



News Notes

#986 A weekly bulletin for residents of Auroville 3 August 2023



Photo by Auroville Media Interface

None knows the birth of these; they know each other's way of begetting: but the Wise perceive these hidden mysteries, even that which the great Goddess, the many-hued Mother, bears as her teat of knowledge.

Rig Veda

He strives by these means and has the knowledge: in him this spirit enters into its supreme status. ... Satisfied in knowledge, having built up their spiritual being, the Wise, in union with the spiritual self, reach the Omnipresent everywhere and enter into the All.

Mundaka Upanishad

Pondering



If a spiritual unfolding on earth is the hidden truth of our birth into Matter, if it is fundamentally an evolution of consciousness that has been taking place in Nature, then man as he is cannot be the last term of that evolution: he is too imperfect an expression of the spirit, mind itself a too limited form and instrumentation; mind is only a middle term of consciousness, the mental being can only be a transitional being. If, then, man is incapable of exceeding mentality, he must be surpassed and supermind and superman must manifest and take the lead of the creation. But if his mind is capable of opening to what exceeds it, then there is no reason why man himself should not arrive at supermind and supermanhood or at least lend his mentality, life and body to an evolution of that greater term of the Spirit manifesting in Nature.

Man and the Evolution, The Life Divine by Sri Aurobindo

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EDITORS' NOTE

Dear Friends, readers of paper version!

We are working on improving the delivery of paper version of News and Notes on Fridays only with no delays.

Please let us know if you do not get your paper copy on Friday before 4:30pm.

Mail us @ newsandnotes@auroville.org.in.

The only excuse of late delivery us rain on Friday.

*Light and Peace
Roy and Agni*



House of Mother's Agenda



(continued from last week)

Admittedly, Death is wise for a long part of the way, for an immortal Mr. Smith would be a total waste of immortality. All things considered, Death is a faithful guardian of the Truth. It is remarkable how everything has two faces: if we look one way, we must struggle, fight, say No; if we look the other way, we can only give thanks and thanks again, and say Yes and Yes again. And we must be capable of both. Thus, the battle against the 'falsehoods of the body'—illness, unconsciousness, old age—can only proceed after the transformation of the higher mental and vital levels has been secured, when the rest of the being lives in Truth and is settled in Truth. It would be a great error to presume that one can undertake the supramental yoga before completing all the other steps; one must reach all the way to the top in order to be able to reach the bottom.

As silence is the basic condition for mental transformation, and peace the basic condition for vital transformation, so immobility is the basis for physical transformation—not an outer immobility but an inner one, in the cellular consciousness. By mental silence and vital peace we have been able to sort out the countless vibrations of the world, the secret stimuli that set us in motion and trigger our feelings or thoughts. Similarly, by an immobility of the physical consciousness, we begin to expose another nest of swarming vibrations and to realize what we are really made of. In cellular terms, we live in a total chaos: a maelstrom of sensations—strong, pleasant, painful, acute, with very high highs or very low lows—and if the maelstrom stops only for a second, a terrible anguish ensues, calling for more and more sensations. We feel alive only when we feel this movement. The basic task, therefore, is to bring all this chaos to a standstill—not an equanimity of the soul but an equanimity of the cells. Only then can the work of truth begin. In this cellular equanimity, our body will become like a transparent pool in which the slightest vibrations become perceptible, hence controllable. All the forces of illness, decay and falsehood, all the subconscious distortions and deformities with their horrible little denizens will begin to wiggle visibly in this clearing, and we will then be able to catch them in the act. In fact, the effervescence of Agni is due not so much to a basic cellular incapacity as to the resistance of 'our' obscurities. This purifying stillness alone can clear the way and help release Agni's overwhelming Movement without causing the body to quake in unison, to panic and run a fever.

Once this cellular immobility has been relatively well established, we will make a first discovery. We will encounter a major obstacle, which is always also a major help in the work of transformation, since on all the planes, every opposition we meet is precisely matched to the force required to take a further step forward; it is both the dead weight and the trigger. We had already isolated, beneath our thinking mind, a 'vital mind' that finds wonderful justifications for all our desires and impulses, and then a 'physical mind' that repeats the same incidents a thousand times over like a broken record. But there is a deeper layer still, a

mental bedrock, as it were, that Sri Aurobindo calls the cellular mind. This is actually a mind of the cells or of groups of cells, very similar to the physical mind in its inexhaustible capacity for repeating the same old refrains, but not limited to the brain area or to the mechanical grinding of bits of thought; it is everywhere in the body, like millions of little voices one can easily hear once the other mental layers have been clarified. It ceaselessly churns out not the debris of our conscious activities but of all our sensory impressions; all it takes is for a group of cells to be struck once by an impression (a fear, a shock, or an illness), and they will begin repeating their fear, their contraction, the particular tendency toward disorder, or the memory of their illness. It is a gregarious, absurd mental process that spreads from one cell to the next, quivering and quivering everywhere, endlessly, forever picking up the same wavelengths, the same decaying suggestions, and forever responding to the same stimuli, like a Pavlovian dog to its bell. This is the very fear of life embedded in Matter, which is related to Matter's first conscious efforts to become 'alive.' Yet unfortunately, the bit of initiative this cellular mind does have is always used to attract every possible disorder—through fear—and then to attract death's final unconsciousness as a relief. Yet this cellular mind, which has quite a formidable power if we begin to reflect upon it, likes ants upon an elephant, can put its absurd routine at the service of truth just as well as of falsehood. If it is once turned to a vibration of light, it will repeat that vibration, too, with the stubbornness of a mule, and most remarkably, it will repeat it day and night, nonstop. Whatever we may be doing outwardly (working, talking, or sleeping), it repeats its own vibration over and over again, automatically and independently. Hence, its great value for the transformation: it can become an extraordinary means of fixing the supramental vibration in the body. This is what Sri Aurobindo says about it: *There is too an obscure mind of the body, of the very cells, molecules, corpuscles. Haeckel, the German materialist, spoke somewhere of the will in the atom, and recent science, dealing with the incalculable individual variation in the activity of the electrons, comes near to perceiving that this is not a figure but the shadow thrown by a secret reality. This body mind is a very tangible truth; owing to its obscurity and mechanical clinging to past movements and facile oblivion and rejection of the new, we find in it one of the chief obstacles to permeation by the supermind Force and the transformation of the functioning of the body. On the other hand, once effectively converted, it will be one of the most precious instruments of the stabilisation of the supramental Light and Force in material Nature.*

(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

VISION & WORK PLAN

For Auroville Food Security

Dear all, based on the interactions we have had with the farmers and the directives of the 57th Governing Board meetings regarding farming and food security in Auroville, the FAMC and Farm Service have come up with a work plan.

All of us, including the Governing Board, hold the vision that we must 'Enhance Auroville food production to meet the needs of Auroville' (4.10, 57th Governing Board meeting minutes). To achieve this, we need a new way of looking at our farming as a lot of crops that we produce (or can produce) are not used in the community and a large part of what is being used in Auroville comes from outside.

Since food production, distribution and consumption form an integrated part of the food system, we are working towards planning and accountability in all these areas.

While education and awareness will play a role in prioritizing local food, there are also challenges of pricing, consistency and production planning which need to be looked at.

At the same time, we must open our Auroville produce availability to nearby markets like in Pondicherry and Chennai, so that any excess can be distributed and the farms can start planning for higher production without the limitation of Auroville consumption or distribution.

We are also working on a food processing service which can create more value for the farm produce and help support the farms to grow.

These plans need hands-on work and we welcome anyone with goodwill and interest to join.

These and several other issues have been addressed in this work plan.

• [Summary](#)

• [Detail](#)

Your feedback and suggestions are welcome. Please let us know if you want to participate in any of these initiatives or areas. We need many hands to realize this work.

Warmly, Anitha, Anshul, Gino, Prasad
For Farm Service & FAMC

CALL FOR VOLUNTEERS

For Assessment Of Auroville Farms

Dear community members, the farm service and the farmers have identified farm assessment as a critical requirement in planning and implementing policies. We have finally been able to come up with an assessment framework which would cover a wide diversity of parameters considering the uniqueness of each farm. The assessment is based on categories of ecology, social systems, economy, cultural practices, spiritual dimension and the particular needs of the farm.

• Detailed parameters [can be seen here](#).

The assessment will be carried out by the assessment team independently at the request of the Farm Service through personal visits during August 2023.

We are reaching out to you to see if you would be interested in joining this work to help with recording the data.

We would really appreciate your help. A few hours in a day would be enough for this and we can find a slot for you based on your convenience. This could also be a good opportunity for you to visit some of the farms and learn more about the work being done in farming in Auroville.

• Kindly [fill out this form](#) if you are interested.

Looking forward to hearing from you.

Farm Assessment team
(Anshul, Avinash, Madhuri, Nidhin)
& Farm Service (Anitha, Anshul, Gino, Prasad)

FROM THE ENTRY SERVICE—ES # 191

Dated: 3-08-2023

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:



Gnanavalli



Michael



Oleg



Roberta

- Gnanavalli SAMIVEL (Indian) staying in Celebration and working at AHA kindergarten
- Michael STEVENS (Belgian) staying in Maison des Jeunes and working at Pakka Box (Youth Link)
- Oleg TSYPARYNDA (Ukrainian) staying in Auromode and working at Sanskrit Research Institute
- Roberta ROSATO (Italian) staying in Sunship and working at Language Lab

CHILD OF NEWCOMER:

- Kavin (Indian) born on 24/06/2017 (son of Gnanavalli)
- Miliran (Indian) born on 17/10/2020 (son of Gnanavalli)
- Uma TSYPARYNDA (Ukrainian) born on 13/07/2018 (daughter of Oleg)

NEWCOMER CONFIRMED:

- Gwijwn DAIMARI (Indian)
- Maheshwaran RAMESH (Indian)
- Ramesh BALASUBRAMANIAM (Indian)

AUROVILIAN CONFIRMED

- Eesha THAKER (Indian)
- Sophie BAPTISTE (French)

RETURNING AUROVILIAN ANNOUNCED:

- YUNSUNG CHO (Korean) staying in Grace and working at Art Service

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

L'AVENIR D'AUROVILLE / ATDC

Application Announcement 03-08-2023



L'avenir d'Auroville

A. The following Building Applications have been received and approved (information only):

- **PROJECT NAME—Auromode Hive Extension—BA 2624**
 - **Applicant/s:** Auromode Trust
 - **Location/area:** Auromode / Industrial Zone
 - **Area for which approval is sought:** 286 Sq.m
 - **Project brief:** Proposed space is designed on the existing roof slab of 'Auromode Hive'. Extra ground space or foundations are not needed. The access through a staircase is already existing. Proposed structure is designed to have a roof with sandwich panels that can withstand the monsoon and are equipped with insulation to withstand heat. The panels will be laid in a slight slope to drain rainwater naturally. The sliding glass windows are designed to have both options of natural cross-ventilation and air-conditioning whenever required to have a clean and controlled interior needed for office use.

Sindhuja for L'avenir d'Auroville/ ATDC

Community News

Auroville Matters

PRESIDENT TO VISIT AUROVILLE ON AUGUST 8 to participate in month-long birth anniversary celebrations of Sri Aurobindo

The month-long events mark an extension of the year-long sesqui centennial birth anniversary of Sri Aurobindo with a host of events connecting people across the country with the quintessence of his expositions as nationalist, philosopher and yogi



The conference will be spread over three sessions that will focus on various dimensions of Sri Aurobindo's teachings and writings, said Jayanti Ravi, Secretary, Auroville Foundation, Photo Credit:

President Droupadi Murmu is scheduled to visit Auroville on August 8 to participate in the month-long birth anniversary celebrations of Sri Aurobindo.

Ms. Murmu is expected to visit the Matrimandir, address the plenary of a day-long conference on 'Aspiring for the Supermind at the City of Consciousness', and attend a concert by Carnatic vocalist Aruna Sairam.

Tamil Nadu Governor and Auroville Foundation chairman R.N. Ravi, Puducherry Lieutenant Governor Tamilisai Soundararajan, member of Auroville governing board, are expected to address the gathering.

