



News Notes

#996 A weekly bulletin for residents of Auroville 12 October 2023



Emanuele Scanziani

*The face of Truth is covered with a brilliant golden lid; that do thou remove,
O Fosterer, for the law of the Truth, for sight*

O Fosterer, O sole Seer, O Ordainer, O illumining Sun, O power of the Father of creatures, marshal thy rays, draw together thy light; the Lustre which is thy most blessed form of all, that in Thee I behold.

The Purusha there and there, He am I

The Breath of things is an immortal Life, but of this body ashes are the end. OM! O Will, remember, that which was done remember! O Will, remember, that which was done remember.

Isha Upanishad

Pondering



Unity is the basis of the gnostic consciousness, mutuality the natural result of its direct awareness of oneness in diversity, harmony the inevitable power of the working of its force. Unity, mutuality and harmony must therefore be the inescapable law of a common or collective gnostic life. What forms it might take would depend upon the will of evolutionary manifestation of the Supernature, but this would be its general character and principle.

The Divine Life, The Life Divine by Sri Aurobindo

Contents

PONDERING	1
HOUSE OF MOTHER'S AGENDA	5
The Iron Age Is Ended	5
Conclusion—The End which Ever Begins Again	5
TOWNHALL SPEAKS	6
Integration of Auroville Borewells	6
To The Attention of The Persons In Need of A New Visa Extension	6
Support for the Executives of The Matrimandir	6
From The Entry Service—ES # 201	6
Entry Service Timings	7
COMMUNITY NEWS	7
Awakening Spirit	7
Savitri Bhavan, October 2023	7
Exhibitions	7
Films	7
Full Moon Gathering	7
Dream Divine Series	7
Regular Activities	7
Dream Divine Series	8
'Life Education Centre' & 'STEM Land at Udavi and Isaiambalam Schools'	8
Poetry Circle	8
The Yoga Of The Earth	8
Aum Tat Sat: All That Is Truth	8
Book Reading Circle: The Power of Now	9
Brahmanaspati Kshetram	9
Calendar of regular events, October 2023	9
Amphitheatre—Matrimandir: Meditation with Savitri	9
Conscious Nature Immersion this week-end at MahaKali Park	9
Silent Meditation Walk with Bala	9
Introduction to MahaKali Park with Arun & Mukhande	9
Study Circle on The Synthesis of Yoga—Sri Aurobindo	10
Unity Pavilion: Daily Peace Meditation	10
Mudra Chi	10
Education	10
Call for Grant Proposals: Annual Review for Funding in 2023—2024	10
TLC Welcomes	11
Auroville Institute of Applied Technology	11
Mathematics Workshops And Weekly Sessions by Enlight Activity.	11
Auroville Library	11
Weekly Timings	11
Children's storytime	11

Health Care	12
Morning Star Services	12
Consultations	12
Teens	12
Classes	12
Parents' Group	12
Aurodent Dental Clinic	12
Ayurveda tips to rebalance Pitta Vitiated by The Excess of Heat and Humidity	12
Stimulate The Immune Response	12
Ayurvedic Herbs For Energy	12
Santé Services, October 2023	13
Working Hours	13
Tests and Sample collection	13
For emergencies	13
Appointment	13
Santé Services Schedule	13
Aurokiya Integral Eye Centre @ Arka	13
Animal Care	13
Puppies, Puppies, Puppies!	13
The Arts	14
The Art Work of Audrey Wallace Taylor	14
CREEVA Presents: Black & White In Life & Beyond by Audrey Wallace-Taylor	14
About CREEVA	14
Ikebana: Search For The Heart Of Flowers By Valeria Raso Matsumoto	14
Johannes Stötter: The Master of Illusions	15
Festivals	15
Auroville Singing Festival	15
Auroville Ilaignarkal Education Centre: Festival of Evolution Special Invitation	15
Navaratri Garba	16
For Your Information	16
YouthLink Open House	16
Auroville Cycle Ride—5	16
Ride Schedule	16
Couch To 5k	16
Activities	16
Tango Dance Class	16
Join Our Bollywood Dance Session	17
Angam Tree	17
Workshop: LA Style Salsa Dance	17
Swimming Class	17
New Creation Dance Studio: Schedule	17
Zumba	17
Salsa Dance Class	18
Auroville Tango Activities	18

Painting Classes with Sathya _____	18
Analogue Photography Darkroom Workshop _____	18
Bansuri (Flute) Group Classes With Michael _____	19
Martial Arts: Auroville Aikido News _____	19
Abhaya Offers Martial Arts Classes _____	19
Regular Classes _____	19
Martial Art Classes For Kids _____	19
Bharat Kandare Classes _____	19
Kalpna Gym _____	19
Anitya _____	20
Community Lunch _____	20
Education on Urban Farming _____	20
AuroOrchard: Join Us for a Walk _____	20
Food Forest Tour _____	20
Auroville One Day and Half Day Tours _____	20
Dreamcatching Open Sessions _____	21
Help Needed _____	21
Thamarai Wish List _____	21
CREEVA: Support Needed _____	21
Auroville Singing Festival Seeks Support _____	21
Honorary Voluntary _____	21
TLC Welcomes Volunteers _____	21
Kuilai Creative Center Looking for Volunteers _____	21
Gau Seva at Sadhana Forest! _____	21
Dogs Calling All Volunteers! _____	22
Call For Farm Volunteers _____	22
Looking For _____	22
Looking For Cotton Duvet Covers _____	22
Looking for House Sitting Accommodations _____	22
Available _____	22
Space Available _____	22
Taxi Share _____	22
To Chennai Airport, 15 October, 2pm _____	22
Work Opportunities _____	22
AIAT Looking for Green Energy and Electric Systems Faculty. _____	22
Foods, Goods and Services _____	23
Vegan Lunch in Red Dot Cafe _____	23
Style studio _____	23
Discover the Magic of Hemp at Hemplanet! _____	23
Join Dropzy _____	23
Free store Opening Times _____	23
Fiber Optic and IT Troubleshooting Available _____	24
Unity Transport Service _____	24
UTS: Book Your Taxi _____	24
Organic Quality Milk Available _____	24
Surabhi Supplies _____	24
Latest News from Inside India Travel Shop _____	25
Inside Auroville _____	25
Rapid Care Service _____	25

Rupavathi Joy Activities _____	25
Bio-Region Temple Tour _____	25
South-Indian Cuisine Cooking Class _____	25
Thai Massage _____	25
Tailoring _____	25
Hairdresser _____	26
Pest Control _____	26
Auroville Radio _____	26
Last published podcasts _____	26
Poetry _____	26
I Laughed _____	26
The Other Earths _____	26
All Is The Divine _____	26
Voices and Notes _____	27
Many Concerned Citizens _____	27
Dear Residents And Town Planning & Executing Teams _____	27
Auroville Farmers Review September 2023 _____	27
Birth and Death _____	28
Joy _____	28
From Pygmies' Beauty To An Epistemological Samadhi For The Lake _____	29
Why, What and Where? _____	29
Mazzini Is The Citizen of Eternity _____	29
Sri Aurobindo On Giuseppe Mazzini _____	29
Languages _____	30
Learn French By 'the Sounds Of Its Music _____	30
News From Auroville Language Lab _____	30
Tomatis _____	30
Current Language Courses at ALL _____	30
New: English Conversation with Ramesh _____	30
New: Private Lessons with Monique _____	30
New: French with Jean-François _____	30
New: Beginner Spanish with Mila _____	31
German with Ben _____	31
Spoken Tamil with Saravanan _____	31
Beginner Hindi with Alka _____	31
Italian Conversation with Fabio _____	31
Intermediate Spanish with Susana _____	31
Beginner and Pre-Intermediate English with Rupam _____	31
To join or enquire _____	31
The Language Lab is open _____	31
Current Schedule of Classes _____	32
Classes, Workshops & Healing Arts _____	32
Traditional Mantra and Stotra Classes _____	32
Shiatsu _____	32
Kolam Yoga _____	32
Pranayam Classes _____	33
Family And Systemic Constellation Workshops _____	33
Conscious Communication For Parents and Families _____	33

Holistic: Healing and Awareness _____	33
Auromode Yoga Space _____	33
200 Hr Hatha & Vinyasa flow Yoga	
TTC Intensive _____	33
Auromode Yoga space Regular events	
October 2023 _____	34
Activities by Dr. Sehdev Kumar _____	34
Yoga of Forgiveness _____	34
Freedom from Fear _____	34
Peace Within: Peace Without _____	34
A Satsang on the Integral Yoga _____	34
Angam Tree Therapies _____	34
Sound Healing Therapy _____	34
Massage Therapy _____	34
Dance Movement Therapy _____	34
Traditional Massage Therapy Classes _____	34
Medical QiGong Training _____	35
Arka Wellness Center & Multipurpose Hall _____	35
Classes _____	35
Treatments _____	35
A Sunlit Path Offerings _____	35
Kolam Gathering _____	35
Yoga of Nature Retreat _____	35
Dhrupad Retreat _____	35
Weekly Hatha Yoga Classes _____	36
Weekly Hindustani Vocal Classes _____	36
Pitanga Program for October 2023 _____	36
Classes — Registration required _____	36
Youth activities _____	36
Drop-In Classes _____	36
Healing Space _____	37
Talks _____	37
Verité Programs, October 2023 _____	37
Therapies (by appointment only) _____	37
Workshops (pre-registration required) _____	37
Yoga & Re-creation Programs _____	37
Quiet Healing Center _____	38
WOGA® (Yoga in Water) 1 & 2 with Petra _____	38
OBA® (Oceanic Bodywork Aqua)	
Basic—Liquid Joy with Fred _____	38
OBA® (Oceanic Bodywork Aqua)	
1—Fluid Body with Fred _____	38
Baby Watsu Class with Appie & Friederike _____	38
Cinema _____	38
Aurofilm At Multi Media Centre Auditorium _____	38
Reminder _____	38
Scent Of A Woman _____	38
Eco Film Club _____	39
Schedule of Events _____	39
Money, happiness and eternal life—Greed: I _____	39
Auroville Film Institute _____	39
Study Circle Upcoming Week's Schedule _____	39

Cinema Paradiso _____	40
Film Program 16 to 22 October 2023 _____	40
Accessible Auroville Public Bus _____	41
N&N Guidelines _____	41
Emergency Services _____	41

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)

The Iron Age Is Ended

The prerequisites of the Age of Truth may seem harsh—the perilous descent into the Inconscient, the battle against Darkness, Death at every bend in the road. But have we not risked our lives for lesser undertakings? *Man's greatness is not in what he is, but in what he makes possible*, said Sri Aurobindo. The Victory must be won once, in one body. When one human being has won that Victory, it will be a victory for all humankind and in all the worlds. For this little earth, so insignificant in appearance, is the symbolic ground of a battle involving all the cosmic hierarchies, just as a conscious human being is the symbolic ground of a battle being waged for all humankind. If we conquer here, we conquer everywhere. We are the deliverers of the dead—the deliverers of life. By becoming conscious, each of us becomes a builder of heaven and a redeemer of the earth. That is why this life on earth takes on such an exceptional significance among all our other forms of life, and also why the guardians of Falsehood persist on preaching to us the hereafter. *We must not waste a minute to do our work here, says the Mother, because it is here that we can really do it. Do not expect anything from death; life is your salvation. It is in life that the transformation must be achieved; it is on the earth that one progresses, on the earth that one realizes. It is in the body that the Victory is won.* Then the law of evolution will no longer be a law of opposites exhorting us through endless dualisms in order to uproot us from our human childhood. It will be a law of light and unending progress, a new evolution in the joy of Truth. The Victory must be won only once. One glorious body. One body must break the iron law for all bodies. And all human beings must collaborate in that one Victory. The strategic difficulty of the transformation is fully before us. If earth calls and the Supreme answers, the hour can be even now.

Conclusion—The End which Ever Begins Again

The realization of the Vedic rishis has become a collective one. The Supermind has entered the earth-consciousness, descending right into the physical subconscious, at the last frontiers of Matter. There remains only one final bridge to cross for the connection to be established. *A new world is born, said the Mother. At present, we are in the midst of a transitional period in which the two are intermingled: the old world hangs on, still very powerful, still controlling the ordinary consciousness, but the new one is slipping in, so modest and unobtrusive that, externally, it doesn't change too much, for the moment.... But it is working, growing, and one day it will be strong enough to assert itself visibly.*

Indeed, not all difficulties come from the subconscious.

One difficulty in particular is of a very 'conscious' nature, hindering the new world like a massive bronze door. It is not our materialism, as we so often imagine—for scientists, if they are sincere, may be the first to emerge in the Truth—but the enormous spiritual carapace under which we have buried the Spirit. The real mischief of the devil is not to sow falsehood and hatred in the world, such as Attila or the Nazis have done—he is far too clever for that—but to lay hands on a grain of truth and then to twist it ever so slightly. Nothing is more intractable than a perverted truth, because the falsehood is made that much stronger by the power of truth it contains. We have been told repeatedly that 'salvation is in heaven,' and it is true. There is no salvation for man so long as his nose remains completely buried in matter; his salvation is in the superconscious heaven. It was probably necessary to preach heaven to us in order to pull us out of our initial evolutionary sclerosis, but this was just a first stage of evolution, which we then turned into an ultimate and rigid end. Now, however, this same end has turned against us. We have denied the Divinity in Matter, to confine it instead in our holy places, but now Matter is taking its revenge. We called Matter crude, and crude it is. As long as we tolerate this Imbalance, there is no hope for the earth. We will only continue to swing from one extreme to another, both equally false—from material enjoyment to spiritual austerity—without ever finding any true fulfillment. *The ancient intellectual cultures of Europe ended in disruptive doubt and sceptical impotence, the pieties of Asia in stagnation and decline. We need both the vigor of Matter and the fresh waters of the Spirit, while our materialisms are stupefying us and our beliefs are merely the reverse of our disbeliefs. The Atheist is God playing at hide-and-seek with Himself; but is the Theist any other? Well, perhaps; for he has seen the shadow of God and clutched at it.*

(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#066

With love and gratitude,
Gangalakshmi (HOMA)



Townhall Speaks

INTEGRATION

of Auroville Borewells

The preparation of the development of Auroville-City, planning and development of roads, sectors and facilities has implications for the borewells also. Auroville city has approximately 70 borewells, most of them serving a limited number of residents and services.

The ATDC will in the coming year integrate 15 till 20 borewells into a common system, run by Auroville Water Service. How, when and in what priority will be published and communicated later. Auroville is fortunate to have these borewells and they are able to secure the water-need for a growing population for some time. Sharing and bringing these for everyone's needed resource, under unified management guarantees delivery assurance and maintenance.

As all assets are owned by the Foundation this also applies for borewells. Sharing will decrease the usage per resident significantly, which is needed to preserve groundwater.

Toby
for L'avenir d'Auroville / ATDC

TO THE ATTENTION OF THE PERSONS IN NEED Of A New Visa Extension

We want to inform you that in the process of obtaining an extension of your Visa, a new step has been introduced by the Foundation Office. All visa applications will be passed via the BCC office to check if the monthly FS city contribution has been paid or for any other financial irregularity. In case of any pending payment the visa process will be paused until the pending payments are updated.

We would like to alert everybody to check with the BCC if there are any pending contributions to be made before applying with the Residents Service for a visa extension to avoid any inconvenient delay.

The Working Committee,
07.10.2023,
Submitted by Joseba for WC

SUPPORT FOR THE EXECUTIVES Of The Matrimandir

Dear Aurovilians, the announcement by the Matrimandir executives about a letter served to them via Navroz Mody and Sandeep Vinod Sara (see attachments) has alarmed and shocked many Aurovilians. They are also members of the Resident's Assembly.

The sheer arrogance of this attempt to intimidate and force the executives to stop all activities in the Matrimandir area together with an ignorance of the process that is unique to Matrimandir, is deplorable and to be condemned. It is not only in violation of Auroville's guidelines as stated by the Matrimandir team but also in violation of the Mother's wishes and of the Peace Area which Matrimandir executives are responsible for.

If the diktats of Navroz and Sandeep are to be followed nothing will be possible for Auroville.

The whole Matrimandir area which is the Peace Area at the soul centre of Auroville was seen by the Mother and a progressive execution has been in process. These include the Amphitheatre, excavation work, approved design plan of Matrimandir & construction, the gardens and the Lake. The Matrimandir Area is the Mother's project, not an RA project, not even an ATDC project. This was made clear as the Mother wrote the Charter and was the first work as per her city plan to be started.

Many discussions have happened over the years and caused delays only to fall back on what the Mother had seen and approved for the Matrimandir as the best solu-

tion. A case in point is the long drawn controversy created over the outer skin which was resolved once the Mother's vision was accepted and followed. We have seen the same arguments repeat in different ways for the gardens, the city and now the Lake. The project that the Mother wanted completed in approximately 5 years is now 55 years old. It cannot be wished away from the Master plan.

