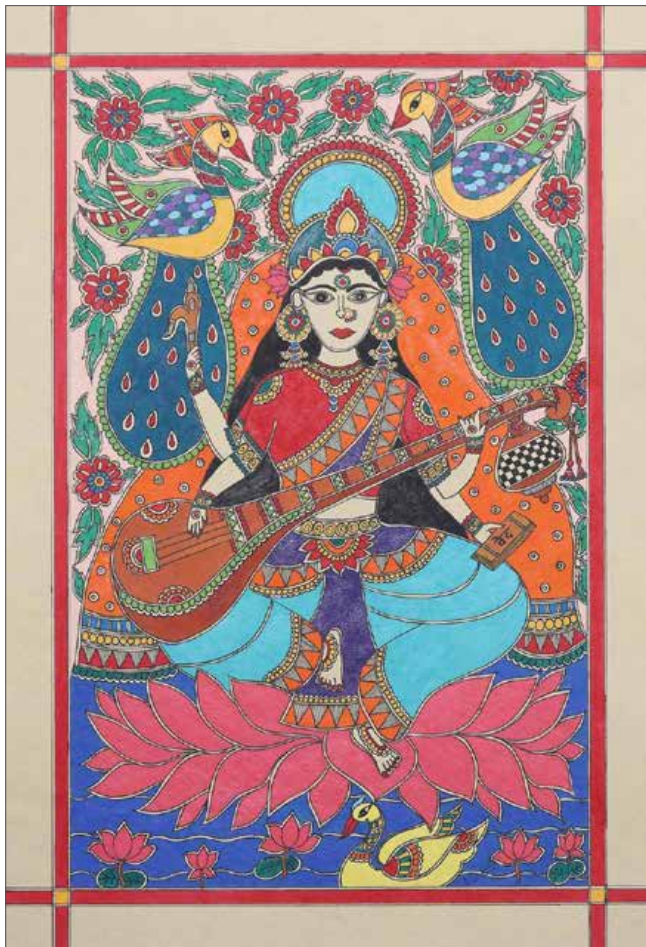




# News Notes

#998 A weekly bulletin for residents of Auroville 26 October 2023



He passes in his departure from this world to the physical Self; he passes to the Self of life; he passes to the Self of mind; he passes to the Self of knowledge; he passes to the Self of bliss; he moves through these worlds at will.

*Taittiriya Upanishad*

Smaller than the hundredth part of the tip of a hair, the soul of the living being is capable of infinity. Male is he not nor female nor neuter, but is joined to whatever body he takes as his own.

*Swetaswatara Upanishad*

## Pondering



If the physical universe were the sole manifested world, or if it were a quite separate world, rebirth as a part of the evolutionary process would be confined to a constant succession of direct transmigrations from one body to another

Other planes coexist with ours, are part of one complex system and act constantly upon the physical which is their own final and lowest term, receive its reactions, admit a secret communication and commerce

There must be an individuation of the psychic person itself sufficient for it not to depend on its past mind and life formations any more than on its past body, but to shed them too in time and proceed to a new formation for new experience.

*Rebirth and Other Worlds,  
The Life Divine by Sri Aurobindo*

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### EDITORS' NOTE

**Dear Community 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](mailto: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



## The Gnostic Being

A perfect path of the Truth has come into being for our journey to the other shore beyond the darkness.

*Rig Veda*

O Truth-Conscious, be conscious of the Truth, cleave out many streams of the Truth.

*Rig Veda*

O Flame, O Wine, your force has become conscious; you have discovered the One Light for the many.

*Rig Veda.*

Pure-white and dual in her largenesses, she follows effectively, like one who knows, the path of the Truth and diminishes not its directions.

*Rig Veda.*

By the Truth they hold the Truth that holds all, in the power of the Sacrifice, in the supreme ether.

*Rig Veda.*

O Immortal, thou art born in mortals in the law of the Truth, of Immortality, of Beauty. ... Born from the Truth, he grows by the Truth, — a King, a Godhead, the Truth, the Vast.

*Rig Veda.*

AS WE reach in our thought the line at which the evolution of mind into overmind passes over into an evolution of overmind into supermind, we are faced with a difficulty which amounts almost to an impossibility. For we are moved to seek for some precise idea, some clear mental description of the supramental or gnostic existence of which evolutionary Nature in the Ignorance is in travail; but by crossing this extreme line of sublimated mind the consciousness passes out of the sphere, exceeds the characteristic action and escapes from the grasp, of mental perception and knowledge. It is evident indeed that supramental nature must be a perfect integration and consummation of spiritual nature and experience: it would also contain in itself, by the very character of the evolutionary principle, though it would not be limited to that change, a total spiritualisation of mundane Nature; our world-experience would be taken up in this step of our evolution and, by a transformation of its parts of divinity, a creative rejection of its imperfections and disguises, reach some divine truth and plenitude. But these are general formulas and give us no precise idea of the change. Our normal perception or imagination or formulation of things spiritual and things mundane is mental, but in the gnostic change the evolution crosses a line beyond which there is a supreme and radical reversal of consciousness and the standards and forms of mental cognition are no longer sufficient: it is difficult for mental thought to understand or describe supramental nature.

Mental nature and mental thought are based on a consciousness of the finite; supramental nature is in its very grain a consciousness and power of the Infinite. Supra-

mental Nature sees everything from the standpoint of oneness and regards all things, even the greatest multiplicity and diversity, even what are to the mind the strongest contradictions, in the light of that oneness; its will, ideas, feelings, sense are made of the stuff of oneness, its actions proceed upon that basis. Mental Nature, on the contrary, thinks, sees, wills, feels, senses with division as a starting-point and has only a constructed understanding of unity; even when it experiences oneness, it has to act from the oneness on a basis of limitation and difference. But the supramental, the divine life is a life of essential, spontaneous and inherent unity. It is impossible for the mind to forecast in detail what the supramental change must be in its parts of life action and outward behaviour or lay down for it what forms it shall create for the individual or the collective existence. For the mind acts by intellectual rule or device or by reasoned choice of will or by mental impulse or in obedience to life impulse; but supramental nature does not act by mental idea or rule or in subjection to any inferior impulse: each of its steps is dictated by an innate spiritual vision, a comprehensive and exact penetration into the truth of all and the truth of each thing; it acts always according to inherent reality, not by the mental idea, not according to an imposed law of conduct or a constructive thought or perceptive contrivance. Its movement is calm, self-possessed, spontaneous, plastic; it arises naturally and inevitably out of a harmonic identity of the truth which is felt in the very substance of the conscious being, a spiritual substance which is universal and therefore intimately one with all that is included in its cognition of existence. A mental description of supramental nature could only express itself either in phrases which are too abstract or in mental figures which might turn it into something quite different from its reality. It would not seem to be possible, therefore, for the mind to anticipate or indicate what a supramental being shall be or how he shall act; for here mental ideas and formulations cannot decide anything or arrive at any precise definition or determination, because they are not near enough to the law and self-vision of supramental Nature. At the same time certain deductions can be made from the very fact of this difference of nature which might be valid at least for a general description of the passage from Overmind to Supermind or might vaguely construct for us an idea of the first status of the evolutionary supramental existence.

(to be continued next week)

*The Gnostic Being  
The Life Divine by Sri Aurobindo*

[https://sri-aurobindo.co.in/workings/sa/37\\_21\\_22/the\\_life\\_divine\\_21\\_22.pdf](https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf)

*With love and gratitude,  
Gangalakshmi (HOMA)*

# Townhall Speaks

## FINAL CALL

### for applying for updation of ROR

Dear Aurovilians, please see the letter below that we have received from the office of the Deputy Secretary/ DIR, Swarnambika Madam.

This is the concluding call of the RoR process that began in 2022 and for the particular attention of those who have not yet updated their forms.

The list of those who have not yet submitted has been posted on Auronet.

Kindly go through the letter and do the needful.

The last date for filling and submitting the form is 3 November, 2023

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

## Auroville Foundation Office Memorandum To The Working Committee, Auroville

### Subject: Final call for applying for updation of ROR

Dear Members of Working Committee,

It has been brought to the knowledge of the office of Secretary, Auroville Foundation that some of the Aurovilians already registered in the ROR have not yet applied for the updation of ROR. As stated in the Auroville Foundation Act, 1988, Section 18 (1) 'The Residents' Assembly shall consist of all residents of Auroville who are for the time being entered in the register of residents maintained under this section'

Section 18 (2) states that 'The Secretary to the Government Board shall maintain the register of residents in such manner as may be prescribed and all the persons who are the age of eighteen years and above are entitled to have their names entered in the register on an application made to the Secretary in such form as may be prescribed'

Hence you are hereby asked to disseminate the information to all the Aurovilians already registered in the ROR, who have not yet completed the updation process, to approach this office within 10 (Ten) days of the date of this notice issued. Any application after that shall not be entertained.



**AUROVILLE FOUNDATION**  
MINISTRY OF EDUCATION, GOVT. OF INDIA

AUROVILLE FOUNDATION BHAVAN, AUROVILLE - 605 101 (TN)  
Tel.: (0413) 262 2222 & 262 2414 Fax: (0413) 262 3496  
E-mail: avfoundation@auroville.org.in

K. Swarnambika, I.P.S., Ds / Director  
18 October, 2023

## L'AVENIR D'AUROVILLE / ATDC

### Application Announcement 12.10.2023

**A.** The following application has received Preliminary Design Approval (feedback requested before 26 October 2023 to [application-avenir@auroville.org.in](mailto:application-avenir@auroville.org.in)):

- **Project Name**—UTSAV 1B—Miniature—PDA—NO 2565
- **Applicant/s:** Ambra, Liliana & Marco
- **Location/area:** Industrial Zone
- **Area for which approval is sought:** 1181 Sq.m
- **Project brief:** Factory for production and boutique for the unit.
- **Constructive feedback guidelines:**

So far, while giving permissions, we have asked the project team to include approval from the neighbours. This has no

resonance with the ideals of Auroville where we are supposed to be headed towards a life guided by no desire, no preferences and no sense of ownership. We will no longer request this approval.

Similarly when we publish projects for approval, we will discard all personal feedback with respect to 'neighbours choosing neighbours' or 'neighbours choosing development guidelines'.

All other feedback is welcome and will be part of the process.

Thanks, Sindhuja  
for L'avenir d'Auroville / ATDC

## MESSAGE FROM AUROVILLE VEHICLE SERVICE

Dear Friends, we noticed in the last few years; many minors are driving motorcycles/Scooters inside Auroville. Legally they are not allowed to drive. We would like to inform you about the rule & fine for underage driving in India.



Underage driving is a growing problem in India, with many young people getting behind the wheel without proper training or experience. Not only is underage driving illegal, but it also puts the driver, passengers, and other road users at risk. It can lead to multiple dangers, including causing harm to the driver and damage to the vehicle. What's more, in such a situation, your bike insurance may not prove to be useful either as the claim won't be accepted due to the underage driver. Hence, one must exercise caution and know the rules and regulations related to underage driving.

The penalties for underage driving in India vary from state to state, but the most common penalty is a fine. The fine for underage driving can range from Rs. 500 to Rs. 25,000, depending on the severity of the offence. In some cases, the offender may also have their driving license suspended or revoked.

**It is important to note that the penalties for underage driving not only apply to the driver but also to the vehicle owner. If a minor is caught driving a vehicle that belongs to someone else, the owner of the vehicle may also be held responsible and face fines and penalties. This includes a fine of Rs.25,000 for the vehicle owner. They might also face a 3-year prison sentence as well. Along with this, the vehicle's registration will be cancelled for the duration of a year.**

**Kindly encourage your kids to use bicycles or if possible, to walk in case of short distances. Auroville has wonderful cycle paths and its safer than regular roads of Auroville.**

**To all electric cycle users:** On the requests of many Aurovilians, we request all electric cycle users to pedal while using the cycle paths instead of using motor assistant. It reduces your speed and gives safety for the users of the cycle paths (Pedestrians & cyclists)

## To move towards Sustainable Mobility:

0—1 km:	Try to Walk
01—10 kms:	Try to Pedal a cycle
10 kms & above:	Try to use public transports (Bus, Train, Tram or shared transport, etc)

## Insurance:

**General Insurances (Motor & Personal Accident Insurances), Health Insurance And Travel Insurance.**

Annual premiums of the insurance policy for renewal should be paid to the insurance company on time. No claims for Accident compensation can be made if you have

not paid the Annual Premium. We advise the people to pay the premium before the expiry date of policy to avoid inspection of the vehicle. If you are going temporarily out of Auroville, at the time your insurance expires, please bring the papers to us in advance to renew it. Therefore, we can renew it while you are not in Auroville. Do not pay the insurance on your name while the vehicle has not registered under your name. Name in the registration certificate and in the insurance, policy should be the same. If it differs, you could not claim insurance during the accident or Fire /Theft.

• **We undertake the following insurances:**

- Motor Insurances
- Health Insurances
- Travel Insurances (while traveling abroad)
- Personal Accident Insurances (PA insurances)

**Note:** To all guests, Newcomers & Aurovilain, please check out the insurance, while you rent a vehicle (scooter, moped, or motorcycles) from the rental shop. If you drive your vehicle without insurance, you could not claim for the overseas Medclaim insurance while you get in any accident.

**1. To all old vehicles (Getting 15 or more than 15 years old)**

The registration certificate of a Vehicle (Non-Transport/Private use) is valid for 15 years from the date of newly purchased from the dealership. In this case contact us to renew the registration for next 5 years to keep your vehicle documents legally valid. The vehicle needs a full mechanical check and service before taking the vehicle for inspection to the concerned Regional Transport offices (RTO)

**2. New Indian Driving License**

We request that people who do not have an Indian driving license could get the license through us. We help you to get motorcycle and car Indian licenses. We need to submit the copy of Aadhar and two photographs.

**3. Renewal of Indian Driving License**

For renewal of an Indian driving license, people need to submit the original license, copy of Aadhar and two photographs. You can renew it six months before the end to the date of expiry. The grace period to renew after the expiry is one year. In case, if you forgot to renew within a year, then you will be paying a penalty and need to take the driving test again. So, try to avoid paying penalty fees. The applicant must come on the day of the trip to the concerned Regional Transport office (RTO).

**4. Purchase of New Vehicle and Second-Hand Vehicles (Two & four wheelers)**

Auroville vehicle service strongly advises all Aurovillians who are residing in Tamil Nadu territory (of Auroville) to register their new vehicles in Tamil Nadu only. Either fuel or an Electric Vehicle. The purchase of the vehicle can be made directly in Tamil Nadu with the help of Vehicle Service. In this regard, AV Vehicle Service assists the Aurovillians to follow the necessary procedures. We help you to get all types of vehicles (Electric & Non-Electric Vehicles) at your doorstep.

**5. International Driver License**

Currently the officials stopped issuing the international driver license to foreigners & OCI holders. The Indian passport holders could apply for an international license, if their address on driver license and passport were same.

**6. Bicycle Rent:** Bicycles are available for rent on a daily and long-term basis.

• **For more details contact Auroville Vehicle Service, Town hall, Auroville.**

- **Phone:** 0413 2623302, 9443074825, 9843734825
- [avvehicle@auroville.org.in](mailto:avvehicle@auroville.org.in)
- **Office hours:** Monday—Saturday : 9am—12:30pm & 2:30—5pm.

Raju

**FROM THE ENTRY SERVICE—ES # 203**

**Dated: 26-10-2023**

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 Aurovillians, Returning Aurovillians, Youth and Spouse/Partner of an Aurovilian in writing to [auroville.entryboard@gmail.com](mailto:auroville.entryboard@gmail.com) or [auroville.entryservice@gmail.com](mailto:auroville.entryservice@gmail.com). We thank you in advance.

**NEWCOMER ANNOUNCED:**

- Aishwarya KUWAR (Indian) staying in Madhuca (Chali's house) and working at Prisma

**NEWCOMER CONFIRMED:**

- Banumathy ARUNKUMAR (Indian)
- Kanagaraju ANNASAMY (Indian)
- Martina GOTTLE (German)
- Nirmalraj MURUGAN (Indian)
- Thanmalar SHANKAR (Indian)



Aishwarya

**AUROVILIAN ANNOUNCED:**



Carla



Pedro



Purushothaman



Madhusudan

- Carla SCHUBERT (Australian) staying in Vibrance and working at Tamarai
- Pedro GASPER (Portuguese) staying in Yantra and working at SAIER & Dehashakti
- Purushothaman ELUMALAI (Indian) staying in Auro-mode and working at Sunship
- Madhusudan AGRAWAL (Indian) staying in Citadines and working at Maitri & Sangili

**NOT READY TO JOIN AUROVILLE:**

The Entry Board, in consultation with the mentors concerned, has not accepted the following Newcomers joining Auroville. The reasons have been communicated to them.