Briefing reporters, Jayanti Ravi, Secretary, Auroville Foundation, said the conference would be spread over three sessions that would focus on various dimensions of Sri Aurobindo's teachings and writings. The conference would feature scholars from Auroville, Sri Aurobindo Society, Sri Aurobindo Ashram and various national and international centres who would share their experience and understanding of the concept of the supermind.

One of the sessions is devoted to understanding the essence of the Supermind as expatiated in the teachings/writings of Sri Aurobindo and his spiritual collaborator The Mother, who founded the universal township 55 years ago.

The supermind, in Sri Aurobindo's philosophy of integral yoga, represented the dynamic manifestation of the absolute, the intermediary between the spirit and the manifest world which enables the transformation of the common being to an enlightened soul.

Another session, 'Attaining the Supermind' will explore the continuum of efforts in the city of Auroville to manifest these higher concepts across all aspects of living —education and research, art and culture, city planning and architecture, economy, farming, health and wellness.

'Aspiring for Human Unity' will be the theme of the third session that would delve into the ethos and nuances of such an aspiration and the process of enlivening it into the day-to-day routine.

The month-long events mark an extension of the year-long sesqui centennial birth anniversary of Sri Aurobindo with a host of events connecting people across the country with the quintessence of his expositions as nationalist, philosopher and yogi.

The dawnfire celebration around the Matrimandir will take place on August 15, that conjoins celebration of Independence Day and Sri Aurobindo's birth anniversary.

According to Ms. Jayanti Ravi, there are also plans to involve school and college students from Puducherry and Tamil Nadu in the celebrations.

The Bharat Nivas, or the India Pavilion in Auroville, would be the hub of exhibitions. About 800 Auroville units would take turns showcasing their products to the public. Yoga sessions are also part of the events, some of which will continue till mid-September.

Capping off the month-long celebrations would be the Auroville Literature Festival from August 25-27 that features top-notch authors from India and abroad attending in person or online. The premiering launch of a translation of Sarat Chandra Chattopadhyay's book 'Deliverance', revised by Sri Aurobindo and prefaced by Rabindranath Tagore, focused sessions on Aurobindo and cultural performances are among the high points of the festival of letters.

*July 28, 2023 8:15pm, Updated 8:16pm IST
Puducherry, The Hindu Bureau*

Awakening Spirit

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, laptops, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm and until meditation ends.

Surya & Velmurugan



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

DREAM DIVINE SERIES**Interview with Shraddhavan Part 2****'Life, Yoga and Savitri Bhavan'**

by Richard Eggenberger (Narad)
Wednesday, 9 August, 4—5pm

In the Sangam Hall of Savitri Bhavan

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

Everyone is welcome

Dhanalakshmi, for Savitri Bhavan Team

**SPIRITUAL HISTORY OF INDIA
IN THE LIGHT OF SRI AUROBINDO
Evolution Fast-Forward, Part 4**



Monday, 7 August 2023, 4pm @ Savitri Bhavan.
Duration: 67 min.

This film traces the spiritual evolution of India over the past 4,000 years, seen from a special Indian perspective based on Sri Aurobindo's research. It discusses the past and future of India's spiritual self-discovery, the progress of its civilization and the evolution of consciousness including the Age of Intuition which corresponds to Vedic times, the Age of Reason, the Age of Devotion, the Age of Power, and Age of the Body.

'In the India of Vedic times we have the record left of the other line of achievement, that of spiritual self-discovery;... We may say that here in India the reign of Intuition came first, intellectual Mind developing afterwards in the later philosophy and science. [...] If we analyze the spiritual history of India we shall find that after reaching this height there was a descent which attempted to take up each lower degree of the already evolved consciousness and link it to the spiritual at the summit.' -Sri Aurobindo, *Letters on Yoga—I, Spiritual Evolution and the Supramental*, p.267.

The Age of Intuition resulted in the composition of the Vedas. It was the age of mysteries and the dawn of spiritual awakening and the evolutionary transformation of human nature. The Ve-

dic experience was orally transmitted across generations and coded as mantras. Sri Aurobindo refers to this ancient mantric knowledge as *Devabhasha*—the language of gods—in which the creative power of the word was central. The Rishis discovered the flame of aspiration, or *Agni* arising from their innermost depth. On the physical plane, the expressions of this aspiration became Vedic mantras. This *Agni*, this flame of aspiration was not only within them. They saw it everywhere around them carrying forward the mysterious process of evolution towards the higher levels of consciousness.

The next phase in conscious evolution was the Age of Reason. A powerful movement of revival of the truth of the Veda expressed in the form of the *Brahmanas* and the *Upanishads* around 1500 BCE- 800 BCE and the Vedanta in 900 BCE-1600 CE. Sri Aurobindo says: *'The Vedic age was followed by a great outburst of intellectual philosophy which yet took spiritual truth as its basis and tried to reach it anew, not through a direct intuitive or occult process as did the Vedic seers, but by the power of the mind's reflective, speculative, logical thought; at the same time processes of Yoga were developed which used the thinking mind as a means of arriving at spiritual realisation, spiritualising this mind itself at the same time.'* (p. 267)

After the bright and powerful Age of Reason, the center of consciousness of the Indian civilisation shifted further down to the heart. Thus, the Age of Devotion arrived giving an emotional dimension to India's spiritual culture (700 CE-1600 CE). This was the time of the Puranic literature which retained the truth of the Veda but created new forms of expression. The emergence and growth of regional Bhakti movements and their evolutionary impulse reverberated across the Indian subcontinent.

In the Age of Power, around 600 CE onwards, the center of consciousness shifted further downward. This corresponded to the emergence of Tantra and the compilation of the Puranas. The union of Shiva and Shakti as the focal point of spiritual realisation came to the forefront in the Tantra through the practice of *Bija mantras* or seed sounds. Over the centuries, Tantras and Puranas mingled and gave rise to the most vital and enduring movements of India's classical age. It was the universality of Indian art, science and technology that attracted India's neighbors. India's spiritual influence spread far and wide.

After spiritualising the mind, emotions and dynamic energy, the center of consciousness of the Indian civilisation shifted further down around 1100 CE which gave rise to the Age of the Body. This shift brought forth the body consciousness and its spiritualisation as the next stage in India's mission. It emerged naturally as the continuation of the ongoing development of Tantra and the knowledge of the chakras. The body and its divinisation became the field of research and area of expertise of Indian yogis.

Sri Aurobindo stated the following about the transformation of power and body consciousness: *'Then followed an era of the development of philosophies and Yoga processes which more and more used the emotional and aesthetic being as the means of spiritual realisation and spiritualised the emotional level in man through the heart and feeling. This was accompanied by Tantric and other processes which took up the mental will, the life-will, the life of sensations and made them at once the instruments and the field of spiritualisation. In Hatha Yoga and in the various attempts at divinisation of the body there is also a line of endeavor which attempts to arrive at the same achievement with regard to living matter; but this still awaits the discovery of the true characteristic method and power of spirit in the body. [...]'* (pp.267-268)

Sri Aurobindo and the Mother, the two Avatars, were developing the power of the spirit in the body: *'Our Yoga is in its principle a taking up and summarising and completing of this process, an endeavor to rise to the highest possible supramental level and bring down its consciousness and powers into mind, life and body.'* (p.268)

- This film by Sopanam about India's spiritual journey can also be seen on YouTube: <https://www.youtube.com/watch?v=BzJxIsb7kLE>

Submitted by Margrit

191 PAINTINGS INSPIRED BY SAVITRI

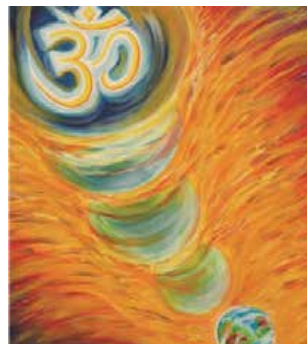
A Legend and a Symbol



7—20 August, 9—5 daily (Sundays closed)

On view at Savitri Bhavan

Opening Concentration 7 August, 10am



The painter is Aghni (he is the founder of Centro Sri Aurobindo e Mere—Italy and he has been exploring Sri Aurobindo's epic through Painting for more than 30 years)

These paintings illustrate the Canto 1 of Book 2 of the poem *The World-stair*, and each one is accompanied by one verse of the canto

Everyone is welcome

Dhanalakshmi
for Savitri Bhavan Team

TO PLEASE SRI AUROBINDO

A Birthday Offering

and a Loving Homage to Shraddhavan

by Arulvazhi Education Centre



Saturday, 12 August, 5 to 6pm

@ Savitri Bhavan Amphitheatre



A replay of an Audio Skit—narrated by Shraddhavan

- Savitri
- An Endless Beginning—Sri Aurobindo and the Mother as the Heralds of the Supermind.

Action by the Students of Arulvazhi Education Centre with Nimila Arun

Everyone is welcome

Dhanalakshmi
for Savitri Bhavan Team

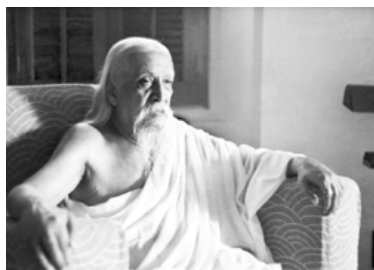
FUNDAMENTALS OF SRI AUROBINDO'S PHILOSOPHY in Savitri

A series of monthly presentations by Larry Seidlitz
Sixth presentation
Supermind and the life divine



Tuesday, 8 August, 4—5pm

@ Sangam Hall, Savitri Bhavan



This talk will consider Sri Aurobindo's views on the Supermind, a divine consciousness which he envisions as marking the next step in the evolution on earth. Supermind stands between the spiritual consciousness of Sachchidananda, and the lower triplicity of mind, life and matter. It integrates the oneness of Spirit with the multiplicity of manifestation, and it alone can transform and divinise mind, life and matter and create a divine life here on earth. By considering key passages in both His prose works and in Savitri, we will see how Sri Aurobindo gives us a profound vision of the future of man and life on earth.

Everyone is welcome

Dhanalakshmi

NARAD: NEW SCHEDULE

Date/Time	Venue	Class/ Lecture
Monday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	The Life Divine with Ranganathan. All are welcome and often people can come in with me on a taxi.
Tuesday, 5:30—6:15pm	at Savitri Bhavan	OM Choir
Wednesday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	The Synthesis of Yoga with Ranganathan. All are welcome and often people can come in with me on a taxi.
Thursday, 6pm,	at the home of Uma and William	Savitri satsang, Only After 15 August
Friday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street	Essays on the Gita with Ranganathan. All are welcome and often people can come in with me on a taxi.
Saturday, 6—7pm	Pondicherry, at Matru Sadan (मातृ सदन), 22 Des Bassyins De Richemont Street.	Savitri with Ranganathan. All are welcome and often people can come in with me on a taxi.
Sunday, 6:30—7:15pm, Indian time	Zoom, Meeting ID: 82409352144 https://us02web.zoom.us/j/82409352144	Savitri Sunday , All are welcome. Here are the details.

Thank you, Narad

SRI AUROBINDO'S ROOM DARSHAN

15 August, 2023

The Sri Aurobindo Ashram has announced that Sri Aurobindo's Room will open on 15 August for Darshan.

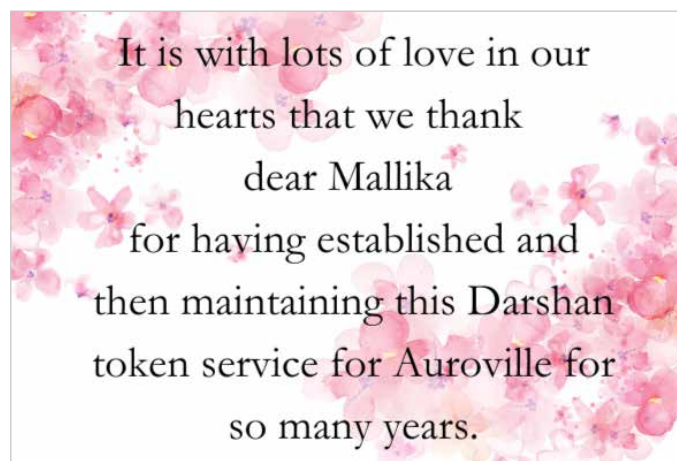
Sri Aurobindo's Room Darshan is available to all.



