

News & Notes

#894 A weekly bulletin for residents of Auroville 30 October 2021



François and Topten at the Pump House, by Dominique Darr

The Ponder Corner

A CONSCIOUSNESS-FORCE, everywhere inherent in Existence, acting even when concealed,
is the creator of the worlds, the occult secret of Nature.

But in our material world and in our own being consciousness has a double aspect;
there is a force of Knowledge, there is a force of Ignorance.

Indeterminates, Cosmic Determinations and the Indeterminable
The Life Divine by Sri Aurobindo

CONTENTS

THE PONDER CORNER _____	1	Looking For _____	11
HOUSE OF MOTHER'S AGENDA _____	3	Looking 'for Kitchen Furniture _____	11
TOWNHALL SPEAKS _____	4	Looking for an Adult Cycle _____	11
New Guidelines For International Arrival _____	4	Available _____	11
Announcement		Royal Enfield Bullet 500 For Sale _____	11
of the Governing Board meeting _____	4	New Plants For Your Garden _____	12
From The Entry Service – ES # 105 _____	4	Brand New Custom Offices and Residences _____	12
Comments on ITF Report, final version _____	5	Lost and Found _____	12
RAS membership _____	5	Kindle Found _____	12
Aadhar Card Camp _____	6	Lost One E-Bike Charger _____	12
COMMUNITY NEWS _____	6	Taxi Share _____	12
Auroville Matters _____	6	11 November _____	12
Gratitude Note _____	6	30 October & 5 November _____	12
For Your Information _____	6	Helpful Hints _____	12
Santé Services in November 2021 _____	6	Immune Booster Packs Available _____	12
Working Hours _____	6	Probiotics House Tip Series # 33 _____	12
Tests and Sample Collection _____	6	VOICES AND NOTES _____	13
For Emergencies _____	6	Residents' Assembly (RA) and our duties _____	13
Appointment _____	6	AV Radio: Last published podcasts _____	14
Santé Welcomes Dr. Senthil Vadivan _____	6	Classes, Workshops & Healing Arts _____	14
Naturellement and the Garden Cafe		Ecstatic Dance time change _____	14
will be closed for Diwali _____	6	Tango Classes _____	14
Accessible Auroville		Salsa Classes _____	14
Public Bus _____	7	Chi Quong Workshop _____	14
Bus Charges _____	7	Auroville Aikido at Auroville Budokan _____	14
Liaison person for JIPMER _____	7	Compassion in Action _____	14
Integral Health – service for the community _____	7	New: Taoist Qigong Classes _____	15
Invitation to join a civic education dialogue _____	8	AuroOrchard Tours _____	15
Solar Kitchen Team _____	8	Bio dynamic craneo-sacral with Milagros _____	15
Meditations On Savitri, Book One _____	8	New: Self Healing _____	15
Mandala Pottery Diwali Sale _____	8	Shrimad Bhagavad Gita _____	15
Aurosoya Has Tempeh _____	8	The Yogi From The North _____	
The French Pavilion presents _____	9	Who Came To Pondicherry _____	16
Deepawali Celebration _____	9	Family Constellation Workshop _____	16
Invitation for Volunteers _____	9	Kaya Bhodha _____	16
Multi Media Centre Auditorium		Important Information About News & Notes _____	16
(MMC, Town Hall) _____	9	Cinema Paradiso _____	17
Reminder: Friday 29 October _____	9	Appendix _____	18
Friday 5 November 2021, 7.30pm _____	9	Guidelines for International Arrivals _____	18
Photo Circle Meets _____	9	Introduction _____	18
All Hallows Eve _____	10	Scope _____	18
Open Invitation for Annual Bamboo Day Event _____	10	A.1. Planning for Travel _____	18
The Arts _____	10	A.2. Before Boarding _____	18
The Elephant Man _____	10	A.3. During Travel _____	18
Nature's Play With Organism _____	11	A.4. On arrival _____	18
Work Opportunities _____	11	International travellers arriving at	
An opportunity to become a part		seaports/land ports _____	19
of Udavi school team _____	11	Appendix 2 _____	19
Volunteering opportunity _____	11	Information and dosage	
Anitya Joy Of Impermanence Project _____	11	regarding the immune booster. _____	19
Auroville Farm Group Needs a Secretary _____	11		



House of Mother's Agenda

The Seventh Earth (continued from last week)

There is power.

According to traditions, the beings of the last earth before ours had great powers. They lived in legendary Atlantis — even Plato spoke of this Atlantis (he knew many things, this Plato (!), before dreaming of founding his ideal city “elsewhere”). Those beings had great occult powers which elude our Science (fortunately). They knew how to manipulate the secret main-springs of Nature, those we do not know (fortunately), and instead of catching them in the trap of our mechanical devices, they would bring them to bear and act on the matter of their bodies: they could elude the laws of gravitation, the laws of distance, the here's and there's, and all our learned laws. And they made a terrible universe, perhaps more terrible than ours because they did not know or did not want to know the only Law, they were only small egos like ours, only bigger, with the same instincts as ours, only more powerful, and the same deep Separation that produces “you” and “me” — especially “me,” a rather outsize “me”: “me” that will best dominate and grab and will be the most efficient tyrant with the greatest power over “you” and “others.” They may have realized through occult, though less noxious, means what we have realized through mechanical means. The destruction was total-fortunately.

And we die, and every earth dies of failing to find what makes us live — the last secret is that of death and of that which can change death: “*Death must be vanquished,*” said Mother, “*there must be no more death.*” Not so that we may become “immortal” according to our childish conceptions, but because death contains the very essence of Falsehood, that which has prevented us from finding — from finding Delight, Joy, Love, the open sea, that Music of the universe, that which is, at last. And that-which-is naturally has the power of what it is, without machinery and without “occultism,” quite naturally because nothing is more natural in the world — but we must un-cover it. There is ONE thing to be uncovered, and all the rest is discovered, even the victory over death. But we must go in search of that thing very deep in our own substance, and “peel” off, as it were, the numerous millennial layers covering it — like the layers of limestone of the polyps in heaps. Perhaps we should say “pierce” rather than “peel,” because our last layers are as hard as concrete — they are layers of “knowledge” that have a hypnotic power on Matter, have coagulated it in a hermetic refusal all the more recalcitrant as it “knows.” It is a sort of sacrosanct No, in which all saints meddle along with all devils.

Sri Aurobindo came to pierce that hole.

To unearth that Death, at last. That Falsehood.

The dead wall closing us from wider self...

Only, some men must follow, a few men, a link must be built between one species and another — the Path is open, but what use is it, if no specimen of our species has the courage to follow? One day, a first land animal had to dare emerge from its aquatic world. Otherwise, almighty God might as well manifest gloriously all alone — but what is the use of all this Evolution and all these little creatures if they do not find the god within themselves? Their own Way. Their own Power — what they are at last.

*The secret God beneath the threshold dwells
says Savitri.*

(to be continued next week)

*Satprem, The Tragedy of the Earth
from Sophocles to Sri Aurobindo.
Destiny's Turning Point*

Townhall Speaks

NEW GUIDELINES FOR INTERNATIONAL ARRIVAL

dt 20 October '21

Dear Friends, the Ministry of Health and Family Welfare has issued on 20th October new guidelines on international arrival that are replacing those issued in February 2021.

1. Before departure passengers should continue to submit a self-declaration form on the online Air Suvidha portal (www.newdelhiairport.in) and upload a negative COVID-19 RT-PCR report made within 72 hours before the scheduled flight with a declaration about its authenticity. They should also give an undertaking on the portal or otherwise to the Ministry of Civil Aviation, Government of India, through the concerned airlines that they would abide by the decision of the appropriate government authority to undergo home quarantine/ self-health monitoring.

2. For travellers from **Europe, UK, South Africa, Brazil, Bangladesh, Botswana, China, Mauritius, New Zealand, Zimbabwe** there will be health screening and one more test on arrival, to be followed by a period of home quarantine for 7 days. Then a new RT-PCR test should be done on the 8th day. If negative, the quarantine is over but a further period of 7 days of self monitoring of its own health is required. Self monitoring of health in the Auroville context means to inform immediately santecoordination@auroville.org.in if any symptoms are developed. These guidelines apply even to vaccinated people except for the exceptions indicated at the next point

3. Travellers from the following countries with which India has reciprocal arrangements for mutual acceptance of WHO approved Covid 19 vaccines can leave the airports and simply self-monitor their health for a period of 14 days after the arrival if they are fully vaccinated with two doses since at least 15 days before the travel. **The list of eligible countries include the UK, France, Germany, Nepal, Belarus, Lebanon, Armenia, Ukraine, Belgium, Hungary and Serbia.** The list can be updated from time to time. Passengers from these countries who have received only one dose of vaccine or are not vaccinated should follow the same procedure indicated at the previous point 2.

4. Travellers which are not coming from the countries listed at point 2 are allowed to leave the airport and self monitor their health for 14 days

The full text of the new guidelines

[is available at this link](#) or in [Appendix 1 of this issue](#)

With regards, The Working Committee

(Anu, Arun, Chali (TOS),

Hemant, Partha, Sauro, Srimoyi)

ANNOUNCEMENT OF THE GOVERNING BOARD MEETING

Dear Friends, we have received confirmation about the dates of the Governing Board meeting. The meeting will take place on 2nd November 2021 for one day. We understand that a meeting of the new International Advisory Council is proposed to be held at a later date.

