

# News & Notes

#899 A weekly bulletin for residents of Auroville 4 December 2021



After Rain. Photo by Manohar

## *The Ponder Corner*

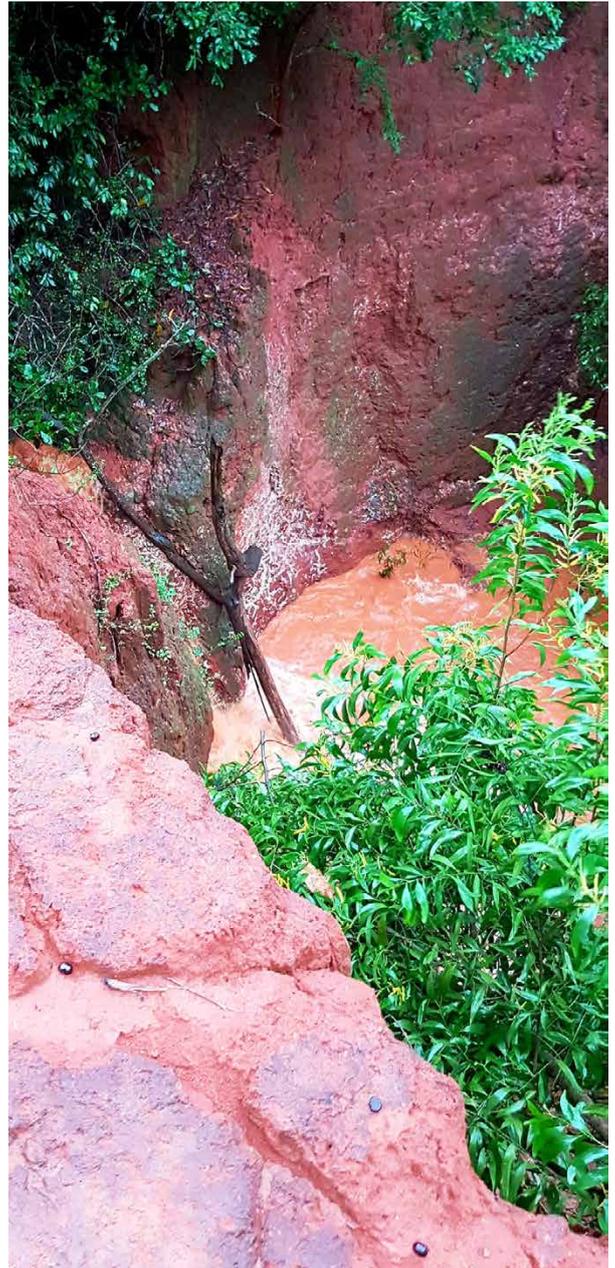
It is the very nature of the soul or the psychic being to turn towards the divine Truth as the sunflower to the sun; it accepts and clings to all that is divine or progressing towards divinity, and draws back from all that is a perversion or a denial of it, from all that is false and undivine.

*Sri Aurobindo*  
*The Synthesis of Yoga, p.15*

# Contents

<b>THE PONDER CORNER</b>	<b>1</b>	<b>Work Opportunities</b>	<b>13</b>
<b>HOUSE OF MOTHER'S AGENDA</b>	<b>4</b>	HR Initiative	13
The Cellular Contagion	4	Coordinator	13
<b>TOWNHALL SPEAKS</b>	<b>5</b>	Administration	13
Meeting Report	5	And other positions	13
Forest Group meeting minutes		Auromode Hive	13
Infinity 13/8/2021	5	Coworking Space Administrator	13
Forest Group meeting minutes		Housing Service is Looking For A Handyman	13
Bliss/Youth Centre 3/9/2021	5	<b>VOICES AND NOTES</b>	<b>13</b>
Forest Group Meeting Minutes – Espace 1/10/2021	5	Poetic and...	13
Forest group meeting notes		Auroville Radio	14
5 Nov 2021, Aurodam	5	Last published podcasts	14
FAMC Presentation To The Community	6	Next Youtube live video events	14
Update from Budget Coordination Committee (BCC)	6	A Name	14
Participate In Our Community		Green Column	14
Budgeting Process	7	<b>REGULAR EVENTS</b>	<b>15</b>
From The Entry Service – ES # 110	7	<b>Classes, Workshops and Healing Arts</b>	<b>15</b>
New Matrimandir Executive Team	8	Soul Of Soil	15
<b>COMMUNITY NEWS</b>	<b>8</b>	Hands on Experience	15
<b>Auroville Matters</b>	<b>8</b>	Kolam Mandala Painting	15
Sri Aurobindo's Mahasamadhi	8	Clay Modelling Workshop	15
Bernard Borg Passes	8	Social Entrepreneurship	
Death with regards		Experiential Workshop by Sahithi Divi Sahithi	15
to Sri Aurobindo and Mother's teachings	8	Social Entrepreneurship/ Business Mentorship	15
<b>For Your Information</b>	<b>9</b>	Bio Region village tours	15
Yashi's	9	Auroville North-West Cycle Tour + Lunch	15
Cafe	9	Village Walk with Mohanam Youth	16
Boutique	9	Morning Kolam Village Walk (every friday)	16
Hemplanet Grand Opening	9	Classes	16
Slow Fashion	9	Indo African Drum Circle	
Auromode Hive Open House	9	with food and Campfire	16
Photo Circle Cancelled	9	Indo African Drumming class with Prabhu	16
From the Editors	10	Thiruvanamalai Tour booking	16
AV Workshops Expo - Dream On	10	Our Upcoming Events in December to January	16
<b>The Arts</b>	<b>10</b>	Bamboo Centre Training Program	16
Centre d'Art Auroville	10	Training And Workshop	16
Artist talk by Harsha Durugadda	10	22 Day 200 Hr Yoga Alliance accredited TTC	16
Analogue Darkroom Workshop	11	Transformation game with Carmen	17
The Sun-Eyed Children	11	News From	
<b>Looking For</b>	<b>11</b>	Auroville Language Lab	17
Looking For House-Sitting In Green Belt	11	New Language Courses!	17
Searching for the Italian book version		Tomatis	17
of the Genesis of the Surhomme	12	Serendipity Activities & Therapies	18
<b>Lost and Found</b>	<b>12</b>	Community Lunch Potluck	
Found the Lost Dog	12	with Serendipity team	18
<b>Help Needed</b>	<b>12</b>	Hatha Yoga with Bala	18
Fundraising for World Ultimate		Karma yoga (Permaculture) with Sanaan	18
Frisbee Championship	12	Qi Gong with Lhamo	18
<b>Helpful Hints/Advertisements</b>	<b>12</b>	Ayurvedic & Stone Massage with Simona	18
The Aura Network on Our Phones	12	Bach Flowers Remedies with Stefania	18
Probiotics House Tip Series # 33	12	Small Children (0-6) Chinese Massage	
Whitening Ingredients	12	with Lhamo	18
Step 1: Lemon	12	Conscious Life Counselling with Stefania	18
		Facial Acupuncture and Massage with Lhamo	18
		Gua Sha (Chinese Detox Scrub) with Lhamo	18

Head & Shouldres Marma Massage with Bala	18
Hypnotherapy with Lhamo	18
Shiatsu Massage with Sara and Simona	18
Pitanga Programme For November 2021	19
Exercises	19
Discovery Spaces	19
Healing Spaces	19
Healing Spaces at Pitanga	19
Taoist Qi Gong - in French with Elisa	19
Experiense Sound And Silence With Sheetal: Maitri Tunes	20
Discover a way of finding clarity alone and together: Flow Game with Sheetal	20
Integral Health	20
Auroville Aikido at Auroville Budokan	20
Ecstatic Dance	20
Deep Tissue Massage at Auromode	20
MudRa Chi	20
Ashtanga Yoga	21
Ayurvedic Deep Tissue Massage	21
Study Circle on Sri Aurobindo's Essays on the Gita (In English)	21
TerraSoul Farm Saturday Farm Tour	21
AuroOrchard Tours	21
Santé Services December 2021	21
Tango Classes	21
Salsa Classes	21
Savitri Bhavan	22
Auromode Yoga Space	22
OM Choir & Satsang By Narad	22
Vérité Programs December2021	22
Holistic and Holistic health care unit	23
Bansuri Classes	23
Taijiquan (Tai Chi)	23
Qigong	23
Vedic Astrology	23
Psychic Tarot Card Reading By Carmen	23
Conscious Clothing	23
Mattram	24
Iyengar Yoga With Olesya at Arka Hall	24
Art Workshop by Crystal	24
Music Courses	24
Meridian Stretches and Chi Gong	24
Child Portrait	25
JIVA - your journey in healing and transformation	25
Chinese fire cupping and moxibustion therapy	25
Sound Journey	25
<b>Cinema</b>	<b>26</b>
Meditations On Savitri, Book 2	26
Aurofilm at Multi Media Centre Auditorium	26
Reminder: Friday 3 December	26
Friday 10 December 2021	26
Cinema Paradiso	27



Rain Harvesting  
Photo by Kireet



Important Information About News & Notes	27
--	----

<b>Santé Services December 2021</b>	<b>21</b>
<b>Accessible Auroville Public Bus</b>	<b>28</b>
<b>Emergency Services</b>	<b>28</b>



# House of Mother's Agenda

## The Cellular Contagion

This Matter...

The place of the greatest obstacle is certainly the place of the greatest discovery — as always, the obstacle is a door onto a greater power, it is an old way of being or an old rut being undone to give way to... something else. We have not ceased living that throughout Evolution. Under the formidable Pressure of this inrush of Energy which appears like the death of our way of being "alive," the cell does not cease telling us its immortality, its cosmic sense.

But immortality in this Prison? In this armature of lime stone, with all the residual needs of the old animal evolution? When the old reptile became a bird, it was certainly an "airing" of its system (!), but how many millennia and pains did it take to turn these fins into legs and wings?... It hurts a lot in an old skeleton — you can also notice it when this Energy comes and crushes the walls of your old prison. But here, in the case of the current evolutionary specimen, it is not a question of growing wings or some other organ that would still be an extension of the old machine, with different limitations, not a question of broadening or amplifying the powers of the same old thing — and certainly not a question of becoming more "saintly" (horror!) or more "intelligent" (though that would not be so bad in view of the rampant blindness), for the body has the whole cosmic intelligence which we lack under our various clothings. It is the very substance of this Matter, the very organization of this Matter, its brittle and wearing rigidity that must change. We die not only of our own foolishness and our own animal darkness — and that is a boon, seeing what would be the frightful horror of the immortality of the reigning fakery and showmen-- but we die of this very Prison of matter: any slightly enlightened, refined, purified being thirsts for a way out, and has always done so; as soon as he ever so slightly touches that heaven above, he feels like stretching out there, melting in that great eternal Rhythm, in that unwall'd Light. But this sort of concentration camp below... And that "liberation" is not meant for one lone spirit. That spirit comes back — it comes back again and again because the true Law of this world is not to be forever in this never-improved concentration camp. There is a Spirit of the world, a cosmic Spirit that wants Its Law. And none of these false laws, illusory or momentary, and cruel. In one of his Aphorisms, Sri Aurobindo said with his ever-present touch of humor: *"For my part, I think I have a right to insist on God giving Himself to me in the world as well as out of it. Why did He make it at all, if He wanted to escape that obligation?"*

Then, in this cosmic perspective, He clearly wants not only consciousnesses to change, but this Matter to change, too — this abominable concentration camp, which may have been very harmonious and orderly in the age of birds, even of reptiles, and of all the little species that preceded us, but which is no more that at all, and is now wholly dying for that reason, dragging all species along in its devouring madness.

Our misfortune is perhaps also our chance — our last chance to get out of this mad hybrid species, instead of going round in circles.

So this very Prison, this very Matter — or what it appears to be — must change. There were past attempts, and the Vedic Rishis spoke of a "body of light", *dyotirmaya deha*; later there were great beings like Ramakrishna, whose body was enveloped in light, and some traditions spoke of a "glorified body," but all that lies in uncertain regions of life, and the body was generally regarded as an instrument to be given up once spiritual "realization" had been attained — which is not Sri Aurobindo's opinion:

*"While this conception of the role of the body in our destiny is suitable enough for a sadhana (yogic discipline that sees earth only as a field of the ignorance and earth-life as a preparation for a saving withdrawal from life... it is insufficient for a sadhana which conceives of a divine life upon earth and liberation of earth-nature itself as part of a total purpose of the embodiment of the spirit here. If a total transformation of the being is our aim, a transformation of the body must be an indispensable part of it; without that no full divine life on earth is possible."*

That is what Sri Aurobindo wrote at the end of his exploration in the body, in 1950, after forty years of work.

It may seem quite mad or impossible, but if you say that to a cell, it smiles — and searches for the solution.

(to be continued next week)

Satprem. *The Tragedy of the Earth – from Sophocles to Sri Aurobindo.*  
The Victory Over Matter

# Townhall Speaks

## MEETING REPORT

These are the compiled notes of three Forest Group meetings for August, September and October

### Forest Group meeting minutes

#### Infinity 13/8/2021

**Present:** Rita, Fabian, Hans, David, Dave, Andreanne, Mathieu, Cristo, Agnès, Jan, Alyona, Ancolie, Andrey, Anglen and Mira (Infinity volunteers), Jean-Luc, Glenn, Elumalai, Noe, Achilles, Chritoph, Segar, Kanniyappan, D. Renu, Rik, Vengadesh, Yuvak, Eric, Laurence, Manolo, Vikram (Chair), Philippe (Notes)

- Glenn reminded that it was the right time for preparing projects involving planting.
- Achilles brought to our attention a project of extension of Velu's house in Baraka. No objection was raised.
- We got 2 additional requests for maintenance (Andrei and D. Renu), but they can only be added to the waiting list due to budget limitations.
- Finally, a quick report was given about Infinity (where the meeting happened), eg. a good collaboration with White Mongoose (in a neighboring private plot).

