



News Notes

#985 A weekly bulletin for residents of Auroville 27 July 2023



The one Godhead secret in all beings, all-pervading, the inner Self of all, presiding over all action, witness, conscious knower and absolute . . . the One in control over the many who are passive to Nature, fashions one seed in many ways.

Swetaswatara Upanishad

From the non-being to true being, from the darkness to the Light, from death to Immortality.

Brihadaranyaka Upanishad

Madhubani Painting—Shiva Parvati

Pondering



A Spiritual evolution, an evolution of consciousness in Matter in a constant developing self-formation till the form can reveal the indwelling spirit, is then the keynote, the central significant motive of the terrestrial existence.. This significance is concealed at the outset by the involution of the Spirit, the Divine Reality, in a dense material Inconscience; a veil of Inconscience, a veil of insensibility of Matter hides the universal Consciousness-Force which works within it, so that the Energy, which is the first form the Force of creation assumes in the physical universe, appears to be itself inconscient and yet does the works of a vast occult Intelligence.

*Man and the Evolution,
The Life Divine by Sri Aurobindo*

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	4
TOWNHALL SPEAKS	5
From The Entry Service—ES # 190	5
Entry Service Timings	5
Survey of The Buildings Used for Income Generating Activities	5
COMMUNITY NEWS	5
Passing On	5
Jayang Desai Left His Body	5
Deborah Passes On	6
Auroville Matters	6
Time to Change	6
Awakening Spirit	6
Dream Divine Series: Interview with Shraddhavan Part 1 'Life, Yoga and Savitri Bhavan'	6
Savitri Bhavan, August 2023	7
Exhibitions	7
Films	7
Talks	7
Full Moon Gathering	7
Dream Divine Series	7
Regular Activities	7
Amphitheatre—Matrimandir: Meditation with Savitri read by Mother to Sunil's music	7
Convergence	7
Auromode Yoga Space: Satsang Saturdays	7
Unity Pavilion: Daily Peace Meditation	8
Sri Aurobindo's Integral Yoga, Evolution Fast Forward, Part 3: Parts Of The Being & Planes Of Consciousness as mapped by Sri Aurobindo and The Mother	8
Brahmanaspati Kshetram	8
Calendar of Regular Events, August	8
For Your Information	9
Arka Open House	9
Call for Grant Proposals: SDZ Funding in 2023	9
GM: Updates for The Dreamweaving Core team	9
Education	10
French Class for Kids	10
Auroville Library	10
Weekly Timings:	10
Story time At the Auroville Library! Every Saturday, 10—11am: Children's storytime	10
Health Care	10
Aurokiya Integral Eye Care @ Arka	10
Santé Services August 2023	10
Working Hours	10
Tests and Sample collection	10
For emergencies	10
Appointment	10
Santé Services Schedule	10

Aurodent Dental Clinic	10
Maatram July 2023	11
Therapists schedule for Open Consultation Hour (OCH)	11
Other activities conducted by Maatram:	11
Animal Care	11
Dog Walking & Wheelchair Training	11
Donations for Rabies Quarantine Facility needed!	22
The Arts	11
Pitanga: Art exhibition by Hufreesh Dumasia Whispering Soul, Unveiling the Unseen World	11
Live Music Nights	11
Bharat Nivas Presents	12
Tales of Warriors, Saints and Goddesses	12
Exhibition of Odisha Handicrafts	12
Activities	12
Tai Chi Chuan Workshop	12
Red Earth Riding School Is Offering Free Riding Classes	12
Auroville Aikido at Auroville Budokan	13
Abhaya Offers Martial Arts Classes	13
Auroville Tango Activities	13
Feminine Dance Classes in Cripa	13
Swimming Class	13
Rupavathi Joy Activities	14
Bio-region Temple Tour	14
Indian cooking	14
Thai Massage	14
Tango Dance Class	14
Salsa Dance Class	14
Regular Activities at Kulai	14
Auroville Bamboo Tour	14
Available	14
HP Envy 5530 Printer Available	14
House Sitting Available	14
Looking For	14
Looking For Long-Term House Sitting	14
Tennis. Looking For Partner And Teacher	14
Looking for Bed and Inverter/Battery	14
Help Needed	15
Caring For Our Seniors	15
Fundraising Ultimate Frisbee	15
Work Opportunities	15
Receptionist Needed	15
Responsibilities	15
Requirements and skills	15
Auroville Media Interface (AMI) Is Expanding Its Team.	15
Centre D'art Auroville Is Looking For A New Collaborator	16
Honorary Voluntary	16
Udavi Seeks Volunteers	16
New Creation Creche Needs a Volunteer	16
Gau Seva at Sadhana Forest!	16

Foods, Goods and Services	16
Dropzy	16
Free store Opening Times	17
For Your Next Haircut	17
Auromode Hive	17
Latest News from Inside India—Travel Shop	17
AV Radio	17
Last published podcasts	17
Voices and Notes	18
What is Valuable to You?	18
Brihaspati, Power of the Soul. Rig Veda	18
Poetry	18
That Tender Pulsing	18
Time will Tell	19
There Is No Other	19
Languages	19
News From Auroville Language Lab	19
Looking for	19
Tomatis	19
Current Language Courses at ALL	19
New: Sanskrit with Kaushal	19
New: Hindi with Kaushal	19
New: French with Jean-François	19
New: Italian with Fabio	20
New: English for Total Beginners with Rupam	20
Intermediate Spanish with Susana	20
Beginner and Pre-Intermediate English with Rupam	20
To join or enquire	20
Current Schedule of Classes	20
The Language Lab is open	20
Classes, Workshops & Healing Arts	20
Activities by Lakshmi	20
Private Transformational Yoga Classes	20
Sound Chakras Healing	21
KolamYoga Workshop	21
Drawing AshtaKona Kolam	21
Three Workshops With Dr. Sehdev Kumar	21
Freedom from Fear	21
Quiet Healing Center	22
OBA® (Oceanic Bodywork Aqua)	
Basic—Liquid Joy with Fred	22
OBA® (Oceanic Bodywork Aqua) 1:	
Fluid Body with Fred	22
Relaxing Oil Massage	22
SatyaYuga: Energy Vibration	22
Pitanga	23
Pranayama Course—The Art of Living, Part 1	23
with François & Namrita	23
Shiatsu classes in pairs, in French, by Patricia	23
Art Therapy in the style of Neurographica™	
with Gala	23
Arka Wellness Center & Multipurpose Hall	23
Treatments	23
Classes	23
Vérité Programs July 2023	23
Therapies, by appointment only	23
Yoga & Re-creation Programs	24

Cinema	24
Eco Film Club	24
Schedule of Events	24
Living in the time of Dying	24
Cinema Paradiso	25
Film Program 31 July to 06 August 2023	25
Accessible Auroville Public Bus	24
Emergency Services	24

NRN 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





House of Mother's Agenda



(continued from last week)

It is possible, however, to have some idea in advance of the major problems confronting the seeker. When *Agni* burns in our mind, in our moments of inspiration, we know it creates a great tension, an almost physical heat. When it burns in our heart, in our soul-moments, we know that our breast feels like a red-hot hearth, hot enough for the skin to change color and to such a degree that even an inexperienced eye can perceive a kind of glowing radiance around the yogi. When *Agni* burns in our vital, and as we call the force or open to the cosmic world, there is likewise a kind of concentrated pulsation at the level of the navel, almost a tremor of fever throughout the body (since a large amount of force is entering through a tiny channel). But what about the warm gold dust, this *wine of lightning*, in the cells of the body? *It begins to boil everywhere*, says the Mother in her simple language, *like a boiler about to explode*. The rishis, too, spoke of being broken 'like a half-baked jar' if one went too quickly. Furthermore, if it were uniquely a matter of creating something entirely new, the problem would be somewhat simpler, but we must do with what we have, evolve from our present state to another state, from an old form of organization to a new one. The old heart, the old lungs are still there; at what moment, wondered the Mother, is the heart going to be stopped and the Force set in motion? The difficulty is in the change-over. Countless experiences in tiny doses are therefore necessary to accustom the cells so that they do not panic during the transition. Thus, the first problem is to prepare the body, and this requires years and years, perhaps centuries. Sri Aurobindo worked for forty years and the Mother for fifty years at this preparation. The practical, immediate necessity, then, is to endure, to outrun death. *The basic question, the Mother said, in this race toward transformation is to know which of the two will arrive first: the person seeking to transform the body in the image of the divine Truth, or the body's old habit of disintegration.*

For, naturally, the work must be done in one lifetime. From one life to another, it is possible to recover the achievements of the soul, the mind, and even the vital, which in the current life will result in spontaneous blossomings, innate talents, something already developed. One needs only go over the lesson for ten or twenty years to capture the thread of former lives; there is even a rather striking experience in which one sees precisely the cutoff point where the work already accomplished in past lives ends and the new phase begins. Thus one simply picks up the trail where one had left it. But the cellular progress in the body, the progress of the physical consciousness obviously cannot pass into the next life; everything gets scattered on the funeral pyre or dissipates in the earth. So if we want a continuity in human evolution, if we want the supramental being to manifest in our own flesh rather than in some new, unknown organism that would supersede our mental humanity, it is necessary for one human being to accomplish the work in one lifetime. If it succeeds once, it can be transmitted to others (we will return to this point later). Sri Aurobindo used to say that it would take three centuries—and he had a clear vision—

for a full supramental being to emerge, luminous, light, etc., as we have previously tried to describe him. Short of a full supramental being (even Plato was not born in a day), we must then build in our flesh a *transitional* being, a link between the human and the superhuman, that is, a being who not only would have realized the supramental consciousness but whose body would also have acquired enough immortality, as it were, to last through the transition period, and enough power and suppleness to effect its own transmutation, or to engender a supramental being through its own energy, bypassing the usual method of earthly birth. Indeed, the heavy animal and human heredity weighing on our subconscious, and automatically transmitted by physical conception, is one of the major hurdles to the transformation, at least as difficult as the boiling *Agni*, if not more difficult. This is the second problem. Perhaps it is, in fact, the true problem, far greater than the other, more conspicuous problems of the body. Such are the two fundamental problems confronting the seeker: to impart to the cells of the body the consciousness of immortality, which is already there in our soul and even in our mind, and to cleanse the subconscious completely. The progress of *Agni* in the body depends, *it seems*, on these two conditions. Thus, as always, the work is a work of consciousness.

