash Avaleha: 1tsp in the morning with breakfast

#### In the activities, help Pitta and Vata to be centred and grounded:

- Be grounded in the heart or abdomen with Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Keep warm, take warm showers, cover your neck from chilled breeze
- Gargling with salty water if sore throat
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril once a day
- Fragrances: sandalwood, rose, jasmine

Let's be all well, happy and healthy.

Be at Santé Clinic



Dental Clinic Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in
Phone: 0413-2622063 What's up: 9629199328

Working hours

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

#### Animal Care

#### **DELICIOUS SNACKS AND TREATS FOR OUR DOGS** Sunday, July 16, at 10am



We are thrilled to announce that we have received a generous donation of delicious snacks and treats for our dogs from a kind-hearted dog lover! Join us on Sunday, July 16, at 10am for a special event called

Dog Treat Day. We have planned a big surprise for all of our 300 dogs, and we invite you to be a part of it. Let's bring smiles to their faces and tasty snacks to their mouths!

Last week, we successfully assembled a few wheelchairs and started training our first paralyzed dogs on how to use them. It was an incredibly heartwarming experience for both the dogs and our team, witnessing the joy in their eyes and the happiness on their faces as they gained newfound freedom of movement. However, they still need practice and support to become more adept at using wheelchairs. Weather permitting, next Sunday, you can be a part of their journey and help them roll freely by supporting our dogs in their wheelchair training.



See you Sunday at the shelter!

With gratitude, Arthur for Auroville Dog Shelter

#### **URGENT WARNING:** CANINE DISTEMPER OUTBREAK

We must alert you to the ongoing and devastating wave of canine distemper that continues to ravage dogs within Auroville and the surrounding areas. In the last few days alone, we had cases in Angiras Garden, Last School, Kuilapalayam, Alankuppam, etc.



This highly contagious viral infection spreads

AUROVILLE

DOG SHELTER

rapidly, similar to the flu, and is, in most cases, fatal for dogs. Our quarantine facilities and other animal care centers are full of cases.

We implore each dog lover to take immediate action to protect your pet dogs, Community dogs, and any dogs in your area. There is a highly effective vaccination available to safeguard against this deadly virus. Do not wait until it's too late. Contact your veterinarian without delay!

To address this critical situation, we have secured a stock of Nobivac DHPPi vaccination, which also provides protection against rabies. We are offering this essential vaccination for Rs. 500 per dog. Act now to ensure the well-being and safety of your beloved dogs.

Contact us for information and a vaccination appointment. <u>Aurovilledogshelter@auroville.org.in</u> or aurovilledogshelter@gmail.com

Arthur for Auroville Dog Shelter

#### **ANIMAL CARE JOB**

Are you a passionate dog lover looking for a rewarding animal care job? Join our dedicated team at the Auroville Dog Shelter!

As we are upgrading the level of care for our dogs and have lots of new and super interesting projects in the pipeline, we are seeking individuals to support us in providing the best possible care for our dogs.



We are seeking:

#### **Position: Animal Caretaker**

- Working Hours: 4 hours per day, 6 days a week
- Compensation: Rs. 8,000 per month
- Requirements: Love for animals and enjoying physical

#### **Position: Social Media Person**

- Working Hours: flexible, work from home possible
- Compensation: Rs. 8,000 per month
- Requirements: Love for animals, experience with social media marketing, skills in graphic design

If you have a genuine love for dogs and are eager to make a positive impact, we invite you to join our team!

Thanks a lot! Auroville Dog Shelter, Arthur

#### **EXPERIENCED DOG WALKER**



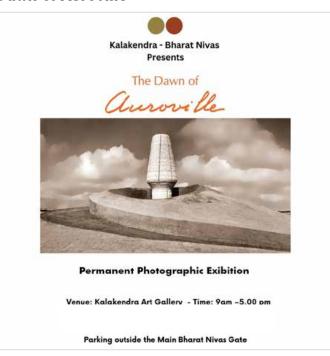
Hello, my name is Kiran! I am an experienced dog walker. If you find yourself short on time but still want to ensure that your dog gets a pleasant walk, feel free to reach out to me. I am available in the late afternoons and would love to give your dog a great walk.

9498410380 WA, Kiran

The Ants

#### KALAKENDRA PRESENTS

#### **Dawn of Auroville**



• Venue: Kalakendra Art Gallery.

Office Contact: 0413 2622488

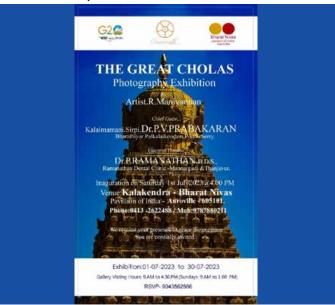
A permanent photographic exhibition with basic information on the conception of Auroville, its inauguration, and the beginning of Matrimandir till November 1973. It has been curated by Sri Aurobindo Ashram Archives in collaboration with Auroville Archives and Bharat Nivas.

Parking outside the Main Bharat Nivas Gate.

#### **The Great Cholas**

#### Photography Exhibition by Artist R. Manivannan

∘ 1—30 July



- Gallery Visiting Hours:
  - 9am—4:30pm
  - Sundays: 9am—1pm

9043562566, Regards, Vani, BN Cultural Team

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

Sunday, 16 July, 7:30pm

# Three singers - one band! WALCOLM TICO Sunday 16.07 at 7.30 pm In Collaboration With Kalabhumimusicstudio. AV ANY ENGUIRY? RIGHT PATH CAFE: O4182 522248 OR +91 90430 04919 © CAFETERIA.AUROVILLE O1 DUTSIDE VISITOR? KINDLY PARK YOUR CAR, TWO-WHEELER OR VAN AT VISITORS CENTER MAIN PARKING AND WALK TO THE CAFE!

Three Singers One Band concert in Visitors Center.
Shakti for Kalabhumi Team



#### Activities

#### ANALOGUE DARKROOM WORKSHOP by Sasikanth Somu



27, 28 and 29 July @ Centre d'Art Gallery, Citadines

#### **Program & Timings**

- Thursday, 27 July, 2—5pm: Brief look at History of Photography & Introduction to Film Camera.
- Friday, 28 July,:
  - 9am—2pm, Film photo shoot (in your own time),
  - 2—5pm, Develop your roll of film.
- Saturday, 29 July, 9am—12:30pm & 2—5pm (one can choose either of these sessions): printing contact sheets & photos in the darkroom.

The workshop is free for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.

The workshop fee for Guests: towards contribution



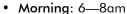
#### Registration Contact: <a href="mailto:centredart@auroville.org.in">centredart@auroville.org.in</a>

- All the material for the workshop is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.
- Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in.
- While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards, Sergey, Centre d'Art

## RED EARTH RIDING SCHOOL Is Offering Free Riding Classes

Red earth riding school is very happy to announce that every tuesday, Red earth riding school is offering free riding classes for Auroville kids, and the timings are mentioned below:



- Evening:
  - 4—5pm (pony walk)
  - 5pm—6pm (riding classes)

Redearth

AUROVILLE

You can also choose morning or evening with refreshment and swimming. You are most welcome to explore the riding horses and enjoy the experience.

#### Office timing

- Morning: 9:30am—12:30pm
- Afternoon: 2—5pm

#### Contact

04132965242, redearthridingschool@gmail.com

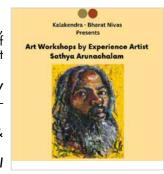
Kalivarathan for Red Earth Riding School

#### **ART WORKSHOPS** by Experience Artist Sathya Arunachalam

Workshop Details:

Specialtechnic with Blue metal, Jute fabric, Cotton, Textile, Leaf dipped into colour & Coconut fibre

- July onwards, Every Day
- 10—12:30pm & 2:30— 4:30pm
- Contact: 0413 2622488 & Sathya, 9080371145 Regards, Vani, BN Cultural



#### **AUROVILLE AIKIDO** at Auroville Budokan

From Auroville Aikido at Auroville Budokan, Dehashakti, near Dana: Welcome if you want to watch a class before, try it out or join us right away!



**Children classes** from 8 of age:

starting on 10 July with Philippe G. and Surya Monday, Wednesday & Friday: 4—5pm.

Regular attendance required, as part of the school sports' program.

#### Adults All levels

Tuesday & Thursday 6—7:30am Saturdays 6:30—7:30am with Murugan.

#### Beginners mostly welcome

Wednesday 5:15—6:30pm and Saturday. Early morning class.

#### Women and young girls (with Surya)

• Sunday 9.15 to 10.30 am.

**Note:** Aikido is a Japanese martial art that is for everybody and usually gender mixed. Its regular and sincere practice will make you work on all your different levels: physical, mental, spiritual. We encourage the youth and especially girls and women to come and train with us!

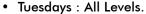
Practice clothes & other info: to start, beginners can wear a T-shirt & long loose pants (for energy flow, avoid tight fitting clothes) then a white keikogi will be required (we have some). Health Fund or your own insurance necessary. Annual and/or monthly reasonable contribution required for the Budokan (activity under LEAD) depending on your status in Auroville. Please be on time, i.e. 10—15min. before your class!