### Forest Group meeting minutes

#### Bliss/Youth Centre 3/9/2021

**Present:** Agnes, Bernd, Andreanne, Mathieu, Vinny (all Hermitage), Vengadesh, Hans (both Abri Forest), David (Aurodam), P. Elumalai, Manolo (Bliss), Christoph (Bliss, Anusuya), Jan (Fertile Field), Kanniyappan, Fabian (both Pitchandikulam Forest), Yuval, Jonah (Eternity), Balu (Azhagabhoomi), Kumar (Adventure), Rita (Centrefield), Jean-Luc, Cristo (both Revelation), Sandeep (Fertile), Andrey (Infinity), Eric, Achilles (Baraka), Philippe (Kalpana), Noe (New Lands), Ancolie (Evergreen), Henrike (Mango Field), Island (Espace), Segar (Equality)

#### 1. Housing in Espace

There was a discussion around the house formerly built and stewarded by Dominik who recently left for Switzerland. The future steward of the house has to share infrastructure with neighbours and needs to be committed to work in the Forest as a caretaker and once the caretaker period is over, hopefully, as co-steward of Espace forest. In the meeting it was felt that Manolo (who presently lives in the house since Dominik's departure would be a fitting choice as he fits the requirements of the place, already has a working relationship with Island. Furthermore, the place he used to occupy in Bliss is impacted by the opening up of the area for the future Crown. Another person interested in the place was Philippe who presently resides as house-sitter in Kalpana. He applied together with his partner Surya to the Housing Board to become future steward of the house. As conclusion of the discussion, the group heard that on the longer run additional people could, potentially, eventually stay at Espace but that as a first step Island would favour Manolo as steward. Island will inform and further discuss this with the Housing Board. In process.

#### 2. Crown issue in regards to Bliss/Youth Centre

There was a long and emotional update on the situation, the work that has happened, the various meetings and a discussion on the impact this pressure has on the land, the people affected and the future development of Auroville. As we understand the Forest Group meetings as a safe space to voice individual opinions, share emotions and talk about sensitive issues, it was agreed that this particular discussion would not be published in the notes. This topic also touched the difficulties in having an active Residents Assembly and proposals to address this were briefly introduced.

### 3. Hermitage

The Forest Group heard about inter-community tensions in Hermitage. It was agreed that a sub-group (Ancolie, Jonah, Fabian, Aurosylle) would be formed to visit the place and hear from the various members. In process.

### 4. Azhaguabhoomi

Balu reported some encroachment issues which despite him being in touch with the Land Board are not seemingly solved. Yuval will follow up with him.

### Forest Group Meeting Minutes – Espace 1/10/2021

**Present:** R. Kanniyappan (Pitchandikulam Forest), D. Segar, T. Saga (Azhaguboomi), G. Vengatesh (Abri Forest), Rita (Center Field), Manu (Meadow), Manolo (Bliss, Espace, YC), Hans (Abri Forest), David (Aurodam), Andreanne (Hermitage), Matthieu (Hermitage), Island (Espace) (notes, chair), Archana (Siddhartha Forest), Cristo (Revelation), Claudine (Minati), Andrey (Infinity), Jessamyn (Udumbu), Vinny (Hermitage), P. Elumalai (Bliss), Ana (Existence), Christoph (Bliss/Anusuya)

#### Topics: Hans

- The budget that was cut by 10% 2 years ago is now restored and adjusted by a further increase of 6% due to wage increases.
- The FAMC has invited the Forest Group to discuss how to have a more organized/standardized method of keeping accounts that works for everyone. The initial meeting scheduled for Oct 5th cannot be attended by a majority of representatives so a later meeting date will need to be agreed upon.
- The Secretary of the Auroville Foundation would like to do an envisioning of development priorities by doing an assessment of needs with members of Auroville Working Groups during the first or second week of October 2021, facilitated by Arun from Working Committee and Toine. Representatives are still to be identified to go to this meeting.

**Segar:** Currently getting a half maintenance for working in Aranya. Requesting to get a full maintenance. He will be put on the waiting list if Hans confirms with Saravanan (Aranya Steward) that the work is being put in.

**Manolo:** Currently getting a maintenance from the Youth Centre (YC). Working as Bliss Forest steward and a caretaker of Espace Forest. Would like to shift the maintenance from YC to forest to reflect the work done and to allow someone working in the YC to have the opportunity to benefit from the maintenance. To be put on the waiting list.

**Manu:** Many wild pigs are being spotted all over AV. It may soon be time to look into solutions to manage them as they can cause significant damage to crops and seedlings. Anyone thinking to cull a pig should ascertain if it is legal to do so by checking up to date information. No clarity on this is currently available.

**Christoph:** Updated that the area in the vicinity of the potential crown corridor is being worked on to find something for all stakeholders to agree to.

*Submitted by Fabian*

### Forest group meeting notes

#### 5 Nov 2021, Aurodam

**Present:** Christoph (Anusuya/Bliss), Fabian (Pitchandikulam), Natasha (Evergreen), Alyona (Darkali), Kanniyappan (Pitchandikulam), Ambre (Nilatangham), Veronica (Gaia), Giri (Fertile East), Agnes (Darkali), Ancolie (Evergreen), Jan (Fertile Field), Enea (Miracle), Suraj (Celebration), Amos (Evergreen), Chris (Udumbu), Edzard (Discipline), Rita (Center Field), Island (Espace), Manolo (Espace/Bliss/YC), P. Elumalai (Bliss), Philippe (Anusuya), Achilles (Baraka), Vikram (Infinity), Yuval (Eternity), Yonah (Eternity), Vengatesh (Abri), D. Segar, Vinny (Hermitage), Jessamijn (Udumbu).

## Aurodam announcements

Suraj – a videographer from Mumbai - is volunteering at Aurodam, working with David.

- David's leg and general health are doing great!
- Mina would like to become Aurovilian, she has worked in Aurodam (in the nursery and tree planting) for 34 years.



## Vision and reality meetings

The vision and reality meetings that had been paused because of Covid will resume at Botanical Gardens 3.30pm every 3rd Friday of the month from this November onward.

## Evergreen- Sprout

ATDC sent an email to the forest group informing them that the plot between road service and sustenance farm (currently under the stewardship of Evergreen forest) had been approved for the development of The Sprout. Stating that this was a hydroponic farm which included a training and educational component. Members of the forest group responded in surprise at the lack of communication and process as the email did not even include a project proposal. A brief of the required procedure was sent. This broadly included a baseline data survey, impact assessment and mitigation strategies. Members of the Evergreen community were happy to meet and further discuss the participatory process needed for collaboration. At the meeting there was a single member of the ATDC and the project holders who shared the proposal that stated that it was a restaurant with a hydroponic farm. This was communicated at the forest group meeting where the need for a collaborative process reiterated.

## Development in AV forest areas

With regards to the infrastructural developments that are happening in Auroville's forests, we, the forest group, have collaborated as far as we could, believing in the need to do this in dialogue and meeting each other in compromise, with respect for processes.

We believe in a community process in the spirit of Auroville and until this is done, we feel strongly that no action should be taken.

## Green Group

The Green group needs new members, please come forward.

## Hermitage

A team (Jonah, Auroylle, Fabian and Ancolie) went to meet the Hermitage community to understand the issues that are between them. The group felt strongly that it is most important to keep the forest together under one stewardship. Follow up will take place.

## Udumbu

Amy and Chris would like to join Udumbu and build a house in the same location where previously an application was made for. Chris/Jessamijn will send the request per email to the FG so that it can be discussed in the next meeting.

## Reminder of general steps for building application to FG:

1. Send email to the FG with the request + drawings + site location;
2. We discuss these in the first following FG meeting;
3. We decide on the application in the meeting thereafter.

## Maintenance request

Segar is asking for a temporary emergency maintenance. Follow up by Hans with Saravanan (Aranya, where Segar is working) and BCC is required.

Next meeting is at Eternity, Friday 3 Dec '21, 3.00 pm.

Warmly, Jessamijn

## FAMC PRESENTATION TO THE COMMUNITY

11 December, 3.30 to 5.00pm, Unity Pavilion

Dear Community, The FAMC would like to invite you to our presentation to share our experience as a team up to now, a yearly work plan and its current advancement, including challenges, in our work as the Funds & Assets Management Committee of the Residents Assembly.

There will be coffee and biscuits for refreshment; and a dedicated time for questions and answers.

We hope to see you there.

Warm regards, The FAMC

(members are: Amy, Angelo, Jonas, Lisa, Marc, Palani, Ranjith, Stephan)

## UPDATE FROM BUDGET COORDINATION COMMITTEE (BCC)

Dear Community, a small update on the Budget Coordination Committee (BCC) membership:

- Cristina resigned as a BCC member in October 2021, due to personal reasons.

**The present members are:** Aurosugan, Danny, Enrica, Fabien, Hans, Inge, Mahi, Mathan, Rathinam and Suryamayi.

Following the resignation of Cristina, we are announcing a vacancy in the BCC and request all those interested to be a part of the BCC to write to the FAMC at famc@auroville.org.in before 18 December 2021, with a statement of your interest/ aspiration and a profile of your relevant skills and work experience.

As mentioned in the BCC mandate, **general criteria for being a BCC member are:**

4. Proven commitment to the realization of a collective organization and economy as envisaged by the Mother for Auroville.

5. A capacity to see beyond the particular needs of their own representative area of work or interest.

6. An openness and concern for the well being of all aspects of Auroville's maintenance and development.

7. A capacity to work in a team and to give sufficient time to the work, in a spirit of goodwill, collaboration and transparency.

8. An affinity and / or experience with community work in the domain of budgeting and accounting.

9. An in-depth knowledge in any of the areas represented in the BCC.

Additional to the general criteria, BCC is currently looking for additional support in its "Review" section, which reviews the utilisation of City Service budgets to ensure that these are being used as specified and in an efficient manner.

Someone interested in taking up this role would therefore be a great addition to the BCC team. Qualities beneficial for this specific role are (a) management experience, (b) experience in budgeting and accounting or affinity for the latter and a willingness to learn (c) an ease and readiness to communicate, interact and work with service managers in the community (d) minimum half-time commitment.

For further information about the BCC mandate, functioning and responsibilities, please see [the BCC Mandate \(May 2018\)](#).

Thank you for considering to actively participate in this important service to the community. We look forward to hearing from you.

Sincerely,

FAMC (Funds and Assets Management Committee)

Amy, Angelo, Jonas, Lisa, Marc, Palani, Ranjith, and Stephan

**PARTICIPATE IN OUR COMMUNITY  
BUDGETING PROCESS**

Dear Community, the BCC is currently preparing the City Services budget for the coming financial year (1 April 2022 – 31 March 2023) and would like to understand from the community whether they feel the budget is being allocated in a way which meets community needs and aims. Specifically, we would like to understand:

- What do people consider to be priority areas for community funding? And how can this be reflected in budgetary allocations?
- Are there any key services missing in our community, or existing services that should be budgeted for?
- Where should funds come from to support our communal needs?

Therefore we are planning a series of engagements with the community throughout January and February, to help build the community's understanding of the current budgetary allocations and also to help the BCC to better understand if these are serving the needs of the community.

We will use the outcomes of this process to inform the upcoming 2022/23 City Services budget. If any major changes are requested by the community these will be phased in over a longer time period, to avoid any abrupt changes for services and those supported by them as well as working in them.

We are planning two levels of engagement:

**10.** Presentations and Q&A sessions, as well as a survey, open to the whole community.

**11.** Detailed in-depth facilitated discussions with a randomly selected group of Aurovilians.

We have chosen to draw Aurovilians at random for the in depth facilitated discussions, rather than choosing people to represent a particular sector. We hope this will enable us to gain a deeper understanding of how the budget impacts the wider community.

*The potential (up to 30) participants have been selected from the masterlist using random ordering in a process overseen by the RAS, and filmed to ensure transparency.*

Whether or not you have been randomly selected for the in-depth sessions, **we hope you will participate in the community-wide sessions.**

The first of these will be held in early January at Unity Pavilion:

- **Friday 7 January:** 4.30 - 6.00pm - Presentation of the City Services budgetary report of the last financial year (20-21), followed by Q&A
- **Tuesday 11 January:** 4.30 - 6.30pm - small group discussions to provide in-depth information on the various sectors of community services supported by the City Services budget.

These will be followed by the in depth discussions with the randomly selected group of participants, the outcomes of which will be presented back to the community. Following this, a community survey will be circulated. The results will be shared with the community, along with the next steps identified to implement the inputs into the budgeting process.

We are looking forward to engaging with the community on our collective budget following these two unusual and challenging years, and starting the next cycle with a common understanding of our budgetary needs and aims.

*In community, thank you, Suryamayi for BCC office  
Your BCC members (Aurosugan, Danny, Enrica, Fabien, Hans, Inge, Mahi, Mathan, Rathinam, Suryamayi)*

**FROM THE ENTRY SERVICE - ES # 110**

Dated: 04-12-2021

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

**NEWCOMER CONFIRMED:**

Daniel RABIN (Canadian)

**AUROVILIAN ANNOUNCED:**

Ramana JAYARAMAN (Indian) staying in Realisation and working at ARKA



Ramana

**AUROVILIAN CONFIRMED:**

Wanjung KIM (Korean)

**YOUTH TURNED 18 ANNOUNCED:**



Barath

Jayapriyan

Mahindra

Nadir

- Barath Kumar SIVACOUMAR (Indian) staying in Kailash and studying at Future School
- Jayapriyan LAKSHMANAN (Indian) staying in Sangamam Community working at Kinisi
- Mahindra CORDONNIER (French) staying in Udyogam and working at TreeHouse Community
- Nadir SKOLES (Dutch) staying in Miracle and working at Eternal Divers
- Sudarsana RAMAKRISHNAN (Indian) staying in Slancio and studying at Future School
- Yugasri PALANI (Indian) staying in Prarthana and studying at Last School & Acharya college(Pondy)



Sudarsana



Yugasri

**YOUTH TURNED 18 CONFIRMED:**

- Abitha ANBU (Indian)
- Reshma Maria AROCKIARAJ (Indian)
- Raul Mattia PROIETTI (Italian)
- Sauman SURESH (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**

### NEW MATRIMANDIR EXECUTIVE TEAM

Dear Community, this is to announce the results of the selection for the new Matrimandir executive team.



The new executives chosen for a 4-year term are:

- Antoine C. (Sunship)
- Divya K (Madhuca)
- John H. (MM Nursery)
- Judith R. (Grace)
- Sundar K. (Aspiration)

We took the enclosed picture during our meeting all together on 26 November.

There were 19 people who volunteered to join the Matrimandir executive team. After reviewing all the feedback and input from the community on the applicants, we met and interviewed each individually, with the exception of one due to personal health reasons.

Afterwards the members of the selection committee met together on 24th November and finalized the selection.