- Muthulakshmi GUNASEKARAN (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](mailto:auroville.entryservice@gmail.com)

Submitted by William for The Entry Service

# Community News

## Passing On

### PASHI

Pashi left his body on 20 October 2023 at 10:28pm, at the age of 91, after having dedicated his life to his most beloved idea and project of Auroville.

Pashi's (Prakash Chandra Kapur) life began in Rawalpindi, in Pakistan today, and at the age of 18 left his home to be in Delhi for the historical moment of India's independence. The tumultuous events of that time made him stay back in India and several books could be written on the events that he witnessed during those times.

Life however took him to the United Kingdom for his higher studies in mechanical engineering. Having completed his studies he returned to India where he worked as a lead engineer in a British firm and lived in Calcutta where he also began a family.

He didn't want his children to have a conventional education and there started his quest for a new world. This quest brought him to the Sri Aurobindo Ashram and to Auroville in the early 1970s where he instantly gave up his life in Calcutta and moved to Auroville, lock, stock and barrel.

In Auroville he immediately found his place in Auroservice d'Auroville where he worked closely with Roger Anger and his team.



Events in Auroville during the 1980s made him start a new life as an entrepreneur in Pondicherry. But as soon as possible and when the conditions were conducive he returned to Auroville to serve this project and build the city and a new society for fostering human unity.

During his last years he worked tirelessly to establish the CIRHU project.

His family, friends and well-wishers are in deep appreciation of his exemplary commitment and dedication to Auroville and The Mother's work. We all wish him a peaceful onward journey

Submitted by Roy  
for the N&N

### TRIBUTE TO PASHI

Pashi is no more. I had to see him dead, unrecognisable, to acknowledge the end of a cycle. I had premonitions last year watching Luigi, dead. Now that Pashi too is gone, I know that those years are irreversibly gone: we have missed

the train, and there is no return.

Two combatants, so close, yet so different... Luigi lived in adoration of Roger; he crawled under the table to dig out from the paper-basket the incredible sketches and caricatures that Roger drew during the meetings; a work-man, Roger hated meetings. How proud of his collection was Auroville-made Luigi! But Pashi was Ashram-made; he had the unconditional loyalty and surrender of a soul who never questions the Guru, faith rules.



For so long he kept begging to come, before the Mother gave him her assent via the flowers' language; yet even so, because of his work contract he could only join in 1974, after she had left the body...

We shared two battles: the Auroville Prosperity System and Mother's guidelines—and the Systems Engineering Galaxy. Pashi ardently believed in both. But a death formation loomed over it and it was Pashi, who had grown so frail, almost transparent, who succumbed. Yet even emaciated he was a rock, unshakable, a combatant till the end. On September 28 Pashi sent me a long email; no mention in it of his health condition: only the goal. His last words to me.

Moving to Aspiration with his family, mechanical engineer Pashi (he had completed his higher studies in England) worked for Auroservice with Roger and his team. When the turmoil with the SAS commenced, his two children were affected and in 1980 he returned to Pondicherry, but his was no ordinary family: his devoted wife daily entered the Ashram before dawn to arrange the samadhi's flowers; and their daughter will marry Aurofilio, the first child born in Auroville, and a marine engineer who became the spokesperson for Harald Kraft, working with Roger to materialise the Matrimandir's lake. At last in 1998, daily commuting from Pondy, Pashi resumed his work for Mother's town. In 2011 he became a (returned) Aurovilian.

Once I told Pashi that Prem Malik (Aster's spiritual companion) at 26 was a communist; and so was I, Pashi replied about himself. Both had renounced their native place (future Pakistan) for India; teen Pashi was in Delhi, when India's Independence was announced. Both were resolute, powerful personalities, sharing the same unconditional surrender to Mother's vision and loyalty to Roger. Prem Malik was in charge of the Matrimandir fundraising brochure, which the Mother signed with a full-page size 'Blessings'—and Pashi was the engineer supervising the industrial towns (Sailam was one) Roger was building to raise money for Auroville.

The last few days, as Pashi's demise was getting close, Prem's last, prophetic words to me came back; I was flooded by overwhelming gratitude for all that I received from the two of them, always exhorting me to keep going, to never give up, up to their death bed. Their loyalty to Roger was unshakable. Exuding Mother's force, both were signposts in the long march towards the Avatar's model town. Both lived for her vision and through her vision, forever one with her, where death is not.

Recalling all this, which Pashi told me in bits, and so did Prem—and much more, which cannot be written—the memory of other Aurovilians surfaces, they too with that Ashram background making us so different: unconditional surrender to the Guru, faith that triumphs over all obstacles. Paradise lost? River with no return?

Mother's Vision knows no death. Her guidelines know no death. Her town to be planned by those sending the first astronauts on the moon knows no death. The CIRHU on the lake, with its cascade on it, knows no death. Long live Mother's Auroville. Satya yuga!

Submitted by Paulette



## Awakening Spirit

### 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

### SAVITRI BHAVAN

October/ November 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 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.
- **November 6,** Sri Aurobindo: A New Dawn. This animation film shows the life and spiritual journey of Sri Aurobindo. The film was released on 15 August 2023. Duration: 28min.
- **November 13:** The One Whom We Adore as The Mother. An audio-visual presentation by the Sri Aurobindo Ashram Archives on The Mother's life from childhood onwards, her meeting with Sri Aurobindo and the creation of the Ashram and Auroville. Duration: 63min.
- **November 20:** Siddhi Day or the Day of Victory. On the 24 November 1926 Sri Aurobindo experienced the descent of Krishna's consciousness into his body. A conversation of Dr Alok Pandey and Narad in November 2014 on significance of the Siddhi Day. Duration: 46min.
- **November 27:** On Significance of the Siddhi Day. This is the second conversation of Dr Alok Pandey and Narad on the significance of Siddhi Day on 24 November 1926. Recorded on November 24, 2016, in Pondicherry. Duration: 46min.

### Full Moon Gathering

- **Saturday, 28 October, 7:15—8:15pm** in front of Sri Aurobindo's statue
- **Monday 27 November, 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:** The Knowledge and Ignorance—The Spiritual Evolution in The Life Divine 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 5:30—7pm:** OM Choir led by Narad
- **Thursdays 4—5pm:** Videos of The English of Savitri led by Shraddhavan
- **Fridays 3—4pm:** The Return to Earth (Epilogue) in Savitri led by Dr. Jai Singh
- **Saturdays 4:30—5:30pm:** Mudra-chi led by Anandi
- **Saturdays 5—6.30pm:** 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



**Dr. Alok Pandey will speak about Prosperity**

Wednesday, 1 November, 4:30—5:30pm



### 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

## PICTURES OF SRI AUROBINDO'S POEMS, Part Two, Painting and Recitation by Huta



Monday, 30 October 2023, 4pm, at Savitri Bhavan  
Duration: 35min.

Receiving the Mother's inspiration and instructions, Huta created a series of paintings based on Sri Aurobindo's poems. The Mother saw all Huta's paintings of Sri Aurobindo's poems and blessed the work. The Mother also approved and listened to the recitations by Huta and liked them.

To achieve beautiful recitations Huta made special efforts and described her work in these words: 'I did the recordings of my recitations at home, late at night when everything was hushed. It took me almost six months. Later I went to the projection room to blend this recitation with background music composed by Sunil Bhattacharya.'

In this film Part Two, some of the verses from 24 poems by Sri Aurobindo are presented along with Huta's painting and her recitation. Here are some verses from three poems that deeply inspired Huta: *Musa Spiritus* and *A God's Labour* published in 1935, and *The Pilgrim Of The Night* composed in 1938 and revised in 1944.

### Musa Spiritus

'O Word concealed in the upper fire,  
Thou who hast lingered through centuries,  
Descend from thy rapt white desire,  
Plunging through gold eternities.  
Into the gulfs of our nature leap,  
Voice of the spaces, call of the Light!  
Break the seals of Matter's sleep,  
Break the trance of the unseen height.'  
(Collected Poems, p.531)

### The Pilgrim Of The Night

'I made an assignation with the Night;  
In the abyss was fixed our rendezvous:  
In my breast carrying God's deathless light  
I came her dark and dangerous heart to woo.' (p. 603)

Here are the verses selected by Huta from Sri Aurobindo's well-known poem *A GOD'S LABOUR*:

'I have gathered my dreams in a silver air  
Between the gold and the blue  
And wrapped them softly and left them there,  
My jewelled dreams of you.

I had hoped to build a rainbow bridge  
Marrying the soil to the sky  
And sow in this dancing planet midge  
The moods of infinity. ...

I saw that a falsehood was planted deep  
At the very root of things  
Where the grey Sphinx guards God's riddle sleep  
On the Dragon's outspread wings. ...

He who I am was with me still;  
All veils are breaking now.  
I have heard His voice and borne His will  
On my vast untroubled brow.

The gulf twixt the depths and the heights is bridged  
And the golden waters pour  
Down the sapphire mountain rainbow-ridged

And glimmer from shore to shore.

Heaven's fire is lit in the breast of the earth  
And the undying suns here burn;  
Through a wonder cleft in the bounds of birth  
The incarnate spirits yearn

Like flames to the kingdoms of Truth and Bliss:  
Down a gold-red stairway wend  
The radiant children of Paradise  
Clarioning darkness' end.

I shall leave my dreams in their argent air,  
For in a raiment of gold and blue  
There shall move on the earth embodied and fair  
The living truth of you.' (p.534-538)

A film by Manohar with touching verses from Sri Aurobindo's poems, beautiful pictures, and recitations by Huta, and music by Sunil. Duration: 32min.

Submitted by Margrit.

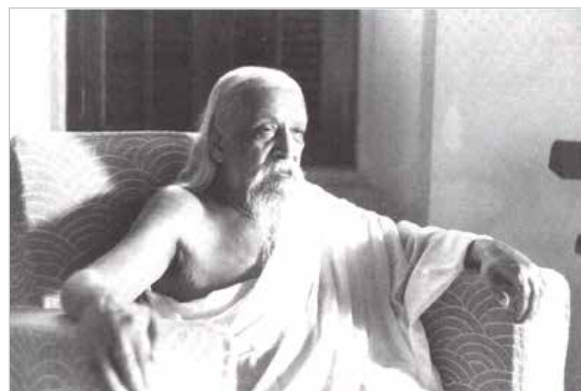
## FUNDAMENTALS of Sri Aurobindo's Philosophy in Savitri



A series of monthly presentations by Larry Seidlitz

### Eighth presentation 'Ishwara-Shakti'

Friday, 27 October 2023, 4—5pm  
in the Sangam Hall of Savitri Bhavan



In this presentation we will consider Sri Aurobindo's dual principle of Ishwara-Shakti, both from a philosophical perspective in *The Life Divine*, and from a poetical and mystical perspective in *Savitri*. This dual principle is the first, the original duality in which the One Divine differentiates itself into two aspects, the One Self of all and his Consciousness and Force which manifests all that is. The term *Ishwara* carries the important attribute of being the Lord, the Master of the manifestation which his *Shakti*, his Conscious-Force displays in the many worlds and fields of being. And *Shakti* carries the important attribute of being conscious of the Lord of whom she is the manifesting Force. Thus, this original duality is not separated, they are not two, they are the two-in-one.

Everyone is welcome

Dhanalakshmi for Savitri Bhavan Team

## 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

## STUDY CIRCLE



**BHARAT NIVAS**  
PAVILION OF INDIA: AUROVILLE

### on The Synthesis of Yoga—Sri Aurobindo

On the Occasion of Sri Aurobindo's 150<sup>th</sup> 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

27.03.1973

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 262253



## BRAHMANASPATI KSHETRAM

Calendar of regular events,  
November 2023



**BRAHMANASPATI KSHETRAM**  
The Mother Sri Aurobindo Centre

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

Calendar of regular events of November 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

27th, Monday at 6:30pm full moon, reciting  
Sri Aurobindo's Gayatri Mantra for 30min

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

kshetram2014@auroville.org.in



Submitted by Rajan

## POETRY RECITAL AT SAVITRI BHAVAN

Monday, 30 October, Square Hall, 5:15—6pm



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.

Malcolm

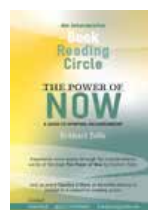
## BOOK READING CIRCLE

### 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](mailto:b.deb253@gmail.com)



Debashish

## MUDRA CHI



From November on, Mudra Chi changed the day of having the class.

- Every Saturday at 4:30pm  
at Savitri Bhavan

Facilitator Anandi ayun

Everybody Welcome!

Submitted by Anandi

*Education*

## 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](mailto:avlib@auroville.org.in)
- Web: [library.auroville.org.in/](http://library.auroville.org.in/)



Kristen for Auroville Library



## 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, 1<sup>st</sup> and 2<sup>nd</sup> 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](mailto: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.aurovillradio.org/interview-with-snehal-d-roy/>

- This event is contribution based

Arun, Anand and Balaji For Enlight team



## 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](mailto:pcg@auroville.org.in) or may be downloaded from Auronet.



STICHTING DE ZAAIER

All documents related to this purpose are to be submitted in the prescribed forms as attachments emailed to [pcg@auroville.org.in](mailto: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!)*

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](mailto: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](mailto: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*

## Innovations

### CHATGPT/ LLM/ GENERATIVE AI USER GROUP



Are you

- a student using ChatGPT / DALL-E to create a multimedia presentation for a class project
- a teacher using Knewton to create personalized learning materials for students
- an artist using DALL-E to generate new and innovative art
- a musician exploring new compositions with JukeBox
- a writer using Bard to create compelling stories and poems, or 'authors.ai' for feedback
- a designer using MidJourney or Dream by WOMBO to generate unique and eye-catching visuals
- a translator using DeepL to translate text from one language to another with high accuracy
- a scientist using GPTneo to generate new scientific hypotheses
- a software developer using Github copilot to generate code
- a marketer using Persado to create personalized and effective marketing copy
- a unit executive using Brainstormer to generate new business ideas

Perhaps you're a student of MotherSriAurobindo intrigued by the possibility that AI is an essential milestone on the road to the supramental being. Or possibly you believe the opposite, that the entire trans-human agenda is an Asuric roadblock seductively placed by the Lord of Nations.

If so, I invite you to join our Generative AI User Group! We'll meet regularly (in the real world :) to discuss the latest trends and developments in generative AI, share ideas, and collaborate on projects.

- To join, please contact me with your phone number and a brief description of your experience with generative AI. I will then add you to a WhatsApp group for communications and meeting announcements.
- Our first meeting is tentatively planned for early November and the group will be created shortly before.

*Warm regards, Al Majumdar*  
+91 9843941207 WA, @al\_majumdar  
[dar9al@gmail.com](mailto:dar9al@gmail.com)

*PS. Bard assisted in the creation of the above announcement.*

## Health Care

### SANTÉ SERVICES, OCTOBER 2023



*santé*

#### Working Hours

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

#### Tests and Sample collection

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

#### For emergencies

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

#### Appointment

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

#### Santé Services Schedule

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

### AURODENT DENTAL CLINIC



Dental Clinic

Auromode, Auroville.

**For Appointment please contact us**

Email: [aurodent@auroville.org.in](mailto:aurodent@auroville.org.in)

Phone: 0413-2622063 What's up: 9629199328

**Working hours**

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

*Submitted by Sutha*

## AYURVEDA CLASSES



From 6 November I will be starting again the teaching of Ayurveda and how this Science of life can be directly applied on a daily basis to understand oneself and others health and imbalances/diseases but also to gain knowledge on the medicinal plants that grow in the surroundings useful to sustain health all through the year.

Learn how the relations, food, environment, climate, seasons, season of life can influence the state of well-being in the physical, vital and mental.

- Ayurveda classes will be held in **Sante Every Monday**:
  - **2pm**: beginners
  - **3:15pm**: advanced
  - until March 2024 (no class on school breaks).
- If you would like to get an idea of the previous classes, please check on YouTube by searching 'Ayurveda Auroville'.
- If you are interested please contact Dr.Be directly by Whatsapp message on 9489505691.