Available options to have a Room Darshan on 15 August:

- **Early morning:** You may join the general Darshan queue from 4am onwards. No tokens are required until the meditation in the Samadhi begins.
- **After the meditation:** From 6:40am onwards, a token is required for entry. You can get your token at the booth near the Ashram Post Office. In this case, you will probably have to wait or come back later at the time indicated on the token.
- If you are a resident of Auroville, you may **book your token for the afternoon hours from 12pm to 4pm at Pitanga**. Please read how to register below.

We are grateful to the Ashram for making the tokens available to the residents of Auroville for distribution in the community before the 15 August.



Registration of tokens (in person only)

- **Saturday, 5 August:** 9am—12pm & 3—4pm
Please note the shorter time in the afternoon due to an event
- **Monday, 7 August:** 9am—12pm & 3—5pm
This is a service for Aurovilians and Newcomers only.
- Please come in person to register your token and identify yourself as a resident if you are not known to the organisers.

Residents who are unable to come to Pitanga themselves can send someone with a request note stating the name (s) and number (s) of tokens required. We will do our best to meet your needs.

We remind you, dear friends, that we do not accept requests by email or telephone. (Sorry for the inconvenience).

Transport

The Darshan day is a Tuesday. Please check with the person in charge of transport whether the AV bus is available on that day.

Collection of tokens

- **Friday, 11 August:** 9am—12pm & 3—5pm
 - **Saturday, 12 August:** 9am—12pm & 3—5pm
- Venue for registration and collection of tokens is:
- Pitanga, Samasti.

Andrea for the Pitanga's team.

PONDY SAIER BUS ON DARSHAN DAY

15 August

For those using the SAIER bus to have darshan in Sri Aurobindo's room on 15 August, Sri Aurobindo's 151th Birth Anniversary,

- the bus will leave from Matrimandir at 3pm and return from Pondy at 6pm. This service is reserved to Aurovilians and newcomers only.

Tokens are required, see announcement in the News and Note and the AuroNet.

Submitted by Paulette

MUDRA CHI



We restart our Mudra Chi classes on **Tuesday, 8 August at 4:30pm.**

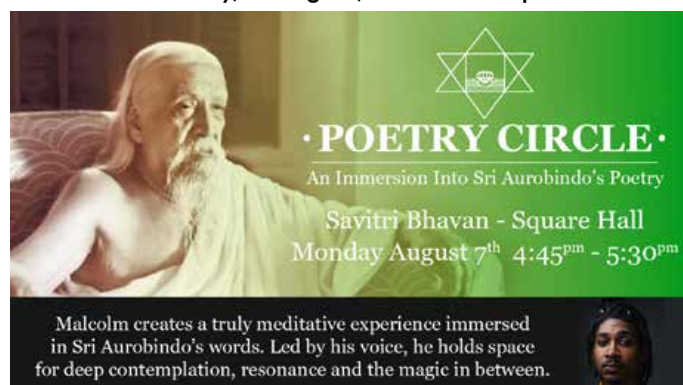
Everybody Welcome.

Facilitator Anandi.ayun.

Submitted by Anandi

POETRY CIRCLE

Monday, 7 August, 4:45—5:30 pm



Square Hall, Savitri Bhavan

Dear lovelies, this Monday at Savitri Bhavan, Malcolm offers to present the poetic works of Sri Aurobindo. He is a native English-speaker and spoken-word poet. The programme will be in the Square Hall from 4:45pm until 5:30pm. All are welcome.

Musicians who play meditative music (singers, guitarists, flutists, etc.) and would like to participate are encouraged to attend—I'll have my kalimba. See you there!

Peace, Love & Soul, Malcolm



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



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

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 version 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 vil-

lages (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*

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

@

Arka's open house

Free Eye Checkup

With

Refreshments and Music

Date : 5th of August, 2023

Timing : 9.30 am -12.00 pm

Place : Arka Wellness Centre

Get in touch with us for your eye care needs

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

- Aurokiya welcomes you to the open house at Arka on 5 August 2023 from 9:30am -12pm.
- Aurokiya is happy to share with you that we will function full day from 9am—5pm from 1 August 2023.

The following services will be available

1. Emergency eye care services with primary-level care
2. Complete eye testing facilities for eye problems
3. Follow-up services for surgeries and consultation from Aravind
4. Spectacles and contact lenses
5. Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
6. Personal guided support to visit Aravind eye hospital for surgeries and procedures
7. Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

You can learn more about Aurokiya by visiting our website: www.aurokiya.com

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com,
WA/ Mobile: 8012305151

**Warmest Regards,
Aurosugan for Aurokiya Team**

CV 986 - 3 August 2023

SANTÉ SERVICES AUGUST 2023



Santé

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: Monday/ Wednesday/ Thursday /Friday	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)

Animal Care

SUCCESSFUL COLLABORATION

The Auroville Dog Shelter wants to inform the Auroville Community that in a successful collaboration, a solution regarding the Auroville Dog Shelter has been found. Thanks to everyone's productive ideas and input, a compromise could be worked out in which the new access road will be built without destroying any dog enclosures or important infrastructure of the shelter.



By working together with the Auroville Foundation, Animal Husbandry, and Animal Welfare Board of India, we will start the construction of the new Auroville Dog Shelter very soon. Acknowledging the deficiencies in the previous facilities managed by the former IACC, it was decided to build a completely new facility in a designated area adjacent to the Red Earth Riding School. With the help of ATDC, we have identified a suitable location and are currently in the process of preparing the layout.

This new facility will provide a dignified environment for our 300 rescue dogs to thrive. The new Auroville Dog Shelter aspires to set a benchmark as a model shelter, where both humans and dogs can heal, learn, and grow together. Mother said: *'Every animal is an emanation of the Divine and should be treated with the same love, compassion, and respect as we would show to any other living being.'*

Thank you all for your continued support!

*Auroville Dog Shelter Team,
Lore, Coco, Caroline, Arthur, Kiran*

DOG WALKING & WHEELCHAIR TRAINING

Sunday, 6 August, 10am

Integral Dog Training Workshop

Due to unforeseen circumstances, we were not able to host this event last Sunday.

- We are happy to invite the Auroville Community, dog lovers, and friends next Sunday, 6 August, 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. No registration necessary, but please be on time.
- For those who prefer a quieter 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. **Thanks, Auroville Dog Shelter, Arthur**

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!

Thanks, Arthur

The Arts

PITANGA

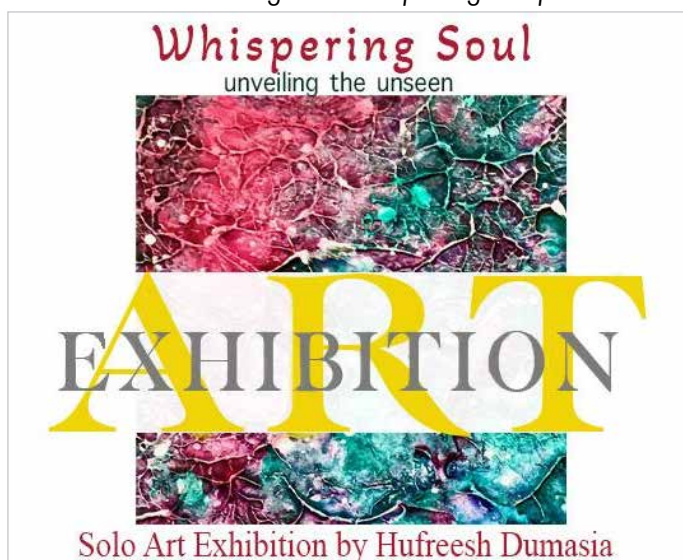


Art exhibition by Hufreesh Dumasia

Whispering Soul, Unveiling the Unseen World

Saturday, 5 August 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

Activities

BANSURI (FLUTE) GROUP CLASSES WITH MICHAEL

The Sound of Bamboo Various Styles of the Indian Flute



- Kalabhumi Music Studio
- Every Friday
 - Beginner: 11am—12pm,
 - Advanced: 12noon—1pm

Drop in is possible at any time, flutes available to borrow or buy.
- Contribution:
 - Aurovilians, NCs, Volunteers & Local Villagers: Free donation
 - Guests: Contribution required

- More Info:
 - www.the-sound-of-bamboo.com
- To Donate:
 - <https://pay.auroville.org/divine-arts>
- Learn More About Divine Arts:
 - <https://auroville.org/page/divine-arts>

Warm Regards, Dave
+440 7564119728
djsevens87@gmail.com

PAINTING CLASSES WITH SATHYA

- Watercolor Class By Sathya.
Every Monday 5—7pm.
- Life Drawing Session.
Every Tuesday 5—7pm.

Contact: +91 9486145072 WA

Warmly, Sathya

Center For Research Education Experience
In The Visual Arts



CREEVA

The Arts

BHARAT NIVAS PRESENTS



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 Shamga
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

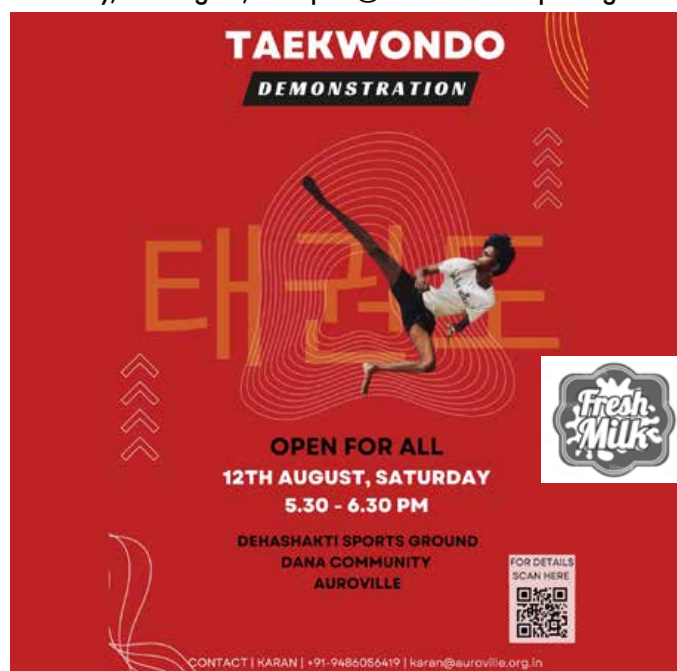
- 04132965242, redearthridingschool@gmail.com

Kalivarathan
for Red Earth Riding School



TAEKWONDO DEMONSTRATION

Saturday, 12 August, 5:30pm @ Dehashakti Sports ground



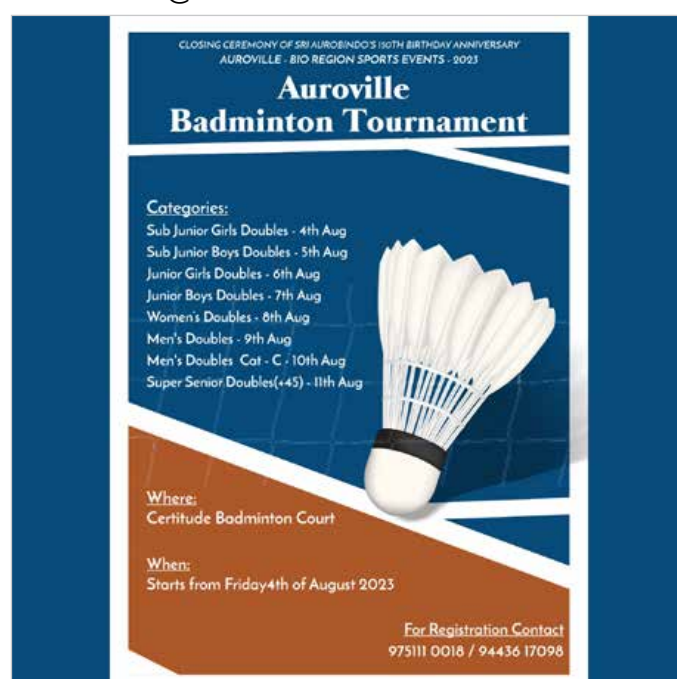
Karan G., an international medal list candidate is hosting a demonstration for Taekwondo before he can start offering regular classes to teach the martial arts. If you are interested in exploring this form of Korean Art, please join us at the demonstration session on Saturday, 12 August, 5:30pm at Dehashakti Sports ground.

