

# News Notes

#884 A weekly bulletin for residents of Auroville 21<sup>th</sup> August 2021



Almond Blossoms

Van Gogh

## *The Ponder Corner*

*A miracle of the Absolute was born;  
Infinity put on a finite soul,  
All ocean lived within a wandering drop,  
A time-made body housed the Illimitable.  
To live this Mystery out our souls came here.*

*Sri Aurobindo, Savitri, p.101*

### **A TRIBUTE TO SRI AUROBINDO - 15 AUGUST 2021**



Sri Aurobindo's 150th Birth Centenary will come on August 15, 2022. In 2021 we begin a year of tribute to honor everything he did for humanity, the earth and the universe. As this year of tribute begins, we look at the beginning of the Sri Aurobindo Ashram, which was formed to help and guide the the very first seekers who followed his footsteps on the golden path of consciousness that he brought for all. In Sri Aurobindo's letters we have his own words describing the consciousness he used to help the early Ashramites, and the work he did together as one with his partner, the Mother of his Ashram.

As well, we have Sri Aurobindo's letters on his teachings about the Yoga Shakti, the evolutionary power which is usually called the Kundalini power. His teachings go far beyond traditional teachings on the subject.

Finally we have some beautiful and moving personal experiences of Sri Aurobindo and Mother in those very early days.

<https://www.aurovilleradio.org/a-tribute-to-sri-aurobindo-15-august-2021/>



# House of Mother's Agenda

22 November 1967

(continued from last week)

**Mother:** And this physical mind, which Sri Aurobindo said was an impossibility and something going round in circles which would do so forever, without consciousness, precisely, like a sort of machine, this physical mind has been converted, it has fallen silent, and in silence it has received inspiration from the Consciousness. And it has started praying again: the same prayers that were earlier in the mind.

**Satprem:** *I quite understand all that can take place in you, but...*

**Mother:** But since it's taking place in one body, it can take place in all bodies! I am not made of anything different from others. The difference is the consciousness, that's all. It's made of exactly the same thing, with the same elements, I eat the same things, and it was made in just the same way.

And it was as dull, as dark, as unconscious, as stubborn as all other bodies in the world.

It began when the doctors declared I was seriously ill, that was the beginning (*The turning point of March 16, 1962, culminating on April 13, 1962: the great pulsations*). Because the entire body was emptied of its habits and forces, and then, slowly, slowly, the cells woke up to a new receptivity and opened directly to the divine Influence. Every cell is vibrating.

Otherwise, it would be hopeless! If this matter, which began as... Even a stone is already an organization; it was certainly worse than a stone: the inert, absolute Inconscient. Then, little by little, little by little, it awakens. One can see it, you know, one sees it: one just has to open one's eyes to see it. Well, the same thing is now taking place: for the animal to become a man, it didn't take anything else than the infusion of a consciousness – a mental consciousness – and now, it's the awakening of that consciousness which was there, deep down, in the very depths. The mind has withdrawn, the vital has withdrawn, everything has withdrawn; when I was supposedly ill, the mind had gone away, the vital had gone away, and the body was left to itself – purposely. And that's why, it's precisely because the vital and mind had gone that it looked like a very serious illness. And then, in the body left to itself, the cells little by little started awakening to the consciousness (*gesture of a rising aspiration*); once those two had gone, the consciousness which had been infused into the body **THROUGH** the vital (from the mind to the vital and from the vital to the body) started slowly, slowly emerging. It began with that burst of Love from all the way up, from the extreme, supreme altitude; then, little by little, little by little, it came down to the body. Then that sort of physical mind, that is, something totally and completely idiotic going round and round in circles, forever repeating the same thing over and over again, cleared up little by little and grew conscious, organized, then fell silent. And then in that silence, the aspiration expressed itself in prayers. (silence)

It's a denial of all the spiritual assertions of the past: "If you want to live fully conscious of the divine life, leave your body – the body cannot follow." Well, Sri Aurobindo came and said, "Not only can the body follow, but it can be the base that will manifest the Divine." The work remains to be done.

But now there is a certitude. The result is still very far – very far ahead, there is much to do before the crust, the outermost surface experience as it is, can manifest what takes place within (not "within" in the spiritual depths: within in the body). For it to be able to manifest what is within... That will come last, which is very good because if it came earlier, we would neglect the work; we would be so happy that we'd forget to complete the work. Everything must have been done within, everything must be fully and thoroughly changed, then the outside will express it.

But it's all **ONE SINGLE** substance, the very same everywhere, which was unconscious everywhere; and so, the remarkable thing is that things are taking place **AUTOMATICALLY** (*gesture of points scattered throughout the world*), quite unexpected things here and there, even in people who don't know anything. (silence)

These material cells had to gain the capacity to receive and manifest the consciousness; and what permits a radical transformation is that instead of an ascent which is so to speak eternal and indefinite, there is the appearance of a new type – a descent from above. The previous descent was a mental one, while this is what Sri Aurobindo calls a "supramental descent"; the impression is, a descent of the supreme Consciousness infusing itself into something capable of receiving and manifesting it. Then, out of that, once it has been thoroughly kneaded (there's no knowing how much time it will take), a new form will be born, which will be the form Sri Aurobindo called supramental – it will be... anything, I don't know what those beings will be called.

What will be their mode of expression? How will they make themselves understood and so on?... In man, it developed very slowly. Only, mind has done a lot of kneading and, after all, has made things move faster.

How will we get there?... There will certainly be stages in the manifestation with, perhaps, a specimen that will come and say, "Here is how it is." (*Mother looks in front of her*) One can see that.

Only, when man emerged from the animal, there was no way to record – to note and record the process; now it's quite different, so it will be more interesting. (silence)

But even at this moment in time, the vast majority – the vast majority – of human intellectuality is perfectly satisfied being busy with itself, satisfied with its little progress like this (*Mother draws a microscopic circle*). It doesn't even, doesn't even have a desire for something else!

Which means the advent of the superhuman being may well... it may very well go unnoticed, or not be understood. We can't say, because there is no analogy; it's obvious that if one of the apes, the large apes, had met the first man, he would just have felt there was a somewhat... strange being, that's all. But now it's different because man thinks, reasons....

But anything higher than him man has been used to thinking of as... divine beings; that is to say, bodiless beings, appearing in the light, anyway all the gods in human conception – but it's not that at all! (long silence)

(to be continued next week)

Volume 8. 1967: Agenda of the Supramental Action Upon Earth

# Townhall Speaks

## FAMC MONTHLY REPORT FOR MAY AND JUNE 2021

The FAMC monthly report does not include regular liaison work with other working groups unless there is a final outcome, in which case the items may be reported in the reports of the respective working groups such as the Auroville Town Development Council (ATDC), Working Committee, Housing Board, Land Board, Auroville Council or the Budget Coordination Committee (BCC).

Please bear in mind that this is a report of decisions or events of a certain month and in the meantime changes, progress, or/ and collaboration might have occurred in any given subject.

**Please note:** Kalya resigned from the FAMC for personal reasons on 26.05.21.

### Units and Trusts

1. **Nalan**, a new unit under Auromitra Trust. Executives Mr. Babu Marie (aka Mathan) and Ms. Lousie Marie Overbeek (aka Loes). Scope of work is to perform various socioeconomic development interventions oriented towards sustaining ecosystems and improving wellbeing.
2. **Hands for Earth**, a new unit approved under Kattida Kalai Trust. Executives Mr. Raja Subbarayan and Mr. Vijayan Dhandapani. Scope of work is construction and workshops on low cost sustainable buildings with ecological concepts.
3. **Saragam**, a new unit under Team Trust. Executives Ms. Meera Natarajan and Mr. Umaramanan Umpathi. An outlet for farm produce from Auroville and the bio-region. The Auroville produce will be taken only from surplus or over-abundance.
4. **Deepam Candles**, request to change parent entity from Discovery Trust to Kattida Kalai Trust, was approved.
5. **Wood Concept**, a new unit under Kattida Kalai Trust. Executives Mr. Emmanuel Schmitt and Mr. Christophe Benesse. Scope of work is all kinds of woodwork – chalet, wooden framing houses, staircases, furniture etc. Also consulting for architects, conception and execution of plans and contracting.
6. **Isai Ragam**, a new unit under Auromitra Trust. Executives Mr. Ivar Jenten and Ms. Bridget Vink. Scope of work is to provide English, computer, Maths, music and dance classes to the children of the surrounding villages.

