

#895 A weekly bulletin for residents of Auroville 6 November 2021



HAPPY DIVALI

The Ponder Corner

It is the will for progress and self-purification which lights the fire. The will for progress.

Those who have a strong will, when they turn it towards spiritual progress and purification, automatically light the fire within themselves.

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House of Mother's Agenda

The Only Lamp (continued from last week)

Once again, we hear this poignant chorus from *Antigone*: For ages I have seen doom hurled on the House of Labdacidae, doom of the dead on the living, and no father ever delivers his children.....

We humans have walked a long road, through many "houses," and today we do not know that every heart has beaten many times, and every gesture, however small, contains many forgotten gestures, many vanished men who are still here — in each of us Destiny is repeated and the entire species relives its ills or its hopes. Each of us is thousands of men, all of them here, and each carries the grace of all those misfortunes, like a flower of soul that has waited for so long. Those millions of years and those vanished earths will not go on for ever. There are Moments of Destiny, and every man carries that Moment, is responsible for that Moment when so many ills and misdeeds or ambiguous good deeds collect themselves into one "fierce question," or one cry from the soul. We do not know our whole power of mute man walking about his vain avenues, we do not know that we are those millions of men with so many footsteps behind us, and that one Instant — "a rapid moment of the soul" — is enough for everything to blossom, or everything to be ruined. We do not know our own miracle, and we had, we had to come to the end of this point of darkness, this point of nonsense, this point of the end of everything, for that Man to appear at last.

A Splendour burning in a tenebrous cloak

We had to come not only to the end of our ills and misdeeds but to the end of our virtues and good deeds — it is something else that must be born beyond all our antics, beyond all our knowledge, beyond all our systems. And how to be born to what we do not know? To what was always there yet? Had we succeeded as "ideal men," we would already be immured in a crystal cage, as so many other fossils before us:

[Earth's] darknesses (are) more wise than her small lights, – said Sri Aurobindo in one of his short poems.

Our idea of man, of his power, is too petty — our idea of the forces he can embody, for better or for worse. We do not know our sublime Destiny, that for which so many earths have foundered before us, "and no father ever delivers his children..."

And yet, some ten thousand years ago perhaps, the Vedic sages said to their descendants of our age, to us, here in our miserable skins: "Rescue thy father... thy father who becomes thy son and bears thee, O son of Force."

We have "delivered" atoms to turn them into spells, we have delivered a thousand thoughts that are killing each other, and pontiffs and imams of one language or another, who promise us anthropoids' heavens—and we are the total slaves of everything, like huge paralytics of a hundred machines that substitute for our own engine.

"Men hunt after petty successes and trivial masteries from which they fall back into exhaustion and weakness; mean while all the infinite force of God in the universe waits vainly to place itself at their disposal"

says Sri Aurobindo in an aphorism.

Our idea of Man is truly pygmean.

True, he is a pygmy and a barbarian so long as he remains unaware of what he is. Might we have walked through so many centuries and lived through so many species to end here? What hallucination are we the victims of? What is the use of our intellect if it is so darkened, so enthralled by its own web?

Monstrous forces are trying to seize hold of the Earth, as they earlier seized hold of Atlantis — but they are phantoms, a child's cry would be enough to bring them down. But that "cry" is needed, that all-powerful cry. Our mechanical and irrefutable world lies in ruins, a mere breath would be enough for its façade to collapse. And that Breath is here — a new, awesome Breath-waiting only for men to side with what they are and with the forces they embody: either with Death now swallowing them, or with Life striving to be born. But that this whole artificial System will be engulfed is beyond doubt. "That" is waiting for the survivors.

A darkness carrying morning in its breast And what does our breast carry?

(to be continued next week)

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



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Townhall Speaks

SELECTION PROCESS REVIEW



Task Force Nominees List

Dear Community, the Residents' Assembly Service is happy to announce a list of nominees for the Selection Process Review Task Force (SPRTF):

- Bobby (Isaiambalam)
- Daniele (Sri Maa)
- Danny (Auromodele)
- Giovanni (Serenity)
- Jaya (Sunship)
- Jean-François (Sharnga)
- Martin (Samriddhi)
- Philippe (Kalpana)
- Sanjeev (Mir)
- Saravanan (La Ferme)
- Selvaraj (Aspiration)
- Uma (Swayam)

Random Selection

The RAS is going to organize the selection by drawing lots to chose 7 (seven) names from the above list. These seven community members will become a part of the SPRTF.

The process will be live-streamed via Zoom, so all residents will be able to virtually witness the selection of 7 members to the Task Force. Details of the selection procedure along with a Zoom link will be shared shortly.

FYI so far, nobody from the community has come forward to facilitate the process of reviewing the selection methodology. The RAS is still looking for one or two facilitators available to support this task force.

The Scope For The SPRTF

To read and understand the "Participatory Working Groups & the Selection Process of their members 2020" (PWG), all previous PWG documents, proposal D (as per RAD December 2020), and alternate methodologies of selection of the members of the working groups previously proposed by community members;

To comprehend the roles and challenges of the stakeholders of the selection process: organisers (RAS), facilitators, volunteers, etc;

To consider all the observations and recommendations of the Inquiry Taskforce report and specifically those for the selection process procedure;

To consider feedback from the community on how to improve the process of selection of the main working groups' members;

To consider feedback from the RAS;

To prepare an updated version of the PWG document, and specifically but not limited to the selection methodology for AvC, EB, WCom and FAMC, and invite feedback from the community on this draft; to consider and/or integrate feedback received and present an amended document for approval of the RA;

To arrive at a meaningful outcome within the given time frame.

~ Warmly, For the Residents' Assembly Service, Sathish A, Tatiana S, Verena H

FROM THE ENTRY SERVICE - ES # 106

Dated: 06-11-2021

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. We thank you in advance.

NEWCOMER ANNOUNCED:











Gijs

Jens

Rose

Shanks

ıks Enzo

Gijs VAN DEN BROECK (Belgian) staying in Serendipity and working at Sadhana Forest

Jens TORP (German) staying in Creativity and working at Creativity Guest house, African Pavilion, Matrimandir

Rosemarie DEMELLO aka Rose (British) staying in Auromode and working at Unity Pavilion

Sankarshan KINI aka Shanks (Indian) staying in Luminosity and working at AV Arts Service

Vincenzo CAFARELLI aka Enzo (Italian) staying in Maitreye 1 (Swaha US house) and working at Auroville Language Lab (ALL)

AUROVILIAN ANNOUNCED:

Cleo Tanja Marianne LUK-KARINEN (Finnish) staying in Pitchandikulam and working at Land Board

Rishi DAMANI (Indian) staying in Samasti and working at Botanical Garden





Cleo

Rishi

NOT READY TO JOIN AUROVILLE:

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

Ganesh Shanmugam (Indian)

NOTE:

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

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

The date of becoming Aurovilian is the date of confirmation. 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

CONFLICT OF INTEREST - GUIDELINES

Dear Auroville community, the Auroville Council realised 3 years ago the importance of becoming more alert to situations where a conflict of interest may be present while working in the Auroville administration.