We thank all the members of the community who came forward to participate in the process.

There will be a 4-month transition period for the new executives to assume their duties and responsibilities at Matrimandir. In that period they are expected to formulate a 4-year work plan which they will be following for the duration of their term. We anticipate that all will go well and that the team will be officially appointed by the FAMC on 1st April, 2022.

We wish the new executives all the best in this important work on behalf of the community and hope we can all come together in goodwill and collaboration for the next phase of work in Matrimandir.

*Matrimandir executive selection team*  
*AV Council (Ganesh, Meenal, Sai Suresh, Shiva)*  
*FAMC (Amy, Angelo, Marc)*  
*Working Committee (Anu, Partha, Srimoyi)*

# Community News

## AUROVILLE MATTERS

### SRI AUROBINDO'S MAHASAMADHI

5 December, 6 – 6.30 am

Meditation Under the Banyan Tree.

Open to Aurovilians, Newcomers and Aurocard Holders only. Entrance from the Office Gate from 5.45 to 6.15 am.

### BERNARD BORG PASSES



This is to inform the community that in the late afternoon of Sunday, 28 November, our long-term friend, brother, pioneer and comrade Bernard Borg very peacefully left his body at the age of 75 in his home, surrounded by his family.

Born in Tunisia, Bernard came to Mother in 1969 and wholeheartedly joined Auroville. In 1976 he initiated and named Sharnga, a beautiful and thriving community that throughout the years grew up and blossomed around him.

Friends can come and bid him farewell in Sharnga, daily from 9 – 12am and 2 – 5pm.

Data about the funeral will be announced in due time. An obituary will be posted on AuroNet.

Our warmest condolences and strength go to his daughters Aurokali, Aurokripa, Mirrabelle and Saoumya, his grandchildren Matteo, Mahiran, Ilengo and Ishan, and other close family members.

OM

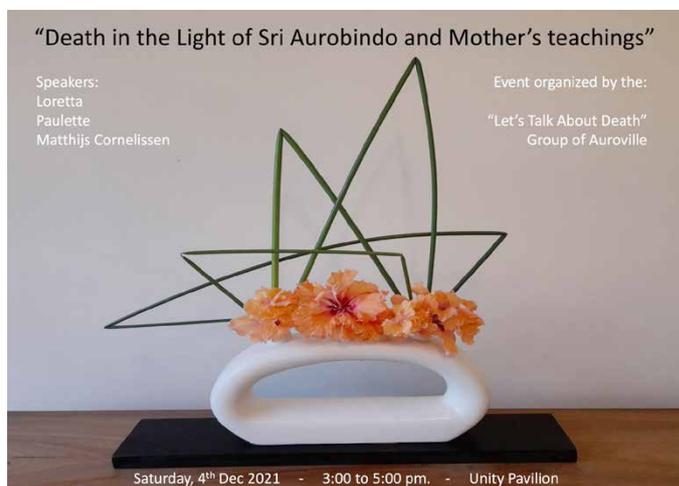
### DEATH WITH REGARDS

#### TO SRI AUROBINDO AND MOTHER'S TEACHINGS

Saturday, 4 December, 3 to 5pm, Unity Pavilion

The 'Let's Talk About Death' group of Auroville organises a sharing on Death with regards to the teachings of Sri Aurobindo and Mother.

The gathering will happen Saturday, 4 December from 3pm to 5pm, Unity Pavilion and will welcome 3 speakers: Loretta and Paulette, from Auroville, and Matthijs Cornelissen, from the Indian Psychology Institute of Pondicherry.



Each speaker will have a 20-minute time-slot to share her/his personal knowledge and understanding on the subject. Please, take a look at their brief abstract below. Afterward, a QA will follow, allowing a fraternal discussion on how our Guides have envisioned this specific event. Please, kindly note that the gathering will be recorded.

No need to book for this specific event but you can send any request or comment to us by email to [quietusauroville@gmail.com](mailto:quietusauroville@gmail.com).

If you would like to give a donation to help us to cover our regular expenses, our FS account is 106829 Quietus.

We thank you in advance, and we hope to see you soon.

*Take care and stay healthy and open minded.*

*The 'Let's Talk About Death' group, Dan, Fakeera, Julietta, Kalsang, Lisa & Valeria*

- **Loretta** will show how we can go consciously through the death process. She will talk about Mother's work of making the whole death process better for mankind and how she was born for this work. Then she will tell the things Sri Aurobindo and Mother teach about why we die, and what Mother says about how to avoid them. ([loretta@auroville.org.in](mailto:loretta@auroville.org.in))
- **Paulette** will summarize Sri Aurobindo and the Mother describing the process of death and one's condition at that moment, what happens afterward, the role of the psychic being, and reincarnation. As Sri Aurobindo wrote, one has to begin at the beginning, and that his own path commences where all Yoga ends. This means focusing particularly on the spiritual transformation of Integral Yoga. ([paulette@auroville.org.in](mailto:paulette@auroville.org.in))
- **Matthijs** will address the crucial role physical death has played in facilitating not only our biological but also our spiritual evolution. From there he will focus on the need to concentrate first on finding the core of our being which is already immortal, and how we can invite That to influence the rest of our nature, so that it begins to operate more in harmony with the power of immortal Love supporting the world. Till that process is complete, physical death will be inevitable. ([matthijs@ipi.org.in](mailto:matthijs@ipi.org.in))

## FOR YOUR INFORMATION

### YASHI'S

#### Cafe



Hi from Yashi's Cafe! We want to let you all know that we are open! An enthusiastic and welcoming team prepares and serves all our breakfast, lunch, and dinner items throughout the day, starting at 8am through 9pm. We serve a variety of organic red rice dosas, pastas,

salads, soups, and sandwiches as well as many yummy desserts, fresh juices, coffees and teas.

Yashi's Cafe has high speed internet and is a friendly easy-going place to hangout, catch up with friends, or read a book while enjoying your meal, snack, or drink. And, Aurovilians and volunteers enjoy a discount when paying through their account.

We are looking forward to seeing you!

#### Boutique

Hi Auroville Units, Yashi's Boutique opened its doors just 3 months ago. We sell products made in Auroville, so if you wish to showcase or to sell your items, you are most welcome.

*We are well situated - right across from Tanto's.*

*See you soon!*

Yashi's Team, 0413 295 0817

[yashisauroville@gmail.com](mailto:yashisauroville@gmail.com)

### HEMPLANET GRAND OPENING

Saturday, 4 December, 10am



Hemplanet store Grand Opening on Saturday, 4 December in the Reve Compound. Come and join us to cut the hemp fibre ribbon at 10am and mark the start of our commercial and educational space. A place to buy your hemp superfood in bulk and learn ever more amazing facts about this miracle plant. Hemp snacks and drinks will be on offer to taste

Sasi & Tom

### SLOW FASHION



Tulita Sewing Upcycling aims to reduce textile pollution by recreating new clothes and accessories. In Sanskrit, Tulita means Balanced. Tulita works towards conscious, balanced and healthy fashion that respects both humans and the Earth.

- Restore, repair, reuse, what you already have:
  - a. Select your favorite clothes/accessories for which you want a second life.
  - b. If necessary, choose additional fabrics from our selection of unearthed treasures.
  - c. Imagine together & co-design: partial or complete transformations, customizations, visible and invisible mending... Everything is possible!
- Remade, recreate, reinvent (with new pre-consumer fabrics cut during the garment manufacturing process, normally thrown directly into the landfills):
  - a. 100% upcycled clothing and accessories available to order, to your own measurements, your specific needs and your unique style!

Be part of the Fashion Revolution!

Contact Camille at 8098796307 (WA and Signal), or by email at [tulita.upcycling@gmail.com](mailto:tulita.upcycling@gmail.com)

*Camille, founder of Tulita*

### AUROMODE HIVE OPEN HOUSE

Saturday, 4 December, from 10am to 5pm.



Auromode Hive would like to invite you to an Open House. We will have some biscuits and free internet! All are welcome to try out our coworking space free of Charge!

- Open from 9am to 5pm on All Days Except Sundays
- Fully Air Conditioned, Clean & Quiet, Professional Coworking Space
- Two Fully-Equipped Conference Rooms with Projector
- Reliable High-Speed Internet Facility
- Colour Printing and Scanning Facilities up to A3 size
- Small Self-Service Kitchen, Restroom & Outdoor Zone
- Easy access to Auromode Guest House, Dining
- 24/7 Power Backup and Security, Parking
- Aquadyn Drinking Water.

For Further Queries contact us:

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

 70921 97375

 auromode\_hive

 auromode Hive

Please Follow COVID-19 Regulations

*Auromode HIVE Team*

### PHOTO CIRCLE CANCELLED



We are sorry to have to cancel the Photo Circle for this Friday, 3 December. Unfortunately the venue was double booked.

So we'll meet again 7 January 2022

We hope that the 2 photographers who prepared a showing for December can do this in January instead

Our excuses again. We wish you a wonderful and luminous transit into the New year

*Auroville Photo circle  
Centre d'Art, Citadines Auroville  
+91 413 2622699*

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

**FROM THE EDITORS**



Dear Artists and Photographers!



Feel free to send us your Art Work to be posted on the Front Page of News and Notes.

All topics are welcome, especially new and interesting views on Auroville, People of Auroville, Activities: everything that is filled with light and energy of Good Will and Creation.

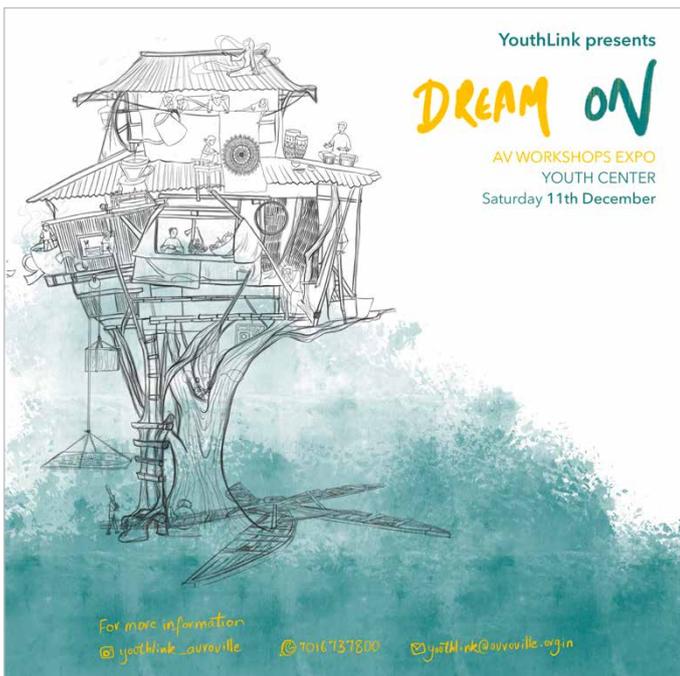
*Light and Peace,  
Agni and Roy*

**AV WORKSHOPS EXPO - DREAM ON**

Youth Center, Saturday 11th December

An afternoon of fun and engaging workshops providing opportunities to learn, grow and build connections. there will also be live music, hot pizzas and more!

- learning and growing
- food and entertainment
- networking and socializing



More information coming soon on our instagram @youth-link\_auroville

Contact us at [youthlink@auroville.org.in](mailto:youthlink@auroville.org.in) or WA 7016737800 for the registration form

Tenzin, Ankita,  
Lucrezia, Devna



**THE ARTS**

**CENTRE D'ART AUROVILLE**



**Artist talk by Harsha Durugadda**

**Friday 03 December 2021 at 4.00pm**

Centre d'Art Gallery, Citadines, Auroville invites you for an Artist talk by Harsha Durugadda on Friday, 03 December 2021 at 4.00pm at the Centre d'Art multimedia room.

Centre d'Art, Citadines Auroville Artist Residency 2021 recipient **Harsha Durugadda** is a multidisciplinary artist working on sculpture and performance art. He is the winner of the Rio Tinto Sculpture Award 2017 at Sculpture by the Sea, Australia. Durugadda's sculptures have been exhibited internationally at Nord Art in Germany, Emergent Art Space in the United States, London and Australia. In 2014 he was invited by the Courtauld Institute of Art to present on Ancient Buddhist Sculpture at the British Museum, London. He has received the Andrew Stretton Memorial invitation in 2016 at Sydney.

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



**On Harsha Durugadda's Work**



**BETWEEN the LINES**

SOLO SHOW by  
**HARSHA DURUGADDA**

Preview on Fri 10 December 2021 4pm  
10 December - 24 December 2021

Like so many more interesting artists, Harsha Durugadda's work comes from a place of intense focus. This focus on the world around him does not lead him to conservatism; rather, it sharpens his view of his surroundings.

With an appreciation for sculpture kickstarted by growing up in a family of artists, he claims vernacular architecture- churches, temples, and monuments- as one of his biggest influences. Yet his work also shows a singular resistance to the ideas of control that lie behind most of these great pieces of architecture.

"As a civilization, religion has exploited the power of sculpture fully to hypnotize people with form and shape. This is where my work departs from and continues its journey into finding new meanings in form." Durugadda describes his creations as "objects of inquiry into human behaviour," that is, not something strictly visual, but a vision to be experienced holistically.

This thoroughly 'natural' quality is something that is difficult not to translate into an 'anti-humanist' ideal of art- as the artist says himself, "we are nature"- so it was hardly surprising to hear of the influence of indigenous arts and lifestyles on his own. While Harsha himself prefers the term 'non-human planetary approach', his ideas on coevolution and "natural human arrogance" seems to plant him firmly as a middle-of-the-road anti-humanist; not a bad place to be these days, considering the contemporary artistic void in these ideological regions. "To move away from the human obsession and to bring the smallest microbe to the forefront" is Durugadda's stated goal, in life and in art.

