

News & Notes

#916 A weekly bulletin for residents of Auroville 3 April 2022



Regular Events
April 2022

Pranic energy is the life of creatures; for that is said to be the universal principle of Life.

Taittiriya Upanishad

The Ponder Corner

It is self-evident that Life in the plant, even if otherwise organized than in the animal, is yet the same power, marked by birth and growth and death propagation by the seed, death by decay or malady or violence, maintenance by in drawing of nourishing elements from without, dependence on light and heat, productiveness and sterility, even states of sleep and waking, energy and depression of life-dynamism, passage from infancy to maturity and age; the plant contains, moreover, the essences of the force of life

Life Divine – Life – Sri Aurobindo

Contents

THE PONDER CORNER	1	Looking For	11
HOUSE OF MOTHER'S AGENDA	4	Looking for a second hand motorbike	11
TOWNHALL SPEAKS	5	Needs a Classic Guitar	11
Matrimandir Executive Team Confirmed	5	Looking for a Home	11
Open call to Deselection of Working Group members Taskforce	5	Needs a Harmonium	11
From The Entry Service – ES # 127	5	Work Opportunities	11
RA Meeting to Discuss a Proposal and Proceed to a Decision-Making:	6	HR Hub Initiative	11
Tentative Agenda	6	DTP/Graphic designer	11
Reference Documents		Facilitator needed: Toddler Group at TLC	11
And Background Information	6	Gau Seva at Sadhana Forest!	11
COMMUNITY NEWS	6	Help Needed	12
Auroville Matters	6	Update on Neem Dieback and Perspectives	12
The Auroville Crown Dreamweaving Final Presentation	6	You can help by	12
Dreamweaving the Auroville Crown 2022: Community Survey	6	La Piscine Needs Your Help	12
Awakening Spirit	7	Foods, Goods and Services	12
Meditation with Savitri read by Mother to Sunil's music.	7	Probiotics House: Time Changes	12
Namah Sti Aravindaya	7	The Aura Network Update	12
Bharat Nivas: Bhavishyate	7	Auromode Hive Open House	13
For Your Information	7	Latest News from the Travel Shop	13
Deepanam School STEAM Fest 22	7	Removal of commercial flight restriction in India effective 27 Mar 2022	13
Full Moon Gathering	7	Important notice	13
Fundraising Consultancy for Auroville projects	7	VOICES AND NOTES	13
Health	8	Please Reconsider	13
Time To Summernate	8	The Manipulations of the Resident's Assembly (RA)	14
With the food	8	Poetry: Becoming a Newcomer	14
Avoid	8	The Hot Season	14
Routine to favour	8	Auroville Radio	14
Cooling plants for the summer	8	Last published podcasts	14
Santé Services in April 2022	9	Last Youtube live videos	14
Thank You	9	Poetea	15
Adishakti Festival: Thanking you	9	Poetry: The Rending of the Veil	15
The Arts	9	Classes, Workshops, Healing Arts & Regular Events	15
Savitri Bhavan	9	Swimming Classes with Mani	15
Classical Carnatic	9	Center for Research Education Experience in the Visual Arts	15
Brief Profile Of Kalamamani Dr. Arimalam S. Padmanabhan.	9	Birthday Comes Soon	16
Live Music Night	10	Sound chakras healing	16
Is This The End?	10	Transformational Yoga Workshop	16
Life Music with the Trio	10	Vibrational Sound Bath:	
Solitude Farm:		Relax – Retune – Recharge	16
Live Music & Localicious Dinner	10	Weekly Weed Walk	16
Joyous Joyous Journey	11	Savitri Bhavan Regular Activities	16
		Holistic: Healing and Consciousness	17
		About the Ashtanga Yoga classes	17
		Schedule: April 2022	17

Workshop on Mudra-Chi led by Anandi _____	17
Facial, Pedicures and More _____	17
Vérité Intensives _____	17
Yoga Therapy For Back Pain With Bijou _____	17
Speaking From The Heart – Non-Violent Communication With Vega _____	17
Somatic Movement Workshop – Feel & Move Better! With Maggie _____	18
Freedom From Fear With Dr. Sehdev _____	18
Vipassana Meditation Refresher Course With Archana Sekhar _____	18
Introduction To Vipassana Meditation & Short Anapana Practice With Archana Sekhar _____	18
Vérité Programs April 2022 _____	18
Drop-in Sessions _____	18
Intensives (pre-registration required) _____	18
Therapies (by appointment only) _____	18
JIVA _____	19
Dynamic QiGong with Andres _____	19
Natural Horsemanship _____	19
Past and present life _____	19
Explore your mind _____	19
Journey of the Soul, 4 April, 10am – 2pm _____	19
Quiet Healing Center _____	19
Woga (Yoga in Water) Classes with Maggie _____	19
KaHuna Massage Training with Claudia & Sang _____	20
Residential Retreat: Liquid Flow Essence with Dariya & Daniel _____	20
Birenda Massage Course with Jean-Louis & Sivacoumar _____	20
Arka Wellness Center & Multipurpose Hall _____	20
Treatments _____	20
Classes _____	20
News From Auroville Language Lab _____	21
COVID 19 Prevention _____	21
Tomatis _____	21
New Language Courses In April _____	21
ALL: Schedule Of Classes as of 28.03.2022 _____	22
Cinema _____	22
Sri Aurobindo's Uttarpara Speech _____	22
Savitri Bhavan April 2022 _____	23
Eco Film Club _____	23
Schedule of Events: _____	23
The Great Bee And What To Do _____	23
Joan of Arc, Odin and the Renaissance _____	23
Aurofilm Presents _____	23
Friday, 1 April, "The Seventh Seal" _____	23
Friday 8 April, "Copying Beethoven" _____	23
Cinema Paradiso _____	24
Auroville Film Festival Screening _____	24

D R E A M W E A V I N G



THE AUROVILLE CROWN

FINAL PRESENTATION

At
Sri Aurobindo Auditorium
Bharat Nivas

Exhibition opening
2nd April Saturday at 3pm
Presentation from 4-6:30pm
with open ended Q&A

Anchored by Dream Weaving &
Citizens' Assembly team
The exhibition will
remain open
Sunday & Monday 9am-6pm

Accessible Auroville Public Bus _____	25
Emergency Services _____	25
Important Information About News & Notes _____	25



House of Mother's Agenda

"In fifty years the whole world, all the receptive section of humanity (I am not saying intellectual, I am saying receptive), all the receptive section of the world will be embraced – not "embraced": ABSORBED in the power of Sri Aurobindo's thought.