First, the ability to endure. In practice, one finds that immortality is always closely related to truth: what is true is immortal. If we were completely true, we would be completely immortal, from head to toe. Until now, however, hardly anything except our soul has been immortal, because it is the truth of the Spirit within us, passing from one life to the next, growing, evolving, becoming more and more conscious. The mind, too, as it becomes sufficiently integrated around the central Truth of our being, as it thinks the Truth and wants the Truth, is immortal. One can fairly easily remember one's past formations: some truths appear exceedingly familiar, some yearnings for truth inexplicably poignant. The vital also is capable of immortality as it becomes sufficiently integrated with the central psychic Truth: we emerge into another dimension, as familiar as eternity, though this is rather uncommon since our life-force is generally engrossed in all kinds of petty activities instead of building a true life. The more we go down the scale of consciousness, the thicker the falsehood and the more real is death—naturally, because in essence falsehood means decay. The vital is already fairly obscure, but the body is full of falsehood. Old age and illnesses are among its most prominent falsehoods; how could what is True become old, ugly, worn-out, or ill? Truth is so obviously radiant, beautiful, luminous, and eternal. Truth is invincible. Death and old age can only attain us because of our lack of Truth.

(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#064

With love and gratitude, Gangalakshmi (HOMA)

Townhall Speaks

FROM THE ENTRY SERVICE—ES # 190

Dated: 27-07-2023

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 Aurovillian in writing to auroville.entryservice@gmail.com. We thank you in advance.

NEWCOMER ANNOUNCED:



Girijashanker



Saranya

- Girijashanker Jayshanker DAVE (Indian) staying in Sincerity and working at Emergence Auroville
- Saranya KUMAR (Indian) staying in Mir and working at Udavi School

NEWCOMER CONFIRMED:

- Sandhya GANAPATHY (Indian)
- Shalini BHATTACHARYA (Indian)
- Tosha PARMAR (Indian)
- Nandhini MURUGAN (Indian)

AUROVILIAN ANNOUNCED



Julien



Nilima



Susana

- Julien SCHELLENBERGER (French) staying in Revelation and working at Revelation Forest
- Nilima BARDE (Indian) staying in Arati 3 and working at Aha kindergarten and Integral Paradigm of Knowledge (IPK)
- Susana Andrea BUSTOS GARAY (Chilean) staying in Terra Amata and working at Eco Femme

AUROVILIAN CONFIRMED

- Rashmi NARAYANA (Indian)

YOUTH TURNED 18 ANNOUNCED:

- Jessica SINGH aka MIMI (Swiss) staying in New creation and working at Kallialay surf school



Jessica



Sumathi

SPOUSE OF AN AUROVILIAN ANNOUNCED:

- Sumathi GUNASEELAN (Indian) staying in Humility (wife of Gunaseelan)

LEFT ON THEIR OWN:

- Patrick DOUMINGE (French)
- Elisa TUCCI (French)
- Thao DOUMINGE (French)

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

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

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

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

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

Yours, The Entry Board
(Alain, 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 2622707, auroville.entryservice@gmail.com
Submitted by William for The Entry Service

SURVEY OF THE BUILDINGS

Used for Income Generating Activities

The Housing Service survey team has been entrusted by the FAMC with carrying out surveys of the buildings used for income generating activities in Auroville. They will contact the occupants of these buildings a couple of days before the survey is carried out. Please collaborate with them.

Warm regards, In Her Service,
Auroville will boldly spring towards future realizations,
submitted by Geeta for FAMC

Community News

Passing On

JAYANG DESAI LEFT HIS BODY

This is to inform that Jayang Desai, father of Meha and Ankur, left his body at Sharnga in the late night of Sunday, 23 July.

'He was a wonderful father, with lots of patience and simplicity. He always was smiling and loved helping people, that's how the Aurovilians remember him. When asked how things were, he would steadfastly say 'I am fine', till his last breath. He was a great teacher to both his children by being an example. We love him so much and we wish him peace and Joy for his onward journey into the Mother's and Sri Aurobindo's embrace.'

We salute a beautiful soul.



OM
Submitted by the Farewell Team

DEBORAH PASSES ON



Deborah Smith of Golden Bridge Pottery in Pondicherry passed away at her residence today.

Educated at Stanford University in Japanese language, Deborah apprenticed to master potter Yamamoto Toshu in the Bizen region of Japan in 1968. Later in the ceramics department of the University of

Southern California, she met her partner Ray Meeker.

Deborah, like many of her compatriots, at that moment in time, was drawn to the philosophies of the East and soon made it to Pondicherry where the Mother invited her to start a ceramic studio on Ashram land. That is Golden Bridge Pottery, a world born of the experience of Deborah and Ray. A world that has inspired and nurtured generations of clay artists in India, who are breaking new ground in ceramics today internationally.

Deborah retired from actively participating at GBP in 2019, choosing to take time to pen her memoirs. Her quiet demeanor and soft-spoken personality will be sorely missed.

OM

Submitted by the Farewell Team

Auroville Matters

TIME TO CHANGE

A response to 'Open letter from the RA WCom:
Upholding the Auroville we love'

For the sake of fairness, please do not say that you represent all the 'residents' or the 'community' of Auroville. You know very well that you represent only one section of it. You are representing only the extreme that is revolting and that you are encouraging to revolt and using fear and drama to manipulate them.

What you are representing is the blocking to development materialized in NGT and other court cases. Even the Pour Tous extension is blocked because of it. And then you say that you want the city, but in reality the NGT case was asking for Auroville to be declared a 'deem forest' which would have prevented any further urban development.

What you represent is the attacking to the Gol, which is acting through its officials and nominated persons. A Government that has always supported and protected Auroville... how quickly you have forgotten it...

What you spread is fear, despair and anxiety constantly and then, contradictorily you ask for prayers and resilience. You talk about human unity while you attack people, put them in black lists, exclude them, mark them and feed all around an insisting hatred towards them.

In your text you say every action matters for you.... But in reality you are only talking about the actions of blocking and revolting. You invoke karma yoga forgetting that karma yoga means being detached from the result of your dedication and offering. Instead, you are promoting the self aggrandizement of individual opinions and likes and opinions.

In your approach, the Residents have rights but never duties, and that does not correspond with the guidelines given by the Mother for Auroville.

Best for you and all would be to start collaborating, stop attacking the Gol so that your actions do not have an impact on all residents and create further problems for them.

I talk to many people and the big majority of Aurovilians are not on any side and only want Peace and Progress. They want the present situation to come to an end. You are responsible for perpetuating it. Take responsibility for what you have done. And please start promoting real human unity, not the unity of the equal minded ones.

Can you wake up to a new era where we start collaborating together to manifest the Mother's dream which is the Charter and the City. Stop denigrating the city that She asked us to make. Stop projecting the peoples' likes and dislikes into the future of Auroville. Let The Mother work through us. I am sure many present tensions will soften and solutions will be found.

Can we leave behind the conflict, the court cases, the blockages and create a space for reconciliation and peace and progress of the city embodying the true human unity?

The Sri Aurobindo darshan is coming and it is the most auspicious moment for a change. Are you ready?

Thank you, Anandi, Progress

Karmayoga:

"To be able to do anything with equanimity is the principle of karmayoga and to do it with joy because it is done for the Mother is the true psychic and vital condition in this Yoga."

"Equality, renunciation of all desire for the fruit of our works, action done as a sacrifice to the supreme Lord of our nature and of all nature, — these are the three first Godward approaches in the Gita's way of Karmayoga."