The lake is a major undertaking which has seen huge delays since the first site application was requested for the first segment. The cost then and the cost now created by the deliberate delays via objections and blockades needs to be compared and discussed. Those responsible for creating the obstructions and delays also need to take responsibility for the costs incurred by delaying the Mother's vision-project for humanity towards a transformational change.

A 'Residents Assembly' call has been preempted by Navroz Mody and Sandeep Sara with the letter to the Matrimandir Executives while the unauthorized ATDC which though rejected by the High Court, has thought it fit to issue warnings to the Auroville Foundation citing NGT. This RA does not represent the community. Their meeting announcements do not reach everyone, nor do they respect or care about the aspirations of the whole community, it therefore does not have the full community's approval.

The court order regarding the Residents Assembly's ability to function does not apply to one faction alone, nor does it give permission to this one faction to carry out selections without seeing the completion of the ROR process which the court upholds. The ability of the Resident's Assembly to function does not give it legitimacy to abuse Auroville by obstructions and intimidations aimed at different working groups and the Matrimandir and violating the basic code of conduct.

Expertise for Auroville requires a different standard as Auroville is a radical step forward both in spiritual vision and material execution. The work of our experts is to find the solutions to make this possible and enable the project, not persist with the same complaints, perceived faults and defects in order to obstruct and delay the work or, intimidate and harass those working to find the solutions.

We herewith state our full support for the Matrimandir Team and the progress that they have made and wish them all success to carry out what is necessary for the progress of the Lake work along with Michael Bonke and team. May the community come together in making the Lake a realization and an offering for the Mother's 150th year.

The Working Committee
Anu, Arun, Joseba, Partha,
Selvaraj, Srimoyi, Tine

FROM THE ENTRY SERVICE—ES # 201

Dated: 12-10-2023

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

• NEWCOMER ANNOUNCED:

- Elisabetta SALPETRE (Italian) staying in Kindergarten Staff quarters and working at Kindergarten
- Tatiana NIKOLAEVA (Russian) staying and working at Pitchandikulam



Elisabetta

• NEWCOMER CONFIRMED:

- Jasmine JONES (French)
- Monica KRISHNAN (Indian)
- Padmaja PYDAH (Indian)
- Yash SHETTY (Indian)



Tatiana

• AUROVILIAN ANNOUNCED:



Chitra



Kaviyarasu



Lukesh

- Chithra SEERALAN (Indian) staying in Sangamam and working at Aha! Kindergarten
- Kaviyarasu DEVARASU (Indian) staying in Arya (Jayaram's house) and working at Solar Kitchen
- Lukesh Bharath MOORTHY (Indian) staying in Mularchi and working at Solar Kitchen

• AUROVILIAN CONFIRMED:

- Priya ANBAZHAGAN (Indian)

• SPOUSE OF AN AUROVILIAN CONFIRMED:

- Malar ARUMUGAM (Indian)

• LEFT ON THEIR OWN:

- Prabakaran NAGAPPAN (Indian)



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

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

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

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

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

Yours,

The Entry Board

(Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha)

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

Entry Service Timings

- Monday, Wednesday, Friday, 9:30am—12:30pm
- Tuesday & Thursday: Newcomer kits, 2:30—4:30pm

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

0413 2622707,

auroville.entryservice@gmail.com

Submitted by William
for The Entry Service

Community News

Awakening Spirit

SAVITRI BHAVAN, OCTOBER 2023



Exhibitions

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

Films

Mondays at 4pm in the Sangam Hall

- **October 16:** The Yoga of the Earth—Extracts from 'About Savitri'—with reading and comments by The Mother and paintings by Huta. Produced by Savitri Bhavan in 2016 with audio restoration and programming by Holger. Duration: 32min.
- **October 23:** Pictures of Sri Aurobindo's Poems—Part One—with paintings and recitations by Huta. A meditative film by Manohar, with music by Sunil-da. Duration: 32min.
- **October 30:** Pictures of Sri Aurobindo's Poems—Part Two—A meditative film by Manohar illustrated with paintings by Huta. The poems are read by Huta and accompanied by Sunil's music. Duration: 41min.

Full Moon Gathering

- **Saturday, 28 October, 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 led by Larry Seidlitz
- **Mondays 3—4pm:** Self-Surrender in Works—The Way of Gita led by Dr. Jai Singh
- **Tuesdays 3—4pm:** Readings of the words of The Mother on Aims and Ideals of Auroville led by Dr. Jai Singh
- **Tuesdays, Fridays, Saturdays 4—5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Tuesdays 4:30pm:** Mudra-chi led by Anandi
- **Tuesdays 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** Readings and exploration of 'The Triple Soul-Forces' of Savitri led by Dr. Jai Singh
- **Saturdays 4:30—6pm:** Satsang, led by Ashesh Joshi

- Exhibitions, Main Building and Office are open Monday to Saturday 9—5
- Library and Digital Library is open Monday to Friday, 9—5

Everyone is welcome

Dhanalakshmi for Savitri Bhavan Team

DREAM DIVINE SERIES

'Life Education Centre' &



'STEM Land at Udavi and Isaiambalam Schools'

Wednesday, 18 October, 4:30—5:30pm

Recorded Video Presentations

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 guide newcomers to understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4:30—5:30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Everyone is welcome

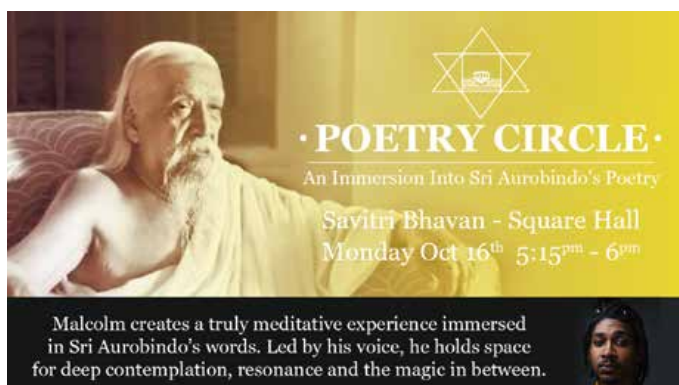
*Dhanalakshmi,
for Savitri Bhavan Team*

POETRY CIRCLE



Monday, 16 October, 5:15—6pm

@ Savitri Bhavan Square Hall



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

The programme will be in the Square Hall from 5:15pm until 6pm. All are welcome.

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

Peace, Love & Soul, Malcolm

THE YOGA OF THE EARTH

Monday, 16 October 2023, 4pm @ Savitri Bhavan



Duration: 32min.

This beautiful meditative film contains passages from Book One, *The Book of Beginnings* of Sri Aurobindo's *Savitri—A Legend and a Symbol* read by the Mother and her commentaries on them, illustrated by Huta's paintings.

The passages have been chosen to help us understand the process of the Yoga that has been going on for the earth since it was created, and which has reached a new stage with the advent of the Supramental through the intervention of Sri Aurobindo and the Mother.

The Mother speaks about an ancient tradition which describes the creation as done by some first four emanations of the Supreme Mother: Consciousness and Consciousness in Light, Bliss, Truth, and Life. In the sense and feeling of their supreme Power, they cut connection with their Origin and became independent. And then, these emanations, being separated from their Origin, entered into darkness.

As a result, Consciousness and Consciousness in Light turned into Unconsciousness, Bliss turned into Suffering, Truth into Falsehood, and Life into Death. A world emerged of suffering, obscurity, unconsciousness, and inconscientness.

When this was seen, it was decided that some second emanations, the Gods, would be sent to repair the mistakes of the first ones and with possibilities to support the divine plan for a creation full of joy and light.

Through the mediation of the Gods and the intervention of Avatars the consciousness and the consciousness in light, life, and the material creation have been slowly evolving towards a more divine life.

Concept by Shraddhavan, Vladimir and Peter, with audio restoration and programming by Holger, and harmonium music by the Mother. A production of Savitri Bhavan, Auroville for Havyavahana Trust, Pondicherry in 2016.

Submitted by Margrit

AUM TAT SAT

All That Is Truth

Cinema Paradiso,

5pm, Friday, 20 October 2023

Nritya Yoga performance offered at Matrimandir Amphitheatre for Sri Aurobindo's 150th Birth Anniversary

The screening our film will be at Paradiso, especially for all those who have missed. All are welcome with friends & family.

Aum Tat Sat is a 3 act exploration of Sri Aurobindo's visionary experience and significance of *Aum Tat Sat* across his Works including 'Essays on the Gita', 'Record on Yoga'.

Our film captures this performance; a confluence of movements of Indian Classical Odissi & contemporary dance, Asanas, Kalaripayattu in resonance of orchestral Raga music and Mantras.

- script & music composition by Arnab
- choreography by Madhumita, Devasmita, Grace
- co-created with 50 artists from Sri Aurobindo Ashram, Auroville, Europe, Russia & USA

Video trailer:

- <https://www.youtube.com/watch?v=ATHibiRVwoA>



QR code for trailer

Best regards, Satyakam

BOOK READING CIRCLE

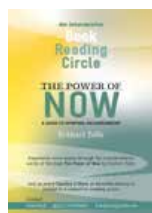
The Power of Now

Every Tuesday 6:30—7:30pm

Experience inner peace through the transformative words of the book 'The Power of Now' by Eckhart Tolle. Join us at the Auroville Library to engage in a collective reading circle.


Contact: (91) 7678208825,
b.deb253@gmail.com

Debashish



BRAHMANASPATI KSHETRAM

Calendar of regular events, October 2023



BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre

*To my dear little child
live only for the Divine*

Calendar of regular events of October 2023

Every Tuesday 6:45 - 7:30pm
Savitri Reading


Every Thursday 6:00 - 6:30pm
Meditation

Every Friday 5:30 - 6:30pm, reading
"The Mother's Questions & Answers- Vol-7"
in English

29th, Sunday at 6:30pm full moon, reciting
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@aurville.org.in

Location


Submitted by Rajan

AMPHITHEATRE—MATRIMANDIR

Every Thursday at Sunset (weather permitting)

5:30—6pm

Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

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

Thank you, Surya and Amphitheatre Team



CONSCIOUS

NATURE IMMERSION

this week-end at MahaKali Park

CONSCIOUS
NATURE IMMERSION

At MahaKali Park

 Eclipse week-end, stay centered

14TH & 15TH OCTOBER, 2023

SATURDAY 7AM: SILENT WALK
SUNDAY 7AM: INTRO TO THE PARK + MEDITATIVE QUEST

 +919500183706
+33613047794

 Révélation Forest, Auroville

 [revelation_forest](#)

The gifts of being in nature are numerous: from bringing back silence to our mind, to tuning our whole bio-system and providing us with spiritual insights. MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. Let us gather to co-experience the benefits of grounding and blooming in relation to a biodiverse and self-regenerative environment.

Silent Meditation Walk with Bala

- Saturday, 14 October, 7—8 am

Embark on a peaceful journey through nature, aiming to create a harmonious blend of mindfulness and communion with nature. 'We will encourage silence, allowing individuals to connect with the natural world around them and engage in introspective meditation.' The walk will provide participants with a rejuvenating start to their weekend.

Introduction to MahaKali Park with Arun & Mukhande

- Sunday, 15 October, 7—7:30am

Major Arun invites you for a peaceful discovery and understanding of MahaKali Park and an introduction to the history and context of green spaces within Auroville. The background of the cradle land and the current state of the vegetation's evolution through a holistic understanding of ecology is shared during the outdoor walk.

- Sunday, 15 October, 8—9 am

Solen Mukhande will curate a Meditative quest towards the higher Mind in Nature: Turn your inner eye towards the subtle harmonics of life, body and matter. Self-assess: to what extent can you say you are well 'plugged'? Explore: what insights, what hopes, what revelation comes next?

Contact:

- WA Only +33613047794/ +919500183706 (free, donation accepted, no registration)

Venue:

- Meeting point 5 min before the time of the session in front of Révélation's main gate. Park in front of CSR/ Auromode.

Mukhande

STUDY CIRCLE



on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150th Birth Anniversary

Sri Aurobindo Centre, Resource Library

Tuesdays, 4:30—5:30pm

• An exploration, led by Deepti Tewari

Since Two Years Bharat Nivas has been holding a weekly Study Circle on The Synthesis of Yoga—Sri Aurobindo

The Mothers very last message to Auroville: Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work.

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as a yoga



02.03.1973

She also said: 'Programme: Research through experience of the Supreme Truth. A Life Divine. But no religions

02.05.1970

Regards, Vani, BN Cultural Team
0413 2622253

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

MUDRA CHI

Every Tuesday at 4:30pm.

At Savitri Bhavan

Facilitator Anandi.ayun.

Everybody Welcome!

Submitted by Anandi



Education

CALL FOR GRANT PROPOSALS

Annual Review for Funding in 2023—2024

The Project Coordination Group (PCG) will be meeting for the annual review of grant proposals for funding by Stichting De Zaaier in December 2023 and the Foundation for World Education in 2024. A grant application and budget request form are available on request from pcg@auroville.org.in or may be downloaded from Auronet.

All documents related to this purpose are to be submitted in the prescribed forms as attachments emailed to pcg@auroville.org.in latest by Monday, 30 October.

Please submit earlier if possible. You are invited to 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!)



STICHTING DE ZAAIER

Following the procedure set up by the Foundation for World Education, the Project Coordination Group will review and select projects for approval and budget allocation by their Board members. In recent years, funds available with the Foundation for World Education for Auroville projects and programmes amounted to approx. USD 30,000 in total.

With regard to Stichting De Zaaier, the Project Coordination Group will check whether proposals fall within their funding criteria and forward those that do to the SDZ Board for final selection and grant allocation. In recent years, funds available with Stichting De Zaaier for Auroville projects and programmes were in the range of € 50.000 to € 90.000 in total.

Stichting De Zaaier welcomes project proposals for:

- research studies in the fields of sociology, economy, psychology and inner development;
- exploratory (research) studies into the relations with the world outside Auroville, in particular with the villages (and villagers) surrounding Auroville, as well as proposals for initiatives that seek to contribute to strengthening these relations;
- initiatives that seek to enhance efficient co-operation 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; including initiatives aimed at a more sustainable economy.
- 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 no funds are 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

- A grant application form and budget request form are available on request from pcg@auroville.org.in or may be downloaded from Auronet.

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 the Project Coordination Group review. (Please contact any individual schools mentioned in your proposal before submitting it 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.

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

- For more information or assistance please write to pcg@auroville.org.in or contact the Project Coordination Group at the ACUR (Town Hall) by phoning 2622250.
- Last date for submitting proposals for this call is Monday, 30 October.

Pala,
for the Project Coordination Group



Sashka for TLC Open spaces team

AUROVILLE INSTITUTE OF APPLIED TECHNOLOGY

Auroville Institute of Applied Technology is conducting skills and employability centric Bachelor Degree courses in

- Software Development & Machine Learning
- Green Energy and Electric Systems
- Production Technology



All these courses are affiliated with Pondicherry University at AIAT campus in Aurobrindavan near the Tollgate !

The Education at AIAT is practicing Integral Yoga, Indian heritage, Meditation, Physics, Mathematics, English and Entrepreneurship as minors in addition to the major subjects.

The classes are conducted in 'Dual Mode' i.e. students are learning at the Institute's campus but also at the industrial campus. At Industrial campus students are learning by doing under the guidance of the people in the industry. During the internship period of 2 months/ year they may also get some financial support from the industry!

Till date AIAT has admitted 16 Students in Software Development & Machine Learning and 2 in Green Energy and Electrical Systems. The admission is being done through CENTAC but also directly. Students who have passed out +2 or 10th+ 2 years ITI are eligible for admission at AIAT College. Theist date of admission to the college is 14.10.2023!

AIAT charges affordable fees. AIAT offers special bus transport for students from Pondy or Vanur Block. Special discounts are available for Girls candidates.

For more information regarding admission or Curriculum or job opportunities pl. contact

- Auroville Institute of Applied Technology
- phone: 0413 2964055 or mobile: 8903166923

Submitted by Lavkamad

MATHEMATICS

**Workshops And Weekly Sessions
by Enlight Activity.**



Dear Reader, please take a note of the regular offerings by enlight as mentioned below.

- **Math is a play:** Weekly sessions for elementary levels, 1st and 2nd graders on visual mathematics.

These sessions offer a groundwork for middle school and high school math concepts in a playful, non-rigid way. We work together to understand these concepts through various experiences around us which later prove helpful in learning the same concept in a classroom.

These sessions are ideal for parents and children who are long term residents of Auroville.

- Every Saturday, 10am -12pm @ The European House
Please request an appointment to take it further.

- **Integral Education and Mathematics:** An Introductory workshop on Integral Education and Mathematics for short-term residents and visitors.

This two hour workshop is ideal for parents, teachers and anyone above 18 yrs who would like to learn from the writings of The Mother and Sri Aurobindo and how an understanding in mathematics can support an individual on the path shown by them.