*With much love and happiness  
to share this profound knowledge, Dr. Be*

## 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 provide 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

#### • At Sante

Paula offers midwife and GYN consultations at Santé including well-woman care, Pap tests, and other screenings, menarche through menopause. Book an appointment through Sante 0413 2622803

#### • Other

Consultations available with midwives, doulas and breastfeeding advisors—email us if you are interested in specific consultation.

### Teens

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

- Contact by email: [morningstar@auroville.org.in](mailto: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—7pm**. Movement classes like Yoga, dance, breath work and education on various aspects of pregnancy, birth, newborn and breastfeeding.

Most of the sessions are offered in English and Tamil.

- Like to join the classes? Send WA message to Bala, +91 9892699804

### Parents' Groups

Rotem is facilitating 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? Send message to Rotem at WA +91 8056888715

*Bala*

## HOW TO EXPEL VITIATED PITTA that inflates and inflames



Following some queries from the article published in the [News and Notes issue #996](#) (Ayurveda tips to rebalance Pitta vitiated by the excess of heat and humidity), this season is also the appropriate time to expel the accumulation of Pitta, at least from the small intestine (if there's bloating, gas accumulation, sluggish digestion, all the ... it is conditions—tendinitis, rhinitis, arthritis, shoots of hypertension etc) and the bowel (retention or constipation, flatulence, abdominal tender touch or sensation).

A solution is to do a mild purgation that will clear the digestive tract from these accumulated Pitta toxins:

- **During 3 days consecutively ONLY**:
  - Take one flat teaspoon of Triphala powder with one teaspoon of Eranda Tailam (Castor Oil) with a sip of warm water at bedtime.
  - The next morning after drinking a glass of warm water, take one flat teaspoon of Triphala powder in a sip of warm water.
  - Repeat 3 times this procedure in 3 days.

There will be more bowel movements and more slightly loose motion... the cleansing is happening. After 3 days in a row, it is highly recommended to stop. Then the body will adjust on its own by giving a sensation of good appetite, lightness in the belly and body, happier mood and heart.

And until monsoon arrives the previous recommendations ([from issue #996](#)) on food and activities can still be followed.

*Wishing you the best,  
Be @ Sante Clinic*

## 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



#### Contact

- [aurokiya@auroville.org.in](mailto:aurokiya@auroville.org.in); [aurokiya@gmail.com](mailto:aurokiya@gmail.com)
- WA/ Mobile: 8012305151, [www.aurokiya.com](http://www.aurokiya.com)

*Aurosugan, Aurokiya team*



**URMILA**  
**adiShakti**  
LABORATORY FOR THEATRE ART RESEARCH

@ Rangashankaraon, 29 October at 7:30pm  
and @ Jagriti Theatre, 30 October at 7:30pm

We are very excited to invite you to our newest production, written and directed by me, Urmila.

It is being performed at Rangashankara festival in Rangashankaraon 29 October at 7:30pm and in Jagriti Theatre on 30 October at 7:30pm.



**Adishakti's Urmila**

*In the land of Ayodhya,  
Where ancient stories recoil,  
Lies the tale of Urmila  
For us to uncoil.  
Her life flipped,  
With a simple whisper,  
So causally uttered  
By Lakshmana's busy mind.  
Did she hear him say, 'Sleep my sleep'?  
Who needs consent?  
Who needs approval?  
'Sleep', he says.  
Is it a command to obey?  
That Urmila would have to pay?  
Without are flecion of the price,  
'Sleep', he says.  
And the soldiers of the sleep goddess rush to comply.  
She calculates,  
With a resolute voice,  
She protests,  
Her tears evaporated.  
Will her Will rise to question  
This sleep, to mask her hope?  
It is a choice to make,  
To tear away from limitations.  
She sighs. Wide eyed she remains.*

*Her knowing mind struggles.  
Her fourteen years of sleep,  
Along with his,  
In a blink she gives up.  
Deprived of her own life,  
To remain in a state of slumber,  
She will never be.  
Did he say 'Sleep'? She laughs.*

**Rangashankara on 29 October, 2023.**

- <https://in.bookmyshow.com/plays/urmila/ET00372275?groupEventCode=ET00372279>

**Jagriti Theatre on 30 October, 2023.**

- <https://in.bookmyshow.com/plays/urmila/ET00372366>

Share with your friends and family and see you guys soon  
*Love, Nimmy Raphael*

**HOMAGE**

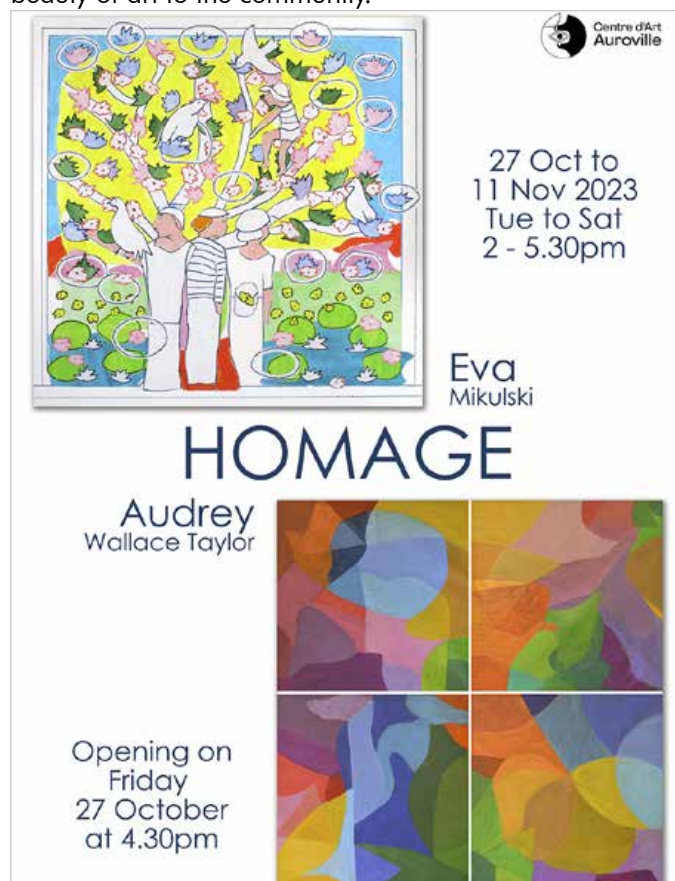
**Audrey and Eva**

27 October—11 November

Monday—Saturday, 2:30—5:30pm

Opening on Friday, 27 October, at 4.30pm

Homage is an exhibition dedicated to Audrey and Eva, two artists who dedicated their Aurovilian life to transmit the beauty of art to the community.



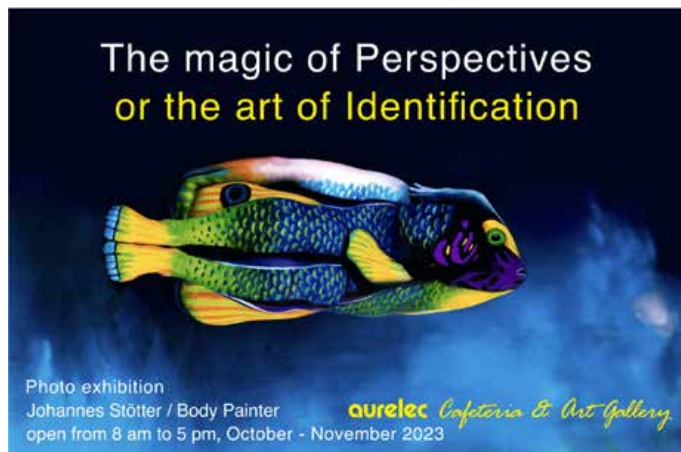
They have been artists and teachers, and always connected with education. Audrey taught how to approach art, how to play with it, how to experience and enjoy it. Eva was inspired by the children's world she came to know when she was a teacher. 'In the school I learnt a lot from the children about creativity and the absence of mental limitations' she used to say.

They recently passed away a few months apart from each other, so we are happy to remember their passionate work through a double exhibition in Centre d'Art, Citadines.

- All donations for Audrey's work will go to CREEVA, the art workshop open to the community that Audrey created in 2017 and supported over the years **Marco**

## JOHANNES STÖTTER, THE MASTER OF ILLUSIONS

October—November, 8am—5pm @ Aurelec Cafeteria



*Submitted by Franz*

## THE STORY OF PRAHALADA

**A contemporary Therukutthu performance**

Saturday, 28 October, 6:45pm  
@ Sawchu, Bharat Nivas

Followed by Garba celebration Sukla Paksha Purnima  
at 7:45pm

By Pondicherry University's  
Performing Arts Department students with folk songs,  
theatre, dance, and humour  
All are Welcome to join us!

- Enquiry contact: Krishna at 9787-880211
  - Parking available outside the Bharat Nivas main gate
- Regards, Vani BN Cultural Team

## 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 Stu-  
dio Creeva.

- **Inauguration:**  
Saturday, 14 October  
With music and  
Recitation
- **Duration  
of Exhibition:**  
12 to 29 October
- **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)

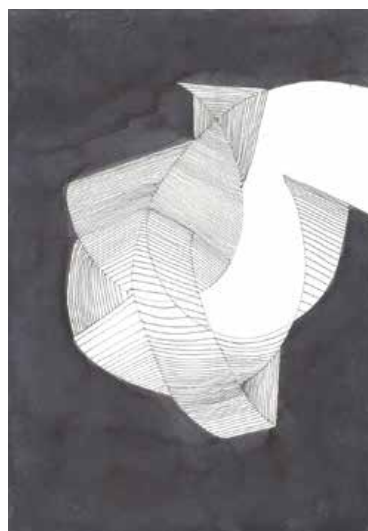
Art Exhibition cum Fundraiser For CREEVA

Exhibition will last until Saturday, 18 November

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 ex-  
periment with mediums,  
form, themes.

Creeva offers the chance  
to go on a journey to find  
expression, as each one  
has an individual expres-  
sion and style; the way  
you speak, the way you  
walk and move. CREEVA  
allows such deep explo-  
ration; 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.

Andrea  
for Pitanga Cultural Centre,  
2622403 / 9443902403 WA,  
[info@pitanga.in](mailto:info@pitanga.in)



## Festivals

### HALLOWEEN CELEBRATION

@ Youth Center, Saturday, 28 October, 3—10pm



**Bring your kids and family!!**

With respect towards the original celtic festival of Samhain, and honoring the traditions, we are coming together to celebrate Halloween and have a fun evening of togetherness, community sharing and love and other fun activities.

#### Event Highlights:

- Costume Contest with Prizes for the Best Dressed
- Witch's Brew Bar—Special Halloween Mocktails
- Dance your heart out to Live DJs
- Jesse Special Play
- Haunted House Experience
- Special Halloween themed baked goodies and pizza
- Trick or Treat Candy Stations
- Face Painting and Tarot Readings
- Photo Booth to Capture Your Spooky Moments
- **Dress Code:** Come in with your favorite costumes
- **Location:** Youth Center
- **Time:** 3—10pm
- **Date:** Saturday, 28 October, 2023



**Please note:** It is strictly a no alcohol and no substance zone.

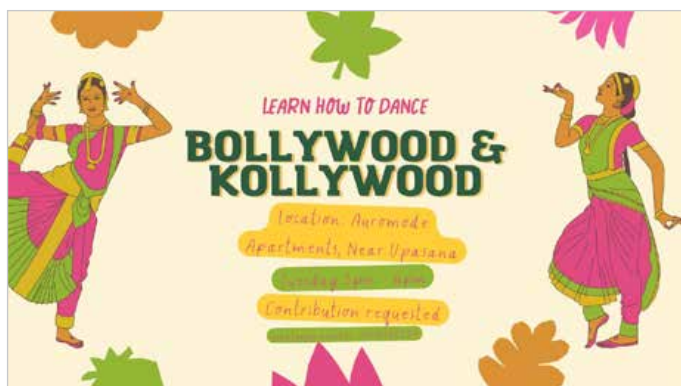
Looking forward to seeing you all!

YouthLink and YouthCenter team,  
Bondeepa

## Activities

### JOIN OUR BOLLYWOOD DANCE SESSION

@ Auromode! Every Tuesday, 5—6pm



Auromode Apartments, Near Upasana and CSR

For more information and to reserve your spot, contact:

- [balaganesh.siva@gmail.com](mailto: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

### ULTIMATE FRISBEE

#### Women's Team Practices

Wednesdays and Saturdays 4:15pm—Sundown  
@ Gaia field.



All levels are welcome!

Smiti  
for Ultimate Frisbee Women's Team

### KSHETRA KALARI

#### Aspiration

@ Aspiration Sport Ground

- **Kalari Class for Beginners**
  - Morning classes: 6:30—7:30am  
Monday, Wednesday, Friday
  - Evening classes: 5—6pm,  
Tuesday, Thursday, Saturday
- **Kalari Classes for Advanced People**
  - Morning classes 6:30—7:30am  
Tuesday, Thursday, Saturday
- **Kalari Massage Available**
  - By apointment, 9042009200, Maneesh



Where Body Becomes Eyes,  
Maneesh For Kalari Team

### ZUMBA

Zumba classes are happening



@ New Creation Studio  
every Monday, 6pm

Submitted by Vega



## TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

By appointment: any time you can do class

### Information

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

For bookings contact us:

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

Submitted by Mani



## ANGAM TREE

Workshop: LA Style Salsa Dance



Every Thursday, 7:30pm @ CRIPA, Kalabhumi

Salsa is dance from Los Angeles, It's all with Music & Dance with Presences of mind. It is FUN, GREAT skill to have in life, way to make new friends, relieves stress, builds confidence, exercise and universal dance. SALSA dancing not only feels good, but it also improves your physical strength, endurance, flexibility and co-ordination. You can get a real high in energy from dancing and in the stressful world we reach this natural calm is a Good Thing.



### Beginner:

- Basic steps, Front and back, Side to side, Cross legs, Front turning, Back turning
- Practice with Partners with all basic steps, Partner sequences, Turning and leading
- How to get the beats or rhythms, Dance with Partners
- Feedback sessions
- Contribution Based

Contact: Instructor Raja, +91 9751395939, Voice and WA

- [www.angamtree.com/workshops](http://www.angamtree.com/workshops)

- Kindly WhatsApp to be added in the Salsa WhatsApp +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

Thank you, Raja Narayanasamy

## 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 9821166082, [tango@auroville.org.in](mailto:tango@auroville.org.in)

Submitted by Aurevan

## SWIMMING CLASS

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



## 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

## 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](mailto: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	Fleur ballet teens			Gymnastic private (Terra)	Ballet private	
4pm 4:45		Elodie practice			Elodie practice	Power Flow Movement (Purvi) From 4:30—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

## BANSURI (FLUTE) Group Classes With Michael

### The Sound of Bamboo Various Styles of the Indian Flute



- Kalabhum 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](http://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>
- Dave, +440 7564119728, [djsevens87@gmail.com](mailto:djsevens87@gmail.com)

## TAI CHI HALL

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

- Mondays & Saturdays
  - 7.30—8.30, Chi
  - 8.30—9.30, Form
- Tuesdays—Fridays
  - 7:30—8:30, Form
  - 8:30—9, Chi



We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School—Stevanovitch Method ([artduchi.com](http://artduchi.com)). All are welcome to drop in.

- Our next beginner's intensive is from January 30 to February 18.

[taichi.auroville.org](http://taichi.auroville.org), [taichi@auroville.org.in](mailto:taichi@auroville.org.in)

Submitted by Krishna

## MARTIAL ARTS Auroville Aikido News



- Classes for Children
  - 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 6:30pm
- Women & teen-age girls' classes
  - Sunday, 9:15 to 10:30am.

Contact us at [budokan@auroville.org.in](mailto: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

## ART IN NATURE.

Every Wednesday, starting 1 November.

### Co-creating with the Spirit of Nature

Are you interested in deepening your communication with Nature and co-create in its Spirit? Drawing, painting, dancing, video, poetry... whatever field you are called for. Bring your own materials or use what nature is offering. Let's meet on Wednesdays afternoon from 3.30p.m to 5 p.m. Starting November first We will work out doors. Register: +91 7598892065 WA

This is a LA SA MA KA activity

Bel



## 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](http://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](http://joyofimpermanence.in)



Love and light,  
Serena

## ABHAYA

### Offers Martial Arts Classes

#### 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](mailto:abhaya@auroville.org.in), 9487340778 WA
- Check our work and follow us here: [https://www.instagram.com/giacomo\\_writer\\_auroville/](https://www.instagram.com/giacomo_writer_auroville/)

#### Martial Art Classes For Kids

- Tuesday, 5:30pm @ Dehashakti Gym.
- <https://www.youtube.com/watch?v=ZzEB-GtOjys>
- Please contact us to sign up: [abhaya@auroville.org.in](mailto: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](mailto:abhaya@auroville.org.in) or via 9487340778 WA for more info.