Contact: Surya 0413 2623813 or 8300189062, or N. Murugan 9952812843/WA – budokan@auroville.org.in, suryaniworks@gmail.com

Looking forward and in service, Surya, N. Murugan, Philippe G. and Cristo for Auroville Aikido.

#### FEMININE DANCE CLASSES IN CRIPA

Feminine Dance classes in Cripa, based on Tribal Fusion and Belly Dance freestyle and combination With 'Masala' music from all over the world, any woman and girl can dance.



Girls: 4-5pm Starts again on July 11 Women: 5:30—7pm

• Saturdays: Beginners, 11am—12pm

Renana, +91986544472 WA

#### **AUROVILLE TANGO ACTIVITIES** starting July



Monday, Class 7pm intermediates 8pm beginners

Wednesday, Practica 7:30pm guided practica 8pm practilonga

Friday, Open Source 6:30-8pm



Venue: Harmony Hall, Bharat Nivas No partner required, bring socks or dance shoes and plenty of cheer!

> +91 98211 66082, tango@auroville.org.in Submitted by Aurevan

#### **RUPAVATHI JOY ACTIVITIES**

#### **Bio-region Temple Tour**

Every Sunday, Wednesday and Saturday 9am—12noon, starting from Solar Kitchen



#### **Indian cooking**

- Every Monday to Friday after 5pm at Creativity.
- Every Saturday and Sunday, 10am to 5 pm



#### Thai Massage

· Every day at Creativity

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

- +91 8098845200, Voice and WA
- rupavathijoy@gmail.com

Rupavathi Joy

#### **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 1month
- 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. Mani



Abhaya is and Aurovilian Activity that offers classes of martial arts since 2015. Our coaches are former profighters with extensive experience in training and teaching. Our philosophy is to train both the external and the internal aspects of martial arts: test our skill and be confident about the effi-



ciency of the techniques, but also develop an inner sense of progress and become aware of our state of consciousness under pressure, through self awareness and self discipline. Our classes are open to students of all levels, we have both absolute beginners and students that have already competed in elite tournaments.

#### **Our Regular Classes**

- Monday 5:30pm: Neijia (internal martial arts) and self defense
- Wednesday 5:30pm: Grappling and MMA
- Friday 5:30pm: Kickboxing and K1

#### Contacts

- abhaya@auroville.org.in, 9487340778 WA
- Check our work and follow us here: <a href="https://www.instagram.com/giacomo\_writer\_auroville/">https://www.instagram.com/giacomo\_writer\_auroville/</a>



Thank you, Giacomo for Abhaya

#### **FOOD FOREST TOUR**





#### **SWIMMING CLASS**

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

Submitted by Mani

#### 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



#### **BAMBOO CENTRE**



#### **July Workshops 2023**

#### **Bamboo Centre Campus Tour**

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

#### **Training and workshops**

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people.

Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period.

 Daily: Make and Take Hands On Workshops, Experiences and Educational Tours available

#### One-Day, Make and Take Workshops

#### **Furniture Workshop**

This Immersive Learning Experience that offers the Opportunity to learn the Fundamentals of Furniture Construction and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Export.

9am—12:30pm, 1:30—5pm

Every day except Sunday

• Registration one day in advance.

#### **Bamboo Toys**

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Walk-in registration available

#### **Bamboo Musical Instruments**

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Walk-in registration available

#### **Bamboo Jewellery**

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewelry at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Walk-in registration available

#### **Bamboo Nature Camp at Kodaikanal**

• 27—30 July, 9am—5pm

This workshop focuses on construction from bamboo and various natural materials.

The Bamboo construction workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

#### **Contacts**

- For more information, special requirement, and prebooking contact:
  - Preferred <u>bamboocentre@auroville.org.in</u>
  - or +91 8300949081, 0413 2623806
- Flexible training dates offered to groups
  - Contact: Voice call and WA: 8300949081, bamboocentre@auroville.org.in

<u>www.aurovillebamboocentre.org</u> Thanks and Regards, Murugan

#### **SOUL OF SOIL**

Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture



Conscious and Cultural Tour Experience Program

Make and take handson workshops

make and take namason	workshops
Bamboo Musical Instrument	Bamboo Jewellery
Bamboo Toys	Clay Modeling
Terracotta	Incense Making
Paper Mache	Lampshade
Kolam Mandala Painting	Palm leaf craft
Coconut shell craft	Stone Carving

**Daily**: Make and Take, Hands-On Workshops at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- Advance booking is necessary
- Contact: preferred <u>mohanamprogram@auroville.org.in</u>, or call +91 8300949079
- 10am—4pm, Every day except Sundays

#### Mohanam campus tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, hands on make and take—art and craft workshops at bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, local traditional lunch, herbal tea.

• 10am—4pm, Every day except Sundays

#### **Mohanam Sound healing**

Book your sound healing session/ south bath for groups at Mohanam village heritage centre. A journey into silence, voice, movement and meditation inspired by nature and rhythmic waves we dive into an inner exploration of embodiment and expression. Union of mind, body and spirit through celebration of sound to enhance the sense of balance and reconnect one to their own consciousness.

- Advance booking is necessary
- Contact: preferred <u>mohanamprogram@auroville.org.in</u>, or call +91 8300949079
- 10am—4pm, Every day except Sundays

#### Saree & Veshti Experience Tour

Let the magic of saree & veshti adorn you!

Choose a saree and veshti from a variety of beautiful saree and veshti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape/ wear the saree & veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience

- Advance booking is necessary
- Contact: preferred <u>mohanamprogram@auroville.org.in</u>, or call +91 8300949079
- 10am—4pm, Every day except Sundays

#### **Conscious and Cultural Tour Experience in Auroville**

The future of the world (Integral—Consciousness—Responsible—Education—Empowerment Sustainability)

- Bio region village & temple tour
- Bioregion historical/ monument/ heritage educational tour
- Auroville Forest tour
- Auroville Farm tour
- Auroville North-West experience
- Auroville entrepreneurship tour
- Includes Tea and snacks, Duration: 2hours.
- 1-day advance booking is necessary
- Day & Timing: Every day 10am—5pm

#### Auroville North-West Cycle Tour + Lunch

This tour is designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

- Every day 10:30am—1pm, except Sunday
- Meeting/ Starting Point: Visitor center,
   1-day advance booking is necessary for group bookings (for single bookings at least before 10am)
- For Bookings: <a href="mailto:mohanamprogram@auroville.org.in">mohanamprogram@auroville.org.in</a> or call us at: +91 8300949079

#### Cycle Tour with Bio-Region Youth + Breakfast

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to take advantage of the best routes in and around Auroville using cycles. The route shall include the following destinationsIncludes Tea and snacks, Duration: 2hours.

- 1-day advance booking is necessary
- Every Saturday & Sunday, 6—8am

## Saturday evening Aurosanthai market Indo African Drum Circle with Food & Campfire

Enjoy the evening with blissful fusion of instrumental music, freestyle dancing and traditional drumming with campfire, accompanied by traditional Tamil dishes.

- Every Saturday between 6 to 7:30pm (Pre-booking is mandatory),
- Venue: Mohanam Village Heritage Centre,
- For more information: mohanamprogram@auroville.org.in or call us at: +91 8300949079

#### Kolam Village Walk

Join for Spiritual Kolam walk and let the inner spirit and emotions lead the flow of Kolam. Enjoy the Delicious Tamil breakfast after the small trip inside the village, early in the morning made by local women to support them economically.

- Meeting point: Mohanam Heritage Village
- Every Friday, 6am to 8am
- Facilitator: Mohanam youth
- Contacts: mohanamprogram@auroville.org.in or +91 8300949079

#### Thiruvannamalai Eco & Spiritual Services

- Thiruvannamalai—Mohanam Services
- Aurunachala—Auroville
- Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening/spiritual tours and Thiruvannamalai volunteering activities.

You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

For more information: <a href="mailto:mohanamprogram@auroville.org.in">mohanamprogram@auroville.org.in</a>
or call us at: +91 8300949079

Balu

Looking For

#### **Looking for House to Sit**



Dear Auroville family, I'm Chloé ex Aurovilian, who was working at AV radio. I'm now back with my 4 years old daughter as a volunteer for 9 months. We are housesitting until the end of August (the 25th max) and are looking for another place to stay, if possible until the end of our stay (beginning of

April), at least a few months.

We'll be glad to take care of your house, plants, pets... My boyfriend, the father of my daughter, will join us during his vacation. Contact me at 9042059543 or <a href="radiochloe@gmail.com">radiochloe@gmail.com</a>, thank you! **Peace and Light, Chloé** 

#### Wanted Damaged and Broken Solar Panels

Good day, dear community.

With the ongoing repairs and maintenance happening at the Youth Center Mirco and Sasha would like to inquire if there is anyone out there who would like to get rid of their old, damaged or broken solar panels in an ecofriendly way? They would be incorporated



into construction of walls in the tree houses and creating privacy partitions. Perhaps you have some other material that can be used for that?

• Please contact:

Sasha: +919047232400, Mirco: +919944025718

Thank you in advance, and have a wonderful day.