A document (see below) was formulated to serve as a guideline to navigate such situations. It was circulated amongst Working Groups and now we want to present it to the community at large for feedback.

Conflicts of Interest in Working Groups

Introduction

Despite having a population of around 2000 adults, the Auroville community is still small in comparison to an average city, and potential conflicts of interest are inevitable within our working groups and amongst executives and trustees of units and services, and would be impossible to avoid by preventing Aurovilians from participating in these groups. Moreover, such Aurovilians often bring valuable experience and expertise. The challenge is therefore to manage potential conflicts of interest with good practices within the groups. Such practices are detailed below.

1. Definition of conflict of interest

A conflict of interest is commonly defined as a set of circumstances that creates a risk that professional judgement or actions regarding a primary interest will be unduly influenced by a secondary interest. More specifically it is a situation in which a person is involved in multiple interests, financial or otherwise, and serving one interest could involve working against another. Typically, this relates to situations in which the personal interest of an individual might adversely affect a duty owed to make decisions for the benefit of a third party. (Wikipedia)

2. Disclosure of conflicts of interest

All members of working groups should disclose any potential conflicts of interest when joining the group, and when topics come to the table which could potentially involve conflicts of interest. Such disclosures should be made as soon as possible so that appropriate measures can be taken by the group. Records should be maintained on file.

3. Actions taken to avoid conflicts of interest

When a potential conflict of interest has been identified, the group should ensure that appropriate actions are taken to ensure that inappropriate decisions are not made by the group. Such actions may include:

- Excluding the member from any discussions by asking him/her to leave the room whilst the topic is discussed
- b. Requesting the member to remove himself/herself from the interest concerned (may not be possible or appropriate).
- c. Asking an outside observer to be part of discussions on the topic concerned, in order to ensure fair decisions are made. This observer may be requested from the Auroville Council or RAS.

4. Trust and Integrity

It is clear that the work of any working group member depends greatly on trust and integrity. All members must ensure that the highest standards of integrity are observed during their work for the community. It is expected that group members are honest and transparent in their work, in order that they may be trusted by other group members and the community.

5. Documentation and Records

It is important that adequate records are maintained to document any potential conflicts of interest in a working group, and what actions are taken. If a member is asked to leave the room during the discussion of a particular topic, then this should be recorded in the minutes of that meeting. Any unavoidable conflicts of interest should also be recorded.

6. Alignment of Interest

It is also important to note that a working group may benefit highly from the knowledge and experience of its members. Where a member is also a member of another group/activity then their experience in that field of work may be of great mutual benefit. Such alignments of interest should be encouraged, but at the same time, the appropriate measures taken to ensure that inappropriate personal benefits are not gained out of the decisions of the groups.

Please share your feedback by end of November 2021 Warm regards, Auroville Council

APARTMENT FOR HOUSE TRANSFER

Dear Community, one asset is currently available for transfer: New Creation, NCR017, Family

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 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

Community News

AUROVILLE MATTERS

ACCESSIBLE AUROVILLE GIVES THANKS



Accessible Auroville Public Bus Team would like to warmly thank all Aurovillians, BBC, Kinisi, AVI Canada and Italian donors from Italy very close to

Sri Aurobindo Ashram and Auroville for their generous donations which have allowed to keep on the bus service so useful to the community members especially the ones with reduced mobility and the seniors.

> With Gratitude and Love AAPB Team (Raju, Sauro, Susmita)

FOR YOUR INFORMATION

KIRTAN - SINGING OUR HEARTS OPEN

Friday 5. November, 5-6.30 Svedame, Butterfly Barn

With Upahar & friends.

Welcome into this circle of singing from our hearts, celebrating light in all life.

(pls park by the community entrance, leaving access free)

MEDITATIONS ON SAVITRI, BOOK 1, CANTO 5

The Yoga Of The King:

The Yoga Of The Spirit's Freedom And Greatness

Monday, 8 November 2021, 4pm at Savitri Bhavan.

Duration: 23min.



On higher levels of existence Aswapati has glimpsed divine states of existence and aspires intensely that they must become normal here on earth. The whole world must be transformed and become Divine. He consecrates himself entirely to bringing about this great change.

By this intense aspiration he becomes aware of a secret Nature which uses the power of Mind to rule over the borderline between earth and the subtle inner worlds. She submits to Aswapati and shows him a vision of the entire Creation as a golden ladder linking the highest levels of the Spirit and the lowest levels of the Matter, allowing the soul to move upwards and downwards between the Spirit's extremes.

Ascending and descending twixt life's poles / The seried kingdoms of the graded Law /

Plunged from the Everlasting into Time,.../ Climbed back from Time into undying Self, /

Up a golden ladder carrying the soul,...(p.88)

He also perceives the last, highest world where all other worlds merge, harmonized and unified by the all-reconciling Wisdom which fulfils the hidden Truths of each of them.

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.

AUROFILM PRESENTS

"Cine-Master Class"

5.00 – 6.30pm, Saturday 13 November, AUROFILM at Aurofilm, Kalabhoomi (next to Cripa)



If you like to discuss, share and learn more about films and Cinema, we invite you to our Cine-Master classes! Welcome to the 14th chapter led by Abhijit Roy on: "Wolfwalkers, Animation"

Overview: Abhijit, media & entertainment professional and passionate about animated films, offers us this time a study-analysis of the third part of the trilogy animated by the Irish independent studios Cartoon Sallon. Aurofilm is screening this latest film, "Wolfwalker" at MMC on Friday, just before this study. We hope all or most of you will have seen the movie! We remind you that it follows "Song of the Sea" and "The Secret of Kells" we have presented recently. As usual, informal exchanges and discussions will follow the presentation.

Abhijit Roy has more than 13 years international work experience as a professional Digital Artist, Team Lead, Trainer and Technical Director in various Hollywood movies and TripleA Games in the field of Visual Effects and Motion Capture Animation, respectively. His film credits include – Man of Steel, Transformers 3, Conan the Barbarian, Immortals and Maleficent. His Gaming credits include Batman – Arkham Asylum, Tomb-raider, FIFA 2019 and Wrestle-mania.

We follow the Covid-19 SOP. FYI the Aurofilm building is half open-air and well ventilated. You may carry your torch light.