- After the demonstration, registration for the classes would begin.
- Scan the barcode in the poster for more details on Taekwondo, the instructor and the Class days/ timings.

Thanks & Regards, Shivangi

AUROVILLE BADMINTON TOURNAMENT

Closing Ceremony
of Sri Aurobindo's 150th Birthday Anniversary
Bio Region Sports Events—2023
Starts Friday, 4 August—August 11th
@ Certitude Badminton Court



For Registration Contact 975111 0018—9443617098
Sincerely, Bharathy, for Certitude Badminton

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:

- 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/



Martial Art Classes For Kids

Dear Community, Abhaya is receiving a lot of requests about martial art classes for kids.

We are happy to share that we can start offering classes for kids from the age of 7 to the age of 14 for the month of August, every Tuesday at Dehashakti Gym at 5:30 pm.



The instructors are Chloe, Brazilian Jiu Jitsu blue belt, and Giacomo, certified instructor of self defense and MMA.

We will mainly offer Brazilian Jiu Jitsu, which is a very safe practice and at the same time one of the most efficient forms of martial art.

- <https://www.youtube.com/watch?v=ZzEB-GtOjys>
- Please contact us to sign up:
abhaya@auroville.org.in or 9487340778 WA

Giacomo

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

If you want to participate, please book it in advance



Indian cooking

- Every Monday to Friday 12 to 2 noon Evening 5 to 6:30 pm at Creativity.
- Every Saturday and Sunday, 10am to 5 pm



If you want to participate, please book it in advance

Thai Massage

- 12—2noon, 5—7pm every day at Creativity
- If you want to participate, please book it in advance:
- +91 8098845200, Voice and WA
 - rupavathijoy@gmail.com

Rupavathi Joy

Commelina benghalensis
Painted with Miracle fruit (Memecylon umbellatum)

I offer edible weed walks using the Edible Weeds Coloring book as guide between December and March and some special ones in August - when weeds flourish after a few summer rains.

Two special EDIBLE WEED WALKS this month
is on Saturdays, 12 and 19 August 2023
Time: 7:30am to 8:30am (max 8:45am)
Venue in Auroville: TBA before the walk
to pre-registered participants only

Max number of participants/ walk: 10
(to avoid trampling and soil compaction affecting plants)

To contribute and pre-registere write to:
edibleweedwalk@gmail.com
or WhatsApp: 9840936907

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 1 month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com. 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



KUILAI CREATIVE CENTRE

A SUB UNIT OF SAHER - AUROVILLE

Silambam
English
English
Hip Hop
Music: Keyboard
Tai Chi
Archery
Karate
Tai Chi
And Sports Activities

Bharatha Natyam
Kungfu

Kuilapalayam - Auroville Main Road
Landmark: Next to Auroville Bakery
Kuilapalayam, Tamilnadu 605101
Email: kulaicreativecentre123@gmail.com
Mobile: + 91-8608473385, +91-9843195290
Website: kulaicreativecentre.org a.rusa.org/?form=Kulai

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
Thanks and Regards, Murugan

Available

Abandoned Bike

Since the beginning of July this bike has been parked in Nowana parking lot.

Warm regards,
Gumsoon,
For Nowana Restaurant



Taxi Share

From Chennai Airport, 8 August, 7am

Leaving the airport to Auroville around 6—7am on August 8 (Tuesday morning). Please contact danielrabin@yahoo.com

Thank you, Daniel Rabin, Kriya Community

Looking For

Looking For Research Participants

I am from the University of Cambridge researching community and nature in Auroville for the month of August. I am looking for interviewees to have a chat with over a coffee or chai!

Please reach out robertjbarkergeog@gmail.com or +447443902082 WA

Best, Robert



House Sitting

Hello, I'm a volunteer at a couple of projects in Auroville and I'm available to house sit in between from mid-August to end October 2023. I'm fairly organized, meticulous and responsible.

You can contact me at 9810139906 or WA.

Amarnath Acharya



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.

Honorary Volunteer

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

VEGAN LUNCH IN RED DOT CAFE

Low carb—vegan office lunch in Red Dot Cafe, Upasana Sign-up lunch scheme.

upasanared.cafe@gmail.com

Uma



ORGANIC QUALITY MILK AVAILABLE

Organic quality milk available, Morning/ Evening, from Sakthi Natural Garden

- For reservations contact 9585180393

Erumalai (Evergreen)



FOOD LINK BASKET SYSTEM

Dear community, we are happy to share with you that we are offering a basket system where you can place your order one day before and pick up your baskets



- on Tuesdays, Thursdays or Saturdays from Foodlink between 10:30am and 12:30pm.

You can place your order using a google form with the link:

- <https://tinyurl.com/Foodlink-basket>

To facilitate this, we have decided to stop walk-in shopping at Foodlink from Monday, 31 July, 2023 onwards. Please keep in mind that the system for milk orders will remain the same and you can come and collect the milk as per your regular order.

These changes are being made to meet the need for quick delivery of food to different outlets once the food reaches Foodlink. For example, PTDC and Solar Kitchen need the produce to reach them as early as possible in the morning. We have noticed that the direct sales of produce from the Foodlink shop slows down our entire morning routine.

Our goal is to optimize this process and make quick deliveries to wherever orders have been placed so that the produce reaches fresh and on time.

This will help us keep the place organised with enough time and space in our hands for the work to be done properly and faster.

We understand that this may be a big change for some of you but hope you will understand our need for it. We are open to feedback and suggestions to make this system work better for all of us.

We are sorry for this short notice and will also share this soon in News & Notes and AuroNet. Please feel free to share this with others who may be interested in ordering baskets from Foodlink.

We appreciate your support and goodwill.

*Thank you, Foodlink team,
Angelica & Falguni*

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

150DPI

150dpi has been emailing units and activities while also posting in News & Notes to reach out to us to sign up on Dropzy under your category of choice and preference. Request you to email us back with your queries and questions. As this will allow us to merge same and similar items of concern, address these queries and those unique to your units/activities.



Workshops, Events and Classes categories are similar to the notice boards found in around Auroville where units/activities affix their posters and flyers. It will aid you in increasing your target audience which today is digital in its search for information. As the mobile phone has become the go to media and medium to look for recreational and learning opportunities.

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

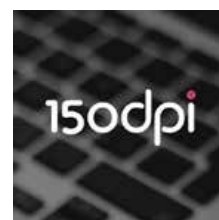
Coming soon in Google Play and Apple Store.

Sathish Arumugam for 150dpi

INTRODUCING NARESH

Naresh is a Creative designer and business strategist who moved with his family to be close to Auroville, contribute towards and receive from the experiment of progressive consciousness. Naresh has over 20 years of work experience in both social and commercial sectors. Has held training workshops on design thinking and creative arts. He wants to contribute to Auroville by dedicating 2 to 4 hours in a day as a part-timer, in the area of design and creative thinking via classes and workshops.

- He has received the following awards in the course of his work:
 - Cannes Lions (International Festival of Creativity)
 - PDN Photo Annual 2013
 - Goa Fest Award
 - Goa Fest Advertising Club 2014
 - Kala Pradarshan Award
- Expertise
 - Creative Art Direction
 - Creative Digital Artist
 - Visual Communication
 - Creative Trainer





Naresh is mentoring 150dpi (An Auroville Activity, providing Business Software Solutions and Platforms) in the area of marketing, branding, customer management, new products and services.

- For first-time contact, please message or WhatsApp him with your requirements, don't call, will usually get back to you within a few hours.

- Naresh Jogu, 9223379171 / 9082486890

For 150dpi, Sathish Arumugam

AURINOCO SYSTEMS

Overall Project Statistics Narrative

Electrical Power Monitoring

Aurinoco systems started in 2015 and by 2016 had set up two main network racks. One located on the top floor of the Foundation office and second at Saracon campus. By 2017 there were 31 ACN connections @2Mbps and 11 ERN connections @100Mbps

We have laid 135 kms of underground OFC and 21kms of indoor OFC in 8 years.

Today there are 428 ACN connections @50Mbps (including 51 VoIP) and 295 BSNL connections @100Mbps & more, totalling 723 connections. ERN has become redundant and we have let go of it mostly.

We have installed 86 community/campus racks and clean them once every two months. The total connections of 723 is a bit misleading because 35% of the connections have given connections to others. This is especially prevalent among BSNL connections, causing line saturation. Or in electrical terms, brownouts. Some ACN connections, like Town Hall, are considered as one connection. What is the difference and why do we have ACN & BSNL connections? Aurinoco's ACN connection operates like PTDC; Sourcing from the lowest cost and best ISPs and balancing the output for community use. If one ISP line fails we can switch over to the other. Also, we can provide customized bandwidth to subscribers and support is easier to handle.

AVTS provides the BSNL connection as a franchise model. It uses Aurinoco OFC to deliver connectivity directly to subscribers. This was done to mitigate overhead cables by outside franchisees. Aurinoco has no 'Systems' on it, just the 'Network' (dark fiber). The System is done by BSNL in Pondy directly.

Providing support for these connections is not easy.

- Aurinoco Systems, Auroville (Foundation Office)
2nd Floor Operations: Saracon Campus
- (413) 4036973, email: aurinoco@auroville.org.in

Our money data from 2015 to 2023 (8 years)

- Gol Grants received and spent = Rs.2,60,50,000 (Initial years only) Community contributions received = Rs.3,69,56,393
- Purchase & administrative expenses = Rs.4,69,45,224 Loss/Stock/Assets = Rs.99,88,831 that is Rs.1,04,050 Per Month The 'Loss' part of this was compensated by donations. Past year and half Aurinoco has managed to jump forward money wise positively and contributed to City Services for April 23 Rs.1,09,102. We now have funds to upgrade our core network racks. This would in turn translate to being able to provide more options for subscribers.

All of this is at present managed and operated by a team of 7 dedicated active people.

We need an experienced systems developer and quiet dedicated network people to reduce work load per person.

- Aurinoco has covered OFC close to 90% of the inhabited City area. People have chosen 375 ACN connections @Rs.800 @50/50Mbps speed = Rs.300000 monthly Aurinoco is providing less support & hardware for this higher cost and lower speed.

- People have chosen 290 BSNL connections @Rs.944 @100/100Mbps = Rs.274000

BSNL provides remote support, communication is tedious involving more time and work for Aurinoco.

From above BSNL connections:

- Aurinoco gets 26% of the billing by BSNL (+Rs.100 we charge) from 290 connections @Rs370

@100/100Mbps = Rs.110000 monthly

We are providing support & hardware usage at par with ACN for this lower cost and higher speed. AVTS gets approximately 10% of the billing by BSNL @Rs.70 = Rs.20000 for part processing of applications and contact with BSNL.