Warm regards, Sasha

#### **Looking For Long-term House Sitting**



Dear Community, I am a confirmed Aurovilian and looking for a longterm house sitting. I am single, originally from Italy and I contribute to the Community through various activities. I am a neat, clean, reliable, quiet and respectful person. Please reach out on

8667648515 or mail to <a href="mailto:solespazio@gmail.com">solespazio@gmail.com</a>

With Love & Gratitude, Enzo

#### **Looking for Office Work**

Chandru is looking for office work. He has experience in computers and has english communication skills.

 Please contact Chandru mobile: 9566616759 or email k.chandru@live.com

If you are interested, he can send you his re-



Thanks, Velu

#### **Looking to House Sit**

I am looking for a house or an apartment from 12 July to 10 August, 2023. Even if the dates are not completely concurrent, do not hesitate to contact me. I have already done several house sittings. I can take care of your animals.



Satyayuga (Jean-Luc), +917639761930 ilmalor@yahoo.fr

#### **Looking For A Room**

Hi, I'm looking for a room with good natural lighting and ventilation, quiet, no dogs, no peacocks for 2.5 months. Thank you! <a href="mailto:robertdemito@yahoo.com">robertdemito@yahoo.com</a>



Robert

## House Sitter For August And September, In The Greenbelt

Looking for a dog loving house sitter that is happy to look after the dog and garden: Aurovilian, Newcomer or Savi volunteer. Single person preferred, but couple possible.



Call or WA 9489601312

#### **Looking for Work**

Shankar K. from Matthur is looking for garden or field work. He has also experience with looking after dogs. He has worked in Auroville for 30 years. Recently he lost his workplace due to a change in management. If you are interested, please call him directly (if you speak a little Tamil) 9787756807, or call/WA 9489601312.



## Second hand working condition ceiling/pedestal fans

Dear Friends, **Udavi School** is in need of second hand working condition ceiling/pedestal fans to be used in the classrooms at the primary section of the school. If you have ceiling/pedestal fans in working condition and do not use them anymore and want to donate, Udavi School will be happy to use them in the classrooms. If it is necessary and needed a small contribution can be made. On availability you are requested to contact us. We will organise to pick them up. Your contribution will be appreciated Thank you.

#### Contact details:

• <u>udaviadmin@auroville.org.in</u> or Mobile 9487068021

Regards, Sudhir for Udavi School

#### **Clifford Needs a Home**

We are trying to find a foster family for an adult male Labrador, his name is Clifford. We are willing to cover the costs for our dog's food and vaccination, and we are also willing to pay you for taking care of Clifford. We would need you to take care of him until we return, this would be for around 3—6 months, however it may still take a little longer before we can come back.



We wish that the person who would take care of him would allow him to live indoors, definitely not keep him in a cage outside in the garden. If you meet all these conditions and are willing to take care of him, please contact us immediately using this email address <u>3178685954@qq.com</u>.

Thank you! Esther

## Available

#### **Seashell Curtain**

72 individual hanging strands of beautiful seashells as a curtain/ separator for doorway or long window.

Each full strand is 1.5 meters long, 72 pieces in all.

Contact: <u>isha@auroville.org.in</u>

Isha



#### **Hero Splendor Available**

Hero Super Splendor 125cc for sale. 2019 Model, PY Registration, Single Owner and Insurance valid upto January 2024. Milage 58 to 60 km per Litre Contact: Aryaman @ NESS office, 7094280071



Madhavi



Taxi Share

#### To Chennai Airport, late afternoon, 27 July

Anyone going to Chennai airport in the late afternoon of 27 July? Or coming from the airport to Auroville, to share a taxi?

Thank you, Umberto Cerasoli

-

## Help Needed

#### **DONATION FOR FRISBEE TOURNAMENT AT SAKKATH**

Greetings to you. My name is Gothainayagi, I'm 18 years old and I play frisbee and I'm a bharatanatyam dancer also. I am reaching out for your help. I did a course in frisbee—called Women's Ultimate Fellowship and in this programme I had lessons on



how to become a young women leader. And the follow up of this one year programme was for me to become a leader and to teach what I have learnt... So I had taken the responsibility to put together a few people and form a frisbee team called Alphas and I am one of the youngest females who is leading, coaching and captaining this mixed gender team. It has been that many people dream of going and playing frisbee outside, especially since they have been waiting for this tournament... But since all of us are students it is hard for us to fund and for us to manage...

So it would be a great help if you can support us in any way

#### The expenses are

- Travel van for 22 ppl, 25k
- Jersey for the team, 30k
- Accommodation for 4 days 22 ppl, 900 per night per person.
- Team registration Rs 5600

Our Financial Account Number is: 106116 (Alphas)

Thanks a lot for your support, Gothainayagi

#### **YOUTH CENTER APPEAL**



Dear community, as you may remember since May 1<sup>st</sup> Youth Center's budget has been discontinued (along with three full time maintenance).

It was 15,500Rs budget and was used primarily to cover the salary of Vijaya and some of our watchmen. It has now been three months that we have been exhausting our savings to pay that and an additional maintenance of one of our team coordinators who. To be completely honest we have approached 0 and on September 1st will no longer receive the bridging maintenance.

We are doing everything we can to try and organize more events, involve more volunteers, and do jobs. However with the lack of tourism and with much of the community being on holiday our efforts are insufficient.

It also so happens that most of our upcoming events might not come into reality as they are planned for August (the international youth day festival) and November(international Kids day). There are more options we are currently initiating but our primary hope is the support of the people from the Auroville community.

We reach out to everyone and anyone who loves and cares for the Youth Center and it's future. We have established a wonderful team who are fully invested into taking Youth Center to new heights becoming an irreplaceable part of the community. It is our most strong belief that all this is only a stumble not a fall.

- If you would like to help us make it through this financial conundrum please contact
  - Sasha: +91 9047232400
  - Mirco: +919944025718
  - Deep: +919488494930
  - · Cheenu: +918270404258
  - or Lili: +919585942813
- or make a donation to our FS acc.: 0099
- and spread the word.

We also would be more than happy to invite you to our 'Pizza night' on Saturday at 7pm and also 'Pizza night'on Wednesday at 7pm.

With Love and Gratitude, Youth Center team.

## Work Opportunities

AUROVILLE MEDIA INTERFACE

#### **AUROVILLE MEDIA INTERFACE (AMI)** Is Expanding Its Team.

Jobs for Newcomers and Aurovilians: maintenance available We are looking for autonomous workers who could take care of some of the following tasks:

- video content creation/video & photo coverage/video editing
- social media creation & management
- content writing
- graphic design
- welcoming journalists and TV crews
- TV channel operations management
- secretariat & accountant skills & logistics (good English skills needed)

AMI is Auroville's Official Media & Press Relations Service.

Newsletter:

https://auroville.org/page/auroville-media-interface

- https://www.facebook.com/aurovillemediainterface
- Write to: mediainterface-avf@auroville.org.in

Joel

#### CENTRE D'ART AUROVILLE Is Looking For A New Collaborator

Centre d'Art is a cultural center dedicated to Art and Beauty. Our work includes disseminating and archiving Dominique Darr's photographs, organizing art events and workshops. We host painting, mixed me-



Centre d'Art Auroville

dia and photography exhibitions, promote artists and facilitate artistic exchanges.

We carefully curate our programs in order to offer Aurovilians and the general public diversity in art and unity around beauty.

A new collaborator is needed for our exhibition team beginning in August.

We are looking for an artistically inclined individual with good interpersonal skills, works well with a diverse team, speaks and writes fluent English and has communication, writing and organizational skills.

Hands-on proactive skills for preparation of art exhibits, detail oriented, strong appreciation for spatial installation, French speaking and curating experience will be appreciated.

If you are interested please send us a mail with your resume at centredart@auroville.org and we'll contact you shortly.

Thanks, Maud

#### **AUROVILLE EARTH INSTITUTE**



#### **Job Description: Admin Secretary**

- Training course coordination—On campus + Online **On-Campus** 
  - Emails, Phone calls and Follow ups
  - Registration to the course
  - Feedback Updates, MS word, google doc and Summary
  - Documentation of trainees like clicking photos during course

#### Online

- Creating student accounts and tracking progress
- Sending out course-specific emails on course dates and course completion requirements
- Troubleshooting technical problems and answering basic questions by email and in the course forum
- Issuing certificates to those who complete a course

#### Secretary Job

- Emails, Phone calls
- **Publication sales**
- Helping walk in visitors with needed information
- Assisting for various office works
  - Office purchasing
  - Collecting bills from various units in Auroville or around when needed

Languages: Tamil, English and any other language is plus Software: MS Word, MS Excel, Photoshop (Moodle or other open-source platforms and other software are plus)

#### **Job Description: Assistant Trainer**

- Assisting in training courses on CSEB and other AVEI techniques
  - Getting trained to conduct the practical training courses
  - Getting trained to use and quality check the Auram press
- Assisting in research on various earth AVEI techniques
  - Identification of soils
  - Casting samples to be tested
  - Conducting various series of tests
- Supervision of construction sites
  - Daily supervision on site
  - Management of workers
  - Supply of materials
  - Campus infrastructure maintenance

Languages: Tamil, English and any other language is plus Software: MS Word, MS Excel is plus

Warm regards, Malavika S Nair, Auroville Earth Institute

ITS: WE ARE HIRING



#### AWARE AUROVILLE

## AWARE @ Churoville

Opportunity for Newcomer/Aurovillian with a passion for media and communications.