See you on the tatami, Giacomo

## 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](mailto: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/1tGQNBGLtSxZKGulnpwhQTPNaUIAJomDU?usp=drive\\_link](https://drive.google.com/drive/folders/1tGQNBGLtSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link) or
  - please scan this code to know more.



Regards, Bondeepa

## KALPANA GYM

Kalpna Gym has a new Caretaker

It is open

- 7—9am & 5—8pm
- Monday To Saturday

All Are Welcome!



Satyakam





With a full moon and a partial lunar eclipse, this week-end may again bring some intensity to our inner movements. We can prepare ourselves to stay centered, eating lightly during the days surrounding the astral pick, tuning with the subtlety of Nature, with the support of the forest environment and a silent mind.

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature.

- **Full moon night walk with Arun**  
Sunday, 29 October, 0:30—1:15 am, Midnight

Peaceful walk with Major Arun to understand the anatomy of darkness and to experience the relevance of natural darkness for a deeper connection with nature.

- **Introduction to MahaKali Park with Arun**  
Sunday, 29 October, 6:45—7:45am

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.

- **Meditative Quest with Mukhande and Gaspard**  
Sunday, 29 October, 7:45—8:30am

Solen Mukhande will curate a Meditative Quest surrounded by natural harmonics of life, in the forest's early morning. Her voice will guide you into a more focused body and mind, in order to increase your connectivity. Our alignment is our healing gift to the environment. From our essence, we may also meet the essence of Nature and begin to weave ourselves into sacred eco-spirituality.

From 8:30 am to 9 am, the meditation will be followed by a 30-minute sound bath for deepening and integrating our alignment. Gaspard will ring his 14 Tibetan bowls attuned to planets' frequencies.

**Contact WA only:** +33613047794 (Mukhande) / +919500183706 (Arun)

**Contribution:** Free / Contributions are welcome

**Venue:** Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for 'Revelation Forest' on Google Maps)

**Dress code:** Be adequately clad to prevent mosquito bites. You may also carry mosquito repellants. For the night walk please wear white clothing and closed shoes.

*Mukhande, for Révélation*

## FOOD FOREST TOUR



Sarah

## AUROVILLE BAMBOO CENTRE November Program 2023



### Bamboo Centre Campus Tour

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



- 11am—12:30pm, 2:30—4:30pm
- Every day except Sunday
- Registration: One day in advance.

### Every Saturday Auroville Bamboo Tour with Special Bamboo Lunch

- 11:30am—12:30pm
- Every Saturday
- Registration: One day in advance.

## Training and workshop

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

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

- Daily: Make and Take Hands On Workshops Experiences

### One-Day, Make and Take Workshops

#### • Furniture Workshop

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

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Registration: One day in advance.

#### • Bamboo Lampshade

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

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Registration: One day in advance.

Auroville Bamboo Centre presents

## MAKE & TAKE WORKSHOPS

An immersive learning experience that offers the opportunity to learn the fundamentals of bamboo products under the guidance of an expert.

### JEWELLERY, TOYS & MUSICAL INSTRUMENT WORKSHOP

MONDAY TO SATURDAY | 09 AM TO 12 PM / 02 PM TO 05 PM | 3 HOURS

### FURNITURE WORKSHOP

MONDAY TO SATURDAY | 9 AM TO 5 PM | FULL DAY

Mobile : 08300949081  
Telephone: 0413 2623806  
Mail: [bamboocentre@auroville.org.in](mailto:bamboocentre@auroville.org.in)

FOR REGISTRATION & INQUIRIES :  
PREBOOK A DAY IN ADVANCE

Auroville Bamboo Centre  
Kottakaral road, Mangalam  
Auroville, Tamil Nadu, 605 111

### 3 Hours Make and Take Workshops

#### • Bamboo Toys

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

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

#### • Bamboo Musical Instruments

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

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

#### • Bamboo Jewellery

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

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

#### • Bamboo Planter

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

- 10am—12:30pm or 2:30—5pm
- Every day except Sunday
- Registration: Walk-in registration available

### Upcoming Workshops

#### • Bamboo Lampshade Workshop, 3 & 4 November

This workshop focuses on small scale lampshade making from bamboo and wood combination. The Bamboo Lampshade workshop will take place over 2 days, covering full day intensive sessions offered daily from 9am to 5pm.

#### • Bamboo Geodesic Dome Workshop, 15 to 18 November

The Bamboo Geodesic Dome workshop is a 4 days learning experience that offers the opportunity to learn the fundamentals of bamboo construction and Hyperbolic Paraboloid technique. Bamboo Construction workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

#### • Bamboo Product Design Workshop 28 to 30 November

This workshop focuses on small scale products and interiors making from bamboo and wood combination for example chairs, table s, shelves, lamps, etc... The Bamboo Product Design workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

**For more information,** special requirement, and pre-booking contact:

- Preferred through Email at [bambooworkshop@auroville.org.in](mailto:bambooworkshop@auroville.org.in) or [bamboocentre@auroville.org](mailto:bamboocentre@auroville.org)
- or telephone number: +91 8300949081, 0413 2623806 / 2964727
- Flexible training dates offered to groups
- Contact: Voice call and WA: 8300949081

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

Murugan For Bamboo Centre

### DREAMCATCHING OPEN SESSIONS

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](mailto: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](mailto:thamarai@auroville.org.in)
- or visit our web site [www.thamarai.org](http://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*

### CREEVA Seeks Funds

We are in need and would deeply appreciate your financial support.

- Click on: <https://donations.auroville.org/>
- FS #24001 Unity Fund mentioning Creeva
- [avunityfund@auroville.org](mailto:avunityfund@auroville.org)



**CREEVA**

*Thank you a lot,  
Marlenka and Sathya for Creeva*

### CLOTHING DONATIONS Needed for Puppies



Despite our continued efforts to secure foster homes for our adorable puppies, we still find ourselves caring for many of them. Our old shelter lacks a dedicated puppy quarantine unit, leaving us with no choice but to keep the puppies in cages overnight. To ensure their warmth and comfort, we rely on a significant amount of old clothes. Unfortunately, these clothes always get soiled with feces and need to be discarded by morning.

While we appreciate the generous support from Free Store and

Eco Service with their weekly cloth donations, we still need more used clothes or newspapers and cardboard, especially with the onset of the monsoon season. As we don't have enough staff members to drive around daily for smaller quantities of donated goods, we have arranged Thursday as our pick-up drive day. We plan to set up very soon donation barrels at Pour Tous as convenient drop-off points for smaller donations of food and clothes.

*Thanks,  
Arthur for AV Dog Shelter*

### OUTDOOR FURNITURE DONATIONS for Rest Area

Our team members are asking if you have used outdoor furniture (benches, tables, chairs) to donate to enhance our tea and lunchtime resting area. Currently, our resting space comprises only an old and broken bed frame, making it less than ideal for team members to relax and recharge during their breaks.



- If you have a large amount of donations or furniture for pick up, please be so kind to contact Arthur on 812225266 WA.
- If you want to drop donations at the shelter, we are very happy to welcome you during our daily visiting hours from 9am to 12noon and 2 to 4pm

*Arthur*

### AN APPEAL TO REALIZE MY DREAM Of Becoming A Conservation Leader!

Dear Auroville family, my name is Induja, living as a part of this huge family from the year 2016, when I first found Auroville. I came to Auroville as an intern architect and decided to stay and integrate myself into our community with a commitment to work towards the aspirations and ideals of Auroville, despite many challenges.

I am delighted to share with all of you that I have been accepted into the masters program in Environmental Conservation at the University of Wisconsin, Madison, United States. It was Auroville that gave me opportunities to discover myself and work towards my passion of bringing positive changes in the society and protecting the indigenous knowledge and environment. Working in and traveling widely throughout India in the past few years has exposed me to various issues at the grassroots level, helping me to better understand what I need to do to accelerate actions towards my passion. This is a fantastic opportunity for me to learn from and network with peers from around the world, skills that I will be able to bring back to Auroville and India to help build the better future to which we all aspire and are committed to.

But in this, I have been faced with financial difficulties to cover my tuition fee.

Total cost of the education for the whole program is \$59843 (INR 49,70,460/-) including the living expenses. I need to secure \$43000 (INR 35,75,379/-) including the total amount of tuition for the whole program and the living expenses for two semesters by the end of January 2024 to obtain an I-20 from the university to be able to apply for a visa. The scholarship from the university will be in the range of \$6000—\$12000 (INR 4,98,350/- to 9,96,700/-) which will be deducted from the amount that I need to secure. I am working towards various options to raise the remaining funds.

I am making an appeal to the Auroville community, well wishers and friends for your support in the form of financial aid to support my dream. I invite you to please consider contributing and spread the word in your networks of friends, family and colleagues encouraging them to donate. I will soon launch a crowdfunding page and share it with the community through which the well wishers can contribute anonymously and in their preferred currency. In addition, I am looking into other options like applying for external scholarships but most of them require me to have a valid visa before applying.

- Contributions are also welcome in FS account 252960—Induja Education Support. Every contribution of yours matters to me as it will take me closer to my dream!

I will keep the community posted on the progress I make and I will be more than happy to chat with you if you want to know more details. Please feel free to call me at +91 9843656428 or write to me at [ginduja397@gmail.com](mailto:ginduja397@gmail.com).

Thanks for your time!

*Induja*



## Honorary Voluntary

### 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](mailto:kulaicreativecentre@auroville.org.in)
- + 918608473385 WA / 9843195290 WA

Selva

### AUROORCHARD: Call For Farm Volunteers



Please contact

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

Nidhin, <https://auroorchard.auroville.org>

### 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

Arthur



AUROVILLE  
DOG SHELTER

### 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](mailto:sadhanaforest@auroville.org.in),  
8525038274WA or call 8122274924

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

## Looking For

### Morning Star Seeks Temporary Location



Dear Auroville Community, as you are aware, our dream of a state-of-the-art maternity home for birth in Auroville is currently in the design phase. We are now actively seeking a temporary location where we can offer birthing services.

The minimum requirements are:

- Good access road, including access for emergency vehicles. Availability of running water and electricity Toilet facilities with shower,
- Ground floor and Privacy
- Area of at least 40sq.m each, 2 rooms

If you are aware of potential locations that could meet, or are close to our criteria, please feel free to get in touch with us. The AV Unit, Morning Star, must register this facility under the TN Clinical Establishment Act, so the location must meet specific requirements.

With Gratitude, Balaganesh  
for Morning Star team



### Teacher of Spanish

I am looking for an informal Spanish teacher. I offer in exchange to teach to draw/meditation. I got books from the AV library but we could just talk. I am a beginner.

[ivana@auroville.org.in](mailto:ivana@auroville.org.in),  
7094344154, Ivana



## Available

### Office Space Available

Office Space inside Auromode Premises with superb infrastructure, including Generator back-up, 24 hours Security service, Aqua Dyn drinking water, Car & Bike parking and restaurant.

- Interested people may contact Mr. Pandian at Auromode in person, +91 9943390391 or [pandian@auroville.org](mailto:pandian@auroville.org)

Best Regards, Pandian



### Available Royal Enfield Himalayan

2022 Year BS 6 model Single owner  
7000 kms driven

Last service done at Rooster service center (6900kms) with bill, TN 14 registration, towards contribution

Contact 8508181074 WA or call



Regards, Gokul

## 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*

### FULL-TIME ANIMAL CARETAKER

We are seeking an enthusiastic individual who shares a deep love for dogs to join our team as a full-time animal caretaker. The nature of the work may involve lifting heavy materials, so we prefer a male coworker or a strong woman. Basic English skills would be a significant bonus.



- **Working Days:** 6 days a week
- **Compensation:** Rs. 350 per day (Rs. 320 per day for the first month trial period)

Please contact Kiran at 9498410380 to get more information and apply for this position.

*Thanks, Arthur*

## Foods, Goods and Services

### A KIND REQUEST & REMINDER

#### From Auroville Printers

Auroville Printers extends a warm request and reminder to all units, services, and schools within Auroville. We offer a wide range of printing services, and we're here to cater to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels. Just name it, and we'll make it for you.



We deeply appreciate those of you who have entrusted us with your printing needs, and we kindly urge others to consider Auroville Printers the next time you require our services. Auroville Printers was originally established with the primary mission of fulfilling the printing requirements of all Auroville units. Your support can go a long way in not only promoting a spirit of goodwill and solidarity within the community but also in sustaining the services we offer at Auroville Printers.

By placing your orders with us, you not only get quality printing solutions but also actively contribute to the growth and sustainability of an Auroville unit. Your patronage is a beacon of support for our mission.

We express our sincere thanks and gratitude to those who have already chosen Auroville Printers, and we welcome others to explore & support our services.

Should you need any assistance or wish to place an order, please contact us at:

- **Auroville Printers Location:** In front of the Auroville Health Centre
  - Phone: (0413) 2622534
  - Mobile: 9443202786
  - Email: [aurovilleprinters@auroville.org.in](mailto:aurovilleprinters@auroville.org.in)

As the Festival of Diwali approaches, we extend our warm wishes to all of you. May the light of Diwali shine bright in our hearts and bring joy to our community.

Thank you all very much for all those who give their continued support & cordially welcome others!

*Warm regards, Auroville Printers, Raju*

*To do at each moment the best we can and leave the result to the Divine's decision, is the surest way to peace, happiness, strength, progress and final perfection.*

*The Mother, 14:p.117*

### SERVICE CAMP

#### for Ampere and Kinetic green E-Scooters

on 28 October, 10am to 5pm

We are pleased to announce that we will be hosting a service camp for Ampere and Kinetic green e scooters in partnership with Nesal motors.

- The service camp will start at 10am to 5pm
- We request all the owners to avail this opportunity and make your vehicle monsoon ready.



*Best, Prabhakar, Team KINISI,  
CSR Campus, Auroshilpam,*

*Call or WA +918300460679, +918300460680*

### MITRA CAFE ANNOUNCEMENT

Open coming Sunday, 29 October

Breakfast, Lunch and Dinner from 8am to 8pm



Dear friends, the cafe at Mitra Youth Hostel (Town Hall area) will be open this coming Sunday, 29 October for breakfast, lunch and dinner from 8am to 8pm.

Mitra means 'friend' in several languages. It is an experimental cafe where we will try our best to:

- Cook for you fresh, tasty and healthy food
- Provide food at an affordable price
- Be eco-friendly—use food ingredients from Auroville and bioregion, minimising packaging and transportation impact on our planet
- Create a friendly atmosphere
- Listen to your opinion and make the place better when you come next time.

**We offer a vegetarian menu with gluten-free and milk-free options** and try to minimize processed ingredients. This Sunday we will offer pancakes, omelets, salad, soup, vegetable rice/varagu, cake, tea and more.

- If you are coming park your bike/car at Town Hall parking.
- **Mitra Youth Hostel is located** between Town Hall and Sunship.
- **No cash accepted.** AV FS account (blue sheet) or digital pay (scan code).

*See you soon, Alexey*



## ORGANIC QUALITY MILK

### Available

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

- For reservations contact 9585180393

**Erumalai (Evergreen)**



## WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

**New Waves**, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of PCB Assembly, SMD soldering, desoldering and minor repair of appliances. The unit can also undertake sub-contract of your production work on job work basis. If you have any requirements, please contact



- Dhandapani, Executive at 0413-2622295,
- Mobile 9443090082/8098193820
- or via email to [newwaves@auroville.org.in](mailto:newwaves@auroville.org.in)

**Priya, Petite Ferme, Auromodele**

## DROPZY HAS GONE LIVE

Happy to announce that Dropzy has gone live as of 2nd October with the following categories Food, Groceries, Fruits & Veggies, Body Care, Home Decor, Services and Therapies.



Kindly do download the mobile app to register yourself to place orders supporting the outlets in around Auroville and to find out relevant information to your needs.

Download link as shown below:

- **Android:**
  - <https://play.google.com/store/apps/details?id=app.auroville.dropzy>
  - Or scan this QR code
- **iPhone**
  - Coming soon.