Those who already are have the good fortune of being the first ones, that's all."

— The Mother, Agenda 16 February 1972 (+ 50 years = 2022)

February 3, 1962

(continued from last week)

Mother: Besides, if you remember the beginning of Savitri (I read it only recently, I hadn't known it), in the second canto, speaking of Savitri, he says she has come (he puts it poetically, of course!) to (laughing) kick out all the rules – all the taboos, the rules, the fixed laws, all the closed doors, all the impossibilities – to undo it all.

I went one better; I didn't even know the rules so I didn't need to fight them! All I had to do was ignore them, so they didn't exist – that was even better. But now I have first to undo and then redo – a sheer waste of time.

In the lower mind there was a whole world of difficulties I was unaware of. In the vital I knew, because I'd had to do battle there – which was fine with me! Just imagine, this time I have been given a warrior as my vital being. A magnificent warrior, neither male nor female, and as tall as this room (About 15 feet high) – he is splendid. I was so happy when I first saw him. "Well," I thought, "that's worth my while!" Yes, there are battles galore there!

Oh, by the way, how are your nights, mon petit? Because I have put you in my warrior's hands, you see.

Satprem: Better. More conscious, anyway. **Mother:** Good!

Satprem: Inwardly, I haven't felt too great, so I don't get the full benefit, but my nights are more conscious."

Mother: It's he who made me remember; I have put you in his care.

Satprem: I'm glad. I can see that my consciousness is steadier. I feel clearly that something is helping me to be conscious.... (In fact, without knowing anything, Satprem had sensed a kind of warrior, very luminous and white, reminding him of the god Kartik, son of the Universal Mother, armed with a spear. Later, Mother said that her vital being was a "diamond-warrior.") Where I go isn't so interesting, but that will change, I expect.

Mother: The point is to become conscious of one's activities and master of one's actions. That's the thing.

So, mon petit, have you brought anything? I am so lazy! Did you bring a question?

Satprem: I haven't really found a question.... (Satprem reads the following aphorism.)

71 – A thought is an arrow shot at the truth; it can hit a point, but not cover the whole target. But the archer is too well satisfied with his success to ask anything farther.

Mother: But that's obvious! So obvious (to us). **Satprem:** Yes, but how do you cover the whole target?

Mother: Stop being an archer! The image is lovely. It's perfect for people who imagine they have found Truth. It's a good thing to tell those who think they have found the truth... simply because they've managed to touch one point. Yet how many times have we said that that's not enough!

Satprem: One might ask this: the day one is able to take in the whole target, in other words to know all viewpoints and the usefulness of each thing, then, seeing that everything is useful and has its place, how can one act? Doesn't action require one to be somehow exclusive or combative?

Mother: Well, so long as there are conflicting thoughts....

Did you ever hear the story of the philosopher who lived in the South of France? I don't recall his name, a very well-known man. He was a professor at Montpellier University and lived nearby. And there were several roads leading to his house. This man would leave the university and come to the crossing where all those roads branched out, all eventually leading to his house, one this way, one that way, one from this side.... So he himself used to explain how every day he would stop there at the crossroads and deliberate, "Which one shall I take?" Each had its advantages and disadvantages. So all this would go through his head, the advantages and disadvantages and this and that, and he would waste half an hour choosing which road to take home!

He gave this as an example of thought's inadequacy for action: if you begin to think, you can't act.

This analogy is very apt down here on this plane, but for the higher realms it doesn't apply – up there it's just the opposite! As long as you remain the archer, touching one point, that's how it is; all intelligence below is like that, seeing all sorts of possibilities, so it can't make a choice and act. To see the whole target, the all-inclusive Truth, you must cross to the other side. And when you do, what you see is not the sum of countless truths, an innumerable quantity of truths added together and viewed one after another, making it impossible to grasp the whole at a glance; when you go above, it's the whole you see first, AT A GLANCE, in its entirety, without division. So there is no longer any choice to be made; it's a vision: THAT is to be done. The choice is no longer between this and that, it doesn't work that way any more. Things are no longer seen in succession, one after another; there is rather a simultaneous vision of a whole that exists as a unit. The choice is simply a vision.

As long as you're not in that state, you can't see the whole. The whole can't be seen successively, by adding one truth to another; this is precisely what the mind does, and why it is incapable of seeing the whole. It can't do it. The mind will always see things in succession, by addition, but that's not IT, something will always elude you – the very sense of truth will elude you.

Only when you have a simultaneous, global perception of the whole as a unit can you see truth in its entirety.

Then, action is no longer a choice subject to error, correction, discussion, but the clear vision of what must be done. And this vision is infallible. (silence)

But your question leads us elsewhere.... Won't this do for you! (Mother laughs.)

Satprem: Yes, yes!

(to be continued next week)

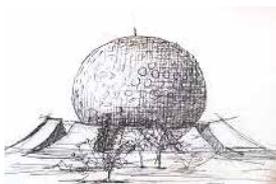
Volume 3. 1962:
Agenda of the Supramental Action Upon Earth

http://sri-aurobindo.in/workings/ma/agenda_03/1962-02-03-01_e.htm

Townhall Speaks

MATRIMANDIR EXECUTIVE TEAM CONFIRMED

Dear community, As you may recall a Selection Committee was formed in September 2021 to oversee the open call for a new Matrimandir executive team. You can review the process in these AuroNet articles (each article would have been in the News & Notes as well):



- 23 September 2021 "[Call for Applicants for a new Matrimandir executive team](#)"
- 14 October 2021 "[Matrimandir executive selection – requesting community feedback on applicants](#)"
- 27 November 2021 "[New Matrimandir Executives](#)"

As part of the review process, on 17 March 2022 the Matrimandir team presented their proposed 4- year work plan to the committee. The committee also met with a few of the Matrimandir coordinators who requested to meet.