MULTI MEDIA CENTRE AUDITORIUM (MMC, TOWN HALL)

Friday 5 November (Reminder), "The Elephant Man"



By David Lynch, USA, 1980

Friday 12 November, 7:30pm, "Wolfwalkers"

Directed by Tomm Moore, Ross Stewart, Irlande, Luxembourg, 2020

Music by: Bruno Coulais; Kíla

Synopsis: Wolfwalkers is an animated film, and is the third and final installment in Moore's "Irish Folklore Trilogy", following his previous films The Secret of Kells (2009) and Song of the Sea (2014) also a co-production led by Cartoon Saloon and Mélusine Productions. The film follows the story of Robyn Goodfellowe, a young apprentice hunter who arrives in Ireland with her father during a time of superstition and magic to wipe out the last wolf pack. While exploring the forbidden lands outside the city walls, Robyn befriends a free-spirited girl, Mebh, a member of a mysterious tribe rumored to have the ability to turn into wolves by night. As they search for Mebh's missing mother, Robyn uncovers a secret that draws her further into the enchanted world of the Wolfwalkers and risks turning into the very thing her father is tasked to destroy... Wolfwalkers won several awards and also received the nominations for Best Animated Feature Film at the Academy Awards. The film will be introduced by Abhijit Roy, professional in media and entertainment with a passion for the animation film art who has joined our team! (see previous article, "Cinemaster-class" announcement).

Original English version, with English subtitles

Duration: 1h43'

Covid 19, please follow the current SOP.

LET'S TALK ABOUT DEATH, 2ND YEAR, PART II

Saturday, 13 November, from 3 – 5pm at Pavilion of Tibetan Culture



The 'Let's talk about Death' group intends to provide space, time and content on the topic of Death in Auroville.

We have met several times during 2020/2021, at different locations, with each time 20 new interested people at-

tending. The sharings are always heart-warming and inspiring. We learned a lot.

The 2nd date of this new series of gatherings will happen next Saturday 13 November 2021 at the Pavilion of Tibetan Culture. We'll start at 3pm with coffee & cake, followed by sharing until around 5pm.

We want to offer a space for personal experience and insights. There will be no lecture, material distribution or convincing people of one's opinions or beliefs. The sharing is open to all ages, for Aurovilians, Newcomers and Volunteers, only.

Please book by email to <u>quietusauroville@gmail.com</u>. Once you have reserved, a confirmation will be sent to you with additional details.

If you would like to give a donation to help us to cover the expense, our FS account is 106829 Quietus. Thank you in advance.

We hope to see you soon, take care and stay healthy and open minded.

> The 'Let's talk about Death' group, Fakeera, Kalsang, Lisa, Valeria & Dan

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AURINOCO'S JITSI VIDEO CONFERENCE TOOL



Ref: As mentioned in a side note on https://auroville.org.in/article/86845

Dear Working groups & Community, Aurinoco would like to offer a video conferencing setup for Aurovilians via our in-house servers.

It is called "Jitsi" (https://redmine.auroville.org.in/projects/faq/wiki/What_is_Aurinoco's_Jitsi_service

Currently Aurovilians use Zoom and Google Meet. There are some issues getting a smooth conference.

For Zoom free version & Google meet:

- Timezone needs to be set manually
- (many times Zoom changed the time zone to USA on your routers causing connectivity issues)
- Max 40 minutes meeting on Zoom
- · Can't capture as a video
- Data mining by Zoom & Google is a known fact
- Zoom bombing
- Google meet works best on Chrome not Mozilla

Plus, video conferencing uses a lot of bandwidth, especially as it becomes more popular and when

there are many participants. So hosting it on our Jitsi server would usefully reduce Internet link usage.

Pros of using Jitsi: With Jitsi you could setup a permanent bookmarked link with an administrator's login & password.

For example: https://jitsi.auroville.org.in/WC for the Working Committee or https://jitsi.auroville.org.in/UnityPavilionfor UP gatherings.

- The administrator has rights to open/allow/disallow/ expel users or give similar rights to others.
- There is no need to send out a separate complex link every time you want to hold a video meeting.
- People from anywhere on the Internet can join in. The
 use of Internet within Auroville is nil if users are on
 Aurinoco's ACN & NKN network. BFN subscribers in
 Auroville would access Jitsi via the Internet.
- Jitsi has all the usual tools like screen & video sharing, chats, live streaming, recording etc.
- Plus it is open source and requires only your support to continue to improve.
- & Cons: Somethings that we have observed that needs improvements on Jitsi:
 - Video quality as compared to Google & Zoom is 80%
 - Jitsi does not work in IOS Safari browser
 - Sometimes in IOS chrome browser switching back from screen-share to video takes time, but can be rectified quickly by switching to screen share and back to video again.

How to join in:

For further information and to request a logon, please contact Aurinoco: support@aurinoco.net

To use Aurinoco's Jitsi: https://jitsi.auroville.org.in

In your service, Aurinoco team

UPASANA CELEBRATES DIWALI

4 November , Thursday, 6.00 to 9.30pm

Venue: Upasana



Dear Auroville Community, two have passed with solitude. We at upasana will celebrate Diwali as a legacy as has

been for the last 23 years, Diwali @ upasana is a collective celebration with the support of friends. Looking forward to having a beautiful Diwali to mark this special time. Pls bring your mask.

FUTURE SCHOOL INVITES YOU

for Introductory Session



Dear prospective students and parents of 9th grade, you are warmly invited for our introductory session at at 8.30am on

- Wednesday the 10th of November
- and Thursday the 11th of November

The session on Wednesday will last approximately till 9.30am in the Future School seminar hall, following which the students can stay back and attend classes till 1pm and the next day as well.

Thank you, Anuradha, Future School Office

OPEN HOUSE IN AUROMODE HIVE

6 November, from 9am to 5pm



Dear All, Auromode Hive would like to invite you to an Open House on 6 November from 9am to 5pm. We will have cookies and free internet!

All are welcome to try out our coworking space!!!

Auromode Hive Team

UPDATE ON DELIVERY SERVICE FROM CAFETERIA VC



Dear community members and Guests

Visitor Centre Cafeteria is offering delivery service for lunch and dinner during this monsoon season.

You can place an order via whatsapp 8903963137 or landline 04132622248.

In service, Your VC Cafeteria team, Nicole

TAXI SHARE

Thursday, 11 November

Taxi Share – from Chennai airport, Thursday, 11 November, ~ 1am. WA 8903449398 or SvahaUS@gmail.com

Friday, 5 November



I am coming back from Chennai Airport to Auroville on November 5, at 1pm. Please let me know if anyone is interested in sharing taxi

either way at divyanshi@auroville.org.in.

Divyanshi

LOOKING FOR

Looking for Work

Hello' I am Devi from Kootroad very long time I am looking for a work in Auroville. I have very good communication skills for spoken, 'computer knowledge', reception, any office work, if anyone needs, please contact: 9786807071

Submitted by Auro Nithiya, auronithiya@gmail.com

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Looking for a Housekeeper

Looking for English or Hindi speaking amma. Please contact Prem Shakti at 9489244823





Looking for the Big Mirror & Hangers



The Upcycling Kiosk is Re-Opening

Dear community, The Upcycling Kiosk is in the process of reopening very soon! We would need a big mirror. If you have an unused one in your home, it might be so useful for us! Also if you have hangers that would be very wel-

come as well. Thanking you very much in advance.