- Total Aurinoco income from above ACN & BSNL connections = Rs.410000

Many people chose BSNL because they have deduced it is better than ACN due to higher speed and freebies so lower cost and less downtime. This deduction, though understandable for individuals, is not good at all for ALL. Let us assume everyone is connected only to ACN: All ACN income $375 + 290 = 665$ nos. @Rs.800 @100/100Mbps = Rs.532000

- Yes! ALL will get 100/100Mbps speed and not just the BSNL connected people for less cost. (Extra Rs.122000 income to bump up 50/50 speed to 100/100 speed paying Rs.65000 more to Aurinoco ISPs)

The freebies BSNL gives you is worth Rs.200 for three months (Hotstar, Disney etc. channels and free VoIP). While taking away more from Auroville. The freebies that Aurinoco gives is for AVES, Varuna, Sunlit remote power monitoring, WWT monitoring, CCTV bandwidth, GST for residence connections, backup servers and more. Also we could save Rs.57000/month and we can train 1 or 2 AVTS people to do support for optic network subscribers and pay with these savings. Better still, we would like to see young Aurovilians with technical skills running Aurinoco. Come join us. We would like to move forward for a change and give ALL the people 100/100Mbps speed. At present we are upgrading part of Aurinoco core devices and lines from 1GB to 10GB. In 3-5 months we would like to see most BSNL connections on ACN for better efficiency and utilization. By the end of next year we would be in a position to move a lot more forward. To provide people connectivity anywhere in Auroville.

There are things that need centralisation and there are things that need de-centralisation. Each has its place and advantages. People are making similar choices affecting the other infrastructure services and ourselves.

- Since above figures & information have been kept basic; If you would like further elaboration, you could write to support@aurinoco.net

Our next article will be about privacy issues etc. and what your choices are really landing up doing.

Acronyms

- OFC = Optical Fiber Cable
- CPE = Customer Premises Equipment
- Network Rack (Racks) = Data & Distribution Devices stacked in metal enclosure or shelves. ACN = Aurinoco Campus Network
- AVCAN = Auroville Campus Area network
- ERN & NKN = Educational Research Network & National Knowledge Network (Gol) ISP = Internet Service Provider (Jio, BSNL, Pulse etc.)
- Network = The nerves and heart Systems = The brains and lungs, Mbps = Megabits per second (Speed), EPM = ElRegarding our documentation and tracking of issues, support, tasks etc. we have generated 15000+ online items. That is 5 items per day past 8 years. Each of these items is one page or runs into several pages & sub-items. All of it searchable/traceable.

Regards, Hemant S

LATEST NEWS FROM INSIDE INDIA—TRAVEL SHOP

According to the official travel site of the European Union, visitors from more than 60 countries that are visa-exempt will be required to apply for [European Travel Information and Authorization System \(ETIAS\)](#) approval ahead of their trips starting in 2024.

Visitors will need to pay about \$8 to apply for ETIAS authorization when traveling to European countries.

https://travel-europe.europa.eu/etias/who-should-apply_en#ETIAS-countries.



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

- [Exploring Education in Arts, Animation and Film-making—Ep. 10 'What Should I Start Drawing as a Beginner?'](#) (Cinema)
- [Une série hebdomadaire de lectures par Gangalakshmi—443](#) (Integral Yoga)
- [Marlenka's weekly Offering -Ep.97](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—442](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 9 'Georges Méliès and Edwin S. Porter'](#) (Cinema)
- [Marlenka's weekly Offering—Ep.96](#) (Literature)
- [Une série hebdomadaire de lectures par Gangalakshmi—441](#) (Integral Yoga)
- [Exploring Education in Arts, Animation and Film-making—Ep. 8 'Animation for Television'](#) (Cinema)
- [Marlenka's weekly Offering—Ep.95](#) (Literature)
- [Soul Tracks—Se.5 Ep.4 'Some Kinda Eastern Thing'](#) (Music)
- [Auroville Capella Choir—concert 2023](#) (Music)
- [Une série hebdomadaire de lectures par Gangalakshmi—440](#) (Integral Yoga)
- [Soul Tracks—Se.5 Ep. 3 'The Road Less Travelled'](#) (Music)
- [Exploring Education in Arts, Animation and Film-making—Ep. 7 'How Do I Learn To Draw From Scratch?—Contd...'](#) (Cinema)
- [Marlenka's weekly Offering—Ep.94](#) (Literature)

Last Youtube Live Videos

- [Dreamweavers Community Meeting](#)
- [Resident Assembly Meeting](#)

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

Voices and Notes

WELCOME TO AUROVILLE, THE CITY OF DAWN

As we are still in a human body that has basic needs, we need work to generate wealth¹, in a collective process for the collective benefit. This then creates optimum opportunities within the community for psychological and physical growth and progress through actual engagements during and in-between the working hours, such as meals, tea breaks, festivals, arts, cultural and sports events. These are already happening, we just need to establish more wealth-generating enterprises as a collective endeavor, and the most important, in the spirit of conscious evolution as willing participants in this concentrated social experiment envisioned and started by Sri Aurobindo and the Mother we call Auroville.

All Life is Yoga, all Life is Union.

We have all the guidance laid out before us, from the most basic necessary attitudes in 'To Be a True Aurovilian'², to the most advanced yogic practices. True practices and guidance from our authentic founder Guides Sri Aurobindo and the Mother. This must not be taken as dogma or a religion, but as unifying factors in the conscious choice each of us adult participants have made, and given the chance, in joining and participating in progressively establishing this not only an intentional community with core ideals³, but a legislated collectivity under the supervision of the Government of India⁴, representatives of Bharat Mata the Guru of the World herself, internationally acknowledged, we call Auroville, the City of Dawn.

With this eternally shared theme of Unity in Diversity, the diversity is here, in all its dynamic aspects both horizontal in all forms and representations of human identities and archetypes, and vertical in hierarchical power: all necessary aspects of the Divine Play of the One and Its infinite many towards the clearly stated goals of a Divine Manifestation, the next upgraded mode of evolutionary existence and global governance, the Supramental⁵ being.

The sense of the fundamental Unity that binds us all is what needs to be fully established psychologically. That our essence is oneness. That whatever we think and act, we do it to none other than our other selves. I am you, We are all you, just looking differently and performing our roles uniquely, which is superbly proper, an existential marvel, as I will immediately run away if I see everyone all looking and acting the same. With this fundamental understanding we engage, consciously, for the transmission of Jnana: the Knowledge of Oneness in diversity, in reciprocal action and experience: Karma, and in adherence to the Supreme Truth, the Divine Consciousness of Oneness in diversity: Bhakti.

Organized and spontaneous round table discussions or satsangs are required and indeed are happening through everyday informal and regular formal engagements, that is why we have so many gardens, activities, cafes, canteens and eateries, but must be made more obvious and conscious in our narratives and action, emerging from within our very souls: that underneath our ever challenging yet marvelous diversity, we are all One.

This is the Sanatana Dharma and Vasudhaiva Kutumbakam of Bharat Mata

The cry of every global revolution: Liberty, Equality, Fraternity
The Vision in Action:

Unity in Diversity

Towards a Life Divine for all...

¹ <http://www.collectedworksofsriaurobindo.com/index.php/readbook/05-Chapter4-Vol-the-mother-by-sri-aurobindo>

² <https://auroville.org/page/a-true-aurovilian>

³ <https://auroville.org/page/core-documents>

⁴ <https://auroville.org/page/auroville-foundation-act%2%A01988>

⁵ <https://incarnatword.in/search?query=supermind+supramental&page=1>

YOU ARE ALL I

They say that when you are at the beach
Looking at all sorts of waves
Coming and going
Or when you are in the forest
Seeing all sorts of things
Listening to all sorts of sounds
With eyes closed
You may hear a faint whisper
Saying:
'You are all I'

And then the whisper becomes ever louder, like the deafening songs of the cicadas summoning for union. An inescapable call to partake in the ongoing Divine Evolution. When you reawaken to this calling, then your quest for synthesis since beginningless time has again begun.

And what they say once again rings true, that at each advancing level of the spiritual quest there is a different guru. Temporary teachers that one eventually let go. When you are ready for the next level, the next appropriate guru will appear. Remember: Nature, the Individual, and The Source are in an inseparable interplay.

My next Guru has appeared:

'We see, then, what from the psychological point of view,—and Yoga is nothing but practical psychology,—is the conception of Nature from which we have to start. It is the self-fulfilment of the Purusha through his Energy. But the movement of Nature is twofold, higher and lower, or, as we may choose to term it, divine and undivine. The distinction exists indeed for practical purposes only; for there is nothing that is not divine, and in a larger view it is as meaningless, verbally, as the distinction between natural and supernatural, for all things that are are natural. All things are in Nature and all things are in God. But, for practical purposes, there is a real distinction. The lower Nature, that which we know and are and must remain so long as the faith in us is not changed, acts through limitation and division, is of the nature of Ignorance and culminates in the life of the ego; but the higher Nature, that to which we aspire, acts by unification and transcendence of limitation, is of the nature of Knowledge and culminates in the life divine. The passage from the lower to the higher is the aim of Yoga; and this passage may effect itself by the rejection of the lower and escape into the higher,—the ordinary view-point,—or by the transformation of the lower and its elevation to the higher Nature. It is this, rather, that must be the aim of an integral Yoga.'

Sri Aurobindo . The Synthesis of Yoga

<https://incarnateword.in/cwsa/23/the-synthesis-of-the-systems>

Zech, 2017.07.25

Ideas

DREAMCATCHING

Dreamcatching Session

Dear all, as a follow-up to the 'Dreamweaving Core Team' presentation last Saturday 29 July in the Unity Pavilion, where we proposed a number of initiatives that could potentially begin working together to explore a more unifying action-oriented planning process for the development of Auroville.

We would like to invite those who are interested in participating in the first round of dreamcatching sessions to join us at **La Terrace on Saturday, 5 August at 5pm**. This will not only give us a chance to give a short overview of the process and explain the intended direction of the first round of sessions, but also enable us to gauge the degree of interest in order to know how best to proceed.

As in the past, the dreamcatching itself will be held **once a week from 6—8am**, this first round taking place every Monday on different roof tops in Auroville; with the details of further rounds to be determined by the next 'anchors' who choose to take up the role. The sessions are intended to be aspirational in nature and a means to create a quiet and safe space to bring down our collective vision for auroville. Everyone is welcome to participate.

- For those who are unable to make it in person, please write to dreamcatchingav@gmail.com to let us know if you're interested in attending and we will write back with the relevant info.

Dreamcatching the Collective

Dear all, as part of the transition to the collective experiment in planning and organisation that we proposed at the end of the presentation on Saturday, the 'Dreamweaving Core Team' just wanted to write a final message to the community before we swap hats and join the wider initiative.

The suggested Dreamcatching initiative has already kicked into gear (see post in this N&N), and the Self-Education Program Team and Dreamweaving Architects will hopefully be following soon with new email ids and updates as to next steps. Many of the Citizens Assembly team are still TOS, and so the team will need to regroup once everyone is back to see how and/or if they can plug-in to the process in the weeks and months to come.

Last but very much not least, we would like to express our thanks to everyone who attended the presentation on Saturday, and especially those who donated and/or helped prepare the food for the gathering afterwards! Wishing us all the best in our ongoing collective planning explorations

David, Mona & Omar

PS for those who weren't able to make it, the link to the presentation is here: <https://www.youtube.com/watch?v=FnA3xvh4Y24>

A FEW IDEAS/POINTS/THOUGHTS

As a response to the idea that the NGT is something that people wanted, I would like to say that I believe that no one wanted it. But as is usually the case when a civil disorder, such as domestic violence within a family for example, can no longer be resolved internally, then it is, unfortunately, for the law to intervene. That is what it is supposed to be there for, no?

The NGT ruling has meant that Auroville has less control over its own planning but, in reality, as we have failed to put in place proper planning, it is understandable that this is now imposed, to at least meet basic standards.

Regarding representing one thing or the other, what else can one do? No one can, nor claim to, represent all of Auroville.

Most of the tensions are not just about a road or some trees but instead (briefly) about:

1. The censoring of the AuroNet and removal of members (such as myself) without any process or reasoning. We still have no idea who the administrators are as they don't respond to queries.
2. The takeover of the Archives without any process or reasoning.
3. The censoring of the News and Notes and threat of litigation if anything of the RA selected groups was posted.
4. The leave India notice issued to Mael and the exit permit for Satprem and numerous other visa related issues and FIRs mostly given to people who say/said something that other people don't want to hear.
5. The implementation of 'development' or demolition without reasoning, proper plans, community approval nor development priorities of any sort identified. There is a prospective master plan, not a master plan. It is written quite clearly on page 9 of the [Universal Township Master Plan \(Perspective 2025\)](#).