On 19 March the committee reviewed the work plan material and coordinator inputs and agreed on a proposal.

On 26 March the committee met with the team to talk about the executive term, the work plan, etc... The team left the meeting and the committee further deliberated on the best way forward. It was agreed to confirm the new executive team for a period of 4 years from 1 April 2022 to 31 March 2026: Antoine C. (Sunship), Divya K. (Madhuca), John H. (MM Nursery), Judith R. (Sunship), and Sundar K. (Aspiration). We recommend that a review of the work plan is done annually. The review will be convened by the FAMC with inputs from both the Working Committee, and the Auroville Council.

It is expected that the executive team will present the proposed 4-year plan to the community as well.

Please join us in congratulating the new team and let's give them our full support in their service to the community.

Regards, Auroville Council:
Ganesh, Meenal, SaiSuresh, & Shiva;
FAMC: Amy, Angelo, & Marc;
Working Committee: Anu, Partha, & Srimoyi

OPEN CALL TO DESELECTION OF WORKING GROUP MEMBERS TASKFORCE

Dear Community, in the current RAD process held by the Selection Process Review Task Force (SPRTF) some important feedback has surfaced that wants to be considered and potentially incorporated into the PWG document. As the SPRTF have not wanted to take this up, we would like to form a task force that will incorporate the additional feedback.

The major feedback received that may or may not be incorporated is:

- The suggestion to have a clause on deselection of working group (WG) members in the PWG.
- Amendment in the PWG document in regard to ATDC selection.
- Attendance guidelines for WG members.
- Maximum number of part time members for a group.
- Elaborating on the training of WG members.

Please write to us if you're interested by Wednesday the 6th. The Council will then choose 7 members with the intention of forming a skilled and balanced team. Remaining candidates will be held in reserve in case of resignations.

Kind regards, Auroville Council
Balaji, Claudine, Ganesh K. Meenal,
Sai Suresh, Suryan, Shivaya, and Shiva

FROM THE ENTRY SERVICE - ES # 127

Dated: 02-04-2022

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

NEWCOMER ANNOUNCED:



Eesha Kavi-
 yarasu Sarbani Sharon

- Eesha THAKER (Indian) staying in Citadines and working at Matrimandir
- Kaviyarasu DEAVARASU (Indian) staying in Terrasoul farm and working at Solar Kitchen and Terrasoul Farm
- Sarbani GANGULI (Indian) staying in Auromodele and working at Mitra hostel & Matrimandir
- Sharon SUNSHINE (USA) staying in Angiras Garden and working at Pitanga, LEC & Isaiambalam

AUROVILIAN ANNOUNCED:

- Ishay BOTBOL (British) staying in Soffio and working at The Banyan & Aurogames
- Fakeera MOHAN LAL VERMA (Indian) staying in Soffio and working at Matram



Ishay Fakeera

AUROVILIAN CONFIRMED:

- Chloe TADIOTTO (French)
- Shanmugapriya KUMAR (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 Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

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

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

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

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

Yours,
The Entry Service

Community News

AUROVILLE MATTERS

THE AUROVILLE CROWN DREAMWEAVING FINAL PRESENTATION

- At Sri Aurobindo Auditorium, Bharat Nivas
- Exhibition opening 2 April, Saturday at 3pm
- Presentation from 4-6:30pm with open ended Q&A
- Anchored by Dream Weaving & Citizens' Assembly team The exhibition will remain open Sunday & Monday 9am-6pm

D R E A M W E A V I N G



THE AUROVILLE CROWN

FINAL PRESENTATION

At
Sri Aurobindo Auditorium
Bharat Nivas

Exhibition opening
2nd April Saturday at 3pm
Presentation from 4-6:30pm
with open ended Q&A

Anchored by Dream Weaving &
Citizens' Assembly team
The exhibition will
remain open
Sunday & Monday 9am-6pm



Dreamweaving the Auroville Crown 2022: Community Survey

Saturday, April 2 from 4-6:30pm in Bharat Nivas

Dear Community, we hope you have been following the Dreamweaving process for the Auroville Crown and will join us for the final presentation, to be held this Saturday, April 2 from 4-6:30pm in Bharat Nivas.

We will be sharing an overview of the process, the design outputs, the participants' evaluation (of both the process and the design elements), as well as reflections from both participants and organizers, and the Vastu Shilpa Consultants.

This event will be livestreamed.

Following this presentation, we invite the whole community to participate in a short survey for us to understand how you perceived the process, design outputs, and participant evaluation of Dreamweaving the Auroville Crown 2022. The survey results will be included in the final report, as the Auroville community's evaluation of this process and its outcomes.

This survey is [accessible online here](#).

It will run from **Sunday, April 3 to Sunday, April 10**. We hope you will take part in this community evaluation!

*With dedication,
The Citizens' Assembly and Dreamweaving Teams*

RA MEETING TO DISCUSS A PROPOSAL AND PROCEED TO A DECISION-MAKING:

**"Vote of No Confidence in and a New Selection of the
Current Working Committee..."**

Dear Residents, the Residents' Assembly Service invites you to a Residents' Assembly Meeting (RAM) to discuss a proposal of a group of concerned residents (petitioners) to "Vote of no confidence in / call for a new selection of the current Working Committee team, given their failure to 'assist' and 'represent' the Residents' Assembly as stated in their mandate". This proposal has been submitted in December 2021 and validated by RAS. It will be put out to the community for a decision, following the due process as envisioned by the RAD policy 2021. The event is going to be held by RAS on



**Monday, April 4,
4:00 – 6:30pm
Unity Pavilion**

Tentative Agenda

- Welcome & Introduction
- Overview RAD Process
- Intention, Agenda and Ground rules
- Presentation of Proposals/Perspectives
- Enriching the picture/Open floor for sharing
- Next steps
- Closing

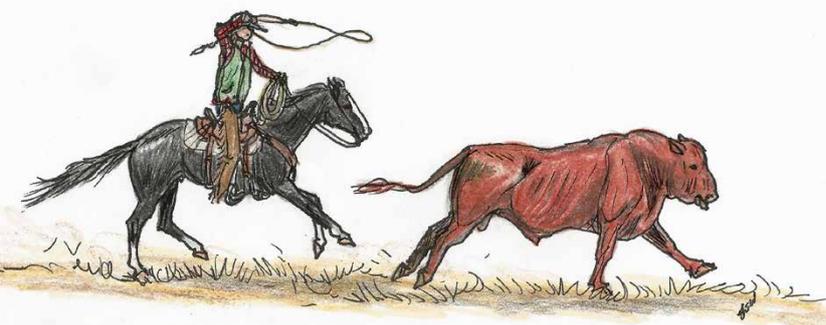
The meeting will be live streamed by Auroville Radio and the access links will be shared.