Contact +91 8098796307, Camille.

The Upcyclers team

Looking For 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,hospit alization, 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 <u>avhealthfund@auroville.org.in</u>.

The AVHF Team

Housesitting for you?



Dear beloved aurovillians, I am so happy to be able to return to AV for 6 weeks from January 1st 2022. I am looking for a place to stay with my children (Arvind and Ahana). We would take care of your

house or flat and give contribution for that. We love pets and plants. We love community life. We also gently respect your space. Please contact me in case of any ideas or possibilities. I can't wait to reconnect with AV, which I consider home for many years now

Light and smiles, Cecilie – <u>cilanken@gmail.com</u>

Need Trekking Shoes



I'm looking for trekking shoes for men size 10.5/11 (44\45). I'm traveling on 12 November to the Himalayas for 2 weeks. I can give compensation for this.

Thanks, Bernardo, AuroOchard WhatsApp 9626384416

Looking for fruit tree seedlings



- 1 good Jackfruit seedling
- 2 Mango trees (grafted and good variety)
- 1 Chikoo, grafted

Thanks, shivaya@auroville.org.in

AVAILABLE

Desktop Computer Sale



Desktop Computer for sale Rs.22000 (value Rs.50000). All parts new except AMD FX8350 processor and 24Gb RAM. Windows 10 pro, editing software etc. included. Good for light graphics and editing.

Contact hemantshekhar@auroville.org.in

Hemant Shekhar

Electric scooter for sale



An year old, well maintained, regularly serviced Ampere reo Li is available. It's in perfect condition.

Amul: +919074910522 (WhatsApp/call)

Huge Discount Clearance Sale

At The Colours of Nature



To make space for the new, artisanal world renowned Natural Dyes unit The Colours of Nature is clearing stocks. Come pick up your bargain naturally dyed garments. Open every day from 8.30am until 6pm, until stocks are gone. Please follow Covid protocol.

Kind regards, Petra Mo 8098958679

Need help updating your website?



Need help updating your website every month, as your Activity is evolving or growing, and you want to focus on your business rather than maintaining your site? And you are looking for someone who you can trust, who will do the job

thoroughly, as well as if you would?

Do not wait any longer, contact me I will help you!

Chloe 8111094202 c.tadiotto@orange.fr

HELPFUL HINTS

GROWING PERFECTION THERE IS A GROWING LIGHT

When working with somebody on a project or solving any problems on any level, mainly the physical, and the little guiding voice, the psychic being points the way. How should one proceed when the other party will not listen to another way of doing it some other way.



Until now I only waited, and quietly

and persistently kept pushing until accepted. It is difficult to explain, and more difficult to do. How can one do otherwise?

This is a question that faces many of us who are involved in a collaborative effort, a collaborative working. It is always flattering to believe that I am always right. I thought I should refer the question to Mother. The Mother said very empathically: "Nobody is ever right against anybody.

One can never impose one's own conviction, one's own opinion, one's feeling on another. The right way for a seeker or for a worker in such a situation where there is difference of opinion is not to believe that he is right, and the other one is wrong but to submit the problem to the divine in the spirit of surrender and trust.

He can submit his own conviction, he can submit the whole problem and wait for the answer. In the measure of his sincerity, whether the other one is aware of it or not, the response does come and things do work out in the way they should, not necessarily as I believe to be right." That disposes of the question.

We can never be right against anybody.

Naturally when one works by oneself, one works for the best of one's lights. There is a growing perfection, there is a growing light. And what I felt yesterday to be right I may not feel to be as much right tomorrow. In a collective endeavor the right attitude is to concede the freedom of others to follow their own conviction.

Where there is conflict, where there is problem to submit it to an overseeing power and wait silently with trust in his guidance.

Transcribed from a talk by Shri MP Pandit

HOW TO SPEND THE MONSOON SEASON

with Ayurveda and local plants



During monsoon, the climate is cold and humid, rains and little sunlight increase drastically the moisture in the air and on the ground leading to a more acidic environment. The body struggles to keep warm and dry, the digestive power is less and all the Doshas get out of balance: **Vata** gets cold, **Pitta** ferments, **Kapha** retains water.

Effects on the body: the pH becomes more acidic/sour – stiffness, acidity, bloating, coldness, symptoms of pain and inflammation in the joints are felt

Effects on the mind: positive – time for a rest, will to turn inward for warmth and cosiness; negative – anxiety, dismay, confusion, doubt

This is a period for moderation in everything and **stimulate agni** – digestive fire

In The Food:

- Eat warm, cooked in a sauce-pan, easy to digest, light, spicy
- Keep dinner light
- Proteins: Mungdal, beans, chickpeas, lentils (all of these cooked with asefetida to prevent bloating), white meat, egg
- Vegetables: amaranth, green leaves, carrot, beetroot, cauliflower, bitter-snake-bottlegourd, moringa (drumstick), chow-chow, radish, pumpkin, lettuce all should be well washed to avoid contamination
- Sweet taste with old grains barley, rice, millet, oat, wheat
- Fruits: pomegranate, banana, papaya, grape, guava, pear, peanut
- Spices: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- · Ghee or sesame/olive/sunflower oil
- Drinks: herbal teas, warm or boiled water, with honey or jaggery
- Ayurvedic mix to take after meals: Panchakola, Trikatu, Hingwashtak churna... with honey

Avoid:

- All food with yeast/baking powder, cheese, yoghurt, curd, lassi, vinegar, wine, beer
- Drinking too much liquid during or straight after meals
- Uncooked vegetables and salads
- Heavy and difficult to digest (fried food, pasta, etc)
- Coffee, chocolate, ice cream
- · Carbonated soft drinks

In Activities:

- Keep a regular rhythm (in taking meals and going to bed)
- Massage with sesame oil + apply heat (warm shower, steam bath)
- Foot bath with warm salty water
- Wash with warm water (shower or bath)
- Keep the body warm: neck and feet especially
- Soft physical exercise: 30 minutes a day
- Yoga, Pranayama, Meditation-concentration, Qi-Gong
- · Fumigation with eucalyptus, neem, sage

- Nasya (oil drops in the nose) with Anu Tailam at bedtime or in the morning to clear the sinuses
- Time to detox and rebalance the Doshas with Abhyanga (oil massage + steam bath), Shirodhara (warm oil on forehead), Basti (warm oil enema)

Avoid:

- Siestas and day naps
- Intense physical sport or work
- Moist and cold air, wind, fan
- Staying humid after being in the rain
- Long hours in front of the computer
- Skipping meals
- · Staying awake late at night
- Too many travels

Most of the above aggravate Vata, which is highly sensitive during this season.