Sri Aurobindo

Awakening Spirit

DREAM DIVINE SERIES

Wednesday, 2 August, 4—5pm,
In the Sangam Hall of Savitri Bhavan

Savitri
B H A V A N

Interview with Shraddhavan Part 1



'Life, Yoga and Savitri Bhavan'
by Richard Eggenberger (Narad)

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 4-5pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Everyone is welcome

Dhanalakshmi, for Savitri Bhavan Team

985 - 27 July 2023

SAVITRI BHAVAN, AUGUST 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
- **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**
 - **August 7: Evolution Fast-forward, Part 4—Spiritual History of India in the Light of Sri Aurobindo.** This film traces the spiritual evolution of India over 4000 years, based on Sri Aurobindo's research and discovers the past and future of India's gift to the world. Film by Sopanam, Auroville in 2022. Duration: 67min.
 - **August 14: Life of Sri Aurobindo.** A screenplay by Lopa with pictures and texts about Sri Aurobindo and his work. The story is narrated by people who knew Him during his lifetime. Duration: 32min.
 - **August 21: Sri Aurobindo: The Supreme Avatar of a New Race** 'Man is a transitional being and the step from man towards superman is inevitable because it is the intention of the inner Spirit and the logic of Nature's process', said Sri Aurobindo. Duration: 39min.
Followed by: The Power of Sri Aurobindo's Thought: 5:24min and My touch is always there—Sri Aurobindo: 3.02min.
 - **August 28: Nirod-Da: An Inspiration—Honouring the memory of Nirodbaran.** Nirodbaran (1903-2006) was one of the close disciples and the scribe of Sri Aurobindo. A film by the Gnostic Center, New Delhi. Duration: 36min

Talks

The Sixth talk in the series on 'Fundamentals of Sri Aurobindo's Philosophy in Savitri' by Larry Seidnitz will be on Supermind and the life divine

- **Tuesday, 8 August 2023, 4—5pm in the Sangam Hall of Savitri Bhavan**

Full Moon Gathering

- **Tuesday, 1 August & Wednesday, 30 August, 7:15—8:15pm** in front of Sri Aurobindo's statue

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

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!



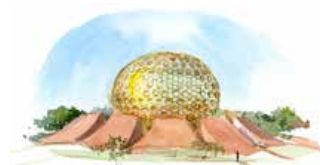
Reminder to all

- 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, I-pads, 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

CONVERGENCE

Tuesday, 1 August 2023, Full Moon
5:30—7:30pm



'Together in the chamber of our souls...'

Sound Offerings from Svaram and Friends.

Contemplative moonrise-music through the 'Gardens of the Unexpected'... into the Amphitheatre

- Entrance from the Office Gate from 5:15 to 5:45 pm only
- Guests and Volunteers need to bring along their Aurocards

In Consecration!

AUROMODE YOGA SPACE

Satsang Saturdays

Poetry reading and Commentary

29 July, 4:30 - 6pm

@ Auromode Yoga Space, Auromode Apartments,
Auroshilpam

As part of our weekly satsang (satsang means company of truth) this week, we are happy to invite all of you for a poetry reading circle. Join us with a poem from any language, read it for us, enlighten us with its translation, meaning through your own interpretation and commentary.



- Discussion will be in English.
- Simple traditional prasadam offered.
- Free and open for all.

balaganesh.siva@gmail.com

WA + 91 9892699804

Best Regards, Bala

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

SRI AUROBINDO'S INTEGRAL YOGA Evolution Fast Forward, Part 3:



Parts Of The Being & Planes Of Consciousness as mapped by Sri Aurobindo and The Mother

Monday, 31 July 2023, 4pm at Savitri Bhavan.

Duration: 75 min.

This film talks about the objective and subjective view of our existence and their complex working in the organisation of the being and its parts. There is a Vertical System spanning above and below with the superconscious, sub-conscious and inconscient, and then there is a Horizontal or Concentric System. These two systems are simultaneously active and within them, the Physical, the Vital and the Mind have their own workings.

The concentric system is grouped as the outer, the inner and the inmost. The outer surface of consciousness is our normal waking state. And behind our waking state are the vast inner ranges of the Subliminal. Furthermore, in the inmost subliminal range, there is seated our true being, the Psychic Being which is the Divine sparkle within us.

Normally, we are lost in surface movements and reflecting the three different parts of our being—Mind, Vital and Physical. Discerning these three parts and their intermixing is the first step into our inner world and inner awareness. In the Physical, there is an automatic intelligence and organisation at work, and the consciousness of the body is managing incredibly complex operations and is keeping the body in a dynamic and healthy equilibrium. The physical consciousness is passive, habitual and mechanical. It can learn new movements, but this requires repetition of the movement till it becomes automatic and habitual.

The Vital, or the life-force, is by nature fluid and dynamic. Its function is to transform matter into a living substance. Our breath and heartbeat are the most tangible physical rhythms of the vital energy animating the body. Practices like pranayama and Hatha Yoga are some of the physical methods which energise and balance the vital energy in the body.

Sri Aurobindo approaches the vital energy from a psychological perspective and distinguishes: The Lower Vital and its movements which are experienced as hungers, cravings, small desires, impulses and enjoyments; the Central Vital is the most dynamic expression of the life-force in us for action and creation and is the seat of strong desires and passions. Its movements are experienced in the region of the navel; the Higher Vital is the emotional being in us and it covers the field of emotions rather than sensations and desires. It is the seat of all our feelings, experienced in the heart region.

The Mind works in its own ways and deals with our cognition and intelligence as well as mental vision and will. Its movements are experienced in the head. The vital part of the mind views everything through its emotions and desires. It is only in the Mind Proper (*Buddhi* in Sanskrit) that intelligence and will are free from the limitations of the senses, emotions, and desires. The mind properly organises all experiences around the sense of 'I' and creates the ego, the surface personality.

And as an instrument of the soul, and by the activity of the intelligent will, the soul begins the process of awakening. The Thinking Mind, a mind of Knowledge and the Dynamic Mind, a mind of Will in action are its workings.

The realms of the vaster and truer inner mind, the vaster and truer inner vital, and the vaster and truer inner physical are settled in the Subliminal. All these inner ranges are formations of our larger true individuality with the individual subtle body and the individual physical, vital and mental sheaths. The chakras or the centers of consciousness are located in this subtle body, not in the material body. Further, the subliminal extends and forms a circumconscient¹ envelope beyond the sheaths of the physical, vital and mental. It is through this envelope that the external world consciousness enters into individual consciousness and surrounds it by the ocean of universal mind, universal vital and universal physical consciousness. There is an exchange of consciousness happening all the time without our awareness. From the subliminal come all the greater aspirations, ideals, and strivings towards a better humanity.

Our inmost and true being is the Psychic Being, and it is formed in the journey of evolution by the soul, the Divine spark. The psychic or *chaitya purusha* supports the mind, vital, and the body, and grows by their experiences carrying our nature from life to life. For the evolutionary transformation of life and nature, the awakening of the psychic being is indispensable.

By establishing inner silence and peace and by a deep inward journey the Psychic Being reveals itself as a gentle response and preference for all that is True, Good and Beautiful. At the same time, it brings our true individualization and the experience of oneness with the larger existence and yet acts as a unique centre for the action of the divine in the world.

- The film is also available on YouTube along with a table of contents: <https://www.youtube.com/watch?v=XLxIP9pG8yl&list=RDLV1tFtHPA87ZM&index=8>

Submitted by Margrit

¹ The part of us that we have characterized as *intraconscient* and *circumconscient* is a still more potent and much more valuable element in the constitution of our being. It includes the large action of an inner intelligence and inner sense-mind, of an inner vital, even of an inner subtle-physical being which upholds and embraces our waking consciousness, which is not brought to the front, which is subliminal, in the modern phrase.

Towards the Sevenfold Knowledge, The Life Divine



BRAHMANASPATI KSHETRAM

The Mother Sri Aurobindo Centre
Calendar of Regular Events, August

*To my dear little child
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'
- First Tuesdays at 6:30 pm Full Moon, reciting Sri Aurobindo's Gayatri Mantra for 30 min

Many thanks, Tixon
No.3/134, Kalathu Mettu Street,
Edayanchavadi,
Auroville
Kshetram2014@auroville.org.in



For Your Information

ARKA OPEN HOUSE



Dear friends, You all are invited to join us
or an open house with refreshments.

In the past few months Arka has gone through a rejuvenation phase. New services and therapists have joined the project: Maatram, Aurokiya, Svasti, Emergency Health Service and Health & Healing trust are offering their services.

Everybody is welcome!

Warm regards, Angelina, Arka team

CALL FOR GRANT PROPOSALS SDZ Funding in 2023



STICHTING DE ZAAIER

The Project Coordination Group (PCG) will be meeting to review grant proposals for possible funding by Stichting De Zaaier. **The last date to submit proposals for this call is Monday, 7 August 2023.**

You are welcome to submit earlier or send us a draft ver-

sion of your proposal for comment prior to the due date. (If you plan to submit a proposal, please carefully read this full announcement to the end!) All documents related to this purpose are to be submitted in the prescribed forms as attachments, emailed to pcg@auroville.org.in

- Please note that in case your proposal is not ready by this date, there will be another call for proposals for SDZ later this year.

The Project Coordination Group will check whether proposals fall within the SDZ funding criteria and forward those that do to the SDZ Board for final selection and grant allocation.