The agenda for the Governing Board will be mainly dedicated to an overall introduction to Auroville and presentation of major groups like FAMC, ATDC and SAIER for this time. Considering the Covid protocol we are trying our best to include an hour of interaction with the Residents. Once the program has taken shape we will update the community.

With regards, The Working Committee

(Anu, Arun, Chali (TOS), Hemant,

Partha, Sauro, Srimoyi)

FROM THE ENTRY SERVICE – ES # 105

Dated: 30-10-2021

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 Aurovillian in writing to entryservice@auroville.org.in.

We thank you in advance.

NEWCOMER ANNOUNCED:



Cibin



Sathya

Cibin THOMAS (Indian) staying in New Community, Certitude and working at PTDC

Sathya ARUMUGAM (Indian) staying in Shanti and working at ACUR (Town Hall) & Matrimandir

NEWCOMER CONFIRMED:

Saipriya CHANDRAMOHAN (Indian)

AUROVILIAN ANNOUNCED:

Wanjung KIM (Korean) staying in Courage at Nowana



AUROVILIAN CONFIRMED:

Avinash RAVI RAGHAVAN (Indian)

YOUTH TURNED 18 ANNOUNCED:



Abitha



Reshma



Raul



Sauman

Abitha ANBU (Indian) staying in Windarra and studying currently

Reshma Maria AROCKIARAJ (Indian) staying in Aspiration and studying currently

Raul Mattia PROIETTI (Italian) staying in Baraka and working at Gastronomica

Sauman SURESH (Indian) staying in Harmony and studying currently

LEFT ON HIS/HER OWN:

Alexander SOKOLOV (Russian)

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

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

The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

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

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

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

Yours, The Entry Service

COMMENTS ON ITF REPORT, FINAL VERSION

Dear community, the Council would like to clarify some of the points mentioned in the report of the ITF (Ballot boxes Inquiry task force), as we find some aspects are described in a misleading way. You will find the Council's comments and explanations in cursive.

Text in the report:

C. Regarding the role of the WC

Observations and Learning

The ITF has observed that the WC itself and the community, in the way they relate to the WC, have distorted their intended role in the community's organisation. They have become an apex body to which all and everything gets referred to regardless of the parameters of their responsibilities set out in their mandate. In this Selection Process this had an impact in three ways: 1. One of the causes of tension and distrust surrounding the Selection Process was the way in which the WC introduced the proposal D into the RA Decision Making Process, using their emergency powers. Prior to the introduction of proposal D, members of the various Selection Process Task Forces who had worked for months on producing options for the community, presenting them and incorporating community feedback, ended up feeling annoyed at this last minute intervention by the WC in an area of community life outside its mandate; many expressed that they didn't approve of Proposal D and the way it had been introduced by the WC. This has created distrust because it could have been a motive for tampering with the ballot boxes to discredit the whole Selection Process.

Comment/Rectification by AVC:

What is described here above is not the complete reality.

After the interim selection process (March 2020) that was formulated and held because the proposals that came out of the Selection Task Force efforts did not come to conclusion in time (Nov. 2019), and after the 1st lockdown was partly lifted, RAS had requested the task force proposal holders to finalise their selection process proposals (include feedback etc.). But RAS, despite reminding them, received no response. RAS then approached the AVC. It was decided together that AVC calls for a meeting to find a way forward.

AVC called for a meeting and invited the main people involved in the 3 proposals and RAS. The meeting was held at Unity Pavilion, Hall of Peace. Paulette, Claude W (Proposal A), Selveraj (Proposal B), Bobby, Martina + (Proposal C), RAS (Satish and Tatiana) and AVC members were present.

In this meeting it was decided that the holders of the 3 proposals (A, B, and C) will make a final version of their selection process proposals, including earlier feedback from community members, and present the proposals again in a GM to the community.

Selveraj and Bobby praised the recently held interim selection process and the room felt that with some improvements it could also be presented as a valid option in the next GM. This was agreed by all present in the meeting.

The AVC informed Manas and Carel who had been instrumental in formulating the interim selection process of the open invitation to come up with an improved version (including leanings of the recently held process) of the interim selection process, which they did – and in this way the Proposal D was born.

In the following GM, suddenly there was a change in the air. Balu, who had not been in the earlier meeting, declared that the inclusion of Proposal D not valid and Selveraj did not comment although he had been in that meeting and knew about the proposal of including an improved "Interim Selection" model. Here and then the controversy started.

Also to be added: At that particular meeting Proposal A and B were presented again in more or less the same fash-

ion as months back, without having included feedback in a transparent manner. Manoj joined in this very meeting. He had not been part of previous deliberations and processes. Manoj then later joined the RAS team.

It was in this atmosphere, realizing that the community would be presented with unfinished proposals, and given the urgency as the terms of office of members of working groups were expiring, that the Working Committee came forward with its own proposal (proposal D). The community was then given full freedom to choose one of three proposals (one, proposal C, was kept on hold as it only related to the FAMC).

B. Regarding the RAS and the overall responsibility of the AVC

Observations and Learning & Recommendations (by ITF)

2. The AVC is responsible for the good functioning of community processes. Even when the AVC are up for selection, the AVC should not leave RAS on their own completely without ensuring prior measures. For example, in the future, the AVC may ensure that the RAS is well equipped, and strong enough to proportionately take up large scale events before they hand over the full responsibility of the organisation to RAS. A one-time independent task force or group of resource people from within the community can be created to help the RAS with each Selection Process.

Comment by AVC:

Yes, in general the Council is overseeing selection processes, but in the recently held selection process various aspects prevented that.

- A compromised/hindered collaboration between Wcom and AVC preceding the selection process, that started soon after the interim AVC members had joined the AVC in April/ May 2020)*
- Proposal D gave RAS the main role in holding the process*
- Several Council members were against the proposal D*
- General disintegration of the AVC by end of 2020/ beginning 2021*

That the selection process attracted so much attention and so many participants was not expected. RAS did a colossal work of constant adjustments to the growing number of candidates and participants.

Many participants appreciated the selection process. There was togetherness and joy in it despite the tensions.

The incident with the unsealed ballot boxes brought an unfortunate shadow over it.

The one thing to collectively correct is to NOT immediately BLAME/ SHAME each other and NOT to project doubts and suspicion but just find out what happened when something went wrong.

For the Auroville Council

Balaji, Claudine, Ganesh K. Meenal, Sai Suresh, Suryan, Shivaya, and Shiva

RAS MEMBERSHIP

Dear Community members, the Residents Assembly Service (RAS) is looking for one or two additional members to join their team.

If you have skills in the field of communication, facilitation, IT, administration or just love to interact, meet and connect with people, please write to the Auroville Council at avcouncil@auroville.org.in if you are interested by 5th November.

Warm regards,

For the Auroville Council

Balaji, Claudine, Ganesh K. Meenal, Sai Suresh, Suryan, Shivaya, and Shiva

AADHAR CARD CAMP

We would like to bring to the attention of those interested that an Aadhar Card Camp will be organised in Auroville on the following days:

- Friday 29 October 2021 from 10:30am till 5:30 pm
- Saturday 30 October 2021 from 9.30 am to 5.30 pm

Venue: Auroville Archive Top Floor
(next to SAIER building)

Those interested are required to contact wcoffice@auroville.org.in.

During this camp, it will be possible to process 100-150 cards. We are aware that the demand is higher and we will plan to organise another batch in future for those who cannot be accommodated this time. Aadhar cards will be issued only to Entry Visa Holders, Indian Aurovilian and OCI Aurovilians. Aadhar card can be applied for any Child born in India and only for Child more than 5 years old if born outside India.

Please, remember to come with your original passport, a photocopy of the passport and a passport size photograph. It is advisable that you get the enrollment (certification) form signed by the Working Committee and the Auroville Foundation in advance in order to avoid crowding at the last moment. The printed form is available at the Working Committee office in Town Hall, you can pass by to collect it from today onward to start the process.

The elderly and physically disabled persons will be allowed first in the queue.

*With regards, The Working Committee
(Anu, Arun, Chali (TOS),
Hemant, Partha, Sauro, Srimoyi)*

Community News

AUROVILLE MATTERS

GRATITUDE NOTE



Dear community, we thank all of you who generously contributed to our fundraising event both in terms of money and energy. We feel that we really connected through our sharing with the hearts of the wider audience both to our project and its connection with Auroville.

Here is the [link with the latest video](#) detailing our journey and the human element of our story for all of you to watch.

If you would like to keep updated about the project, you can check us out on Facebook [@joyofimpermanence](#) or just email us to find out more at joyofimpermanence@gmail.com

We also have community lunches twice a week for people to interact with us and also do community work together Wednesday afternoons from 2 to 5 pm if you would like to join us.

If any time you would like to support us financially all donations are welcome to account no 251647.

*In gratitude,
Joy of impermanence Anitya team
(Serena, Mathilde, Ion, Andres, Mira and Nikethana)*

FOR YOUR INFORMATION

SANTÉ SERVICES IN NOVEMBER 2021

Working Hours

Monday – Saturday: 8.45 – 12.30pm & 2.00 – 4.30pm
(closed Tuesday afternoon for team meetings)

Tests and Sample collection

Monday – Friday before 12.00 pm.
No sample collection on Saturday.