We look forward to seeing you there

Reference Documents And Background Information

- Clarification: What is an RAD, RAM, RAS ([in English](#), [French](#) and [Tamil](#))
- RAD policy (in [English](#), [French](#) and [Tamil](#))
- About the RAD on the Working Committee (by Petitioners Coordinators) (in [English](#), [Tamil](#) and [French](#))
- WCom short overview (by Petitioners Coordinators) (in [English](#), [French](#) and [Tamil](#))
- [Statement by 4 WCom members](#)
- Background material (by Petitioners Coordinators) (in [English](#), [Tamil](#) and [French](#))

*For The Residents' Assembly Service,
Dan, Giovanni P, Sathish A, Tatiana S, Verena H*



AWAKENING SPIRIT

MEDITATION WITH SAVITRI READ BY MOTHER TO SUNIL'S MUSIC.

6 to 6:30pm, Amphitheatre – Matrimandir



Every Thursday at Sunset.
We follow the sun and the timing changes with the season... Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

Reminder to all:

- The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.
- We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.
- Dear Guests, please carry your Guest Card with you.
- Access only for the Amphitheatre from 5:45pm.

Thank you,
Surya & Amphitheatre Team

NAMAH STI ARAVINDAYA

Warm regards,
Geeta (Kalpana) and Yogini (Kalpana), for Arpanaa

BHARAT NIVAS: BHAVISHYATE

Monday, 4 April, 5 – 6pm, Bhumika Hall

Journal Release by Dr. Astel Patel
Writer: Deepti Tewari, Layout: Christine Devin
Printing: The Auroville Press

FOR YOUR INFORMATION

DEEPANAM SCHOOL STEAM FEST 22

Saturday, 2 April, 9am to 12noon
Venue: Deepanam School

Deepanam School invites you to STEAM Fest 22 on 2 April, a fun day dedicated to Science, Technology, Engineering, Art, and Mathematics



On display will be some projects the students of Peace, Grace, Faith and Hope groups have done over the year and a little maker space where kids and adults of all ages can play and build a house of cards, bridges, towers, fly planes, etc. Do come and explore with your family and friends!

Deepanam School, Near Solar Kitchen
Deepanam@auroville.org.in
Tel: +91(0)413 262 2450,
Mob: +91 8903298051

FULL MOON GATHERING



Saturday, April 16, 7:15-8:15pm
In front of Sri Aurobindo's statue.

FUNDRAISING CONSULTANCY FOR AUROVILLE PROJECTS

7 April, 11am, Saiier Conference Hall



Dear community, you are invited to join the presentation given by 7 Auroville Farms: their challenges, successes and projects. There will be presentations of innovative food processing as well, and some more surprises.

Fundraising consultancy for Auroville projects, an AV service unit,

<https://fundraising-aurovilleprojects.com/>

HEALTH

TIME TO SUMMERNATE

Ayurveda healthy tips



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our pitta dosha – the subtle fire that controls metabolism and transformation – can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing the heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow of the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food:

As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- **Favorable taste:** Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- **Proteins:** mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- **Cereals for energy:** jasmine rice, barley, oats, millet (fermented ragi)
- **Vegetables:** pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- **Fruits:** amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- **Beverages:** buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk with a pinch of sugar), electrolyte (1tsp lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- **Lipids:** ghee, olive or sunflower or coconut oil
- **Spices:** cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron)

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...

- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm)

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, Aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains

Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenative fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni – Centella asiatica leaves:** rejuvenative and tonic for brain and nerves
- **Pudina – Mint leaves:** herbal tea or dishes
- **Radha consciousness – Clitoria Ternata flowers:** herbal tea or juice
- **Sarsaparilla – Nannari syrup:** soothing Pitta
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for women to harmonize hormones
- **Vetiver roots:** for bathing
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract

Wishing you a beautiful summer

Berengere (Be) @ Santé Clinic

SN 916 - 3 April 2022

SANTÉ SERVICES IN APRIL 2022



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 12:00pm.

No sample collection on Saturday.

For emergencies

Auroville ambulance (24/7): Phone+91 94422 24680

Government ambulance (24/7): Phone: 108

Appointment

Please call Santé on (0413) 2622803 during working hours for an appointment	
Doctor consults with Dr. Brian, Dr. Senthil & Dr. Prabha, Daily	Nursing Care, Ezhil & Thilagam, Daily (No appointment necessary)
Acupuncture with Andres, Monday, Tuesday, Wednesday, Friday, Saturday	Ayurveda with Dr. Berengere & Dr. Sonia, Monday/Wednesday/ Thursday/ Friday
Homoeopathy with Michael, Monday/Wednesday/ Friday	Integrative Psychotherapy with Juan Andres, Monday/Tuesday/ Wednesday/ Friday
Midwifery & Family counselling with Monique, Tuesday	Pregnancy Care & Women's Wellness with Paula, Tuesday & Wednesday
Paediatric Physiotherapy with Swati, Monday & Wednesday	Physiotherapy with Osnat (TOS from 01/04 onwards)
Physiotherapy and Massage with Galina, Monday – Friday	Physiotherapy with Rebeca, (TOS from 01/01 onwards)

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

THANK YOU

ADISHAKTI FESTIVAL: THANKING YOU



The 4 day Adishakti Festival went off very well. I convey my gratitude to all those who have made this festival possible by their financial, in kind and moral support.