We will be adding new categories to service our user base in the upcoming weeks. Dropzy is a multi-purpose mobile app platform and it isn't merely only a delivery service solution.

Stay tuned in to our announcements and the app regularly, for more updates.

**Best regards, Sathish Arumugam For Dropzy**  
Mobile: +91 8098144686, [www.dropzy.in](http://www.dropzy.in)

## TECH ELVES SERVICES

Dear all, YouthLink continues to offer our Tech Elves service to the community.

Created with the purpose of helping everyone better understand their technology, this initiative aims to provide technical support to anyone who needs it!

So if you have any issues you are currently facing with your phone, computer, smart tv etc, reach out to us and we will come and solve your problem while hopefully teaching you as well.

- [Youthlink@auroville.org.in](mailto:Youthlink@auroville.org.in), +91 7397787112

**The YouthLink Team, Sananta**



## NEEM TREE CAFE HAS JOINED DROPZY

Dear Friends, Neem Tree Cafe has joined Dropzy mobile app platform to deliver your favorite food to have at your convenience from home through delivery or self-pickup.

Dropzy is an Auroville based initiative developed by 150dpi and deliveries are done through Integrated Transport (ITS) team personnel with care and on time.

At this moment, Neem Tree Cafe only serves Dinner through Dropzy.

- We take orders in Dropzy from 7:30pm till 9pm.
- Download the mobile app now and show your support.
  - Android: <https://play.google.com/store/apps/details?id=app.auroville.dropzy>

Coming soon. More information on Dropzy can be found here: <https://www.dropzy.in>



**Regards, Partha,**  
**for Neem Tree Cafe Team**

## DISCOVER THE MAGIC of Hemp at Hemplanet!

**Open Monday to Saturday, 10am—4:20pm**  
**@ Reve Area, 1<sup>st</sup> 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

**Daive**



## 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**





## AUROCABS



- [aurocabs@gmail.com](mailto:aurocabs@gmail.com) / [www.aurocabs.in](http://www.aurocabs.in)
- Mob: +91 9443074825 / +91 9843734825
- Office: 0413 2623200 / 2623201

<b>AUROVILLE to CHENNAI AIRPORT:</b> SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 2,700</li> <li>• 2 Sharing- Rs. 2,000 Per person</li> <li>• 3 Sharing- Rs. 1,500 Per person</li> <li>• Round Trip Rs. 4,200</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• NO Sharing Rs. 4,500</li> <li>• Round Trip Rs. 5,500</li> </ul>	<b>CHENNAI AIRPORT to AUROVILLE:</b> SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 2,800</li> <li>• 2 Sharing Rs. 2,000</li> <li>• 3 Sharing Rs. 1,500</li> <li>• Round Trip Rs. 5,000</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• No Sharing Rs. 4,600 (Includes parking fees)</li> <li>• Round Trip Rs. 6,500</li> </ul>
<b>AUROVILLE to CHENNAI CITY:</b> SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 3,300</li> <li>• 2 Sharing Rs. 2,300 Per person</li> <li>• 3 Sharing Rs. 1,700 Per person</li> <li>• Round Trip Rs. 5,000</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• NO Sharing Rs. 5,000</li> <li>• Round Trip : Rs. 6,500</li> </ul>	<b>CHENNAI CITY to AUROVILLE:</b> SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• No Sharing Rs. 3,300</li> <li>• 2 Sharing Rs. 2,300</li> <li>• 3 Sharing Rs. 1,700</li> <li>• Round Trip Rs. 6,000</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• No Sharing Rs. 5,000</li> <li>• Round Trip Rs. 7,000</li> </ul>
<b>PONDICHERRY to CHENNAI AIRPORT:</b> SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 3,300</li> <li>• 2 Sharing Rs. 2,250</li> <li>• 3 Sharing Rs. 1,700</li> <li>• Round Trip- Rs. 5,500</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• No Sharing Rs. 5,100 (includes parking fees)</li> <li>• Round Trip Rs. 7,000</li> </ul>	<b>CHENNAI AIRPORT to PONDICHERRY:</b> SEDAN CARS : Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 3,200</li> <li>• 2 Sharing Rs. 2,250 Per person</li> <li>• 3 Sharing Rs. 1,700 Per person</li> <li>• Round Trip Rs. 5,000</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• NO Sharing Rs. 5,000</li> <li>• Round Trip Rs. 6,000</li> </ul>
<b>PONDICHERRY to CHENNAI CITY:</b> SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 3,800</li> <li>• 2 Sharing Rs. 2,500 Per person</li> <li>• 3 Sharing Rs. 1,900 Per person</li> <li>• Round Trip Rs. 5,500</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• NO Sharing Rs. 5,500</li> <li>• Round Trip Rs. 6,500</li> </ul>	<b>CHENNAI CITY to PONDICHERRY:</b> SEDAN CARS: Toyota Etios / Maruti Dzire <ul style="list-style-type: none"> <li>• NO Sharing Rs. 3,800</li> <li>• 2 Sharing Rs. 2,500</li> <li>• 3 Sharing Rs. 1,900</li> <li>• Round Trip—Rs. 6,000</li> </ul> INNOVA / SUV Vehicles: <ul style="list-style-type: none"> <li>• No Sharing Rs. 5,500</li> <li>• Round Trip</li> </ul>

Raju



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 accounting 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 office. The contact numbers are:
  - Landlines: 0413 2623586, 0413 2623587
  - Cellphones: 9047015801, 9443362218
  - Email: [uts@auroville.org.in](mailto:uts@auroville.org.in)

Lakshmi for UTS Transport Service Team

## UTS: BOOK YOUR TAXI

Affordable shared rides, less traffic, more savings

**For Booking**  
8098776644  
9442566256  
OR  

Scan QR

Website: [sharedtransport.auroville.org](http://sharedtransport.auroville.org)  
Email: [sharedtransport@auroville.org.in](mailto:sharedtransport@auroville.org.in)

Join our Sharedtransport Service!—your eco-friendly and efficient travel solution!  
Regards, Rajesh.D

## 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](mailto:Office@upasana.in)
- Clothing Lab @ UPASANA Auroshilpam, Auroville. Uma

## FIBER OPTIC AND IT TROUBLESHOOTING AVAILABLE



I am Ramakrishnan Aurovilian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge 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 Auroville 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;** Configuration/Installation/repairing

For any internet-related issues/complaints,

- **Please feel free to contact me:** Ramakrishnan, 9943919899, [ramkrishna@auroville.org.in](mailto:ramkrishna@auroville.org.in)

*Ramakrishnan*

## SURABHI SUPPLIES



Dear Auroville Community, **Surabhi Supplies** is dedicated to aiding individual community members, units, and projects in acquiring a wide range of materials and equipment, including but not limited to construction supplies, appliances, 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 partnerships 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](mailto:surabhisupplies@auroville.org.in)
  - +91 98438 46458 WA/Call

*Submitted by Iyyappan*

## VEGAN LUNCH in Red Dot Cafe



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

Sign-up lunch scheme.

[upasanared.cafe@gmail.com](mailto:upasanared.cafe@gmail.com), Uma



## 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](mailto:travelshop@inside-india.com)



- **Lufthansa** is introducing new routes from Bengaluru to Munich from November 2023 and from Hyderabad to Frankfurt in January 2024.
- New destinations for the **Lufthansa A380** in summer 2024, the Airbus A380 will fly between Munich and Boston, Delhi, Los Angeles, New York (JFK), and Washington.
- **Oman airways** special offers Economy and Business class to Frankfurt, Milan, Munich, Paris, London, Zurich, Istanbul. Book by 30 October 2023 for travel until 31 March 2024.
- The **Shri Lankan** Cabinet approved free tourist visas for India Nationalities.

*Joster*

## 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](mailto:rcsrapidcareservices@gmail.com)
- [rapidcare@auroville.org.in](mailto:rapidcare@auroville.org.in)

*Balaji and Arun for Rapid Care Team*

## 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](mailto:essence.touch@yahoo.de)

*Lovely day, Ulrike Urvasi*

## 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](mailto:rupavathijoy@gmail.com)

Rupavathi Joy

## 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](mailto:ramkrishna@auroville.org.in)

Ramakrishnan



*Poetry*

### TUG-OF-WAR

Hands held tight  
On the same thread  
Facing the same threat  
Breathing the same air  
Obeying the same urge  
To work together  
To pull the other side  
Towards one's own  
Not to unite with them  
But to win over  
Not losing heart  
Yet totally lost  
Win or lose

Even the Witness gets excited  
Knowing that  
It is to please Him  
That the contest is staged

With joyful Gratitude, Anandi Z.

## THE RAINBOW, PIANO AND RADIO

Life is like a rainbow:  
Many different colours;  
Or like a piano:  
Many different notes;  
Or like a radio:  
Many different channels,  
In scaled frequencies,  
Each a unique identity,  
Inseparable parts and parcel  
Of what is only a subtotal,  
As a rainbow, piano and radio  
Are only just one plus two  
Of infinite pieces and sets  
That totally comprise  
This limitless cosmos.  
And so all this diversity  
Is upheld, modulated in unity  
By the One and Only,  
The Two in One or  
The One in Two actually,  
The Supreme and Its Shakti.  
The joyful good news  
Of this Divine Paradox  
Is that We each are not separate,  
Although quite distinct, unique,  
From this diverse Oneness  
That is none other than Us.  
It's just a matter of identification  
To what level in the gradation  
We are at One with:  
Obviously crystal clearly best  
With the One Hundred Percent.  
So we joyfully continue on  
In this Spiritual Evolution  
Knowing that in the progression  
We will all reach a Life Divine.

Zech, 2023.10.19

### BURNING ISLAND

O Wave God who broke through me today  
Sea Bream massive pink and silver  
cool swimming down with me watching  
staying away from the spear  
Volcano belly Keeper who lifted this island  
for our own beaded bodies adornment  
and sprinkles us all with his laugh—  
ash in the eve mist, or smoke,  
on the bare high limits—  
underwater lava flows easing to coral  
holes filled with striped feeding swimmers  
O Sky Gods cartwheeling out of Pacific  
turning rain squalls over like lids on us  
then shine on our sodden—  
(scanned out a rainbow today at the  
cow drinking trough sluicing off  
LAKHS of crystal Buddha Fields  
right on the hair of the arm!)



Who wavers right now in the bamboo:  
a half-gone waning moon.  
drank down a bowlful of shochu  
in praise of Antares gazing far up the lanes of Sagittarius

richest stream of our sky—  
a cup to the center of the galaxy!  
and let the eyes stray  
right-angling the pitch of the Milky Way:  
horse-heads rings clouds too distant to be  
slide free. on the crest of the wave.

Each night O Earth Mother  
I have wrapped my hand over the jut of your cobra-hood  
sleeping; left my ear  
All night long by your mouth.

O All  
Gods tides capes currents  
Flows and spirals of  
pool and powers—  
As we hoe the field  
let sweet potato grow.  
And as sit us all down when we may  
To consider the Dharma  
bring with a flower and a glimmer.  
Let us all sleep in peacetogether.

Bless Masa and me as we marry  
at new moon on the crater  
This summer.

Gary Snyder  
Submitted by Roy

## 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

- [Une série hebdomadaire de lectures par Gangalakshmi—452](#) (Integral Yoga)
- [Marlenka's weekly Offering—Ep.107](#) (Literature)
- [Savitri, B. II, C. IV, Part 2](#) (Integral Yoga)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you, as 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](http://www.aurovillerradio.org)

For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Peace and love, Wobbi

## Voices and Notes

### THE COSMIC ADVENTURE & The Universe(s)'s Soul

'Know yourSelf and you will know the world and the Gods' (Socrates)

'That Splendor which is That fairest from, o Sun, That let me behold. The Purusha is There and There, He am I.' (Isha Upanishad)

'O Dawn, Voice of the Truth, Queen of Plenitude, bring

to us the many desirable boons, Thou who hast in Thee all Their plenty. To that goal may Savitri, Bhaga, Varuna, Mitra, Aryaman, Indra move aright for us with Riches of our Felicity' (Rishi Vamadeva)

'That richness and abundance in the Soul full of divine possessions, which is its spiritual prosperity or felicity, an image of the infinite store of the divine Bliss and by which it advances to an ever greater and more richly equipped wideness of its being.' (Hymn to Agni. Sri Aurobindo's translation)

Zen proverbs:

'When there is sand in the cooked rice, there are thorns in the mud.'

'When a flower opens, it's spring in the whole world.'

'Two things are infinite, the universe and human stupidity' (Albert Einstein)

Do you know that our universe (among an infinity of universes) is populated by hundred thousands of billions of galaxies and that 'our' famous milky way also contains about (difficult to count precisely) hundred thousands of billions of stars?

In case we would be able to evaluate the number of tiny grains of sand existing peacefully on our holy planet we would be very far from the probable number of stars illuminating our universe only. Our lovely planet Earth is only a microscopic green pea whirling among infinite immensities. What for? I will tell you. Since the beginning of known 'civilized' times, human Ego guided by its ignorance and its eccentric, pretentious, brutal assertiveness has wanted to control and subjugate for its own blind enlargement and possessiveness a maximum of bipeds and spaces. To be successful in conquest, one must be cruel, unscrupulous, voracious, clever, pitiless and a great illusionist. These beings have enslaved the centuries until now.

Look at the continuous epidemics of wars and destruction running tenaciously long times. In this day and age, nations of all kinds spend astronomical sums of money to protect and eventually enlarge the absurd destructive obesity of their super Egos.

As times inexorably pass, the modern enticing, falsely glittering dances of falsehoods capture and enslave the mind—bodies of naive people. Everything has become shiningly monstrous. These huge new, technologic, lucrative businesses insidiously transform you into semi-robots alienated and controlled through their flotilla of satellites by powerful higher powers, which encase all the advantages of this mischievous noisy game.

This perverse game is not the only obstacle to the definite establishment of the Divine Life on Earth. The main problem is the tireless lack of goodwill of the evolved primates to transform their ignorant consciousness into a Truth consciousness. No other issue, otherwise we are doomed for good!

So, my friends, accept to surrender yourself fully to the loving, all-knowing, supreme, blissful, overpowering, overwhelming, omnipresent consciousness.

'Those who listen to this word of instruction, those who are swift to the journey, serve gladly His will as sons the will of a father. He is the house of a multitude of riches and flings wide the door of his felicitous treasures. He is the dweller in the home and gives form to Paradise by the Light of His stars' (Rigveda)

Postscript about false riches or monkey businesses. The Gross Domestic Product of all countries on the planet nowadays amounts to about 75,000 billions of dollars. The totality of the speculative capital is valued at about 750,000 billions of virtual cash. I told you, we are living in a lunatic asylum. No wonder if it burst one day (soon).

Constantly, in total cosmic indifference, supernovas and suns explode; the Lord's hand behind all these fireworks.

Final addendum: greed is the real polluter of planet Earth

Soham

## SUPERMIND/OVERMIND, DIVINE/ANTIDIVINE, Good/Evil, Shadow And The Evil Persona

(continued from last week)

'And evil, what we call evil, has its *indispensable* place in the whole. It will not be felt as evil the moment one becomes conscious of That—necessarily. Evil is this infinitesimal element looking at its infinitesimal consciousness; but as consciousness is essentially one, it resumes, regains the Consciousness of the Unity—the two together. It is that, yes, it is that which has to be realised.'<sup>3</sup>

*'Evil is simply holding one's vision on one small angle; then one says, 'It is evil', but if one sees the entire path... In a total consciousness, obviously there is no evil.*

There are no contraries. No contraries—not even contradictions; I say: no contraries. It is that Unity, it is *living* in that Unity. And that cannot be translated by thoughts or words. I am telling you, it is... a vastness without limits and a light... a light without movement, and at the same time an ease... an ease not recognised as such. Now I am convinced that it is that, the supramental consciousness.

And necessarily, necessarily that must change the appearances gradually.<sup>4</sup>

'...it is the simultaneity, without division, of all contraries. As soon as there is some divergence—not even divergence, any difference—it is the beginning of division. (...)