For emergencies

Auroville Ambulance (24/7): Phone+91 94422 24680
Government Ambulance (24/7): Phone: 108

Appointment

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

Doctor consults with Dr. Brian, Dr. Senthil & Dr. Prabha – Daily	Nursing Care: Ezhil, Thilagam & Archana – Daily, No appointment necessary
Acupuncture with Andres TOS TILL 20/11/21	Ayurveda with Dr. Berengere Wednesday, Thursday, Friday
Homeopathy with Michael Monday, Wednesday, Friday	Psychotherapy with Juan Andres Monday, Tuesday, Thursday, Friday
Midwifery & Family counselling with Monique – Tuesday	Pregnancy Care & Women's Wellness with Paula Tuesday & Wednesday
Physiotherapy with Rebeca Tuesday, Wednesday, Thursday	Physiotherapy with Osnat Monday, Thursday, Friday
Physiotherapy and Massage with Galina Monday – Friday	Paediatric Physiotherapy with Swati – Wednesday
Psycho Somatotherapy with Svenja Monday, Wednesday, Thursday, Friday	

In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.

Sante is closed for Diwali celebrations on Thursday, 04/11/21

SANTÉ WELCOMES DR. SENTHIL VADIVAN

Santé is happy to welcome Dr. Senthil Vadivan as a new member of the Santé team.

Dr. Senthil is an experienced general practitioner and psychologist from Pondy and he will be practicing primarily as a general practitioner to support Dr. Brian and Dr. Prabha.

Dr. Senthil is available for consultations every morning Monday – Friday from 9:00am – 12:00pm.

We look forward to introducing him to our Auroville friends.

NATURELLEMENT AND THE GARDEN CAFE WILL BE CLOSED FOR DIWALI



on Thursday the 4th of November.

We are otherwise as usual open all seven days of the week. We are keeping our **extended opening hours** from **9am to 7pm** to give an option for those who want to come for an early dinner.

*Most welcome and wishing you
Happy Diwali!The Naturellement team*



**ACCESSIBLE AUROVILLE
PUBLIC BUS**

 Auroville To PONDICHERRY				
	Trip 1	Trip 2	Trip 3	Trip 4
Svaram	7:00	9:30	14:15	17:00
Verite – Udayogam Junction	7:02	9:32	14:17	17:02
Auroshilpam – Youth Center Junction	7:04	9:34	14:19	17:04
Town Hall – Parking	7:06	9:36	14:21	17:06
Mahalakshmi Home	7:10	9:41	14:27	17:11
Vikas Radial Junction	7:11	9:43	14:30	17:13
Solar Kitchen (Round About)	7:12	9:44	14:32	17:14
Certitude Enterance	7:15	9:47	14:34	17:17
New Creation Road	7:19	9:52	14:39	17:22
SBI Bank / Kuilapalayam	7:20	9:54	14:41	17:24
Handy Market (ECR Junction)	7:24	9:59	14:46	17:29
Quiet Healing Center	7:27	10:04	14:49	17:33
Lotus Hotel, SV Patel Road	7:37	10:16	15:01	17:50
Ashram Road Junction	7:40	10:20	15:05	17:55:00PM
Ashram Dinning Hall	7:45	10:20	15:05	17:55
 Pondicherry To AUROVILLE				
	Trip 1	Trip 2	Trip 3	Trip 4
Ashram Dinning Hall	8:00	13:00	15:30	18:10
Ashram Road Junction	8:02	13:02	15:32	18:14
Lotus Hotel , SV Patel Road	8:06	13:06	15:36	18:18
Quiet Healing Center – Junction	8:18	13:18	15:48	18:30
Handy Market (ECR Junction)	8:21	13:21	15:51	18:33
SBI Bank / Kuilapalayam	8:26	13:26	15:56	18:38
New Creation Road	8:28	13:28	15:58	18:40
Certitude	8:35	13:35	16:03	18:45
Solar Kitchen – Round about	8:38	13:38	16:06	18:48
Vikas Road Junction	8:39	13:39	16:07	18:49
Mahalakshmi Home	8:40	13:40	16:08	18:50
Town hall Main Parking	8:45	13:45	16:13	18:55
Auroshilpam – Youth Center Junction	8:47	13:47	16:17	18:57
Verite – Udyogam Junction	8:49	13:49	16:19	18:59
Svaram	8:50	13:50	16:20	19:00

Bus Charges

- Monthly Rs.550 (Aurovilians & New comers)
- Rs.100 one way for Aurovilian & New comers
- Rs.150 one way for Guest

Email: avbus@auroville.org.in

Phone: +91 94430 74825

LIAISON PERSON FOR JIPMER

Dear Community members,

During the administrative work, we realised that many of the Health Fund members have given very positive feedback about JIPMER, especially the medical expertises over there. The only concern expressed by them was about the overall process of registration.

To address this, the health fund team is looking for one or two liaison persons who would be available to support and accompany the members for registration, treatments, hospitalization, follow ups etc.

Preferably a male and a female. The only skill required would be a service with complete dedication.

If interested please write to us
avhealthfund@auroville.org.in.

The AVHF Team

INTEGRAL HEALTH – SERVICE FOR THE COMMUNITY

We are providing alternative health care for body, mind and emotion through classical homeopathy and transpersonal regression therapy as well as general health advice since 2001

Homeopathy is the 2nd biggest medicine globally, practiced since 200 years,

Sigrid offers consultancy since 1997, her special focus is on constitutional remedies for chronic diseases, migraine, autoimmune diseases, and women issues, and treatment of children and teenagers incl special needs children, focus in school and behavioural issues.

She additionally offers trauma therapy and integral regression therapy

Malar offers consultancy in Tamil, as well as First Aid Remedies and PC remedies, lifestyle changes.

First Aid Kits with 32 remedies are available, description in English, French, German and Tamil are available. Please contact us if you like to learn how to use homeopathy for First Aid.

Available from our dispensary remedy box in the waiting area, accessible 24-7, for free:

PC Shock Trauma, PC Allergy, PC Diabetes, PC High Blood pressure etc. 70 more PC information remedies for trauma, as well as **chronic diseases** are available. Benefits are well established – no side effects.

Harmony and **Samata**, remedies related to Mothers and Sri Aurobindo energy.

Consultations are free for Aurovilians and newcomers, from others donations are welcome.

Consultations are generally held in English, French, German and Tamil

Malar is managing the office, the FirstAidKits and PC remedies, daily Mondays to Fridays 9 – 12.30am,

Please contact us at integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.

Integral Health, Prayatna 2623669

Sigrid sigrid@auroville.org.in,

Malar malar@auroville.org.in 9080054843

INVITATION TO JOIN A CIVIC EDUCATION DIALOGUE

We would like to invite people who are interested to become a member of one of Auroville's working groups, or are otherwise interested, to attend four afternoon interactions which will be held at SAIER on Tuesday October 26, November 2, November 9 and November 16, from 4.30 – 6.00 pm.

These interactions started a few weeks ago with (1) a presentation on the structure of Auroville, and (2) two lectures on democracy and nation building of the Republic of India.

Each interaction will be introduced by one or more Aurovilians with experience in the relevant area.

We propose to address the following topics:

1. **Tuesday October 26:** Selection processes.
 - How India selects its representatives on the central, state and local levels. (Jurgen)
 - How Auroville selects its working group members. (Carel, Tatiana)
2. **Tuesday November 2:**

How Auroville financially functions. (Lyle)
3. **Tuesday November 9th:** The functions of the major working groups of Auroville and how they account to the Residents' Assembly:
 - Working Committee
 - FAMC
4. **Tuesday November 16th:** The functions of the major working groups of Auroville and how they account to the Residents' Assembly
 - TDC
 - Auroville Council
 - Entry Group

Depending on the interest, further interactions may be organised on topics such as (and this list is not exhaustive):

- a. the Ideals of Auroville,
- b. the Involvement of the Government of India and the Government of Tamil Nadu in Auroville
- c. the structure of the Auroville Foundation with its trusts, units and activities,
- d. the Auroville Foundation Entry and Exit Regulations,
- e. Auroville conflict resolution,
- f. Auroville Housing,
- g. Auroville City Services,
- h. the impact and development of the Matrimandir,
- i. the Green work of Auroville and its outreach in India,
- j. Auroville Farms and foods supply to Auroville
- k. education in Auroville

The prioritisation of the topics will be done as requested by the audience.

Carel, Jürgen

SOLAR KITCHEN TEAM



Dear Community, Thank you for the invaluable support and patience to the new team at Solar Kitchen. We are working on improving and providing a balanced diet on time for the community.

We are ready to start our dinner services both Dine-in & tiffins from 5th of November 2021. We will be serving a simple/light menu from 6 – 8pm between Monday-Saturday.

Contact us at [solarkitchen@auroville.org.in](mailto:solkitchen@auroville.org.in) or Call us at 0413-2622197 & 2622106 to book.

P.S. We are closed for lunch on Diwali, November 4, 2021

Love, Solar Kitchen Team

MEDITATIONS ON SAVITRI, BOOK ONE

The Book Of Beginnings,
Canto 4: The Secret Knowledge, Part 2.



Monday, 1 November 2021, 4pm at Savitri Bhavan
Duration: 32min.