I thank Bharat Nivas for their backing and valuable help. Thank you to the Auditorium's technical team for their invaluable support, especially until very late at night, assisting the Adishakti team to prepare lights for the next evening's performance.

Thank you to Auroville Art Service for helping with the fundraising effort and for the publicity.

I thank the community for their presence at the performances.

The Adishakti team is happy and grateful to have had the opportunity to hold this festival and would like to bring their future productions to the Sri Aurobindo Auditorium. They love the space and the Auroville audience.

Thank you everyone, Joy

THE ARTS

SAVITRI BHAVAN

Exhibitions, April 2022

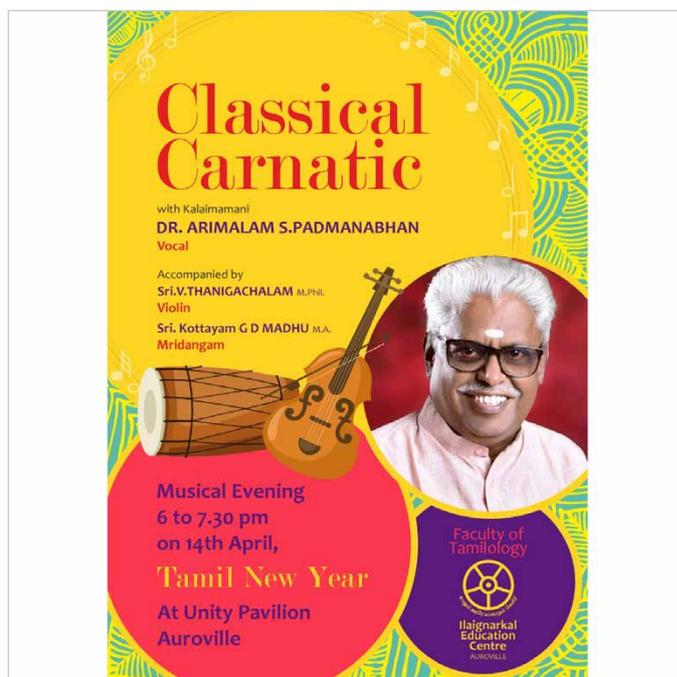
- **Meditations on Savitri:** The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
- **Glimpses of the Mother:** Photographs and texts in the Square Hall
- **Sri Aurobindo:** a life sketch in photographs in the upper corridor



CLASSICAL CARNATIC

Musical Evening

6 to 7:30pm, 14 April, Tamil New Year
Unity Pavilion, Auroville



With Kalaimamani Dr. Arimalam S. padmanabhan Vocal
Accompanied by Sri.V.Thanigachalam M.Phil. Violin Sri. Kottayam G D Madhu M.A. Mridangam
Faculty of Tamilology
சேயாலம் Ilaigarkal Education Center

Brief Profile Of Kalamamani Dr. Arimalam S. Padmanabhan.

Kalaimamani Dr. Arimalam S. Padmanabhan, a former fellow of the Central Institute of Classical Tamil (MHRD. Government of India) is essentially a Musicologist, Carnatic Vocalist, Music Composer, Folklorist and Orator. He was born at Arimalam village of Chettinad in S.India. He hails from a family rooted in hereditary carnatic musical tradition.

Besides, he is an enthusiastic academic of 40 years standing. As a persistent researcher, he has been contributing immensely in the fields of Classical Music, Dance, Theatre Studies, Folk Arts and classical Tamil Literature. His well-researched and eminently readable five books on Sri Sankaradas Swamigal, the doyen of traditional Tamil theatre and father of Tamil Theatre are considered innovative studies.

"Isai Tamil Kalaichol Agarathi" (A Dictionary of Tamil Music Technical terms) is yet another milestone publication and the first Dictionary of its kind.

A recipient of several Awards, he has been honoured with the titles "Tamil Mamani" and Kalaimamani by the Government of Puducherry. Eastern University Sri Lanka and SRM University, Chennai have also honoured him with Awards.

LIVE MUSIC NIGHT

Cafeteria Visitors Centre, Small stage
Sunday, 3 April, 7pm

Come and enjoy the Cafeteria International menu!

IS THIS THE END?

By Surya Performance Lab, Auroville. A theatrical, choreographically, musical performance inspired by a poem by Sri Aurobindo.

After the great success of the performances at Sri Aurobindo Auditorium Surya Performance Lab, Auroville is now invited by The Festival French Rendez-vous. We are happy to invite you to our performances:



- Monday, 4 April, 7pm at Alliance Française de Pondicherry
- Wednesday, 6 April, 9pm at India Nostrum, Pondicherry
- Saturday, 9 April, 8pm at Alliance Française de Chennai
- Free entrance

We are telling the story of a young couple. A man and a woman who are facing a world in crisis and transition. They are migrants and they have to cross chaos and violence. They carry in their bodies the memory of the suffering planet, and also the urgency of a new breath, of freedom, of a vastness.

Direction and choreography: Philippe Pelen

Assistant director: Thierry Moucazambo

Performers: Thierry Moucazambo, Gopal Dalami, Huong Pham

Musical composition: Zan David

Light design: Melodie

"Inspiring performance on Sri Aurobindo's poem. Much needed work of theatre to everyone on the Earth."

**Rajaravivarma, Head of Dpt. Performing art
Pondicherry University**

LIFE MUSIC WITH THE TRIO

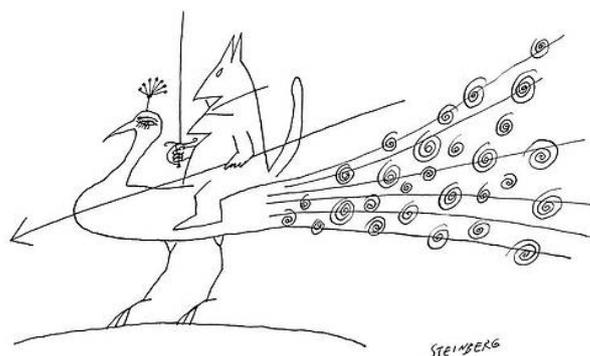
**SOLITUDE FARM:
LIVE MUSIC & LOCALICIOUS DINNER**

Krishna McKenzie, 9843319260

Solitude Farm Cafe

www.krishnamckenzie.com

<https://www.youtube.com/user/emergencemusic>



JOYOUS JOYOUS JOURNEY

Saturday, April 9, 4pm mingle and mix
4:15pm the journey begins
at Pavilion of Tibetan Culture, International Zone

Needs a Harmonium

Looking for a harmonium to continue our music practice. In case you have one to lend/sell please contact on 9626206083.