### New Activities Approved

1. **Arusuvai**, an activity under AFA (Auroville Food Activities). Managers are Ms. Meike Heller and Ms. Nithiya Velmurugan. Scope of work is the manufacture and sale of jams from natural fruits from Auroville.
2. **Tula**, an activity under AVA (Auroville Activities). Manager is Ms. Nadia Labiod. Scope of work is consultancy in nutrition, diet, weight regulation, psychosomatic & biodecodage.
3. **Grace's Kitchen**, an activity under AFA. Managers are Mr. Arunkumar Nagappan and Mrs. Grace Nagappan. Scope of work is preparation and delivery of homemade food to Aurovilians at their doorstep.
4. **Synthesis**, an activity under ASSA (Auroville Small Scale Activities). Managers are Mr. Constantino Corcione and Mr. Giacomo Colomba. Scope of work is sales, consulting, marketing, workshops, networking & business development.
5. **It Matters**, an activity under ASSA. Manager is Ms. Bhakti Mills. Scope of work is selling and exhibiting art from Auroville artists and curating art shows.

6. **Tulita Sewing Upcycling**, an activity under ASSA. Manager is Ms. Camille Delobel. Scope of work is service and sale of upcycled products, mending & transforming garments, and offering workshops.

### Appointment, reappointment or resignation of activity managers, unit executives, and Trust trustees

1. **Natura**, a unit under Team Trust. Reappointment of executives Mr. M. Harish and Mr. Tejas Joseph was approved.
2. **Discovery Trust**. Renewal of trustees, Mr. P. Karuna and Mr. Sundar Rajaman. They are encouraged to find a third trustee.
3. **Imago**, a unit under Auromode Trust. Reappointment for only one year, after the initial three year term, of executives Mr. Michael Gransitzki, Ms. Sindhuja Jagadeesh, and Mr. Louis Cohen were approved.
4. **Kallialay Surf School**, a unit under Auroville Export Trust. Appointment of Mr. Edgar Lopez as an additional executive was approved.

### ATDC

1. The ATDC made a budget request to the FAMC and BCC: A) to cover the budget requirements for creating a Land Use Plan. B) For more maintenance for members and staff. The FAMC and BCC reviewed the details provided and decided to allocate 13 full-maintenance in total (7 current and 6 new) to ATDC. The FAMC requested the BCC to follow the normal due diligence process for allocating maintenance (a name list with the roles and responsibility of the individuals).
2. The FAMC endorsed project approval for "The Sprout": a restaurant and hydroponic farm.

### BCC

1. The FAMC selected new BCC members: Aurosugan, Cristina, Fabien, and Mathan. For more details about the selection, please see our post on Auronet: <https://auroville.org.in/article/84876>.

### Housing Board/Service

1. Maitreye I residents requested to revert a Newcomer flat into a permanent residence. The community members also voiced their support for the newcomer family living in this flat who were to become Aurovilians once they find permanent housing to continue to live there. FAMC agreed to the request to convert the flat to a permanent residence. It is noted that this is a reversion back to its original purpose.
2. Housing Board, due to lack of quorum and/or conflict of interest, requested the FAMC to handle two housing allocations:
  - a. In Dana (formerly Roma's house). This was offered under the designation, "Housing against Recognised Work". FAMC reviewed the eligibility criteria of the three shortlisted candidates provided by the Housing Board, conducted the interviews and consolidated the inputs of the community residents concerning the applicants. The FAMC after a thoughtful discussion decided to allocate the house to Juan & Camilla.
  - b. In Inspiration (former Krishan Meyer flat). This was offered as a pro-bono allocation. The FAMC reviewed all material provided by the Housing Board and the various support letters for the two candidates. It was agreed to allocate the flat to Velu & his family, who was also one of the applicants for the house in Dana..

The FAMC conveyed their decisions to the Housing Board for implementation. Implementation of both decisions was kept pending due to an appeal which was filed against the FAMC decision wrt the Inspiration flat.

3. The FAMC started the selection process for the new Housing Board members: 5 community-at-large members and representative members from the ATDC, Housing Service & FAMC. The process and selection of the community-at-large members was started with the support of the Auroville Council.

### Auroville Council

1. On request from the Auroville Council the FAMC shared it's nominations of the four members from the community at large for the Land Board Selection Committee.

### Working Committee

1. The Working Committee requested the FAMC to review financial details of Serendipity following an allegation by an Aurovilian dismissed from said unit. Then the FAMC requested the Funds & Assets Resource Group (FARG) to conduct the review.

2. The Working Committee requested the FAMC to have two members join as the financial liaisons to help with issues related to finances and asset management. This topic was initially raised due to the passing of Werner Stoff and his legacy pertaining to the funds and assets left behind by him in Prayatna.

### Land Board

1. The FAMC sought clarity from the Land Board to understand the Land Board's internal process with regards to funds allocation for fencing both in general, and specifically to one fencing matter in Eternity. This was in relation to a query raised about a Government of India (GoI) capital grant received and spent by the Land Board. The query was settled.

### Miscellaneous:

1. Final signed hard copy of the GOI budget requests 2021-22 were prepared and submitted following the soft copy submission.

2. Helen and Manjula presented to some FAMC members their interim research findings on "Exploring Auroville's Capacity to Flourish."

3. A joint task group of the BCC, FAMC and Working Committee regrettably informed the community that the Solar Kitchen would be closed from June 1st 2021. The reason for closure was that running the Solar Kitchen had become economically nonviable under the present management, due to various pressures related to the Covid-19 crisis that started in March 2020. The BCC along with the FAMC and Working Committee looked at the next steps for restructuring the Solar Kitchen and its management with a new vision, scope of work and a broader team so that the Solar Kitchen would continue as a central community service well into the future.

A subgroup proceeded with the retrenchment of the employees with details provided by the resigning executives of Solar Kitchen.

With input from the Solar Kitchen subgroup, the new Solar Kitchen 'management parameters' were formulated. In June 2021 the FAMC formed a small group to look into the allegations raised by workers of the Solar Kitchen. *The findings of that review are still pending.*

4. After reviewing the material provided, the FAMC endorsed the PTPS management / advisory group document on request by the Auroville Service Trust trustees. The Auroville Service Trust will lead the process as described in the document and an FAMC member joined a subgroup during the selection process. This Advisory Group will advise the executives, and monitor the running of the service.

5. Auroville received a generous donation to create a 'worker relief' fund linked to the covid 19 crisis. The donation will be disbursed via MERA, and follow the administration and accounting practices set up for such emergency donations. The guiding principles of MERA – who is MERA, what kind of projects are eligible, how are funds received, disbursed, reviewed and accounted for, how will MERA communicate it's work, were reviewed and approved.

**NERA**, a unit under Health and Healing Trust, scope of work: "To receive and disburse funds during an emergency in an accountable fashion; to approve projects to relieve said emergency."

Executives are appointed on a yearly basis. Mr. Dhruv Bhasker, Ms. Nina Mahi Zadrozny Pereira & Ms. Aneeta Pathak each resigned, and Ms. Suryamayi Clarence-Smith, Mr. Hemant Lamba & Mr. Stephan Himmer were appointed as executives. Mr. E. Rathinam was reappointed.

6. The FAMC approved guest houses in Hospitality Trusts to regain access to the billing system to issue vouchers, track payments etc, as this billing system is the forerunner of the Dashboard booking system and both originated from the Guest Facilitation Coordination Group work. These systems are meant to serve the whole guest sector in Auroville.

### Other

**Errata statement** to April FAMC report: the resignation of Mr. Emanuele Scanziani as executive of **Naturally Auroville**, under GNP Trust, was in principle agreed to. However implementation is pending until Mr. Jean- Francois, the only other executive, finds a replacement which is approved by the FAMC.