The Powers of the Spirit who inhabit the highest levels of existence and the Earth Nature ruling the manifested world are secretly collaborating to bring about the transformation for earth and man. The One Supreme and his Conscious Force, the Mother, play out their drama here in the universe with us for roles:

The master of existence lurks in us / And plays at hide-and-seek with his own Force; /

In Nature's instrument loiters secret God. / The Immanent lives in man as in his house; /

He has made the universe his pastime's field, / A vast gymnasium of his works of might. (p.66)

He, the Purusha, moves here as Soul and she, the Shakti, as Nature. The Lord has become the human soul, the Traveller through time. The Timeless One has consented to incarnate in Time so that this world may manifest the unveiled Divine and the seed of Divinity may blossom throughout the material Universe

As long as Nature lasts, he too is there, / For this is sure that he and she are one;... (p. 72)

For this he left his white infinity / And laid on the spirit the burden of the flesh, /

That Godhead's seed might flower in mindless Space. (p.73)

A meditative film of Huta's paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.

In the beginning there is also a short video of Huta speaking about her work with the Mother. Duration: 5min.

MANDALA POTTERY DIWALI SALE



Mandala Pottery invites you to our Diwali Sale!

Lots of marked down ceramics, lots of seconds, please pass by! Daily from 10 am to noon, & 1 pm to 3.45 pm only. Sundays and bank holidays are closed.

Please call prior to coming to confirm that we are open. 0413 2622685 / mandalapottery@gmail.com

Sale goes on till 6th of November.

AUROSOYA HAS TEMPEH



Dear Community, we are happy to announce that we have started making the Tempeh again. You can pick up Fresh Organic tempeh from our unit.

Call at 0413 2623809 to place orders.

Warm Regards,
Aurosoya team

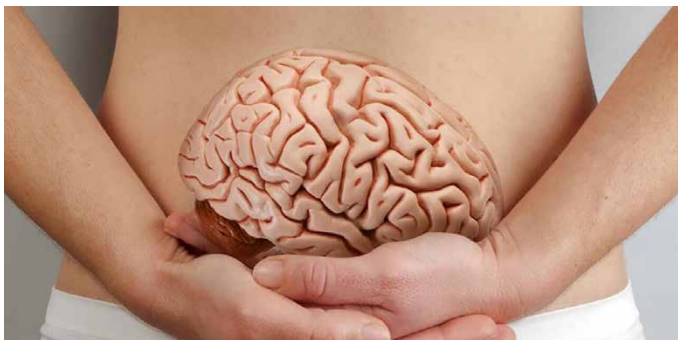
THE FRENCH PAVILION PRESENTS**The Womb, our second Brain**

Documentary, Directed by Cécile Denjean

Saturday, October 30th 2021 at 5pm

Town Hall – Cinema Paradiso

in French subtitled in english, duration: 60 min



What do we know about our womb, this organ crammed with neurons that researchers are just beginning to explore?

According to this captivating scientific investigation, it seems that our brain is not the only master on board. A few years ago, scientists discovered that we have a second brain. Our belly contains in fact two hundred million neurons which take care of our digestion and exchange information with our "head". Researchers are only now beginning to decipher this secret conversation. They noticed, for example, that our enteric brain, that of the womb, produced 95% of serotonin, a neurotransmitter that participates in the management of our emotions. We knew that what we felt could act on our digestive system. We discover that the reverse is also true: our second brain plays with our emotions.

In addition, some discoveries are now opening up immense therapeutic hopes. Neurodegenerative diseases, such as Parkinson's, could originate in our womb. They start by attacking neurons in our gut, a hypothesis which, if verified, may lead to earlier detection. Even more surprisingly, our second brain is home to a spectacular colony of one hundred trillion bacteria whose activity influences our personality and our choices, making us timid or, on the contrary, reckless. From the United States to China to France, this documentary, nourished by interviews and illuminating infographics, reviews the most recent research carried out on our second and intriguing brain.

BHARAT NIVAS
भारत निवास ભારત નિવાસ
The Pavilion of India, Auroville

invites you to celebrate
DEEPAWALI

on
Wednesday, 3rd November, 2021
From 5:30 – 9:00 pm
at Bharat Nivas Campus

Join us to celebrate the festival of lights and colours!
Revel in the joy of sharing & creating alongside the food & festivities.

Activities include Kolam making for adults, drawing and cartoon projection depicting the stories from Ramayana for kids.

Cultural Program: Dance and Instrumental 7:00 - 7:45 pm

Variety of Food Stalls - 6:30 to 9:00 pm
(at reasonable cost)

Dress code is Indian Outfit

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

DEEPAWALI CELEBRATION

All are Welcome!

Wednesday, 3rd November 2021

Time: 5.30pm to 9.00pm

Venue: Bharat Nivas, Auroville

Important Notice:



Due to the fluctuating Covid situation of Auroville, Bharat Nivas Cultural team has decided to maintain low key for the cultural program. It is regretted that all dance teachers and students could not be invited this year to participate in Deepawali's Cultural program.

Invitation for Volunteers:

Those who would like to volunteer for the arrangements of the program on 2nd & 3rd November, are requested to write to us at bnculturalgroup@auroville.org.in latest by 29th October 2021.

Note: For further details of the Deepawali program kindly refer to the poster on News & Notes and Auronet.

Bharat Nivas, Pavilion of India, Auroville,

+91 413 2622 914

email: bharatnivas@auroville.org.in**MULTI MEDIA CENTRE AUDITORIUM****AUROFILM (MMC, TOWN HALL)****Reminder: Friday 29 October**

"Tess" by Roman Polanski, France – UK, 1979

Friday 5 November 2021, 7.30pm

"The Elephant Man"

Directed by David Lynch, USA, 1980

With: Anthony Hopkins, John Hurt, Anne Bancroft, John Gielgud, Wendy Hiller

Synopsis: Based on "The Elephant Man and Other Reminiscences" by Frederick Treves. In Victorian London, Dr. Frederic Treves discovers in a sideshow Joseph Merrick, a heavily disfigured man who is mistreated while scraping a living in these miserable shows. Behind his monstrous facade, the doctor finds a person of kindness, intelligence and sophistication he will try to help... The film was shot in black and white and featured make-up work by Christopher Tucker. Got several award: eight Academy Award nominations, including Best Picture, Best Director, Best Adapted Screenplay, and Best Actor. It also won a French Cesar Award for Best Foreign Film. The screening of this now classic film follows up on the Auroville Theatre Group performance of the same story and Jill's gentle request.

Original English version, with English subtitles

Duration: 2h4'

Covid 19, please follow the current SOP.

Aurofilm, tel. 91-0413-2622037

on Auroville Website: auroville.org – art and culture**PHOTO CIRCLE MEETS**

Photo Circle meets on the first friday of every month, so this time we will meet on **Friday 5th November at 5pm** in the Centre d'Art multimedia room, at **Citadines**

The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques. Anyone can bring and screen a small selection of images.

Everybody's welcome.

ALL HALLOWS EVE

'HANGOUT' proudly presents

All

HALLOWS

eve

Saturday, 30 October from 3 to 5 pm
 Center Guest House
 For young and old kids
 Pumpkin carving, Trick or Treat
 Games & Fun



You and your friends, family and children can come by any time and stay as long as you want, it's totally informal.

Whether you want to "Trick or Treat", come in costume, play games, or just chat with friends or meet new people of all ages please do come on by and join in.

We will have some juices, coffee, tea and cookies for which you will either need to please **make a modest donation**, or just **bring some snacks** to share with all

We look forward to seeing you

OPEN INVITATION FOR ANNUAL BAMBOO DAY EVENT



Join us on the 30th of October 2021 for our Annual Bamboo Day Event. Bamboo Day is the perfect day to increase awareness of bamboo globally and celebrate all it has to offer!

We are happy to inform you there will be an open house (For Aurovillians, Registered guests, and registered Volunteers) and a webinar on various aspects and use of bamboo as part of sustainable living.

Date: 30 October, 2021

Time: 10am to 5.30pm

Venue: Auroville Bamboo Centre

Program Highlights

- Bamboo Open House Workshops (Bamboo Jewelleries, Bamboo toys, Bamboo Musical Instruments, Bamboo Basket weaving)
- Bamboo Awareness tour
- Launching Bamboo Brush (Exchange your old Brush with the Brand new Bamboo Brush on 50% Offer)
- Bamboo Instrumental Play
- Special Bamboo Lunch is available on prebooking



For more details please contact us on:

Phone: 2623806 – 8300949081

Email address: bamboocentre@auroville.org.in

Website: www.aurovillebamboocentre.org

Covid Guideline

All covid precautions to be strictly followed (Wearing mask, maintaining social distance, and use Sanitizer), limited entries, temperature checking before entry

THE ARTS

THE ELEPHANT MAN

The Auroville Theatre Group presents

The Sri Aurobindo Auditorium, Bharat Nivas

October 28, 29, 30th, 2021 @ 7:30 pm

18+

In association with the AV Art Service

Original music by Raquel Jover

The ELEPHANT MAN
by Bernard Pomerance

The ELEPHANT MAN, by Bernard Pomerance, is based on a true story set in 19th century England. John (Joseph) Merrick was a young man who developed a terrible disfiguring skin and bone condition which at that time was incurable.