But this practice of finding new meanings in form is a tricky one to formulate in language (again, a watermark of interesting contemporary art); verbally, it would seem that the abstraction of experience is Harsha's goal, when really it is a modus operandi, a method of connection with the viewer. Freeing sculpture from traditionalist moorings, in this case, is truly an architectural practice, with scale being the only differentiating factor. Contemporary sculpture has become obsessed with scale- the idea that anything can be impactful if it's big enough. Paul McCarthy, Jeff Koons, Louis Bourgeois, Vasconcelos, Chihuly... how many of the big names have made careers out of this simple premise? Scale offers instant prestige, and even more importantly, confers upon the artist that unique ability to make anything seem impressive, genius, necessary even (all of these, and perhaps Vasconcelos in particular, are complicit in a post-modern tradition succinctly identified by Lester Bangs in his 1971 review of a Captain Beefheart album- "pretenders by the truckloads have failed...to make the crucial distinction between art commenting on society and flat-out polemics.") One can see in Durugadda shades of a different tradition, one that hasn't been worked on or tinkered with since the days of Maria Martins, Giacometti, Henry Moore, and Hepworth. This is a tradition of natural evocation, a flipside to contemporary discourse. When I heard his greatest influences were architectural, I wasn't fazed in the least (in fact, the aforementioned sculptors emerged as points of reference later while shifting between observing and writing). The first associations that came to mind upon looking at his work were the alien yet natural structures of Frank Lloyd Wright (the Guggenheim in particular) and, especially, Antonio Gaudi. In their monumental work, scale is more incidental than a primary focus; if anything, it is a factor to be overcome, in order to bring a sense of intimacy and movement to something grand and necessarily stationary.

Harsha Durugadda's work is neither grand nor stationary. The qualities he strives for and brings to the ever-widening world of 3-D art is, currently, largely unique; in the end, it's the artist's own words that describe his creations best- "I draw from dynamic living practices... whirling dervishes, Buddhist prayer wheels, fluttering of leaves- none of these are static forms. This is what makes my work occupy a more fluid form." Indeed it does.

Text by Dhani Muniz.

## Analogue Darkroom Workshop 10, 11 and 17, 18 December 2021

By Sasikanth Somu

### Program & Timings:

- **10 December, Friday:** 02.00 - 05.00pm  
Brief look at History of Photography & Introduction to Film Camera.
- **11 December, Saturday:** 09.00am - 12.30pm Film photo shoot, 02.00pm - 05.00pm Develop your roll of film.
- **17 December, Friday:** 02.00 - 5.00pm  
Contact Sheet Printing.
- **18 December, Saturday:** 09.00am - 12.30pm and 02.00pm - 05.00pm  
Printing photos in the darkroom.

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

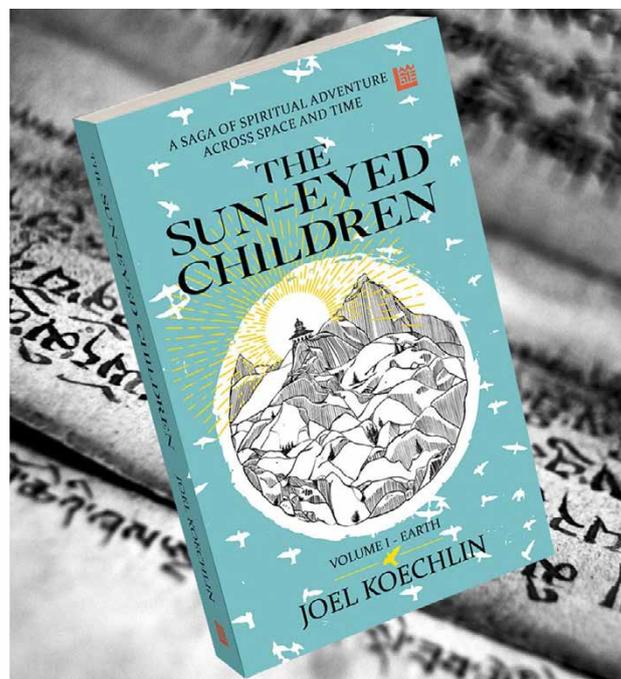
Please park at town hall.

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

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

## THE SUN-EYED CHILDREN

4 - 5 December, 3 - 6pm, Freeland Bookstores



A Saga Of Spiritual Adventure Across Space and Time  
Joel will sign his book "The Sun-Eyed Children" at Freeland Bookstores, Kottakarai Auroville Main Road, on Saturday, 4 and Sunday, 5 December, from 3pm to 6pm. All are welcome.

## LOOKING FOR

### Looking For House-Sitting In Green Belt



I'm a volunteer awaiting my newcomer process to begin, and I'm looking for long term house-sitting in the green belt from January. I'm very animal-friendly (snakes are a work in progress), eager to work with my hands and learn, don't like much noise, and the simpler the house, the better. Any leads would be greatly appreciated.

Much love, Tanisha

Contact: [tanisha095@gmail.com](mailto:tanisha095@gmail.com)

## Searching for the Italian book version of the Genesis of the Surhomme



Dear team, I would like to insert a note for the Italians. I am searching for the Italian book version of the Genesis of the Surhomme of Satprem, is it possible?

I write it in italian: "Emanuele scanziani sta cercando il libro della: *Genesis del Superuomo di Satprem in versione italiana. credo edizioni mediterranee, c'è qualcuno che ne avrebbe la copia, vorrei farne delle fotocopie mi serve per poterla illustrare in italiano. il mio mail è: [lele@auroville.org.in](mailto:lele@auroville.org.in). Grazie."*

Light, Emanuele

## LOST AND FOUND

### Found the Lost Dog

At Senthil's idly shop next to Segar's workshop in the Health Center crossing, KUILAPALAYAM.

The man that works with Senthil has found this dog. He wants to find the owner.

Thank you, Juan, Dana



## HELP NEEDED

### FUNDRAISING FOR WORLD ULTIMATE FRISBEE CHAMPIONSHIP



Dear Auroville Family, we are excited to share with you all that four of us from Auroville have been selected to be a part of different Indian National Ultimate Frisbee teams playing in the world championships.

Selvi and Aravind will be playing in the 'mixed gender' division going to USA (in April, 2022) as well as Manjula playing for the open women's division in USA, Kumaran will be playing in the 'men's masters' division going to Ireland.

We are looking forward to this journey and very proud to be playing for India. It is a dream come true for us. To make this happen we seek the help and support of the community in finding the money to travel. We each need a total of 1.8 lakhs per person.

Our account number and name in FS is:  
ACC: 252162  
Name: FRISBEE NATIONAL TEAM

No contribution is too small! We appreciate whatever amount you can give. For any clarification or questions please mail us at: [kumaran@auroville.org.in](mailto:kumaran@auroville.org.in), [manjula@auroville.org.in](mailto:manjula@auroville.org.in), [murugansselvi637@gmail.com](mailto:murugansselvi637@gmail.com), [avaravind1@auroville.org.in](mailto:avaravind1@auroville.org.in)

Thank you all  
Kumaran, Manjula, Selvi and Aravind.

## HELPFUL HINTS/ADVERTISEMENTS

### THE AURA NETWORK ON OUR PHONES



aura  
the value we create together

It's working and growing: our circular economy of caring and sharing. The Aura Network gives our Auroville Community easy ways to offer and receive things or skills.

If you haven't started already just go to the website and download the app. [www.auranetwork.app](http://www.auranetwork.app)

The Aura Network Team

## PROBIOTICS HOUSE TIP SERIES # 33

### How to Whiten Sheets in 4 Simple Steps

You might have observed how almost every hotel provides the same standard towel in every room. They are big, fluffy, soft, and white. Does this mean that every hotel buys their towels from the same company?

Is there some secret brand that provides towels to just hotels? Well, the answer is no. All of them might look quite similar, but they are constructed differently. Most hotels tend to stick to white standard towels to match their interior design. But the big question is, how do they keep them so white? Different hotels have different tricks to keep their towels from going gray. While some may focus on using special detergents, others invest in their washing machines.

According to one Indian Eco-hotel management, they first treat all stains on the laundry. Then, they toss them in a big pot full of a mixture of baking soda, Probiotics laundry (either liquid or detergent powder or solid bar), and cold water. The towels are then boiled for around half an hour, wrung out, and thrown into the laundry machine.

Even if you wash your sheets weekly, white sheets often yellow over time. If you want to renew your sheets and have crisp, white bedding, keep reading to learn how to make your sheets white again.

### Whitening Ingredients



Most white sheets naturally start turning yellow or dingy over time due to the sweat and body oils that are released while you sleep and or the hard water prevalent in our area with lots of limestone content. While the brightness of white sheets can be prolonged with regular washing, you can also turn to these methods to help make your sheets white again.

#### Step 1: Lemon

Lemon contains citric acid, a natural bleaching agent, which helps brighten your sheets without the use of chemicals. Using lemon juice is an all-natural method that'll leave a pleasant citrus smell on your sheets. There are two methods for using lemon to whiten yellowed sheets:

- Method one:
  - a. Juice one lemon and pour it into the washing machine with your regular Probiotics detergent or Probiotics laundry liquid.
  - b. Machine wash as usual.
- Method two:
  - a. Mix 125 ml of lemon juice with 4 liters of hot water. (Note: this method should not be used with silk sheets)
  - b. Soak the sheets in the solution for at least an hour and up to overnight.
  - c. Remove the sheets and machine wash as usual.

#### Step 2:

(to be continued)

Probiotics House  
Guidelma & Margarita  
MGEcoduties – Reve

**WORK OPPORTUNITIES**

**HR INITIATIVE**

HR Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in.



**Coordinator**

You have the ability to organise, to take notes, to chair meetings, you are able to listen to people, you have patience, and you are innovative. You have proficient computer skills; the ability to answer emails, use Word, spreadsheets, and Google docs. You have very good English communication skills. Tamil would be a plus. Maintenance available either full or part time.

**Administration**

- You will be responsible for the maintenance of the office space and facility, manage office internal communication and guest hospitality. You will ensure that all facilities are available during training programs.
- You will manage attendance and other office documents, maintain basic office infrastructure, equipment, and facilities, you will maintain inventory.
- You have proficient computer skills, the ability to operate general office equipment, you have excellent organizational skills, the ability to prioritize, and you are comfortable working independently.
- You have English language proficiency (reading - high, writing - high, speaking /understanding - moderate); and Tamil proficiency (reading - low/moderate, writing - low/moderate, speaking /understanding- high).

Full time, maintenance available.

**And other positions**

(please inquire about details):

**Volunteers for Auro Orchard**

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. You can find us at [hriauroville.org](http://hriauroville.org) or [hr\\_hub@aurville.org.in](mailto:hr_hub@aurville.org.in)

**Note from HR Initiative**

We will be on a break until the end of November and will get back to you after that.

- If you are writing from outside of Auroville and you are NOT an Aurovillian or an announced NEWCOMER, please understand that our service is for Aurovilians and Newcomers ONLY. We will not respond to your mails.
- If you are a UNIT or SERVICE of Auroville: Please let us know your job availability by [filling in this google form](#).
- If you are an Aurovillian or Newcomers, and if you are searching for work: fill in this form. We will get back to you about an appointment for an interview.

Warmly  
HR Initiative

**AUROMODE HIVE**

**Coworking Space Administrator**



(Full Time or Part Time)

We are looking for one or two motivated people to take care and participate in the development of our Coworking Space.

Where: Auromode Hive

When: Monday to Saturday - 9am to 5pm

Starting: December the 15th, 2021

**Tentative Skill Requirement**

1. Basic knowledge of Microsoft Office Excel (functions), PPT and Words.
2. Basic computer Skills (network troubleshooting, google calendar scheduling, email drafting, etc.)
3. Familiar with Social Media (Facebook, Instagram, WhatsApp, Google Business, etc.)
4. Knows English well. Knowledge of Tamil & French would be an added bonus.
5. Conscious about electricity, water usage and tidiness. Familiar with the Idea of Auroville.

1. Physical presence is mandatory from 9am to 5pm with 1h break 12:30 to 13:30.
2. It's possible to do your own work during quiet time.
3. Ideal for students & researchers, etc.
4. Maintenance provided

Please send us your application/motivation letter with education and experience to: [auromodehive@aurville.org.in](mailto:auromodehive@aurville.org.in)  
WA 7092197375

Looking forward to hearing back from you.  
Auromode HIVE Team

**HOUSING SERVICE IS LOOKING FOR A HANDYMAN**

**For Repair Section**

Dear Community, Housing Service is looking for a handyman for a full time work (Monday to Saturday: 9.00 to 12.00 and 2.00 to 5.30).

Aurovillian with proven skills in plumbing, carpentry work, electrical work and basic masonry work. He will be working on site under supervision of a member from Housing Service. Full time maintenance will be available.

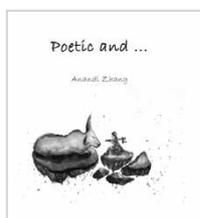
If you're interested please contact the Housing Service [housing@aurville.org.in](mailto:housing@aurville.org.in) before 18/12/2021 to receive an application which should be completed and submitted to the Housing Service.

Applicants will then be invited to meet with the HS/HB.

Thank you,  
Housing Service Team

*Voices and Notes*

**POETIC AND...**



Reading and presenting poetry book by Anandi Zhang at Auroville Library, Friday 3 December, 7pm. Come with the heart of a child. In case of heavy rain, the event will be canceled.

With joyful Gratitude,  
Anandi

## 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

[Multiversity proposal – Open meeting](#) (City life)

[Soul Tracks S.03 ep. 3: The UK's Best loved songs ... kind of.](#) (Music)

[Audible Weed Walk – Ep.66 "Book-Group-Snoop: towards food security/climate action"](#) (Food education)

[The best of what's still around – ep.35](#) (Music)

[Civic education dialogues – Functions of working groups: Working committee and Famc](#) (City life)

[Marlenka's Weekly Offering – ep.33](#) (Integral Yoga)

[Une série hebdomadaire de lectures par Gangalakshmi – 374](#) (Integral Yoga)

[Savitri, B. X, C. IV, Part 5](#) (Integral Yoga)

[Civic Education Dialogues – Auroville finances](#) (City life)

### Last Youtube live videos

[From Multiversity towards Auroville Multiunity](#) (City life)

[Open meeting for Multiversity proposal](#) (City life)

### Next Youtube live video events:

[KALISAI – Live at Kalabhnumi studio 5th Dec.2021](#) (Music)

...and more! on [www.aurovillerradio.org](http://www.aurovillerradio.org)

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

*Peace and Love*

## A NAME

Dearest friends Elba got Anandi in 1980 for her Birthday from Champaklal.

He wrote it on a paper, he was already on Mauna. I did not know what the meaning was. When I asked him, he wrote; "a femenin of Ananda "

I said thanks, but I'm not going to use it, it is too much ! But we have started a Kids 'Community in Utilite and the kids started chanting the name... and all my cells were answering with Joy!... and I decided to use it...