**Errata statement** to April FAMC report: pertaining to the proposed City Center Canteen, point D: "The Canteen building was created without the No Objection Certificate (NoC) of TDC" – To be more precise: the conversion of a storeroom into a canteen and the extension in the front area was done without a NoC (No Objection Certificate) from TDC.

### HOUSING SERVICE: AVAILABLE

Dear Community, two assets are currently available for transfer:

**Apartment for transfer**

New Creation NCR017 (Family)

**Apartment for house against recognized work**

Prathana PRA010 (Single)



To apply, please click on the new "Houses Available" button in the very right column of the AuroNet main page.

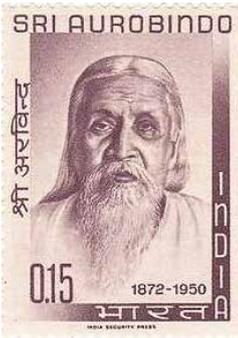
You will be directed to our Housing Transfer App at <https://housing.auroville.org.in>

All you need to do is: click on the transfer you are interested in, view all the details and pictures of the asset for transfer and if you wish to apply, click on the "Apply" button and fill in the online application form. Once the indicated deadline for applying has passed, you will receive an email from Housing against recognized Transfer with the date for the site visit.

For any questions, please feel free to come and see Venkatesh at Housing Service Office

Thank you,  
The Housing Service  
K. Venkatesh

## 44A CELEBRATES ITS 8TH BIRTHDAY!



The "Acres for Auroville" land campaign (A4A) is embarking on its 8th year at the service of a unified and harmonious land base for Auroville. Looking back on seven years of collective action, we feel happiness and a sense of utility. The campaign, a joint action of LFAU and the centers of Auroville International, has enhanced awareness, unity and enthusiasm for the cause. Thanks to good-willed contributions, we have given the Land Board much-needed resources to negoti-

ate with landowners and add over 80 plots to Auroville's physical body! We are grateful to every one of you who has donated or supported our unity effort through your actions. **The land is the material base and physical body for the City of Dawn and donations are the only source of funding for land purchase – we sincerely thank you and hope you stay with us for Auroville!**

[Our 15th August newsletter launching Year 8](#) has these rich and inspiring articles:

### [A4A Flier](#)

Sri Aurobindo's vision of human unity in diversity is the animating concept and force behind The Mother's creation of Auroville. His inspiring words ring true, and today as even more essential than before. Version française en pdf. ... [பிபிஎஃப்பில் தமிழ்ப் பதிப்பு](#)

### [LFAU Letter](#)

Despite all circumstances to the contrary, something within knows that life is moving towards Light and Felicity. This view is equally true for the survival and growth of Auroville over its 5 decades. Version française en pdf. ... [பிபிஎஃப்பில் தமிழ்ப் பதிப்பு](#)

[Dr. Jayanti S. Ravi, New Auroville Secretary, brings new hope](#)

Auroville has been blessed with the appointment of Dr. Jayanti Ravi as the new Secretary of the Auroville Foundation. An experienced government officer, she comes with a deep understanding of and personal commitment to Auroville's goals.

[More New land \(2.39 acres\) within the Master Plan thanks to you!](#)

Exclusively funded by your donations, Auroville has added another 2.39 farming acres to the Master Plan area. This new land has joined Kalpavruksha Farm, consolidating more of this vital Greenbelt area, and supporting its actions for food production and biodiversity.

### [Auroville's Land Board Part 2: The Secretarial Team](#)

Supporting the Land Board's multi-faceted work is the team of three secretaries. Cleo was featured in our February 'Newcomer' article, and now we present Jothi and Anjali who have been working with dedication for Auroville's land for fourteen years.

### [Glimpses from the Wonder-worker's Hidden Hand](#)

Tency – 'a seeker of the unseen' – has been living in Auroville for more than 45 years, and has worked on developing Matrimandir, Center Field, Auroville's greenwork, and CSR. He shares some of his Auroville adventure in 'Glimpses from the Wonder-worker's Hidden Hand'.

### [Finally Coming Home](#)

Peter, a new Aurovilian, describes his long path to Auroville that has taken him through Hong Kong, Scotland, Tibet, India, and life in Findhorn. He's worked with gardens, publishing and as a psychotherapist. Now fully part of Auroville, he has 'come home'.

['The Soul of Nations' – A new book by Wolfgang Aurose](#)

'The Soul of Nations: Healing and Evolution' is a newly-released book by friend of Auroville and former president

of Auroville International, Wolfgang Aurose. The book explores the spiritual and soul dimensions of national identity in the light of Sri Aurobindo's analyses.

[Inspiration from Sri Aurobindo – a compilation](#)

To initiate this special year that commemorates Sri Aurobindo's 150th anniversary, we asked members of Auroville and of Auroville International to share their favorite quotations from his writings. We thank all the contributors to this rich collection of inspiration!

[Please click here to know the recent changes](#) for making a donation from within India and abroad. And when you donate, kindly inform us at [lfau@auroville.org.in](mailto:lfau@auroville.org.in) so we can immediately track and respond to your solidarity! All donations – small and large – are appreciated with gratitude!

## FROM THE ENTRY SERVICE – ES # 095

Dated: 21-08-2021

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to [entryservice@auroville.org.in](mailto:entryservice@auroville.org.in).

We thank you in advance.

### NEWCOMER CONFIRMED:

Senthil PASUPATHY aka Gerad (Indian)

### AUROVILIAN ANNOUNCED:

Divya Bharathi ARUNACHALAM (Indian) staying in Djaima and working at Udavi School



### AUROVILIAN CONFIRMED:

Babu VEERASAKTHIVEL (Indian)

Patricia ROUSSET (French)

Udhayalakshmi RAMACHANDIRAN aka Ramya (Indian)

### Errata:

Zinab Beygom TAHERI aka Marjan (Iranian) was announced on 7/8/2021 as staying in Angiras Garden by mistake. We will publish a new announcement for her at a later date.

### 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. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

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 Service

NSW 884 - 21 August 2021

### ACCESSIBILITY OF THE MAIN GATE



Dear Town Hall users, this is to inform you about a change in the accessibility of the main gate. This gate used to be kept open, but as over the years more and more vehicles entered without valid reason, we once more try to limit this. Therefore we now keep the main gate closed and only allow delivery vehicles and other necessary traffic.

Also, a small brick barrier was put in place today to prevent motorcycle traffic entering from that side. Motorcycles should be parked at the Parking shed.

We apologize for not informing everyone earlier. We regret the inconvenience this barrier may have caused to some of you. The small barrier of one brick height will be painted red and white for visibility.

We welcome constructive feedback so we can reflect and implement if necessary.

*Gratitude, ACUR team, Management team,  
ACUR (Auroville Centre for Urban Research)  
Town Hall, Ph: 2622250*

# Community News

## FOR YOUR INFORMATION

### RASHTRAM SCHOOL OF PUBLIC LEADERSHIP RISHIHOOD UNIVERSITY



We seek support in commemorating 150 years of Sri Aurobindo for a series of programs that was initiated in August 2020. The program has had to take a different shape because of certain unavoidable circumstances. Now, the celebration program is hosted by the Chair for Sri Aurobindo Studies for Human Excellence at Rashtram School of Public Leadership, Rishihood University, Sonipat under the supervision of Prof. Sampadananda Mishra.

As a part of this celebration, a 150 hours year-long certificate course is ongoing. It was launched last month on 15 July 2021 and nearly 55 learners from various parts of the globe have already registered.

Please visit the following link for details: <https://rashtram.org/sri-aurobindo-rishi-of-indic-renaissance-course/>

We recently organised an International conference on Sri Aurobindo and India's Renaissance in collaboration with IAS (Indian Institute of Advanced Study), Shimla. The conference was inaugurated by the Honourable Governor of Himachal Pradesh. You can find the videos of the conference here: [https://www.facebook.com/pg/RashtramSPL/videos/?ref=page\\_internal](https://www.facebook.com/pg/RashtramSPL/videos/?ref=page_internal)

We also plan to conduct a series of webinars and National and International conferences in the coming months. A bunch of study weeks to focus on specific texts of Sri Aurobindo are in the pipeline too.