• Stichting de Zaaier welcomes project proposals for:

- research studies in the fields of sociology, economy, psychology and inner development;
- exploratory (research) studies into the relations with the world outside Auroville, in particular with the villages (and villagers) surrounding Auroville, as well as proposals for initiatives that seek to contribute to strengthening these relations;
- initiatives that seek to enhance the efficient cooperation of Aurovilians with the aim of making full use of the existing potential in Auroville;
- studies exploring a sustainable future for Auroville and initiatives contributing to such a future;

- initiatives requiring seed money (micro-projects) for innovative and informal education and training, women's development, outreach as well as proposals prepared by youth.

Please note that funds are generally not available for infrastructure, buildings or transport. Requests for equipment will only be considered if specifically required for the implementation of the project and are not already available in Auroville.

Stichting De Zaaier has also indicated a preference for funding projects where the maintenance of Aurovilians is either provided by Auroville or from a source other than SDZ grants.

- A grant application form and budget request spreadsheet are available on request from pcg@auroville.org.in.

NB If you have already received funding for a project through the Project Coordination Group please send in a progress report/status update (if the project is ongoing) or final report (if the project has been completed or all funds have been utilized) before making an application for a new grant.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or students of any individual classes, your project is to be reviewed by all concerned School Boards prior to submitting to the Project Coordination Group for review. (Please contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.

- For more information or assistance please write to pcg@auroville.org.in
- The last date for submitting proposals for this call is Monday, 7 August 2023. Please submit earlier if possible.

With gratitude, Pala,
for the Project Coordination Group

GM: UPDATES

FOR THE DREAMWEAVING CORE TEAM

After the past few months of ever-changing circumstances since the GM in Kalabhumi where we committed to presenting something to the community, the Dreamweaving Core Team would like to invite everyone to a **general meeting**, where we would like to present both an overview of how we perceive the situation today as well as an outline of a collective approach that we hope could begin to unite people around common processes and values.

Looking forward to see you there

- 29 July, Saturday
- 5—7pm @ Unity Pavilion

All are warmly invited !

Welcome to stay on for an informal interaction over a light meal

- For queries contact dreamweavingav@gmail.com

DWCT (David, Mona and Omar)



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

AUROVILLE LIBRARY

Weekly 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: Children's storytime.

- Contact: 0413 2622894, avlib@auroville.org.in
- Web: library.auroville.org.in/
Kathrin, for Auroville Library Team



Health Care

AUROKIYA INTEGRAL EYE CARE @ ARKA

AUROKIYA INTEGRAL EYE CENTRE

Eye Testing, Consultations and Spectacles

Eye Wellness, Eye Yoga and Vision Therapy

Get in touch with us for your eyecare needs

www.aurokiya.com aurokiya@auroville.org.in +91 80123 05151

Timing : 9.00 am -12.30 pm
 Days : Monday- Saturday
 Place : Arka Wellness Centre

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

Warmest Regards, Aurosugan-Aurokiya

SANTÉ SERVICES AUGUST 2023



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
Ayurveda with Dr.Sonia & Dr.Be: Mon /Wed /Thurs /Fri	Physiotherapy with Arun: Monday to Saturday
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday, Wednesday, Saturday
Integrative Psychotherapy with Juan Andres: Monday to Friday	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Rebeca: Monday, Wednesday, Friday
Bio-Well Assessment (Evaluation of your well-being) with Helena: TOS	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

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sudha

MAATRAM JULY 2023

We provide consultation with professionals trained in Psychiatry, Clinical Psychology, Neuro/Bio feedback therapy, Integral eye movement therapy, NLP, EMDR, Art therapy, self-work with clay etc



Therapists schedule for Open Consultation Hour (OCH)

	9—10am
Monday	Saif
Tuesday	Rashmi
Wednesday	Palani
Thursday	Chetna
Friday	Gopa

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

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

Other activities conducted by Maatram:

- Rural Mental Health activities at Thamarai, Annai Nagar.
 - First Thursdays of every month 10—12:30noon
- Street Play on Mental Health Awareness,
 - once a month at different venues or by invitation
- Care for senior Aurovilians

Contacts

- Message or call: 90877 09434
- maatram@auroville.org.in
- Website: maatram.org.in
- Location: Mitra Youth Hostel near Town Hall.

Warmly, Megha for Maatram

Animal Care

DOG WALKING & WHEELCHAIR TRAINING

Sunday, 30 July at 10am

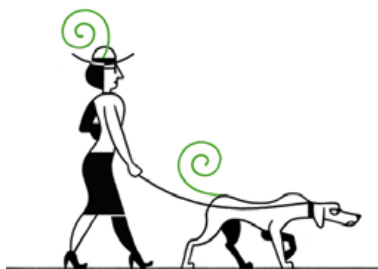
We want to invite the Auroville Community, dog lovers, and friends next Sunday, 30 July at 10am to an Integral Dog Training Workshop about the right way to walk a dog, hosted by our dog trainer Arthur.

Let's enjoy an educational dog walk together! If you could donate a leash, our dogs would be very happy, as we don't have a lot.

For those who prefer a more quiet activity, join Lore and Caroline when they train our beloved paraplegic dogs how to use a wheelchair so that they can soon join our soon-to-come 'Wheelchair Race'.

We are happy to welcome you again to another exciting Sunday morning at the Auroville Dog Shelter!

Thanks, Arthur

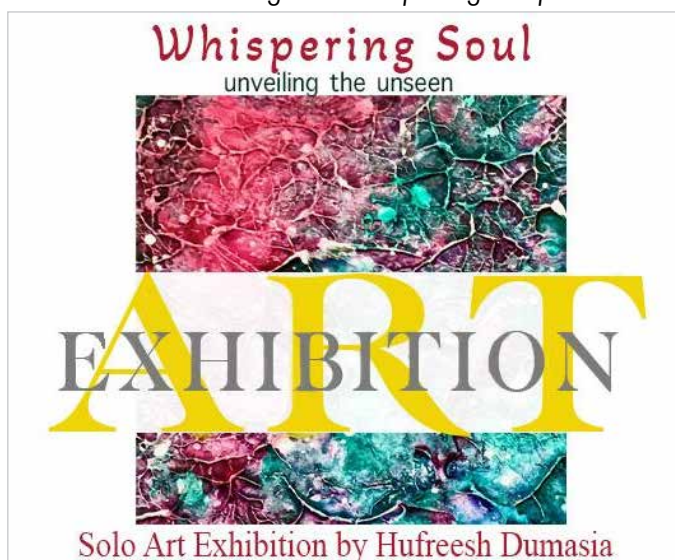


The Arts

PITANGA



Art exhibition by Hufreesh Dumasia
Whispering Soul, Unveiling the Unseen World
 Saturday, August 5th from 5pm – 6:30pm
 Join us in Pitanga for the opening reception



A delicate communication from the soul to the artist. Unveiling suggests an act of revelation, a lifting of the veil to expose what lies beneath. Hufreesh encourages viewers to explore and engage with the mysteries that lie just beyond our grasp through these artworks.

The exhibition will be open

- Saturday, 5 August to Thursday, 31 August 31.
- Monday to Saturday from 8:30am—12:30pm and 2:30—5:30pm

Andrea for Pitanga Cultural Centre

2622403 / WA 9443902403, info@pitanga.in

Visitors Center's Right Path Cafe LIVE MUSIC NIGHT'S

Bosanova and soft jazz

AV TRIO



TOMMASO



RONNY



SHAKTI

Sunday 30.07 at 7.30 pm

In collaboration with [KALABHUMIMUSICSTUDIO.AV](https://www.kalabhumimusicstudio.av)



ANY ENQUIRY? RIGHT PATH CAFE:
 04332 622248 OR +91 90430 04919
 CAFETERIA AUROVILLE



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


BHARAT NIVAS PRESENTS



Tales of Warriors, Saints and Goddesses

A Mayurbhanj Chhau Dance recital by Carolina Prada

- Sunday, 30 July, 7pm @ Sri Aurobindo Auditorium




Carolina Prada

Stories of devotion, divinity, power and heroic feats told in the style of Mayurbhanj Chhau, a martial dance from Odisha, India.

Venue: Sri Aurobindo Auditorium
Date: Sunday 30th July, 2023
Time: 7 pm
Duration: 1 hour

Entry for Aurovilian free of charge.
Guest & Visitors should book here:
<https://in.bookmyshow.com/events/tales-of-warriors-saints-and-goddesses/ET00364943>



The Blue Light Dance Studio: Exhibition of Odisha Handicrafts

from Bhubaneswar, Odisha

- Dates: ongoing till 28 February 2024



- Opening Hours: 9am to 5 pm—
- Sundays open: 9am to 1pm only
- Office Contact: 0413 2622488, 8249335483
 - Parking outside the Main Bharat Nivas Gate

Regards, Vani,
BN Culture Team

Activities

TAI CHI CHUAN WORKSHOP

7 August to 26 August, 2023

From Mondays to Saturdays, 7:30—10:30am

INNER WAY TAI CHI SCHOOL

TAI CHI HALL in Sharnga

Presents

THE ART OF CHI - Stevanovitch's method



Beginners, chi and tai chi basics

Approaching the 24 posture form

The 3-week workshop is essentially directed towards:

- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi.