**Full Time** (Maintenance is possible)

AWARE aims to promote human unity through effective communication and collaboration. We focus on various aspects of Auroville, including spiritual, cultural, social, economic, organizational, and ecological aspects, to help Auroville realize its vision.

AWARE is unique in its conscious approach towards communicating actions, collecting insights, ideating different approaches, and innovating the most appropriate way to communicate. Aware offers its services on a free and fair basis and is run by Auroville residents to provide authentic information.

#### Skills and Knowledge desired

- The ability to work well independently and within a team
- Strong written and verbal communication skills
- Creativity and innovation
- Management skills
- Basic understanding of web and social media promotion
- Problem-solving abilities
- Medium level IT skills

Above all we need someone who is driven by Auroville's vision and feels the need to communicate this in the most sincere and earnest form to the world.

aware@auroville.org.in, 98100 52574 WA

Warm regards, Nilima

## Honorary Voluntary

#### **UDAVI SEEKS VOLUNTEERS**

Kitchen, 8:30am to 11am at least Every day, Monday to Friday

Dear Friends, at Udavi School we need volunteers to help in the kitchen for cutting vegetables from 8:30 am to 11am at least. We cook simple south Indian meals for our children every day, Monday to Friday.



If this is something that interests you please get in touch with us for further information. Thank you for your support and help. Contact details:

udaviadmin@auroville.org.in or Mobile 9487068021

Regards, Sudhir for Udavi Šchool

#### **NEW CREATION CRECHE NEEDS A VOLUNTEER**

Dear Friends, New Creation is a project to help village's families by providing to the people a free creche and kindergarten service. We are looking for 1 volunteer teacher to join our team.

If you want to know more about our work, what we are doing here and what is possible to do

please contact Anand our school manager 9363223552 or <u>auro-child@auroville.org.in</u>.



With love and light, Anand

#### **GAU SEVA AT SADHANA FOREST!**



Your heartful service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day from 7am

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,

8525038274WA or call 8122274924

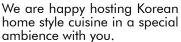
Looking forward to welcoming you! The Sadhana Forest team, warmly, Shek

### Foods Goods and Lennices

#### **GOYO, THE KOREAN SILENT RESTAURANT**

고요 한식당

Goyo, the Korean silent restaurant in Luminosity, opens again for lunch on Tuesday and Friday 12:30pm from Tuesday, 18 July.





- Please book for lunch minimum a day before by SMS, +919489693809 WA or goyo@auroville.org.in
- Also there will be a Korean tea ceremony Wednesday at 10am and 3pm at Goyo hosted by Mint. Please book it by +919489904112 WA or mint@auroville.org.in

Won Ja & Mint for Taste of Korea

#### FREE STORE OPENING TIMES

Morning hours:

Monday to Saturday: 8:30am—1pm

#### Afternoon hours:

Tuesday and Thursday: 2:30pm—4:30pm



We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

> At Her Service, Kamala For the Freestore team

#### **AIRCON AIR CONDITIONING CLEANING SERVICE**

Aircon Clean offers a comprehensive Air Conditioner cleaning service known as Jet Service.

The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact Aircon Clean now at 9786809518 or email us at airconclean.av@gmail.com

Regards, Julien

#### HIVE'S OPEN HOUSE Friday, 21 July, 10am—5pm



Dear Community, join us at Hive's Open House on Friday, 21 July, from 10am to 5pm! Experience the vibrant coworking space designed to inspire productivity and growth and that fosters collaboration and creativity.

- Try out our coworking space for free and see the difference. We will have free internet.
- Visit our website at www.auromode. in/hive-coworking for more details on our plans and facilities.
- For inquiries, feel free to reach out us on WA @ 7092197375/ 9042759540.

We can't wait to welcome you to our thriving community!

Dhesh for Auromode Hive Team

#### **ARKA'S KITCHEN IS OPEN FOR LUNCH**

We are happy to inform you Arka's kitchen is open to receive its guests, open for lunch Monday to Saturday

- AV/NC @ Rs.200/-
- Guest Rs.250/-
- children Above 10 Years 1/2 price.

Lunch timing 12:15 pm to 1:30pm.

 Pre Booking is required (Please call one day before on this number 0413 2623799 in office timing: Morning 8:30am—12:30pm & Afternoon 2—5:30pm.

Please follow us on instagram page Auroville Arka.

Thanks & Regards, Ramana, Arka

#### **REPAIR**

#### of Air Conditioners, Fridges, Washing machines and Appliances



Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian that has gained a lot of knowledge through looking after and repairing all kinds of machines.

He happily repairs your machines and appliances. Contact:

+91 9443493025 phone, SMS, WA Jagdishan

#### FOR YOUR NEXT HAIRCUT



For your next haircut contact Ahana with her highly inspired and young talent:

- Ahana @ 9751513906 (WA, Signal and Telegram only)
- or <u>essence.touch@yahoo.de</u>

Ulrike

#### **DROPZY**

#### Stay Home, Order Online, We'll Drop it to You



#### What is Dropzy?

Dropzy is an online mobile and web app platform for delivering products and services in and around Auroville Township.

It is designed & developed by 150dpi (an Internet Consulting activity). Dropzy will partner with ITS (Integrated Transport Service), who will handle the delivery and logistics of the products.



Topry Dropry

#### Why?

HIVE

Our community initiatives since long in different independent ways are striving to address the reach ability of essential needs of the residents.

There's a clear visible need in our community for a delivery platform to address this need whether it's a product or a service.

While there are several outside Au-

roville based solutions to address these needs that are more focused on the global markets and business models, Dropzy is an in-house built and managed initiative based on the values of Auroville.

Satish

#### **150DPI DIGITAL SOLUTIONS**



Sathish, 8098144686, hello@150dpi.com

## POUR TOUS WATER Free Service To The Aurovilians



Dear Friends, Pour Tous Water provides free service to the Aurovilians as part of the prosperity vision (service for all).

The service and labor is free. If material is necessary for your work, the city service advances it, and you are paying to the collec-

tion account, which is going back to City Services only to cover the material cost.

All service transactions are through Financial Service accounts, we do not handle cash for the services and appreciate you helping us with this. Pour Tous Water keeps plumbing materials on hand for emergencies to save money on petrol and avoid time-consuming round-trips to the store.

 For plumbing and water works, please contact us at Pour Tous Water's office numbers: 2622899, 9843644308, and ptw@auroville.org.in.

Sincerely, Grace, for Pour Tous Water

#### **SOLITUDE FARM BASKET SERVICE**

For many years Solitude Farm has run a basket service where we provide a basket of fruits and veg, and greens on a weekly basis.

In this summer season we have papayas, soursop, pineapples, jackfruit, mangos sometimes, guava, a little later there will be chikoos and there are also various vegetables such as beans



Solitude Farm

and, bottle gourd, pumpkin, brinjals, capsicums, spinach and a bag of mixed greens that we use for Salad st the farm cafe. If you have a connection to Tamil culture, there are banana flowers, sundakkai ( turkey berry ), banana stem, green mangoes and more. There is even a juice kit with flowers and leaves that make delicious coolers.

The produce changes through the seasons and we invite participants to come and learn from us how to use produce such as jackfruit seeds or bread fruit, green papayas etc.

• The baskets can be picked up on either Monday, Wednesday or Friday.

The pricing changes depending on how long you subscribe for. A one year subscription is much cheaper than a one month subscription. The baskets are generous in size and can weigh up to 8 kgs, the more you understand local foods, the more produce we are able to give!

If you would like to eat food that has no carbon footprint and does not harm Mother Earth, food that is equally tasty and also reflects the values of Ayurveda, often addressing problems such as Diabetes and other such diseases, then the basket service is a great local solution for sourcing organic and most importantly local produce.

 If you would like to sign up for the basket or the lunch scheme at Solitude Farm Cafe, please contact us.:

solitudepermaculture@gmail.com 9843319260 WA, Solitude farm & café Auroville, Krishna





#### **AVRADIO**

Dear Aurovilians, At the moment our website is in trouble, so we couldn't attach the links of our other audio programs. We are doing our best to fix it. Sorry for the inconvenience.



#### **Last Youtube Videos:**

- Resident Assembly Meeting (City life)
- Auroville Choir 2021—Cantique (Music)
- Auroville Choir 2021—Sure on this shining light (Music)
- The Auroville Youth Choir in Concert, April 2023 (Music)
- Happy Birthday JULES! a free live music jam celebration (Music)
- <u>Satsang with Prahladji at Language Lab</u> (Music-Philosophy)
- Here you can listen to the stream channel (playing 24/7).
- Here you can see on-air schedules.

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as Aurovilian ,wish to make a donation to FS account number 0867. Thanks for your help!