We will be happy to continue our collaboration in this mahayajna of celebrating the 150th birth anniversary of Sri Aurobindo – the Rishi of India's Renaissance.

Seeking your good wishes and active participation.

*Thanks & Regards, Shobhit Mathur, Dean  
Rashtram School of Public Leadership  
An Initiative By Vision India Foundation  
[dean@rashtram.org](mailto:dean@rashtram.org), <https://rashtram.org/>  
Rishihood University, Sonipat, Haryana 131021*

### ACCESSIBLE AUROVILLE PUBLIC BUS

#### Trip Schedule

AUROVILLE to PONDICHERRY				
	Trip 1	Trip 2	Trip 3	Trip 4
Svaram	07:00	09:30	14:15	17:00
Auroshilpam Auromode / CSR	07:04	09:34	14:19	17:07
Town Hall Parking	07:06	09:36	14:21	17:09
Mahalakshmi Home	07:12	09:42	14:27	17:15
Vikas Radial Junction	07:15	09:45	14:30	17:18
Solar Kitchen (Round About)	07:17	09:47	14:32	17:20
Certitude Enterance	07:21	09:51	14:36	17:24
New Creation Road	07:27	09:57	14:42	17:32
SBI Bank Kuilapalayam	07:29	09:59	14:44	17:34
Handy Market (ECR Junction)	07:35	10:05	14:50	17:40
Lotus Hotel, SV Patel Road	07:52	10:22	15:07	17:59
Ashram Road Junction	07:59	10:29	15:14	18:05
Ashram Dinning Hall	08:05	10:35	15:20	18:10



#### PONDICHERRY to AUROVILLE

	Trip 1	Trip 2	Trip 3	Trip 4
Ashram Dinning Hall	08:10	13:00	15:30	20:10
Ashram Road Junction	08:14	13:04	15:34	20:14
Lotus Hotel, SV Patel Road	08:20	13:10	15:40	20:20
Handy Market (ECR Junction)	08:37	13:27	15:57	20:37
SBI Bank Kuilapalayam	08:44	13:34	16:04	20:44
New Creation Road	08:46	13:36	16:06	20:46
Certitude	08:51	13:41	16:11	20:51
Solar Kitchen Round about	08:54	13:44	16:14	20:54
Vikas Road Junction	08:56	13:46	16:16	20:56
Mahalakshmi Home	08:58	13:48	16:18	20:58
Town hall Main Parking	09:04	13:54	16:24	21:04
Auromode GH	09:08	13:58	16:28	21:08
Svaram	09:15	14:05	16:35	21:15

## INDIAN CLASSICAL MUSIC AND DANCE CONCERT



Shri Krishna Rasa Panchamrutam  
29th August, 7:30-8:30pm  
at Mini Amphitheatre, Matrimandir.

Arpanaa, (a service under AV City Services) is delighted to present a unique Indian Classical Music and Dance concert.

This program commemorates the auspicious occasion of Janmashtami-The Birth Celebration of Lord Krishna!

Sri Krishna has come to occupy a place of pride in the life and world of people across the length and breadth of India and the world. Sparkling with divinity and sweetness in almost every aspect of His Self and Being, He is etched deeply in the minds and hearts of his devotees.

The Bhagavatam and the song celestial, Geeta have described his life and teachings in great detail. Given the beauty and charm of these stories, they tend to fill us with delight even on being heard again and again.

Krishna as a godhead is the Lord of Ananda, Love and Bhakti; as an incarnation, he manifests the union of wisdom (Jnana) and works and leads the earth-evolution through this towards union with the Divine by Ananda, Love and Bhakti, says Sri Aurobindo.

The Sri Krishna Rasa Panchamrutam, presented by Dr. Jayanti Ravi and ensemble is an attempt to bring this 'nectar' from the life and times of Lord Sri Krishna in an intricately woven format that weaves in 'Katha'(storytelling) along with 'Geetham' (music) and 'Nritya'(dance).

The Secretary AV Foundation, Dr. Jayanti Ravi is an eminent classical vocalist with, training spanning varied genres of Indian music including Carnatic, Hindustani, Abhangs, Shabads and Sugam-Sangeet. She will be rendering the stories and the songs in this thematic concert.

Joining her is her daughter Krupa Ravi a talented young Bharatnatyam exponent of the Kalakshetra style. They will be accompanied by other eminent musicians.

This concert is presented as an offering at the Matrimandir and hence there will be no announcements during the programme and we request members of the community to please refrain from applause.

Arpanaa invites you all to be a part of this beautiful artistic experience. [arpanaa@auroville.org.in](mailto:arpanaa@auroville.org.in), Geeta(Kalpana) and Yogini(Kalpana)

## AUROVILLE PHOTO CIRCLE



Dear Photographers, Auroville Photo Circle meeting on Friday 03 September 2021 at 05.00pm at the Centre d'Art Gallery Multimedia room.

The Auroville Photo Circle meets on the 1st Friday of every month at Centre d'Art Gallery Citadines. At the Photo circle we discuss the history of photography, techniques and share the work of global photographers.

Please park at the town hall parking.

Contact [centredart@auroville.org.in](mailto:centredart@auroville.org.in), [www.centredart.in](http://www.centredart.in)

Warm Regards, Centre d'Art Atelier  
Citadines Auroville-605101 Tamil Nadu India  
+91 413 2622699

## SKETCHING MY WAY HOME

Lisa Suchanek



This exhibition of monochrome ink sketches is a glimpse into Lisa's process of self-discovery through painting. She explores topics such as the central nervous system, setting clear intentions, setting healthy boundaries, self and co-regulation, self-compassion, self-humour, humility and stillness. In her art practice she focuses on noticing (sometimes elegantly, sometimes clumsily) the experience of being at

home in herself.

Pausing to make marks on paper, to create textures with paint, to explore ideas with brush strokes, has the power to be a microcosm of our psychological and physical patterns. Lisa uses sketching as a subtle practice of slowly expanding the space between her thoughts, feelings, sensations and the way she reacts to them.

For her, art is a way to befriend and transform her body in movement and her mind through active listening. Instead of trying to forcefully transcend her messy humanness, she wishes to embrace it and playfully lean into transformation.

### Artist Bio

Lisa Suchanek is an artist who grew up in Auroville amongst the trees, the red dirt and Windows 95. In the Netherlands, she received a BA in Liberal Arts and Sciences as well as an MA in Media Studies where she specialised in sound. Although her focus on media, philosophy and art seemed to fit her well, she felt something was missing. The last two years she has been curiously inquiring inwardly and outwardly into various body centred healing practices and psychological theories that embrace inner multiplicity. She gradually began to apply these modalities to her painting as a practice of embodiment, of unlearning, of self-discover and healing. She intends to approach her life with a beginner's mind and an open heart.

## SURABHI SUPPLIES & SERVICE



Dear community, we are happy to announce that we have launched Surabhi Supplies & Service, a new service in Auroville under the Service Trust.

Surabhi Supplies will assist individual community members, units and projects with materials & equipment procurement of all kinds, including construction materials, appliances, machinery and others.

The benefits to the community arising from this service are lower prices through bulk purchasing and quantity-based discounts and through close partnerships with various manufacturers and dealers who are keen to support the further development of Auroville.

We also aim to provide a high level of service to the community through our work and thus simplify the procurement process for all and save everyone time and energy, in addition to saving costs.

Please contact us for any enquiry.

In the spirit of Service,  
Surabhi Supplies & Service (Angelo and Iyyappan)  
[surabisupplies@auroville.org.in](mailto:surabisupplies@auroville.org.in), +91 98438 46458

## AN INTRODUCTION TO SRI AUROBINDO'S SOCIAL & POLITICAL THOUGHT

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

Presents



Venue: Bhumika Hall  
 Date: 26th Thursday, August 2021  
 Time: 5.30 pm

Devdip Ganguli has been teaching undergraduate students at the Sri Aurobindo International Center of Education (SAICE), Pondicherry, for almost two decades, where he offers courses on the social and political philosophy of Sri Aurobindo, as well as courses on Indian culture. He is frequently invited to speak in Universities in India and abroad on topics related to Sri Aurobindo's writings. Devdip also works in one of the administrative departments of Sri Aurobindo Ashram.