As a result, he was horrible to look at, grotesque, misshapen. His mother put him in a workhouse at an early age, and from then our play creates the "what happened to John Merrick" story.

Merrick is taken for exhibition by a man named Ross who exhibits him as a freak in a side show. He meets Dr. Frederick Treves, a surgeon at London Hospital, where he is again exhibited to a gallery of medical students.

After this brief encounter, Ross takes him to Belgium, but eventually even Ross abandons him. It is a desperate situation for John Merrick, who is reviled and scorned by the London public.

Luckily, he carries with him a card from Dr. Treves, who arrives in time to save Merrick and take him to the Hospital

Here is the London hospital, Merrick stays for the rest of his life. He meets many interesting people, becomes famous, and enjoys the friendship of the rich and famous.

Not to give away the whole story, his transformation from abandoned child to famous celebrity is amazing!

There are songs, with original music by Raquel Jover, lyrics by Jill Navarre. Set design is by Satya. Beautiful. And many more ... Don't miss this extraordinary story of goodness, mercy and love.

Please join us Thursday, Friday, Saturday, October 28-30, at 7:30 pm. Sri Aurobindo Auditorium, Bharat Nivas.

NATURE'S PLAY WITH ORGANISM



Venue: Aurelec Cafeteria

Time: from 8am to 5pm

WORK OPPORTUNITIES

AN OPPORTUNITY TO BECOME A PART OF UDAVI SCHOOL TEAM

Udavi School is looking for a Biology teacher. It is expected that this person must be fluent in the subject matter and be able to teach the subject to higher classes in English medium. (from 7th to 10th class). In a week there will be 8 classes minimum and 12 maximum. It will be treated as a half time work. Maintenance is available. A teaching degree or teaching experience is expected.

Please contact by mail at udavischool@aurville.org.in

Thanks, Davaselvy

VOLUNTEERING OPPORTUNITY

Martuvam Healing Forest



Martuvam is a healing sanctuary situated deep into the western periphery of Auroville, next to the green belt, is an organically harvested forest with specially curated Ayurvedic herbs and medicinal plants incorporated in the traditional Siddha medicine.

The Martuvam Healing center aims at focusing on the sacred techniques, used by the Siddhas, to purify the mental, physical, emotional and spiritual aspects of our being and activate our innate healing abilities.

Volunteering 3-4 hours per day (min. 3 days)

The tasks can include:

- All kinds of gardening work
- Harvesting and preserving medicinal plants
- Creating educational materials
- Manual and construction work in the forest
- Production and packing of plant remedies

Please contact Team Martuvam

Shivaraj Martuvam
martuvam@aurville.org.in

ANITYA JOY OF IMPERMANENCE PROJECT



Dear friends, Anitya Joy Of Impermanence community project is now open to volunteers to join us in community works **every Wednesday (when not raining) from 2pm until 5pm**. We will be making an earth cob floor, painting, and making a wastewater treatment system.

For more information:

please email Joyofimpermanence@gmail.com

Love and light
The Anitya community

AUROVILLE FARM GROUP NEEDS A SECRETARY

The Farm Group is looking for a full time secretary who will look after all the administrative work in the Farm Group Office. You will be a support person for the 21 Auroville farms and the farmers that look after them.

Work will include:

1. Receiving and sending emails and following up on them as necessary.
2. Taking notes of all Farm Group and Farm Group sub group meetings as requested. Making sure that the correct information is available at meetings.
3. Keeping all the necessary Farm Group information in the database up to date and properly filed. Making sure that access to the data base is available to the right people as needed.

This work will be carried out with the help of a small advisory group of farmers. A full time maintenance is available.

If you think you are the right person to do this job please write Ramalingam at avsusten@gmail.com, 9443385663, or Gino at gino@aurville.org.in 9047807812 as soon as possible.

Thanks, the Organisational Team of the Farm Group

LOOKING FOR

Looking 'for Kitchen Furniture



If you have any chairs, stools, sofas, cousins, tables, plates, cutlery or other furniture that you are willing to give for the opening of TLC's restaurant, please contact

tlcliterarycupoftea@aurville.org.in or the WhatsApp number +917639720126.

Best regards,
The TLC Restaurant Team.

Looking for an Adult Cycle



Dear community, I am looking for a second hand adult cycle to buy. Umberto 7598331379 (only whatsapp).

Best regards, Umberto

AVAILABLE

Royal Enfield Bullet 500 For sale



Royal Enfield Bullet 500 in good condition. Year : 2014

Insurance valid Power full bike for Enfield lovers Torque 40.9Nm, 26.1 bhp

For more information contact Dinesh

WhatsApp : +91 7639999317

Email: dineshsicos@aurville.org.in

New Plants For Your Garden



Dear Garden friends, we have received new plants for your garden or your balcony. Here is a list of some of the species you can find with us.

Good sized fruit trees like avocado, ramphal, sita phal, amla, guava, citrus, mango, and more.

Also we have lovely flowering shrubs: caesalpinia, clematis, gardenia, lagerstroemia, plumeria, tabernaemontana... just to name a few.

And palm trees and shade plants: alocasia, aloe, asparagus, crinum, ficus, zamia.

Finally there are those big trees, known for their flowers and/or their spiritual meaning (realization, imagination, champak and many others).

Please come and take a stroll around our nursery and visit the gardens. There are so many new corners to discover. And if you want some special advice about planting or arranging your garden/balcony, you can call one of us and take an appointment.

Sivashankar 9994763833

Santo 9751907083

Biggie 9443698002

Brand New Custom Offices and Residences available near Verité



UTSAV (Celebration) is an under construction, mixed-use project that is expected to be completed soon. It is located along the Verité Radial in the Industrial zone. As an "urban" development, Utsav will feature

both commercial offices and residences developed in an aesthetic and conscious manner.

Offices are available on the ground and first floors, while the residences are located on the second floor. The office spaces are ideal for Auroville Services / units and startups. The ground-floor units can also be utilised for retail sales. The residences can be customised to accommodate volunteers, friends of Auroville, newcomers or long-term residents. Each unit type is available in multiples of 21 sq mts carpet area, at reasonable costs with quality infrastructure, and can be configured as per need.

We still have 2 apartments on the second floor available for one to three bedroom units, design flexible as per your requirement; and 2 studio spaces on the ground and first floor.

For inquiries please write to: utsav@auroville.org.in

UTSAV Project Holder – Bobby (Auromics),

Project Architect – Mona (Yantra),

Project Contractor – Baskar (Sincerity)

LOST AND FOUND

Kindle Found



Hello, we found this kindle with this beautiful cover. I'm feeling really bad for the person who lost it. All their favorite books must be in it.

If it is yours, please connect with zgamat@gmail.com

Lost One E-Bike Charger



I lost the charger of my rental bike N°386 on Tuesday 26/10 between PTDC and Auromode, between 13:30 and 14:00. Please bring it back to Kinisi if you found it,

Thank you, Isabelle

TAXI SHARE

11 November



From Chennai Airport to Auroville, Thursday, 11th November at 1am.

WA 8903449398 or SvahaUS@gmail.com

30 October & 5 November



I am leaving from Auroville to Chennai Airport at 11.30am on October 30 and coming back from Chennai Airport to Auroville on November 5th, 1pm. Please let me know if anyone is interested in sharing

taxi either way at divyanshi@auroville.org.in

Divyanshi

HELPFUL HINTS

IMMUNE BOOSTER PACKS AVAILABLE

The next distribution of immune booster packs at PTDC will be on 30th October, Saturday from 9.30 am to 12 pm.

If you require a pack or any further information please contact mitadg@auroville.org.in within the next 2 or 3 days, so that a pack can be assembled for you. Please note that dg needs to be added to mita in the email address so that it reaches the proper address.

For the convenience of all it is proposed to have a distribution on the 4th Saturday of every month at PTDC. Any changes because of festivals will be intimated in advance.

The immune boosters are free of cost to all Aurovilians and their family and friends. Some information and the dosage regarding the immune boosters is provided below. Hope this is helpful. Wishing everybody good health and happiness.

Information and dosage regarding the immune booster please [see in Appendix 2 of this issue](#).

Warm regards,

PTDC and The Pillbox team.

PROBIOTICS HOUSE TIP SERIES # 33

How Do Probiotics Clean A Countertop?

Part Two: Competitive Exclusion

In part 2 of "How do Probiotics Clean?" We are going to talk about competitive exclusion. That is a fancy term for something that is easy to grasp with a metaphor.

Let's say we have a few acres of land outside of town. Most of it is woods, but there are some open patches that are grown over with poison ivy and a few strawberry plants. Then one fine summer's day, there is a fire on that part of the forest. It is contained, but it burns down most of the trees.

Now we have a big open space, and once the rain has washed away the ashes, plants will start growing where the trees were. If we don't do anything, the new clearing could be filled with any kind of plants, including poison ivy. We don't want that, so we go and plant a bunch of strawberry seedlings all through the clearing. In just a few weeks, the strawberries have spread everywhere. There's almost no poison ivy at all, even though we never tried to exterminate it. The strawberry plants simply outcompeted them. Everywhere there could have been poison ivy there are now strawberries, and as long as they thrive, there is no chance of the poison ivy getting a foothold.