#### ....and more! on www.aurovilleradio.org

• For more information write to radio@auroville.org.in

Peace and love

AvRadio team, Submitted by William

Voices and Notes

## MOTHER'S TOWN Is The Manifestation Of The Collective Psychic Being Taking The Lead

Mother's Auroville is an economically self-sufficient town providing all that's needed for the residents' daily life, including the construction and repair materials. There is no money circulation and only the surplus is sold outside. There is no private property and no private profits, everything goes to the Central Fund for the wellbeing of all. If people are taken in charge by Auroville, they work full time and have no pensions or other incomes. There are no servants, no paid workers. Certainly, there are no cars; only collective transport and electric vehicles at a maximum speed of 15 kms by the hour cross the city—all others stop in large parking lots outside the green belt encircling Auroville as a buffer zone. The futuristic perspective of Mother's architect went as far as envisaging mobile sidewalks for pedestrians, and driverless electronic capsules, underground, for speed traffic and heavy loadsover five decades ago! The streets, flanked by porches, with squares and fountains and sudden outbursts of light, are to nurture human encounters as in the beautiful towns of old. Parks and gardens and greenery adorn the city, enlivening even the economic zone that, radiating a sense of beauty and wellbeing as much as all other sectors, hosts ateliers and cottage industries. Industrial activities and farming are carried on outside the urban area. In this model city, anticipating for decades how avant-garde towns and districts are planned today, singles live in 30 square meters flats plus the collective spaces, and a family of four in 75 square meters. Serenely organized so as to maximize productivity while fostering inner concentration, everything is at a walking distance. Harmony radiates from within to without: the town is the material manifestation of the collective psychic being taking the lead, Auroville's group-soul and Mother's town are indissolubly one.

It is the aspiration and prayer and joyous self-offering of the inhabitants that make Their town reality. For Auroville is 'the Avatar's model town', linked to the supramental manifestation the Mother first talked about in 1930; Her city as inward state of being is the sahaja, natural, effortless way.

These were my findings in the eighties, distributed to the whole community as stenciled compilations, along with the Auroville News, on behalf of the Auroville Development Scheme. We also organized exhibitions on Mother's town and Matrimandir and were the reference point, in the Bharat Nivas compound, welcoming anyone to come and interact—but always stressing that the journey commences with Mother's guidelines: her town implies the sattwic lifestyle she set for Auroville. 'To be a true Aurovilian " is the starting point: psychic to the front.

And Roger came back, after an eight-years self-exile. A throve of most precious documents, from Roger to Suresh Hindocha (Galaxy via systems engineering) to Oscar (the complete Auroville Gazette and photographic archive) and relevant others was our daily feast.

It is on this ground that I first met Kireet Joshi, in Chennai; when I told him my name he held my hand for a long time, looking into each other's eyes, the beginning of years-long sharing, since 1985 when I left Pondicherry for Auroville. First as a member of the Laboratory of Evolution (Integral Yoga) and the Auroville Development Scheme (research and publication on Mother's guidelines for Auroville, the town and Matrimandir), both instituted by Kireet and funded by the GOI; Bhaga run the place. Afterwards as an independent researcher, author and photographer. Over the years I have been sharing views with Kiret on education and culture, Auroville, Yoga; sometimes discussing delicate questions while having lunch with Mohini Dadlani, Kireet's former philosophy student who preceded him in becoming an ashramite, and my confidant.

Research, publication, exhibitions on Mother's town and guidelines—alongside Integral Yoga; all are indissolubly linked—are my svadharma. Mother's guidelines in particular have been the object of two of my books. 'The Auroville Foundation Act and the Mother's Guidelines', which I published in 2005 on the invitation of the then Secretary to the Governing Board Shri Sharma, who wrote the legal sentences in the first chapter, dedicated to the Act. The archival material and the historical narrative in that chapter were provided by gen. Krishna Tewari, a war-hero who took Auroville's defense during those troubled years, and the founder of the Auroville Archives. This book, now out of print, was listed for years in the Auroville Foundation website and routinely given to the Governing Board members. Kireet Joshi was the first one who received it, and I gave the last copy to the present Secretary Dr. J. Ravi.

The other book, 'The New Being and the New Society', is an enlarged version of the previous one minus the chapter on the Auroville Foundation Act, too sensitive subject for public divulgation. As with their predecessors, I also gave a copy to the Secretary Dr. J. Ravi, shortly after she took office, and forwarded one as well to the new Chairman, Dr. R. N. Ravi. When SAIIER published the book, in 2012, with a GOI grant, I was contacted by the editor of 'Mother India' (the Sri Aurobindo Ashram's monthly magazine) to get permission to reproduce, in chapters, the book. This came to me as no surprise, for the Ashram Prosperity and the Auroville Prosperity are indeed one. And so is the summit, and at the Ashram too the quest is collective. But the supramental society that only gnostic beings can make true is Auroville's specificity, and there are no shortcuts—and no counterfeits.

We have a long way to go, ahead!
Paulette

#### **HERO WARRIORS**

'Make of us the hero warriors we aspire to become. May we fight successfully the great battle of the future that is to be born, against the past that seeks to endure; so that the new things may manifest and we may be ready to receive them.'

1964: my year of mortal birth on this planet Earth... Quite a roller-coaster experience, having again the chance To transcend the cultural and genetic programmings Of my soul-chosen earthly parents... An



ongoing most interesting evolutionary process. Anyway, back to The Play...It is against the whole universal Nature, this revolt.  $^{2}$ 

So it is a most intense and formidable fight, Sentinels of the old world hanging on tight, <sup>3</sup>Prowling hungry wolves baring large teeth. But be more wary of those dressed in sheep, Enticing with fool's gold, fine food, sex and wine Til sun-born Circe turns you to a monster or swine, Your precious life force drained by vital vampires Until your poor physical body simply expires. What a waste of another reincarnated existence, Maybe next life a chance for a change of consciousness. So yes Hero Warriors are indeed neededlin this pre-Golden Age to forge ahead. As Kali Yuga is peaking my dear Hero friend

The challenges are intensified and hastened; The asuric and rakshasic overlords of MindWith their hordes will not just give up without a grind. Best to battle it out with proven Divine Allies, Like Avatar Krishna siding with Arjuna of the Pandavas. This time the Avatar Sri Aurobindo and the MotherCame to kickstart and herald the Satya Yuga Chapter, Even creating a huge playing field to hasten The evolution, this Auroville the City of Dawn, With the consenting Mothers Bharat and Bhumi Backing up the push for a terrestrial newbie That will replace the governance of the transitional species Born from the Ignorance too mortal Homo sapiens With the physically upgraded immortal Supramental being:

The Divine Manifestation, Master of Matter, Swift Golden Child of the Supreme Divine Mother, Whom will govern the cosmos with Divine Love and Bliss. On this marvellous but abused and raped of an Earth soon Life Divine.

#### Featured Artworks:

- 'The Spirit of Auroville' by Huta
- 'No More' by Josephine Wall
- <sup>1</sup> https://incarnateword.in/search?query=Make+of+us+t he+hero+warriors&page=1&auth=m&phrase=true
- <sup>2</sup> https://www.facebook.com/100064751620924/posts/645767650924950/?app=fbl
- <sup>3</sup> https://www.facebook.com/761257051/posts/1016133 9825287052/?app=fbl

Zech, 2023.07.09

#### **COOL CROWN**

Without knowing the details of the present situation in Auroville and only seeing a few images and news reports, a few comments from a distance are offered.

An Auroville crown segment development opportunity has been missed by crude and destructive activities at a crucial time when urban heat islands are killing people. A beautiful circulation environment for people, utilities and emergency vehicles could have been formed by landscape architects and designers with many of the trees that have been destroyed. The area was well prepared with basic water conservation measures and planting and maintaining trees by many years of hard work and donations by many people. Memories of cycling under the large tamarind trees near Fraternity are suggestions of what a 'green' crown could be. A cool crown segment could have been formed, gracefully slightly curving between the major trees, shaded with a filigree of light between the leaves and the flowers.

Joel H. Goodman, July 8, 2023

Inspiration

## THE REALIZED TRUTH OF SPIRIT

All life for the achieved spiritual or gnostic consciousness must be the manifestation of the realised truth of spirit; only what can transform itself and find its own spiritual self in that greater Truth and fuse itself into its harmony can be accorded a life-acceptance. What will so survive the mind cannot determine, for the supramental gnosis will itself bring down its own truth and that truth will take up whatever of itself has been put forth in our ideals and realisations of mind and life and body. The forms it has taken there may not survive, for they are not likely to be suitable without change or replacement in the new existence; but what is real and abiding in them or even in their forms will undergo the transformation necessary for survival. Much that is normal to human life would disappear. In the light of gnosis the many mental idols, constructed principles and systems, conflicting ideals which man has created in all domains of his mind and life, could command no acceptance or reverence; only the truth, if any, which these specious images conceal, could have a chance of entry as elements of a harmony founded on a much wider basis. It is evident that in a life governed by the gnostic consciousness war with its spirit of antagonism and enmity, its brutality, destruction and ignorant violence, political strife with its perpetual conflict, frequent oppression, dishonesties, turpitudes, selfish interests, its ignorance, ineptitude and muddle could have no ground for existence. The arts and the crafts would exist, not for any inferior mental or vital amusement, entertainment of leisure and relieving excitement or pleasure, but as expressions and means of the truth of the spirit and the beauty and delight of existence. Life and the body would be no longer tyrannous masters demanding nine tenths of existence for their satisfaction, but means and powers for the expression of the spirit. At the same time, since matter and the body are accepted, the control and the right use of physical things would be a part of the realised life of the spirit in the manifestation in earth-nature.