Herbs And Medicinal Plants For The Rainy Season:

- Moringa Moringa Oleifera: to balance Vata and Kapha by increasing the digestive power
- Bhunimba (Nilavembu) Andrographis paniculate: in feverish condition
- Guduchi (Giloy) Tinospora cordifolia: natural immunoregulator
- Haritaki Terminalia chebula with a little of rock salt: to balance Vata
- Dashamoolarishtam for joint pain and inflammation, to balance Vata

All the recommendations of every season are available on Sante's website: https://sante.auroville.org.in/additional-resources/

Enjoy the rain, Be @ Sante Clinic

Voices and Notes

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.

<u>Audible Weed Walk – ep.62 "Commitment in climate & COP26 : Can we be more oriented to life, to earth, and their wellbeing?"</u> (Food education)

<u>Civic Education Dialogues – Selection processes</u> (Civic education)

<u>Aarohan – ep.35 "The Strings that Enchanted India " (Music)</u>

<u>Tamil Epics- ep.10 "சிலப்பதிகாரம</u>" (Tamil culture)

The best of what's still around – ep.32 (Music)

Savitri, B. X, C. IV, Part 2 (Integral yoga)

<u>Une série hebdomadaire de lectures par Gangalakshmi – 371</u> (Integral yoga)

Karpathu Tamil- Ep.4 <u>"</u>சித்தர் பாடல்கள்<u>" (Siddhar Songs)</u> (Tamil culture)

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

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

Peace and Love

GREEN COLUM

Tough negotiations in Glasgow – Saving the World from ourselves



Leaders from around the world are gathering in Glasgow, Scotland, to hammer out new pledges to fight climate change. The stakes are high.

Scientists warn that heat-trapping emissions must fall dramatically by 2030. Otherwise, the world faces more extreme hurricanes, floods, fires and droughts, displacing millions of people. Still, negotiations at the COP26 meeting are expected to be tough. Here are four reasons why... The full article you can read in Appendix 1 of this issue

Lisbeth & Gijs (AV Green center)

CLASSES, WORKSHOPS & HEALING ARTS

MUSIC-WORKSHOP ON WESTERN MUSIC

History and Introduction into Theory November 19, 4-6pm, SAIIER building

An introduction into the rise of classical western music from the 10th century up to contemporary classical music, Jazz, Pop and Rock Music.



- The different instruments of a classical orchestra.
- The development of styles through the centuries with regards to cultural and political circumstances.
- An Introduction into note-reading and music-harmonies.
- The demonstration of the different points of the workshop will be supported by Videos and Music-Samples.

The workshop is given by Hartmut in the SAIIER building Fridays 4-6pm each month one time

For date-details please contact me under 7094812897 and <u>vonlieres@gmx.de</u>

All are welcome

COMPASSION IN ACTION



If 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, 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

PUBLIC SPEAKING, IMPROVISATION, VULNERABILITY + PLAY



Interested in exploring being your 'true' self in a social setting? Want to build up your speaking confidence? Tired of faking it? And most importantly do you want to just let loose and play?

Whether you're interested in building up your speaking confidence when speaking in front of others, or you're a performer/ actor interested in developing more stage presence, come join us! In these workshops we will explore what it means to be true to ourselves in public and how this can help us to connect to our own individuality, to others and to audiences.

We believe that the way to do this is through openness, embracing our vulnerability and daring to be our 'weird' selves. Only through being sincere and vulnerable do we drop our guard and communicate in a way that truly connects to others. These classes will combine a mix of improvisational games, public speaking techniques, theatre exercises, movement and mindfulness practices.

Oh and expect lots of PLAY!

The classes are really beneficial for those interested in building their confidence, whether for ordinary, professional life or performance.

A little about our philosophy

The conventional way of looking at confidence follows an approach of "fake it till we make it". In these classes we will explore something different, which isn't about trying to conceal your fear, but daring to reveal it. We believe if there is nothing to hide there is nothing to fear. Learning how to be vulnerable is at the cornerstone of developing true confidence. We'll encourage our participants to go beyond their 'learned personas', we invite them to take off their mask'.

Our society celebrates extrinsic success; confidence is presented to be smooth, slick, suave and charismatic. Because of this we neglect parts of our personality, our feelings, our idiosyncrasies, our uniqueness, our quirkiness and ultimately our vulnerability in pursuit of becoming confident, according to what society deems as confidence. However, we risk becoming 'well-rehearsed robots' and not sincere individuals, who aren't afraid of expressing their humanness. Our approach offers a non-conventional way of building confidence, one that is directly associated with how willing you are to be seen in your totality. Totality meaning, not just learning how to present one side of yourself, i.e. your polite, happy side, but also sharing your other qualities that so often we conceal, like our sadness, shyness etc.

Date: 12 of November 6.15-7.45pm Venue: New Creation Dance Studio

Mike Sokolin, founder and senior <u>coach @ www.schoolof-connection.org</u>.

Trained theatre actor (Cockpit Theatre, London).

Experienced in Meisner technique.

Improvisational theatre training.

Public speaking training & national championship finalist in the International public speaking contest organized by Toastmasters 2018.

Lead role as John Smith in a London production of Ray Cooney's: 'Run for Your Wife' in Baker Street London: Rudolf Steiner Theatre 2017.

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ALL: SCHEDULE OF CLASSES as of 29.10.2021



More detailed news about language courses please see in Appendix 2 of this issue

The Language Lab Opening Hours

Monday - Friday: 9:00am - 12:00pm & 2:00pm - 5:00pm,

Saturday: 9:00am to 12:00pm. Location: International Zone, after Unity Pavilion & Pump House.

Phone: (0413) 2623 661, 4036920/22. Email: info@aurovillelanguagelab.org

Language	Level	Time	Day(s) of Classes
English	Complete Beginners!	To be determined! Inquiries Welcome!	
	Beginner & Pre-Intermediate	10.00am – 11.00am	Tuesday & Thursday
	Beginner & Pre-Intermediate Group 2	10.00am – 11.00am	Wednesday & Friday
	Intermediate (on hold)	03.00pm – 04.00pm	Wednesday & Friday
	Intermediate/Advanced	New cycle in Inquiries We	
French	NEW Beginner	To be determined! Inquiries Welcome!	
German	A1.1 Beginner	04.00pm – 05.30pm	Tuesday & Thursday
	A1.2 Beginner Online	Mornings, Inquiries Welcome	3 times a week
Hindi	NEW, Beginner (on hold)	10.00am – 11.00am	Wednesday & Friday
Tamil	Spoken Beginner	09.30am – 10.30am	Tuesday & Friday
	Written & Spoken Beginner	04.30pm – 05.30pm	Monday & Thur
Spanish	NEW Beginner	02.30pm – 03.30pm	Tuesday & Friday
	Intermediate	03.30pm – 05.00pm	Monday & Friday
	NEW Conversation	02.00pm – 03.00pm	Wednesday
Japanese	NEW Beginner	10.00am – 12pm	Saturday

Please fill out our form at http://register.aurovillelan-guagelab.org/ to join, or inquire about, any language classes at the Lab! As well as drop us an email or call!