An Introduction to Sri Aurobindo's Social & Political Thought

Devdip proposes a free-ranging discussion of the broad outlines of Sri Aurobindo's social and political philosophy, especially as expressed in his books *The Human Cycle* and *The Ideal of Human Unity*.



2 & 4 Wheeler to be parked outside the main gate  
 Covid Guidelines to be respected

## "ONE MORE STEP" FILM

On the Occasion of  
**Sri Aurobindo's 150th Birth Anniversary**  
**Bharat Nivas**  
 Presents

Synopsis & Other Information of the Film  
**"One More Step"**

Venue: Bhumika Hall  
 Time: 5.30pm  
 Date: 21st Saturday 2021.

About the film:

*One More Step* -in many ways is a courageous attempt at bringing Sri Aurobindo's Vision of man and his future to a lay person. Gautam, a successful professional unable to cope with himself and his life, discovers, almost by accident, Sri Aurobindo, while visiting an erstwhile senior colleague. Through his growing intimacy with him, a whole new dimension comes into focus and he begins to look at his life, himself and the world differently. Will his ceaseless curiosity bring Gautam the much-yearned-for release from his life's overwhelming emptiness? *One More Step* describes this journey of self-discovery that is not unknown to many of us here. And along with it, the film endeavours to make Sri Aurobindo's Teaching a little more accessible to the neophyte by relating it to his life's ultimate quest.

Directed by - Debajyoti Ghosh  
 Original Scriptwriter and Producer: Kush Sen  
 Main Artists: Gaurav Bose, Maurice Shukla, Auroposee, Bardhan, Monica Dalai and Sarbani Sen.



2 & 4 Wheeler to be parked outside the main gate  
 Covid guidelines to be respected

## SOLAR KITCHEN INVITES AUROVILIANS, NEWCOMERS AND VOLUNTEERS



Dear Community, the Solar Kitchen team is glad to invite Aurovilians, Newcomers and Volunteers to taste the new lunch menu @ Solar Kitchen till 26th August.

The cost of these trial meals will be covered by the City Service budget, no need to make changes in your existing Lunch Scheme bookings for August.

We are trying out different menus with a variety of organic Auroville produce and we will be happy to receive your feedback. If you are enjoying our food, please book the Lunch scheme at Solar Kitchen from September onwards. We need your support to make our community kitchen alive and vibrant.

For these two weeks trial kindly send your bookings in advance and let us know your plans via:

[solarkitchen@auroville.org.in](mailto:solarkitchen@auroville.org.in)

or call 0413-2622197 or 2622106 between 9am – 2pm

Please come, enjoy and let us know your plans from September onwards!

*With Gratitude,*  
**Solar Kitchen Team**

## CENTRE D'ART ARTIST RESIDENCY IN AUROVILLE

Centre d'Art Auroville Centre d'Art residency is an opportunity for artistic exchange and experimentation, focusing on process-based and artist-led research. Centre d'Art encourages artists to pursue new research and widen their networks to support the development of their practice.



### Centre d'Art residency guidelines

Centre d'Art advises the artists to prepare the following information before starting their application. Images should not exceed 72dpi (low resolution JPEG image file format) and the text documents should be in a Word or PDF format.

- A short biography. (300 words)
- A letter of intent for the residency including motivation for choosing Centre d'Art residency program. (300 words)
- An artistic statement. (500 words)
- A short text about the body of work or research intended by the artist while in residency. (500 words)
- 12 images of artworks with captions, title, year, medium and size.

### Selection and eligibility

Centre d'Art residency is open to contemporary visual artists working in all disciplines. Though one must note Centre d'Art restricted facilities regarding the technical possibilities. It is important that all applicants research about Auroville thoroughly before submitting their application so as to be fully aware of the context which artists would be entering. The selected artist should be able to engage with the Auroville environment.

### To Know more

<https://centredart.in/artist-residency-auroville/>

Thank you for your interest.

Connect with us: [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

*Warm Regards*  
**Centre d'Art Atelier**  
 Citadines Auroville, +91 413 2622699  
[www.centredart.in](http://www.centredart.in), <https://centredart.in/>

**NOTE FROM NARAD**



Dear Auroville friends, I have returned and will be continuing my work in Auroville through the generosity and kindness of Dr. Jayanti Ravi, Secretary of the Auroville Foundation, and the Working Committee. Timing, dates and venue of the OM Choir and Satsang evenings please see here ([page 11 of this issue of N&N](#)).

I will also continue the video interviews with Aurovilians on their inner journey and their life's work. I am taking applications now for this extremely important series that will be featured on the websites motherandsriaurobindo and Richard Eggenberger. Please contact me at [narada12@gmail.com](mailto:narada12@gmail.com) if you would like to be interviewed.

*With love, Narad*

**SUNDAY POTLUCK LUNCH IN FERTILE CANCELLED**



We regret to have to announce that the Sunday Potluck Lunch in Fertile has become too popular to continue.

As of next Sunday Fertile is no longer an open house. There will be no pot luck lunch.

We will reconsider if the Covid 19 threat improves.

*Yours, the Fertile Community*

**LOOKING FOR**

**Looking for a Home**



We are back to Auroville today and we are looking for things that we need and to beautify our home. Ups backup batteries and an inverter, an "office" chair, an "office" desk that has space for a desktop PC and to write homework, one cupboard, a couch, a big sun-beach umbrella and two desk lamps. Thank you.

*Jan & Manu, Horizon community*  
**WhatsApp +393406887720,**  
**email: [yogajambudin@gmail.com](mailto:yogajambudin@gmail.com)**

**Place to Stay**



Hi everyone, my name is Sheida, Aurovilian, looking for a place to stay. Please contact me if there is any possibility. My contact number 9159971595, e-mail: [sheida@auroville.org.in](mailto:sheida@auroville.org.in)

**AVAILABLE**

**Bicycle Available**



"BTwin child bicycle for 4-6 years in good running condition available. Please contact Manu at [mango@auroville.org.in](mailto:mango@auroville.org.in), 9488830338 if interested."

*Thank you very much, Warm regards, Manu*

**Kittens**



Absolutely adorable, very friendly, energetic kittens available to someone who loves cat pets. Six weeks old, golden/orange coloured, 1 male, 1 female. Pls call me at 8098784791.

*Abha P.*

**A Two Bedroom House is Available**



Contact at 8523915031

*Mawite*

**WORK OPPORTUNITIES**

**STEWARDSHIP OF THE NEW COMPOST PROJECT**



Dear Community Second open call: Matrimandir is looking for a team to accept the stewardship of the new compost project located just after the Visitor's Centre. The team will be chosen by Matrimandir and FAMC together. If there are more than one good team, the community will be asked to choose the team for stewardship from these.

**Criteria for the team**

1. Need to have one member with localized scientific knowledge of composting
2. Experience in community service management and finance
3. Long term commitment to the project and the capability to regularly supply high quality compost to Matrimandir. There will be an expectation that quality compost will be available after 12 months of starting operations.
4. Willingness of the management to invest startup capital costs which shall include the cost of making a safe shed if needed.

**Compost project & assets**

(Refer doc "New compost map-NOC-expenses")

1. Fenced & gated 1.5-acre plot at corner of VC and tar road
2. Borewell, pump and overhead tank
3. 3 phase TNEB & electrical distribution room
4. Caretaker's room with outside portable toilet-shower\*
5. Shredder machine for kitchen waste and 4 big compost bins set
6. 70x16 meters dismantled metal structure with cement foundation (deemed fully unsafe). Originally built for the process of vermi-composting.

\*Portable toilet-shower has been given on permanent care by the 50th Anniversary group.

Matrimandir was given the specified compost project donation for below reasons and these cannot be changed:

1. To regularly supply Matrimandir with high quality compost which is pathogen free (approx. 10 cu.mtr. Per month or 6 tractor loads)
2. To collect Auroville's kitchen waste and supply back compost to farms and communities as per a regular service unit operation.

The chosen team will be expected to sign an MoU with Matrimandir and FAMC.