> The Divine Life, Life Divine, Sri Aurobindo Submitted by Soham

#### A POTENTIALITY OF THE DIVINE

In this multidimensional existence of limitless possibilities, probabilities and potentialities:

There is something here in this world, in the last result, which justifies the labor:

"If we regard the gradation of worlds or planes as a whole, we see them as a great connected complex movement; the higher precipitate their influences on the lower, the lower react to the higher and develop or manifest in themselves within their own formula something that corresponds to the superior power and its action. The material world has evolved life in obedience to a pressure from the vital plane, mind in obedience to a pressure from the mental plane. It is now trying to evolve supermind in obedience to a pressure from the supramental plane. In more detail, particular forces, movements, powers, beings of a higher world can throw themselves on the lower to establish appropriate and corresponding forms which will connect them with the material domain and, as it were, reproduce or project their action here. And each thing created here has, supporting it, subtler envelopes or forms of itself which make it subsist and connect it with forces acting from above.

Man, for instance, has, besides his gross physical body, subtler sheaths or bodies by which he lives behind the veil in direct connection with supraphysical planes of consciousness and can be influenced by their powers, movements and beings. What takes place in life has always behind it pre-existent movements and forms in the occult vital planes; what takes place in mind presupposes pre-existent movements and forms in the occult mental planes. That is an aspect of things which becomes more and more evident, insistent and important, the more we progress in a dynamic yoga.

But all this must not be taken in too rigid and mechanical a sense. It is an immense plastic movement full of the play of possibilities and must be seized by a flexible and subtle tact or sense in the seeing consciousness. It cannot be reduced to a too rigorous logical or mathematical formula. Two or three points must be pressed in order that this plasticity may not be lost to our view. First, each plane, in spite of its connection with others above and below it, is yet a world in itself, with its own movements, forces, beings, types, forms existing as if for its and their own sake, under its own laws, for its own manifestation without apparent regard for the other members of the great series. Thus, if we regard the vital or the subtle physical plane, we see great ranges of it, (most of it), existing in themselves, without any relation with the material world and with no movement to affect or influence it, still less to precipitate a corresponding manifestation in the physical formula. At most we can say that the existence of anything in the vital, subtle physical or any other plane creates a possibility for a corresponding movement of manifestation in the physical world. But something more is needed to turn that static or latent possibility into a dynamic potentiality or an actual urge towards a material creation. That something may be a call from the material plane, e.g., some force or someone on the physical existence entering into touch with a supraphysical power or world or part of it and moved to bring it down into the earth-life. Or it may be an impulse in the vital or other plane itself, e.g., a vital being moved to extend his action towards the earth and establish there a kingdom for himself or the play of the forces for which he stands in his own domain. Or it may be a pressure from above; let us say, some supramental or mental power precipitating its formation from above and developing forms and movements on the vital level as a means of transit to its self-creation in the material world. Or it may be all these things acting together, in which case there is the greatest possibility of an effective creation.

Next, as a consequence, it follows that only a limited part of the action of the vital or other higher plane is concerned with the earth-existence. But even this creates a mass of possibilities which is far greater than the earth can at one time manifest or contain in its own less plastic formulas. All these possibilities do not realise themselves; some fail altogether and leave at the most an idea that comes to nothing; some try seriously and are repelled and defeated and, even if in action for a time, come to nothing. Others effectuate a half manifestation, and this is the most usual result, the more so as these vital or other supraphysical forces come into conflict and have not only to overcome the resistance of the physical consciousness and of matter, but their own internecine resistance to each other. A certain number succeed in precipitating their results in a more complete and successful creation, so that if you compare this creation with its original in the higher plane, there is something like a close resemblance or even an apparently exact reproduction or translation from the supraphysical to the physical formula. And yet even there the exactness is only apparent; the very fact of translation into another substance and another rhythm of manifestation makes a difference. It is something new that has manifested and it is that that makes the creation worth while. What for instance would be the utility of a supramental creation on earth if it were just the same thing as a supramental creation on the supramental plane? It is that, in principle, but yet something else, a triumphant new selfdiscovery of the Divine in conditions that are not elsewhere. No doubt, the subtle physical is closest to the physical, and most like it. But yet the conditions are different and the thing too different. For instance, the subtle physical has a freedom, plasticity, intensity, power, colour, wide and manifold play (there are thousands of things there that are not here) of which, as yet, we have no possibility on earth. And yet there is something here, a potentiality of the Divine which the other, in spite of its greater liberties has not, something

justifies the labour." — Sri Aurobindo September 1, 1930
• <a href="https://sri-aurobindo.co.in/workings/sa/22/0005">https://sri-aurobindo.co.in/workings/sa/22/0005</a> e.htm

which makes creation more difficult, but in the last result

Submitted by Zech, 2023.06.28

## Poetry

#### **AUROVILLE IS...**

Auroville is a prayer and a curse A suspicious sidelong glance An explosion of silent love.

A temple in the sun

A fractured broken jar

A whisper in the wind

A laughter and a song

A strong fraternal clasp

A blasphemy of the gods.

A golden-bodied truth

A prayer beyond the stars

A battlefield of bliss.

A child against the sun

A golden thought unsung

A flame that is a cry,

Towards an unknown earth That in our hearts does rest And slowly comes to birth Breaking slowly forth.

Roger Harris

## Classes, Workshops & Healing Arts

## HATHA/ VINYASA FLOW YOGA TTC INTENSIVE COURSE extends for 300 Hours

6 July to 1 August, 6:30—9:30am & 3—7pm, every day except Sunday



Expand your personal yoga journey and deepen your self practice through practical tools and skills in this 28 day immersion in Yoga with certification from Yoga Alliance.

#### **Key Elements**

- Advanced Asana Practice: Challenge and expand your physical abilities with a variety of intermediate and advanced asanas
- Pranayama and Meditation: Deepen your breathwork and meditation practice
- Anatomy and Physiology: Explore the human body in greater detail, delving into the musculoskeletal and respiratory systems, as well as the subtle energy systems related to yoga practice.
- Philosophy & Yoga Sutras: Dive deeper into the philosophical aspects of yoga, studying classical texts like the Yoga Sutras of Patanjali, Saiva Siddhantham and more to expand your understanding of yogic wisdom.
- Teaching Methodology & Special classes: Refine your teaching skills with a focus on sequencing, adjustment techniques, and effective class management.
- Practicum and Feedback: Gain valuable teaching experience and constructive feedback

Don't miss this opportunity to elevate your yoga practice and become a confident, knowledgeable yoga practitioner. Limited spots available.

Best Regards, Bala

#### HALF-DAY VIPASSANA COURSE Every Sunday, 8:30am—12:30pm @ Udavi School

All old students of Vipassana meditation as taught by S.N. Goenka (<a href="www.dhamma.org">www.dhamma.org</a>) having attended at least one 10-day course are welcome to attend a half-day Vipassana course at Udavi School in Auroville.

• Date: Every Sunday

• Timings:

8:30am—12:30pm but you can also drop in and join as long as you wish.

No registration is required.

Venue:

Udavi School (building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville).

 Contact: Sanjay Tumati, +91 8790982210WA, sanjay@auraauro.com

> Thanks, Laure, +91 8807434864 mob., +33 695651135 WA

#### **RELAXING OIL MASSAGE**



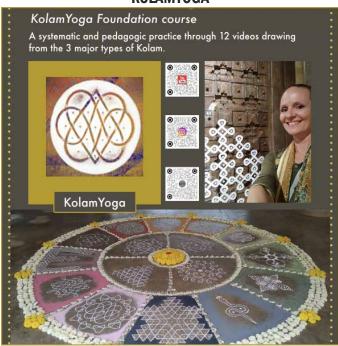
Relaxing oil massage to reconnect body and soul.

• Full body, 90 minutes.

On donation for aurovilians, newcomers and volunteers.