A few years back quite a few more girls started having Anandi, an Aurovilian, an Indian, a Spanish, a Chinese... and I started feeling that was a kind of too much, and confusing sometimes, and I add "a " at the end. And I was Anandi-a in Auronet. "A " stands for Auroville, Argentina, and America. I felt OK.

And one day I found a Mapuche word (from Patagonia) that touched me: ayün. Not only because start with " a ", but also for the meaning: love, but semantically means: love as a veil be taken out. I was feeling that powerfully and decided to add it to my name. And now for this Birthday, 25- 11-2021 is officially done.

*Within Her Grace  
Anandi ayün*

## GREEN COLUMN

### Some Good News and Post COP 26

#### The Rains of 2021



It hasn't rained that much in one century! (1921) While enjoying Jesse's and Johnny's play Tani Illai during long down pours and loud crashing thunder and lightning, we wonder if we have to be careful about what we wish for! Water catchments are overflowing, canyons and dams are brimming, canoeing in the lakes by the dams, catching fish in the river overflow from Alangoupam tank, small rivers coursing through our gardens, muddy slippery roads, often no access to our homes baring walking slip-sliding through knee deep water and mud. Rain gear isn't waterproof against such deluges, ants and termites, scorpions and other wildlife seek refuge in our homes, little sun and empty batteries, power cuts and WiFi disruptions, the laundry that refuses to dry, gets moldy, little mushrooms grow on it, wet firewood that refuses to catch fire...

Too much of a good thing, but at least the aquifers are replenished. Some rain figures from Tom (Invocation): who is in daily contact with Charlie (Aurogreen), Jaap (Ravena) and others who also measure rainfall.

- **From January to May:** the Dry Period average is 116 mm, but in 2021 it was 519 mm.
- **From June to September:** The S/W Monsoon average is 409 mm, but in 2021: 628 mm.
- **From September to December:** the N/E Monsoon average is 786 mm, but in 2021: 1505 mm!

**Note:** data measured till 26th November. We had plenty of rain after that and another 5 weeks to reach 2021 Annual Rainfall which is already easily double the average!

#### Controversial Farm Laws repealed

Some good news for the farmers of India. Prime Minister Modi apologised to his countrymen for the three farm laws over which the government "failed to convince" the farmers. He urged the protesting farmers to return to their homes and start afresh. [Farmers had kept up their protest](#) since April 2019: camping with their tractors in front of the New Delhi gates, supported by 200 Farmers Unions from 22 states. The government will repeal the laws in the upcoming winter session of Parliament. The decision comes just ahead of elections in Punjab and Uttar Pradesh, where the agitation found popular support. The ruling party will now have to overcome the anti-farmer perception battle in the forthcoming elections. Maybe the time for a radical ecological [food systems policy](#) has come?

#### India's pledges at the end of COP 26

The Indian PM surprised observers within and outside India with the following ambitious and what at this point appear to be unconditional pledges on India's decarbonisation during his speech at COP26:

- Increase non-fossil energy capacity to 500 gigawatts by 2030.
- Meet 50% of energy requirements from renewable energy by 2030.
- Reduce the total projected carbon emissions by 1 billion tonnes by 2030.
- Reduce the carbon intensity of the economy by 45%.
- Achieve net zero carbon by 2070.

Many environmentalists hailed these five pledges ("Panchamrit") as it is expected to put India on a firm path towards decarbonisation. For commercial entities betting on green investments to pay-off, the announcements offer certainty that government policy will protect their returns, though the assumption at this point is that these are aspirational, non-binding pledges.

*(to be continued in the next issue of N&N)*

# Regular Events

## December 2021

CLASSES, WORKSHOPS & HEALING ARTS



### SOUL OF SOIL

#### Auroville & Kazhveli Bio-Region Eco Experience Program, December 2021

Touch ◦ Ride ◦ Feel ◦ Taste ◦ Hear ◦  
Discover ◦ Experience

### Hands on Experience

#### • Musical Instrument workshop

We at Mohanam are happy to share our vast experience and knowledge gained over 15 years ago. Come and learn to make your own traditional/folkloric instruments at Mohanam Village Heritage Center from professional craftsmen and take home your own hand made instrument at the end of the workshop. The workshops include the following instruments-

- Overtone Flute making
- Frame Drum or Thappu/Parai
- Pambai
- Udukai
- Ocean Drum

#### • Bamboo Jewellery Workshop

Come and learn to make your own Bamboo Jewellery at Mohanam Village Heritage Center from professional craftsmen and take home your own handmade Jewellery at the end of the workshop. The workshops include the following Jewellery –

- Earrings
- Bracelet
- Pendent
- Necklace

#### • Bamboo Toys making workshop

Come and learn to make your own Bamboo Toys at Mohanam Village Heritage Center from professional craftsmen and take home your own hand made Toys at the end of the workshop. The workshops include the following Toys –

- Cow
- Elephant
- Giraffe
- Crane
- Race car

For all above program please contact us followed by:

**Date:** All working Days except Sunday

1-day advance booking is necessary

**Contact:** Preferred through e-mail at [Mohanamprogram@auroville.org.in](mailto:Mohanamprogram@auroville.org.in), or optional +91 8300949079.

### Kolam Mandala Painting

Learn the art of painting Kolam in various mediums, starting from canvas from our experts. Book now and register to be a part of the workshop.

**Days & Date:** All working Days except Sunday

1-day advance booking is necessary

**Contact:** Preferred through Email at [Mohanamprogram@auroville.org.in](mailto:Mohanamprogram@auroville.org.in) or +91 8300949079

### Clay Modelling Workshop

Come, invention and make to model desired articles, which may include flower petals, figurines, jewelry and numerous other objects. The resulting product hardens without firing to form a sturdy article which even if it includes thin surfaces will stand normal handling. Learn making and take your designed article.

**Days & Date:** All working Days except Sunday

1-day advance booking is necessary

**Contact:** Preferred through e-mail at [Mohanamprogram@auroville.org.in](mailto:Mohanamprogram@auroville.org.in) or +91 8300949079

### Social Entrepreneurship

#### Experiential Workshop by Sahithi Divi Sahithi

Now based in Auroville, calls it home as path shown by mother. Sahithi is a Forbes India 30 under 30 special mention, 2021, who has a masters degree in social entrepreneurship from, Hult international business school, California, San Francisco, a design thinking practitioner, national brand ambassador for SDGs by (CISMSE/ICTMAE) and founder of women leadership platform called Impact Scientist which is now a project of Mohanam.

- Introduction to United Nations Sustainable Development Goals and social entrepreneurship
- design thinking session and activity (human centric problem solving mechanism)
- Visit to two Auroville based social enterprises or rural enterprises (based on choice of participants to understand the business model, challenges and opportunities)

**Time duration:** 4 hours (minimum one and maximum 8 participants)

**Lunch** provided

**Cost:** 2500 INR (must apply 2 days in advance)

**Contact:** [sahithi-mohanam@auroville.org.in](mailto:sahithi-mohanam@auroville.org.in), +91 8300949079

### Social Entrepreneurship/ Business Mentorship

Services - (Contact at least one day in advance)

- LinkedIn
- Business profile
- Ideation/incubation support

**Contact:** [sahithi-mohanam@auroville.org.in](mailto:sahithi-mohanam@auroville.org.in) +91 8300949079

### Bio Region village tours

- Cycle Tour with Bio-Region Youth + Breakfast

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to fully take advantage of the best routes in and around Auroville using cycles proved by Mohanam.

**Includes** Tea and snacks

**Duration:** 2 hours

**Date:** 1-day advance booking is necessary

**Day & Timing:** Sunday 6am to 8am

### Auroville North-West Cycle Tour + Lunch

This tour is specially designed for the audience to make them more aware about the beauty and richness of our culture, tradition and our heritage in this north-west zone of Auroville. Also, this is a must take walk to understand the inspiring stories of various entrepreneurship units and the way they are carrying forward our age-old traditions with modern techniques.

**Date and Time:** Every day 10.30am to 1pm (Except Sunday)

Meeting/Starting Point – Lively, Opp. Ganesh Bakery

1-day advance booking is necessary for group bookings (for single bookings at least before 10am)

**Bookings:** e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) or call us at: +91 8300949079

### Village Walk with Mohanam Youth

Come and experience Simple Village Life and Culture by walking through the village with village youth for 3 hrs either morning or evening. Prior booking is necessary for preparation. (Min. 5 persons)

**Date and Time:** Every day (Except Sunday)

**Meeting/Starting Point:** Mohanam Village Heritage Centre

1-day advance booking is necessary

**Bookings:** e-mail at [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in) or call us at: +91 8300949079

### Morning Kolam Village Walk (every friday)

Let the inner spirit & emotions lead the flow of Kolam and enjoy the Tamil breakfast after

the small trip inside the village earlier in the morning made by women to economically support them

**Day:** Every Friday

**Timing:** 06:00 am to 08.00am

**Facilitator:** Rajaveni – Kolam Practitioner

**E-mail:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Phone:** 8300949079

### Classes

- Tamil Language Class with Anand Anna

Those who are interested in spoken Tamil class. Please enroll your name with us.

**Day and Time:** Every Tuesday and Thursday 10 to 11 am (Pre registration is mandatory)

**Venue:** Mohanam Village Heritage Centre

Call us or mail us for the registration:

**E-mail:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Phone:** 8300949079

### Indo African Drum Circle with food and Campfire

Enjoy the evening with blissful fusion of instrumental music, freestyle dancing and traditional drumming with campfire, accompanied by traditional tamil dishes.

(with basic Contribution from each participant)

**Day and Time:** Every Wednesday from 6.30 to 8pm (Pre booking is mandatory)

**Venue:** Mohanam Village Heritage Centre

For more information contact us:

**E-mail:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Phone:** 8300949079

### Indo African Drumming class with Prabhu

Wednesday, 5 to 6pm and Saturday 4 to 5pm

For more information contact us:

**E-mail:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Phone:** 8300949079

### Thiruvanamalai Tour booking

May book the cab, tour, food, stay, local visit to spiritual places by the mohanam youth from thiruvannamalai

For more information contact us:

**E-mail:** [mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

**Phone:** 8300949079

### Our Upcoming Events in December to January

- December to Remember one day retreat
- National Youth Day
- Pongal Festival
- Kolam Retreat
- Aurosanthai saturday market

## BAMBOO CENTRE TRAINING PROGRAM

December 2021



Auroville Bamboo Centre runs many workshops throughout the year for visitors who book and pay for the courses. We do have various conditions that we hope you understand and agree.

### Training And Workshop

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

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

The Auroville Bamboo centre offers training to individuals and groups in:

- **Bamboo and Wood Furniture Workshop**  
December 8 to 11: 4-days workshop
- **Bamboo Construction Workshop**  
December 13 to 17: 5-days workshop
- **Bamboo Product and Interior Design Workshop**  
December 27 to 30: 4-days workshop
- **Guided Tour (1.30hr):** every Saturday 11 to 12.30

Come and enjoy every Saturday guided tour through our bamboo farm and campus

**Meeting Point:** Mohanam Campus, Auroshilpam, Near Color of Nature

- **Make and Take Workshops**

- Bamboo Toys
- Bamboo Musical Instruments
- Bamboo Jewelry

Every day in the month of December in advance booking, 10.00am to 12.00pm or 2pm to 4pm

The program will consist of learning inputs: theory, instruction, demonstration, and practical work.

**Contribution:** Contributions requested from guests/volunteers.

Flexible training dates offered to groups

**Contact:** Voice call and WA: 8300949081

[bamboocentre@auroville.org.in](mailto:bamboocentre@auroville.org.in),

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

### 22 DAY 200 HR YOGA ALLIANCE ACCREDITED TTC

December 20, 2021 - January 12, 2022

**Timing:** 6 30 - 9 30am & 3 - 7pm,

**Dates:** all days except Sundays

**Venue:** Auromode Yogaspace



22 day yoga program that includes asana practise, history & philosophy of yoga, human anatomy and physiology, sequencing, teaching methodology, etc., Learn multiple styles of yoga like Hatha & Vinyasa, Kalari, meditation and chanting for improving your own self practice to lead a happy and healthy life, even if your intention is not to teach others.



Internationally valid certificate through Yoga Alliance for pursuing a global career as yoga teacher.

Beautiful venue with lots of nature and spiritual warmth for complete immersion into Yogic life style. Ask us for more details.

**Contact:** [Balaganesh.siva@gmail.com](mailto:Balaganesh.siva@gmail.com) & [contact@auromodeyogaspace.com](http://contact@auromodeyogaspace.com) / WA +919892699804

Bala

## TRANSFORMATION GAME WITH CARMEN



Just as life is filled with this rich variety of experience, so is the Transformation Game a fun and complex board game which offers a playful yet substantial way of understanding and transforming key issues in your life.

It can be played at varying levels of intensity, from a light-hearted way of gaining insight into yourself, to a tool

to help solve problems, clarify important personal issues, or creatively enhance relationships.

**Players:** from 1 person till 4 persons

With appointment only

8531017772, Carmen

## NEWS FROM AUROVILLE LANGUAGE LAB



### New Language Courses!

- **Beginner Tamil for kids with Murugesan**

Murugesan started to teach a new Tamil class for children in the age group of around 8 years. This 3-month course will take place every Friday, from 04:15pm to 05:15pm, starting from 3rd December 2021.

**The course will feature:**

- Alphabets, numbers & seasons
- Two letter words, three letter words, etc...
- Grammar will be taught with an emphasis on practical usage
- Teacher will use also flashcards specific for children

So contact us immediately to join!

- **Beginner Written & Spoken Tamil, with Murugesan**

Murugesan is ready to start a new Beginner Written & Spoken Tamil in December.

**This 3 months 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. If you want to join, we still have a few spaces available!

- **Total Beginner English**

We 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.

Please fill out our form at <http://register.aurovillelanguagelab.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

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

- <https://www.aurovillelanguagelab.org/tomatis-method.php>
- <https://www.aurovillelanguagelab.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTl3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMly-wZNdZcAng/videos>
- <https://www.listenwell.com/>

New requests can be sent by email to [Tomatis@aurovillelanguagelab.org](mailto:Tomatis@aurovillelanguagelab.org).