First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

- Information and booking: taichi@auroville.org.in
- Website: taichi.auroville.org, www.artduchi.com

Yunsung Cho

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:

- Morning: 6—8am
- Evening:
 - 4—5pm (pony walk)
 - 5pm—6pm (riding classes)

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



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 10:30am.

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

ABHAYA OFFERS MARTIAL ARTS CLASSES

Abhaya is an Aurovilian Activity that offers classes of martial arts since 2015. Our coaches are former pro-fighters 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 efficiency 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: https://www.instagram.com/giacomo_writer_auroville/



Thank you, Giacomo for Abhaya

AUROVILLE TANGO ACTIVITIES



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

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.



- **Tuesdays : All Levels.**

- **Girls:** 4—5pm
Starts again on July 11

- **Women:** 5:30—7pm

- **Saturdays: Beginners,** 11am—12pm

Renana, +91986544472 WA



SWIMMING CLASS

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

Submitted by Mani

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 appointment: 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

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



For more information on the timings and how to join in please write to kulaicreativecentre@auroville.org.in or to our 8608473385 WA

With regards, Selva from KCC

AUROVILLE BAMBOO TOUR

AUROVILLE BAMBOO TOUR!

Discover

- Treehouse
- Bamboo Food
- Bamboo Species
- Bamboo Sound Garden
- Showroom

EVERY SATURDAY
11:30 AM - 12:30 PM
AUROVILLE BAMBOO CENTRE

with
Special Bamboo Lunch!
pre-book at minimal cost*

Our team will be happy and helpful to share bamboo work and its many gifts.

Note: People are requested to manage their own transport & contribution for the tour is mandatory.

Mobile : +91 8300949081
Telephone: 0413 2623806
Email : bamboocentre@auroville.org.in

Auroville Bamboo Centre
Kottakarai, Mangalam Campus
Auroville 605 111

Thanks and Regards, Murugan

Available

HP Envy 5530 Printer Available

Dear Residents, I am ready to offer this printer with minimum contribution and it's a Colour type printer with Wireless. Model: HP Envy 5530.

ContactDetails: 9943919899, ramkrishna@auroville.org.in

Ramkrishna



House Sitting Available

For more information contact, taher@auroville.org.in/ +4368120647264 WA

Best regards, Tahir

Looking For

Looking For Long-Term House Sitting

Dear Community, I am a confirmed Aurovillian and looking for a long-term 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: 8667648515 or solespazio@gmail.com

With Love & Gratitude, Enzo



Tennis. Looking For Partner And Teacher

Starting to Play Tennis. Partners and Teachers needed for ages 11 yrs to adult. When you are one of either, please contact us: Ulrike Urvasi, 9751513906 (all message providers, no calls)



Ulrike Urvasi

Looking for Bed and Inverter/Battery

Dear Residents, I am looking for

- Double Size Wooden Bed
- Inverter/Battery (Used or New)

Please contact me: 9943919899, ramkrishna@auroville.org.in

Thank you! Ramakrishnan

985 - 27 July 2023

Help Needed

CARING FOR OUR SENIORS

Dear Auroville Community, Since Covid times a few Aurovilians and Maatram have been giving active support to Giuseppe who is aging and needs mental health support. Lately he has started to escape his attendants, catching bike rides and often going to La Terrace. Due to his condition, he is at times very confused and does not remember how to get home.

Giuseppe lives behind Certitude football field, near the small tennis court in the back. Whoever sees him and picks him up, please drop him at his house.

- Rashmi (Maatram) is the coordinator for Giuseppe's care (9448235935) and Anand Rajaram his main caretaker, mornings till 1pm, 8682043919.
- You may also call the Auroville Safety and Security team (AVSST), 9443090107 if needed.

We are URGENTLY looking for a second committed attendant for the afternoons, and into the evening (for 5 to 6 days/ week). In case you can help or you know someone that possibly could, please call 98400 31935. Financial support is available.

On Sundays it would be helpful to have one or two Aurovilians to pick up Giuseppe around 12am, take him to La Terrace for lunch and bring him back to his place at about 2pm.

- If you are interested to help, please contact Rashmi 9448235935, best by WA message or sms.

All help is very much appreciated.

*Submitted by Shivaya
on behalf of the Giuseppe care team*

FUNDRAISING ULTIMATE FRISBEE



Greetings to you. My name is Gothainayagi, I'm 18 years old and I play ultimate 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. Many people dream of going and playing frisbee outside especially since they have been waiting for this tournament...to actually travel and show themselves. 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 for 22 people, van cost: 25k
 - Jersey for the team, 30k
 - Accommodation for 4 days, 22 people: 900per night per person.
 - Team registration: 5600
- **Venue:** Gopalan sports academy Aavalahali Bangalore
- **Dates:** 18,19, 20 August
- **Contact** 9442238704, Gothainayagi

Thanking you, Gothainayagi

Work Opportunities

RECEPTIONIST NEEDED



Enlight is looking for a pleasant Front Desk Representative to undertake all receptionist and clerical duties. You will be the "face" of the company for all visitors and will be responsible for the first impression we make.

The ideal candidate will have a friendly and easy going personality while also being very perceptive and disciplined. A customer-oriented approach is essential.

The goal is to make guests and visitors feel comfortable and valued.

Responsibilities

- Greet and welcome guests
- Answer all incoming calls and redirect them or keep messages
- Prepare outgoing mail by drafting correspondence, securing parcels etc.
- Keep updated records and files
- Monitor expenses and costs
- Take up other duties as assigned



Requirements and skills

- Basic experience as front desk representative.
- Knowledge of office management and basic bookkeeping
- Proficient in English (oral and written)
- Excellent knowledge of MS Office (especially Excel and Word)
- Strong communication and people skills
- Good organizational and multi-tasking abilities
- Problem-solving skills
- Customer service orientation

Kindly send us your CV to the following email enlight@auroville.org.in

*Best regards,
Enlight team.*

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
for Auroville Media Interface*

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 media 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.in and we'll contact you shortly.
- Applications are open until 31/07/23

Thanks, Maud

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 School

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 auro-child@auroville.org.in.



With love and light,
Anand

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala!

You are most welcome to join us on any day **from 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 Services

DROPZY



Dropzy along with the existing categories for products and services will also be offering 3 new categories for Units and Activities in and around Auroville, as follows.

- Workshops
- Events
- Classes

You'll be able to upload your posters giving details of the activities. Prospective customers will be able to contact you via phone and email.

- Key advantages:
- Reduces your time and cost
- Increases purchases by customers
- Larger target audience being a digital platform
- Higher response rate to customer enquiries

Do contact us on 8098144686 or hello@150dpi.com to register on Dropzy.

Coming soon in Google Play and Apple Store
Sathish Arumugam for 150dpi

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*



FOR YOUR NEXT HAIRCUT



For your and/or your child's next haircut contact Ahana with her highly inspired and young talent:

For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

Lovely day, Ulrike Urvasi

AUROMODE HIVE

Friday, 4 August, 10am—5pm!

Dear Community, Join us at Hive's Open House!



- 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 to us WA 70921 97375/ 9042759540.

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

*Warm regards, Auromode HIVE Team,
Auroshilpam*

Website: <https://www.auromode.in/hive-coworking>

Facebook: <https://www.facebook.com/auromode.hive.9>

Instagram: https://www.instagram.com/auromode_hive/

Google Map: <https://goo.gl/maps/Kj1qebb6PowiQX2m9>

LATEST NEWS FROM INSIDE INDIA—TRAVEL SHOP

Due to the road construction you can only reach us via the Garden Entrance of Kalpana opposite Humanscapes

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



Mr. Ganesh our Travel Consultant

- Will be at our Kalpana office from 10am—4pm Monday to Friday.
- He can also be contacted anytime: +91 9894598686, phone or WA
- or by email: travelshop@inside-india.com
- Effective from 16. July daily **Alliance** air flight from Chennai to Jaffna and return
- Oman** airways has special fares from Chennai to Milan. Ticketing till 30. July 2023 and travel till 30 September 2023
- Emirates** offers are available from Chennai to Frankfurt, Paris.
- Etihad** airways offers fares from Chennai to Frankfurt, Amsterdam, Milan, Rome
- Srilankan** airways special fares from Chennai to Paris, London and Melbourne *Joster*

AV Radio

AV RADIO

Dear Aurovilians, Your favourite radio is always working for you. Stay tuned!

- [Here you can listen](#) to the stream channel (playing 24/7).
- [Here you can see](#) on-air schedules.



Last published podcasts

- [Presentation of the book 'I'm always with you' by Fred-erick](#) (Literature)
- [Soul Tracks—Se.5 Ep.02 'On the Road Again'](#) (Music)
- [Une série hebdomadaire de lectures par Gangalaksh-mi—439](#) (Integral Yoga)
- [Soul Tracks—Se.5 Ep.01 'Follow the Rabbit'](#) (Music)
- [Savitri, B. II, C. III, Part 3](#) (Integral Yoga)
- [Kamil and Nikhil interview Matthew for their Community Service](#) (Community Service Project)
- [La Vita Divina—Ep.28](#) (Sri Aurobindo)
- [Marlenka's weekly Offering—Ep.93](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalaksh-mi—438](#) (Integral Yoga)
- [I just wanna write—Ep.11 'How writing can replace negative beleieves with love and compassion'](#) (Creative Writing)
- [Marlenka's weekly Offering—Ep.92](#) (Sri Aurobindo)
- [Une série hebdomadaire de lectures par Gangalaksh-mi— 437](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 6 'Edison and the Lumière brothers'](#) (Cinema)
- [Exploring Education in Arts, Animation and Film-making—Ep. 5 'The Studio System in Animation'](#) (Cinema)
- [Savitri, B. II, C. III, Part 2](#) (Integral Yoga)

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

....and more! on www.aurovillerradio.org

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

Peace and love, Wobbly forAvRadio team

WHAT IS VALUABLE TO YOU?