Best regards, Umberto, 7598331379

#### **KOLAMYOGA**



#### The foundation course: 4 major types of Kolam

- Lesson 1-4: Paddi Kolam:
  - Threshold Guardians; Snakes and Ganesha
  - Temple, Gopuram and Kulam
  - Different Paddi Kolam types
  - Sun Disc/ Swasti-Suvastika Kolam
- Lesson 5—8: Kodu Pulli Kolam:
  - Ner Kodu Pulli in form and shape
  - Forms Abstracted in Ner Kodu Pulli
  - Iddiku Kodu Pulli in form and shape
  - Six- fold and more symmetry
- Lesson 9—12: Sikku/Nelly/ Kambi Kolam:
  - Weaving Sikku/Kambi/Nelly in ner Pulli Kolam
  - Braiding into Knots Sikku/Kambi/Neli in Ner Pulli Kolam
  - Loops and Spirals Knotting Hearts in Idikku Pulli Kolam
  - Nets and filters knotted symbols in idikku pulli Kolam

#### KolamYoga classes schedule for August in Sharanga

Date	Day	Kolam class	Time
1	Tuesday	Full moon offering: Shatkona Kolam	2:30—6pm
4	Friday	Ashtakona Kolam	2:30—6pm
8	Tuesday	Muladhara Kolam	2:30—6pm
11	Friday	Swadishtana Kolam	2:30—6pm
15	Tuesday	Manipura Kolam	2:30 -6pm
18	Friday	Anahata Kolam	2:30—6pm
20	Sunday	Nagapanchami celebration, Snake Kolam	2:30—6pm
22	Tuesday	Vishuddhi Kolam	2:30 -6pm
25	Friday	Ajna Kolam	2:30—6pm
30	Wednesday	Full moon offering: Sahasrara Kolam	2:30—6pm

- Introduction Video https://youtu.be/IErbDiGJVTA
- KolamYoga website: <a href="https://www.kolamyoga.com">https://www.kolamyoga.com</a>
- Social media
  - https://www.instagram.com/kolamyoga.av
- Contact: <u>info@kolamyoga.com</u>, +91 8072449091
  - Address: KolamYoga, Sharanga right gate, Auroville
    In gratitude, Grace Gitadelila



Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

#### **Sound Healing Therapy**

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle cautions of our



life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.

Contribution based

#### **Massage Therapy**

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use



of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.

Contribution based

#### **Dance Movement Therapy**

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood



management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.

• Contribution based

#### You can learn more about us and register

www.angamtree.com/therapies

Warm regards, Angam Tree, Raja Narayanasamy Celebration Community, +91 97513 95939 angamtree@auroville.org.in

#### **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. 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 for an Appointment:

- 8489764602 Lakshmi or
- lakshmiprem369@gmail.com

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

Lakshmi

## ANGAM TREE Traditional Massage Therapy Classes



Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamilnadu, Southern India. It is one of the oldest systems of medicine in India.

#### The certificate course has three levels:

Basic: 10 Hours
 Intermediate: 20 Hours
 Advanced: 30 Hours

#### Course modules:

- 1. Varma Massage Therapy
- 2. Varma Touch Therapy
- 3. Varma Myology (Muscles)
- 4. Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at <a href="https://www.angamtree.com">www.angamtree.com</a>

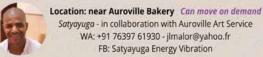
 Kindly share your profile with us: angamtree@auroville.org.in

We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

Contribution based

Raja for Angam Tree, +91 97513 95939

#### **SATYAYUGA**



#### **Energy Vibration**

- Reiki with Kototamas: give energy for the wellbeing and struggle against stress
- QiGong: work on the rejuvenation of the body & automassage and Yoga facial. 7 people max
- Personal trainer: using Karla Kattai, conscious muscular exercices and stretching of articulations 1 to 3 people
- Reflexology: Manual and natural method centered on the selfregulation of human body by pressing reflex zones & Vibrational massage with bowls



- Nada Yoga Ananda: Connect to your inner self through Vibrating Chants, @ 4pm for about 2hours.
  - Ecstatic Wednesday
  - Shamanic Friday
  - Sacred Sunday
- Gongs, Tibetan Bowls & Didgeridoo meditation for Full Moon and New Moon. Working with the energetic forces of the Moon, we will create an energetic field to power your intention. @ 7pm for around one hour



• Tibetan bowls. Gongs. Five Elements Sound Massage. Connect to your inner self through Sound Massage and Vibrating Chants & find peace in a Sound Cocoon



Shamanic journey. A four hour Workshop to connect yourself to the Source.
 Experience a powerful Sound Journey in your inner self thanks to energetic exercices and transformative sounds.

 Every Friday, near Auroville Bakery, 10am—12noon & 3—5pm. 7 people max, possibility to split



Warmly, Satyayuga (Jean-Luc Malor)



Prior

Registration required

## WORKSHOPS by Sehdev Kumar







• Yoga of Forgiveness: Saturday, 15 July, 2—4:30pm.

 Peace Within: Peace Without: Saturday, 22 July, 2—4:30pm

Register: +91 7867805812

Dr. Sehdev Kumar, Professor Emeritus, Canada Author, Poet, Mediator, Author



#### ARKA

#### **WELLNESS CENTER & MULTIPURPOSE HALL**

Regular activities, July 2023

#### **Classes**

Classes	With Whom	When
Acro Yoga	Damien 9047722740	Monday: 3 —4:30pm Tuesday: 5 —6:30pm
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30—8:30am. Friday 5:30—6:30pm, Only by Appointment.
lyangar yoga	Olesya <b>(TOS)</b> , 9159052743	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm.
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 Kahuna 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
In Nutrition, Diet, Weight Loss and Weight Manage- ment, Psychosomatic.	Nadia: 9489035457 Only Appointment	Monday & Wednesday afternoon
Tarot,Oracles and Akashic Records Reading	Valentina <b>(TOS)</b> : 9791719387, +39346225804, WA	Monday to Friday (Morning)
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry. Also in French	Antarjyoti: 0413 2623767, antarcalli@yahoo.fr	Monday to Sunday

Thanks & Regards, Ramana, Arka, 0413 2623799

## PITANGA Program for 20—31 July 2023



#### 0413 2622403/ 9443902403 WA

#### info@pitanga.in

- Pitanga opens after repair on Thursday, 20 July.
- You can call for reservations from 14 July onwards.
- First lyengar Yoga class will be on Wednesday, 19 July. Please register.

#### **Iyengar Yoga with Tatiana**

Mondays, 5—6:30pm, Level 1

The general asana practice class is for people who do not have major physical prob-

lems. Each session includes the practice of Salamba Sarvangasana (shoulderstand) or preparatory stages. Regular attendance is expected.

• Tuesdays, 7:30—9am, Yoga for the Spine, All levels

The class is suitable for all levels of practitioners. In the classes, special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Please note that this is not a healing session. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

Wednesdays, 5—6:30pm, Level 2—3

The class is for seasoned practitioners. Classes are divided into weeks and include both asanas and pranayama. Inverted poses such as Salamba Sarvangasana, Salamba Sirshasana (headstand) are practiced in every class.

• Saturdays, 9—10:30am, Restorative Yoga, Level 2—3 Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level.

Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

#### Pitanga's Healing Space

- Acupuncture by Heidi
- Cranio Sacral Therapy by Anne H.
- Thai Yoga Massage by Juan



#### Join without prior registration

Drop-in Classes	Program & facilitator	Level of the class
Mondays		
8:30—10am	Yoga Therapy with Gala	All levels
Resumes: August	Asanas for teenagers with Lisbeth. Interested new students can give their names to the reception	For teenagers
Resumes: August	Odissi Dance with Rekha	Beginners
Tuesdays		
Resumes: August	Odissi Dance with Rekha	Beginners

Wednesdays			
8:30—10am	Yoga Therapy with Gala	All levels	
Resumes: August	Asanas for teenagers with Lisbeth. Interested new students can give their names to the reception	For teenagers	
Thursdays			
3—5pm	Neurographic Drawing with Gala	Beginners	
4:30— 5:30pm	Aviva Exercise with Suri- yagandhi	For women only	
Fridays			
6:45—8am	Pranayama with François & Namrita	For former The Art of Living course participants	
8:30—10am	Yoga Therapy with Gala	All levels	
9—10am	Rosa's ATB special for seniors with Rosa	Seniors	
Resumes: August	Odissi Dance with Rekha	Beginners	
Saturdays			
9—10am	Yoga for children with Gala	Children 5—8 yrs	
10—11am	Yoga for children with Gala	Children 7—9 yrs	
11am—12pm	Energy Games for chil- dren with Gala	Children, 9 yrs+	

If you wish to receive our program of activities by email please write to us: <a href="mailto:info@pitanga.in">info@pitanga.in</a>

See you at Pitanga, with a smile! Submitted by Andrea, for Pitanga.



#### **VÉRITÉ WORKSHOPS & THERAPY**

Pre-registration required 0413 2622045, 2622606, 9363624083 WA,

<u>programming@verite.in</u> <u>www.verite.in</u>

#### **Yogic Kriyas with Mamta**

• Friday, 22 July, 9:30am—12pm

Just as we clean our bodies daily, our inner organs need cleansing too. Internal purification through specific Yogic practices (Kriyas) helps our vital force (Prana) to flow. We will explore the origin and purpose of the Kriyas, learn & practice Trataka and Kapalbhati Kriyas, and close with a guided meditation.

## Yearnings for Peace: Peace Within, Peace Without with Dr.Sehdev

• Saturday, 22 July, 2—4:30pm

Harmony, Tranquility, Beauty & Generosity are essential expressions of Peace. Disharmony, tension, fear, and depression are various expressions of a life that is not at peace with itself. In this state of peacelessness, all our life energies are slowly dissipated. Peace Within—peace in our hearts, bodies, and minds, and Peace Without—in our families, nations, and in the world at large, are all of one piece. Through one's own life experiences and encounters, this workshop explores Peace as the most scintillating force in all its existential and spiritual manifestations.