*Is it the material equivalent of a psychological experience one has in which the perception of the evil disappears completely in the perception of an absolute Good, even in the evil?*

Yes, that is it. One might say that instead of being just a mental conception, it is a concrete realisation of the fact.<sup>5</sup>

Human nature is a reflection of the universe's inherent duality, which the cosmic principle of involution-evolution implies. What is our role and function vis-à-vis the eternal antinomy, 'to be reabsorbed', of good and evil, from which no one escapes, for this is 'the debt to Rudra' each of us has to pay? The Mother stated, about her disciples' shadow:

'The world as it is is a mixed world. You cannot have an object which gets the light from one side without its casting a shadow on the other. It is like that, and indeed it is the shadows which make you see the lights. The world is like that, and to have only the light one must definitely go through the entire discipline necessary for eliminating the shadow. This is what I have explained a little farther; I have said that this shadow was like a sign of what you had to conquer in your nature in order to be able to realise what you have come to do. If you have a part to play, a mission to fulfil, you will always carry in yourself the main difficulty preventing you from realising it, so that you have within your reach the victory you must win. If you had to fight against a difficulty which is everywhere on earth, it would be very difficult (you would need to have a very vast consciousness and a very great power), while if you carry in your own nature just the shadow or defect you must conquer, well, it is there, within your reach: you see all the time the effects of this thing and can fight it directly, immediately. It is a very practical organisation.

You haven't seen in the *Bulletin* that letter of Sri Aurobindo's: the 'Evil Persona'? It is in the *Bulletin*. The thing is very well explained there.<sup>6</sup>

The following is the text the Mother refers to. Sri Aurobindo wrote it in reply to the ashramite Kishor Gandhi, who had submitted him a text about the evil persona by the 'psychologist of the depths' C. G. Jung:

'What you say about the 'Evil Persona' interests me greatly as it answers to my constant experience that a person greatly endowed for the work has, always or almost always,—perhaps one ought not to make a too rigid universal rule about these things—a being attached to him, sometimes appearing like a part of him, which is just the contradiction of the thing he centrally represents in the work to be done.

Or, if it is not there at first, not bound to his personality, a force of this kind enters into his environment as soon as he begins his movement to realise. Its business seems to be to oppose, to create stumblings and wrong conditions, in a word, to set before him the whole problem of the work he has started to do. It would seem as if the problem could not, in the occult economy of things, be solved otherwise than by the predestined instrument making the difficulty his own. That would explain many things that seem very disconcerting on the surface.'<sup>7</sup>

The Mother kept elaborating on the theme:

'If you look at yourself carefully, you will see that one always carries in oneself the opposite of the virtue one has to realise (I use 'virtue' in its widest and highest sense). You have a special aim, a special mission, a special realisation which is your very own, each one individually, and you carry in yourself all the obstacles necessary to make your realisation perfect. Always you will see that within you the shadow and the light are equal: you have an ability, you have also the negation of this ability. But if you discover a very black hole, a thick shadow, be sure there is somewhere in you a great light. It is up to you to know how to use the one to realise the other.

This is a fact very little spoken about, but one of capital importance. And if you observe carefully you will see that it is always thus with everyone.

(...)

Once you have understood this, many worries come to an end and you are very happy, very happy. If one finds one has very black holes, one says, 'This shows I can rise very high', if the abyss is very deep, 'I can climb very high.' It is the same from the universal point of view; to use the Hindu terminology so familiar to you, it is the greatest Asuras who are the greatest beings of Light. And the day these Asuras are converted, they will be the supreme beings of the creation. This is not to encourage you to be asuric, you know, but it is like that—this will widen your minds a little and help you to free yourself from those ideas of opposing good and evil, for if you abide in that category, there is no hope.

If the world was not essentially the opposite of what it has become, there would be no hope. For the hole is so black and so deep, and the inconscience so complete, that if this were not the sign of the total consciousness, well, there would be nothing more to do but pack up one's kit and go away. ... I tell you, on the contrary, that it is because the world is very bad, very dark, very ugly, very unconscious, full of misery and suffering, that it can become the supreme Beauty, the supreme Light, the supreme Consciousness and supreme Felicity.<sup>8</sup>

She then introduced a concept of a paramount importance:

'If life were organised in such a way that nothing was wasted and each thing was in its place, most of these miseries would not exist any longer. An old sage has said:

'There is no evil. There is only a lack of balance.

There is nothing bad. Only things are not in their place.'

If everything were in its place, in nations, in the material world, in the actions and thoughts and feelings of individuals, the greater part of human suffering would disappear.<sup>9</sup>

And finally:

'Well, what brings about the suppression is the idea of good and bad, a kind of contempt or shame for what is considered bad, and you do like this (*gesture of repulsion*), you do not want to see it, you do not want it to be there. It must... The first thing—the very first thing to realise is that it is the weakness of our consciousness that makes this division and that there is a Consciousness (now I am sure of it) in which that does not exist, in which what we call 'evil' is as much necessary as what we call 'good', and that if we can project our sensation—or our activity or our perception—into that Light, that will bring the cure.[10] Instead of suppressing or rejecting it as something to be destroyed (it cannot be destroyed!), it has to be projected into the Light.

And because of this I have had for several days a very interesting experience: instead of seeking to throw away far from oneself certain things (which one does not accept, and which produce an imbalance in the being), instead of doing that, to accept them, take them as part of oneself and... (Mother opens her hands) offer them up. They do not want to be offered, but there is a way of compelling them: the resistance is diminished in the proportion as we can diminish in us our sense of disapprobation; if we can replace this sense of disapprobation by a higher understanding, then we succeed. It is much more easy.

I believe it is that. All, all the movements that drag you down must be put in contact with the higher understanding.<sup>11</sup>

'It is not enough to have a positive movement, there must also be the negative movement of rejection. For you cannot attain a stable transformation as long as you harbour in your being elements which oppose it. If you keep obscurities within you, they may for a time remain silent and immobile, so well that you attach no importance to them, and one day they will wake up again and your transformation won't be able to resist them. Not only is the positive movement of self-giving necessary but also the negative movement of rejection of everything in you that opposes this giving. You must not leave things 'like that', buried somewhere, in such a way that at the first opportunity they wake up and undo all your work. There are parts of the being which know very well how to do this, there are elements of the vital which are extraordinary from this point of view: they keep quiet, hide in a corner, remain so absolutely silent and motionless that you think they don't exist; so you are no longer on your guard, you are satisfied with your transformation and your surrender, you think everything is going well, and then, suddenly, one fine day, without warning, the thing jumps up like a jack-in-the-box and makes you commit all the stupidities in the world. And it is the stronger for having remained repressed—repressed and closed tight in a corner—it has remained as though buried so as not to draw your attention, it has kept very, very quiet, and the moment you are not expecting it, it springs up and you tell yourself, 'Oh! What was the good of all my transformation?' That thing was there, and so it happened. It is just like that, these things remain there and hide themselves so well, that if you do not go looking for them with a well-lit lantern, you will not know they are there till the day they come out and demolish all your work in one minute.'<sup>12</sup>

<sup>3</sup> 19 November 1969, 11, 198-200

<sup>4</sup> 19 November 1969, 11, 204

<sup>5</sup> 16 March 1968, 11, 111-14

<sup>6</sup> 3 February 1954, 6, 17

<sup>7</sup> Sri Aurobindo, 'Letters on Yoga', Cent.Ed., p. 1660. See also the Mother, 'Questions and Answers', MCWCE vol. 5, p. 276, fn.; also vol. 6, p. 17.

<sup>8</sup> 17 February 1951, 4, 117-9

<sup>9</sup> 15 January 1951, 4, 38-40

<sup>10</sup> At the time of publishing this talk, Mother added the following comment: 'In this Consciousness where the two contraries, the two opposites are joined together, both change their nature, they do not continue to be what they are. They are not simply joined and remain the same: their nature changes and that is of great importance. Their nature, their action, their vibration become wholly different as soon as they are joined together. It is the separation that makes them what they are. Do away with the separation and their very nature changes. It is no longer good or bad, but something else, something that is whole and entire.'

<sup>11</sup> 13 December 1969, 11, 211

<sup>12</sup> 26 April 1951, 4, 358-62

Paulette

## REMEMBER THE INVITE?

Dear Receptives, Here's the Mother reminding us of the Great Adventure that we came to Auroville for:

*'When I invited you on a voyage into the unknown, a voyage of adventure, I did not know just how true were my words! And I can promise those who are ready to embark upon this adventure that they will make some very astonishing discoveries.'*

It's not anymore the unknown, it is already revealed! You just have to do your homework... and to again and again remember why we have embarked on this voyage, come what may:

*'In ordinary life, EVERYTHING is artificial. Depending upon the chance of your birth or circumstances, you have a more or less high position or a more or less comfortable life, not because it is the spontaneous, natural and sincere expression of your way of being and of your inner need, but because the fortuity of life's circumstances has placed you in contact with these things. An absolutely worthless man may be in a very high position, and a man who might have marvelous capacities of creation and organization may find himself toiling in a quite limited and inferior position, whereas he would be a wholly useful individual if the world were sincere.'*

*It is this artificiality, this insincerity, this complete lack of truth that appeared so shocking to me that ... one wonders how, in a world as false as this one, we can arrive at any truthful evaluation of things.*

*But instead of feeling grieved, morose, rebellious, discontent, I had rather the feeling of what I spoke of at the end: of such a ridiculous absurdity that for several days I was seized with an uncontrollable laughter whenever I saw things and people! Such a tremendous laughter, so absolutely inexplicable (except to me), because of the ridiculousness of these situations.'*

And the glimpse of the New World that will replace the ridiculousness of the old mental world:

*'A true, sincere, spontaneous life, as in the Supramental world, is a springing forth of things through the fact of conscious will, a power over substance that shapes this substance according to what we decide it should be. And he who has this power and this knowledge can obtain whatever he wants, whereas he who does not has no artificial means of getting what he desires.'*

- More here: <https://incarnateword.in/agenda/01/february-3-1958-1>

Welcome to the Great Adventure!

And thank you po ([the Divine](#)) for the continuing lessons...

PS: 'The interesting thing in man is that materially speaking, he is... a mere nothing, a second lost in eternity—a tangled web of weaknesses—but in terms of consciousness, he has the capacity to understand. His consciousness is capable of contacting the Supreme Consciousness. So naturally there are all those who wanted to merge back into that Consciousness, but Sri Aurobindo said: the point is not to merge back into it but to make the world capable of manifesting that Supreme Consciousness.'

- <https://incarnateword.in/agenda/13/august-9-1972>

Zech, 2023.10.18

## SCIENCE, ANIMISM AND NON-DUALITY

### A mysterious intelligence at work

A recent publication by a transdisciplinary team in the American scientific journal 'Proceedings of the National Academy of Sciences' extends the Darwinian theory of evolution, claiming that it can be applied not only to plants and animals, but also to stars, atoms and minerals. For example, researchers have investigated the evolution of terrestrial minerals, estimated at just 20 species at the dawn of our Solar System, to 6,000 today. The notion of 'selection according to functionality' takes on a new dimension, no longer limited to a question of survival, but potentially signifying an expansion of 'patterns, diversity and complexity'.



This evolutionary perspective, enriched by what the authors call the 'law of increasing functional information', could come close to a kaleidoscopic understanding of nature and its movements, a vision which has surely inspired an ecstatic feeling found in many ancestral traditions. In the 'Japii', the Sikhs praise an infinite expression of the forms of the Divine on Earth. Sri Aurobindo, inspired by the Vedas, describes in his prose the presence of a superior intelligence, 'supramental' or supreme consciousness, at the very heart of the environment.

*The smile of this rapture is everywhere secret;  
It flows in the breath of the wind, in the sap of the tree,  
Its colorful magnificence blossoms in leaves and flowers.*

'Savitri', Sri Aurobindo

For the Kogi, and many other indigenous peoples around the world, an underlying matrix ocean interconnects all elemental manifestations with each other, as well as with the source, spirit, 'Aluna': a blend of animism and non-duality... At a time when ecosystems are being regenerated, and human consciousness is being questioned for having exerted inordinate anthropic pressure on its environment, these considerations provide food for thought: Mother Nature could be repositioned as an expert in evolutionary processes—and humans reintegrated as an element subject to laws ultimately similar to those of the planetary meta-organism...

Mukhande, 23.10.2023,  
[mukhande@protonmail.com](mailto:mukhande@protonmail.com)

## AURO-WEALTH PART TWO

### Chapter Six. Exploring Prosperity

Today in Auroville we have two types of work activities:

- **Services** = schools, Solar Kitchen (our community canteen), Health Centre, Food Distribution (PTDC, PTPS, FoodLink), and a few others.
- **Commercial Units** = restaurants, clothing factories, shops, food processing (jams, dried fruits, etc), and much more.

I want to clarify that the Auroville commercial units are in fact private businesses, and although run by Aurovilians, they are not community businesses.

In Auroville we still have no community businesses or "city-owned" businesses. Let me explain:

Let's say that I am employing a house-cleaner (what here in India we call an amma), and a gardener. They don't help me generate money, they only do maintenance work for me. The amma maintains the house clean, and the gardener maintains the garden healthy and beautiful. Indeed they need to be paid, there is no question about that, and in order for me to afford a cleaner and a gardener, I need to generate money somehow.

Our Auroville services (schools, Solar Kitchen, FoodLink, etc) are our amma and gardener. Even though they don't generate money for Auroville, we need them. And we have to find ways to generate money, so that we can sustain such services.

Our Auroville commercial units (restaurants, food processing, clothing factories, shops, etc) are private businesses run by Aurovilians, and although they might or may not be paying taxes (contributions), they are not community business, or "city-owned" businesses of Auroville. In my opinion it's totally ok that these Auroville private businesses exist, and that we allow them to continue doing the good job they've been doing. But they can't be regarded as the Auroville community units, because they simply aren't. They are owned and operated privately by Auroville individuals.

So what am I suggesting? I'm suggesting that perhaps the Auroville community can invest in launching some commercial units which belong fully to Auroville. Create non-private units which can generate 100% revenue for Auroville. Businesses which belong to Auroville, which employ Aurovilians, which are run by Aurovilians, and which can fully profit Au-

roville, just like other countries in the world have their Government businesses (eg. the Indian Railways).

How are we going to create businesses which belong to the Auroville community? Here's an example:

Auroville has a few food processing units running privately (which is fine, I'm not against Auroville private units, it's good that they exist and that they are successfully self-sustainable).

Everyday Foodlink receives farm produce to dispatch to various distribution centres. Foodlink also operates quality checks and selections on the produce brought by our farms. Inevitably Foodlink deals daily with large quantities of produce which sometimes cannot reach the customer, because it is in excess. This is called surplus produce and has to be returned to the farm and it goes waste. One of the best solutions to solve the surplus issue is Food Processing (making jams, pickles, dried fruits, etc). If the Auroville community invested in developing a Food Processing unit, and ran it under the ownership of the Auroville community, the processed produce could be labelled and sold to the outside world and provide a good source of income to the Auroville community.

In the same way we could invest in developing clothing factories, guest houses, cafes etc, owned by the Auroville community. Not as a replacement to the existing private businesses, but as separate parallel projects.

Cool plan uh? Well no, not so cool. I mean, in theory the plan per se is good, but the reality of Auroville shows otherwise. From what we have seen to this date, the Ideal of Human Unity exists only in some books. When we look at facts, Auroville private businesses work well, and Auroville community businesses are non-existent. Private businesses function well because the initial investment is done by the individual entrepreneur. The individual takes the responsibility and risks his/her money, puts his/her efforts, and works hard to make it succeed. The community business is non-existent because nobody takes the responsibility to invest the money, every decision has to go through numerous meetings, and when a business belongs to nobody in particular then nobody in particular will make an effort to carry it out.

Another weakness is that when we don't take good care of maintaining things, they can be taken away and made private. What is meant to be "for all" becomes a private business.

If we were sincere about making Auroville prosper we would take responsibility and safeguard our community assets. But the only people discussing the possibility of a prosperous Auroville are retired wealthy longtimers who seem to have lost touch with reality.

On the other hand look at people who run their own businesses, they are busy working rather than blabbering in meetings. They do something constructive and they don't need to depend on public money. I think Mother said something about getting busy with work rather than discussing it. Work must not be a discipline imposed on the individual, but rather a self discipline which keeps the individual balanced.

### Chapter Seven. Envy is a deadly Sin

I have visited and lived in various ecovillages/communities around the world (for about 4 months in each community). And one of the things I've noticed is that in each community there is always a small group whose hobby is to watch other people's affairs.

They will judge you about how little work you do for the community, or how too comfortable your life is.

Such people have their own idea of what a community should be, and they engage in judging those who have a different view or approach. But in reality each individual contributes organically in their own way and capacity, and sometimes doing very little can be much more productive than doing the wrong things.