Thanks, Puneet

Stories Pavilion of Tibetan Culture & MeDiClown Academy invites you to
A COLOURING STORYBOOK LAUNCH
JUMPA'S JOYOUS JOURNEY
FOR A YOUTH THAT NEVER AGES
Fun Magic
Music
Laughter
Sat Apr 9th 4.00 PM
Pavilion of Tibetan Culture
www.mediclowncademy.org

WORK OPPORTUNITIES

HR HUB INITIATIVE



HR Hub 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.

DTP/Graphic designer

A Studio is looking for a Graphic designer. You will need to be able to prepare reports and presentations related to the work including creating cover pages, formatting, etc. Good computer skills are a requirement, with experience in working with Word and other tools used for formatting. You will need to be able to work in a cross-functional, team environment. Written and spoken English is required; Tamil is always a plus. The position is open for a full time or a part time.

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 hr_hub@aurville.org.in

FACILITATOR NEEDED: TODDLER GROUP AT TLC

We are a group of parents looking for someone to help create and run a toddler group five mornings a week as part of Base Camp, TLC (The Learning Community). Our group has been running for about a year and we are now looking to deepen the work and create a programme based on the principles of integral education.

Whoever fills this role will take the lead in developing and running the group – initiative, creativity and organizational skills are important. Prior experience is preferable however not necessary – if you have a desire to research and learn, a playful spirit and enjoy growing alongside children and adults please feel free to contact us.

We have a rotating roster so you will work with a parent each morning. This position requires a part-time presence and additional time for programming and planning. Financial support can be provided.

For any information, please contact Lauren at lauren@ecofemme.org or +91 8489205607.

GAU SEVA AT SADHANA FOREST!



Your heartfelt service is needed at the Sadhana Forest Gaushala! You are most welcome to join us on any day from 6am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking.

If you would like to contact us:

sadhanaforest@aurville.org.in,

WA 8525038274 or call 8122274924.

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

LOOKING FOR

Looking for a second hand motorbike



Looking for a second hand motorbike, preferably more recent models from 2016 onwards. License plate must be preferably from Tamil Nadu. Please call or WA +91 9739725871, or email acancalata@tutanota.com.

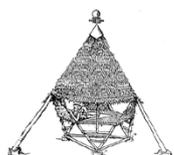
acancalata@tutanota.com. Thanks in advance, Pedro

Needs a Classic Guitar

Wanted to borrow/gift/buy. Classic guitar, (full size) needed for guitar lessons. Please call 9159198534 or email amylata@aurville.org.in. Love, Amy L.

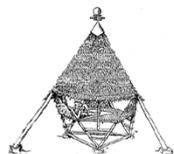


Looking for a Home



My name is Pedro, from Portugal, and I'm a long term volunteer from SAVI in Auroville, in Auro Orchard. I'm looking for a House Sitting in the Auroville community. Please contact + 91 973972587 or acancalata@tutanota.com or WA +91 9739725871. Thanks in advance, Pedro.

Looking for a Home



Hello beautiful people, this is Mar. I have been in Auroville for almost 2 years and I am looking for a house sitting opportunity somewhere between May and September for a short or more longish term. I really don't mind if it is just even for a week. I would highly appreciate any leads, info, recommendation or kind help anyone can offer.

Please contact me at +91 8525848963. Love, Marinna

HELP NEEDED

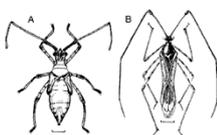
UPDATE ON NEEM DIEBACK AND PERSPECTIVES



Yes, neem trees lose their leaves every year, sometimes multiple times. But if a tree ends up with dead leaves up in the tree, there is a problem due to an external factor. Yes, this disease has been around for some time and some neem trees

recover from it. Why do I think this is an issue now? Because we have had successive drought years and a very wet year which are both detrimental for neems. The succession of detrimental events is the usual course for the death of a tree. Unlike us, they are not programmed to die. So, if a tree is affected by a disease, it is then more susceptible to other diseases. What we are doing is making neem trees more resistant to this disease and improving growing conditions in general for them and all surrounding vegetation. [Article about one of the strains of Bacillus](#) that we are using. And finally, yes, there are dead neems around.

To give an idea of what could be affected, Geomatics have recorded [over 3000 neem trees](#) (click on "vegetation" and then "neem") when surveying about half of Auroville (not including the "greenbelt") so there are probably around 6000 just within this area.



Here is what has been achieved, regarding treatment, so far (I am only involved in some of this):

- Town hall, 23 trees
- Transition School, started a few trees
- Evergreen, 50+ trees (with TLC kids and others)
- Espace, started a few trees
- Certitude road, 20 trees
- Certitude, starting and goal is 200 trees
- Sanjana, 6 trees
- Kalpana, 24 trees
- Minati, 6+ trees
- Ami, 8 trees
- Botanical Gardens 20+ trees

If you want to help, please get in touch.

You can help by:

- Coming in person to apply treatment on **Tuesday mornings from 8:30** (contact to confirm location)
- Learning the application method and doing it wherever
- Spreading the info
- Getting others to do it
- Contributing financially (it costs about RS50 per tree just for the materials and we are all doing this for free)

I am happy to come by and explain, show, teach (can be part of a school project). Please let me know if you do somewhere so we can record it (to later check if it works as intended. If you want to be involved in this aspect, that is also possible)

Thanks, Island

7598102616, island@auroville.org.in

LA PISCINE NEEDS YOUR HELP



Dear community, La Piscine is the main Auroville community swimming pool serving adults and families, and hosting the Auroville school swimming classes. The pool has been operating for 18 years and is an essential community service. Until March 2020, on an average day the pool hosted around 150 people.