6. The threatening of eviction of people on above said areas for development despite the lack of the previously mentioned plans etc, and this despite the lack of housing in AV. There is a full map showing structures colored in red which are to be demolished to make way for a plan that does not exist.
7. The replacement of members of working groups without process and without approved mandates in their new role, in some cases dismissing procedures that had been arrived at after many years of tweaking through community processes.
8. The 'requirement' for everyone to be on an email system managed by nobody knows who but who can access anyone's mails.

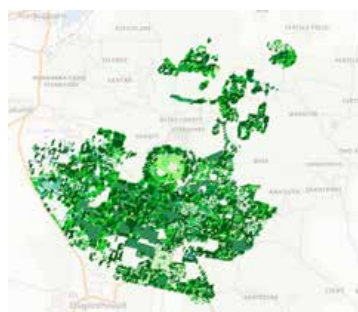
Does anything above have anything to do with human unity or even, at the very least, a half-decent society? I am all for peace, progress and development but where does that fit in with the above?

There is so much blame on why Auroville is not 'Progressing'. It always seems to be someone else's fault. Well, we definitely need to improve, and we definitely need to stop blaming others for things we need to work on. But how does one do the work here with the above happening? Does one just deny it as long as it doesn't affect you directly? Does one just rely on others to sort things out? Or time perhaps?

[Interesting times, Island](#)

AN ARBORICULTURIST'S POINT OF VIEW

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



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

Figure 1. A brief representation of some currently surveyed vegetation

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



Figure 2. Example of tree marking in AV commissioned by the GB ATDC. For more photos [click here](#)

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

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

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

Regarding whether this marking method does or not lasting harm to the trees: this is essentially partial [girdling](#). Full girdling around a stem will always kill a tree (or at least the stem or branch separated from the roots by the damage). Partial girdling will affect the tree more or less depending on the severity of the damage, the type of tree, its current health and the environment that it is in or will shortly be in (such as if the summer is about to come, as it is currently). It is a practice generally avoided unless you want to damage or kill a tree.

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

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

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

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

RETURN TO THE SOURCE

The Systems Engineering Galaxy—And Today

Resistances to an urban reality may still come from some people, every society has its radical fringes. But the architectural exhibitions I displayed, prompted by Roger (in later years, always at the Town Hall), eliciting reflexion and



thoughtful debate, have been instrumental in propagating how the new cities, or restructured ones, today are beautifully green and a well-devised mobility system is key to their success. Being educated on this new international reality is the best way to trigger a constructive approach to building a city run on the principles underlying the Galaxy.

There are no cars in the systems engineering Galaxy, the one plan the Mother approved, forwarding a 13 pages request to the Ford Foundation. To publish the Suresh Hindocha complete folder in a book—*'The Systems Engineering Galaxy And Mother's Guidelines'*—would put to rest a number of oppositions; not only because people would be confronted with Mother's real guidance, instead of artful interpretations; this would be a truth-test of one's allegiance to the undiluted Vision. But, also, because the systems engineering Galaxy—the only plan the Mother approved for execution—foreruns the way new cities come up today, or major sectors of old ones are restructured.

Stopping the senseless killing of each other, calling for exploration together of progressive cities, all of us could meet, dialogue, devise a joint plan of action to build 'the

city of the future'. If the Auroville Foundation sponsored that book, which is of a paramount importance to reintroduce Mother's vision in all its perfection of details and grandeur, true Mahasaraswathi in action, this would invite awareness of 'the city of the future' which the Mother blessed fifty-five years ago, and which today is the hallmark of successful cities of which we must be well-informed, and study.

It is much too late to build the real thing; we will never have all those lands and a monstrous development has eaten up our territory even in key-sectors, Matrimandir included. In this grave state of affairs, we have to patch up some rational solution, where resurrecting the guidelines the Mother set for Her largely green city is a must: all cars and polluting vehicles stop outside the green belt; everything is at walkable distance; 30 square metres flats for singles plus the collective spaces; and, let's not forget, the Aurovilians do all the work themselves, which on top dramatically reduces the traffic. If we can realign around these essential postulates, set by the Mother when approving the systems engineering Galaxy to be built in five years, we would not only honour the urban guidelines that are cardinal to materialize Her city, but we would also adhere to the new town planning tenets by avantgarde urbanists all over the planet. How else can we herald the advent of the supramental new order of which stunning architectural creations seem a signpost—as Kireet Joshi once wrote, 'In every form I see the Supermind', visiting my exhibition on Hi Tech architecture? 'The Avatar's model town' (the Mother, 1930, 'The Supramental Manifestation') is a work of consciousness; unless this takes the lead, down to the most material aspects, it cannot manifest.

Of course, all infrastructure should be underground, as with systems engineering; and even inside the walls, as Antonin Raimond[1] told Suresh Hindocha long ago about his construction methods in Japan. And didn't Roger speak in a famous 1968 interview of mobile sidewalks for pedestrians? Of electronically driven capsules, underground, driverless as in Milano and other avantgarde towns, foreseen for heavy or speed traffic? But first let's find a common ground from where rebuild our community in the light of Mother's original vision, determining all aspects of life in Auroville as cardinal to its realisation.

One in the pursuit of a town—a yogic town, as architect David Nightingale recently put it—radiating from one's inner balance and surrender to the highest goal. A town for new men said Roger, in a 1972 movie for the French television conquering youths of all ages.[2] Her town—the Avatar's—will be.

Paulette

Poetry

HE HAD HIS HAIR CUT

He had his hair cut
And left some beard
As he figured out
How to comb it
With his fingers.

Warmly, Anandi Zhang

LONELINESS OF NIGHT

Dogs bark
Tears wash my face
Time shouts
Thousand of tunes

Ivana

THE BIRD OF FIRE

Gold-white wings a throb in the vastness, the bird of flame went
glimmering over a sunfire curve to the haze of the west,
Skimming, a messenger sail, the sapphire-summer waste of a
soundless wayless burning sea.

Now in the eve of the waning world the colour and splendour
returning drift through a blue-flicker air back to my breast,
Flame and shimmer staining the rapture-white foam-vest of the
waters of Eternity.

Gold-white wings of the miraculous bird of fire, late and slow have
you come from the Timeless. Angel, here unto me

Bringst thou for travailing earth a spirit silent and free or His
crimson passion of love divine, —

White-ray-jar of the spuming rose-red wine drawn from the vats
brimming with light-blaze, the vats of ecstasy,

Pressed by the sudden and violent feet of the Dancer in Time
from his sun-grape fruit of a deathless vine?

White-rose-altar the eternal Silence built, make now my nature
wide, an intimate guest of His solitude,

But golden above it the body of One in Her diamond sphere
with Her halo of star-bloom and passion-ray!

Rich and red is thy breast, O bird, like blood of a soul climbing the
hard crag-teeth world, wounded and nude,

A ruby of flame-petalled love in the silver-gold altar-vase of
moon-edged night and rising day.

O Flame who art Time's last boon of the sacrifice, offering-flower
held by the finite's gods to the Infinite,

O marvel bird with the burning wings of light and the unbarred
lids that look beyond all space,

One strange leap of thy mystic stress breaking the barriers of mind
and life, arrives at its luminous term thy flight;

Invading the secret clasp of the Silence and crimson Fire thou
frontest eyes in a timeless Face

Sri Aurobindo

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 Malayali and speak Malayalam with an authentic Malayalam accent, please contact us by Whatsapp at +919443631861 or email at tomatis@aurovillelanguage.org. We need to record some words & sentences as well as some simple daily life conversations in Malayalam for a research project.
- **Looking for:** We are thankful to Verena for all her years teaching German with us, and taking on experiments like the Tomatis classroom, testing out various teaching platforms during the Covid year, and conducting online and in-person classes with the Goethe Institute material. We are now looking for a native German teacher to continue our A1.1 & 1.2 Beginner Level German courses.

Tomatis

here are spaces available for both language & therapeutic programmes!

- **Please contact** 0413-3509932 or 04132622467 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/>

For those who slipped through the cracks, whose requests we were not able to respond to, we sincerely apologize. Please send us an email if still interested, and we'll get back to you soon!

Current Language Courses at ALL

New: Beginner Spanish with Mila

Great news for Spanish learners!

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

- Course will start on August 21 with an introductory class on 16 August. Classes will take place twice weekly, on Mondays and Wednesdays, 2:15 to 3:15pm.

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) 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. Feel free to enquire with us and reserve your spot!

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

• Italian Conversation

This two-month (16-hour) course is for learners who already have a basic knowledge of Italian and would like to explore the language further & polish their speaking skills. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. This is mainly for those who took the Beginner course last time, but is open to all.

- This course will start August 22. Classes will take place Tuesdays & Thursdays, 2:30 to 3:30pm.

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, 2:30 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, 2:30 to 3:30pm.

Intermediate Spanish with Susana

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

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

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, 10:30 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.aurovillelanguagelab.org/> You may also drop us an email at info@aurovillelanguagelab.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
	Conversation	TBA	TBA
French	Beginner, To start 5 August 2023	2:30—4:30pm	Saturday
	Beginner for Teens To start 5 August 2023	11am—12noon	
	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 21 August	2:15—3:15pm	Monday & Wednesday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start September	10am—12noon	Saturdays
Italian	Beginner To start August 2023	TBA	TBA
	Conversation To start 22 August	2:30—3:30pm	Tuesday & Thursday

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@aurovillelanguage.org

Vismai, for Language Lab Team

CLASSES AND COACHING FOR SPOKEN ENGLISH

Materials, classes and coaching for spoken English offered freely

I have a collection of diverse interesting materials (in English) for 'classes'. The topics include Auroville, science, spirit, human nature, enlightened management, inspiring humor, Savitri. Contact me soon if you would like to pick up these materials or if you have a small group who would like to explore the topics with a native English speaker.

Or, I can participate in an occasional interactive 'class' in simple or advanced English about the purpose, principles and founders of Auroville, or give gentle coaching for actors and presenters.

Patricia at Creativity,
pat@auroville.org.in, 0413 262 3750



Classes, Workshops & Healing Arts

AUROMODE YOGA SPACE

Satsang Saturdays

August 5, 2023, 4:30—6pm

Auromode Yoga Space,
Auromode Apartments, Auroshilpam,

Alchemy Unveiled: The art of making Gold

As part of our weekly Satsang (Satsang—the company of truth), we are delighted to invite you to a circle of seekers who **aspire to learn the art of making gold**. We delve into the wisdom of our Saints and Gurus who have bestowed numerous ways to create, discover, and polish our inner diamonds and make gold. You are cordially invited to share your recipe for gold through poetry, prose, philosophy, or any art form.

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

balaganesh.siva@gmail.com,
+ 91 9892699804 WA

Balaganesh



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



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

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

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

KOLAMYOGA

This month August will be a dedication to the Kolam type that best represents each of the 7 Chakra..Learning to draw these Chakra Kolam activates their form, power, pattern, and vibration/ frequency within us. The Kolam acts like a key to unlock/ open up and be able to activate within us their workings.



- This coming week at Sharanga (right gate) Grace offers an experience through the making of a Kolam dedicated to the Muladhara Chakra on Tuesday, 8 August, 2:30—6pm

KolamYoga



Empower your connection with Earth by drawing
Muladhara Kolam.

Tuesday, 8th August'2023
2:30 - 6:00pm

- And a Kolam dedicated to the Swadhisthana Chakra on Friday, 11 August, at 2:30—6pm



KolamYoga

**Drawing
Swadishtana Kolam**

Is all about flow, flexibility and freedom of expression.

Friday, 11th August'23
2:30 - 6:00pm

Workshop fee
1500/- per person

Location:
Sharanga(right gate)

Prepay to register



Contact e-mail:
info@kolamyoga.com

Ph: +91-8072449091

Registered with LEAD,
Hospitality Trust

- The Costs are 1500/- per WS session. If attending more than one You get a discount.