'At every moment one must know how to lose all in order to gain all.' What does this mean?

'We have already spoken about this. When we enter upon the path of yoga, why do our dear ones leave us? One loses all worldly possessions, all one's attachments; sometimes, even, one loses one's position, and to gain what?—the most important thing, the only thing which is valuable: The Divine Consciousness.

And to gain this one must know how to lose all the goods of this world, to let go of all one's possessions, all desires, all attachments, all satisfactions; one must know how to lose all this if one wants to get the Divine Consciousness.

It is a little paradoxical for the mind.'

• <https://incarnateword.in/cwm/04/26-march-1951>

But, but...

'But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.'

Oohlala...

'Welcome to the Great Adventure.'

By choosing to be in Auroville, this City of Dawn, cradle of the transitional beings, you have now embarked on the authentic path of the Integral Yoga of its founders, the Supramental Avatar Sri Aurobindo and the Mother. In your existential quest you have entered a transformational portal, the actual proverbial rabbit hole¹, and you are traversing the twilight zone between the psychophysically limited old mental world of falsehood and the new Supramental world of Truth with infinite multidimensional possibilities. Prepare yourself for the challenges and firewalls ahead, as your sincerity, faith and perseverance, the very perception of your existence, will be intensely tested. That vertigo and the splitting headaches you are experiencing are just your neurons trying their best to reorganize themselves, with the Divine Grace keeping your brain from blowing apart... awayay.

The Sunlit Path of Bhakti to the Supreme Divine Mother is the key to a more easy and joyful journey towards the Life Divine

And meanwhile, the Great Cosmic Game of the One and Its many continues...

'Come what may.'

¹ <https://incarnateword.in/cwm/04/17-march-1951>

Zech, 2023.07.19

BRIHASPATI, POWER OF THE SOUL. RIG VEDA

1. He who established in his might the extremities of the earth, Brihaspati, in the triple world of our fulfillment, by his cry, on him the pristine sages meditated and, illumined, set him in their front with his tongue of ecstasy.

2. They, O Brihaspati, vibrating with the impulse of their movement, rejoicing in perfected consciousness wove for us abundant, rapid, invincible, wide, the world from which this being was born. That do thou protect, O Brihaspati.

3. O Brihaspati, that which is the highest supreme of existence, thither from this world they attain and take their seat who touch the Truth. For thee are dug the wells of honey which drain this hill and their sweetnesses stream out on every side and break into overflowing.

4. Brihaspati first in his birth from the vast light, in the highest heavenly space, with his seven fronts, with his seven rays, with his many births, drives utterly away the dark-nesses that encompass us with his cry.

Commentary by Sri Aurobindo

Brihaspati is he who has established firmly the limits and definitions of the Earth, that is to say of the material consciousness. The existence out of which all formations are made is an obscure, fluid and indeterminate movement, — salilam, Water. The first necessity is to create a sufficiently stable formation out of this flux and running so as to form a basis for the life of the conscient. This Brihaspati does in the formation of the physical consciousness and its world, sahasaṁ, by force, by a sort of mighty constraint upon the resistance of the subconscious. This great creation he effects by establishing the triple principle of mind, life and body, always present together and involved in each other or evolved out of each other in the world of the cosmic labour and fulfillment. The three together form the triple seat of Agni and there he works out the gradual work of accomplishment or perfection which is the object of the sacrifice. Brihaspati forms by sound, by his cry, ravena, for the Word is the cry of the soul as it awakens to ever-new perceptions and formations.'

To be continued

Submitted by Soham

Poetry

THAT TENDER PULSING

There is a tender pulsing in the heart of life

A hidden meaning that escapes our mind,

That hums and glows in great and littlest things but for which

The tongue no words can find;

Within us is an ageless spring

That sends it forth in myriad ways.

Behind it lies a power

That emanates a thousand rays.

All hidden mystic from our sight

Which make our hearts take flight,

It chimes at root of rock and sea

Of earth and sky, it sings in flower, fern and fire,

Is working to transmute us all,

And thus fulfill the world's desire.

No brain has wrought it that has sought.

No hand takes it apart.

No instrument avails

For it is whole or it is naught.

It winks at you a moment

Only to depart.

It is both bold and very shy,

As indeterminate as the sky.

Nothing can bind it.

Not even life itself

But the thing behind it.

And were it not

We would all fall to pieces.

The world would rot

For it is this

The secret bliss

That upholds the universes.

Maggi Lidchi,
1973

TIME WILL TELL

Time will tell
How the scroll of life
Paints and unfolds itself.

Time will tell
Whether we have drifted apart
Or come together
In the flow of the Eternal.

Time will tell
That all secrets
Await a cover removal.

With Joy and Gratitude,
Anandi Zhang

THERE IS NO OTHER

Everything that was and is happening
From no-beginning towards no-ending
Is none other than us
This eternal oneness.

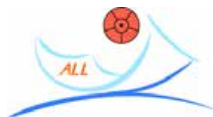
So now be conscious of your choices,
In this grand paradox of the opposites
We each co-create our own experiences.
Each act itself is either suffering or bliss:
Eternal suffering for the self still forgetting
Eternal bliss for the Self that remembers
That the One is the other none.

The beauty of this Self-realisation?
Divine Manifestation

Zech, 2023.07.18

Languages

NEWS FROM AUROVILLE LANGUAGE LAB



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

Looking for:

If you are a true-blue Mallu (Malayali) and you speak Malayalam with a true Malayalam accent, please contact us by sending a WA message to +919443631861 or email to tomatis@aurovillelanguagelab.org. This is to help with a research project.

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

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

Current Language Courses at ALL

New: Sanskrit with Kaushal

• Beginner

Great news for Sanskrit learners!

- We are going to start a new Sanskrit Beginners Course with Kaushal this August!

Growing up in a traditional environment with exposure to Sanskrit texts, Kaushal pursued his interest in Sanskrit more actively later in life. He is now interested in helping others reach a good basic understanding of this rich, extraordinary language. This two-month (16-hour) course will take you through the sounds and the alphabet, and shall explore simple words, conversation, and chanting of select mantras.

• Pre-Intermediate

Kaushal will also start a new Sanskrit Pre-Intermediate course for learners who are familiar with Sanskrit. In this two-month (16-hour) course, Kaushal will delve deeper into Sanskrit grammar, verbs, and vocabulary. Those who attended the recent Sanskrit Beginners course are welcome to join.

- The days & timings of these courses will be fixed at the mutual convenience of the teacher & the students.

New: Hindi with Kaushal

We are soon starting a new batch for Beginner Hindi in August!

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this two-month (16 hour) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with Hindi.

- The days & timings of the course will be fixed at the mutual convenience of the teacher & the students.

New: French with Jean-François

Jean-François offers four 2-month (16-hour) courses. All his courses are open to new registrations.

• Beginner French

This course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course will start on August 5. Classes will take place Saturdays, 2:30pm to 4:30pm.

• Beginner French for Teens

This course is for students between 13 to 16 years of age. The course is based on exercises that use many media like videos, games, role-playing, etc. to make learning both fun and effective. By the end of the course, students will have an immersion in the French language and will be able to express themselves in a simple way.

- The course will start on August 5, and classes will take place Saturdays, 11am to 12noon.

• French Conversation

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

- This course will start on August 3. Classes will take place Mondays & Thursdays, 2:30pm to 3:30pm.

New: Italian with Fabio

Fabio will soon start two new Italian courses in August!

• Beginner Italian

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 3-month (24-hour) compact course. The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

• Pre-Intermediate Italian

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

- The days & timings of these courses will be fixed at the mutual convenience of the teacher & the students.

New: English for Total Beginners with Rupam

If you can read this, then obviously this course isn't for you! But, if you know someone who could use some basic, everyday English in their daily lives, feel free to pass this along. This one-month semi-intensive course will begin with the alphabet and take the students through basic nouns, verbs, and simple sentence structures.

- Classes will take place Mondays, Wednesdays, & Fridays 11:00am to 12 noon.

Intermediate Spanish with Susana

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

- Classes take place every Tuesday, 2:30pm to 4:00pm.

Beginner and Pre-Intermediate English with Rupam

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

- Classes take place Tuesdays & Thursdays, 10:30am to 11:30am. Enquire now to join!

If there is a language you would like to learn, and it's not on our list, please send us a query!

To join or enquire:

Please fill out our form at <http://register.aurovillelanguageagelab.org/> You may also drop us an email at info@aurovillelanguageagelab.org, call us at 2623661 or come visit us!