- Every Friday, 4pm—6pm
- **To join or enquire about any of the above activities,** please connect via email enlight@auroville.org.in or phone, Snehal, 9529673687
- To understand our learning approach; please click on the link to listen to our podcast with Auroville radio <https://www.aurovillerradio.org/interview-with-snehal-d-roy/>
- This event is contribution based

Arun, Anand and Balaji
For Enlight team

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/



Kristen
for Auroville Library



MORNING STAR SERVICES

Morning Star is a unit of the Health and Healing Trust, made up of midwives and doulas who support pregnancy, childbirth, breastfeeding and offer women's wellness GYN care in Auroville. We offer our services to all and invite you to participate and benefit. Our goal is to bring respectful health and maternity care to women and families in Auroville.



Consultations

Consultations available with midwives, doulas and breastfeeding advisors. We offer consultations at Santé during pregnancy and through the child-bearing year. We provide well-woman care including Pap tests, and other screenings, menarche through menopause.

- Book an appointment through Sante: 0413 2622803

Teens

We offer consultations for teenagers by appointment with strict privacy protocol.

- Contact by email morningstar@auroville.org.in

Classes

Childbirth preparation classes, including fathers, are offered throughout the year.

- Location: Hall of Light, Creativity Community
- Time: Wednesday evening
 - 5—6pm, Movement classes like Yoga, dance, breath work, etc
 - 6—7pm, Education on various aspects of pregnancy, birth, new-born and breastfeeding
- Most of the sessions are offered in English and Tamil.
- To join the classes: Bala, +91 9892699804 WA

Parents' Group

Rotem is planning a support group for mothers and fathers who have had a baby in the last year.

- 10—11:30am, Wednesday mornings, Hall of Light
- Interested? Rotem, +91 8056888715 WA
- If you would like to know more about our work email us at morningstar@auroville.org.in
- For general administrative queries: Bala, + 91 9892699804 WA.

Best Regards, Balaganesh SIVA

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

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

Submitted by Sutha

AYURVEDA TIPS TO REBALANCE PITTA Vitiated by The Excess of Heat and Humidity



The excess of humidity in the air makes our immune system struggle with the temperature differences between night and day but also our body accumulates water that shows in the physical with a reduced appetite, digestion and metabolism slow down, slight constipation or retention can be felt with the bowel movement and overall a feeling of tiredness, fatigue or sluggishness.

Usually warm and bright, Pitta is now in slow motion, bloated, with excess of humidity in the body that creates bloating or water retention. Pitta raises to the head and becomes short-tempered, frustrated, impatient, irritated or opinionated and most of all gives a feeling of fatigue or exhaustion.

The aim is to help Pitta so it keeps its functions of stimulating the digestive fire and keeps the mind calm and clear:

- Fasting one day a week or intermittent fasting (skipping one meal)
- Eating only when feeling hungry
- Eating light, easy to digest, cooked and spiced: vegetable proteins (dal, peas, beans, nuts and seeds...) with vegetables (all gourds, celery, beetroot, carrots, cabbage, fennel... mostly bitter taste veggies)
- Food should be warm, cooked with spices: ginger, turmeric, cumin, ajwain, black pepper, pippali, clove, rosemary, parsley, thyme, oregano, basil
- Favour tastes that are bitter (eg. bitter gourd) and astringent (eg. pomegranate, fennel seeds—to absorb the excess of humidity in the body)
- Warm beverages with above spices, green tea (for its astringent and antioxidant properties)

Stimulate The Immune Response

(no need to do all; choose one that gives the energy)

- Spirulina + lemon juice in the morning before breakfast
- Be No3 (if not available, make your own mix with 1 Tbsp of tulsi powder + 1 Tbsp of ginger powder, 1 Tbsp of turmeric powder, 1 Tbsp of amla powder, ¼ tsp of black pepper powder, ½ tsp of cinnamon powder). Take ½ tsp with a sip of warm water in the morning before breakfast, you can add honey (is an expectorant in case of mucus and phlegm) and lemon juice (for extra vitamin C)
- Triphala powder: ½ tsp morning and evening in a sip of warm water
- Septilin: 1tab morning before food
- Ashwagandha: 2 tabs (or ½ tsp) morning before food (to calm the nervousness system and to improve sleep)
- Nilavembu Kudineer: ½ tsp morning before food (in case of a feverish state)
- Kabasura Kudineer: ½ tsp morning before food
- Anu Tailam: 1 drop in each nostril morning and evening to get rid of congestion or mucus in the respiratory tract and especially nose and sinuses

All these can be used not only as a prevention (once a day) but also when feeling symptoms of cold, fever, flu, it should be taken 3 times a day before food.

Ayurvedic Herbs For Energy

Triphala, guduchi, shatavari, bala, amalaki (amla), saffron, aloe vera, licorice and for the mind: bhringaraj, sandalwood, rose, lotus seeds, hibiscus.

Be well, happy and peaceful

Be @ Santé Clinic, Berengere

SANTÉ SERVICES, OCTOBER 2023



Working Hours

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

Tests and Sample collection

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

For emergencies

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

Appointment

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

Santé Services Schedule

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

Dasha for Sante Services
sante@auroville.org.in,
<http://sante.auroville.org.in>

AUROKIYA INTEGRAL EYE CENTRE @ ARKA

Working Hours: Monday—Saturday, 9am—5:30pm

The following services are provided

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




Aurokiya Integral Eye Centre
Eye Yoga & Vision Therapy Sessions



The sessions enhance visual skills eye-tracking, focusing, convergence, eye-hand coordination, visual processing speed, and more!

Join sessions at your convenience to rejuvenate, relax, refresh and remove your glasses dependence

CONTACT US FOR YOUR SESSIONS

www.aurokiya.com
aurokiya@gmail.com: aurokiya@auroville.org.in
 +91 80123 05151 : +91 94880 05685

 **PLACE**
 Arka Wellness Centre

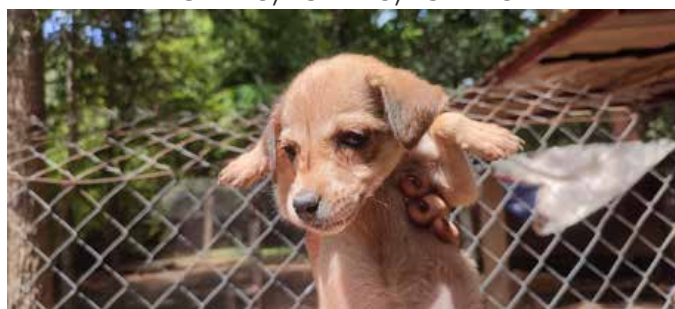
Contact

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

Thanks, Aurosugan,
Aurokiya team

Animal Care

PUPPIES, PUPPIES, PUPPIES!



In spite of facing severe overcrowding and our shelter lacking a proper puppy quarantine area, we had to rescue over 25 puppies, many of them mere babies, from certain deaths in the last weeks. These innocent beings were dumped like trash, separated from their mothers at an age far too young by heartless individuals.

Despite the challenging conditions at the shelter, we are putting forth our utmost efforts to provide these puppies with a chance at survival. This is where we seek your help!

Are you going through a tough time in your life? Do you feel heartbroken? Or are your kids feeling bored at home, and you're looking for an opportunity for them to learn valuable life lessons?

Why not consider joining our incredible puppy fostering program?

You can bring home one, two, or more of our adorable puppies, showering them with your love, time, and the care they need to thrive. By doing so, you'll help them adapt to human interaction, ensuring they grow strong and healthy. Once you've provided them with the care they need, you can return them to our shelter, where we'll make every effort to find them a forever home. Our puppy fostering programs typically range from one week to three months.

- Contact Arthur, 812225266 WA

Thanks, Arthur for The Auroville Dog Shelter Team

The Arts

THE ART WORK OF AUDREY WALLACE TAYLOR

Bharatnivas-Kalakendra Presents the ArtWorks of
Late Audrey Wallace Taylor
Aurovilian Senior Artist



In her Sweet Memory and her engaged dedication to creativity and teaching of Art at her famous Studio Creeva.

- **Inauguration:** Saturday, 14 October 2023
With music and Recitation
- **Duration of Exhibition:** 12 to 29 October 2023.
- **Timings:** 9 am to 5 pm
- Open on Sundays also

Parking Outside the main Gate

Tapas

CREEVA PRESENTS:

Black & White In Life & Beyond by Audrey Wallace-Taylor

(1933—2023)

Art Exhibition cum Fundraiser For CREEVA

7—24 October 2023 @ Pitanga

The exhibition will be open Monday to Saturday
8:30am—12:30pm and 2:30—5:30pm

Organized in loving memory for Audrey by CREEVA and her close friends. Proceeds from sales of the exhibition will support CREEVA, Audrey's art and life project in Auroville.

About CREEVA:



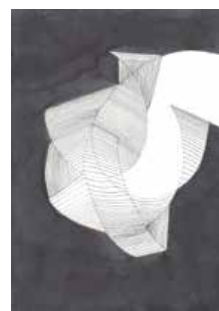
CREEVA is a platform to experience art first hand, where one can experiment with mediums, form, themes.

Creeva offers the chance to go on a journey to find expression, as each one has an individual expression and style; the way you speak, the way you walk and move. CREEVA allows such deep exploration; one can practice the yoga of art regularly and peacefully.

The founder of Creeva was Audrey. In the early years she was gifted with the means to explore, to find her own expression, to follow her passion to paint, to draw. Audrey has passed on into the Light but Creeva remains, to offer the opportunity to any who would avail themselves of such freedom, such possibilities of exploration.

Love, Andrea

Pitanga Cultural Centre,
2622403 / 9443902403 WA,
info@pitanga.in



IKEBANA: SEARCH FOR THE HEART OF FLOWERS

By Valeria Raso Matsumoto

From 13 to 21 October 2023 @ Centre d'Art,
Citadines, 10am—12pm, 2—5:30pm



Centre d'Art
Auroville

Opening on Friday, 13 October, 4pm

About Ikebana, by Valeria Raso Matsumoto

Ikebana is the Japanese Art of Flower Arrangement. It is a disciplined art form where the arrangement is a living thing in which nature and humanity are brought together. It is steeped in the philosophy of developing a deep connection with nature.

In the most traditional school of Ikebana, the three main elements of the composition are said to represent Heaven, Humanity and the Earth. In Ikebana, empty space plays an essential part of any arrangement. The elements, placed asymmetrically, are given emphasis by the empty spaces. Thus, the totality of a well-done arrangement brings about a state of serenity and peace to the viewer.

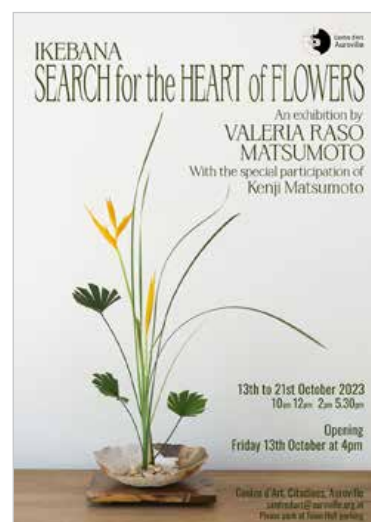
Born around the 6th AD in Japan as a religious offering at Buddhist temples, Ikebana slowly became popular among the aristocracy and the samurai class. To reach a state of peace of mind and a state of concentration before going to battle, some samurai would perform both Ikebana and Tea Ceremony to purify their heart and mind. By the 16th century, Ikebana had become a Zen practice.

One becomes quiet when practicing Ikebana. One becomes more patient and tolerant of differences. The ephemeral side of Ikebana helps us to not become attached to the material creation, but rather to love and respect it in the real moment of its existence. Together with some flowers, leaves, a vase and our inner being, we achieve silence and harmony between Nature and ourselves.

Valeria Raso Matsumoto was born in Sicily, Italy. Graduated in Psychology at the University of Padua. She has sailed around the world for 8 years with her husband Kenji Matsumoto. She lived for 15 years in Japan where she studied Ikebana for 10 years. She graduated from the Sogetsu school of Tokyo with the stage name Suiren (Water Lili). Since 2001 she has been living and teaching Ikebana in Auroville.

Please park at Town Hall

Marco

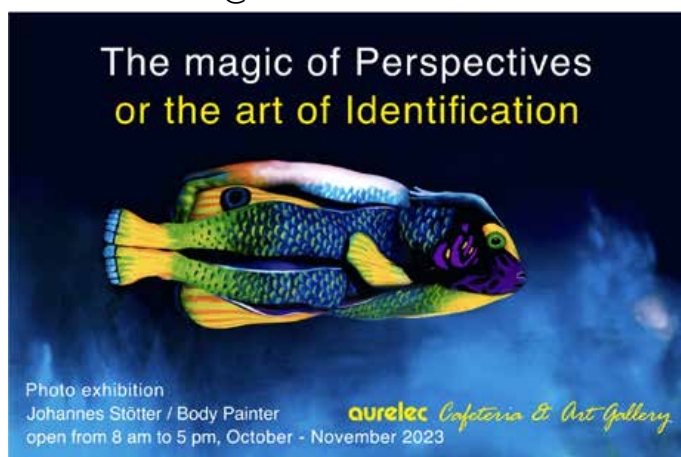


JOHANNES STÖTTER

The Master of Illusions

October—November 2023, 8am—5pm

@ Aurelec Cafeteria



Professional artist Johannes Stötter is known for his groundbreaking work in the realm of body painting and body art. His 2013 creation of a tropical frog using 5 models went viral, propelling his career into another stratosphere. As a world renowned phenomenon, Johannes has won numerous awards, reached various milestones and received several accolades from notable press. Based in northern Italy, he resides in a small town in the Alps; holding a deep connection with nature, he gains much of his inspiration. Guided by his life's philosophy, and motivated by everyday life, his fascination with people of various cultures allows his ingenuity to flourish.

Rather than a static canvas, Johannes transfers his art onto live models, which enhances the connectivity between the artist, person and art-form. Bringing his artwork to life with each brush stroke, and creating detailed effects with his hands, he fuses the seen and unseen into one. Often blending his art into the backdrop of natural landscapes or indoor décor, he creates illusionary masterpieces, portraying the beauty of life forms within its very existence and vulnerability.

Mind-blowing, astounding, and inspirational, his ability to select the perfect shades of colour is as accurate as an 'eyedropper tool'. Making it seem effortless, his distinctive technique compliments his peculiar, yet driven and passionate persona; as he brilliantly paints his vision, transforming each model piece by piece. Born into a lifestyle that revolves around intertwining elements of creativity, spirituality and alternative living, music is also an integral part of his artistic expression.

With a high spirit and powerful creative sense, he teaches at bodypainting workshops, and exhibits his work all around the globe. His ability to touch the hearts of others and spark positivity through his art is by far one of Johannes's utmost successes.

Franz



Festivals

AUROVILLE SINGING FESTIVAL

14 October, Saturday, 7:30pm and
15 October, Sunday at 5:30pm @ CRIPA.

Dear Auroville Family! The AV Singing Festival will take place on 14 October, Saturday at 7:30pm and 15 October, Sunday at 5:30pm in Cripa.

We invited participants from all national backgrounds to join this beautiful event. The theme is 'Singing Hearts of Auroville'. We Formed Two Different Sets Of Performances For Two Different Days!

AVSF team: Shakti, Marta, Rolf, Ok, Antoine



AUROVILLE ILAIGNARKAL EDUCATION CENTRE

Festival of Evolution Special Invitation

- Monday, 16—Tuesday, 24 October
- Visiting time 10am—12noon and 2—5pm
- Special group singing: 6—7pm.



Ilaignarkal Education Centre, cordially invites you to participate in the cultural event—Navaratri Utsav—doll show as part of Dasara Celebrations. The festival of Navratri holds significance as it represents the different stages of Evolution. This year the theme is on 'Common Tools to Divine Tools' for creation, protection and destruction. We invite all of you to be with us and participate in the special weeklong event. RSVP: 0413 2623 773, tamil@auroville.org.in

R. Meenakshi for Ilaignarkal Education Centre Team

NAVARATRI GARBA

BHARAT NIVAS
PAVILION OF INDIA: AUROVILLE
in collaboration with
The Auroville Garba Team
invites you to
navratri garba
on **14 & 15 Oct** (saturday, sunday) 2023,
7:30 pm onwards
at **Sawchu, Bharat Nivas**
dress code- men: Kurta & Pyjama
ladies: Ghaghra (flowing skirts) & Choli
Navratri is the festival dedicated to the worship of the Hindu deity Durga. During the nine days of the festival, nine different forms of the Devi are worshipped. Garba is the traditional Gujarati dance having rhythmic circular movements performed around a centrally lit lamp or an idol of Goddess Durga
WE INVITE ONE AND ALL TO COME AND DANCE TOGETHER

Priti for Garba Group

For Your Information

YOUTHLINK OPEN HOUSE

14 October, Saturday, from 4:30—6:30pm
In front of our office at Town Hall

YouthLink warmly invites you to our open house on 14 October, Saturday, from 4:30—6:30pm, in front of our office at Town Hall! The main aim of this open house is to engage with our community, to introduce ourselves, to showcase what we have been doing so far, and to brainstorm together on our collective future.