And that is how probiotics eliminate microbes that we don't want. Probiotics Consortium cleaners don't have a "99% Kill" claim, because we don't control unwanted bacteria by killing them, we control them by outcompeting them. The biosurfactants and physical action of wiping does get rid of a lot of the microbes on a surface, but not all of them, and neither does any commercial grade disinfectant. Almost all disinfected surfaces are re-populated with microbes within eight hours of cleaning, and just like the clearing in the forest, the new microbes could be anything at all.

Probiotic Consortium cleaners have another plan. Spraying, wiping and scrubbing a surface, plus the action of the biosurfactants, will drastically reduce the microbial population. At the same time, lots of biological debris in the form of dead microbes and biofilm fragments are left behind. The billions of Probiotics Consortium in our spray then colonize the cleaned surface, feeding off of the bio-debris and quickly spreading to take up all the space, sunlight and food. For the next seven days, the probiotic consortium will completely cover the surface and produce biosurfactants, organic acids, and hydrogen peroxide for continuous cleaning. And that will be the topic of our next blog—Continuous Cleaning.

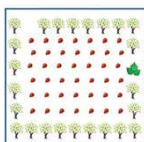
You, too, can participate in the Probiotic Consortium cleaning revolution! Check out our line of probiotic consortium cleaning products in PTDC – HERS – Probiotics House in Reve.



Here we have a forest. Trees and poison ivy, a few strawberry plants, and some space to grow.



There is a forest fire, and a lot of trees and poison ivy die. A large area of sun and soil is now open for new plant life.



If we were cleaning with probiotics, we will use a product containing millions of beneficial bacteria. In the forest, we go in and sow lots of strawberry plants.



The strawberries quickly grow and spread, stopping the poison ivy from filling the space left by the fire.

Probiotics House

Voices and Notes

RESIDENTS' ASSEMBLY (RA) AND OUR DUTIES

My proposal for a definition of the RA and its functioning to allow us to fulfill our responsibilities as pointed out from the Mother and supported by the Foundation Act.

The Foundation shall consist of

- the Governing Board GB (recently appointed new members)
- the Residents' Assembly RA
- the Auroville International Advisory Council IAC (recently appointed new members)

I was reflecting on our part named as Residents' Assembly.

How it is defined and how we can consult the GB so that they can promote the ideals of Auroville for us.

Here are my sharings...

For me the RA is an energy field, not a sum of individual bodies who are expressing their point of views and voting from time to time about collective issues and then again split up and return to the small pockets to do individual duties.

By joining Auroville I have accepted to explore not only my individual spiritual journey but to merge into the journey of collective spiritual body, with all its challenges and opportunities.

I joined an energy field which vibrates on a conscious level created by all of us.

It is layed out around the Divine Consciousness and we are receiving support from the 4 powers of the Mother

The 12 petals are representing her powers which are helping us to collaborate with Her to manifest Her work.

We can tap into this field to get support for our actions. This field has a sound and a colour ... we all can feel it.... we all need to take care of it and nature it with our actions.

Where to start this next phase of our experiment ?

- We are inviting 12 Aurovilians to be the custodian of the energy field for 12 months. The Residents Assembly Service (RAS) will act as their Secretariat. Together they hold the space to enable the RA and all existing Working Groups to function and open the space to explore new ways of our organisational structure. They are the voice of Auroville and the Working Committee will assist them.
- They are inviting all Aurovilians and Newcomers every Saturday for a full day
- This is giving us the Space to fulfill our duty and participate in taking care of our collective opportunities. f. e. by creating short term task teams
- In this space the RA is developing new structures of our administrative body, to support all Aurovilians to walk on the sunlit path and to take obstacles away.

The blue print for our structure and actions is layed out in the Matrimandir with its Centre, the petals and the gardens (see expliand below)

Love, Inge

The Mother's Symbol

It is the symbolic design of the white Lotus of Supreme Consciousness, with the Mahashakti (the form of the Mother as universal creation) at the centre in her four aspects and twelve attributes



MCW 13:63-64

The central circle represents the Divine Consciousness. The four petals represent the four powers of the Mother.

The twelve petals represent the twelve powers of the Mother manifested for Her work.

The central circle represents the Supreme Mother, the Mahashakti

The four central petals are the four aspects of the Mother — and the twelve petals, her twelve attributes:

Existence, Consciousness, Bliss, Light, Life, Power, Prosperity, Usefulness, Progress, Youth, Harmony, Perfection

MCW 13:226

AUROVILLE RADIO



Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned!

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

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

Last published podcasts:

[The best of what's still around – ep.31](#) (Music)

[Audible Weed Walk – ep.61 “Need for nutrition and wild green in response”](#) (Food education)

[Arohan – ep.34 “Singing Stars of the Sangeeta Natak !”](#) (Music)

[Happiness, Love and Laughter – ep.114 “Brewing Happiness”](#) (Wellness)

[Une série hebdomadaire de lectures par Gangalakshmi – 370](#) (Integral yoga)

[Karpathu Tamil- Ep.3 “சித்தர் பாடல்கள்”](#) (Siddhar Songs) (Tamil culture)

[Presentation of new record “Chimu Fiesta” by Suite; the expatriate](#) (Music)

...and more! on www.aurovilleradio.org

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

Peace and Love

CLASSES, WORKSHOPS & HEALING ARTS

ECSTATIC DANCE TIME CHANGE



The time will 4pm to 6pm on Saturday at Cripa
For more information please contact 9384460764.

Warm regards, Tahir

TANGO CLASSES

Mondays

- BEGINNERS from 6:00 to 7:00
- INTERMEDIATE 7:15 to 8:15.

Girls and couple 20% discount,
Please bring socks for dancing and water bottle.

Place: Cripa,

For more information please text me.

I'm starting a new batch for beginners every month

Phone Number 8637633696.

Thanks, Mani

SALSA CLASSES

Tuesdays

- BEGINNERS from 6:00 to 7:00
- INTERMEDIATE 7:15 to 8:15.

Girls and couple 20% discount,
Please bring socks for dancing and a water bottle.

Place: New Creation

For more information please text me.

I'm starting a new batch for beginners every month

Phone Number 8637633696.

Thanks, Mani

CHI QUONG WORKSHOP



Chi Qong & Self Healing Meditations for Health & Relaxation.

Monday 8 to Friday 12 November.
6.30-9.00 am, (incl. a short break),
at Dehashakti/Budokan dojo.

Facilitated by Hans.

No registration/payment required. Open to all.

The practice is done standing/sitting/lying down.

Greeting, Hans Van Baaren

Auroville Aikido

AUROVILLE AIKIDO AT AUROVILLE BUDOKAN

(near Dana)



Welcome to watch a class before starting or start right away with us.

Children classes (from age 8):

Monday, Wednesday & Friday: 4.30 to 5.30 pm with Cristo and Surya. Regular attendance required as a school sports' program.

Adults: with Murugan – **All levels:** Tuesday & Thursday 6 to 7.15 am Saturdays 6.30 to 7.30 am.

Note: Aikido classes are gender mixed. We encourage the youth and especially girls and women to come and train. Practice clothes & other info: to start, beginners please wear long loose pants & t-shirt with sleeves (no tight fitting please) then a white "keikogi" will be required (we have some). Health Fund or private insurance necessary. Annual or monthly reasonable contribution required for the Dojo.

To be on time, please be at the Dojo/Budokan 10-15 min. before class starts.

For more info, contact: Surya:
0413-2623813 or 9655485487

Murugan 9952812843

E-mail budokan@auroville.org.in:

Surya, N. Murugan and Cristo for "Auroville Aikido".



Auroville Budokan, Dehashakti/Danae

<http://budokan.auroville.org>

[Auroville webpage, Aikido](#)

COMPASSION IN ACTION



At times you end up feeling stuck in relating to your loved ones or people you just want to get along with, as all avenues of communications seem to be blocked – then here you can find strategies to speak your truth, creating bridges to overcome such seemingly hopeless deadlocks.

All are welcome to experience these down-to-earth principles that can in many different ways generate sparks for reconnection. In this forum, we will work with real-life situations of conflict and disconnection so as to discover the often unexpected abundance of possibilities to walk into conflict with (more) ease. Come and try it out!

Forum for Nonviolent Communication in Action, with Stefan Gebert (CNVC-certified trainer)

Next dates:

Saturdays, 30/10, 13/11, 27/11, 2.30pm to 5pm

Venue: Hall of Light, Creativity Community

Contact: stefangebert@gmail.com for any further information

Stefan from Sanjana 9650826622

0413 2916622

NEW: TAOIST QIGONG CLASSES



We are inviting French speaking residents to a new practice at Pitanga: **Taoist Qi Gong**, classes in French with Elisa.

Tuesday 9.30 – 11.00am

from 2 November onwards.

Qi Gong is a Chinese movement practice which forms an integral part of Traditional Chinese Medicine. The basic principle is the circulation of life energy throughout the body and mind. By putting energy back into motion, the body rebalances itself, health and happiness improve.

“We will practice the oldest forms of Taoist Qi Gong. They are focused on longevity and spirituality. The Taoist alchemists believe that the body, the breath and the consciousness are complementary and inseparable and that it is their purification, their transformation and their storage which is at the heart of the balance, the harmony and the health of the human being.

This art of integral health consists in practicing slow movements, postures, breathing, relaxation, visualizations, meditation, self-massages, sounds, walks.”