Those interested may write to [matrimandir@auroville.org.in](mailto:matrimandir@auroville.org.in)

*Matrimandir Executives & FAMC*

**TAXI SHARING**



On the way from Auroville to Chennai AP. Taxi departing from Auroville (approx., 1800 hrs.) Thursday the 19th of August Space for 3 passengers (AF flight from Paris: arrival Thurs 19th August at 23.45)

On the way back from Chennai to Auroville. Departure Friday 20 th August early morning from Chennai AP around 0100 am. Space for 1 person

*Let me know, Lisbeth, [lisbeth@auroville.org.in](mailto:lisbeth@auroville.org.in) or Ribhu 94884 83671*

**LOST & FOUND**



LOST on the road between Transition School and Miracle – An orange cloth bag containing a charger for a Kinisi e-cycle. If you have seen it please call 9489374652

Laya Auriya  
layauriya@gmail.com

# Voices and Notes

**WEEKLY LIVE BROADCAST  
FROM THE MATRIMANDIR GARDENS**

Begins Sunday August 22nd



Dear Auroville Friends, during this unprecedented year, so many around the world are missing the beauty and serenity of the Park of Unity. We are grateful to the Matrimandir Access Team for granting permission to develop a weekly livestream from the Park, including the Gardens, the Banyan, and the Matrimandir.

These meditations will be filmed every Sunday from 6-6:30pm India time, and streamed live via the Auroville Live YouTube channel and on AVI-USA's website. For questions contact us at [info@aviusa.org](mailto:info@aviusa.org).



*Auroville Live*

Watch Here: [www.aviusa.org/auroville-live](http://www.aviusa.org/auroville-live)

Please take this opportunity to invite your friends and family across the world to come together and experience the Park of Unity



Every week at

- 6:00 pm India
- 8:30 am New York
- 5:30 am Los Angeles
- 1:30 pm London
- 10:30 pm Sydney

Please note that this is currently the most convenient time locally for a broadcast, but broadcast recordings will remain on the site for future access (or for 48 hours)!. We intend to build in additional broadcast times in the coming months.

In 1969, when discussing the gardens, the Mother indicated that they would have to be of such quality and beauty that people visiting them would experience, physically and concretely, the significance of each garden of: Existence, Consciousness, Bliss, Light, Life, Power, Wealth, Utility, Progress, Youth, Harmony, Perfection



"One must know how to move from consciousness to consciousness," – The Mother



A collaboration between Auroville Live and AVI USA and with permission and support from the Matrimandir Access Team and Outreach Media

**EXCERPT OF AN ARTICLE IN AUROVILLE TODAY  
REG. MOBILITY MANAGEMENT IN THE CITY**

by Alen



In March 2010, Karl-Heinz Posch, an Austrian Mobility Planner who is the Coordinator European Platform on Mobility Management, ran a one-week workshop on traffic and mobility issues in Auroville. A few days later he summarized the process and outcome of the workshop for interested Aurovilians. Here are some of the main points.

The objectives of the workshop were to look at Auroville's long-term vision for traffic and mobility management within the city area and to see what the implications of this vision are for today. It began with a practical example of Zurich of how mobility patterns can be changed. Its lesson for Auroville is that careful planning can influence mobility patterns and that any new development needs to take mobility into account, so that for example the use of cycling is encouraged by providing well-shaded cycle paths in the vicinity.

In 1960 many large cities had major traffic problems. Pedestrians and cyclists felt unsafe on streets which were designed primarily for cars. Roads could not take the sheer number of vehicles. The first response was traffic segregation: separate lanes or spaces for cars and pedestrians.

However, a Dutch mobility planner noticed that segregation was not reducing the number of accidents. On the contrary, because cars no longer needed to worry about pedestrians and other 'hazards', they tended to travel faster, which led to more accidents.

Consequently, he and others developed the concept of a 'shared space' where streets and squares are carefully designed in such a way that the space is shared by cars, cyclists and pedestrians with minimum of barriers, traffic lights and other restrictions. Such a space causes everybody to be more conscious of the needs of others while allowing easy 'organic' mobility. It turned out that shared spaces are often safer and more efficient at easing traffic flow than highly-regulated traffic, so it's no surprise that they are being implemented in more and more cities in the West.

Karl-Heinz worked with other Aurovilians to design an area around the Solar Kitchen which could operate as a kind of shared space. In this concept, the crown would be shared by cyclists, pedestrians and non-polluting public transport and would become a Crown Street, broken up by trees and plazas, meandering through the dense urban fabric of the city. Pedestrians would be prioritized so it would be a place where children could play, conforming to Karl-Heinz's definition of sustainable urban mobility planning – "a way of planning a city where our children and their children would like to live".

\*\*\*



Singing water  
A blue sky  
And a close murmur  
Of hope  
Matrimandir Pond.

Anandi-a,  
August 2021

## AUROVILLE RADIO IS EXPERIENCING A TECHNICAL PROBLEM



Dear Aurovilians, Auroville radio is experiencing a technical problem, this is why we have only two podcasts published this week. We'll try to restore it as soon as possible. Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.

**Last published podcasts:**

[A Tribute To Sri Aurobindo – 15 August 2021](#) (Integral Yoga)

[Savitri, B. X, C. III, Part 1](#) (Integral Yoga)

....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*

## DEPRESSION AND DIET



While more and more Aurovilians seem to savour the taste of meat, few people make the conscious connection between meat eating and the way the animals that they consume are treated. The sight of chickens huddled together in fear at roadside slaughterhouses is so common that we are conditioned and don't give it thought any more.

We also avert our gaze from the carcasses at roadside slaughter shops. But the fact is that the anxiety, fear and despair of these animals has a direct consequence on our own state of mind.

Like our own, the emotions of animals are directly linked to chemicals and hormones produced by the body. When we consume the meat of animals, we are also consuming their hormones, and this in turn brings about changes in our state of mind. Since hormones don't leave our bodies as quickly as they can enter, and since even tiny quantities can affect us, such mental and emotional changes may not be recognised as a consequence of a particular meal. The effect of a hormone can last for many days. For all these reasons, the connection between emotions and food is often not made.

Many among us suffer from psychological issues such as phobias, anxieties, or depression. An eminent physician, Dr Neil Nedley has done extensive work in this field and has written several books on the topic. He also runs recovery programs for these diseases. If you suffer from emotional issues, it is worth learning more about how nutrition can help you. It's worth trying a 30-day plant based nutrition challenge so as to cleanse your body of hormones that may affect your mental wellbeing. Most psychiatric drugs are highly addictive because they are chemicals that affect our emotions. If they can be avoided through diet, why not?

**Dr Nandita Shah,**  
**SHARAN Auroville**

**Aurelec Premises, Kulilapalayam,**  
**0413 2622637**

**Author of Reversing Diabetes in 21 Days**

**SHARAN:**

**Building a Culture of Health!**

[www.sharan-india.org](http://www.sharan-india.org)

## CLASSES, WORKSHOPS & HEALING ARTS

### AIKIDO CLASSES



Aikido classes at Auroville Budokan (Dehashakti): We have restarted our early morning Martial Art practice with Beginners & all levels with Murugan/Surya on Tuesday & Thursday 6.00 to 7.15 am and Saturday 6.30 to 7.30 am.

Please be at the Dojo/Budokan 10-15 min. before the class starts. Welcome to watch a class before you join.

Beginners may wear long loose pants & t-shirt with sleeves for the start (no sleeveless and tight fitting please) then a white "keikogi" will be required –we have some.

For all activities at the AV Budokan: Health Fund or private insurance necessary and reasonable contribution for the Dojo required.

For Children classes and more info, please write to [budokan@auroville.org.in](mailto:budokan@auroville.org.in) or contact Surya: 04132623813 or 8300189062; Murugan: 9952812843.

With enough demand, different timing (morning, afternoon) could be added. Let us know!

### OM CHOIR & SATSANG BY NARAD



The OM Choir will be starting from 24th August at the Matrimandir Amphitheater on Tuesdays from 6 to 7 pm.

The Satsang with Narad will be from 7:30 pm to 8:15 pm at Kalpana Community (@ William's house, E1-2B, East Block, 1st Floor- above the parking area).