- 4:30pm: Presentation by the team
- 5:30pm: Feedbacks and suggestions with focus groups
- 6:15pm: Closing

Presentation: Who we are, how we have organized ourselves, insights that we have gathered on self organization and team management.

Feedbacks: We will be divided into the 5 coordination groups of YouthLink (Administration, communication, outreach, education, projects) and one can freely move from one group to another, discussing and brainstorming on future directions.

Closing: a music sharing session to close off in a warm and collective manner.

Let us put our brilliant minds together to shape a beautiful, vibrant future!

Namu for YouthLink Team

AUROVILLE CYCLE RIDE—5

14 October, 6:15am, Town Hall Main Parking

Dear all, we invite everyone to join us on 14 October 2023 at 6:15am in the Town Hall Main Parking for the cycle ride for a 17km ride in and around Auroville.

Let's pedal together to create the awareness and importance of cycling. Bring your own cycle and a water bottle.

Note: People who don't have a cycle can pick one up from us and return it to us after the ride (This depends on availability/ First come gets priority)



Ride Schedule

- 6:00am Reporting at Town Hall Main Parking
- 6:30—7:30am Cycling around Auroville
- 7:30—8:30am Breakfast at Town Hall Campus

Contact:

- Raju: 944 307 4825/ Sarnraj: 987095511
- avvehicle@auroville.org.in

Regards, Raju

COUCH TO 5K

Town Hall Parking, 14 October, Saturday, 7am



It is a running event for beginners, it's a mix of running and walking to gradually build up your fitness and stamina.

Whether you've never run before or you just want to get more active, it's an easy way of getting fitter and healthier.

It's free for everyone!

Thanks & Regards, Siva,
+91 98844 32677

Activities

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.

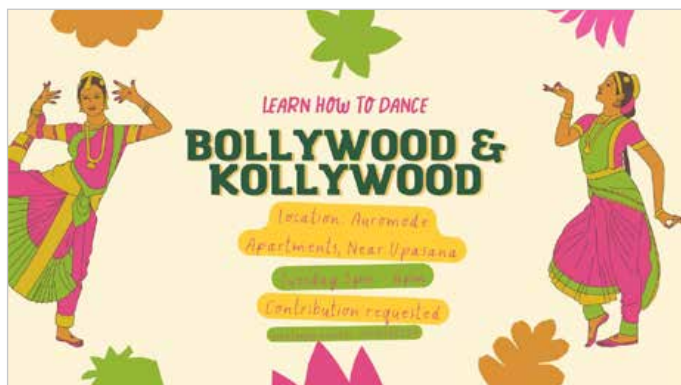


Submitted by Mani

JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode!

Every Tuesday, 5—6pm



Auromode Apartments, Near Upassana and CSR

Are you ready to groove to the vibrant beats of Bollywood and Kollywood music? Look no further, because we've got just the dance session for you!

Meet our talented instructor, Pranathi, who brings over a decade of experience as a trained Bharatnatyam dancer. She has been sharing her passion for dance by choreographing and teaching both children and adults for the past 5 years.

Whether you're a seasoned dancer or just looking to have some fun and learn new moves, this is the place to be! Impress the world with your epic dance skills.

For more information and to reserve your spot, contact:

- balaganesh.siva@gmail.com, +919446762034 WA only
- Don't miss out on the chance to add some Bollywood and Kollywood flair to your dance repertoire. See you on the dance floor! Contribution Requested.

Balaganesh SIVA

ANGAM TREE

Workshop: LA Style Salsa Dance



Salsa is dance from Los Angeles, It's all with Music & Dance with Presence of mind. It is a Fun, Great skill to have in life, a way to make new friends, relieves stress, builds confidence, exercise and universal dance.



- Beginner, Basic steps (40 minutes): Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps (20 minutes)
- Break (10 minutes)
- Partner sequences. Turning and leading. How to get the beats or rhythms. Dance with Partners
- Feedback sessions
 - Contribution based. You can learn more about us and register on www.angamtree.com/workshops

+91 9751395939, www.angamtree.com

Thank you, Raja Narayanasamy

SWIMMING CLASS

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



Mani

NEW CREATION DANCE STUDIO: SCHEDULE

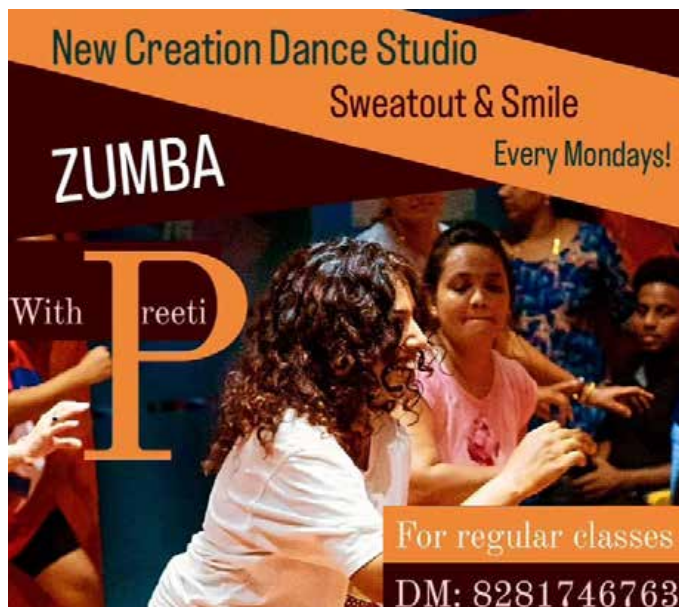
- These are drop in classes, no experience needed.
- Ballet classes for teens only.
- Please contact Savitri for any info: savitri@auroville.org.in or 8940477667

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am						
8am						Pilates basic (Savitri)
9am	Aikiyam ATB (Isora)					Fleur ballet teens
10am			Animal Flow (Dev)			Fleur ballet teens
11am		Aikiyam ATB (Isora)				
12noon						
12:30pm						
	Cleaning No classes					
1pm						
2pm						
3pm				Gymnastic private (Terra)	Ballet private	
4pm 4:45	Fleur ballet teens	Elodie practice			Elodie practice	Power Flow Movement (Purvi) From 4:30 to 6
5pm	Pilates interm (Savitri)	Fitness Dance (Elodie)		Fitness on Swiss ball (Savitri)	Low Impact toning (Elodie)	
6pm	Zumba (Preethi)	Salsa (Mani)				Salsa (Mani)

Submitted by Savitri

ZUMBA

Zumba classes are happening
@ New Creation Studio every Monday, 6pm



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

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

PAINTING CLASSES WITH SATHYA

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

Contact: +91 9486145072 WA

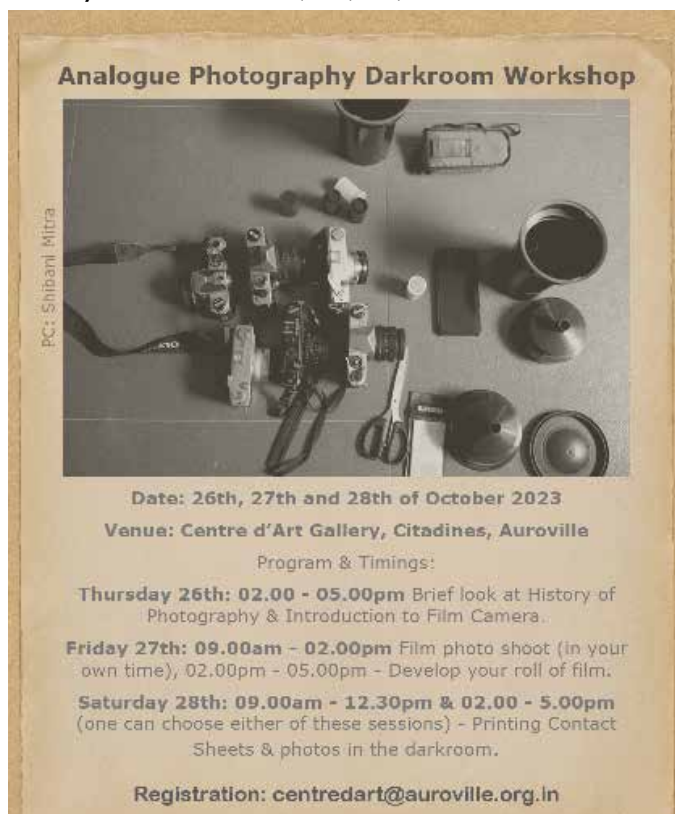
Warmly, Sathya



ANALOGUE PHOTOGRAPHY

Darkroom Workshop

By Sasikanth Somu, 26, 27, 28 October 2023



Program:

- **Thursday, 26 October, 2—5pm:** Brief look at History of Photography & Introduction to Film Camera.
- **Friday, 27 October, 9am—2pm:** Film photo shoot (in your own time), 2pm—5pm: Develop your roll of film.
- **Saturday, 28 October, 9am—12:30pm & 2—5pm** (one can choose either of these sessions): printing contact sheets & photos in the darkroom.

Registration Contact: centredart@auroville.org.in

The workshop fee:

- **For Guests:** towards contribution.
- The workshop is **free** for Aurovilians, Newcomers and registered volunteers, who are residing in Auroville. Registered Volunteers are requested to provide the details of their registration with SAVI Auroville.
- **All the material for the workshop** is provided except the analogue camera. Analogue/Film cameras are available to the participants against a contribution.

Regarding the Analogue camera and any specific questions about the workshop please write directly to the teacher, Sasi sasi@auroville.org.in

While subscribing for the workshop please share your full name and your mobile number. Kindly write a few words about yourself and your interest in Analogue Photography.

Regards, Sergey, Centre d'Art

CV 996 - 12 October 2023



Centre d'Art
Auroville

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

MARTIAL ARTS Auroville Aikido News



Classes for Children

After the term break and as announced, the Aikido classes for Children restart on Monday, 9 October.

- We are happy to welcome them all on Monday, Wednesday, Friday, 4 to 5pm.
- We also take new students (from age 8)
- Adult classes
 - Tuesday—Thursday—Saturday, 6 to 7:30am and Wednesday, 5:15 to 6:30 pm
- Women & teen-age girls' classes
 - Sunday, 9:15 to 10:30am.

Contact us at budokan@auroville.org.in or SMS Surya on 08300189062.

At Her service, Surya CR, Murugan N., Philippe G. and Cristo for Auroville Budokan at Dehashakti
Best regards, Surya

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.



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

- Tuesday, 5:30pm @ Dehashakti Gym.

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 5:30pm.

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



Bharat Kandare Classes

Abhaya has the great pleasure to host one of the best Indian fighters ever: Bharat Kandare, the first Indian UFC fighter in the history of MMA. Do you wanna train with us?

- Contact Abhaya via email abhaya@auroville.org.in or via 9487340778 WA for more info.



See you on the tatami, Giacomo

KALPANA GYM



Kalpna Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!

Satyakam

ANITYA



JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



Limited seats available

Every Thursday & Saturday- Contribution required



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

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

MUST book min. 1 day in advance: +918489760966

Anitya is a community project registered under LEAD, Auroville
Location: Center Field, after center GH, follow the ANITYA signs
To know more about Anitya: joyofimpermanence.in



EDUCATION ON URBAN FARMING

Come and join us to explore how to create, take care and harvest food from a small permaculture kitchen garden

Theory + Hands-on Class



No prior experience required

Open to all - Every Thursday from 4:30 to 6:00 pm



Urban Farming is the practice of growing fruits and vegetables within city limits.

Our goal is to inspire, encourage and empower you in growing your own food.

Free contribution

Info & registration by WhatsApp: +39-3276744420

Anitya is a community project registered under LEAD, Auroville
Location: Center Field, after center GH, follow the ANITYA signs
To know more about Anitya: joyofimpermanence.in



Love and light,
Serena

AUROORCHARD: JOIN US FOR A WALK

14 October, Saturday, 10am



Nidhin, for AuroOrchard



AUROVILLE ONE DAY AND HALF DAY TOURS

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints. We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.



- **One day tours:** Every Saturday, 9:30am to 5:30pm
- **Half Day Tours:** Every Friday, 9am to 1pm
- **Pre-Registration** is required.
- **Contact us** to know more details: youthlink@auroville.org.in and +91 85248 25120 WA
- Here is the link for the itinerary, fee and other important details:
 - https://drive.google.com/drive/folders/1tGQNBGI5xZKGulnpwhQTPNaUIAJomDU?usp=drive_link or
 - please scan this code to know more.



Regards, Bondeepa

DREAMCATCHING OPEN SESSIONS

Since August 2023 we have been holding Dreamcatching sessions again (after a gap of almost 15 years) on different roof tops, every Monday from 6—8am. This is a follow up action from the last presentation we (Dreamweaving Core Team David, Mona and Omar) made at the Unity Pavilion on 29 July 2023. It is one of the multi-pronged approaches we proposed that hopes to unite people around common processes and values.



Essentially each session is open to anyone (aurovilians, newcomers) and offers an aspirational and safe space to explore 'the DNA of Auroville', in a quiet, non-confrontational and meditative manner.

We invite you to come and experience this positive and creative space where we explore ideas to concretely bring down The Dream.

- Please write to dreamcatchingav@gmail.com for information and to receive the 'pearls/notes' of each session.
- Currently the sessions are being held at Naturellement Garden Cafe terrace at Udyogam. However it is best to confirm beforehand in case of change of venue to another rooftop.

Love, David and Mona

Help Needed

THAMARAI WISH LIST

Dear Community, our After schools in Annai nagar and Edayanchavadi village are thriving with over 80 village children attending daily. We dream about every child blossoming to full potential. We have a wish list of items that would help us create a better environment for the children. If you have any of these laying around at home and don't need anymore, we are happy to receive and collect them from you.



- Please contact Bridget
 - on 9442270640,
 - thamarai@auroville.org.in
- or visit our web site www.thamarai.org

Wish list

- 7 litre pressure cooker, bells, table and standing fans, AA rechargeable batteries
- dehumidifier, used laptops and tabs, head sets. OTG cables, memory card readers and memory cards. Projector.
- garden tools
- sports and general education materials.
- or general donations welcome to FC account 251633

Bridget for The Thamarai team

SUPPORT NEEDED

CREEVA stands for Center for Research, Education and Experience in the Visual Arts, the inspiration of Aurovillian Audrey Wallis Taylor. Audrey personally financed Creeva during her lifetime.

Since Audrey's passing, a small group of artists have united to continue CREEVA, as for years many classes have introduced students to the joy and self discovery of the visual arts.

We are in need and would deeply appreciate your financial support to **FS #252422**.



CREEVA

AUROVILLE SINGING FESTIVAL SEEKS SUPPORT



Dear Music Lovers, we are preparing the Auroville Singing Festival for 14 & 15 October in CRIPA. The theme of the festival is 'Singing hearts of Auroville' and our aspiration is to create Unity in the beautiful diversity of voices from Auroville, by presenting our native souls and expressing ourselves through songs.

As there are no funds available for Cultural events in 2023 we invite you to support this event with a donation toward **Financial Service Acct. 0250 Auroville Artist Group**.

With love, Shakti, Marta, Antoine, Ok and Rolf



Honorary Voluntary

TLC WELCOMES VOLUNTEERS

Every Friday from 1:30 to 3pm in TLC's Base Camp, starting from 13 October

TLC (The Learning Community) is welcoming volunteers for our 'Open spaces' activities every Friday from 1:30 to 3pm in TLC's Base Camp, starting from 13 October.



- We are looking for **volunteers, guests or community members who are willing to offer activities**, such as sports, arts, crafts, music, drama etc. for all Auroville kids aged 6—14. You can offer your skills and talents for one whole term or more.
- If you feel inspired to participate, please contact Sashka on 9442180610 WA.

Sashka for TLC Aspiration and Community team

KUILAI CREATIVE CENTER Looking for Volunteers

Dear friends, we are looking for volunteers who could help in

- **Teaching English** lessons to Beginners and Intermediates (Children and Adults)
- **Tailoring lessons** during Monday to Friday.
- Also, people who are willing to **teach Hindi and French**.



Kindly contact:

- kulaicreativecentre@auroville.org.in
- + 918608473385 WA / 9843195290 WA

Selva from KCC

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

DOGS CALLING ALL VOLUNTEERS!

Are you new to Auroville and seeking a hands-on experience of the Yoga of Work? Do you have a special love for animals, particularly dogs?

Are you ready to commit 25 hours every week to care for our incredibly affectionate 300 dogs?

An incredible, potentially life-changing experience awaits you! Join us at the Auroville Dog Shelter, where you can become a SAVI registered volunteer, receive training as an animal caretaker, and be part of the most exciting phase in our history—building a model shelter for all of India! This is a once-in-a-lifetime opportunity, and you wouldn't want to miss the chance to make a real impact!

Contact us now:

- Coco: +33672046070 WA
- Arthur: +918122225266 WA



**AUROVILLE
DOG SHELTER**

Thanks, Arthur

CALL FOR FARM VOLUNTEERS

At AuroOrchard farm, join us from Monday to Saturday
7am to 9am OR/AND 9:30am to 12pm

- Learn to work with plants and soil
- Observe farming systems in a large and established farm
- Work with a diverse and dynamic group
- Enjoy breakfast with us at 9am with produce sourced from the farm.