Elisa who is going to join our community as a New-comer is trained in Traditional Chinese Medicine, Psycho Bio Acupressure, different massages (Belly, Ayurvedic, Chinese.) and other techniques in care. She studied for 7 years Taoist Qi Gong with Gérard Edde who is graduated as well in Tai Ji Quan, Kung Fu, Ba Gua and in Ayurveda. – A hearty welcome to Elisa!

The practice is open for French speaking adults at the moment. Practice is not recommended for people suffering from mental disorders; the practice of Qi Gong requires harmony of the heart and peace of mind which is incompatible with mental and emotional agitation. This Qi Gong is also not recommended for pregnant women as well as for children and teenagers up to 21 yrs (The Qi Gong of animals instead is allowed and more playful).

Pitanga – Cultural Center (413) 262 2403,

pitanga@auroville.org.in

See you at Pitanga, with a smile !

AUROORCHARD TOURS



AuroOrchard is happy to be restarting the weekly **Wednesday tours**, now in the **afternoon from 2:30 to 4:30 pm**.

The tour will cover an introduction to the farm, its history & purpose, our agricultural practices, and time for your questions.

We look forward to sharing our work and journey with you. Tours will start from the Neem tree near the AuroOrchard office. We kindly request you to be on time. Contributions are welcome as they support us to continue doing these tours.

Please let us know in case you would be joining us on 9842873272 or auroorchard@auroville.org.in.

BIO DYNAMIC CRANEO-SACRAL WITH MILAGROS

An experience of deep relaxation and transformative, where one's bodies find their way to healing.

Please contact through Telegram: 7598213931

Voluntary contribution

Thanks a lot!! Mila

NEW: SELF HEALING

based on Craniosacral therapy with Kirtan



Self Healing sessions offered by Kirtan are a non-medical healing approach based on Craniosacral Therapy. It is a way for you to experience your True Self in a profoundly deep, practical, and lasting way, by attuning you to

your own blueprint for health. It calls forth your natural realignment, resonance and healing forces.

While craniosacral therapy can address a variety of symptoms and conditions, including pain brought by injury, surgery, and the accumulated stresses of modern-day life, its main value is to bring the body back to health by nudging it into a self-healing state. Whatever your system needs will naturally arise during a session.

The practitioner is simply holding a space and rest inwardly and letting quality moves him instinctively.

“The Practitioner is not the Doer. It is the unerring Potency that heals.” – Charles Ridley, founder of Stillness Touch / Biodynamic Cranial Touch

Clients are fully clothed, and typically experience the session as deeply restful.

Thank you Kirtan for offering this meditative healing modality to the community!

“Still the body, still the mind, still the voice inside, in silence, feel the stillness move.

Dear friends, this feeling cannot be imagined” – Kabir

If you wish to take an appointment for a session with Kirtan, please call us at 262 2403 or write to us at: pitanga@auroville.org.in

See you at Pitanga, with a smile!

SHRIMAD BHAGAVAD GITA

Welcome to the next session on:



श्रीमद् भगवद्गीता
SHRIMAD BHAGAVAD GITA

We will focus on Chapter 3 of the Bhagavad Gita known as Karmayoga



Dr Sampadananda Mishra is a scholar of Sanskrit and Indian culture with over 25 years of dedicated service. He is devotee of Sri Aurobindo and The Mother. Presently he is working as a Professor at Rashtram School of Public Leadership and Rishihood University, Sonapat.

He will share a summary of Chapter 3 and also insights from some key shlokas, Sanskrit words and their deeper significance in everyday life.

Saturday, 30 October, 2021, 9.30am – 12.30pm

Bhumika Hall, Bharat Nivas

Also online: Zoom Meeting ID: 929 9405 2722

Passcode: YOGA

9.30am – 10.20am: Chanting Chapter 3 (Sanskrit)

10.30am – 12pm: Talk by Sampadbhai (English)

12pm – 12.30pm: Question and Answers

For questions or registration, please write to:

devabhasha@auroville.org.in


Warmly, Samskritam Auroville Team

**THE YOGI FROM THE NORTH
WHO CAME TO PONDICHERRY**

Sri Aurobindo's 150th Birth Anniversary
Saturday, 6 November 2021, 8 – 9pm IST

Register for:

[The Yogi From The North Who Came To Pondicherry](#)




Sri Aurobindo
A Force In Action
1872 - 2022

Auroville Webinars #2


**THE YOGI FROM THE NORTH
WHO CAME TO PONDICHERRY**

sriarobindo150.auroville.org

Date: 31st October 2021
Time: 8:00 pm IST



R. Meenakshi



Raman
(Arumugam
Kothandaraman)

On 4th April 1910, a man disembarked in Pondicherry, a sleepy trading post of French India by the Bay of Bengal and went into hiding. He was a wanted man in British India, but there was a prophecy about him that some people knew in the South which drew some of the leading Tamil poets, cultural and political figures of the time to his house every evening. By the time he passed away, Pondicherry was a place of Light on the world map. This brought about the next phase of his 'action' – the founding of Auroville, a city for the future of humankind, in a lost corner of Tamil Nadu. This city, initiated by the Mother, and named after him, was the model town they had both envisaged in 1931. Another prophecy emerged from this forgotten landscape, from a temple with a legend, as the new city was born.

Auroville wants to be the first realisation of human unity based on the teachings of Sri Aurobindo where people from all countries would be at home (The Mother)

To hear about all this and much more, in relation to Sri Aurobindo's 150th year, please join long time Aurovilians, R.Meenakshi and Raman, in a conversation with Anu on 6th November, 2021.

To be a livestreamed fundraiser to help realize the Bilingual Exhibition on Sri Aurobindo's life and his relationship with Tamil Nadu planned for his 150th Birth Anniversary year, 2022. The exhibition will travel to schools and institutions in Auroville and the bio-region. Please register and join the session.

FAMILY CONSTELLATION WORKSHOP



Saturday 6th of november
Creativity Hall Of Light
9am to 6pm
Please contact moghan@auroville.org.in,
9751110486

Thanks, Moghan



KAYA BHODHA

For Kaya Bodha, there will be no class Friday 19 and 26 November,

Thanks, Hans Van Baaren



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:

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



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
 Film Program
 1 November 2021 to 7 November 2021

Cinema Paradiso-Multimedia Center is in operation at 50% seating capacity as per the regulations. It is open to all. **Mask is a must (and not scarves etc.) as well as standard Covid19 protocols.** Please come and enjoy the films. To organize a seminar/program please contact us via email.

Note now our program has extended some more... not yet full schedule but getting there. You must have read that Theatres are now allowed to operate in full capacity in Tamil Nadu from 1 November onwards. However, we will be cautious and keep it at 50% capacity for some more time.

Indian – Monday 1 November, 7:30 pm
CHALLANG (Leap)

India, 2020, Dir. Hansal Mehta w/ Rajkumar Rao, Nushratt Bharuchha, Mohd. Zeeshan Ayyub, and others, Comedy-Drama, 136mins, Hindi w/English subtitles, Rated:NR (G)

In this much acclaimed hilarious film with great acting tells about an inspirational journey of Montu, a PT (Physical Training) Master from a semi govt. funded school for whom teaching PT is just a job. When circumstances put everything, he cares for at stake, including Neelu who he loves, Montu is forced to do what he's never done- TEACH. Through his journey, the film humorously addresses the value of Sports Education in Indian school curriculum.

Italian – Tuesday 2 November, 7:30 pm
COMEDIANS

Italy, 2021, Dir. Gabriele Salvatores, w/ Ale, Franz, Natalino Balasso, 96 min., Comedy, Italian w/ English subtitles, Rated: NR

Theatrical adaptation (Trevor Griffiths): a group of aspiring comedians at a Manchester evening school reunite for their last rehearsal before performing for an agent from London.

Interesting – Wednesday 3 November, 7:30 pm
THE TRUFFLE HUNTERS

Italy-Greece-USA, 2020, Writer-Dir. Michael Dweck & Gregory Kershaw w/ Piero Botto, Sergio Cauda, Maria Cicciù, and others, Documentary, 84mins, Italian w/English subtitles, Rated: PG-13

Deep in the forests of Northern Italy resides the prized white Alba truffle. Desired by the wealthiest patrons in the world, their occurrence remain shrouded in mystery. It cannot be cultivated or even found by the most resourceful modern excavators. The only souls on Earth who know how to dig it up are a small group of dogs and their silver-haired human companions. They are Italian elders with walking sticks and devilish senses of humor-who only scour for the truffle at night so as not to leave any clues for others. This film is a rare glimpse into the lives of the tight-lipped few who know how to unearth the magic within nature and in the process protect it as well.



Classic – Thursday 4 November, 7:30 pm
ACE IN THE HOLE

USA, 1951, Dir. Billy Wilder, w/ Kirk Douglas, Jan Sterling, Robert Arthur, 111 min., Drama, English w/ English subtitles, Rated: PG

A frustrated former big-city journalist now stuck working for an Albuquerque newspaper exploits a story about a man trapped in a cave to rekindle his career, but the situation quickly escalates into an out-of-control circus.