Please Note: Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

TOMATIS



Huge and deep apologies to all those who have done their Listening Tests but not had their Consultations. We will get back to you this week. As for those who made requests for Tomatis programs, but didn't receive times

for their Listening Tests and Consultations, we have noted all requests so far: we will get back to you one by one, and hopefully we will be able to accommodate everybody. Thank you so much for your patience. Please feel free to send us a reminder so we can make sure we didn't miss anyone. New requests can be sent by email to Tomatis@ aurovillelanguagelab.org.

For more information about the Tomatis program, please have a look at the following links:

- https://www.aurovillelanguagelab.org/tomatismethod.php
- https://www.aurovillelanguagelab.org/tomatis-kids. php
- https://www.youtube.com/watch?v=wnpXprTl3m0
- https://www.youtube.com/channel/UCeTIG0y-sBMlyywZNdZcAng/videos
- https://www.listenwell.com/

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 <u>integralhealth@auroville.org.in</u> to enquire about the most suitable approach for your health or psychological issue.

Integral Health, Prayatna 2623669 Sigrid <u>sigrid@auroville.org.in</u> Malar malar@auroville.org.in, 9080054843

SHAMBALLA REIKI WORKSHOP

Level 1 with Pierre

Shamballa Multidimensional Reiki combines the principles of Reiki, introduced by Mikaomi Usui in the early 20th century, with those of Shamballa, an ancient meta-physical teaching with roots in Tibet and India.

WORKSHOP

SHAMBALLA REIKI

LEVEL 1

WITH PIERRE

Sat, 6th Nov 2021
9-12 and 1.30-5 pm
At Pitanga

Call us at Pitanga for bookings
(0413) 2622403

Contact Pierre for more info:
+91 63821 01644



While the practice of Shamballa Reiki is a healing modality it also has a spiritual nature where it helps to create a strong connection to your higher self, love and powerful healing energies.

In this workshop you will be receiving

- the Level 1 teaching;
- learning how to treat yourself and others with Reiki;
- learning about the different positions of hands for self-treatment and treatment on others, how to prepare / conclude a treatment so that you can start your self-practice;
- learning about Chakras and the Five Principles of Shamballa Reiki.

Pitanga – Cultural Centre, Samasti (0413) 262 2403

pitanga@auroville.org.in /



TRANSFORMATIONAL YOGA WORKSHOP

5 days: Monday, 8 – Friday, 12 November Time: 8am – 9.30am

Hello dear Friends, come and join this Intensive workshop to purify the mind, body, emotions and prana.

We will practice asanas along with Pranayama, Raja & Mantra yoga and Meditation. Designed for those who want to work on the self-discovering & inner Progress:)

You will learn:

- hatha yoga asanas
- how to breathe
- achieve clarity, peace and stillness
- Improve balance
- boost positivity
- stabilise emotions
- self-love, self-esteem and self-compassion
- to be present
- · deepened relaxation
- greater self-esteem

For registration please contact Lakshmi:

8489764602, Lakshmiprem369@gmail.com

Under Synthesis activity of ASSA

BRAHMA MUHURTA

ब्रहम मुहूरत

every Sunday from 10.30am to 12.00pm



In ancient Indian texts there is an important concept of ब्रहम मुहूर्त – Brahma Muhurta

It is often described as a period (*muhurta*) that begins one hour and 36 minutes before sunrise, and ends

48 minutes later. It is traditionally the penultimate phase or *muhurta* of the night, and is considered a very auspicious time for regular yogic practices. Spiritual activities performed early in the morning are said to have a greater effect than in any other part of the day.

Brahmamuhurta is the 14th muhurta kala of the night. One muhurta is a period of 48 minutes, with a whole night consisting of 15 muhurtas. The time of sunrise varies each day, according to geographic location and time of year, and the time of the Brahmamuhurta varies with it. For example, if sunrise is at 6.00am, the brahmamuhurta begins at 4.24am and ends at 5.12am.

It's been several years since I've been waking up early in the morning and reading spiritual texts like the Bhagavad Gita or Dhammapada or Savitri. I also dedicate some time for silent concentration and meditation. I often wonder that if Matrimandir opened at 4am for collective silence at Brahma Muhurta, would there be a group that would be interested in joining. Is there already or can there be a group in Auroville which wakes up early and may not physically come together but are inwardly connected during the Brahmamuhurta through concentration and meditation in the highest aspiration to be willing servitors of the DIvine Consciousness. If there is already a group like this or there is an interest to start one, I'll be happy to hear more about it.

On the note of collective saadhana, happy to share that after finishing one full round of reading Savitri together on every Sunday from 10.30am to 12.00pm, on last Sunday we started again from "The Book of Beginnings." and is a great time for new people to join the group.

"It was the hour before the Gods awake."

With Sri Aurobindo's 150th birthday approaching there is a renewed energy and commitment towards the spiritual ideals of Auroville.

Auroville wants to be a universal town where men and women of all countries are able to live in peace and progressive harmony above all creeds, all politics and all nationalities. The purpose of Auroville is to realise human unity.

"All can be done if the god-touch is there."

With Sincerity, Deven deven@auroville.org.in



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ARKA WELLNESS CENTER & MULTIPURPOSE HALL

*Covid SOP must be followed.

Treatments

Treatment	Practitioner	Time
Body Logic & Deep Tissue Massage.	Pepe 9943410987	Monday to Saturday
Cranio Sacral, Lomi Lomi Kahuna Massage, Bare Foot Body Massage.	Silvana 9047654157	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Hair Cuts, Hair Colouring, Henna Colouring.	Meha 9443635114	Monday to Saturday
Orthopedist & Naturopath offering Foot Reflexology & Metamorphic treatment following Haptosynesia.	Alexandre 9500278523	Monday to Saturday
Shiatsu, Thai Yoga Mas- sage, Osteothai, Somatic Bodywork.	Marco 8778839827	Monday to sunday
Chinese Fire Cupping and Moxibustion Therapy.	Chun 8098900708	Monday to Saturday

Psycho Spiritual Tarot, Deconditioning Self-Inquiry & Inner-Voice Dialogue. Also in French.	Antar- joti 0413- 2623767	Monday to Saturday
Ayurvedic Massage, Gar- shana with wool and silk gloves, Chinese Anmo and Energy Techniques .	Mukta 9655422346	Monday to Saturday

Classes

Class	Practitioner	Time
Acro Yoga	Damien 9047722740	Monday to Saturday
Pilates Classes	Teresa 7867998952	Tuesday & Thursday 7.30-8.30am, Appointment.
lyangar Yoga	Olesya 9159052743	Monday, Wednesday, Friday 6.30-8.00am. Tuesday, Thursday, Saturday 5.00-6.30pm. Tuesday 5.00-6.30pm.