Volunteer and learn farming hands-on!

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people. We offer breakfast made with farm produce.

JOIN US! PLEASE REACH OUT TO US FOR ANY QUERIES!

MONDAY to SATURDAY
7AM TO 9AM and/or
9:30AM TO 12PM

EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

No former experience or skill required. Minimum physical ability is needed.

Please contact

- Email: auroorchard@auroville.org.in
- Voice call: 9882685365 (Anshul)
- WA: 9566631079 (Nidhin)

Nidhin, for AuroOrchard team
<https://auroorchard.auroville.org>

Looking For

Looking For Cotton Duvet Covers

I am looking for 2 to 4 old, white, 100% cotton duvet covers. Happy to contribute. Contact me: +91 91 599 70619.

Thanks, Paula



Looking for House Sitting Accommodations



Namaste Friends, we are looking for house-sitting or volunteer accommodation from 22 October onwards.

I am Sahana, a long-term volunteer at Purnam, aspiring to integrate with Auroville. My partner, Shantanu, is a volunteer at Svaram and also in the Pondcherry ashram. Any assistance or leads you can provide in finding suitable accommodation will be of great help.

- Please connect with us: 7411424612/ 9626802167/ sahana.u2@gmail.com

Gratitude, Sahana & Shantanu

Available

Space Available

25 sqm. closed space suitable for workshop/ office/ storage inside Aurelec premises with superb infrastructure, including generator, 24 hours security, parking, canteen and sports facilities.



Interested people may contact Mr. Siva at Aurelec in person, or phone to 2622293/294 or adps@auroville.org.in

Siva for ADPS Trust

Taxi Share

To Chennai Airport, 15 October, 2pm



I am a single person traveling from Auroville to Chennai Airport at 2pm on 15 October.

If anyone is interested in sharing a taxi, please let me know.

WA +91 6230832547, Manou

Work Opportunities

AIAT LOOKING FOR

Green Energy and Electric Systems Faculty.

Auroville Institute of Applied Technology is looking for a faculty in Green Energy and Electric Systems! AIAT is offering a 3 year bachelor degree course in Green Energy and Electric systems. This course is affiliated with Pondicherry University. Candidates who have a Master Degree in Electrical Engineering and practical experience in renewable energy are eligible for this position. Also part time engagement is possible.



- Candidates with a bachelor degree in EEE and working experience in the field of renewable energy may also apply on a part time basis!
- Aurovilians applying for this post will be paid maintenance or equivalent salary.
- For more information pl. contact
 - Lavkamad, phone 9443238303

Submitted by Lavkamad

Foods, Goods and Services

VEGAN LUNCH

in Red Dot Cafe



Low carb—vegan office lunch in Red Dot Cafe, Upasana.

Sign-up lunch scheme.



upanasared.cafe@gmail.com, Uma

STYLE STUDIO

Get personalized styling tips for your body type that can be implemented in your daily wardrobe.

One on One session with stylist

- A personalized styling session with styling expert
- Know your body type
- Third line—Handpicked product recommendations to enhance your body!



Get personalized styling tips for your body type that can be implemented in your daily wardrobe. A personalized styling session where the styling expert will understand your body type likes, comfort and requirements. You can hand-pick products accordingly that enhance your body.

- Ping +91 94429 82957 to book your Styling Session
- Office@upasana.in
- Clothing Lab @ UPASANA Auroshilpam, Auroville.

Uma

DISCOVER THE MAGIC of Hemp at Hemplanet!

Open Monday to Saturday, 10am—4:20pm
@ Reve Area, 1st Floor, Building 1, Auroville

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!

- Hemp Food Selection:
- Hemp Hearts
- Hemp Seed Oil
- Hemp Protein Powder
- Hemp Granola Bars
- Hemp Pasta & more!
- Hemp Seasonings
- Hemp Body Care Treasures:
- Hemp Soaps
- Hemp Shampoos
- Hemp Balms
- Hemp Body Butter
- Hemp Seed Oil




Davide

JOIN DROPZY

Products and services
from in and around
Auroville.



Developed by 

Dropzy is a mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, expertise/experts, therapists etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their convenience.



Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

- Find new customers, build your business and grow your sales. Increase your visibility and order volume, drive more revenue and improve profitability with help from Dropzy.
- Register your Unit/Activity
- Click on this link: www.dropzy.in/join-dropzy
- Know more about Dropzy on www.dropzy.in



Sathish Arumugam For Dropzy
+91 8098144686

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

FIBER OPTIC AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovil-
lian experienced in the fiber
internet field (Ftth) for 8+
years and gained more knowl-
edge in creating-on new fiber
internet infrastructure and IT
troubleshooting work for our

Auroville community Since 2015

And I am happy to provide the below services to our Auro-
ville community

- **Internet speed;** Boosting up for dual bands 2.4 GHz or 5 GHz
- **Wired/wireless;** Fibre ONT modems, Routers, Switches installation/repairing work
- **Fiber optic cable;** Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- **CCTV;** Configuration/Installation/repairing work inside and outside your house
- **Smart-TV/laptops/printers;** Configuration/Installation/repairing
- **Other network communications devices;** Configura-
tion/Installation/repairing

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan,
9943919899, ramkrishna@auroville.org.in

Ramakrishnan

UNITY TRANSPORT SERVICE



Unity Transport Service would like to thank you for being
our precious client for all these years. We are extremely
happy to be at your service at any time. We are located
in the service area and work 24x7. As we are a registered
unit, we can provide you with a GST bill for your account-
ing procedures.

We would like to convey that we have experienced drivers
that have been with us for the last 15 plus years.

We have a full range of taxis now

- Toyota Etios: 4+1 seater
- Maruti suzuki Ciaz: 4+1 seater
- Maruti suzuki Swift: 4+1 seater
- Toyota Innova: 7+1 seater
- Toyota Crysta: 6+1 seater
- Load carrier
- Tempo traveler: 14 + 1 seater
- Buses
- Any Taxi bookings can be done directly to our UTS of-
fice.



- **The contact numbers are,**
 - **Landlines:** 0413 2623586, 0413 2623587
 - **Cellphones:** 9047015801, 9443362218
 - **Email:** uts@auroville.org.in

Thank you so much for the support you have extended to
us all these years.

Regards, Lakshmi
For UTS Transport Service Team

UTS: BOOK YOUR TAXI

Eco-Friendly Taxi sharing "Book and save"

Book Your Taxi!

Affordable shared rides, less traffic, more savings.

Join our Sharedtransport Service

Your Eco-friendly and Efficient travel solution!

For Booking

8098776644
9442566256

OR



Scan QR



Website: sharedtransport.auroville.org

Email: sharedtransport@auroville.org.in



Regards, Rajesh.D

ORGANIC QUALITY MILK AVAILABLE

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

- For reservations contact 9585180393

Erumalai (Evergreen)



SURABHI SUPPLIES



Dear Auroville Community, **Surabhi Supplies** is dedicated
to aiding individual community members, units, and proj-
ects in acquiring a wide range of materials and equipment,
including but not limited to construction supplies, appli-
ances, machinery, and more.

Our service offers several advantages to the community, such
as **reduced prices achieved through bulk purchases and**
volume-based discounts. We have established strong part-
nerships with various manufacturers and dealers who share
our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process
for everyone, thus saving valuable time, energy, and costs
while providing a high level of service to the community.

- **If you have any inquiries,** please don't hesitate to reach
out to us at:

- surabhisupplies@auroville.org.in

- +91 98438 46458 WA/Call

lyyappan

LATEST NEWS

from Inside India Travel Shop

Mr. Ganesh our Travel Consultant will be at our **Kalpana office from 10am till 4pm, Monday to Friday**. Saturdays only on appointment. He can also be contacted anytime by



- landline phone 2623030
- or +919894598686 WA,
- or by email: travelshop@inside-india.com
- **Air Vistara** delighted to introduce special, discounted fares for customers holding a valid business Visa and traveling outside India for Meetings, Incentives, Conference or Exhibitions.
- **Emirates** to offer Premium Economy on several routes to and from Mumbai and Bengaluru from 29th October 2023.
- **Spicejet** new and exclusive daily flights from Pondicherry to Bangalore to Hyderabad. Enjoy convenient Spicejet one stop connections to Delhi and Visakhapatnam.
- **Samples of Schengen Transit Visa Rules**, please be aware that they are also applicable to other Nationals. Schengen transit visa regulations on Lufthansa Group to / from India—UK via Germany and Switzerland.
- **Indian Nationals traveling via FRA/MUC** holding a UK visa will require a Schengen transit visa unless holding a visa for USA or Canada. Indian Nationals traveling via ZRH holding a UK visa will not require a Schengen transit visa. IN-UK-IN : Indian Nationals transiting TWO Schengen cities holding a UK visa will require a Schengen transit visa.
- **Flying with pets on Qatar Airways:** Pets accepted are domesticated dogs, cats and birds as checked baggage. Service dogs can be transported in the cabin free of charge when traveling on specific routes. Pet travel requirements To travel with a pet on Qatar Airways the following requirements must be met:
 - The pet must be in good health and have a valid vaccination certificate
 - The pet must be in a suitable container that meets IATA Live Animals Regulations
 - The passenger must submit a request for pet travel at least 48 hours before their flight Pet travel costs The cost of pet travel on Qatar Airways varies depending on the weight of the pet and the travel route.

Joster

INSIDE AUROVILLE



Inside Auroville will be offering a Learning Journey of creating sustainable community centered experiential travels to understand and build our environment ecosystem through holistic tourism. Focused on experiencing experiences experientially to understand the yoga of life and the learning journey. The offerings will be walk through tours, wellness and spiritual iterations.

- More details as we evolve in your journey of Experiencing Auroville Entrepreneurship.



- The offerings will be experienced riding through, holistic wellness and spiritual iterations

*Regards, Surajkiran Venugopal,
9884204918*

RAPID CARE SERVICE

Rapid Care Services has been serving the community at its best capacity.

Over the period of 6 months, we have made a lot of improvements with our services and technicians in order to cope with quality, beauty and time, which are the 3 mandatory factors that we work on.



Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality. We make sure the work is completed on an economical budget without compromising quality.

Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.

List of services provided by Rapid Care Services

- Aluminum channel work
- Welding, Carpentry
- Masonry—renovations and remodulation
- Plumbing,
- Painting,
- Insect Treatment
- Fencing, Electrical
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

- Balaji, 8270071581, Arun, 7639810621
- rcsrapidcareservices@gmail.com
- rapidcare@auroville.org.in

Balaji and Arun for Rapid Care Team

RUPAVATHI JOY ACTIVITIES

Bio-Region Temple Tour

Interested in learning more about the religious heritage in and around the bio-region? Come take a guided tour of temples around the bio-region.



Starting point from Solar Kitchen.

- Can be scheduled anytime throughout the week.
- Please contact in advance for more information and booking. 8098845200.

South-Indian Cuisine Cooking Class

Learn to cook some delicious delicacies of south India with Rupavathi.



- **Monday—Saturday between 10am and 5pm @ Creativity.**
- Please book sessions in advance.

Thai Massage

- **Monday—Saturday between 9am & 5pm**
- To book massage sessions or for more information, please contact personally.

Tailoring

We can tailor and customise any kinds of dresses, saris, blouses and kurtas.

- For any of the above services, contact
 - Phone/WA 8098845200
 - rupavathijoy@gmail.com

Rupavathi Joy

HAIRDRESSER

For your and/ or your child's next haircut: inspired, striving for the perfect, 11yrs young artist Ahana looks after your and/ or your child's hair and well being.

After everyone who came was happy and content, we are now requesting short and long **Hair Models** to step forward and try something new and beautiful!



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

Lovely day, Ulrike Urvasi

PEST CONTROL

We Control All kinds of Pests Treatments on Warranty

- Ants, Bed Bugs, Cockroaches, Fleas, Hornet's, Mice, Rats, Spiders, Termites, Wasps & more

Get rid of them once and for all!

We will help you to eliminate wide variety of Residents and commercial Pests



Contact us: 9943919899, ramkrishna@auroville.org.in

Ramakrishnan

Auroville Radio

AUROVILLE RADIO

Dear Aurovilians, your favorite 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:

- [La Vita Divina Ep. 34](#) (Sri Aurobindo)
- [Soul Tracks Se.5 Ep.10](#) (Music)
- [I Just Wanna Write – Ep. 15](#) (Creative Writing)
- [Une série hebdomadaire de lectures par Gangalakshmi – 450](#) (Integral Yoga)
- [Marlenka's weekly Offering – Ep.105](#) (Literature)
- [Residents Assembly Meeting 2nd October 2023](#) (Governance Meetings)
- [Soul Tracks – Se.5 Ep. 9 'Grand Papa is a Rolling Stone'](#) (Music)
- [I Just Wanna Write – Ep. 14](#) (Creative Writing)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as an Aurovilian, wish to **make a donation you can do so at F.S. 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, Wobbi

Poetry

I LAUGHED

I laughed
At myself
So loud
That I woke up
From sleep
Still laughing.

*With joyful Gratitude,
Anandi Z.*

THE OTHER EARTHS

An irised multitude of hills and seas,
And glint of brooks in the green wilderness,
And trackless stars, and mirrored symphonies
Of hues that float in ethers shadowless,
A dance of fireflies in the fretted gloom,
In a pale midnight the moon's silver flare,
Fire-importunities of scarlet bloom
And bright suddenness of wings in a golden air,
Strange bird and animal forms like memories cast
On the rapt silence of unearthly woods,
Calm faces of the gods on backgrounds vast
Bringing the marvel of the infinitudes,
Through glimmering veils of wonder and delight
World after world bursts on the awakened sight.

Sri Aurobindo

ALL IS THE DIVINE

Words can only be symbols
Expressing the Unknowable.
Every single psychophysical thing
I am perceiving and experiencing
Are also symbols
Of this Great Unfolding,
Immense, Eternal and Infinite,
One in inseparable totality
With this bundle of We.
As simply this existence
Is utterly marvelous,
Unbelievably miraculous,
Is ever changeable,
Transformable,
Functioning dynamically,
Reacting relatively
To any action applied
Using body, life and mind.
Just look around and see,
Feel the unspeakable vibrancy
Of anything whatever it may be
In this intertwined immensity.
Anything is possible.
And underneath us all
Is this immenser Something
That upholds and modulates everything
Without which there is nothing.
The word I can express All That then
Is the Divine.
Its evolutionary unfolding,
Its obvious progression
To a manifest perfection
Is unstoppably happening.
And as the Vision-Goal
Of the Supramental
Is now part and parcel
Of the Great Cosmic Equation
Of Consciousness equals Form,
In the extension of Space
And the movement of Time,
On this planet Earth
Coming soon
A Life Divine.

Zech, 2023.10.04

MANY CONCERNED CITIZENS

We are many citizens of Auroville who feel concerned about the consequences of the actions of two individuals (Navroz and Sandeep) who claim to act on behalf of the RA, but in reality do not. Where is the proof that the RA approved going to the NGT?

Many citizens are affected by the delay and inconvenience in road works, many more will be affected by the lack of housing due to all the housing projects waiting to be built and whose works are paralyzed, specially the new people waiting to join Auroville and must find a house. The PTDC extension or the new Eco-Service building have also not been able to start, and the delay is only making the projects more and more expensive. Maybe they can't be executed on the given budget anymore... And now the attempt to paralyze Matrimandir Lake that was in full speed after having found an ecological sound and beautiful solution.... After a huge work and dedication on the part of M. Bonke and Varuna.

Who is paying for the cost of all these delays? Those who have caused them? How many of the 3000 individual members of the RA are really supporting that?

I understand that those who live comfortably in their homes and do not feel concerned with all those paralyzed projects, who have housing, food, organized waste collection, can play at being modern activists, but frankly they show very little support for future Aurovilians who are deprived of all this.

If they are consistent with their ideas, those who support the blockades of Navroz and Sandeep should give their homes to Newcomers in need, stop using PTDC or the Eco-Service and other collective services and facilities and look for personal solutions, not use the collective that they are paralyzing.

And those who think that buildings and roads are not important, then they can also leave their homes and do not use roads and let's see how they live and move around....

I have infinite faith that The Mother's force will overcome all the difficulties and build Auroville. She asked us to collaborate and that is going to be the shame of the Aurovilians, that instead of collaborating they are going to get in the way.... but maybe that was also part of the plan.... I hope it helps to at least learn a good lesson, if not for this generation, then for the next.

But still I feel to call on the Aurovilians of good will to join in the realization of Auroville, in working to launch and manifest the pending projects, to participate in the changes that we all know, are necessary. I call on Aurovilians who feel concerned about the future, to facilitate a harmonious solution instead of all these confrontations and court cases that are crazy and are not part of the spirit of Auroville. They will only bring more problems to all of us.... I do not think that it is for any judge or any government to organize and facilitate the future of Auroville, it is for all of us to open to the Mother's force and build Auroville as soon as possible for the world...