Registration is required in order to have all required materials ready for you. There is space for only 6 participants!

Grace, 8072449091 WA
info@kolamyoga.com

HOLISTIC HEALTH CARE STUDIO



Appointments

- aurovilleholistic@gmail.com,
christinep@auroville.org.in
- +919489805493 WA
- For kinesio only: +33686928426 WA

Ashtanga Yoga W Christine P	@ Yatra Foundation Monday/ Wednesday/ Friday /Saturday
Integrative & systemic psycho- therapy W. Christine P	@ Holistic health care studio, Kuilapalayam
Acupressure Therapeutic Massage	@ Holistic health care
Scientific meditation with sound healing W. Mradul J	@ Holistic health care studio, Kuilapalayam
Analysis of multiple intelli- gence/ W. Mradul J	@ Holistic health care studio, Kuilapalayam
Kinesiology W Ricardo	@ New creation
Hypnotherapy	@ Holistic health care

Workshop

- Check on our website info and details
- Next one will be from **13—15 August:**
Yoga /meditation & stress management
Christine for Holistic health and well being center
Auroville Main Road, Kuilapalayam
www.auroville-holistic.com

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.

Thanks, Guido
for Quiet Healing Center Team

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

PITANGA



Program for August 2023

Pitanga Healing Space: Drop-In Classes

- Join WITHOUT prior registration!

Mondays	Program & facilitator	Level of the class
7:30—9am, Resumes 14 August	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
4—5pm, Resumes 14 August	Asanas for teenagers with Lisbeth	For teenagers
<i>Interested new students can give their names to the reception</i>		
Tuesdays		
<i>No drop-in class on this day.</i>		
Wednesdays		
7:30—9am, Resumes 9 August	Asanas with Rachel	All levels
8:30—10:am	Yoga Therapy with Gala	All levels
4—5pm, Resumes 16 August	Asanas for teenagers with Lisbeth	For teenagers
<i>Interested new students can give their names to the reception</i>		
Thursdays		
3—5pm	Art Therapy with Gala	Beginners
4:30—5:30pm	Aviva Exercise with Suri-yagandhi	For women only
Fridays		
6:45—8:am	Pranayama with François & Namrita	For former "The Art of Living" course participants
7:30—9am, Resumes 11 August	Asanas with Rachel	All levels
8:30—10:am	Yoga Therapy with Gala	All levels
9—10:am	Rosa's ATB special for seniors	Seniors
Saturdays		
9—10:am	Yoga for children with Gala	Children 5—8 yrs
10—11:am	Yoga for children with Gala	Children 7—9 yrs
11:am—12pm	Energy Games for children with Gala	Children 9 yrs+

Prior registration Required

Iyengar Yoga with Tatiana

- Mondays 5—6:30pm, Level 1

The general asana practice class is for people who do not have major physical problems. Each session includes the practice of Salamba Sarvangasana (shoulderstand) or preparatory stages. Regular attendance is expected.

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

The class is suitable for all levels of practitioners. In the classes, special attention is paid to relaxing the back and the correct position of the spine in various types of asanas.

Please note that this is not a healing session. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

- Wednesdays, 5—6:30pm, Level 2-3

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

- Saturdays 9—10:30am, Restorative Yoga, Level 2-3

Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level.

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

Family Art Therapy class with Gala.

- Friday, 3—5pm, for a max of 2 parents & 2 children.

By reservation only.

By Appointment

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

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

See you at Pitanga, with a smile !

2622403/ WA 9443902403, info@pitanga.in

PITANGA



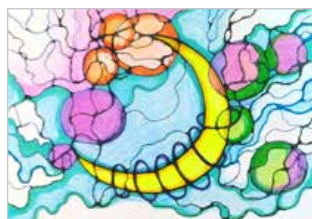
Art Therapy in the style of Neurographica™ with Gala

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 Piskarev. 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.



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.

Feldenkrais Classes with Shari

Shari resumes her classes on

- Friday, 11 August, 5:15 – 6:45pm

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.

Course: Professional Training, Advanced Massage and Bodywork, Module 4 with Shari

- Weekly twice, for 8 weeks (48 hrs)
- 4 September to 25 October, Mondays & Wednesdays, 10am—1pm



We will be working on all levels of therapeutic massage and bodywork including anatomy, the body/mind/spirit as the vehicle for doing bodywork, intimacy and moving deeply into the essence of healing. This will include deep listening, integration, and loving/compassionate touch.

We will explore techniques for treatment of specific conditions including the most often requested work on neck, shoulders, upper back, thoracic and lower back conditions, and contraindications.

This is the fourth in a series of 4 eight-week courses with the intention of going deeply into what it means to be a successful professional in this field.

- Contribution requested.
- Certificate of Completion will be offered.
- The class size is limited to 8 students.
- For registration, please contact Shari: +91 95008 22629

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 August 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, Barefoot body massage	Silvana by appointment 9047654157	Monday to Saturday
Facial, Manicure, pedicure, Threading, Waxing, Hair-cuts, Hair Coloring, Henna Coloring	Meha—by appointment 9443635114	Monday to Saturday
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic.	Nadia, 9489035457 Only Appointment	Monday and Wednesday afternoon
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina: 9791719387 +393462258049 (WA)	Monday to Friday (Morning)
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti: 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, Tues: 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—6:30 pm.
Sound Chakras healing	Lakshmi, 8489764602	Only for Appointment

Thanks & Regards, Ramana



VÉRITÉ REGULAR EVENTS
August 2023

+91 0413 2622045, 2622606,
 +91 9363624083, 8489391876
programming@verite.in
www.verite.in

Classes

Deep Sound Bath with Satyayuga

- Monday 5—6pm

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone and drum along with mystic chanting.

- Contact 0413-2622045,
or email programming@verite.in.

Pranayama and Meditation Re-balance your nervous system with Radhika

- Monday 10:30—11:30am

You will be guided in breathwork techniques such as Suka, Nadi Shodana and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Yin Yoga—Healthy Hips—with Emma

- Monday 3:30—4:30pm

Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilise and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Hatha Vinyasa Yoga with Andres

- Monday, Wednesday & Friday 5—6pm

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosha), equanimity (śamatha), health, connection and well-being are established in daily life!

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Sivananda Yoga with Mani

- Tuesday & Thursday 9—10am

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), Increasing the pranic energy level, Channelising the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation.

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Gentle Vinyasa Yoga with Emma

- Tuesday 10:30—11:30am

This Gentle Vinyasa practice explores the Range of motion of the body while working on mobility and flexibility. The class focuses on breath and mindful movements with a moderate intensity.

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Face & Eye Yoga with Mamta

- Tuesday 3:30—4:30pm

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

- Contact 0413-2622045, +91 9363624083 WA,
or email programming@verite.in.

Vinyasa Yoga with Rebeca

- Tuesday & Thursday 5—6pm

Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength and flexibility. Under the view of a physiotherapist teacher, there is a main focus on individual alignment with anatomical explanations for the safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Yin Yoga—Healthy Spine with Emma

- Wednesday 3:30—4:30pm

Quiet and relaxing practice complementary to the yang practice. Yin yoga focuses on passive seated postures to mobilise and strengthen joints, ligaments and deep fascia network while providing a restful context for meditation.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Kirtan—Songs for the Soul with Mamta & Savitri

- Wednesday 5—6pm, contributions are voluntary

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Peace with Pranayama with Mamta

- Thursday 5—6pm

Prana is the vital force or subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices like Pranayama help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will the meaning of Prana & Pranayama, its references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Free Flow Dance and Movement with Vega

- Friday 5—6:30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Mindful Flow—Expression in Movement & Stillness with Savitri

- Saturday 5—6pm

A guided session in which we first ground ourselves and bring awareness to our bodies with the help of sound and music. Then we explore slow, small, movements of the body, from head to feet, bringing attention to sensation. Next, we expand outward, with intention, moving both freely and mindfully—with awareness of our sensations and surroundings, as well as of others. Finally, we bring our focus inward, shifting into stillness to heighten awareness of subtle sensations and the natural flow of our body and breath. We close with a circle for sharing and appreciation.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Yoga for inner alignment, Asanas for grounding & centering with Radhika

- Wednesday, 10:30—11:30am

This yoga is a physical practice that embraces the reality of life through attitude, alignment and action, helping us to feel more grounded and centered in our daily activities.

- Contact 0413-2622045, +91 9363624083 WA, or email programming@verite.in.

Treatments and Therapies

Individual Self-work with Clay with Megha.

Clay has innate qualities that help us connect with ourselves creating a more real, tangible and physical experience of our subtler state and inner environment. While our breath becomes an intricate part as we connect with the “earth” it brings awareness, presence and balance within. Through feeling and sensing clay we will immerse into an inner journey using certain hand building techniques and the wheel.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Biodynamic Craniosacral Therapy with Mila.

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Private Yoga Sessions / Yoga Therapy with Nadia.

Yoga therapy is the specific application of sequences of posture, breathwork and meditation with the support of props, to address an individual’s physical, mental, and emotional needs within a holistic and highly personalised framework. Yoga Therapy is for those who require specific guidance and modification or may not be able to follow a regular class due to special needs, pace, or recuperation requirements, typically these include back care, joint issues, energetic/hormonal imbalances, lack of mobility due to injury, injury to the nervous system, PTSD, anxiety, circulatory problems and much more.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Integrated Craniosacral & Foot Reflexology with Radhika.

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. Foot reflexology involves applying pressure points and massage on different areas of the foot. Among many benefits, it reduces stress, improves digestion and promotes sound sleep. This integrated therapy provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body’s ability to heal and regenerate.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage with Raja.

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. Deep Tissue involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. Heart Healing Massage helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Private Yoga Sessions with Andres

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga.

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

Thai Yoga Therapy with Andres

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

- By appointment: 0413 2622045, 2622606, 9363624083 WA, treatments@verite.in

*Savitri, Programs Coordinator
Vérité Programming*



VÉRITÉ PROGRAMS

August 2023

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+91 9363624083, 8489391876

programming@verite.in

www.verite.in

Yoga & Re-creation Programs

Days	Drop-in Sessions	Timings	Presenters
Mondays	Pranayama and Meditation—Re-balance your nervous system	10:30—11:30am	Radhika
	Yin Yoga—Healthy Hips	3:30—4:30pm	Emma
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Sivananda Yoga	9—10am	Mani
	Gentle Vinyasa Flow	10:30—11:30am	Emma
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Wednesdays	Yoga for inner alignment, Asanas for grounding & centring	10:30—11:30am	Radhika
	Yin Yoga—Healthy Spine	3:30—4:30pm	Emma
	Hatha Vinyasa Yoga	5—6pm	Andres
	Kirtan (contributions are voluntary)	5—6pm	Mamta & Savitri
Thursdays	Sivananda Yoga	9—10am	Mani
	Peace with Pranayama—Nourish your prana	5—6pm	Mamta
	Vinyasa Yoga	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

Intensives (pre-registration required)

Day & Date	Intensives	Timings	Presenters
Saturday, 5 August	Freedom From Fear—Dr Sehdev	2—4:30pm	Dr. Sehdev
Friday, 11 August	Understanding Pranayama & its Practice in Asanas & Meditation	9:30am—12pm	Radhika
Saturday, 12 August	Healthy Spine with Yoga	9:30am—12pm	Rebeca
Saturday, 12 August	Yoga of Forgiveness—Dr Sehdev	2—4:30pm	Dr. Sehdev
Saturday, 19 August	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Saturday, 19 August	Yearnings for Peace—Peace within, Peace without—Dr Sehdev	2—4:30pm	Dr. Sehdev
Friday, 25 August	Restorative Yin & Yoga Nidra—Deep Relaxation for Body & Mind	9:30am—12pm	Emma
Saturday, 26 August	Sivananda Yoga—Masterclass	9:30am—12pm	Mani

Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Private Yoga Session / Yoga Therapy	Andres
Thai yoga Massage	Andres
Individual Self-Work with Clay	Megha
Biodynamic Cranio-sacral Therapy	Mila
Private Yoga Session / Yoga Therapy	Nadia
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

*Savitri, Programs Coordinator,
Vérité Programming*



VÉRITÉ WORKSHOPS AND CLASS

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Freedom from Fear—with Dr. Sehdev

- Saturday, 5 August, 2—4:30pm

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

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

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

Understanding pranayama and its practice in asanas and meditation- with Radhika

• Friday, 11 August, 9:30am—12pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Healthy Spine with Yoga with Rebeca

• Saturday, 12 August, 9:30am—12pm

Yoga asana is an excellent way to maintain a healthy spine: improving posture, increasing mobility, strengthening stabilizing muscles and promoting relaxation for a more balanced state. In this workshop we will briefly understand the anatomy and movements of the spine, followed by a practical session to integrate it. The session is open for all, specially designed for yoga teachers or yoga practitioners.