*All are Welcome!*

### WATER MATTERS MELA



The Water Matters Mela is now a month-long (September) workshop in Fertile culminating in a 2 day mela on the 8th and 9th of October with a play "Tunny Ilkay" on the night of Saturday 9th.

Anyone wanting to help with the workshop, especially artists, graphic artists, dancers, builders and midnight rambles is welcome on any morning during September. Lunch will be provided.

*Please apply 7598671944.*

### DEEP TISSUE MASSAGE AT AUROMODE



We are offering Deep tissue massage at Auromode

Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles).

It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

For more information and booking

[contact@auromodeyogaspace.com](mailto:contact@auromodeyogaspace.com), +919384460764

*Warmly, Tahir*

### MUDRA CHI WEEKLY BACK



We start our weekly classes again.

Saturdays 5 p.m. to 6 p.m At Savitri Bhavan  
Everybody Welcome

Old and New students

Facilitator : Anandi

## ASHTANGA YOGA



Dear friends, we're opening an "Ashtanga Primary series practice group" Mondays and Fridays 7am at creativity hall. This is not a taught class, but just an open practice group invitation to motivate each other in the spirit of Sangha.

Therefore, those who decide to join must have some experience in the "ashtanga first series practice" since there will be no teacher". For questions please contact Andres at [andresacosta@auroville.org.in](mailto:andresacosta@auroville.org.in).

Warmly, Andres

## EDIBLE WEED EXPLORATION

**BE A WEEDEER: JOIN ME (NINA) FOR EDIBLE WEEDS EXPLORATION W/ THE COLORING BOOK**

**WHEN:** ON SATURDAYS  
21 AUGUST '21 TO 25 SEPTEMBER '21

**TIME:** 7:30AM TO 8:30AM (MAX 8:45AM)

**LOCATION:** IN AUROVILLE

**PRE-REGISTRATION: REQUIRED**

**MAX NUMBER:** TEN (MAX)  
IF RAINING @ 6.30AM WALK CANCELLED W/ REFUND

**CONTRIBUTION:** WELCOME

*ALL DETAILS RE LOCATION AND CONTRIBUTION AT REGISTRATION*

**WHAT TO BRING:**  
YOURSELF, THE "EDIBLE WEED AND NATURALLY GROWING PLANT" BOOK IF YOU HAVE (IF YOU DO NOT, WE WILL HAVE A FEW TO SHARE). PLUS, BRING WHAT YOU NEED TO BE COMFORTABLE FOR THE WALK

TO RSVP: WhatsApp /SMS @ +91 8628955394

## AUROMODE YOGA SPACE

Auromode Yoga Space



### YOGA SCHEDULE

**Tuesday - Vinyasa flow with Rebeca**  
5 30 pm to 6 45 pm

**Wednesday - Pregnant Yoga with Camilla**  
5 30 pm to 6 30 pm

**Thursday - Vinyasa flow with Rebeca**  
5 30 pm to 6 45 pm

**Friday - Multi style Yoga with Bala**  
5 00 pm to 6 15 pm  
Please bring your own mat .  
No need to register .

**Beginner to Intermediate level**  
We also offer Deep tissue Massage ,Ayurvedic Massage and Marma head massage  
[contact@auromodeyogaspace.com](mailto:contact@auromodeyogaspace.com)

## NATYASHASTRA

Welcome to a weekly study circle on:

### नाट्यशास्त्र | NATYASHASTRA

Natyashastra, also often called the fifth Veda, is one of the most essential texts of drama, dance, music, arts and fine arts in India. Beginners and professionals, all are invited to learn together.



Yogini Gandhi, Rekha Tandon and Aravinda Maheshwari are amongst the facilitators as well as students of this study circle. We will be referring to video-based lectures on Natyashastra by Prof. Bharat Gupt in English along with Sanskrit verses from the original नाट्यशास्त्र text by Bharat Muni.

**INTRO SESSION ON 16-AUG-2021**

2:30 PM TO 3:30 PM

BHUMIKA HALL, BHARAT NIVAS

**REGULAR SESSIONS: EVERY MONDAY**  
SAME TIME AND VENUE.



For registration, please write to:

[devabhasha@auroville.org.in](mailto:devabhasha@auroville.org.in)

Warmly, Samskritam Auroville Team

## ANALOGUE DARKROOM WORKSHOP

By Sasikanth Somu

Date: 10th, 11th and 17th and 18th of September 2021.

Venue: Centre d'Art Gallery, Citadines



### Program & Timings:

Friday 11th, 02.00 – 5.00pm

Brief look at History of Photography & Introduction to Film Camera.

Saturday 12th

09.00am – 12.30pm Film photo shoot,  
02.00pm – 05.00pm Develop your roll of film.

Friday 17th

02.00 – 5.00pm Contact Sheet Printing.

Saturday 18th

09.00am – 12.30pm and 02.00pm – 05.00pm  
Printing photos in the darkroom.

Registration Contact: [centredart@auroville.org.in](mailto:centredart@auroville.org.in)

Warm Regards, +91 413 2622699, [www.centredart.in](http://www.centredart.in)

## ECSTATIC DANCE



Ecstatic Dance at Cripa every Saturday from 5:00 pm to 7:00 pm.

What is Ecstatic Dance? Ecstatic Dance is a Freeform Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations, and allow yourself to feel your emotions, sensations, body, mind, and spirit.

Because this is a safe space for movement and expression, for more information contact +919384460764

warmly, Tahir

**LOVE – THE TRUTH THAT SAVES**

*Savitri*  
B H A V A N



Monday, 23 August 2021,  
4pm at Savitri Bhavan.  
Duration: 54min.

In the video talk, **Dr. Larry Seidlitz** elaborates on the deeper nature of love, on the love which is eternal and can stand up to death, as it is explained in Sri Aurobindo's *Savitri*, in his *Letters on Yoga*, and in some of the Mother's talks with the students of the Ashram school.

Dr. Seidlitz starts with *The Debate of Love and Death* in Book X of *Savitri* and goes on to show how limited is human understanding, and even the understanding of Death himself, when confronted with Savitri's powerful action of Divine Love, Truth and Consciousness.

In his debate with Savitri, Death argues that he is the beginning and end of all things: *I, Death, am He; there is no other God. / All from my depths are born, they live by death; / All to my depths return and are no more...* In his arguments, Death often expresses the views on the nature of Truth which mankind holds, the views according to which life is ephemeral, and is inevitably headed towards termination and nothingness.

But Savitri, conscious of her divine origin, of her eternal existence and oneness with all, powerfully expresses her determination to Death: *I am, I love, I see, I act, I will. /...When I have loved for ever, I shall know. / Love in me knows the truth all changings mask...*

And she refuses to accept Death's distorted beliefs: *O Death, thou speakest truth but truth that slays, / I answer to thee with the Truth that saves...* She also claims that the Divine is immanent in the world and is gradually manifesting its ever-growing powers.

In her talk with children in 1956, the Mother stressed that it is because of the descent of the Divine Love into the creation that the creation can evolve and progress towards reunification with the Divine.

Moreover, that human beings cannot really tolerate Divine Love in its purity; it is too powerful for them to bear. Nevertheless, the Divine Love in its form of Grace does its work and gradually raises us up towards its Divine Nature. Similarly, in one of his *Letters on Yoga*, Sri Aurobindo explains that human consciousness must first be transformed to bear and become a receptacle of the Divine Love in all its intensity.

It is only the Divine Power, the Mother's Force that can free human beings from the continuous assault of hostile forces, which influence and hold sway over the lower vital and physical nature.

The speaker concludes that one of the best ways to support the evolutionary work happening on earth and in us, and to open up to further transformation, is to cultivate a deep, integral and constant love for the Divine, for Sri Aurobindo and the Mother, and for their work in establishing a pure and outwardly visible manifestation of the Divine Consciousness, Love and Ananda.

The video talk can also be seen at the Savitri Bhavan website <http://savitribhavan.org/777-2/>

**LEARNING SESSIONS  
AT LIVING SYMBOLS EXHIBITION**

Kalakendra, Bharat Nivas

Dear community and friends, welcome to visit the Living Symbols exhibition at Kalakendra, Bharat Nivas.