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 8 November 2021 to 14 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 8 November, 7:30pm SERIOUS MEN

India, 2020, Dir. Sudhir Mishra & Sachin Krishn w/ Nawazuddin Siddiqui, Nassar, Aakshath Das, and others, Comedy-Drama, 114mins, English-Hindi w/ English subtitles, Rated: NR (PG-13)

The story follows Ayyan Mani, a middle-aged man working as an assistant to an astronomer at the National Institute of Fundamental Research in Mumbai. Despite this, he can only afford to live in a slum, which he does with his wife and son. Furious at his under-dog status in life, Ayyan projects his frustration and develops an outrageous story that his 10-year-old son is a science genius—a lie which later gets out of control.

Interesting – Wednesday 10 November, 7:30pm SUMMER OF SOUL (...OR, WHEN THE REVOLUTION COULD NOT BE TELEVISED)

USA, 2021, Dir. Questlove w/ Dorinda Drake, Barbara Bland-Acosta, Darryl Lewis, and others, Documentary-Music, 118mins, English w/ English subtitles, Rated: PG-13

This is a part historical record created around an epic event that celebrated Black history, culture and fashion. Over the course of six weeks in the summer of 1969, just a hundred miles south of Woodstock, The Harlem Cultural Festival was filmed in Mount Morris Park (now Marcus Garvey Park). The footage was never seen and largely forgottenuntil now. The film shines a light on the healing power of music during times of unrest, both past and present. The feature includes never-before-seen concert performances by Stevie Wonder, Nina Simone, Sly and the Family Stone, Gladys Knight and the Pips, Mahalia Jackson, B.B. King, The 5th Dimension and more.

International – Saturday, 13 November, 7:30pm SHEYTAN VOJUD NADARAD (There is no evil)

Iran, 2020, Dir. Mohammad Rasoulof w/ Baran Rasoulof, Mahtab Servati, Mohammad Seddighimehr, and others, Drama, 151 mins, Persian-German w/ English subtitles, Rated: PG

In this much acclaimed Golden Bear winner at Berlin Film Festival, involves four stories. They are variations on the crucial themes of moral strength and the death penalty that question – to what extent individual freedom can be expressed under a despotic regime and its seemingly inescapable threats?

Children's Matinee – Sunday, 14 November, 4:30pm KUNG FU PANDA 3

USA, 2016, Dir. Alessandro Carloni & Jennifer Yuh Nelson w/ Jack Black, Bryan Cranston, Dustin Hoffman, and others, Animation-Adventure, 95mins, English w/ English subtitles, Rated: PG

In this last of the released movie of the series, Po's long-lost panda father suddenly reappears. The reunited duo travels to a secret panda paradise to meet scores of hilarious new pandas. But when the supernatural villain Kai begins to sweep across China defeating all the kung fu masters, Po must do the impossible-learn to train a village full of his fun-loving, clumsy brethren to become the ultimate band of Kung Fu Pandas.



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

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

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

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APPENDIX 1

GREEN COLUM

Tough negotiations in Glasgow – Saving the World from ourselves



Leaders from around the world are gathering in Glasgow, Scotland, to hammer out new pledges to fight climate change. The stakes are high. Scientists warn that heat-trapping

emissions must fall dramatically by 2030. Otherwise, the world faces more extreme hurricanes, floods, fires and droughts, displacing millions of people. Still, negotiations at the COP26 meeting are expected to be tough. Here are four reasons why:

1. The world is not on track to avoid extreme climate crisis

Countries have made pledges to cut their emissions by burning less fossil fuels. But added together, those pledges don't avoid the worst damage from climate change. New climate commitments fall short of what is needed to meet the goals of the Paris Agreement (a max temperature rise of 1.5°C). Instead, we are on track for a temperature rise of at least 2.7°C this century, according to the UN Environment Programme. Even at a 1.5°C warming the world would experience worsening heat waves and storms, but not as intense and dangerous. Coral reefs would have a shot at avoiding a massive die-off. But to achieve that, emissions need to fall about 45% by 2030 (compared to 2010 levels).

2. Which nations contribute the most to climate change?

The goal is to reduce global emissions, but which countries should reduce how much? The so-called developed world should definitely reduce most. Poorest countries contribute the least to emissions, but suffer the worst damage. Small island nations face being completely erased by sea level rise caused by others.

The United Nations calls on countries to be carbon neutral by 2050, which means that by then any greenhouse gas emissions need to be absorbed (for example by forests) to keep them from entering the atmosphere. The world's largest climate polluter is China (CO2 emissions of 12.4 Giga tonnes /year) and they committed to becoming carbon neutral only by 2060. Emissions will be allowed to rise until 2030. They pledged not to start mining projects abroad but did not mention fossil fuel developments at home.

As far as India is concerned, its total emissions are on par with the European Union with 27 countries (CO2 emissions of 3.6 Giga tonnes a year), but per capita emissions are 60% below the global average. India is not ready to reduce or phase out fossil fuels and its emissions will also rise till 2030. In fact, India plans to open more coal mines. It has no Net-zero target, nor are its Nationally Determined Contributions clear. According to the Climate Action Tracker (highly recommended!) its Fair-share target is highly insufficient.

3. U.S. bears the biggest historic responsibility for climate change

China holds the top spot for highest emissions, but history matters. Once emitted, carbon dioxide can **last in the atmosphere for hundreds of years**, trapping heat that raises global temperatures. That means emissions from burning fossil fuels over the past 150 years are responsible for the warming happening today. Over that period, the U.S. has cumulatively emitted more than any other country. China's emissions climbed steeply only since 1990: the last 30 years of its heavy industrialization.

The U.S has committed to a 50% reduction in emissions

by 2030, through a shift to renewable energy and electric cars. Some environmental groups say that falls short of the U.S.'s fair share. Even a 50% cut depends heavily on policies that Congress is currently hashing out in a budget deal. If no agreement is reached, the U.S. may arrive at COP26 without a credible plan, hurting the negotiations.

4. Wealthier nations are falling short on promises for funding

With hundreds of millions of people vulnerable to extreme weather, countries in the Global North promised \$100 billion/year in climate finance. This would go to projects like sustainable transportation and renewable energy, as well as helping communities prepare for more extreme events. But payments are far below this goal, which will be a point of contention at the COP26.

COP26 started today. In its two weeks of official negotiations, deliberations, conferences, meetings and sideline events what is COP26 hoping to achieve? So far, over 30.000 people registered to attend representing governments, businesses, NGOs, and civil society groups. The first week includes technical negotiations, followed by Ministerial and Heads of State meetings in the second week, when the final decisions will be made – or not...

Besides the official negotiations there will be hundreds of side events, as people from all over the globe descend on Glasgow, some even on foot from as far away as Poland (!) These events will focus on topics like finance, energy, youth and public empowerment, nature, adaptation, gender, science and innovation, transport, and cities.

There are four main points that will be discussed during the conference:

1. Secure global net zero by mid-century and restrict warming to 1.5 degrees

To do this, countries need to accelerate the phase-out of coal, curb deforestation, and speed up the switch to greener economies. Carbon market mechanisms will play an important part in this design.