Lan- guage	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	02.30pm - 03.30pm	Wednesday & Friday
	Intermediate/Advanced	New cycle in December! Inquiries Welcome!	
French	Beginner	To be determined! Inquiries Welcome!	
German	A1.1 Beginner	Cycle completed	
	A1.1 Beginner Online	07.30am – 08.30am	Tuesday, Wednesday & Thursday
Hindi	Beginner (on hold)	10.00am – 11.00am	Wednesday & Friday
Tamil	New Batch - Spoken Beginner	09.30am – 10.30am	Tuesday & Friday
	Written & Spoken Beg - To Start - Inquiries Welcome!	04.30pm – 05.30pm	Monday & Thursday
	NEW - Tamil for Children	04.15pm – 05.15pm	Friday
Spanish	Beginner	02.30pm – 03.30pm	Tuesday & Friday
	Intermediate	03.30pm – 05.00pm	Monday & Friday
	Conversation	02.00pm – 03.00pm	Wednesday
Japanese	NEW - Beginner	10.00am – 12pm	Saturday

### The Language Lab's 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](mailto:info@aurovillelanguagelab.org)

**SERENDIPITY ACTIVITIES & THERAPIES**

Center Field, Auroville

Landline: +91 (0)413 2965693

Mobile/Whatsapp: +91 9385623342

<https://serendipity.auroville.org><https://www.facebook.com/serendipityauroville>**Community Lunch Potluck****with Serendipity team**

Every Monday from 12.45 to 1.45, drop in.

Food and love are two of the most vital forms of human nourishment, it is a natural combination, because through cooking we give. For this end, it is very important that we carefully choose the best organic ingredients, as much as possible coming from Serendipity's vegetable garden or Auroville farms, and we surely don't want to go for industrial and processed ingredients. Because this is food to be made with love for the body and soul of our beloved companions.

**Hatha Yoga with Bala**

Every Thursday from 7.30 to 8.45, drop in class.

In our yoga class we will concentrate on Asanas, Pranayama and Meditation. These are dynamic classes in which we will use the principles of Hatha and Vinyasa practices, concentrating on movement and flow. Every class is organic and the structure of the session will evolve depending on the group of practitioners in that particular class. We will strengthen & relax each and every part of our body: mainly core, hips etc.

**Karma yoga (Permaculture) with Sanaan**

Every day Monday through Saturday from 2 to 5 pm, drop in.

This yoga teaches each one of us to act according to a divine purpose, freeing our mind from any attachment to work and its results. In Serendipity we have a beautiful organic vegetable garden and we follow the practice of natural farming. We will also take care of the maintenance of the community compound and the landscaping of the gardens, which are immersed in the tropical dry evergreen forest.

**Qi Gong with Lhamo**

Every Tuesday and Friday from 7.30 to 8.45, drop in class.

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space.

**Ayurvedic & Stone Massage with Simona**

On appointment only (+91 9489511648)

The speciality of this massage is that, it takes up the traditional concepts of Ayurveda and marma (vital points) therapy along with modern anatomy and physiology. Prime aim of this massage is to provide health or rejuvenation thanks also to the healing qualities of the oil helping the skin to perform its diverse functions efficiently. A technique with hot stones can also be applied, which give further release along marma points.

**Bach Flowers Remedies with Stefania**

On appointment only (+91 9486363442).

These remedies are made out of watered-down extracts from the flowers of wild plants, containing its healing energy. They work not only with adults, as they are specially effective with children and even pets. It's a safe and natural method of healing that gently restore the balance between mind and body by casting out negative emotions which interfere with the equilibrium of the being as a whole.

**Small Children (0-6) Chinese Massage with Lhamo**

On appointment only (+91 9565524237)

A very interesting way of looking at small children's health and well being. It is a way to cure infants' daily problems (cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. The first mention of children's massage dates back to 1000 BC. Nowadays, it is very popular in China. It works through very soft massage using different acupressure points than adults. It is an empowering tool for parents to deal with their kids' daily ailments. It is very effective for newly born babies and suitable for children up to 6 years old.

**Conscious Life Counselling with Stefania**

On appointment only (+91 9486363442).

This exploration offers a flexible and safe framework for introspection and self-discovery, which aims at personal and spiritual growth. Different techniques (like Awareness Through the Body, Psychosynthesis, Integral Psychology and Astroshamanism) will be used to develop consciousness-based attitudes and skills that help an individual to face particular moments of challenge or change in life.

**Facial Acupuncture and Massage with Lhamo**

On appointment only (+91 9565524237)

Facial acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. The theory and techniques of the facial massage comes from facial acupuncture and it is useful for people who are more sensitive and feel uncomfortable with the needles. Through massaging the face, neck, head and using acupressure, the whole body is treated and supported.

**Gua Sha (Chinese Detox Scrub) with Lhamo**

On appointment only (+91 9565524237)

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

**Head & Shoulders Marma Massage with Bala**

On appointment only (+91 9892699804)

Marma points means "vital points that hold life force energy". In this massage the practitioner uses fingers and hands to press (isometric / constant pressure) the specific point in head, face, neck and shoulders. This massage is based on the principles of Ayurvedic and various martial art traditions. Marma massage can help in relieving deep-seated tensions and improving circulation and energy flow.

**Hypnotherapy with Lhamo**

On appointment only (+91 9565524237)

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.

**Shiatsu Massage with Sara and Simona**

On appointment only

(+91 9443617308 and +91 9489511648)

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

Ex. Joy Community in front of Center GH)

## PITANGA PROGRAMME FOR NOVEMBER 2021

Pitanga Cultural Centre, Samasti,  
(0413) 262 2403/2622994  
[pitanga@auroville.org.in](mailto:pitanga@auroville.org.in)



### Yoga

Gentle Yoga Practice All levels	Monday, Wednesday, Saturday 7.30 - 9.00 am	Rachel
Asanas All levels	Thursday 10.30 - 12.00 pm	Rachel
Asanas All levels	Friday 9.00 - 10.30 am	Rachel
Asanas on alignments Mixed level	Tuesday, Thursday 3.00 - 4.30 pm	Rachel
Asanas on alignments Intermediate level	Monday, Friday 5.00 - 6.30 pm	Rachel
Hatha Flow All levels	Tuesday 10.30 - 12.00 pm	Rachel
Hatha Flow All levels	Wednesday 5.00 - 6.30 pm	Rachel
Hatha Flow All levels	Saturday 3.00 - 4.30 pm	Rachel
Yoga Therapy All levels	Monday, Wednesday, Friday 8.30 - 10.00 am	Gala
Asanas Teenagers	Monday, Wednesday 4.00 - 5.00 pm	Lisbeth
Asanas Children 7 - 9yrs	Saturday 10.00 - 11.00	Gala
Private Yoga lessons	Available on request	Rachel

### Exercises

<b>Maitri Tunes</b> Drop-In <i>An exploration of sound and stillness</i>	Monday 5.30 - 6.30 pm Starts on 13/12	Sheetal
<b>Self-Shiatsu</b> Drop-In In French / English	Monday 4.15 - 5.30 pm	Patricia
<b>Self-Shiatsu</b> Regular only	Wednesday 5.15 - 6.45 pm	Patricia
<b>Taoist Qigong</b> Drop-In Beginners In French	Tuesday 9.30 - 11.00 am	Elisa
<b>Taoist Qigong</b> Drop-In Beginners In French	Saturday 7.00 - 8.30 am	Elisa
<b>Aviva Exercise</b> For women Drop-In	Monday, Friday 5.00 - 6.30 pm	Suriyagandhi
<b>Pranayama</b> Regular only	Friday 6.45 - 8.00 am	François & Namrita
<b>Odissi Dance</b> Regular	Friday 3.30 - 5.15 pm	Rekha

### Discovery Spaces

Flow Game Finding clarity alone and together	Thursday 9.30 - 12.30 pm For booking, write to: <a href="mailto:sheetal@auroville.org.in">sheetal@auroville.org.in</a>	Sheetal
Energy Games & Art class Children 7-9 yrs	Saturday 11.00 - 12.00 noon	Gala

### Healing Spaces

Please book your appointment for a healing space by phone: 262 2403

<b>Thai Yoga Massage</b>	Juan
<b>Chi Nei Tsang</b>	Juan
<b>Reiki</b>	Pierre
<b>Self-Healing – Based on Craniosacral Therapy</b>	Kirtan

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

### Healing Spaces at Pitanga

#### Self-Healing 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 re-alignment, resonance and healing forces.

#### Shamballa Reiki with Pierre

He is offering treatments at Pitanga for those who are open to using the Universal Energy, we call Reiki, to keep us aligned during the immense shift we are all going through. In his observation "the cosmic clock is turning; the Universal Energy remains the same".

#### Thai Yoga Massage with Juan

Traditional Thai massage is a deep full body treatment focused on improving the flow of energy throughout your body. It includes both stretching of the joints and muscles and applied pressure to the Sen lines.

#### Chi Nei Tsang Massage with Juan

Chi Nei Tsang Massage or Thai Abdominal Chi and Internal Organs Massage is a healing massage which aims at clearing energy blockages within the abdominal, pelvic and thoracic area and in the actual internal organs, thereby improving the free and unobstructed flow of blood supply, internal energy, proper functioning of internal organs and vital functions, and emotional balance.

If you wish to take an appointment for a session, please call us at 262 2403 or write to us at: [pitanga@auroville.org.in](mailto:pitanga@auroville.org.in)

#### Taoist Qi Gong - in French with Elisa

Tuesday 9.30 - 11.00am, Saturday 7.00 - 8.30am  
starting from 4 December

"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."

If you wish to take an appointment for a session, please call us at 262 2403 or write to us at: [pitanga@auroville.org.in](mailto:pitanga@auroville.org.in)

See you at Pitanga, with a smile !

## Experience Sound And Silence With Sheetal: Maitri Tunes

Monday: 5.30 – 6.30pm – starting 13 December

We are welcoming our dear friend Sheetal to Pitanga. He will be offering two new activities: An exploratory space to experience the bridges between sound and silence. Supported by tools of breath work, vocalisation, and guided visualisation, participants will be intuitively guided to tune into the inner silence and receive insights for their journey:

### Discover a way of finding clarity alone and together: Flow Game with Sheetal

The Flow Game is a way of finding clarity alone and together. It is a humane and powerful practise for interactive reflection, conversation and action - opening spaces for groups, teams, individuals and families to find the answers they may be looking for. Playing a flow game is a simple way to ground, strengthen and bring clarity and flow to human beings, their life, leadership and actions. The Flow Game is deceptively simple board game and participants are always surprised at how it creates a supportive, challenging, and unique opportunity to explore the present or future in an intuitive and insightful way.

We invite you and your teams to book a slot to play by writing to [sheetal@auroville.org.in](mailto:sheetal@auroville.org.in) to explore an important personal or group question. If you need more information, please visit [www.flowgame.net](http://www.flowgame.net)

Flow Game sessions with Sheetal take place on Thursday mornings at Pitanga.

See you at Pitanga, with a smile !

## INTEGRAL HEALTH

Service For the Community

Mondays to Fridays 9 – 12.30am

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 would 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](mailto: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](mailto:sigrid@auroville.org.in)**

**Malar: [malar@auroville.org.in](mailto:malar@auroville.org.in), 9080054843**

## 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](mailto:budokan@auroville.org.in): Surya, N. Murugan and Cristo for "Auroville Aikido".



Auroville Budokan, Dehashakti/Danae

<http://budokan.auroville.org>

[Auroville webpage, Aikido](#)

## ECSTATIC DANCE

Ecstatic Dance at Cripa every Saturday from 4:00 pm to 6:00 pm.



What is Ecstatic Dance? Ecstatic Dance is a Freeform Conscious Dance. As soon as you enter the space, you are invited to let go of judgments and expectations, and allow yourself to feel your emotions, sensations, body, mind, and spirit. Because this is a safe space for movement and expression, for more information contact +919384460764

Warmly, Tahir

## DEEP TISSUE MASSAGE AT AUROMODE

We are offering Deep tissue massage at Auromode



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

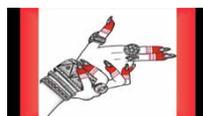
It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

For more information and booking [contact@auromodeyogaspace.com](mailto:contact@auromodeyogaspace.com)

+919384460764

Warmly, Tahir

## MUDRA CHI



Dear people, we have classes every Saturday at 4.30pm to 5.30 at Savitri Bhavan. From now on, we are going to add some "Corporal Consciousness Exercises" at the beginning.

Everybody Welcome, facilitator Anandi-a

## ASHTANGA YOGA



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

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

Warmly, Andres

## AYURVEDIC DEEP TISSUE MASSAGE

Laur offers Ayurvedic Deep tissue massage on Tuesday pm, Friday pm and weekends at Auromode. It goes together with the yoga classes that are already appearing in the regular events.

Many thanks,  
Laure, 8300941041

## STUDY CIRCLE ON SRI AUROBINDO'S ESSAYS ON THE GITA (IN ENGLISH)



**Date:** Every Friday starting on September 17, 2021

**Time:** 4 pm to 5 pm

**Venue:** Progress Hall, Bharat Nivas

Kindly bring a copy of the book 'Essays on the Gita' by Sri Aurobindo if you have it.

### Chanting of Bhagavad Gita Shlokas (In Sanskrit)

Fridays from 5 pm to 6 pm at Progress Hall we will also have a session on chanting of श्रीमद् भगवद्गीता slokas in Sanskrit.

You are welcome to join either the study circle or chanting or both the sessions.

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

All are welcome.

Warmly, Samskritam Auroville  
and Bharat Nivas Team

## TERRASOUL FARM SATURDAY FARM TOUR



TerraSoul Farm Community start again Saturday Farm tour with optional lunch booking.

Contribution required.

Ph: 9443434182 or [terrasoul@auroville.org.in](mailto:terrasoul@auroville.org.in).

Also we celebrate the reopening Terrasoul farm market Friday's from 9 to 12.30 pm. from the farm to the consumer right on the spot.

Thanking you, Juan in Terrasoul  
Sustainable Livelihood Institute

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

## SANTÉ SERVICES DECEMBER 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. Igor & Dr. Prabha – Daily	Nursing Care: Ezhil, Thilagam & Archana – Daily, No appointment necessary
Acupuncture with Andres Monday - Friday	Ayurveda with Dr. Berengere Wednesday, Thursday, Friday
Homeopathy with Michael Monday, Wednesday, Friday	Psychotherapy with Juan Andres Monday, Tuesday, Wednesday, 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 (TOS from 15/12 - 30/12)
Physiotherapy and Massage with Galina Monday – Friday	Paediatric Physiotherapy with Swati – Wednesday/ Thursday

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

## 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

Tel. 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

Tel. 8637633696, thanks, Mani

**SAVITRI BHAVAI**  
December 2021



**Exhibitions**

- **Meditations on Savitri** The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
- **Glimpses of the Mother:** Photographs and texts In the Square Hall upto Dec.15th
- **Sri Aurobindo:** A life sketch in photographs In the upper corridor

**Films: Mondays 4pm**

We continue the series of Meditations on Savitri with meditative films of passages from Sri Aurobindo's epic poem SAVITRI – A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta under the guidance and inspiration of the Mother.