**Open:** 10:00am – 4:30pm,

August 15 – September 15, 2021.

Sun rays shine on Sri Aurobindo's symbol in wood, reflecting itself on image of Matrimandir with Mother's symbol in 46 languages on the golden discs

Here are a few learning sessions to start with, please register with us if you would like to participate:

**Symbols evoked through Kolam**

**Date:** Tuesdays and Saturdays (10 – 12am, 3 – 5pm):

August 21, 24, 28, 31,

September 4, 7, 11, 14

**Facilitator:** Grace, phone: +91 8072449091

[info@kolamyoga.com](mailto:info@kolamyoga.com), <https://www.kolamyoga.com>

No. of participants: 5-12; Contribution required.

Contact facilitator for details and registration.

**Sanskrit chanting**

**Date:** Thursday, August 26, 4 – 5pm

**Facilitator:** Aravinda

No registration needed, voluntary contribution

**Drawing and painting symbols**

**Date:** Fridays 2.30 – 4pm

**Facilitator:** Ramalingam

No registration needed, voluntary contribution

**Mother's Qualities in Ourselves**

(Story-relay, movements, listening & observation)

**Date:** Sundays August 22 and 29, 3:30 – 4:30pm

**Facilitator:** Anandi Zhang & others

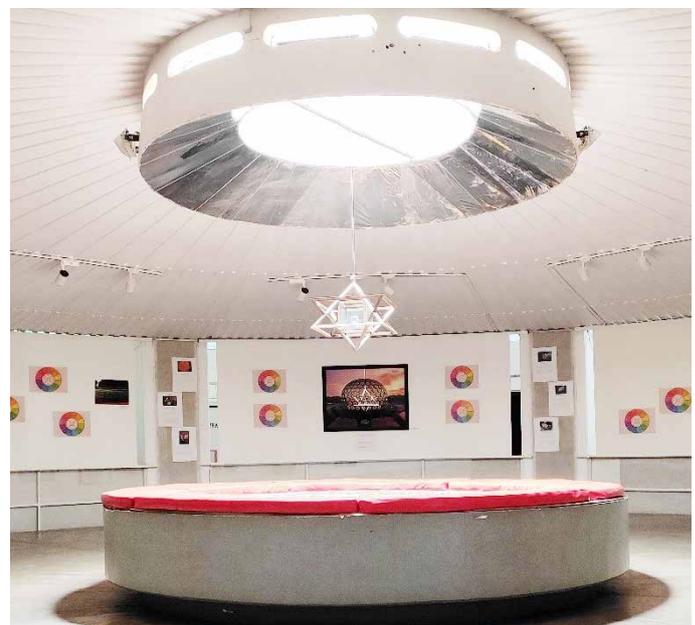
No registration needed, voluntary contribution

**Sanskrit Calligraphy**

**Date:** Sunday 5 September 3:30 – 4:30pm

**Facilitator:** Aravinda

No registration needed, voluntary contribution



## JIVA – YOUR JOURNEY IN HEALING AND TRANSFORMATION

“Jiva” is a growing collaborative of highly experienced therapists living in Auroville. Therapy, Workshops, Retreats and Courses and Classes. We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution

Acupuncture, Shiatsu, QiGong, TaijiChuan, Energy work, Fasting. Natural Horsemanship, Horse assisted Therapy, Vedic Astrology, Medical Clowning, Yoga Nidra, Gentle Birth & Pregnancy, Integral Regressiontherapy, trauma therapy, advanced classical homeopathy.

[www.auroville-jiva.com](http://www.auroville-jiva.com), [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com),

Whatsapp 9626006961, [Facebook](#)

### Integral regression therapy

21 Aug 9 – 12 am, Intro Session



A therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, integrating trauma therapy, pastlife regression therapy, inner child work, NLP, and a client centric approach.

Typically, integral regression therapy addresses unexplainable pains, traumata from accidents or early childhood, questions about past lives, life purpose or restricting behaviour patterns.

Sigrid Lindemann offers an in- depths training through a series of webinars, in which the theory of this deeply healing approach is transmitted.

Therapists wishing to integrate this approach in their psychotherapeutic or body- mind – healing work shall add 4 presence sessions as in 3 day workshops in Auroville. Details can be send.

**Sigrid Lindemann** is integrating her large professional background in this focussed approach to transforming deep, longstanding issues towards an evolving consciousness and purpose of life. Sigrid is a transpersonal regressiontherapist, trainer in hypnotherapy and teacher of advanced classical homeopathy, with her background in Integral Yoga, living over 20 years in Auroville, Pondicherry.

All info Sigrid,

[contact@auroville-jiva.com](mailto:contact@auroville-jiva.com) , WA 9626006961

### Detox – Restore- Rejuvenate

7 days live & online – 21-27<sup>th</sup> August  
with Elitom Elamin

It's time to get more in control over your energy levels, reboot and re-energise the body-mind system, get healthy and shed what doesn't serve any longer physically, emotionally & mentally.

Whether you are looking for a healing through detox or are interested in a pranic- lifestyle – this program is for you.

It's a chance to learn & set up a healthy life-style routine as well as start breaking habits, and experience a greater connection to oneself, which shall be life transforming.

**Contents:** detox in theory & practice, chi gong, merka-ba & micro-orbit meditations, breathwork

**Dates:** 21-27 August – Live & Online

**Venue:** Tanto Far-Beach retreat, Sri Ma, Auroville, India  
Contribution & registration required

**Facilitators:** Egle, Jeyaprakash, Elitom El-Amin,

Participants are encouraged to stay on juices/tea/water available at the venue. The course will be followed by 2-day weight management course.

**Info & Registration:**

WA: +919488047368, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

## Natural Horsemanship



A presence workshop is planned for 21/22nd Aug

Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with

the horse, your partner. Experience yourself beyond words!

Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and its just fun time to BE with a sensitive, naturally trained horse!

Whatsapp 9626565134 [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

### Weight Management weekend

Transcending Emotional Eating 28 &29 Aug

Are you struggling with Emotional eating and gaining weight, that is becoming a barrier for you to enjoy your life? Join the 2 day detox with juices and learn ways to balance the emotions and build a proper relationship with food.

**Main course content:**

Fasting on Juices – No Solid food

Meditation to find balance

Deeper Understanding of Mind/Emotions/Body

**Date:** 28 & 29 August – 3 hours in the morning and 3 hours in the evening.

**Venue:** SriMa/Tanto Far Beach resort, Auroville

**Facilitator:** Egle and Jeyaprakash

**Jeyaprakah** is specialising in Energy Work, to take one into deeper state of stillness and gives importance to fasting and detox to get established in Unity Consciousness. His primary interest is bringing about human Evolution through Pranic Nourishment.

Contribution & registration required.

WA.: +919843134414, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

### Transforming trauma

28 & 29 Aug



How to identify trauma and posttraumatic stress disorder? How to recover a person's full potential, energy and zest for life – and even integrate the wisdom of it all?

2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work The workshop is designed for therapists of body and mind, psychologists, and all who work with trauma.

**Facilitator:** Sigrid Lindemann, international faculty in integral regression therapy, Sensation method homeopathy, trauma therapy in Auroville for 20 years

**Time:** 27 & 28 Aug, 9 – 4.30 p.m.

**Venue:** Sharnga Guesthouse Yogahall

[www.sharngaguesthouse.in](http://www.sharngaguesthouse.in)

We do offer summer camps with kid's programs, <https://www.facebook.com/YEPAV> parallel with wellness and healing session for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc.!

[www.auroville-jiva.com](http://www.auroville-jiva.com) WhatsApp 9626006961

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# News Notes

#884 A weekly bulletin for residents of Auroville 21<sup>th</sup> August 2021

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## IMPORTANT INFORMATION ABOUT NEWS & NOTES

**Hard deadline for submissions or cancellations:  
Tuesday 3pm**

The content of News & Notes is a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

### How to submit material:

- 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.

**We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.**

**Visiting hours:** call or email for appointment.

**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 offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

*News & Notes, Media Centre,  
Town Hall: 0413-262-213*

### Map of the Auroville Area