Currently, the pool is facing some major technical issues and needs help from the community. In 2021 the pool started leaking 15,000 liters of water per day. We discovered that the original plumbing pipes for the inlet jets were cracking like eggshells! The repair work involves breaking the deck to dig a trench around the whole circumference of the pool in order to access and replace the old plumbing. The pump room will need to be modified and extended in order to easily access the new connections to the whole recirculating system. There are also other repairs that must be attended to after 18 years of use.



We are writing to ask if you would be able to make a contribution to support Auroville's pool. We have managed to raise 45% of the amount needed for the repairs, but we need to raise another 12 lakhs in order to complete the job.

Contributions can be deposited directly into La Piscine account 102362. The description should be mentioned as Contribution for Repairs. Your support would be deeply appreciated by the La Piscine team and all the swimmers in the community, and especially by the schools and the children.

If you would like more information, please contact Lila or Clare by email or phone.

Thank you for considering this, and we are looking forward to seeing you all back at the pool.

Sincerely, Clare and Lila for La Piscine.

clare@auroville.org.in, 94433 56562

lila@auroville.org.in, 94433 62187

FOODS, GOODS AND SERVICES

TIME CHANGES

Dear Friends, We are changing our timing for public attention in our place located in Reve.

Therefore, the new timing is:

- Open every day Monday to Saturday from 9:30am to 5pm.
- We close for lunch from 12:30 to 1:30pm.



Thank you for your understanding.

Mgecoduties – Probiotics House Team

THE AURA NETWORK UPDATE

Weekly 3pm tea times on Wednesdays



We have begun our weekly 3pm tea times on Wednesdays at the new Aura Kitchen in Sve Dame in Volker's place.

For Aura related discussions and any help or inquiries about the app, come by. Welcome!

Love, The Aura Team

www.auranetwork.app

AUROMODE HIVE OPEN HOUSE

Saturday, 2 April, from 10am to 5pm

Auromode Hive would like to invite you to an Open House on Saturday, 2 April, from 10am to 5pm. We will have free internet! All are welcome to try out our coworking space, Free of Charge!!!



For more details regarding our Plans check out our catalog at our WA Business No. 70921 97375

Auromode Hive Team

LATEST NEWS FROM THE TRAVEL SHOP

Our Travel Consultant Mr. Ganesh is available at our Kalpana office for issuing, rescheduling for all kind of ticketing Bus, Train, Flights and travel insurance which includes a **Covid 19 Cover**: This policy covers Medical Expenses arising out of Covid-19 outside India, including Medical Expenses incurred during Quarantine period subject to the policy terms and conditions. Accommodation and non-medical incidental expenses arising during Quarantine period stand excluded.



Contact:

One can meet him from 10:00 to 16:00 by phone 2623030 or/ and by WA even after office timings: +91 9894598686, by e-mail: travelshop@auroville.org.in. All payments (including Credit / Debit cards use) should be routed via the Financial Service.

Removal of commercial flight restriction in India effective 27 Mar 2022:

- **LOT Polish airline** has flight from New Delhi (DEL) starting from 30 March 2022 with three weekly flight, and five weekly flights effective 01 May 2022.
- **Sri Lankan Airlines** will be resuming its commercial operations to and from India with enhanced frequencies from 09 Indian Cities. Accordingly, our customers will have the opportunity to visit Sri Lanka and beyond with our convenient connections. SriLankan Airlines will be operating to/from Delhi, Mumbai, Hyderabad, Bangalore, Chennai, Trichy, Madurai, Cochin and Trivandrum connecting our valued customers to Australia, Europe, Japan, Korea, Asia, Middle East and Africa.
 - **Australia** – Melbourne and Sydney
 - **Europe** – London, Frankfurt, Paris and Moscow
 - **Japan & Korea** – Narita and Seoul

- **Asia** – Singapore, Bangkok, Kuala Lumpur, Jakarta, Canton, Shanghai, Male, Gan Island, Dhaka, Kathmandu, Karachi and Lahore
- **Middle East** – Riyadh, Dammam, Dubai, Abu Dhabi, Muscat, Bahrain, Kuwait, Doha
- **Africa** – Seychelles

Important notice:

Most counties require a Passenger Location Form (PLF) to be filed online before traveling which has to include a negative PCR test result.

Voices and Notes

PLEASE RECONSIDER

Dear members of the Auroville Council and the RAS, I have always considered that the role that both the AVCouncil and the RAS had to play was to understand and represent all residents, help the community make well-considered and conscious decisions about the ultimate goals of Auroville, unify as much as possible and work to bring positions closer together and harmonize all towards the growth of Auroville.

However, these last few weeks seem like a crazy and pointless race, very populist but poorly thought out, towards what could endanger the future of Auroville. That's why I urge you to reconsider your latest hurried steps towards what I sadly find a hopeless confrontation.

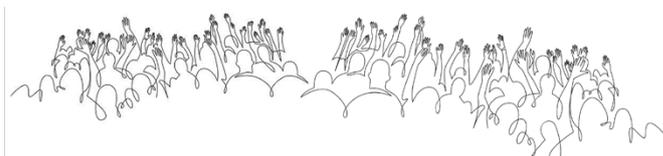
Both groups seem confident in acting following the **votes made by 300 people, of the 2600 adults that inhabit Auroville**. And based on the election of those 300 people and **completely ignoring as if they did not exist the great silent majority of 2300 people**, you believe you are sufficiently backed up to organize the RADs proposed.

Do you really think that by kicking out the members of the Working Committee and the ATDC and electing some new ones who agree to come into crude conflict with the Auroville Foundation Secretary and the Governing Board of Auroville and ultimately against the Government of India, you are doing a great favor to Auroville, its future and its residents? **What will be the gain?**

I recommend that you make a pause in that false democratic impetus of vociferous minorities and reflect together with the great silent majority, opening tables of conversation and understanding, and leave aside the confrontational spirit that makes no sense in this era.