#### Thai Yoga Therapy with Andres at Vérité

Sometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation.

 By appointment: 0413 2622045, 2622606, 9363624083 WA, <u>treatments@verite.in</u>

> Savitri, Programs Coordinator, Vérité Programming



#### VÉRITÉ PROGRAMS June 2023

+91 0413 2622045, 2622606, +91 9363624083, 8489391876

programming@verite.in www.verite.in

#### Intensives, pre-registration required

Dates	Intensives	Timings	Presen- ters
Friday & Saturday, 7 & 8 July	Speaking from the Heart—Based on Non-Violent Communication	Friday: 9:30am–4:30pm Saturday: 9:30am–1pm	Vega
Saturday, 8 July	Freedom From Fear	2–4:30pm	Dr. Sehdev
Saturday, 15 July	Restorative Yin and Yoga Nidra	9:30am–12pm	Emma
Saturday, 15 July	Yoga of Forgiveness	2–4:30pm	Dr.Sehdev
Saturday, 22 July	Energy Cleanse through Yoga Kriyas	9:30am–12pm	Mamta
Saturday, 22 July	Yearnings for Peace— Peace Within, Peace Without.	2–4:30pm	Dr. Sehdev

#### **Yoga & Re-creation Programs**

•	3					
Days	Drop-in Sessions	Timings	Presen- ters			
Mondays	Yin Yoga–Healthy Hips (no class 24 Jul)	3:30–4:30pm	Emma			
	Deep Sound Bath	5–6pm	Satyayuga			
	Hatha Vinyasa Yoga	5–6pm	Andres			
Tuesdays	Gentle Vinyasa Flow	10:30– 11:30am	Emma			
	Face & Eye Yoga	3:30–4:30pm	Mamta			
	Vinyasa Yoga	5–6pm	Rebeca			
Wednes- days	Yin Yoga—Healthy Spine (no class 26 July)	3:30–4:30pm	Emma			
	Hatha Vinyasa Yoga	5–6pm	Andres			
Thurs- days	Peace with Pranayama	5–6pm	Mamta			
	Vinyasa Yoga	5–6pm	Rebeca			
Fridays	Hatha Vinyasa Yoga	5–6pm	Andres			
Saturdays	Mindful Flow—Expression in Movement & Stillness	5–6pm	Savitri			

#### Therapies, by appointment only

Therapies	Therapist
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Private Yoga Session / Yoga Therapy	Nadia
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja
Lomi Lomi Massage	Umberto
Ayurvedic Abhyanga Massage	Umberto

Savitri, Programs Coordinator, Vérité Programming

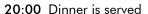


#### **ECO FILM CLUB**

**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



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, 21 July

Living with rising water levels | Can smart ideas save the planet?

2022 / 57 minutes / DW

Living with rising water levels- this documentary explores the viability of floating cities as a consequence of rising water levels. The short documentary highlights the adaptability required to live on a fast-changing planet.

Can smart ideas save the planet?—This film covers a wide range of up and coming research into technologies that can be harnessed to mitigate the more severe impacts of climate change.

The two films encompass widely differing approaches to climate change but focus on the hopeful possibility of thriving even as the world changes.

Submitted by Shek





MANIFEST DANCE—FILM FESTIVAL 2023 Friday, 28 July—Sunday, 30 July



#### @ Alliance Française Pondicherry

Hello, PFA the publicity for the Manifest Dance—Film Festival '23. This is the only annual international dance-film festival in India.

Sincerely, Ashavari Majumdar





# CINEMA PARADISO Multimedia Center (MMC) Auditorium Film Program 17 July 2023 to 23 July 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Technically Covid protocols were never taken off of cinema/theater halls. Since a mask is not a requirement anywhere else, we leave it to people's discretion. However, please come prepared. To organize the seminar/program please contact us via email.

We continue to have issues with our projector. 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 and diaspora – Monday 17 July, 8pm BALLABHPURER ROOPKOTHA (Fairytale of Bhallabhpur)

India, 2022, Writer-Dir. Anirban Bhattacharya w/ Satyam Battacharya, Surangana Banerjee, Debraj Bhattacharya, and others, Comedy-Horror, 136 mins, Bengali w/ English subtitles, Rated: U (G)

In 1961, Ray Bahadur Bhupati Ray, the rajah of Ballabhpur village, is deep in debt. His only material asset is his crumbling 400 yrs old palace. Bhupati wants to sell it and move to Kolkata. As a potential buyer Mr. Halder comes with his family, Bhupati, Manohar - his butler, and even his creditors help to make the deal impressive. Mr. Halder wants to purchase the house, but does he know that it is also haunted?

#### Potpourri – Tuesday 18 July, 8pm FLUGT (Flee)

Denmark-France, 2021, Dir. Jonas Poher Rasmussen w/voices Daniel Karimyar, Fardin Mijdzadeh, Milad Eskandari and others, Animation-Biography-Drama, Danish-English w/English subtitles, 89 mins, Rated: PG 13

Amin arrived as an unaccompanied minor in Denmark from Afghanistan. Today, at 36, he is a successful academic and is getting married to his long-time boyfriend. A secret he has been hiding for over 20 years threatens to ruin the life he has built for himself. For the first time, he is sharing his story with his close friend. An animated documentary telling the true story about a man's need to confront his past in order to truly have a future.

#### Interesting – Wednesday 19 July, 8pm ALL THE BEAUTY AND THE BLOODSHED

USA, 2022, Dir. Laura Poitras w/ Nan Goldin, David Velasco, Megan Kapler, and others, Documentary, 122 mins, English w/ English subtitles, Rated: NR (R)

This epic film takes viewers through the emotional and interconnected story about internationally renowned artist and activist Nan Goldin. The events unfold to the viewer through Nan's slideshows, intimate interviews, ground-breaking photography, and rare footage of her personal fight to hold the Sackler family accountable. The same Sackler family, the pharmaceutical dynasty, that was greatly responsible for the opioid epidemic's unfathomable death toll.

German – Thursday 20 July, 8pm

#### **LEIF IN CONCERT - VOL 2 (Leif in concert)**

Germany, 2019, Dir. Christian Klandt w/ Luise Heyer, Tilo Prückner, Bela B. Felsenheimer and others, Comedy, 115 mins, German w/ English subtitles, Rated: G

In collaboration with Goethe Institute/Max Mueller Bhavan. A film with friends calls the director this typical day in a typical German Jazz-Blues pub. Lene, the good spirit of this place, is juggling random visitors. You can taste the smoke and smell the beer. In the run-up to the concert of Leif, she also has to fight for a dream and make nothing less than perhaps the most important decision of her life.

#### International – Saturday, 22 July, 8pm GUY RITCHIE'S THE COVENANT (The covenant)

UK-Spain-USA, 2013, Writer-Dir. Guy Ritchie w/Jake Gyllenhaal, Dar Salim, Sean Sagar, and others, Thriller-War, 123mins, English-Dari w/English subtitles, Rated: R

The film follows US Army Sergeant John Kinley and Afghan interpreter Ahmed. After an ambush, Ahmed goes to Herculean lengths to save Kinley's life. When Kinley learns that Ahmed and his family were not given safe passage to America as promised, he must repay his debt by returning to the war zone to retrieve them before the Taliban hunts them down first.

## Children's Matinee - Sunday, 23 July, 4:30 pm: PUSS IN BOOTS: THE LAST WISH

USA, 2022, Dir. Joel Crawford-Januel Mercado w/ Anto-



nio Banderas, Salma Hayek, Harvey Guillén, and others, Adventure-Comedy, 102 mins, English, Rated: PG

Daring outlaw Puss in Boots discovers that his passion for peril and disregard for safety have taken their toll. He has burned through eight of his nine lives, though he lost count along the way. Getting those lives back will send Puss in Boots on his grandest quest yet.

Arthur Penn Film Festival @ Ciné-Club

#### Ciné-Club Sunday 23 July, 8pm LTTLE BIG MAN

USA, 1970, Dir. Arthur Penn w/ Dustin Hoffman, Faye Dunaway, and others, Comedy -Drama, 139 mins, English w/ English subtitles, Rated: PG-13.

Jack Crabb is 121yrs old as the film begins. A collector of oral histories asks him about his past. He recounts being captured and raised by Indians, becoming a gunslinger, marrying an Indian, watching her killed by General George Armstrong Custer, and becoming a scout for him.

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 <a href="mmcauditorium@auroville.org.in">mmcauditorium@auroville.org.in</a>. We appreciate your continued support. Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.

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

mmcauditorium@auroville.org.in

## Accessible Auroville Public Bus

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



#### **Auroville TO PONDICHERRY**

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



#### **Pondicherry TO AUROVILLE**

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

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

#### NEN Guidelines



## Hard deadline for submissions TUESDAY 3pm

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

#### How to submit material:

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

#### **Disclaimer:**

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

Roy & Agnijata, News & Notes, Media Centre, Town Hall, NewsAndNotes@auroville.org.in, 0413 2622133

## Emergency Services

Ambulance (24/7): Auroville—9442224680

PIMS—0413 2656271

#### **Security (24/7):**

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

#### Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

#### India Emergency Response Service (24/7):

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