Please Note

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Total Beginners To start soon	TBA	TBA
	English Conversation	TBA	TBA
French	Beginner To start 5 August	2:30—4:30pm	Saturday
	Beginner for Teens To start 5 August	11am—12noon	
	French Conversation Started 3 August 2023	2:30 -3:30pm	Monday & Thursday
Tamil	Spoken Beginner, Started 6 June 2023	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner To start August 2023	TBA	TBA
Hindi	Beginner To start August 2023	TBA	TBA
German	A1.1 Beginner	TBA	TBA
Spanish	Beginner To start August 2023	TBA	Monday & Wednesday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start August 2023	10am—12noon	Saturdays
Italian	Beginner To start August 2023	TBA	TBA
	Pre-Intermediate To start August 2023	TBA	TBA

The Language Lab is open

- Monday—Saturday, 9am—12noon & 2—5pm
- Location: International Zone, after Unity Pavilion & Pump House.
- Phone: (0413) 2623661, 2622467, +919843030355
- Email: info@aurovillelanguageagelab.org

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

ACTIVITIES BY LAKSHMI

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



Sound Chakras Healing

Guided vibrational sound journey using (Tibetan Bells 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)

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

KOLAMYOGA WORKSHOP

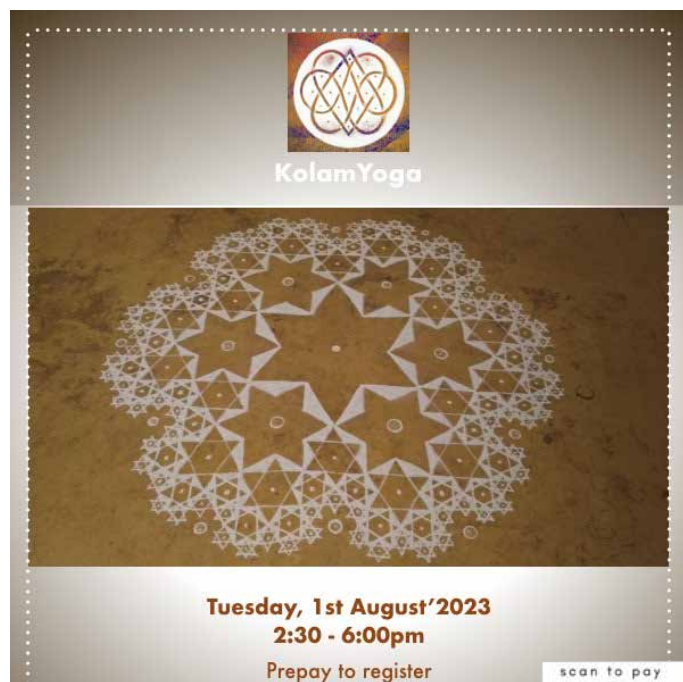
1 August, Tuesday, 2:30—6pm, Sharanga (right gate)

KolamYoga Workshop offerings in 'Grace' house Sharanga right gate:

- we start the first week of the month August dedicated to the Full moon on **1 August, Tuesday**, Shatkona, Honoring Divine union.
- And the second ending the week on **Friday, 4 August** with Ashtakona calling into manifestation Light, Harmony and Beauty.

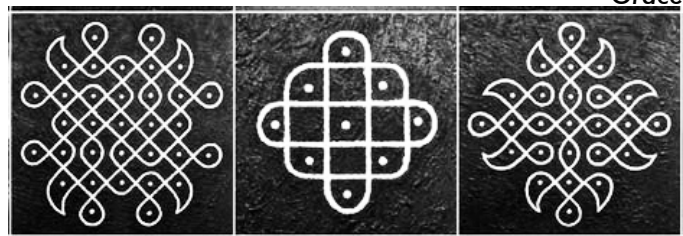
Sign up/register:

- info@kolamyoga.com
- or call/ WA: +91 8072449091



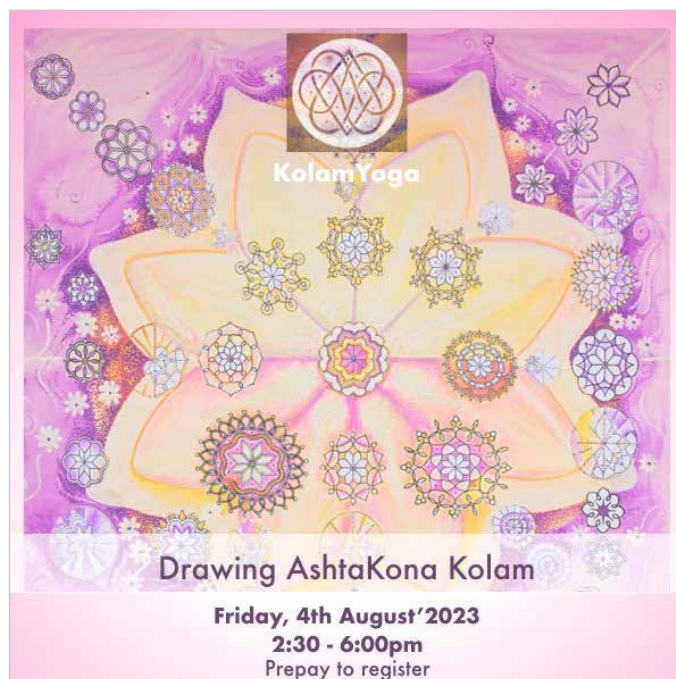
*Journey into full moon with draw
Kolam as symbol of divine union
a source of all creation, a Uni-
versal code of that what binds
us all together*

Grace



DRAWING ASHTAKONA KOLAM

**Friday, 4 August 2023, 2:30—6pm,
Sharanga (right gate)**



AshtaKona invites us to manifest the forces of beauty, charms, luck, magnetism, enchantment, desirability and attractiveness. They include mandala Kolam and are easy and joyful in their manifestation.

- **Prepay to register:** workshop is towards contribution
- info@kolamyoga.com, ph: +91 8072449091

*Registered with LEAD, Hospitality Trust
Grace*



THREE WORKSHOPS

With Dr. Sehdev Kumar

- **Freedom from Fear**
 - Saturday, August 5, 2-4:30 pm
- **Yoga of Forgiveness**
 - Saturday, August 12, 2-4:30 pm
- **Peace Within: Peace Without**
 - Saturday, August 19, 2-4:30 pm

Freedom from Fear

- **Location:** Vérité, Auroville
- **Saturday, 5 August,** 2—4:30pm
- **Register:** +91 7867805812

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

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



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



Dr. Sehdev Kumar,
Professor Emeritus, Canada, Author, Poet, Mediator,
Author of *Lotus in the Stone:*
Explorations in Dreams & Consciousness,
Kabir: Ocean in a Drop,
7000 Million Degrees of Freedom

QUIET HEALING CENTER



www.quiethealingcenter.info/ quiet@auroville.org.in
+91 9488084966, Mobile & WA

OBA® (Oceanic Bodywork Aqua) Basic—Liquid Joy with Fred

- Saturday 12 & Sunday 13 August
8:45am—6:30pm: 15 hours

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality given in a warm water pool (ideally 35°C). It combines elements of light movements and stretching, massage and joint mobilization in connection with breathing and energy work, conducted both on the surface and underwater.

During this course, you'll learn a sequence of simple movements, both on the surface (with and without cushion and noodle) as well as under water and practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. You'll experience floating other people and being floated, thereby creating a space for deep relaxation and nurturing body, mind and spirit.

OBA offers an opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, releasing emotions and traumas—ultimately, for freeing body and mind in a flow, unique to each client and each session.

- No previous experience required!

OBA® (Oceanic Bodywork Aqua) 1: Fluid Body with Fred

- Wednesday, 16 — Monday, 21 August
8:45am—6:30pm: 50 hours

During this course, you'll learn a sequence of new movements, both on the surface as well as under water; plenty of time will be offered for practice and integration.

You'll be invited to discover the healing energies of the water, release physical pain as well as emotional tensions, and dive within yourself in unexpected ways. You might encounter a wondrous world of memories, of floating weightlessly in the protective womb of your mother, of going back into that very space where you were surrounded by soft warm water.

This course offers an opportunity to experience again the nurturing qualities of being held and loved, and to rediscover trust, peace within yourself, and a deep sense of coming home.

- **Prerequisites:** OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

Guy

RELAXING OIL MASSAGE



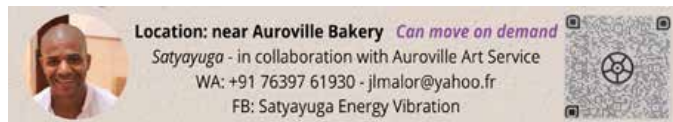
Relaxing oil massage to reconnect body and soul.

- Full body, 90 minutes.

On donation for aurovilians, newcomers and volunteers.

Best regards, Umberto, 7598331379

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



Warmly, Satyayuga (Jean-Luc Malor)

Important

DONATIONS FOR RABIES QUARANTINE FACILITY NEEDED!