Thanks from my heart, Anandi

DEAR RESIDENTS

And Town Planning & Executing Teams

For 30 years I have worked as an artist with plants and trees, also studying their spiritual aspects (elementary beings). I also managed a piece of land (including forest) in the East German mountains for 7 years, before coming to Auroville.

I have checked on that Neem tree standing in the way of the lake excavation, which was made a symbol of resistance and I couldn't see anything particularly special in it. There are a least 2 more in a similar size close by, which will remain.

All trees and plants are inhabited by differently developed elementary beings and most of them have the ability to move, especially the evolved ones. And once they have moved out, a tree is just a piece of wood.

Plants and their spiritual beings are receptive to images and feelings, not words!

If you want to clear an area for construction, you should brief the concerned area by extending your consciousness all over that space and by sending them an image of what is going to happen. Then gently ask them to move out. They will do so and reinforce the next one of their kind which is close by in a safer place. Also, a lot of the small animals will catch these images and will get a chance to save themselves.

I feel very sorry when I see how emotional some of you get about that issue and I feel also sad when I see how ignorant the clearing and cutting happens.

I think that it would be much more fruitful to give encouragement and energy to those trees that are still struggling after having been transplanted and do the necessary meditation work before a clearing or transplanting happens.

If the plants know before what will happen, they will not fall into shock, but activate all their energy to survive difficult circumstances and regain their beauty, once they have been transplanted.

I personally would love to have a lake and I imagine it with temple stairs on the side of the Mahalakshmi Park, where we can access the water to swim in it and sit on its shore to enjoy the beautiful view of the Matrimandir.

I have full faith that this experiment will be protected, as I believe that all planned projects are part of a great vision, which ultimately will become a positive example and inspiration for a lot of other places in India. And when there are unexpected problems showing up, we will get the necessary guidance to find an innovative solution.

If you like to know more about my work with trees and spirits, please have a look here:

- **Galaxy & Ganesha** https://youtu.be/RE_R4LawAJA

I would also be willing to give a talk or explain the matter deeper to those who are interested.

Love, Birgitta, 5.10.2023

AUROVILLE FARMERS REVIEW

September 2023

During the last month with the summer rain coming more regularly, Auroville farmers have been very busy carrying out a wide range of work in the fields. As well as growing food, farmers have made time to get together to share information and to support each other to grow food for the Auroville community. In the following we share with you, some of the issues farmers have discussed and actions taken. All carried out with the overall aim of improving Auroville's food growing activities.

- **Gratitude Project;** it is now one year since the Gratitude Farm project was set up in Foodlink farm. Originally it was agreed with the GB-FAMC that they would follow up with them so Auroville farmers could see what the project had achieved and whether reality lived up to the projected outcomes. No updates have been received so far, so this is being followed up by the Vegetable farmers with a member of the Farm Service following up with the GB-FAMC.

- **Ayarpadi Farm;** it has now been agreed that the farm lands, which originally were going to be taken away from the Farm Steward and allocated to two new farmers, will not now take place. Thankfully we can all continue to enjoy the grains and other food produced by this very productive Auroville farm.

- **Auroville Grains;** growing and processing grains (rice and various sorts of millet) is complex as it involves the management of crop loans, growing and harvesting of the crop as well as post harvest processing. At the request of Foodlink, 'Foodlink grains' has now become 'Auroville grains' and for the time being will keep its present organization but with a member of Farm Service being a signatory of the crop loan application process. If Auroville farmers are to continue growing such grains, organizational changes are needed for the processing and storage of Auroville grains so it is more fit for purpose.

- **Farm Support;** when farmers' maintenance were cut with no notice at the beginning of the month many farms and farmers found themselves in considerable difficulty. Individual farmers found their lifestyles were affected and several were unable to go on paying back loans both personal and on the farm. Several farmers are surviving on savings (in one case money saved up for children's education) and/or making money for living expenses by doing non farming activities. Several farmers are thinking about growing more cash crops to bring in more money or growing more profitable crops rather than just increasing production. Several farmers have had to delay planned investment indefinitely until they are able to restructure the farm finances. Initial financial support was found for farms and farmers in acute difficulty but a more long term solution for farm support is being sought. There have been wide ranging discussions about how to do this.

- **5. VIP Road And Proposed Car Park On Buddha Garden Farm Land;** the idea that this road would be built in time for the President's visit on August 8th was dropped when there were found to be significant engineering issues which will take some time to address. The Farm Steward continues to try and find out more information about what is going to happen and when, but so far without success. The situation remains unclear and it seems that no financial help will be forthcoming to take any positive decisive action such as moving the farm.

- **Foodlink;** Foodlink representatives have been invited to the Vegetable Group meeting on Wednesday. This will hopefully be an opportunity to create some understanding and trust between the two groups. (subsequently Foodlink met farmers – more about that in next month's report)

- **New Farm;** the two new farmers taking over land in the Irumbai area which they have called Kamadhenu have been welcomed by other grain farmers. This is challenging land to farm which will require considerable investment to make the land productive in the long term. Any grains grown on this land will add to the Auroville grain supply which means the overall grain processing and storage capacity will have to change.

Love Priya

BIRTH AND DEATH

Birth and death are normal and natural. They are not medical issues. In whose interest is it that most of us were born in hospitals and will die in hospitals? I was born in one and it was not good for my mother or me. My mother died at home with me holding her hand at the end of a celebratory process that was pain-free. How about conscious birth and conscious dying for us?

On 5 October 2023 there was an amazing presentation in Cinema Paradiso. There was beauty, love, sex and violence. Tears and laughter. The Stars were the Auroville Birthing Team from Morning Star, the long overdue Birthing Centre ready to be built.

In 1968, Auroville started with a maternity clinic in Promesse and Mother instructed Maggie, her secretary, to keep track

of the births. Years later, we built Quiet and Maggie raised the funds for a state-of-the-art birthing center including a birthing tub, pregnancy lounge and library. Unfortunately, there was no team to carry it forward and the management remodeled it for treatment spaces.

Also in 1968, I unexpectedly became a default midwife in a fishing village in Taiwan. My complete hands-on training happened in one morning. In the afternoon, the managing midwife left. Then there was only a nervous me and happy mothers who thought I was a foreign doctor and their babies would have the best.

When a soul enters a body with a first breath, the spirit-made-flesh moment is so wholly holy, it's, of course, ineffable.

In Auroville I was also privileged to be at four births under the guidance of Hilde, our well-loved pioneering midwife. We got to one delivery a few minutes late and the mother delivered her own baby. On the table was the book: 'How To Deliver Your Own Baby'. Another time Hilde expected a long labor so I was alone with the mother and the baby just came quickly and easily right onto the mud floor when we were completely unprepared. One baby was born on the floor of my room in Verite because she refused the water birth we had so carefully prepared.

Sitting next to me in Cinema Paradiso last week was a 35-year-old woman whom I first met when Hilde and I 'caught' her sliding down 'the amber stairs of birth'. I was on my back on the floor and her mother was squatting above me, and her father was holding her mother in his arms. This 'baby' and I have now learned about the current status of birth in our Community. We are so blessed to have such a competent team for midwifery and parenting education but their facility remains unbuilt. More than 5 years in the pipeline is too long. We now need the Community and the Working Groups to fully support this essential service for us. A mother reported the harassment she recently received from a Working Committee member who told her she was a criminal, that her home birth was illegal (it is not), and she, and that bunch of midwives, should all go to jail. Today after 3 months, that baby is still blocked from getting a birth certificate.

Dr. Kireet Joshi, our beloved mentor, repeatedly urged the Community to become a 'child-centered society. Our future is now. Did not our Founder inspire us to be the 'Cradle of the Supramental?'

Let's rock that cradle...

Submitted by B

JOY

The average age of Indians is 28, Chinese and Americans 35 and Japanese 45. I arrived in Auroville in 1991. The age of the city was 23, I think the same average age of Aurovilians was, my age in that time—54. Auroville is a place of eternal youth, every Aurovillian is young in his soul, me too.



Russian poet Vladimir Mayakovsky lived in 1894-1930, he wrote: 'If in this wide world I come to die, then I shall die from sheer joy of living'.

This childish feeling is common in the city, it can be heard in different languages: *joie de vivre* in French, *Freude des Leben* in German, *radosti zhisni* (радости жизни) in Russian etc.

In mega policies among stony jungle the feeling of people there is not childish like those in the green oases—for example as in Auroville. Nature, environment are important for the mood and real age of people. A lot of oxygen gives delight to human beings. Our avatars are with us now and give us joyful perspectives. Joy is a kind of wisdom.

Boris

FROM PYGMIES' BEAUTY

To An Epistemological Samadhi For The Lake



In Auroville, I have heard that Steiner is an asura. I have heard that Ramana Maharishi is lazy. I have even heard that the Pygmy have a less developed consciousness than

the practitioners of Integral Yoga. I have researched, in Sri Aurobindo's original writings, any imprints for such anti-racial and dualistic statements.. I have found none.

And with the Grace of God, I even found the guidelines for the epistemology that he advocates. Neither monist nor dualist, Sri Aurobindo, like the Siddhas, the ancient wise ones of Tamil Nadu, leads us into a more advanced and refined system of evolution. Initially, knowledge is to be approached through cognitive absorption. Then only, much higher states of mind, and the ultimate 'Vijnana/Satchitananda', may inform and reform all our functional layers with the supreme pathways to serve our true purpose.

So, 'lake or not lake?' If we follow his steps, it is samadhi, or cognitive absorption, that is the baseline for elucidating the equation. If we dive into this process of learning—an alchemical samadhi bathing—we may be trained into solving the many other problems that wait for us to be addressed, on the skin of planet Earth.

' (...) to listen in soul to the old voices and allow the Sruti in the soul to respond, to vibrate first obscurely in answer to the Vedantic hymn of knowledge, to give the response, the echo and last to let that response gain in clarity, intensity and fullness. This is the principle of interpretation that I have followed – mystical perhaps but not necessarily more unsound than the insistence and equally personal standards of the logician and the scholar.' Sri Aurobindo, Complete work of Sri Aurobindo, vol. 8

mukhande@protonmail.com, Mukhande

WHY, WHAT AND WHERE?

'But who knows it and recognises it, this psychic being?

That too comes only in special circumstances, and unfortunately, most of the time these have to be painful circumstances, otherwise one goes on living unthinkingly.... '

The Mother

- <https://incarnateword.in/cwm/09/16-january-1957>

One can now understand why all the intense churnings and difficulties are happening everywhere... they are compelling circumstances that are crucial to the hastening of the Supramental evolution which requires a Great Awakening of enough Psychic beings for the tipping point.

Hastening and Intensifying

'So long as the old gods are alive, the breaking or depression of the body which they animate is a small matter, for they know well how to transmigrate.'

'In the middle of the First World War, Sri Aurobindo noted with prophetic force: The defeat of Germany... could not of itself kill the spirit then incarnate in Germany; it may well lead merely to a new incarnation of it, perhaps in some other race or empire, and the whole battle would then have to be fought over again. So long as the old gods are alive, the breaking or depression of the body which they animate is a small matter, for they know well how to transmigrate. Germany overthrew the Napoleonic spirit in France in 1813 and broke the remnants of her European leadership in 1870; the same Germany became the incarnation of that which it had overthrown. The phenomenon is easily capable of renewal on a more formidable scale. Today we are finding that the old gods know how to transmigrate. Gandhi himself, seeing all those years of nonviolence culminate in the terrible violence that marked India's partition in 1947, ruefully observed shortly before his death: 'The attitude of violence which we have secretly harboured now recoils on

us, and makes us fly at each other's throats when the question of distribution of power arises... Now that the burden of subjection is lifted, all the forces of evil have come to the surface.' For neither nonviolence nor violence touch upon the root of Evil...'

- <https://incarnateword.in/search?query=old+gods&page=1&phrase=true>

Click 'Search in book' for full reference on above quotes.

For the dissolution of the root of Evil, the fully embodied Supramental Consciousness-Force (that is above the overmind, mental, vital, elemental old gods) is needed. This is what we term as the Divine Manifestation of the Supramental being that will usher in a Life Divine on Earth, the Satya Yuga.

Remember, 'Man is a transitional being... not final.'

Why? Obviously, as physical evolution means a progression that has been happening species after species for billions of years. Occultly, as humans and all other living earthlings are still very obviously puppets of the old gods for either their food, like energy bars, or for entertainment.

Circa 2023: The Great Cosmic Game is hastening and intensifying...

Any volunteers for the psychophysical Supramental transformation? Conscious, consenting willing servitors of the Divine Consciousness?

Any True Aurovilians?

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

Zech, 2023.10.10

MAZZINI IS THE CITIZEN OF ETERNITY

I complete the first chapter of my new book adding as an Appendix this text by Sri Aurobindo that seems to herald the partisans' Resistance to the Nazi-fascist Republic of Salò, making of the victorious outcome of the Italian Civil War (8 September 1943—2 May 1945) the highest expression of human unity ever lived.

'...Grandiose dream of an Italy spiritually, intellectually and politically leading Europe...'

Sri Aurobindo On Giuseppe Mazzini

Mazzini was busy with the great and eternal ideas which moved masses of men in all countries and various ages...

Mazzini is the citizen of Eternity...

Mazzini summed up the soul of all humanity, the idea of its past and the inspiration of its future in Italian forms and gave life to the dead. At his breath the dead bones clothed themselves with flesh and the wilderness of poisonous brambles blossomed with the rose. Mazzini found Italy corrupt, demoralised, treacherous, immoral, selfish, wholly divided and incapable of union; he gave her the impulse of a mighty hope, a lofty spirituality, an intellectual impulse which despising sophistry and misleading detail went straight to the core of things and fastened on the one or two necessities, an ideal to live and die for and the strength to live and die for it...

Mazzini lifted up the country from this low and ineffective level and gave it the only force which can justify the hope of revival, the force of the spirit within, the strength to disregard immediate interests and surrounding circumstances and, carried away by the passion for an ideal, trusting oneself to the impetus and increasing velocity of the force it creates, to scorn ideas of impossibility and improbability and to fling life, goods and happiness away on the cast of dice already clogged against one by adverse Fortune and



unfavorable circumstance. The spiritual force within not only creates the future but creates the materials for the future. It is not limited to the existing materials either in their nature or in their quantity. It can transform bad material into good material, insufficient means into abundant means. It was a deep consciousness of this great truth that gave Mazzini the strength to create modern Italy. His eyes were always fixed on the mind and heart of the nation, very little on the external or internal circumstances of Italy...

His eyes were fixed on the heart of the nation and as the physician of the Italian malady his business was not with the ultimate and perfect result but with the creation of conditions favourable to complete cure and resurgence. He knew final success was impossible without the creation of a force that could not be commanded for sometime to come. But he also knew that even that force could not succeed without a great spiritual and moral strength behind its action and informing its aspirations. It was this strength that he sought to create. The spiritual force he created by the promulgation of the mighty and uplifting ideas which pervade his writings and of which Young Italy was the organ. But moral force cannot be confirmed merely by ideas, it can only be forged and tempered in the workshop of action. And it was the habit of action, the habit of strength, daring and initiative which Mazzini sought to recreate in the torpid heart and sluggish limbs of Italy. And with it he sought to establish the sublime Roman spirit of utter self-sacrifice and self-abnegation, contempt of difficulty and apparent impossibility and iron insensibility to defeat. For his purpose the very hopelessness of the enterprises he set on foot was more favourable than more possible essays. And when others and sometimes his own heart reproached him with flinging away so many young and promising lives into the bloody trench of his petty yet impossible endeavours, the faith and wisdom in him upheld him in the face of very discouragement. Because he had that superhuman strength, he was permitted to uplift Italy. Had it been God's purpose that Italy should become swiftly one of the greater European powers, he would have been permitted to free her also. He would have done it in a different way from Cavour's, after a much longer lapse of time, with a much more terrible and bloody expense of human life but without purchasing Italy's freedom in the French market by the bribe of Savoy and Nice and with such a divine output of spiritual and moral force as would have sustained his country for centuries and fulfilled his grandiose dream of an Italy spiritually, intellectually and politically leading Europe.

Sri Aurobindo, SABCL, Karmayogin, pp. 162-4

Paulette

Languages

LEARN FRENCH BY 'THE SOUNDS OF ITS MUSIC'

Learn French by 'the Sounds of its Music' With the **Aurolang** 2 method in 50 lessons on book + CD-Rom With English, Tamil and Hindi translations. Just click on it to hear and pronounce correctly from the start. Or train and drill with a native speaker in French Pavilion (International zone Auroville)

• **Every Tuesday & Thursday 5 to 7pm**

by Jean-Marie Master in Applied linguistics Brussels State University

- Book + CD: 500 INR. First batch 30 hours class drill: free contribution
- Mail: ecohome2@skynet.be or jeanmarieDemulier@gmail.com
- Call: 918148401950 WA

Thanking you, Jean-Marie, Aspiration

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!