- **December 6: Meditations on Savitri, Book 2 – The Book of the Traveller of the Worlds, Canto 7,9-15**

The Descent into Night, The Paradise of the Life-Gods, ... The Heavens of the Ideal, In the Self of Mind,

The World -Soul and The Kingdoms of the Greater Knowledge. Duration: 42min.

- **December 13: Meditations on Savitri, Book 3 – The Book of the Divine Mother, Canto 1- 4**

The Pursuit of the Unknowable, The Adoration of the Divine Mother, The House of the Spirit and the New Creation and The Vision and the Boon. Duration: 22min.

- **December 20: Meditations on Savitri, Book 4 – The Book of Birth and Quest, Canto 1-4**

The Birth and Childhood of the Flame, The Growth of the Flame, The Call to the Quest and The Quest.

Duration: 43min.

- **December 27: Meditations on Savitri, Book 5 – The Book of Love, Canto 1-3**

The Destined Meeting-Place, Satyavan and Satyavan and Savitri. Duration: 32min.

**Full Moon Gathering**

- Saturday, December 18, 7.15-8.15pm in front of Sri Aurobindo's statue

**Regular Activities**

- **Sundays 10.30–12 noon:** Savitri Study Circle
- **Mondays 3-4pm:** Psychic Awakening led by Dr.Jai Singh
- **Tuesdays 3-4pm:** Yoga and the evolution of man led by Dr.Jai Singh
- **Tuesdays, Fridays, Saturdays 4-5pm:** L'Agenda de Mère: listening to recordings with Gangalakshmi
- **Fridays 3-4pm:** Readings of the Mother's commentary on Dhammapada
- **Saturdays 4-5.15pm:** Satsang, led by Ashesh Joshi
- **Saturdays 4.30-5.30pm:** Mudra-Chi, led by Anandi

**Opening Hours**

- **Exhibitions, Main Building and Office** are open Monday to Saturday 9am-5pm
- **Library** is open Monday to Friday 9am-5pm
- **The Digital Library** can be accessed on request Monday to Friday 9am-4pm

Everyone is welcome

**AUROMODE YOGA SPACE**

Auromode Yoga Space



**YOGA SCHEDULE**

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

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

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

**Friday - Multi style Yoga with Bala**  
5 00 pm to 6 15 pm

Please bring your own mat .

No need to register .

Beginner to Intermediate level

We also offer Deep tissue Massage ,Ayurvedic

Massage and Marma head massage

contact@auromodeyogaspace.com

**OM CHOIR & SATSANG BY NARAD**

Each Tuesday at 5.30pm in the Unity Pavilion



The OM Choir meets each Tuesday at 5.30pm in the Unity Pavilion.

After the OM Choir at 7.00pm there is a Satsang gathering with Narad at the home of Uma and William in Kalpana (E1-2B above the parking area)

Thank You, William



**VÉRITÉ PROGRAMS DECEMBER 2021**

Phone: +91413 2622045, 2622606,

Mobile: 7867805812

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

**Yoga & Re-creation Sessions (Drop-in)**

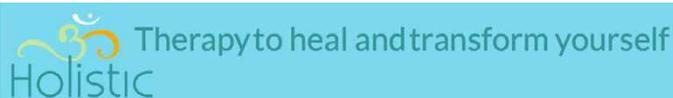
Days	Title of the Sessions	Timings	Presenters
Mondays	Yoga Asana Create Some Space	5-6.15pm	Sheida
Day & Date	Title of the Intensive	Timings	Presenters
Sat, 11 Dec	Freedom from Fear	2-4.30pm	Dr. Sehdev
Sat, 18 Dec	Yoga of Forgiveness	2-4.30pm	Dr. Sehdev
Fri, 24 Dec	Seven Steps to Freedom	2-4.30pm	Dr. Sehdev

**Therapies**

Therapist Name	Title of the Therapies	Timings
Lalita	Holistic Head and Face Massage	By appointment only
Mohammed	Acupuncture	By appointment only
Susan	Heart-Centered Resilience	By appointment only

**HOLISTIC AND HOLISTIC HEALTH CARE UNIT**

**December 2021**



- Healing & consciousness-

For more info: [www.auroville-holistic.com](http://www.auroville-holistic.com) or Mob/whats' app: +919489805493

or Mail: [contact@auroville-holistic.com](mailto:contact@auroville-holistic.com)

Ashtanga Yoga Classes Mysore style with Christine P	Restart on 15 December. Classes at 7.45am.	For beginners & advanced students. The teaching is adapted to each one and his (or her) own issue (So you can join even if you have physical issue)
Hypnotherapy with Christine P	Any time on appointment 2h-Hypnosis	Healing Purpose
Scientific meditation with sound healing with Mradul	On appointment Last 1h30 min	For the purpose of deep relaxation
Reiki Session with Mradul	On appointment	
Mindful Meditation	On appointment	Transcendental Meditation/Movement Meditation/ Mantra Meditation/
NLP Session/ Coaching with Christine P	On appointment. 1st appointment lasts 1h30min to 2h	Healing purpose- Improve work performance & qualities. Goal setting - Relationship issues...etc
Health & consciousness Program with Christine P & Mradul J.	Contact us for details and appointment- Involvement in the therapy and advises given are required Talk one to one session/ CBT/ NLP/Meditation	Looking for your next step in your life? Difficulty to make a choice or take decisions. Suffering from panic attack, anxiety, sleeping disorder, depression... etc Anyone who want to enhance his (or her) relationship. etc
AMI: Analysis of multiple Intelligence With Mradul J.	On appointment basis. 1st appointment last 20 min. to take the finger print 2nd appointment is for counseling (1h)	Scientific way to discover your hidden talent and potential.
Acupressure therapeutic massage With Christine P	Any time on appointment Lasts 1h30 min-	For any health issue, or emotional blockage. Rebalancing the energy and harmonization of the chakra.
Hatha Yoga Classes	From 14 December. Tuesdays and Thursdays at 4.45pm.	For health, stretching & fitness.

**BANSURI CLASSES**



Learn the North Indian Bamboo Flute. Weekly group classes and private lessons. Drop in possible at any time.

Infos, demos and the up-to-date schedule at <https://www.the-sound-of-bamboo.com>

Contact Michael: tel 91 505 67003

[mail@the-sound-of-bamboo.com](mailto:mail@the-sound-of-bamboo.com)

**TAIJIQUAN (TAI CHI)**



Learn "Chen Style Taijiquan Practical Method" from disciples of the lineage holder Master Chen Zhonghua. Authentic Chinese Martial Art. Details, Dates & Videos at <https://www.the-taiji-family.com>

Contact Michael & Sarah: tel 91 505 67003 [micha@taiji-shiatsu.de](mailto:micha@taiji-shiatsu.de)

**QIGONG**



Qigong is the "Yoga of China", wholeistic systems to practice and refine the body, our life-energy, the mind and to nourish our soul. Suitable for all ages. Bodywork and Meditation. More Details and Dates at <https://www.the-taiji-family.com>

Contact Michael: tel 91 505 67003

[micha@taiji-shiatsu.de](mailto:micha@taiji-shiatsu.de)

**VEDIC ASTROLOGY**



Consultations using traditional Vedic Astrology to help you get clarity on any issue or area of life. We can meet in person, or online over Zoom if you are not in Auroville. Each session lasts for an hour, so pl plan accordingly.

More details available at [www.allthingsvedic.in](http://www.allthingsvedic.in).

WA 9843948288 or email [vikram@auroville.org.in](mailto:vikram@auroville.org.in) for queries and bookings. Please let me know if you need any other details

Regards, Vikram

**PSYCHIC TAROT CARD READING BY CARMEN**



A tarot card reading helps to Bring Clarity of Mind and washes away negative energy and fills a person's heart and life with positive energy so as to induce him to take risks. Let the cards guide you on your path to gain insights into the past, present or future.

The reading includes predictions, answers to the question, guidance towards the solutions, complete analyses of the situation and suggestions for improving life.

**In person appointment:** you can fix an appointment and come for a visit. **Phone:** If you're unable to travel, phone sessions are available.

**Career, Love, Relationship, Family, Future, Money, Life**

**Contact:** Carmen at 8531017772

**CONSCIOUS CLOTHING**



Upasana believes conscious clothing leads to conscious living. Walk in to Upasana studio to Redesign, recreate, reimagine your vintage Garments/textiles.

Bring your vintage textile – dupatta – sarees – dresses which is your cupboard to redesign, recreate and reimagine with us.

Pls write to us to book time for you 9442982957

Regards, Upasana team.

**ARKA WELLNESS CENTER & MULTIPURPOSE HALL**

\*Covid SOP must be followed.

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
Ayurvedic Marma Massage.	Roberto 7548872194	Monday to Saturday
Orthopedist & Naturopath offering Foot Reflexology & Metamorphic treatment following Haptosynesia.	Alexandre 9500278523	Monday to Saturday
Shiatsu, Thai Yoga Massage, Osteothai, Somatic Body-work.	Marco 8778839827	Monday, Friday & Saturday
Chinese Fire Cupping and Moxibustion Therapy.	Chun 8098900708	Monday to Saturday
Psycho Spiritual Tarot, De-conditioning Self-Inquiry & Inner-Voice Dialogue. Also in French.	Antar-joti 0413-2623767	Monday to Saturday
Ayurvedic Massage, Garshana with wool and silk gloves, Chinese Anmo and Energy Techniques.	Mukta 9655422346	Monday to Saturday

**Classes**

Acro Yoga	Damien 9047722740	Monday to Saturday
Pilates Classes	Teresa 7867998952	Tues & Thurs 7:30-8:30am. Appointment
Iyengar Yoga	Olesya 9159052743	Mon, Wed, Sat 6:30-8:00am Mon, Thurs, Sat 5:00-6:30pm Tue 5:00-6:30pm Regular Students only.

**MATTRAM**

Centre for Psychological Development & Support

We provide consultation with professionals trained in Psychiatry, Clinical Psychology, Neuro/Bio feedback Therapy, Integral Eye Movement Therapy (IEMT), Neuro-linguistic Programming (NLP) therapy etc

**Open Consultation Hour (OCH)**

Walk-in, between 9.00 - 10.00am  
from Monday to Friday

**Therapists (for OCH) as listed below:**

- Monday \_\_\_\_ Saif
- Tuesday \_\_\_\_ Rashmi
- Wednesday \_\_ Palani
- Thursday \_\_\_\_ Gopa
- Friday \_\_\_\_ Chetna

For routine appointments: [mattram@auroville.org.in](mailto:mattram@auroville.org.in)

24/7 support: 9487746051

**IYENGAR YOGA WITH OLESYA AT ARKA HALL**

Mornings: Mon/Wed/Fri 6.30am to 8.00am

Evenings: Mon/Thurs/Sat 5.00pm to 6.30pm

Contribution is required

For more info: WA +91-915-905-2743, Olesya

*Thank you, Olesya.*

**ART WORKSHOP BY CRYSTAL**

Time: Every Thursday afternoon: 2 to 4 pm

Venue: Kalakendra Art Gallery

Automatic Drawing with Ink and Water color expressing your own voice. Contribution required Rs. 220/- per person

*All are welcome, Kalakendra Team, Tapas and Anandi*

**MUSIC COURSES**



1. Musical Aural training/Solfeggio, aims to develop a sense of pitch and rhythm, through individual and group exercises, and thus allow one to translate sounds into and from Musical notation.

2. Harmony, Music Theory & Counterpoint, aims at giving us the tools to understand how different types of music are built, and also help us to create our own musical compositions.

3. Music Composition is where we look at and discuss different topics relevant to composers, and we also look at different compositions, as well as our own pieces, and we create different exercises to help us become more fluent in writing/composing our own music.

These are courses loosely based on international Music Conservatory Programmes as well as musical higher studies, but flexible to our own informal setting, and adapted to suit our different levels.

Open to all. Regular attendance is encouraged.

Limited places. Basic to advanced levels.

For further information, and if interested, please contact Pushkar at [pushkar@auroville.org.in](mailto:pushkar@auroville.org.in)

**MERIDIAN STRETCHES AND CHI GONG**

Energizing and mindfulness for the early risers.

**Qi Gong** - with presence cultivating, balancing and embodying more life force; through movement, static positions, breath and intention to circulate energy

**Meridian Stretches** - 6 (assana like) stretches, a self healing modality to enhance flow in the 12 main meridians; for flexibility, circulation, general health

Some of us have been practicing together over past months and are welcoming anyone interested to join us 2 early mornings per week to join us:

**Svedame, Butterfly Barn,**  
**Tuesdays and Fridays 6.15 to 8am**

A session looks like this:

- Chi gong practice, including warm up (52 min with recorded gong for timing), followed by:
- 2 rounds of Meridian stretches and rest for integration

To allow our neighbors to sleep longer, pls park your motorized vehicle by the gate and walk straight in towards BB.

For additional info you can contact 9786658967

## CHILD PORTRAIT



I (Roof Studio/Auroville Art Service) offer to draw your baby so that you can keep the memory of his/her first smile forever.

My mission is to bring attention to children and their upbringing by my drawing/painting of them. "How to Bring Up a Child?" is an essential question to our society. I do not provide an answer but hope to trigger a public discussion about it. My values are gratitude, humbleness and love.

My work is my impressions of the happy child, not a photo-like picture. I purposely chose smiling kids of an early age as they smile only when they are really happy. I enjoy my work and if you send me a photo of your child between 6 – 18 months of age, I will send you back for free a photo of my work. I will keep the right to exhibit the picture publicly and the copyright to it. I work with full confidentiality – no information about you or your baby will ever be made public. The photo should have some shadows, no flat light please. You could hold your baby so naturally it will be create shadow from the side of you. And a smile needs to be there.