We want to restart our 24-hour rabies rescue again, but in order to do so, we need to build a quarantine facility, as mandated by the Animal Welfare Board that every shelter must be equipped with one. As IACC shelter was never equipped with such a facility, we had to build a makeshift isolation facility, which proved to be insufficient, especially during the outbreak of canine distemper when the number of affected animals increased rapidly.



The approximate cost we have to fundraise is Rs. 1.5 lakh. With your contribution, we can create a safe space where dogs infected with rabies, parvovirus, or canine distemper can be isolated, treated, and monitored effectively. Please donate to our FS account 251391 or through the AV Donation Gateway.

Please help us to keep Auroville safe!

Arthur for Auroville Dog Shelter

PITANGA



Pranayama Course—The Art of Living, Part 1



with François & Namrita

- Thursday, 10—Sunday, 13 August 2023
- 6:30—8.30am, for 4 days

The Art of Living Part 1, four days intensive pranayama course, combines breathing techniques, meditation and features Sudarshan Kriya, a breathing technique that uses specific rhythms of breath to detoxify every cell of the body and infuse it with energy.

- Registration required.
- Please come in loose, comfortable clothing and on empty stomach.
- Attendance on all 4 days is compulsory.

Shiatsu classes in pairs, in French, by Patricia

Here is an opportunity for 1 or 2 persons to join an ongoing study group: "In a spirit of openness, in a quiet and benevolent atmosphere, we will explore Shiatsu in depth in pairs.

The benefits of this practice are immediate, such as relaxation of the body, emotions, and mind.

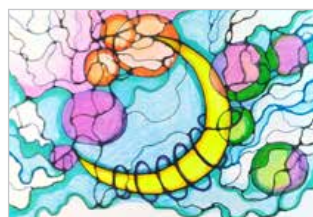
A new energy balance is harmoniously established, uniting all the internal parts of the organism."

- Regular attendance is required.
- Mondays, 5:30—7pm, starts 7 August

If this interests you, please register with the reception desk team.

Art Therapy in the style of Neurographica™ with Gala

Gala offers art therapy classes for children and adults with the intention of balancing the mind and stimulating creativity and imagination.



The classes are based on the Neurographica method developed by Russian psychologist Dr. Pavel Piscev. Through the process of drawing, guided by the teacher, one recognizes patterns and hidden obstacles and finds new creative solutions and organic ways to release outdated patterns in one's life.

The process of drawing helps to release tension and mental stress that is present in life.

- For adults: Thursdays, 3—5pm, drop-in class.
- Family Art: Fridays, 3—5pm, by reservation.
- This class is for a max. of 2 parents & 2 children.

If you wish to receive our programme of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile !

Andrea for Pitanga Cultural Centre

0413 2622403/ 9443902403 WA, info@pitanga.in

ARKA

WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities July 2023

Treatments

Treatment	With whom	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Bare-foot body massage	Silvana by appointment 9047654157	Monday to Saturday
Facial, Manicure, pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacoloring	Meha: by appointment 9443635114	Monday to Saturday
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia: 948 90 35 457	Monday and Wednesday afternoon, Only Appointment
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina: 9791719387 +393462258049 (What's App)	Monday to Friday, Morning
Psychospiritual Intro-spective Tarot Reading, Deconditioning Self Inquiry	Antariyoti: 0413-2623767 antarcalli@yahoo.fr	Monday to Sunday Also, in French

Classes

Class	With whom	When
Acro Yoga	Damien, 9047722740	Monday: 3pm to 4:30pm, Tuesday :5 to 6:30pm
Pilates	Teresa, 7867998952	Tuesday & Thursday 7:30—8:30am Friday 5:30—6:30pm Appointment.
Iyengar yoga (TOS)	Olesya, 9159052743	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm
Sound Chakras healing	Lakshmi 8489764602	Only for Appointment



Verité

VÉRITÉ PROGRAMS July 2023

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

programming@verite.in
www.verite.in

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

Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
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
Wednesdays	Yin Yoga—Healthy Spine (no class 26 July)	3:30–4:30pm	Emma
	Hatha Vinyasa Yoga	5–6pm	Andres
Thursdays	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

*Savitri, Programs Coordinator,
Vérité Programming*

Cinema

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events:

- 16:00** Free bus from Solar Kitchen to Sadhana Forest for the Tour
- 16:30** Tour of Sadhana Forest
- 18:00** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
- 18:30** Eco Film Club begins with 'previews' of short Sadhana Forest films



20:00 Dinner is served

21:15 Free bus from Sadhana Forest back to Solar Kitchen
Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

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

Friday, 4 August

Living in the time of Dying

2022 / 53 minutes / Michael Shaw

While it becomes clear that catastrophic climate change is now inevitable it also opens up a whole new set of questions: How exactly did we arrive at this point? What new choices can we make now regarding how to live our lives and what actions make sense at this time. The film provides much needed insights into how to deal with a changing world.

Submitted by Shek

Accessible Auroville Public Bus

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



Auroville TO PONDICHERRY

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



Pondicherry TO AUROVILLE

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

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
31 July 2023 to 06 August 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 31 July, 8pm
KANTARA

Henchman Shiva lives in a small tribal hamlet with his mother. An unforgettable incident that he had witnessed during his childhood makes him stay away from the traditional worship and Bhoota Kola legacy (a divine dance of coastal Karnataka). He is a vagabond and is happy loafing around with his friends and doing petty jobs for his landlord. When Forest officer Murali enters, he scene, it gives a fresh dimension to the man-vs-nature fight. Can Shiva save the forest from Murali? Or is Murali just a dummy bait cast by bigger fish? The film is highly acclaimed, offering a "mesmeric blend of action and mythology". Don't Miss!

Potpourri—Tuesday 1 August, 8pm
BLAZING SADDLES

USA, 1974, Writer-Dir. Mel Brooks w/ Cleavon Little, Gene Wilder, Slim Pickens, and others, Comedy-Western, 93mins, English-Yiddish-German w/ English subtitles, Rated: R

The Ultimate Western Spoof. A town where everyone seems to be named Johnson is in the way of the railroad. In order to grab their land, Hedley Lamar, a politically connected nasty person, sends in his henchmen to make the town unliveable. After the sheriff is killed, the town demands a new sheriff from the Governor. Hedley convinces him to send the town the first Black sheriff in the west. Bart is a sophisticated urbanite who will have some difficulty winning over the townspeople.

Interesting—Wednesday 2 August, 8pm
FAUNA

Spain, 2023, Writer-Dir. Pau Faus, Documentary, 74mins, Catalan-Spanish w/ English subtitles, Rated: NR (PG)

Set in a rural area on the outskirts of Barcelona, comes this witty and compassionate film. It juxtaposes the life of a local goatherd and life in a nearby research laboratory to explore the tangled contemporary relationship between man, nature and science. It's a theme which the pandemic brought very much to the fore While keeping a compassionate eye on the fascinating and unfathomable contradictions that make us who we are.

Selection—Thursday 3 August, 8pm
QUE HORAS ELA VOLTA? (The second mother)

Brazil, 2015, Dir. Anna Muylaert w/ Regina Casé, Helena Albergaria, Michel Joelsas and others, Comedy-Drama, 118 mins, Portuguese w/ English subtitles, Rated: R

Val spends 13 years working as nanny in São Paulo. She is financially stable but lives with the guilt of having left her daughter Jéssica in Pernambuco, in the northeast of Brazil, raised by relatives. As college entrance exams roll around, Jéssica wants to take her exams in São Paulo, and cohabitation is not easy. Everyone is affected by the girl's personality and candor and Val finds herself right in the middle of it.

International—Saturday, 5 August, 8pm
THE WOMAN KING

USA, 2022, Dir. Gina Prince-Bythewood, W/ Viola Davis, Thuso Mbedu, Lashana Lynch and others Action-History, English-Portuguese w/ English subtitles, 135 mins, Rated: PG13

The remarkable story of the Agojie, the all-female unit of warriors who protected the African Kingdom of Dahomey in the 1800s with skills and a fierceness unlike anything the world has ever seen. Inspired by true events, it follows the emotionally epic journey of General Nanisca as she trains the next generation of recruits and prepares them for battle against an enemy determined to destroy their way of life.

Children's Matinee—Sunday, 6 August, 4:30pm
IL VIAGGIO DI ARLO—THE GOOD DINOSAUR



USA-Japan, 2015, Dir. Peter Sohn w/ Jeffrey Wright, Frances McDormand, Maleah Nipay-Padilla and others, Adventure-Comedy, 93 mins, Italian w/English subtitles, Rated: PG

In this epic journey into the world of dinosaurs, an Apatosaurus named Arlo makes an unlikely human friend. While travelling through a harsh and mysterious landscape, Arlo learns the power of confronting his fears and discovers what he is truly capable of.

Classic Film Festival@ Ciné-Club

Ciné-Club Sunday 6 August, 8:00 pm
BEING THERE

USA, 1979, Dir. Hal Ashby, w/ Peter Sellers, Shirley MacLaine and others, Comedy—Drama, 130mins, English w/ English subtitles, Rated: PG.

Simple-minded gardener Chance has spent all his life in the Washington D.C. home of an old man. When the man dies, Chance is put out on the street with no knowledge of the world except what he has learned from television.

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

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

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