Tomatis

There are spaces available for both language & therapeutic programmes!

- Please contact 0413 3509932 or 0413 2622467 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-sBMlyy-wZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Language Courses at ALL

New: English Conversation with Ramesh

Good news for all those waiting: Ramesh is restarting his English Conversation course! This two-month (16-hour) course aims to equip students with day-to-day conversation skills in practical situations, improved vocabulary and pronunciation, idiomatic expressions, listening comprehension, and fluency & confidence in speech. Please note that these classes require a basic foundation in the English language and are ideal for intermediate-level English speakers. Spots are limited and several people have already signed up. Register soon!

- The course will start on **October 17**.
Classes will take place **Tuesdays & Fridays, 4pm to 5pm**.

New: Private Lessons with Monique

We are really excited to welcome our old volunteer Monique back to the Lab! A native French speaker, Monique recently retired from a 40-year career teaching English & French from middle school up to university level. Having worked with teenagers as well as adults, from absolute beginners to PhD-level students, Monique can accommodate a diverse range of language needs. She will be offering private lessons to individuals or small groups (2-3) in English, French, & beginner-level German. She has also developed an immensely useful language learning website that she will guide the students through, for self-study and further learning.

- Email us with your requirements & we will arrange a course for you.

New: French with Jean-François

Jean-François offers three 2-month courses. New batches start late October. These fill up quick, so please register soon.

• Beginner French

This 16-hour 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 **October 28**.
Classes take place **Saturdays, 2:30 to 4:30pm**.

• **French Conversation**
(Post-Beginner to Pre-Intermediate level)

This 12-hour course is for post-beginners with a basic knowledge of French who are not yet comfortable conversing in French. The course will focus on day-to-day topics and will be a good mix of grammar, and interactive verbal as well as written exercises. By the end of the course, the students will acquire a more solid foundation in French conversational skills. All students who have taken Jean-François's Beginner Course are welcome to join!

- This course will start on **October 28**.
Classes take place **Saturdays, 10:30am to 12noon**.

• **French Conversation (Intermediate level)**

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 16-hour course will start on **October 23**.
Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

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.

- We hope to start as soon as we have 6-7 confirmed registrations. Classes will take place twice weekly, on **Tuesdays and Thursdays, 2:30 to 3:30 pm**.

German with Ben

We are thrilled to announce that Ben has joined us as our new German teacher! A recent newcomer & native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. He is now eager to apply his skills to an in-person classroom. Ben is a language enthusiast and takes interest in translating poetry and studying ways of integral education. Ben is offering two courses:

- **Beginner German**
 - This course is now closed to new registrations.

• **German Conversation**

This 2-month course is for those who already know a bit of German and would like to further polish their speaking skills.

- This course will start as soon as we have 4-5 registrations. Classes will take place **Tuesdays & Thursdays, 4 to 5pm**.

Spoken Tamil with Saravanan

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

- Classes take place **Tuesdays & Fridays, 9:30am to 10:30am**.
- Course started on **September 12** comprising 24 hours of teaching over three months.

Beginner Hindi with Alka

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other interactive modes. This three-month (24-hour) beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will also make use of the material put together by the Landour Language School, one of the oldest Hindi language schools of India. The course will be paced to align with each student's comfort.

- The course started on **September 9**.
Classes will take place **Saturdays, 10am to 12noon**.

Italian Conversation with Fabio

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 close at 4 registrations.

- This course started on **September 12**.
Classes take place **Tuesdays & 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 4:00pm**.

Beginner and Pre-Intermediate English with Rupam

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

- Classes take place **Tuesdays & Thursdays, 10:30 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!

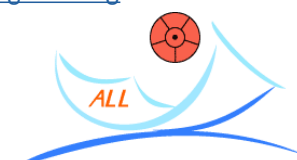
To join or enquire

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

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

The Language Lab is open

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




Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation	4-5pm	Tuesday & Friday
French	Beginner To start 28 October 2023	2:30—4:30pm	Saturday
	Conversation 1 To start 28 October 2023	10:30am—12noon	
	Conversation 2 To start 23 October 2023	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September	9:30—10:30 am	Tuesday & Friday
Sanskrit	Beginner To start October 2023	TBA	TBA
Hindi	Beginner Started 9 September	10am—12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30—11am	Monday & Wednesday
	German Conversation To start soon	4—5pm	Tuesday & Thursday
Spanish	Beginner To start October 2023	2:30—3:30pm	Tuesday & Thursday
	Intermediate	2:30—4pm	Tuesday
Japanese	Beginner To start November 2023	TBA	TBA
Italian	Beginner TBA	2:30—3:30pm	Monday & Wednesday
	Conversation Started 12 September	2:30—3:30pm	Tuesday & Thursday

Vismai, for Language Lab Team

Classes, Workshops & Healing Arts

TRADITIONAL MANTRA AND STOTRA CLASSES



Traditional Mantras & Stotras Chanting Classes

at Serendipity Community

Thursday 9:00 AM (drop-in class)
Friday 5:00 PM (regular class)

with Sonia Novaes

Email: serendipityauroville@gmail.com | WhatsApp: +91 8940288090

Everyone is welcome who wants to learn traditional chanting of mantras and prayers with precise pronunciation. If you'd like to explore further and continue your studies of mantras and chants, you're welcome to join our regular classes.

Submitted by Sonia

SHIATSU



SHIATSU
— AN ART OF TOUCH
because Health matters!

For info and registration: shiatsuindia@gmail.com
WA, Signal, Telegram: +91-9751 513906

Seminars to begin or deepen Your Journey
Courses are part of a 2 - 3 years/ 500 hours Shiatsu Practitioner Training to be established.

October 2023
Fri 13th & Sat 14th Introduction to Shiatsu & Meridians - 2 days
Preparation for the 6-day courses. Open to anyone interested.
Mon 16th– Wed 18th Shen (Spiritual) Aspects of Elements - 6 days
Fri 20th– Sun 22nd

Seminar location:
Budokan Auroville, Dehashakti Sports Ground, Dana, Auroville.

Come and experience and explore conscious and calm perception, inner sensing and Awareness of Touch, combined with the study of the 12 Classical Meridians and 5 elements, health wisdom, strengthening and harmonising exercises and ways of moving for your daily practice.

Ulrike

KOLAM YOGA

KolamYoga is based on Universal principles of 'self governance from the HEART.' If you wish to experience what this 'Self Governance from the Heart' means?



Then a session with Grace will take you on an integral experience of choosing a Kolam that is attuned to your specific individual needs.. Each Kolam is drawn with rice flour & natural pigment powders on a earth made canvas or drawn / painted with pencils, watercolors etc on paper, will always come with a more in depth explanation of its origin, working and spiritual significance.



You will learn to create, feel and understand what it is you are doing with a step by step pedagogical build up of its (the Kolam chosen) workings. With Grace it's never about copy paste actions..in the making of a design, it's finding with the help of a Kolam your unique creation. You are guaranteed to take away a seed planted of what it means to live from the heart. All you need is a true curiosity and willingness to open up to this experience.

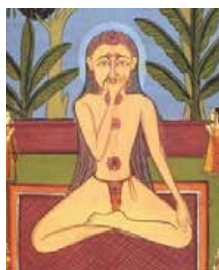
- www.kolamyoga.com
 - <https://youtu.be/Rp3GRaEgKbw?si=UG-tuZsqIpYqykmw>
 - <https://youtu.be/VKN-FimR2uo?si=B3uUakfdIpiX0xYK>
 - <https://youtu.be/IErbDiGJVTA?si=hxTX5wQnSKGtIQRHr>
- Experience a KolamYoga session with Grace?
- info@kolamyoga.com, +91 8072449091 WA. Grace

PRANAYAM CLASSES

Every Monday, 5:30pm @ SAWCHU,
Pranayam classes in SAWCHU building, every Monday at 5:30pm. Offering for Aurovilians and newcomers, Guests may offer.

Please register:

- arabinda@auroville.org.in,
9090819998 WA



Best wishes, Arabinda

FAMILY AND SYSTEMIC CONSTELLATIONS

Workshops

In Creativity Hall Of Light



9am to 6pm on Saturdays

21 October, & 18 November, 16 December

Contact Moghan, 9751110486,

Moghan@Auroville.Org.In

Submitted by Moghan

CONSCIOUS COMMUNICATION

For Parents and Families

CONCIOUS COMMUNICATION

For Parents & Families

Vega is offering 2 sessions to explore how to deepen our communication from the heart in our relationships

THURSDAY
OCTOBER 12 & 19

10 - 12 AM

Vega has been practicing and training in non-violent communication for the past 10 years

Confirm your presence: +91-7094058699

Hosted by Monique & Mathilde
Location : @Maloka in Anitya Community

Submitted by Mathilde

HOLISTIC: HEALING AND AWARENESS



• Appointments

- aurovilleholistic@gmail.com,
christinep@auroville.org.in
- +919489805493 WA
- For kinesio only: +33686928426 WA
- Workshop: Check on our website info and details
www.auroville-holistic.com

• Ashtanga Yoga With Christine P.

- Monday/ Wednesday/ Friday/ Saturday, 7:45am
- Resume on 17 October

• Integrative & systemic psychotherapy w/ Christine P

- @ Holistic health care studio, Kuilapalayam

• Acupressure Therapeutic Massage

- @ Holistic health care

• Kinesiology With Ricardo

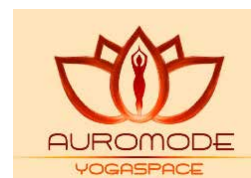
- @ New creation

• Hypnotherapy

- @ Holistic health care

Submitted by Christine

AUROMODE YOGA SPACE



200 Hr Hatha & Vinyasa flow Yoga TTC Intensive

- November 1 to November 22, 2023

6:30—9:30am & 3—7pm, every day except Sunday

Join us for this 21 days of self-discovery and yogic exploration. Our program includes:

- Daily Asanas, Pranayamas, and Meditation
- Weekly Satsangs, where you'll delve into yogic philosophy and lifestyle
- Experience all four paths (margas) of Yoga in the unique setting of Auroville:
 - **Bhakti Marga:** Visit local temples and engage in uplifting chanting sessions
 - **Karma Yoga:** Participate in Karma yoga
 - **Jnana Yoga:** Dive into the study of the Bhagavad Gita, Patanjali Yoga Sutras
 - **Raja Yoga:** Cultivate your physical practice through Asanas and other bodywork

Our participants have attested to the life-changing impact of this intensive, even for those who may not intend to become yoga instructors. Think of this TTC as a course on how to be a perpetual student of the most profound subject of all—YOUR LIFE.

Don't miss this opportunity to deepen your practice, broaden your understanding of yoga, and embark on a journey of personal growth.

- Balaganesh.siva@gmail.com,
- +919892699804 WA



Auromode Yoga space Regular events October 2023

- **Tuesday, 5—6pm, Bollywood dancing with Pranati**
Join us to have a fun evening of laughter, dance and to have a good workout
- **Friday, 5:30pm—6:45pm, Vinyasa Flow with Bala**
Drop in Yoga classes for beginner to Intermediate level students.
- **Contribution requested.** No need to register. Bring your own yoga mat and a towel.

Contact

- Balaganesh.siva@gmail.com, +919892699804WA
Balaganesh SIVA

ACTIVITIES BY DR. SEHDEV KUMAR

Three Workshops @ Vérité, Auroville

Register: +91 7867805812

Yoga of Forgiveness

- **Saturday, 14 October, 2—4:30pm**

From the Darkness of Hatred & Indifference

To the Light of Forgiveness

From Fear & Festering Revenge

To the Courage of Being



Video Links

- Bhakti Movement In India, Prof. Sehdev Kumar
<https://youtu.be/y4td9i6fhFg>
- An Exploration of the dynamics and power of Forgiveness in Families, between Friends and among Nations
<https://youtu.be/p18qUDakJEM>

Freedom from Fear

- **Saturday, 21 October, 2—4:30pm**



Peace Within: Peace Without

- **Saturday, 28 October, 2—4:30pm**

Submitted by Sehdev

A SATSANG ON THE INTEGRAL YOGA



A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

'The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville,' — The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

- **Facilitated** by Zech Joya
- **Schedule:** Tuesdays and Thursdays, 5:30—7pm
- **Venue:** Conference Room, G/F SAIER Building, Town Hall Complex, Auroville



Please [click this link for details](#) or scan the above QR Code

Cheers! Zech



Therapies

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

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception. When we hear the subtle cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



- Contribution based

Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.



- Contribution based

Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes self-awareness, self-esteem, and a safe space for the expression of feelings.



- Contribution based. You can learn more about us and register at www.angamtree.com/therapies
- +91 9751395939, www.angamtree.com

Traditional Massage Therapy Classes

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



- **The certificate course has three levels:**
Basic: 10 Hours, Intermediate: 20 Hours, Advanced: 30 Hours
- **Course modules:**
 - Varma Massage Therapy
 - Varma Touch Therapy
 - Varma Myology (Muscles)
 - Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- Contribution based, angamtree@auroville.org.in, +919751395939 **Raja**

MEDICAL QIGONG TRAINING

Medical Qi Gong training at the client's home at a time that suits them. eli, ye, ho (eli) Qigong instructor A graduate of the Wingate college of excellence in israel. Encounter with Chinese medicine in motion A harmonious combination of conscious breathing movement is accompanied by aids and actions. I am happy to share the knowledge I have gained in studies and life experience for the benefit of harmonious world and love



- Those who are interested leave a name and your convenient time address to ellimagen@gmail.com or 9952749221 WA

Elli

ARKA

WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, October 2023



Classes

Classes	Teacher	When
Acro Yoga	Damien	Monday: 3p—4:30pm, Tuesday: 5—6:30pm for regular classes By Appointment: 9047722740
Pilates	Teresa	Tuesday & Thursday 7:30—8:30am Friday, 5:30—6:30pm By Appointment: 7867998952
Iyengar yoga	Olesya	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm. Or by Appointment: 9159052743
PSound Chakras healing	Lakshmi	by Appointment: 8489764602
Heartful Meditation	Avanthika	Thursday: 9—10am 6380238326

Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	Monday to Saturday by Appointment 9943410987
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	Monday to Saturday by Appointment 9047654157
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Hair colouring, Henna colouring	Meha	Monday to Saturday: by Appointment 9443635114
In Nutrition, Diet, Weight Loss and Weight Management, Psychosomatic	Nadia (English & French)	Monday and Wednesday afternoon by Appointment: 948 9035457
Tarot, Oracles and Akashic Records Reading (TOS)	Valentina	Monday to Friday Morning: 9791719387 +393462258049
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry	Antarjyoti (English & French)	Monday to Sunday By Appointment: 0413 2623767 antarcalli@yahoo.fr

Submitted by Ramana

A SUNLIT PATH OFFERINGS

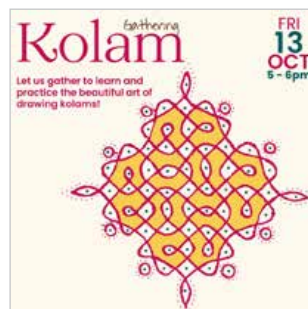
Kolam Gathering

- Friday, 13 October, 5—6pm @ A Sunlit Path

We invite you to a gathering at A Sunlit Path to explore hands-on the beautiful world of kolams.

Kolam, a traditional South Indian art form, involves creating intricate, geometric patterns on the ground using rice flour. It is a meditation in motion, a reflection of our connection with the Earth, and a celebration of simplicity and symmetry. This gathering is open to all. See you soon!

- Register: +91 8870988843 WA



Yoga of Nature Retreat

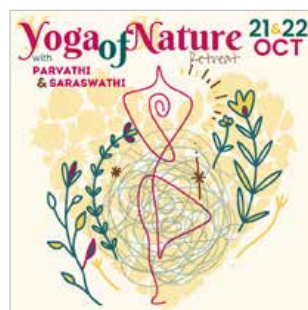
- Saturday, 21 October, 6:30am—
Sunday, 22 October, 5pm @ A Sunlit Path

Join us for our Yoga of Nature Retreat at A Sunlit Path with Saraswathi Vasudevan @yogavahini and Parvathi Nagarajan @parvathi_nagarajan.

Saraswathi Vasudevan is a yoga teacher, trainer and therapist, founder of YogaVahini and serves on the Voluntary Board of Directors of Yoga Alliance and Parvathi Nagarajan is a treasure-trove of knowledge in the realm of medicinal plants with over two decades of experience. Their combined wisdom and heart promises a transformative journey of self-exploration and wellness.

Our journey commences at 6:30am on Saturday and concludes at 5pm on Sunday. You are welcome to either book a room above A Sunlit Path or arrange your stay elsewhere.

- Register by 14 October: +91 8870988843 WA, Limited spots are available.