Please contact me on: [ivana.frousova@yahoo.co.uk](mailto:ivana.frousova@yahoo.co.uk)

Love, Ivana

## JIVA - YOUR JOURNEY IN HEALING AND TRANSFORMATION

### "Natural Horsemanship" and "Horse assisted therapy"

Regular classes and therapy sessions with Mirrabelle  
Individual and group sessions ongoingly

**Natural Horsemanship** focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!

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

#### Horse Assisted Therapy

Children and adults alike explore and heal with horses, discover nonverbal communication, rhythm, care and love for centuries. Mirrabelle works with special needs children past 7 years.

Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfils her life`s dream to bring children, adults and horses together in a healing way, in Auroville, Sharnga Guesthouse.

Mirrabelle has studied human and horse psychology , and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care, riding!

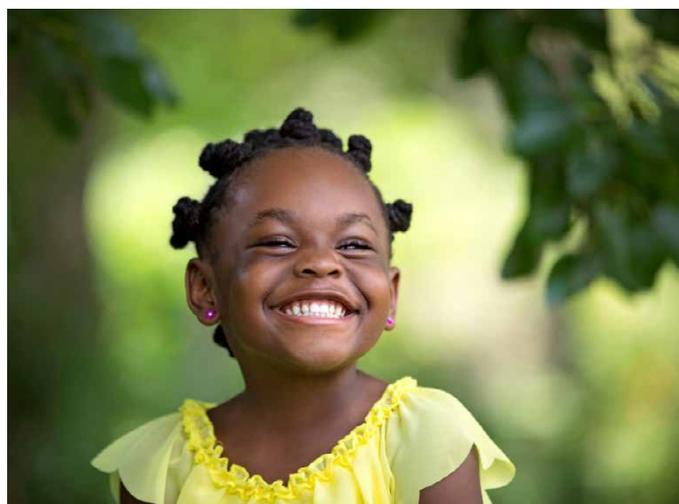
Contact: WA 9626565134, [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)

Venue: Sharnga Guesthouse

### Therapy and Healing by Sami

Samî offers several therapy and healing techniques, a focus is treatment of back pains and joint issues, incl postoperative and improvement of body posture: balancing with Quantum Shiatsu, Healing Touch Massage, different Energyworks, Osteopathic techniques, Physiotherapy, Counseling

Sami`s treatment space is located in Discipline community. Contact [samalin.touch@yahoo.de](mailto:samalin.touch@yahoo.de) WA 09626006961 [contact@auroville-jiva.com](mailto:contact@auroville-jiva.com)



## CHINESE FIRE CUPPING AND MOXIBUSTION THERAPY

**Fire cupping** is an ancient form of therapy of China, in which a local suction is created on the skin by introducing the fire to the inside of the glass or bamboo cups, fire cupping is one of the best deep-tissue therapies.

**Moxibustion** has been used in China, Japan and Korea for thousands of years. Treatment is done by burning a Chinese medicinal herb, called Moxa or Mugwort, over a specific acupuncture point. The radiant heat stimulates the points and spread its potent effect to the whole body along the channels.

Both therapies are based on traditional Chinese meridian system and can release one`s accumulated toxin from deep inside the body, activate one`s blood circulation to dissipate blood stasis as well as improves one`s immune system, with good efficiency in acute and chronic internal organ disorders such as pain, stiffness, fever, chill, cough, wheeze, nausea, etc...

Chun is an Aurovilian from China, a certified physiotherapist, he has been enthusiastic about non-drug therapeutics since early age and experienced in Acupressure, Gua Sha, Fire cupping and Moxibustion therapies.

Chun Xu, [chun@auroville.org.in](mailto:chun@auroville.org.in)

## SOUND JOURNEY

## CINEMA

**MEDITATIONS ON SAVITRI, BOOK 2**

Monday, 6 December 2021, 4pm at Savitri Bhavan.

Duration: 42min.

The Descent Into Night,  
The Paradise Of The Life-Gods,  
...The Heavens Of The Ideal, In The Self Of Mind,  
The World Soul  
And The Kingdoms Of The Greater Knowledge

*Savitri*  
B H A V A N

Even the most sublime levels of Life do not provide the solution to find a Power which enables life on earth to become divine. With a calm mind and detached heart, Aswapati turns his gaze away from the visible face of Nature towards the invisible vastnesses of the infinity from which our universe has been born. **The Descent Into Night** enables him to see the evil lurking at the roots of Life. He becomes aware of a hidden Power which seems to be giving birth to the world and at the same time destroying it. The hidden heart of Night is a spiritless Infinity, denying Truth and wanting to abolish God. There is no Light, no divine Soul there. Carefully guarding the flame of his divine Spirit, Aswapati penetrates to the last locked subconscious's floor, where he finds the secret key of Nature's change. Hell dissolves. Soul lights up the conscious body; Matter and Spirit mingle and become one.

Immediately Aswapati's being is projected into **The Paradise Of The Life-Gods**. Immersed in Light, perpetually divine, free from all adverse circumstances, that world lives in a jewel-rhythm of the laughter of God and universal love. He at last finds calm and heavenly rest and his wounds are healed by the embraces of pure blissful divine Energies.

Entering **The Heavens Of The Ideal**, he is able to move freely through all the kingdoms of the Ideal Mind. He accepts their beauty and their greatness but does not remain in any of them. It is that none is willing to sacrifice its separate identity in order to find its own soul in the world's single soul. He passes towards a diviner sphere where the radiant children of Eternity dwell in the immutable and inviolate Truth, forever united on the wide spiritual height where all are one. That is the goal he is aiming for.

Then journeying **In The Self Of Mind** Aswapati finds himself alone. He feels that he can remain forever in this ultimate Self and ultimate Silence. His soul is at peace, it knows and is one with the cosmic whole.

But by a mysterious sound and hidden call to unforeseen delight, he enters into the realm of **The World Soul**. This is the source of all finite life. Here all is soul or made of sheer soul-stuff. There is revealed to him the sole omnipotent Goddess, the Supreme Mother. As soon as he glimpses her, his spirit is made a vessel of her force. He is overwhelmed with Bliss; his soul emits a cry of adoration and surrender as he falls unconscious at her feet.

On the last step to the supernal birth, in **The Kingdoms Of The Greater Knowledge** Aswapati walks along a narrow edge of extinction and thrills with the presence of the Ineffable. He is able to scan the secrets of the Overmind and bear the rapture of the Oversoul. Living on the borders of the Supramental Empire of the Sun, he links creation to the Eternal's sphere.

*A Panegyry that harmonised all life / Held now existence in its vast control; /*

*A portion of that majesty he was made. (p.300) His will takes up the reins of cosmic Force. He has reached the summit of **The World-Stair**.*

Aswapati's journey and experiences in The Traveller of the Worlds in *Savitri*, from the base of Matter into the unknowable summits of the Spirit, is Sri Aurobindo's own journey and a reflection of his own spiritual labour.

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.

At the [Savitri Bhavan website](#) in *Invocation #50* one can read more about the contents of the Cantos.

**AUROFILM AT MULTI MEDIA CENTRE AUDITORIUM**

(MMC, Town Hall)

**Reminder: Friday 3 December****"TESS"** by Roman Polanski, France – UK, 1979**Friday 10 December 2021, 7.30pm****"PRATIDWANDI"** (The Adversary)

Directed by Satyajit RAY, India, 1970

With: Dhritiman Chatterjee, Asgar Ali, Arabinda Banerjee

**Synopsis:** Satyajit Ray adapted *Pratidwandi* from the novel of the same name by veteran Bengali writer Sunil Gangopadhyay. Siddhartha Chowdhury, a brilliant medical student, is forced to leave his studies after his father's sudden demise. He has to navigate the high unemployment rate and the communist socio-political climate of 1960s Calcutta in search of a job. Siddhartha cannot align himself with either his revolutionary activist brother or his career-oriented sister... This is the first film of Ray's "Calcutta Trilogy". The other two were *Seemabaddha* (Company Limited, 1971) and *Jana Aranya* (The Middle Man, 1975). All the three films study the effect the big city of Calcutta has on the educated youth and the price it extracts from them. The film revealed in his first role the Bengali actor Dhritiman Chatterjee. Like previously with "Nayak", we present "Pratidwandi" in an homage to the great Bengali director, Satyajit Ray, in the year of the Centenary of his birth.

Original Bengali version, with English subtitles

**Duration:** 1h50'

Covid 19, please follow the current SOP.



**CINEMA PARADISO**  
**Multimedia Center (MMC) Auditorium**  
 Film Program  
 6 December 2021 to 12 December 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.

**Please note: though the regulations now allow us to operate in full capacity, being cautious with the new news of rising numbers, we are extending the half occupancy for now. We will keep you informed if those changes.**

**Indian – Monday 6 December, 7:30 pm**  
**BORUNBABUR BONDHU (Friend of Mr Barun)**

India, 2020, Dir. Anik Datta w/ Soumitra Chatterjee, Paran Banerjee, Bidipta Chakraborty, and others, Drama, 124mins, Bengali w/ English subtitles, Rated: NR (PG)

In this beautifully crafted, poignant film - Borun Babu is an octogenarian man is perceived as getting irritable with age. His wife Lolita is bedridden. He is lonely despite having a large family that does its duty towards him but seldom takes care. His only companion for expressing his thoughts is his school friend, Sukumar. But then something happens – and suddenly everyone is interested in him. Why? *It is a gem of a film where the audience gets pulled into the realism which is both local and global. This is one of the last five films of the recently deceased veteran poet-actor Soumitra Chatterjee. A film to watch!*

**Interesting – Wednesday 8 December, 7:30 pm**  
**MICROBIOTE, LES FABULEUX POUVOIRS DU VENTRE**  
**(Microbiota: the fabulous powers of the belly)**

France, 2019, Writer-Dir. Sylvie Gilman & Thierry de Lestrade w/ Sylvie Gillman, Jessica R. Allergretti, Martin Blaser, and others, Documentary, 59mins, French w/ English subtitles, Rated: NR(PG)

Lurking in the depths of our guts, 100,000 billion micro-organisms contribute to the health of the organism that shelters them - us. These bacteria, phages and fungi are transmitted at birth and are called microbiota, or intestinal flora. Now it is the key topic of thousands of researchers around the world. Why? Not only are the microbes that make up the microbiota essential to our well-being, but they are also opening up a new therapeutic field. Find out more. This film is shared with us by the French Pavilion.

**International – Saturday, 11 December, 7:30 pm**  
**THE ART OF A SELF-DEFENSE**

USA, 2019, Dir. Riley Stearns, w/ Jesse Eisenberg, Alessandro Nivola, Imogen Poots, Comedy-Action, English-French w/ English subtitles, 104 mins, Rated: PG-13

After he's attacked on the street at night by a roving motorcycle gang, timid bookkeeper Casey joins a neighborhood karate studio to learn how to protect himself. Under the watchful eye of a charismatic instructor, Sensei and hardcore brown belt Anna. Casey gains a newfound sense of confidence for the first time in his life. But when he attends Sensei's mysterious night classes, he discovers a sinister world of fraternity, brutality and hyper-masculinity, presenting a journey that places him squarely in the sights of his enigmatic new mentor.

**Children's Matinee - Sunday, 12 December, 4:30 pm**  
**THE ADDAMS FAMILY 2**

USA, 2021, Dir. Greg Tiernan w/ Oscar Isaac, Charlize Theron, Chloë Grace Moretz and others, Animation, 93mins, English w/English subtitles, Rated: PG

The Addams get tangled up in more wacky adventures and find themselves involved in hilarious run-ins with all sorts of unsuspecting characters. Sequel to the 2019 animated film, 'The Addams Family'.

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

For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in). We appreciate your continued support. Please 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](mailto:mmcauditorium@auroville.org.in)

**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.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to [newsandnotes@auroville.org.in](mailto:newsandnotes@auroville.org.in).
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a "Reply" to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- 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

**ACCESSIBLE AUROVILLE PUBLIC BUS**



BEYOND THE STEP !

 <b>Auroville TO PONDICHERRY</b>				
	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 / Kulilapalayam	7:20	9:54	14:41	17:24
Handy Market (ECR Junction)	7:24	9:59	14:46	17:29
Quiet Healing Center – Junction	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
Ashram Dinning Hall	7:45	10:20	15:05	17:55

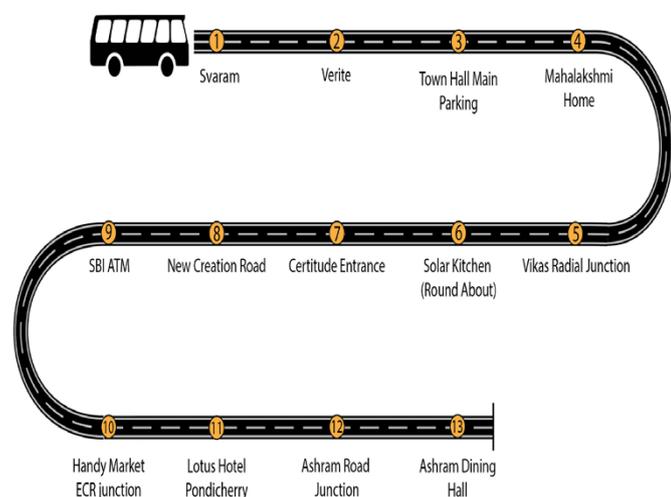
 <b>Pondicherry TO AUROVILLE</b>				
	Trip 1	Trip 2	Trip 3	Trip 4
Ashram Dinning Hall	8:00	13:00	15:30	18:10
Ashram Road Junction	8:02	13:02	15:32	18:14
Lotus Hotel, SV Patel Road	8:06	13:06	15:36	18:18
Quiet Healing Center – Junction	8:18	13:18	15:48	18:30
Handy Market (ECR Junction)	8:21	13:21	15:51	18:33
SBI Bank / Kulilapalayam	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](mailto:avbus@auroville.org.in)

**Phone:** +91 94430 74825



**EMERGENCY SERVICES**

**Ambulance (24/7):**

Auroville – 9442224680

PIMS – 0413 2656271

**Security (24/7):**

Auroville Safety & Security Team – 9443090107

Auroville Police Station – 0413 2677318

Kottakuppam Police Station – 0413 2236148

Vanur Fire Station – 0413 2677368

**Health**

Health Center – 0413 2622123

Santé – 0413 2622803 / 0413 2623937

Farewell – 8903836246

**India Emergency Response Service (24/7)**

108