2. Adapt to protect communities and natural habitats

Since the climate is already changing countries already affected by climate change need to protect and restore ecosystems, build defences, warning systems and resilient infrastructure.

3. Mobilise Money

Rich nations promised US\$100 billion a year by 2020 to help less-wealthy nations adapt to climate change and mitigate further temperature rise. They didn't pay, and now new climate finance targets are proposed, to be achieved by 2025.

4. Work together to deliver

COP26 is expected to establish collaborations between governments, businesses and civil society.

Can we save the world from ourselves? we may be smart enough to understand the problem, but too stupid to take timely action. All events can be followed on social media: Subscribe here to the COP26 YouTube channel. Subscribe to The Lid is On -COP26 special edition podcast. Follow news on Twitter @UN News Centre.

The Green column reports on Green issues in Auroville, the Bioregion and the wider world And is published in the News and Notes. We like to hear from you and wish you a happy festival of lights!

Lisbeth & Gijs (AV Green center)

NEWS FROM AUROVILLE LANGUAGE LAB



Mobile Phones @ The Lab!

Please ensure mobile phones are either on Airplane Mode or switched off when entering the building! We

maintain a wireless-free space to avoid disruptions to Tomatis & language classes. Thank you for understanding!

Cashless Transactions:

The Language Lab has already been pretty much cashless & working only with online transfers since quite a while, as most Aurovilians use the Financial Service for their transfers. This was extended to non-Aurovilians (e.g. Auroville employees, guests, etc) once we got our UPI payment option several months ago.

Anyhow, this is a reminder that there will be absolutely no cash payments accepted at the Lab. Thank you!

AV Employee Status

For all Auroville Employees who would like to join a course at the Lab, we kindly request that we receive a letter from the Employer (a registered unit/service), or the Employer must email us (at all@auroville.org.in, giving the name & phone number of the employee) on their Employee's behalf. In the case of ammas, gardeners, etc of Auroville Communities & homes, we ask that the Aurovilians where they are working should send us an email, or provide a handwritten letter to their employee, so that we can then provide the Employee Rate.

New Language Courses!

Tamil Update

For the beginning of November, we aim to have new Tamil Beginners groups, which will be based on learning the Tamil alphabet, reading & writing, as well as spoken knowledge. We have received very good feedback from students in the ongoing batches, who are really enjoying learning Tamil. Please get in touch with us ASAP so we may form new groups!

One group, **Beginner Spoken Tamil**, with **Saravanan**, follows a booklet, Fun With Tamil, an ongoing project by the Auroville Language Lab. The booklet & course covers:

- Introduction to Phonetics
- Introduction to useful everyday phrases
- Spoken grammar (Pronouns, Verbs & Conjugations, Tenses, etc)
- Basic vocabulary
- Building conversational confidence

This course will take place Tuesdays & Fridays, 9.30am to 10.30am

The other group, **Beginner Written & Spoken Tamil**, taken by **Murugesan**, this course will feature:

- Alphabets, numbers & seasons
- Two letter words, three letter words, etc...
- Exploration of the difference between spoken & written Tamil through books & videos
- Developing listening & reading skills with Tamil audio songs with lyrics
- Grammar will be taught with an emphasis on practical usage

This course will take place Mondays & Thursdays, 4.30pm to 5:30pm

German Update

In November, Verena will start a new German Group Course, Level A1.2! A compact course, 3 months long, of two 90-minute classes a week, Tuesdays & Thursdays, 4:00 pm - 5:30 pm. If you have a basic knowledge of German speaking, reading, writing and listening, then you are welcome to this A1.2 German class. Intended for learners who are autonomous, & who are ready to invest some time outside of the classroom for their learning progress. Learners will be assessed continuously throughout the trimester, or on the basis of testing in between the chapters. They will receive a participation certificate outlining their hours of learning in the four skills (reading, writing, listening & speaking).

Kindly inform us if you would like to join this course!

German Beginners A1.1

We are also taking registrations for a new **online** course in **German for complete beginners**. This will start mid-November. Contact us immediately to register, and if you know anyone who would like to learn German and needs to start from scratch, please let them know and ask them to contact us.

Total Beginner English

Rupam will start a Total Beginner English course for 3 months. This is for people who absolutely do not know how to read, write or speak English at all. We know there are several people, especially women, in Auroville, in that situation. The students of the previous pre-Covid lockdown group were very happy with their progress. A new group is starting, so, if you know anyone who could benefit, of any nationality, please ask them to contact the Lab ASAP. Priority will be given to Aurovilians, Newcomers, Family of Aurovilians, & Auroville Employees.

Beginner Hindi!

Rupam is ready to re-start a group for **Beginner Hindi** in November! This course will take place in the mornings, Wednesdays & Fridays.

We still need at least 2 more students to get started! If you are seriously interested and willing to make a commitment for 3 months, please do not hesitate to contact us. Please note that the Hindi language is a beautiful and engaging language to learn, and needs regular attendance, because the course content is structured sequentially.

- In this 3-month course, the content is:
- Building confidence in conversation
- Introduction to grammar
- Exploring Navarasa (the 9 emotions)
- & Singing & relishing the beauty of the Hindi language.

Please let us know if you would like to join!!



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Italian Update

Italian speaking and culture introduction for beginners

Enzo is ready to teach Italian to the community, probably starting in November. If you are a beginner with no or little knowledge of the Italian language, you are welcome to join. A compact course, 3 months long, of two 60-minute classes a week.

- During the 3-month introduction course, the content is:
- Alphabet & Phonetics
- Introduce yourself in a simple way and introduce someone else
- Geography of Italy & Italian customs & culture (music & cinema)
- Spoken grammar tips: main verbs, pronouns, sentence structure, gender, singular & plural, punctuation
- Exchange simple information about your family, work, outings, plans, holidays, home, etc.
- Talk about your everyday activities and your hobbies
- Ask and answer questions in a simple way about ordinary things: shopping, restaurants, cafés, etc.
- A range of different topics can be explored based on the interests of the students

Kindly inform us if you would like to join this course!

Japanese Update

Tomoko started a new Beginner Japanese Course!

The course started on 30th October and it will take place every Saturdays, from 10:00 to 12:00 pm. It is a 3 months course with the following contents:

Basic Japanese Conversation on various topics

- Introduce yourself in a simple way and introduce someone else
- Exchange simple information about your family, work, outings, plans, holidays, home, etc.
- Alphabet, Phonetic & Numbers
- Basic Japanese Grammar & Vocabulary
- Apart from the above, the teacher will address particular doubts or requirements, if any, of individual students.

Please fill out our form at http://register.aurovillelan-guagelab.org/ to join, or inquire about, any language classes at the Lab! As well as drop us an email or call!

Please Note: Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

May the Diwali illuminate your future like a candles and burn all the negativity Wish you a Happy Diwali

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