Yoga of Forgiveness with Dr. Sehdev

• Saturday, 12 August, 2—4:30pm

From the Darkness of Hatred & Indifference to the Light of Forgiveness is a momentous step. From Fear & Festering Revenge, to the Courage of Being is the True Journey of the Spirit. We must let go of what ties us to the prison bars, and dream once again of Freedom. In this freedom alone lies our true Redemption.

Savitri, Programs Coordinator,
Vérité Programming

SATYAYUGA




Location: near Auroville Bakery Can move on demand

Satyayuga - in collaboration with Auroville Art Service

WA: +91 76397 61930 - jlmalor@yahoo.fr

FB: Satyayuga Energy Vibration



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



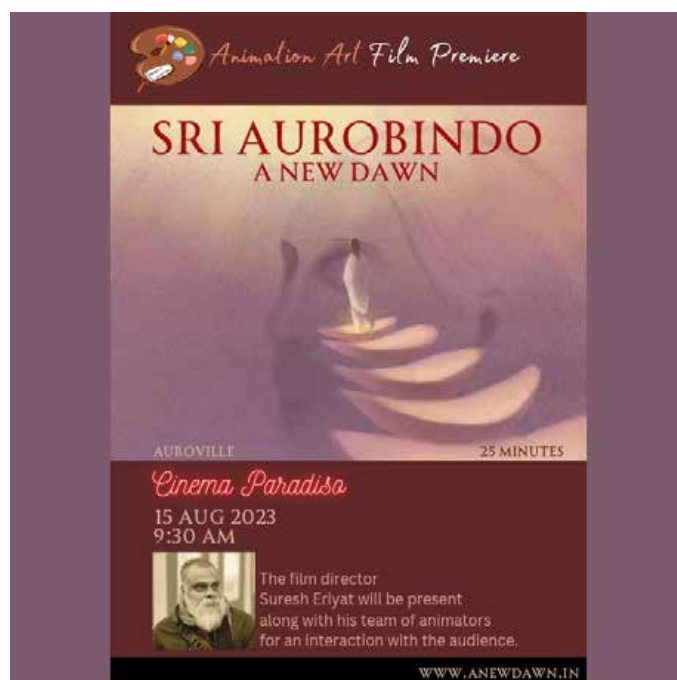
Warmly, Satyayuga
(Jean-Luc Malor)

Cinema

SRI AUROBINDO, A NEW DAWN

Film Premiere, Hand Painted Art Animation

15 August 2023, 9:30am, Cinema Paradiso



Synopsis: The film introduces Sri Aurobindo to the world's youth through a symbolic and artistic interpretation of his life and spiritual journey. Depicting the inner life of a spiritual master is nearly impossible; yet, this film achieves a sacred immersion, delving into the river of consciousness that flowed through Sri Aurobindo. The heart of the film delves into Sri Aurobindo's pivotal role in awakening India's soul and her will for freedom. Simultaneously, we witness his spiritual awakening and transformation, shaping his greater purpose concerning the evolutionary future of Earth.

The film director Suresh Eriyat will be present along with his team of animators from Mumbai for interaction with the audience.

All are welcome!

Manoj Pavithran
On behalf of the project team

A NEW FILM SERIES MADE IN AUROVILLE



Dear AV community, My name is Alessandra and I'm a filmmaker and photographer living in AV since 5 years. I'm now working on a new documentary series :that will be featuring some of our community members and their inspiring lives. Too many stories are untold, but yet so important for the present and future of humanity: stories that are destined to disappear with those who hold them in their memories.

If you know someone who has an inspiring life/vision/project etc. and is based in Auroville or in the surrounding villages, then please contact or write to me.

- WA/phone: +918098362620
- alessandra.silver.in@gmail.com

Many thanks for your collaboration, Alessandra

CINEMA PARADISO PRESENTS

Monday, 7 August, 8pm @ Cinema Paradiso, Auroville
Ek Jagah Apni (A place of our own)



India, 2022, Dir. Ektara Collective w/ Manisha Soni, Muskan, Aakash Jamra, and others. Drama, 88mins, Hindi w/ English subtitles, Rated: J (G)

Yet another much acclaimed film from the makers of 'Turup'/Checkmate (which was first screened at the Cinema Paradiso, then at the Auroville Film Festival where it won the Best Film award, and recently by Aurofilm). This film, set in Bhopal, MP is a peek into the lives of the transgender community—as they try to live their lives, work, and rent a place to live. We follow Laila and Roshni as they received a sudden eviction by their prejudiced landlord. They must put their wits together to find a new home and reclaim their place in society. In doing so, their courage, resilience and humanity shine through the difficulties they face.

- This screening has been made possible via a generous sharing by the Ektara Collective.

Don't Miss!

Bhopal-based Ektara Collective's second feature film Ek Jagah Apni revolves around Laila (Manisha Soni) and Roshni, two transwomen characters, who are looking for a house to rent after they are evicted by their prejudiced landlord. The film highlights the struggle of the transgender community for their basic rights and acceptance in society.

Its script developed from a series of conversations that co-writers Maheen Mirza and Rinchin had with Manisha and Muskaan. 'While doing relief work during the pandemic, we met Manisha and she introduced us to Muskaan. During the lockdowns, the transgender community was badly hit. They struggled to find work and places to live,' says Mirza. However, the film chose not to set the story during the pandemic as the discrimination they face is a regular occurrence.

Set in Bhopal, in the central Indian state of Madhya Pradesh, the drama A Place Of Our Own (Ek Jagah Apni), from the Bhopal-based Ektara Collective, follows trans women Laila (Manisha Soni) and Roshni (Muskaan) as they seek to find alternative accommodation when their landlord evicts them without notice. It highlights the harassments and discriminations with which they must contend every day, but also dives deeper to give a rounded portrait of lives which swing between a persistent sense of strife and moments of joy. The film's real power lies in its plain, unpretentious sincerity

Submitted by Nina

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, 11 August

Into the soil + Kinabuhi

2021/ 47 minutes

- **Into the soil.** This documentary follows the journey of Brigid LeFevre and her Community Supported Agricultural Operation. Her approach towards regenerative farming helps the local community with reliable, safe and nutritious food whilst enriching soil in each successive season.
- **Kinabuhi.** This film tells the story of perseverance of Philippine farmers in a changing world. They tell of the struggles and joys they experience in living simp



Submitted by Shek



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
7 August 2023 to 13 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 7 August, 8pm

EK JAGAH APNI (A place of our own)

India, 2022, Dir. Ektara Collective w/ Manisha Soni, Muskan, Aakash Jamra, and others, Drama, 88mins, Hindi w/ English subtitles, Rated: U (G)

Yet another much acclaimed film from the makers of 'Turup' / Checkmate (which was first screened at the Cinema Paradiso, then at the Auroville Film Festival where it won the Best Film award, and recently by Aurofilm). This film, set in Bhopal, MP is a peek into the lives of the transgender community—as they try to live their lives, work, and rent a place to live. We follow Laila and Roshni as they received a sudden eviction by their prejudiced landlord. They must put their wits together to find a new home and reclaim their place in society. In doing so, their courage, resilience and humanity shine through the difficulties they face. *This screening has been made possible via a generous sharing by the Ektara Collective. Don't miss!*

Potpourri—Tuesday 8 August, 8pm

MATEWAN

USA, 1987, Dir. John Sayles w/ Chris Cooper, James Earl Jones, Mary McDonnell and others, Drama-History, 135 mins, English-Italian w/ English subtitles, Rated: PG 13

Mingo County, West Virginia, 1920. Coal miners, struggling to form a union, are up against company operators and the gun thugs of the notorious Baldwin-Felts detective agency. Black and Italian miners, brought in by the company to break the strike, are caught between the two forces. UMWA organizer and dual-card Wobbly Joe Kenenhan determines to bring the local, Black, and Italian groups together. While Kenenhan and his story are fictional, the setting and the dramatic climax are historical.

Interesting—Wednesday 9 August, 8pm

BOB ROSS: HAPPY ACCIDENTS, BETRAYAL & GREED

USA, 2021, Dir. Joshua Rofé w/ Bob Ross Steve Ross Vicky Ross, and others, Documentary, 92mins, English w/ English subtitles, Rated: NR (PG)

Who doesn't know the happy-clouds and happy-trees of Bob Ross as he encouraged all to paint? Bob Ross brought joy to millions as the world's most famous art instructor. However, a battle for his business empire cast a shadow over his brand name.

German—Thursday 10 August, 8pm

ÖKOZID (Ecocide)

Germany, 2020, Dir. Andreas Veiel w/ Utsav Agrawal, Nina Kunzendorf, Ulrich Tukur and others, Drama, 90 mins, German w/ English subtitles, Rated: G

In collaboration with Goethe Institute/Max Mueller Bhavan. Fictional court drama, as low-key as it is spectacular, about the climate catastrophe. It is 2034, and 31 nations have filed suit against the Federal Republic of Germany, claiming damages for the consequences of climate change. Ecocide moves masterfully between the past, present and future, between docudrama and fictional documentary and deciphers how political decisions based on lobbyism in our present and recent past are robbing the world of its future opportunities.

International—Saturday, 12 August, 8pm

ARMAGEDDON TIME

USA, 2022, Dir. James Gray w/ Anne Hathaway, Jeremy Strong, Banks Repeta and others, Drama, English w/ English subtitles, 114 mins, Rated: R

A 12-year-old boy grows up in an American neighbourhood with dreams of becoming an artist. His father does not approve but he finds solace in the encouraging words of his grandfather and the friendship with his classmate keeps him happy. As time moves on in his life's journey the good, bad and indifferent experiences continue to educate and fascinate him.

Children's Matinee—Sunday, 13 August, 4:30pm

MARS NEED MOMS



USA-UK, 2011, Dir. Simon Wells w/ Seth Green, Joan Cusack, Dan Fogler and others, Action-Drama, 88 mins, English, Rated: PG

On Mars, the female babies are nursed by robots while the male babies are dumped in the junkyard under the command of Supervisor. They research Earth and finds that the boy Milo is raised by his mom with love and discipline. The Martians come to Earth and abduct Mom, to use her brain to instruct the robots about how to raise children. However, Milo sneaks into the spaceship and comes to Mars. (Some action scenes can be scary)

Classic Film Festival@ Ciné-Club:

Ciné-Club Sunday 13 August, 8pm

EVEN DWARFS STARTED SMALL

Germany, 1970, Dir. Werner Herzog w/ Gisela Hertwig, Helmut Döring, and others, Drama—Comedy, 136 mins, German w/ English subtitles, Rated: NR (PG)

The inhabitants of an institution in a remote country rebel against their keepers. Their acts of rebellion are by turns humorous, boring and alarming. An allegory on the problematic nature of fully liberating the human spirit, as both commendable and disturbing elements of our nature come forward. The allegory is developed in part by the fact that the film is cast entirely with dwarfs.

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

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 Entrance	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 & Newcomers
- Rs.200 Round trip for guests.
- Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302

N&N Guidelines



Hard deadline for submissions

TUESDAY 3pm

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

How to submit material:

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

Disclaimer:

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

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

Emergency Services

Ambulance (24/7): Auroville—9442224680

- PIMS—0413 2656271

Security (24/7):

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

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

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