Dhrupad Retreat

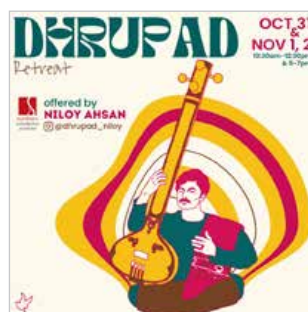
- 31 October, 1, 2 November
10:30am—12:30pm & 5pm—7pm @ A Sunlit Path

Join us for a journey into stillness through sound. Dhrupad is an ancient form of Indian classical music known for its meditative and therapeutic qualities. It's a musical journey that aligns the mind, body and soul.

Led by Niloy Ahsan @dhrupad_niloy, an exceptional Dhrupad vocalist in the Dagar lineage, this retreat will introduce you to the profound practice of Dhrupad and Nada Yoga, making it accessible for beginners while enriching the knowledge of those already on their musical and yogic journey. Discover how sound can become a bridge between your outer and inner world, creating a harmony that resonates deep within.

This 3-day retreat is a welcoming space for all, whether you are just starting or well along your path. Come as you are, with an open heart and a willingness to explore the magic of sound and silence.

- Register: +91 8870988843 WA



Weekly Hatha Yoga Classes

- Monday, Wednesday, Friday, 7—8am @ A Sunlit Path

Journey into yourself through asana, pranayama and meditation with Sudha Suthanthiram @breathewithsudha. Commit to your practice by joining on a monthly basis or come drop-in to try a class. Open to beginners. Register in advance.

- Register: +91 8870988843 WA



Weekly Hindustani Vocal Classes

- Tuesdays, 6—7pm @ A Sunlit Pat

Journey into yourself through the rich tradition of Hindustani music with Lakshmi Santra @lakshmi.santra. Open to beginners. Register in advance.

- Register: +91 8870988843 WA



Warmly, Sudha
A Sunlit Path Family &
Abhaya Team

www.asunlitpath.org

@sunlitpathcommunity

PITANGA



Program for October 2023

Classes — Registration required

- Iyengar Yoga with Tatiana and Chloé

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

- Mondays, 5pm—6:30pm, Level 1, Tatiana

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulder stand) or preparatory stages. Regular attendance is expected.

Tuesdays, 9am—10:30am, Spine class, All levels, Chloé
Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

- Wednesdays, 5pm—6:30pm, Level 2-3, Tatiana

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

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

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.

- Saturdays, 11am—12:30pm, Mixed Level, Tatiana

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

- Art Therapy class with Gala

- Thursdays, 3—5pm, for adults

- Fridays, 3—5pm, for families

Youth activities

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

Date	Activity
Mondays, Wednesdays, 4—5:15pm	Asanas for teenagers, with Lisbeth
Saturdays, 9—10am	Yoga for children, 5—8 yrs., with Gala
Saturdays, 10—11am	Yoga for children, 7—9 yrs., with Gala
Saturdays, 11am—12pm	Energy games for children, 9 yrs+, with Gala

Drop-In Classes

	Class & teacher	Class level
Mondays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Tuesdays		
4:45—5:30pm (Not on 24/10)	Odissi Dance with Rekha	Beginners
Wednesdays		
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
Thursdays		
4:30—5:30pm	Aviva Exercise with Suri-yagandhi	For women only
Fridays		
6:45—8am	Pranayama with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	Asanas with Rachel	All levels
8:30—10am	Yoga Therapy with Gala	All levels
9—10am	Lola's ATB special for seniors with Lola	Seniors
3:45—4:30pm (Not on 20/10)	Odissi Dance with Rekha	Beginners
4:30—5:30pm	Weekly Readings of the Life Divine with Balvinder	All are welcome to join.
5:15—6:15pm	Feldenkrais class with Shari	All levels
Saturdays		
11am—12:30pm	Iyengar Yoga with Tatiana	Mixed levels

Healing Space

- By appointment, 262403, 9443902403
 - Acupuncture by Heidi
 - Bio-Resonance (with Bi-Com machine)
 - Chiropractic
 - Shiatsu by Ulrike
 - Thai Yoga Massage by Juan

Talks



• 20 October: Healthy to 100

Stay mentally and physically healthy and vibrant as you age.

• 3 November: Resilience

Tools to stay mentally, emotionally, and physically resilient through difficult times.

- All are welcome. No registration is necessary.

Lize is a Functional Medicine Practitioner and volunteers at Santé—Auroville Institute for Integral Health and Pitanga.

The talks are organised in collaboration with Santé.

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 !

Submitted by Andrea

VERITÉ PROGRAMS, OCTOBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: programming@verite.in
- Website: www.verite.in



Therapies (by appointment only)

Therapies (by appointment only)	Therapist
Thai yoga Massage	Andres
Private Yoga Session / Yoga Therapy	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
Private Yoga Session / Yoga Therapy	Sabrina

Workshops (pre-registration required)

Day & Date	Workshops, pre-registration required	Timings	Presenters
Friday, October 13	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Friday, October 13	Sivananda Yoga—Masterclass	9:30am—12pm	Mani
Saturday, October 14	Purify your Koshas (Bodies) through the Practice of Yoga	9:30am—12pm	Sabrina
Saturday, October 14	Yoga of Forgiveness	2pm—4:30pm	Dr Sehdev
Friday, October 20	Master Class on Energy Pathways: Restore Flow of Prana through Mantra, Pranayama, Asana, and Prana Nidra	9:30am—12pm	Andres
Saturday, October 21	The Shoulder in Yoga: Theory & Practice	9:30am—12pm	Rebeca
Saturday, October 21	Balance your Koshas (Bodies) through the Practice of Yoga	9:30am—12pm	Sabrina
Saturday, October 21	Freedom from Fear	2pm—4:30pm	Dr Sehdev
Friday, October 27	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, October 28	Awareness Through the Body	9:30am—12pm	Amir
Saturday, October 28	Yearnings for Peace: Peace Within, Peace Without	2pm—4:30pm	Dr Sehdev

Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga	9:30am—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Yin Yoga—Healthy Hips	3:30pm—4:30pm	Emma
	Deep Sound Bath	5pm—6pm	Satyayuga
	Hatha Vinyasa Yoga	5pm—6pm	Andres
Tuesdays	Gentle Vinyasa Flow	11am—12pm	Emma
	Face & Eye Yoga	3:30pm—4:30pm	Mamta
	Vinyasa Flow	5pm—6pm	Rebeca
	Holistic Hatha Yoga (no class 24 & 31 October)	5pm—6pm	Sabrina
Wednesdays	Sivananda Yoga	9:30am—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Yin Yoga—Healthy Spine	3:30pm—4:30pm	Emma
	Kirtan Songs for your Soul	5pm—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5pm—6pm	Andres

Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	3:30pm—4:30pm	Samrat
	Holistic Hatha Yoga (no class 26 October)	5pm—6pm	Sabrina
	Vinyasa Flow	5pm—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5pm—6pm	Andres
	Free Flow Dance & Movement	5pm—6:30pm	Vega
Saturdays	Sivananda Yoga (No class on 7 October)	5pm—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5pm—6pm	Savitri

*Savitri, Programs Coordinator,
Vérité Programming*

QUIET HEALING CENTER



WOGA® (Yoga in Water) 1 & 2 with Petra

- Saturday, 14 & Sunday, 15 October
9am—5pm, 12 hours

Woga is the union of two words: water and yoga and based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool!

Focus of Woga 1 & 2 is Hatha Yoga in water (asanas in standing position, on the wall, in floating position), pranayama and meditation. Thanks to decrease in gravity, water allows greater ease of movement, unblocks articulations, lengthens and melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

- No previous experience required (also no need to know how to swim)!

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

- Saturday, 21 & Sunday, 22 October
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

- Tuesday, 24—Sunday, 29 October
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.

www.quiethhealingcenter.info/ quiet@auroville.org.in

Mobile & WA: +91 9488084966

Guido for Quiet Healing Center Team

BABY WATSU CLASS WITH APPIE & FRIEDERIKE

Friday, 13 October at 9:30am

A special opportunity to connect with your baby!

You'll be guided on how to hold, feel and move your baby, using the qualities of warm water, so that you and your baby can feel safe, at ease, and enjoy this quality time together. You'll learn and practice the basics in the group, while you stay focused on your baby's needs. In the end, there is free playtime.

- Please go first to the reception, bring towels and a closed swimming pants for your baby.

For babies between 2 and 12 months with their parent(s).

Appie for Quiet Healing Center
Mobile & WA: +91 9488084966



Cinema

AUROFILM

At Multi Media Centre Auditorium, Town Hall

Reminder

- Friday 13 October, 8pm "Fantastic Mr. Fox" by Wes Anderson, US, 2009

Scent Of A Woman

- Friday, 20 October, 8pm

Directed by Martin Brest, US, 1992

With: Al Pacino, Chris O'Donnell

Synopsis: Charlie Simms is a scholarship student at Baird, an exclusive New England preparatory school. A woman hires him to watch over her uncle, retired Army Lieutenant Colonel Frank Slade, over Thanksgiving weekend. He accepts so he can buy a plane ticket home to Gresham, Oregon for Christmas. He discovers Frank to be a blind, highly decorated Vietnam War veteran who has become a cantankerous alcoholic. Unbeknownst to Charlie, the colonel has his own agenda for the weekend.... The film was a box office success. Al Pacino won the Academy Award for Best Actor for his performance and the film won three Golden Globe Awards, for Best Screenplay, Best Actor, and Best Motion Picture!

Original English version with English Subtitles. Duration 2h.36'

Surya

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 'pre views' 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:)

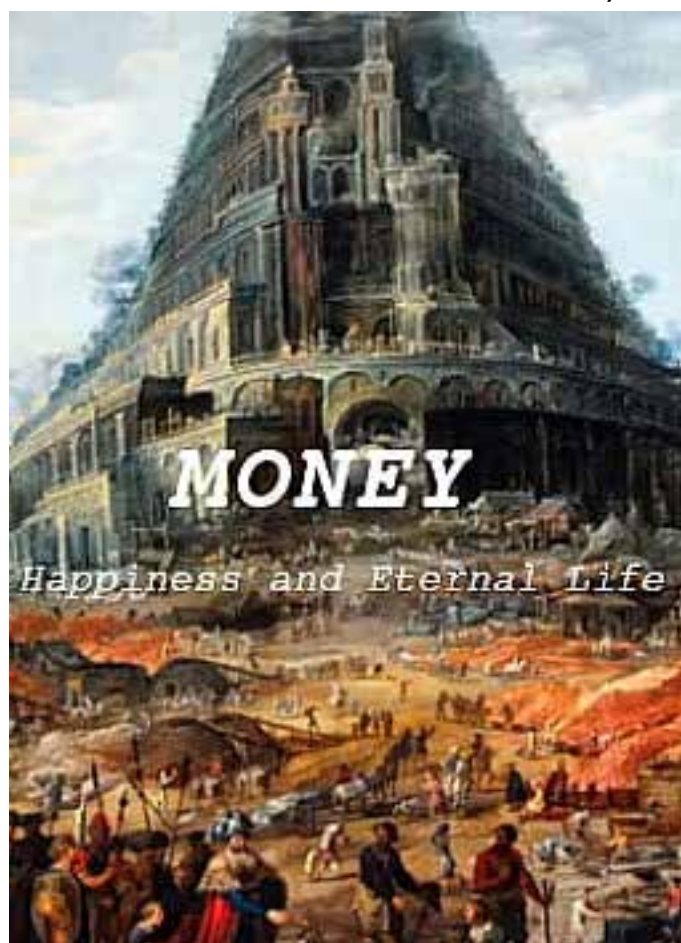
Friday, 20 October

Money, happiness and eternal life—Greed: I

2017 / 43 minutes / Jörg Seibold

From Buddhists and bankers to Eskimos and psychologists, we explore the phenomenon of greed with people from all walks of life. How can it be defined? What makes us greedy? And what are the repercussions?

Submitted by Shek



AUROVILLE FILM INSTITUTE

Study Circle



Film Institute @ Auroville is delighted to introduce an open study circle, 5:30 to 7pm at the Auroville Film Institute, India Space, Bharat Nivas.

The Study Circle is designed in concurrence with the ongoing research and academic pursuits of the Film Institute Fellows. The sessions are open for all.

Upcoming Week's Schedule:

- @ Auroville Film Institute, India Space, Bharat Nivas
- Time: 5:30 to 7pm



Friday	13-10-23	Lecture Screening	Introduction to Indian Philosophy Indian Philosophy by Dr. Satya Sundar Sethy, Department of Humanities and Social Sciences, IIT Madras.
Saturday	14-10-23	Lecture Screening	A Brief Discussion on the Vedas & the Upanishads Indian Philosophy by Dr. Satya Sundar Sethy, Department of Humanities and Social Sciences, IIT Madras.
Monday	16-10-23	Lecture Screening	The Western Tradition Episode 1—The Dawn of History Episode 2—The Ancient Egyptians By UCLA Professor Eugen Joseph Weber
Friday	20-1-23	Lecture Screening	Carvaka Philosophy—I Indian Philosophy by Dr. Satya Sundar Sethy, Department of Humanities and Social Sciences, IIT Madras.
Saturday	21-10-23	Lecture Screening	Carvaka Philosophy—II Indian Philosophy by Dr. Satya Sundar Sethy, Department of Humanities and Social Sciences, IIT Madras.

- For more information write to: support_filminstitute@auroville.org.in

Warm Regards, Richa





CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film Program
16 October 2023 to 22 October 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice. To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.

Indian and diaspora—Monday 16 October, 8pm
THE SONG OF SCORPIONS

India, 2020, Writer-Dir. Anup Singh w/ Irrfan Khan, Golshifteh Farahani, Waheeda Rehman, and others, Drama, 119mins, Hindi w/English subtitles, Rated: NR (R)

In this last released film by Irrfan Khan—Nooran is a care-free and defiantly independent tribal woman. She is learning the ancient art of healing from her grandmother, a revered scorpion-singer. When Aadam, a camel trader in the Rajasthan desert, hears her sing, he falls desperately in love. But even before they can get to know each other better, Nooran is poisoned by a brutal treachery that sets her on a perilous journey to avenge herself and find her song.

Potpourri—Tuesday 17 October, 8pm
EL CUENTO DE LAS COMADREJAS
(The weasel's tale)

Argentina-Spain, 2019, Dir. Juan José Campanella w/ Graciela Borges, Oscar Martinez, Luis Brandoni and others, Comedy-Drama, Spanish w/English subtitles, 129 mins, Rated: NR (G)

Four aged motion-picture veterans, who share a country estate, are visited by two underhanded real-estate developers who seek to make them homeless. But though they are old, they still have their storytelling skills intact.

Interesting—Wednesday 18 October, 8pm
MANUFACTURED LANDSCAPES



Canada, 2006, Dir. Jennifer Baichwal, w/ Edward Burtynsky, Documentary, 86 mins, English-Cantonese-Mandarin w/ English subtitles, Rated: Not Rated (G)

Photographer Edward Burtynsky travels the world observing changes in landscapes due to industrial work and manufacturing.

Selection—Thursday 19 October, 8pm
NIGHTMARE ALLEY

USA-Mexico-Canada, 2021, Dir. Guillermo del Toro, w/ Bradley Cooper, Cate Blanchett, Toni Collette and others, Crime-Drama-Thriller, 150 mins, English-French w/ English subtitles, Rated: R

A grifter working his way up from low-ranking carnival worker to lauded psychic medium matches wits with a psychologist bent on exposing him.

International—Saturday, 21 October, 8pm
HOLY SPIDER

Denmark-Germany, 2022, Dir. Ali Abbasi, w/ Alice Rahimi, Diana Al Hussen, Soraya Helli and others, Crime-Drama-Thriller, Persian w/ English subtitles, 118 mins, Rated: R

Based in a gruesome true event, in this film, female journalist Rahimi travels to the Iranian holy city of Mashhad to investigate a serial killer targeting sex workers. As she draws closer to exposing his crimes, the opportunity for justice grows harder to attain when the murderer is embraced by many as a hero.

Children's Matinee—Sunday, 22 October, 4:30pm
THE LITTLE BEAR MOVIE

Canada-USA, 2000, Dir. Raymond Jafelice w/ voices Kristin Fairlie, Dan Hannessay, Janet-Laine Green and others, Animations-Adventure-Family, 75 mins, English, Rated: G



Little Bear and Father Bear are camping in the woods when they meet a smaller bear named Cub. It seems that Cub got separated from his parents during a storm and now he can't find them. The duo decides to try to help Cub find his family.

Robert Altman Film Festival@ Ciné-Club:

Ciné-Club Sunday 22 October, 8pm
THE LONG GOODBYE

USA, 1973, Dir. Robert Altman, W/ Elliot Gould, Nina van Pallandt and others, Comedy—Drama, 112 mins, English w/ English subtitles, Rated: R.

A languid, free-form version of Raymond Chandler's novel subtly critiques the values of Philip Marlowe, an all-time loser. Introduced in a brilliant sequence that has him try to pass off inferior pet food on his supercilious cat. Shambling through the Chandler's plot, Marlow tries to help an alcoholic writer and clear his only friend of a murder rap.

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
- Kottakupam Police Station—0413 2236148
- Vanur Fire Station—0413 2677368

Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7):

- 108