I hear some friends making envy comments about successful individuals and how wealthy they are.

-We didn't come to Auroville to be wealthy.

To which I reply:

-We didn't come here to be poor either.

Wealth is not a disease, poverty is. We don't need to be poor in order to reach some sort of illumination or to do yogic work. I don't know where we've got the idea that to be good Aurovilians we need to live like reclusive monks, or like beggars. I'm not a businessman and I haven't succeeded in anything, and yet I don't hold any resentments towards individuals who are successful. I am happy for them, and I am grateful for what I have.

### Chapter Eight. Money is a form of Energy

I've seen it more than once on YouTube, videos that say that Auroville works without money, that we use only renewable energy, that we move around on bicycles, and we only eat organic food. Wow! Who spreads such gossip? Or maybe there are two Aurovilles and I'm in the wrong one. Perhaps one day there will be a global crisis and we will be forced to live without money, or perhaps one day we will evolve spontaneously to realise that money is a collective mirage. But until then money is still a powerful form of energy. And to get rid of money and assets, and leave them in the hands of selfish people, is surely not the answer. Each one of us must handle their money responsibly, that's one of the biggest yogic work we all need to do.

There is a tiny book by Sri Aurobindo, titled The Mother. If you haven't read it, please check the chapter about money. Entrusting our money with someone else is the exact opposite of what Sri Aurobindo has tried to teach us. Imagine being a servitor of the Divine, and putting our trust in yet another dysfunctional group to cover your basic needs. I don't think we joined Auroville to do the yoga of misery.

I wonder what would happen if Aurovilians were given the choice between getting their wages through their Financial Service account, or through their State Bank of India account. The fact that people don't have a choice says a lot.

Individuals need to develop according to their abilities, and learn to have control over their finances. That's essential yoga.

### Chapter Nine. Contributing to the growth of the city

Mother said very clearly that we should not charge money to each other if we contribute with work. And yet we charge "contributions" to people who work for the community. "Contributions" in Auroville is of course another word for Taxes. But maybe we haven't understood yet that there is a difference between taxes and contributions.

Some individuals contribute with their physical work, some contribute with their organizational skills, some contribute with money. Contributing to a project to which you are part of, should be a joy, and it shouldn't need to be a painful imposition.

I hope I'm not going to get in trouble for saying this aloud but it seems quite obvious that our approach of getting things done in Auroville needs to be revisited.

The economy in India has changed a lot. People, especially foreigners, used to be able to live on a little bit of savings, but now the world economy is totally different. Savings shrink very fast these days, and most foreigners won't get a pension if they don't live in their countries. Also we must consider the cost of visas, passport renewal, and an eventual flight ticket to visit your sick mother. And while an Aurovillian of Indian citizenship is allowed to work or make business outside of Auroville, a foreigner is not allowed to earn money. What is the future of Auroville? Are we building a concentration camp? Really, let's try to be conscious.

Gino

## Languages

### AT PAVILLON DE FRANCE (International zone)

#### Speak Or Learn French with Native Speakers

Meet them every

- **Tuesday and Thursday afternoon 2—4pm** for personal evaluation of your needs, expectations, level and program.
- **Tuesday and Thursday 5—7pm**  
Audio visual classes with Aurolang 2
- **Saturday and Sunday afternoon:**  
Dialogue tables to practice



Interested ?

Contact Jean-Marie

- SMS 8148401950 or 0032494180841WA
- [demulierJeanmarie@gmail.com](mailto:demulierJeanmarie@gmail.com) or
- [ecohome2@skynet.be](mailto:ecohome2@skynet.be)

Jean-Marie, Pavillon de France

### 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](mailto:ecohome2@skynet.be) or [jeanmarieDemulier@gmail.com](mailto:jeanmarieDemulier@gmail.com)
- Call: 918148401950 WA

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](mailto: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. We have two spots left.

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

### New: Pre-Intermediate English with Monique

Having received a few requests from Auroville units asking for a beginner to pre-intermediate-level English course for their team members, we decided to start a new course purely structured around this need. Monique will be offering a practical English course that will focus on building communication skills and better pronunciation as well as touch upon the grammar needed for everyday conversation. A basic knowledge of English including the ability to recognize the alphabet is a prerequisite.

- The course will start on **November 6**. Timings and days to be decided at the mutual convenience of the teacher and students.

### 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 **November 4**. 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 **November 4**. 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 **November 6**. 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 3:30pm**.

### 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 4pm**.

### Beginner and Pre-Intermediate English with Rupam

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

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

### Current Schedule of Classes

Language	Level	Time	Day(s) of Classes
English	Pre-Intermediate & Intermediate	10:30—11:30am	Tuesday & Thursday
	Conversation, Started 17 October 2023	4—5pm	Tuesday & Thursday
French	Beginner, To start 4 November 2023	2:30—4:30pm	Saturday
	Conversation 1 To start 4 November	10:30am—12noon	
	Conversation 2 To start 6 November	2:30—3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September	9:30—10:30am	Tuesday & Friday
Sanskrit	Beginner, To start November 2023	TBA	TBA
Hindi	Beginner, Started 9 September 2023	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 2023	2:30—3:30pm	Tuesday & Thursday
Persian	Beginner, To start November 2023	TBA	TBA

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@auroveillelanguageagelab.org](mailto:info@auroveillelanguageagelab.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@auroveillelanguageagelab.org](mailto:info@auroveillelanguageagelab.org)
  - **Phone:** (0413) 2623661, 2622467, 919843030355
- Vismai, for Language Lab Team

## Classes, Workshops & Healing Arts

### ART RETREAT:

#### Find Your Inner Space 24, 25 and 26 November

- Embark into a process of
  - Introspection & Reflection
  - Creative inspiration and expression
  - Skill development with new tools
  - Collective growth with a group project



#### • Why This Retreat Is For You

Art, one of the medium of higher vital education helps us to learn more about our vitality and how to channel and express it without suppressing it. In other words, if you feel you need a space to explore your own inner creativity and learn new skills along with getting to know your own inner being, this retreat is for you. We welcome you with open canvases!

- **Limited spots available.** Contact us for more details
  - **For registrations and to get to know more:** Please send us a mail to [youthlink@auroveille.org.in](mailto:youthlink@auroveille.org.in) or send us a text on whatsapp +91 85248 25120
  - **Last Registration Date:** 20th November, 2023

Bondeepa

### MEDITATION WITH MUSIC

Every Monday at SAWCHU Bharat nivas, at 6pm



Easy way to meditate, Meditation with Music:  
**Please register:**

- [arabinda@auroveille.org.in](mailto:arabinda@auroveille.org.in)
- 9090819998 WA.

Best wishes, Arabinda

### YOGA CLASSES IN BHARAT NIVAS

We are starting a **daily drop-in** Yoga Classes in Bharat Niwas.

- **Ashtanga Yoga** from 8—9:30am.
- **Hatha Yoga** 4:30—6pm.

Class is open for all levels.

No pre registration required.

With gratitude, Jessica





## LEARN CHI NEI TSANG



**Workshop**  
**YOGA**  
**FOR INTERNAL ORGANS & ABDOMINAL MASSAGE**

**October 27 & 28**  
**9:30 - 12:00**

with Mar & Andres


**FOR INFO & RESERVATION:**  
**+(91) 9751607501 / +(1) 5859106222**

**Location: Terra Soul**  
Activity under Sunshine Network AV (LEAD)

Join us for this 2 day immersion facilitated by Mar Silba & Andres. Learn the bases of Chi Nei Tsang (CNT), which is a form of Chinese healing touch therapy that has been used for centuries. It focuses on gentle, deep massage of the abdomen in order to 'train' the internal abdominal organs, so they can function in a more efficient manner, which in turn is believed to enhance physical and emotional well-being.

You will also learn Mantra, Pranayama, Asanas and relaxation techniques to enhance the well being of internal organs.

Hosted by Sunshine Network Auroville,  
activity registered under LEAD, Andres



**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](mailto: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

## NAGA YOGA ANANDA



**Connect to your inner self through Vibrating Chants**

*After 30 min of singing Tibetan bowls, I guide you with different vocal techniques and loan of instruments*

at 4pm for 2 hours  
Location: near Auroville Bakery

Ecstatic Wednesday	Shamanic Thursday	Sacred Sunday
Vowels' chants Overtones (throat singing) Kototamas	Shamanism Reverse Bijas mantra Overtones Electric energy	Mantras Desert's sounds Harmonics (Gregorian chants & more)

Group of 7 people max  
Satyayuga - in collaboration with Auroville Art Service  
For appointments message me on WA: +91 76397 61930  
jimalor@yahoo.fr - FB: Satyayuga Energy Vibration

## Regular Activities

### Beautiful Sounds

#### • Five Elements (Duration 1h30)

Tibetan bowls, gongs, shruti box, chamanic drum, overtones Nidra Yoga with Tibetan bowls,. Individual couple and group (max 7 peoples)

- **Benefits:** Harmonizes body and mind, Extreme relaxation, Reduce anxiety. Panic attack. Emotional disorders. Realign chakras. Energize the brain and cells...

#### • Angel Sounds (duration 1 hour)

Massage with Tibetan bowl chakras and tuning forks (Reinforcement of the chakras and reharmonizes the right and left brain).

#### • Meditation With Gongs (duration 1 hour).

Individual couple and group (max 12 peoples)

### Shamanic Journey

A workshop to connect yourself to the Source. Experience a powerful journey in your inner self thanks to energetic exercises & transformative sounds. The morning : qi qong & chamanic chants.

- **Afternoon: pranayamas & 5 Elements (duration 1 hour)**
- Possibility to book only for the morning or afternoon

### Nada Yoga Ananda

Every Wednesday, Thursday, Friday, until 10 November, & Sunday at 4pm for 2 hours

- **Ecstatic Wednesday:** Vowels chants, Overtones (throat singing), Kototamas
- **Shamanic Thursday:** Reverse Bijas mantra, Overtones, Electric energy
- **Shamanic Friday:** Shamanism, Native Americans Chants & overtones (throat singing)
- **Sacred Sunday:** Mantras, Desert's sounds, Harmonics (mix with gregorian chant, throat & noise singing)
- **Tibetan bowls (35 minutes).** To be in Theta mode. Singing for the soul (1h25 mantras, bijas mantra inverted, overtones and kototamas).
- **Qi-Qong** for facial rejuvenation and for the back (spine, shoulders, neck).

- **Reiki 2:** Use Kototamas to reinforce the energy power

### Full And New Moon

We will work with the energetic forces of the moon. Moon gong, sun gong, moon tibetan bowls and our group energy. We will create an energetic field to power your intention.

- Start promptly 7pm, finish 8:30pm
  - November, Full moon 27, New moon 13.
  - December, Full moon 27, New moon 13
- **Facilitated by** Satyayuga from Auroville Art Service, French and English speaking.
- **For more info:** +917639761930 WA or [ijmalor@yahoo.fr](mailto:ijmalor@yahoo.fr)
- Location on request. *Warmly, Satyayuga*



### 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](http://www.angamtree.com/therapies)
- +91 9751395939, [www.angamtree.com](http://www.angamtree.com)

### Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Sidha 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](http://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](mailto:angamtree@auroville.org.in), +919751395939 *Raja*

### 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](mailto: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](mailto:Balaganesh.siva@gmail.com), +919892699804WA

*Balaganesh SIVA*



## HOLISTIC: HEALING AND AWARENESS



### • Appointments

- [aurovilleholistic@gmail.com](mailto:aurovilleholistic@gmail.com),  
[christinep@auroville.org.in](mailto:christinep@auroville.org.in)
- +919489805493 WA
- **For kinesio only:** +33686928426 WA

Ashtanga Yoga With Christine P Subscription has to be done one day before the class	Every days @7:45 AM. Except Sundays, Full moon and new moon
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

- **Workshop:** Check on our website info and details  
[www.auroville-holistic.com](http://www.auroville-holistic.com) *Christine*

## FAMILY AND SYSTEMIC CONSTELLATIONS

### Workshops

In Creativity Hall Of Light

9am to 6pm on Saturdays

18 November, 16 December

Contact Moghan, 9751110486,

[Moghan@Auroville.Org.In](mailto:Moghan@Auroville.Org.In)

*Submitted by Moghan*



## 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

### Healing Space

#### • **By appointment, 262403, 9443902403**

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

### Drop-In Classes

	Class & teacher	Class level
<b>Mondays</b>		
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy with Gala</b>	All levels
<b>Tuesdays</b>		
4:45—5:30pm	<b>Odissi Dance</b> with Rekha	Beginners
<b>Wednesdays</b>		
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy</b> with Gala	All levels
<b>Thursdays</b>		
4:30—5:30pm	<b>Aviva Exercise</b> with Suriyagandhi	For women only
4:30—6pm	<b>Vocal Sound Healing</b> with Lola	All levels
<b>Fridays</b>		
6:45—8am	<b>Pranayama</b> with François & Namrita	For former 'The Art of Living' course participants
7:30—9am	<b>Asanas</b> with Rachel	All levels
8:30—10am	<b>Yoga Therapy</b> with Gala	All levels
9—10am	<b>Lola's ATB special for seniors</b> with Lola	Seniors
3:45—4:30pm	<b>Odissi Dance</b> with Rekha	Beginners
4:30—5:30pm	<b>Weekly Readings of the Life Divine</b> with Balvinder	All are welcome to join.
5:15—6:15pm	<b>Feldenkrais class</b> with Shari	All levels
<b>Saturdays</b>		
11am—12:30pm	<b>Iyengar Yoga</b> with Tatiana	Mixed levels

## 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

## Talks



### • 3 November, Friday, 3—4pm: 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.

## New class: Vocal Sound Healing

### • Every Thursday, 4:30—6pm with Lola

Practice and embody the power of the voice, your most potent healing instrument. The voice is the only tool more powerful than the gong, especially your own voice, because you are self-generating the healing vibrations to shift energetic blocks.



The practice is about opening yourself up to a new way of exploring your voice. Immerse yourself in this session, discover your own voice, take a step to experiment through sound, music and movement. No experience is needed.

## New class: Deep Presence—Inner Exploration

A guided exploration by Mikhail S.

### • Every Monday from 4pm—5pm with Mikhail S.

### • Starting on Monday, 30 October

Following the facilitator's guidance, we will travel with our attention deep within (and without) ourselves, where we will listen deeply. By becoming still, we'll aim to tune into the living presence that is always present, to align with Truth, in other words with that which isn't transient and perishable but Eternal and Infinite.



The intention is to leave behind all effort, tension and desire, to bypass our mind and emotions in order to experience this always available Presence.

The exploration lasts 45 minutes and ends with a small sharing of approximately 10-15 minutes.

• **Preparation for class:** If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

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

**See you at Pitanga, with a smile!**  
Submitted by Verena

## 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 SAILER Building, Town Hall Complex, Auroville

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



Cheers! Zech

## MEDICAL QIGONG TRAINING

Medical Qi Gong training at the client's home at a time that suits them. el, 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](mailto:ellimagen@gmail.com) or 9952749221 WA **Eli**

## VÉRITÉ

Pre-registration required

0413 2622045, 2622606, 9363624083

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

## Workshops

### Understanding Pranayama & its Practice in Asana & Meditation with Radhika

#### • Friday, 27 October, 9:30am—12pm

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



### Awareness Through the Body with Amir

#### • Saturday, 28 October, 9:30am—12pm

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

## **Sivananda Yoga: Masterclass—with Mani**

- Friday, 3 November, 9:30am—12pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

## **Energy Cleanse through Yoga Kriyas—with Mamta**

- Saturday, November 4, 9:30am—12pm

Purify your energy channels with 3 Hatha Yoga Kriyas: Jal-neti (saline nasal rinse), Trataka (Fixed gaze) & Kapalabhati (Skull shining breath). They cleanse your body from the inside out, develop immunity & steadfastness, paving the way for evolution of consciousness. Anyone registering for this workshop must either bring their own Jalneti pots or buy it from us at the registration desk for Rs 50/-

## **Please note the following Workshop Cancellations**

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

- Saturday, 28 October, 2pm—4:30pm

## **Classes**

### **Sivananda Yoga with Mani**

- Monday, Wednesday, 9:30—10:30am & Saturday 5—6pm (No class 11 & 13 November)

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

### **Pranayama and Meditation with Radhika**

- Monday, 11—12pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

### **Deep Sound Bath with Satyayuga**

- Monday, 5—6pm

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

- Contact 0413 2622045, or email [programming@verite.in](mailto:programming@verite.in).