International – Saturday, 6 November, 7:30 pm
FOOD LUCK

Japan, 2020, Writer-Dir. Jimon Terakado w/Chizuru Azuma, Hakuryū, Ken Ishiguro, and others, Drama, 104mins, Japanese w/ English subtitles, Rated:NR (PG)

Yoshito Sato grew up with his mother Yasue after his father passed away. His mother ran a yakiniku (grilled meat) restaurant that his father had left behind. Yoshito enjoyed eating his mother's cooking and their restaurant was loved by many people. Things took a bad turn after popular food critic Tatsuya Furuyama published false statements about their restaurant. Yasue worked hard to recover business but ultimately decided it down. Eighteen years later, Yoshito lives alone and he works as a freelance writer. One day, he takes work for a new online foodie website with editor Shizuka Takenaka. Their first assignment involves yakiniku. Around that time, Yoshito hears that his estranged mother Yasue has collapsed.

Children's Matinee – Sunday, 7 November, 4:30 pm
TROLLS WORLD TOUR

USA, 2020, Dir. Walt Dohrn w/ Anna Kendrick, Justin Timberlake, Rachel Bloom and others, Animation, 90mins, English w/English subtitles, Rated: PG

When the Queen of the Hard Rock Trolls tries to take over all the Troll kingdoms, Queen Poppy and her friends try different ways to save all the Trolls.

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

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

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

APPENDIX

GUIDELINES FOR INTERNATIONAL ARRIVALS

Dated the 20 October 2021

By Government of India,

Ministry of Health and Family Welfare

(in supersession of all guidelines issued on the subject on and after 17th February 2021)

Introduction

The global trajectory of COVID-19 pandemic continues to decline with certain regional variations. The need to monitor the continuously changing nature of virus and evolution of SARS-CoV-2 variants of concern (VOCs) must still remain in focus. The existing guidelines (issued on 17th February 2021 with subsequent addendums) for international arrivals in India have been formulated taking a risk-based approach. In view increasing vaccination coverage across the globe and the changing nature of the pandemic, the existing guidelines for international arrivals in India have been reviewed.

Scope

This document provides protocols to be complied with international travellers as well those to be followed by airlines, points of entry (airports, seaports and land border) for risk profiling of passengers. This Standard Operating Procedure shall be valid w.e.f. **25th October 2021** (00.00 Hrs IST) till further orders. Based on the risk assessment, this document shall be reviewed from time to time.

A.1. Planning for Travel

- i. All travellers should
 - a. Submit self-declaration form on the online Air Suvidha portal (www.newdelhiaairport.in) before the scheduled travel
 - b. Upload a negative COVID-19 RT-PCR report. This test should have been conducted within 72 hrs prior to undertaking the journey.
 - c. Each passenger shall also submit a declaration with respect to authenticity of the report and will be liable for criminal prosecution, if found otherwise
- ii. They should also give an undertaking on the portal or otherwise to Ministry of Civil Aviation, Government of India, through concerned airlines before they are allowed to undertake the journey that they would abide by the decision of the appropriate government authority to undergo home quarantine/ self-health monitoring, as warranted.
- iii. Continuing with the earlier approach, travellers from certain specified Countries (based on epidemiological situation of COVID-19 in those Countries) are identified for additional follow up. These include need for additional measures as detailed in para (xv) below. The listing of such specified Countries is a dynamic exercise based on evolving situation of COVID-19 across the world and will be made available on the websites of Ministry of Health & Family Welfare, (mohfw.gov.in) and the link of the same will be available at website of Ministry of External Affairs and Air Suvidha Portal.
- iv. There are Countries which have agreement with India on mutual recognition of vaccination certificates of Nationally recognised or WHO recognised vaccines. Similarly, there are Countries which presently do not have such an agreement with India, but they exempt Indian citizens fully vaccinated with Nationally recognised or WHO recognised vaccines. On the basis of reciprocity, the travellers from all such Countries which provide quarantine-free entry to Indians are allowed certain relaxations on arrival (**Category A Countries**). The listing of such Countries is available on websites of Ministry of Health & Family Welfare (mohfw.gov.in) and the link of the same will be available at website of Ministry of External Affairs and Air Suvidha Portal. This is also a dynamic list and will be updated from time to time. The travellers from Category A Countries shall upload their fully vaccinated* certificate on the Air Suvidha portal.

A.2. Before Boarding

- v. Do's and Don'ts shall be provided along with ticket to the travellers by the airlines/agencies concerned.
- vi. Airlines to allow boarding by only those passengers who have filled in the Self Declaration Form on the Air Suvidha portal, uploaded the negative RT-PCR test report.
- vii. At the time of boarding the flight, only asymptomatic travellers will be allowed to board after thermal screening.
- viii. All passengers shall be advised to download Aarogya Setu app on their mobile devices.

A.3. During Travel

- ix. In-flight announcement about COVID-19 including precautionary measures to be followed shall be made at airports and in flights and during transit.
- x. During in-flight crew shall ensure that COVID appropriate behaviour is followed at all times.
- xi. If any passenger reports symptoms of COVID-19 during flight, he/she shall be isolated as per protocol.

A.4. On arrival

- xii. Deboarding should be done ensuring physical distancing.
- xiii. Thermal screening would be carried out in respect of all the passengers by the health officials present at the airport. The self-declaration form filled online shall be shown to the airport health staff.
- xiv. The passengers found to be symptomatic during screening shall be immediately isolated and taken to medical facility as per health protocol. If tested positive, their contacts shall be identified and managed as per laid down protocol#
- xv. Travellers from specified Countries at risk [as mentioned in para (iii) above] will follow the protocol as detailed below:
 - a. If traveller is coming from a Country with which India has reciprocal arrangements for mutual acceptance of WHO approved COVID-19 vaccines (Category A):
 - i. **If fully vaccinated***: They shall be allowed to leave the airport and shall self-monitor their health for 14 days' post arrival.
 - ii. **If partially/not vaccinated**: The travellers need to undertake the following measures:
 - Submission of sample for post-arrival COVID-19 test at the point of arrival after which they will be allowed to leave the airport,
 - Home quarantine for 7 days,
 - Re-test on the 8th day of arrival in India and if negative, further self-monitor of their health for next 7 days.
 - b. If traveller is coming from a Country excluding those covered under Category A, they would be required to undergo the measures as mentioned in para (a) (ii) above, irrespective of their COVID-19 vaccination status.
- xvi. Travellers from Countries excluding those Countries at risk, will be allowed to leave the airport and shall self-monitor their health for 14 days' post arrival. This is applicable to travellers from all Countries including Countries with which reciprocal arrangements for mutual acceptance of WHO approved COVID-19 vaccines also exist.
- xvii. Travellers under home quarantine or self-health monitoring, if develop signs and symptoms suggestive of COVID-19 or test positive for COVID-19 on re-testing, they will immediately self-isolate and report to their nearest health facility or call National helpline number (1075)/ State Helpline Number.

International travellers arriving at sea-ports/land ports

xviii. International travellers arriving through seaports/land ports will also have to undergo the same protocol as above, except that facility for online registration is not available for such passengers currently.

xix. Such travellers shall submit the self-declaration form to the concerned authorities of Government of India at seaports/land ports on arrival.

* 15 days must have elapsed since completion of COVID-19 vaccination schedule

Contacts of the suspect case are the co-passengers seated in the same row, 3 rows in front and 3 rows behind along with identified Cabin Crew. Also, all the community contacts of those travellers who have tested positive (during home quarantine period) would be subjected to quarantine for 14 days and tested as per ICMR protocol.

APPENDIX 2

INFORMATION AND DOSAGE REGARDING THE IMMUNE BOOSTER.

The immune booster consists of Three Biochem tissue salts, Biochem No. 6, Moringa, Ginkgo Biloba, and Rescue Remedy.

The Three Biochem tissue salts along with Moringa/Shigru not only provide the necessary salts and micro-nutrients which the body needs but also help absorb the much needed vitamins A, B, C and D.

- Three Biochem Tissue Salts:
 - a. Magnesium Phosphoricum 6X aids absorption of vitamin D.
 - b. Kali Muriatricum 6X aids production of vitamin B12 in the gut.
 - c. Kali Phosphoricum 6X aids assimilation of vitamin C.
- **Biochem No. 6** is a combination salt for cold and cough but is included in the immune booster for its anti-inflammatory properties.
- **Moringa/Shigru** is a rich source of calcium, iron, zinc, copper and vitamin A.
- **Ginkgo Biloba** aids brain health and improves circulation.

Please do not swallow the tissue salts, allow it to dissolve in your mouth.

Rescue is a broad-spectrum Bach Flower Remedy which helps achieve emotional equilibrium, critical to any healing process.

Additionally Septilin and Q-DEE can be availed of, for symptomatic relief of cold, cough and flu.

Dosage

Morning

1. Rescue 3 to 4 globules
2. Ginko biloba 1 tablet
3. MP, Mag phos. 1 tablet
4. Moringa 1 tablet

Bedtime

1. Rescue 3 to 4 globules
2. No 6. 1 tablet
3. KM, Kali Mur , 1 tablet
4. K P, Kali Phos, 1 tablet

For best results please take Rescue first thing in the morning and last thing before bed. Since we micro-dose the supplements, benefits are observed from long-term regular intake of the salts and therefore grouping the salts to intake is a solution for regularity.

For symptomatic relief of cold, cough, fever and flu please take 1 tablet each of Q-DEE and Septilin, twice a day, for 4 days. These will be available separately as per your need.

Thank you,
mitadg@auroville.org.in