### **Hatha Vinyasa Yoga with Andres**

- Monday, Wednesday & Friday 5—6pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Restorative Yoga with Rachel**

- Tuesday, 9:30—10:30am

A supported yoga practice of restorative poses and breath work that help to calm and soothe the nervous system, improve sleep, reduce stress and anxiety and open the body.

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Face & Eye Yoga with Mamta**

- Tuesday, 3:30pm—4:30pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Vinyasa Flow with Rebeca**

- Tuesday & Thursday, 5—6pm (no class 7 & 9 November)

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Yoga for Inner Alignment, Pranayama & Asanas with Radhika**

- Wednesday, 11—12pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Kirtan Songs for the Soul with Mamta & Savitri**

- Wednesday, 5—6pm

- contributions are voluntary

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## **Peace with Pranayama with Mamta**

- Thursday, 11am—12pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).



## Open Heart Space Meditation with Samrat

- Thursday, 5—6pm

A simple practice to help dissolve habitual patterns and become aware of what is. Learn to embrace and let go of experiences, to quiet the mind and to sink into open heart-space, where the inner and outer worlds meet.

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## Free Flow Dance and Movement with Vega

- Friday 5—6:30pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## Mindful Flow—Awaken in Movement & Stillness—with Savitri

- Saturday 5—6pm

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

- Contact 0413 2622045, +91 9363624083 WA or email [programming@verite.in](mailto:programming@verite.in).

## Treatments and Therapies

- Private Yoga Sessions with Andres

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

## Thai Yoga Massage with Andres

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

## Individual Self-work with Clay with Megha.

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

## Biodynamic Craniosacral Therapy with Mila

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

## Integrated Craniosacral & Foot Reflexology with Radhika

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

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

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

- By appointment: 0413 2622045, 2622606, 9363624083WA, [treatments@verite.in](mailto:treatments@verite.in)

Sincerely, Savitri  
Programs Coordinator, Vérité Programming

## VERITÉ PROGRAMS, OCTOBER 2023

- Phone: +91 413 2622045, 2622606
- WA: +91 9363624083, 8489391876
- Email: [programming@verite.in](mailto:programming@verite.in)
- Website: [www.verite.in](http://www.verite.in)



## Workshops (pre-registration required)

Day & Date	Workshops (pre-registration required)	Timings	Pre-senters
Friday, November 3	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, November 4	Energy Cleanse through Yoga Kriyas	9:30am—12pm	Mamta
Saturday, November 11	Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques	9:30am—12pm	Andres
Friday, November 17	Understanding Pranayama and its Practice in Asanas and Meditation	9:30am—12pm	Radhika
Saturday, November 18	Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana	9:30am—12pm	Andres
Saturday, November 18	Awareness Through the Body	9:30am—12pm	Amir
Friday, November 24	Sivananda Yoga: Masterclass	9:30am—12pm	Mani
Saturday, November 25	Safe Yoga Asana Practice: Do's & Don'ts	9:30am—12pm	Rebeca

## Yoga & Re-creation Programs

Days	Drop-in Classes	Timings	Presenters
Mondays	Sivananda Yoga (no class on 13 November)	9:30—10:30am	Mani
	Pranayama & Meditation	11am—12pm	Radhika
	Deep Sound Bath	5—6pm	Satyayuga
	Hatha Vinyasa Yoga	5—6pm	Andres
Tuesdays	Restorative Yoga	9:30—10:30am	Rachel
	Face & Eye Yoga	3:30—4:30pm	Mamta
	Vinyasa Flow (no class on 7 November)	5—6pm	Rebeca
Wednesdays	Sivananda Yoga	9:30—10:30am	Mani
	Yoga for Inner Alignment—Pranayama & Asanas	11am—12pm	Radhika
	Kirtan Songs for your Soul	5—6pm	Mamta & Savitri
	Hatha Vinyasa Yoga	5—6pm	Andres
Thursdays	Peace with Pranayama	11am—12pm	Mamta
	Open Heart Space Meditation	5—6pm	Samrat
	Vinyasa Flow (no class on 9 November)	5—6pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5—6pm	Andres
	Free Flow Dance & Movement	5—6:30pm	Vega
Saturdays	Sivananda Yoga (no class on 11 November)	5—6pm	Mani
	Mindful Flow—Awaken in Movement & Stillness	5—6pm	Savitri

## 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
Integrated Craniosacral & Foot Reflexology	Radhika
Craniosacral Therapy	Radhika
Foot Reflexology	Radhika
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage	Raja

Savitri,  
Programs Coordinator,  
Vérité Programming

## ARKA

### WELLNESS CENTER & MULTIPURPOSE HALL

Regular activities, October 2023



## Classes

Classes	Teacher	When
Acro Yoga	Damien by Appointment: 9047722740	Monday: 3—4:30pm, Tuesday: 5—6:30pm For regular classes
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: 6380238326	Thursday: 9—10am

## Treatments

Treatment	Therapist	When
Body Logic, Soft Massage and Deep Tissue Massage.	Pepe	by AMppointment 9943410987 Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana	by Appointment Monday to Saturday 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: 9489035457
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 <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>

Submitted by Ramana, Arka, 0413 2623799

## KOLAM YOGA WORKSHOP



KolamYoga Introduction WS session with Grace Gitadelila

- We will start with a new batch mid November for the Foundation course of 12 lessons spread over 3 Months: November/ December and January.

You can now book a one off session to get to know more personally and more in depth what **KolamYoga Foundation course of 12 lessons** offers.

- for inquiry and sign up for a session +91 8072449091 WA

In gratitude Grace

## QUIET HEALING CENTER



### Birenda Massage Course with Jean-Louis & Sivacoumar

- Thursday, 9—Sunday, 12 November & Saturday, 18—Sunday, 19 November 9am—5pm, 36 hours

This training consists of six days, divided into four days (9—12 November) and two days (18—19 November) to allow time for home practice and easier absorption of the material and massage protocol.

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience.

To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

- Manual and certificate upon completion of the course!
- No previous experience required.

After receiving a long, in-depth personal training from Birenda himself, Jean-Louis has been offering massage treatments over the past 25 years. As an accomplished therapist, he has also been teaching this innovative body treatment to both beginners and experienced therapists in India and abroad. Sivacoumar has been working as a Birenda massage therapist at the Quiet Healing Center since 2018. During this period, he was personally trained by Jean-Louis to become a Birenda massage instructor and will co-teach this course together with him.

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

Mobile & WA: +91 9488084966

Guido for Quiet Healing Center Team

*Cinema*



### At Multi Media Centre Auditorium, Town Hall Reminder

- Friday, 27 OCT. 'Mr. Jones' by Agnieszka Holland, Poland, 2019

### How To Steal A Million

- Friday, 3 November, 8pm

Directed by William Wyler, US, 1966

With: Audrey Hepburn, Peter O'Toole, Eli Wallach, Hugh Griffith, Charles Boyer

**Synopsis:** Mr. Grammont, the director of the Parisian Kléber-Lafayette museum, is preparing his next exhibition. He asked a renowned French collector, Charles Bonnet, to lend him the famous Venus statuette, the work of the famous sculptor Cellini. Charles Bonnet entrusts it to the museum to the great dismay of his daughter Nicole when she learns that the 'Venus of Cellini' is going to be appraised, because it is a fake, once made by her grandfather. Her solution so that the deception is not discovered: steal the Venus from the museum. Nicole then seeks the help of Simon Dermott, a burglar whom she surprised at her home without however reporting him... A charming comedy!

Original English version with English Subtitles. Duration 2h03'

## Cine-Master Class at Aurofilm (next to CRIPA), Kalabhoomi

If you like to discuss, share and learn more about films and Cinema, we invite you to our Cine-Master classes! Welcome to this new chapter:

- Sunday 29 October, 5—7:30pm. Presentation and screening of short films by Czech film director Param Tomanec: KRIDA YATRA

**Overview:** In mars 2021, Param Tomanec had offered us in a Cine-Master Class a lovely short film 'Rasa Yatra' and an exchange on the multiple aspects of this research work related to Lord Krishna. Now Param is back in Auroville and introduces us to his latest works, a series of 7 short art films, using the Gotipua traditional dance form of Odisha, India (precursor to Odissi danse). It is an eclectic collection united under the same title KRIDA YATRA. Apa Krida, Kumbha Triveni, Reverie, Naga, Rasa, Kamala and Ayodhya Krida will be presented.

**Param Tomanec** is an independent Czech born visual poet and bhakti yogin. He researched Indian art and life during his tenure at the Oxford's Centre for Hindu Studies (England) and at Vrindavan's own Sri Caitanya Prema Sanstha (in India). Param's film mentor is no other than **Godfrey Reggio** (Qatsi Trilogy, Visitors ...) the American filmmaker, inventor of a film style that can invoke profound emotional experiences in viewers. Krida Yatra is produced by Reggio himself.

- We will share some refreshments after the films and discussion.

Surya, Aurofilm team

## ECO FILM CLUB

Every Friday at Sadhana Forest

### Schedule of Events

- 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
  - 16:30 Tour of Sadhana Forest
  - 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
  - 18:30 Eco Film Club begins with 'previews' of short Sadhana Forest films
  - 20:00 Dinner is served
  - 21:15 Free bus from Sadhana Forest back to Solar Kitchen
- Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

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

### Friday, 3 November

#### Let Us Be Heroes

2018 / 41 minutes / Rebecca Cappelli

The film explores the impact of our food and lifestyle choices on our health, our home planet and our values. It shares inspiring stories from athletes, food and fashion entrepreneurs, a public speaker and an ocean environmentalist working to protect people, planet and animals.

Shek







**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
**Film Program**  
**30 October 2023 to 5 November 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 23 October, 8pm**  
**ERUMBU (Ant)**

India, 2023, Writer-Dir. G. Suresh w/ Tamil Bharathi, M.S.Bhaskar, Charlie, and others, Drama, 104 mins, Tamil w/ English subtitles, Rated: G

Annadurai is a farm laborer with a newborn son from his second wife Kamalam, two young children from his first wife and his elderly mother. He finds it hard to make ends meet and must borrow from loan-sharks. After a rare brawl he has to pay back the loan with interest within the month. Struggling to raise the money both husband and wife pin their hope on a gold ring that the newborn received as a gift. But the two children left with their grandma somehow loses it. The story circles around these two industrious kids and their responses to this crisis. Ants can carry 40% more than their body weight. Who carries the weight of the crises? A delightful film, a must watch!

**Potpourri—Tuesday 24 October, 8pm**  
**WEST SIDE STORY**

USA, 2021, Dir. Steven Spielberg, w/ Ansel Elgort, Rachel Zegler, Ariana DeBose and others, Musical-Drama, 156 mins, English w/ English subtitles, Rated: PG13

Manhattan, Upper West Side, 1957. Against the backdrop of the decaying tenements in the San Juan Hill neighborhood and the constant threat of the wrecking ball, two warring gangs--tough Riff's Jets and swaggering Bernardo's Puerto Rican Sharks--fight for supremacy. An unexpected whirlwind romance at the high-school dance between former Jet brawler Tony and Bernardo's delicate little sister María sets the stage for an all-out turf war. But what's a gang without its territory and hope without love?

**Interesting—Wednesday 25 October, 8pm**  
**OUR PLANET: BEHIND THE SCENES**

UK, 2019, Dir. Huw Cordey, Sophie Lanfear Ilaria Malla-lieu w/David Attenborough, Documentary, 63 mins, English w/ English subtitles, Rated: NR (G)

Behind the Scenes look at the hardships and drama of capturing footage from Our Planet. This documentary shows how's frustrating can be to have the perfect spot (if nature allows it).

**Selection—Thursday 26 October, 8pm**  
**BRIGHTON 4TH**

Georgia-Russia-USA, 2021, Dir. Levan Koguashvili w/ Levan Tedaishvili, Giorgi Tabidze, Nadezhna Mikhalkova and others, Comedy-Drama, Georgian-Russian-English w/English subtitles, 90mins, Rated: NR (G)

Georgian wrestler Kakhi travels to Brooklyn to help his son out of a gambling debt. It's made with a lot of heart, soul, and passion. It's a film about real people living their life, dealing with their problems, wrestling with their issues, and trying to lift family members who seem capable of being lifted up, and just seem lost in the wilderness of life.

**International—Saturday, 28 October, 8pm**  
**WE HAVE A GHOST**

USA, 2023, Writer-Dir. Christopher Landon w/Jahi Di'Allo Winston, David Harbour, Anthony Mackie, and others, Adventure-Comedy, 126mins, English w/ English subtitles, Rated: PG-13

Seeking a fresh start in Chicago, the Presley family moves into a fixer-upper house that unbeknown to them came with a ghost named Ernest. Despite Ernest's attempts at scaring teenage son Kevin the latter became a friend to the trapped soul from the '70s. Meanwhile, Kevin's dad looks to cash in on Ernest by turning him into a social media sensation. Soon they land in the radar of paranormal scientist and CIA who restarts their clandestine program to capture the ghost. As crowds, reporters, and government agents descend upon the Presley home, Kevin and his witty neighbor Joy has to rescue Ernest, uncover the mysteries of his past, and bring him the closure he needs.

**Children's Matinee—Sunday, 29 October, 4:30pm**  
**CORALINE**

USA-Japan, 2009, Writer-Dir. Henry Selick w/ Dakota Fanning, Teri Hatcher, John Hodgman, and others, Animation-Drama, 100mins, English-Russian w/ English subtitles, Rated: PG

When Coraline moves to an old house, she feels bored and neglected by her parents. She finds a hidden door with a bricked up passage. During the night, she crosses the passage and finds a parallel world where everybody has buttons instead of eyes, with caring parents and all her dreams coming true. When the Other Mother invites Coraline to stay in her world forever, the girl refuses and finds that the alternate reality where she is trapped is only a trick to lure her.

**Robert Altman Film Festival@ Ciné-Club:**

**Ciné-Club Sunday 29 October, 8pm**  
**NASHVILLE**

USA, 1975, Dir. Robert Altman, w/ Keith Carradine, Karen Black, and others, Comedy—Music—Drama, 160 mins, English w/ English subtitles, Rated: R.

The film follows various people involved in the country and gospel music industry in Nashville, Tennessee over the five-day period leading up to a gala concert for a populist outsider running for President on the Replacement Party ticket. Rather than a straightforward polemical satire of country culture, the movie is a massive, multi-textured tapestry depicting a society undergoing some sort of crisis.

**Rating codes** we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available. For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). We appreciate your continued support. *Pl donate to 'Cinema Paradiso' (account #105106) or set up for a monthly contribution. We need it now more than ever.*

Thanking You, Nina for MMC/CP  
 Group Account #105106, [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

## 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



Monday	30-10-23	Lecture Screening	<b>The Western Tradition</b> Episode 3 - The Rise of Greek Civilization Episode 4 - Greek Thought By UCLA Professor Eugen Joseph Weber
Tuesday	31-10-23	Lecture Screening	<b>The Western Tradition</b> Episode 3 - The Rise of Greek Civilization Episode 4 - Greek Thought By UCLA Professor Eugen Joseph Weber
Wednesday	01-11-23	Film Screening	<b>Avenge But One Of My Two Eyes</b> Dir - Avi Mograbi
Thursday	02-11-23	Lecture Screening	<b>The Samkhya Philosophy - IV</b> Indian Philosophy by Dr. Satya Sundar Sethy, Department of Humanities and Social Sciences, IIT Madras.
Friday	03-11-23	Lecture Screening	<b>The Samkhya Philosophy - V</b> Indian Philosophy by Dr. Satya Sundar Sethy.
Saturday	04-11-23	Lecture Screening	<b>The Samkhya Philosophy - VI</b> Indian Philosophy by Dr. Satya Sundar Sethy.

- For more information write to: [support\\_filminstitute@auroville.org.in](mailto:support_filminstitute@auroville.org.in)

Warm Regards, Richa



## 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](mailto: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.

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[NewsAndNotes@auroville.org.in](mailto:NewsAndNotes@auroville.org.in), 0413 2622133

## Emergency Services

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

- PIMS—0413 2656271

### Security (24/7):

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

### Health: Health Center—0413 2622123

- Santé—0413 2622803
- Farewell—8903836246

### Mental health 24/7 support:

- Vandrevala Foundation +91 9999666555

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

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