If you truly feel giving a service to Auroville, to its ultimate ideals, please consider all residents and even future residents who are scattered around the world and expect Auroville to create space for them. Act responsibly and sensibly, with peace in the heart and intelligence and long-term vision. Stop being the instruments of irrationality and division. I trust with all my heart that Mother gives you the clarity and serenity necessary to do your work well for Auroville.

Warmest Regards, Anandi



THE MANIPULATIONS OF THE RESIDENT'S ASSEMBLY (RA)

A Resident Assembly (RA) is an organizational set up structured to organize the participation of the maximum number of people of that organization. Under no circumstance the normal participation expected in this kind of organization is to be less than 50% of the people called to deliberate any decision that affects the RA. Any percentage of participation lower than this means that we are not dealing with a genuine and fully representative RA and it is a failure. Now, we can observe that under our present regulations, the minimum quorum requested to validate any decision has been drawn down to a 10% of the total RA population. That is in fact the average level of participation of the Auroville residents in these "assemblies". Sometimes the percentage does become a bit higher, when decisions dealing with certain highly emotional cases or issues, and at other times, the RA service goes overboard and coaxes residents by reminding us to vote as in some decisions the RA voting does not reach the 10%. This is a consistent fact of the matter. And the same trend has been observed happening over the last years.

Another important observation is that under this policy its supporters have not paid any interest and it has never carried out any study to find out what the reasons are for the non-participation of 90% of the population of Auroville. What has been happening consistently is that if 90% do not participate and the remaining 10% is divided between two opinions, what we have been able to observe is that the percentages varied between 6-4% depending on each case under discussion. This is its most negative aspect, this present policy allows to a small group of people to present themselves as the "majority of Auroville" and to speak on the name of Auroville. And this has been done many times.

In front of this ground reality, the first conclusion we must arrive at is that we are calling the "Resident Assembly" to be a kind of organization that is not a proper RA. The name is very impressive and we are trying to legitimize some decisions under this name but we are deceiving others outside and to ourselves as well. Only on decisions with a participation of more than 50% of residents we could speak of a proper RA. The matter is of crucial importance because the Residents Assembly is a feature that appears officially in the "Auroville Foundation act", that regulates our internal functioning.

The concluding observation is that the present RA system is a failure from two points of view, the ideal and the functional. It should be reviewed as soon as possible because it has no legitimacy in its present formulation and it is affecting in a negative way our community decisions and our credibility at many levels.

Joseba, 24.03.2022

BECOMING A NEWCOMER

*Slowly sitting inside the Chamber
Feeling each other through silent vibration*

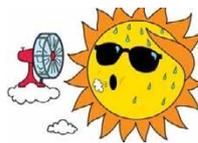
*I'm a joyful child
Now living a life I wanted
Grateful for this time and space*

ニューカマーになった
ゆっくりとチェンバーの中に腰を沈め
静けさの共振のなかでお互いを感じる

わたしは悦びに満ちた子ども
いま理想の日々を生きている
頂いた時間と空間にありがとう

Etsuko Shanti

THE HOT SEASON



The hot season has started and one can see the vegetation drying up. In the interiors of India there are already reports of birds dying of heat stroke since they cannot find water. Here in Auroville the cattle population increases year by year and thanks to all the building and urbanization there is less grazing land year after year. Many animals are tied up on one foot long ropes for the entire day in the scorching sun with not much water and sometimes not much food. Animals can be seen grazing on paper cartons and plastic bags, and of course all this garbage comes back to us through the milk that we take from them.

What can you do?

- Place water bowls for animals and birds wherever possible.
- Save banana, papaya and other fruit skins for the stray cattle. Raw vegetable waste can be collected and kept in baskets for them
- Avoid being part of the exploitation of animals by learning more about vegan
- Watch [this fabulous award winning film](#) to learn more.

Dr Nandita Shah, 0413 2622637

Author of *Reversing Diabetes in 21 Days*

www.sharan-india.org

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

- [Meeting with participants of Auroville's inauguration 1968](#) (City Life)
- [Savitri, B. XI, C. I, Part 6](#) (Integral Yoga)
- [Soul Tracks – Se.3 Ep. 18 "Shaken and Stirred"](#) (Music)
- [Aarohan – ep.47](#) (Finale "1960") (Music)
- [Mantra Yoga and Sri Aurobindo – A talk by Sri Sampadananda Mishra](#) (Sri Aurobindo – Advent of a new being)
- [Interview with André Schoene and Bhakti Mills](#) (Performing Arts)
- [Marlenka's Weekly Offering – ep.49](#) (Integral Yoga)
- [Une série hebdomadaire de lectures par Gangalakshmi – 390](#) (Integral Yoga)
- [The Life of Sri Aurobindo in Tamil-Ep.10](#) (Sri Aurobindo) "[ஸ்ரீ அரவிந்தரின் வாழ்க்கை வரலாறு](#)"
- [Tamil Express – lesson 4](#) (Tamil Language)

Last Youtube live videos

- [Residents' Assembly Meeting – Selection Process Proposal](#) (City Life)

Please help us to relocate the radio!

Donate to F.A. number 251369

...and more! on www.aurovillerradio.org

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

Peace and Love

POETEA

Cows never hurry
Walk or milk
∞
Two pairs of eyes
Lock gazes
∞
"Will you come in?
Or shall I get out?"
∞
I ask the cow
Across gate and fence
∞
I chase cows out of fence
And welcome them into my heart
∞
Piles of cow dung
Excretions of the past
Abundant compost
For a new dawn
∞
A herd of cows
On the road
∞
Time to slow down
And snail the way back home
Amid bodies of light and might
Anandi Zhang



In this evolving eternal Now
In this Supramental Age
With many co-selves
Breaking out
From the mental cage
Experimenting on new ways
For our Psychic rebirth,
Not anymore an animal birth,
But the direct awakening
Of our cells and atoms instead.
Soon on Earth
A Life Divine.
Om Namō Bhagavate
Zech, 27.03.2022

**CLASSES, WORKSHOPS, HEALING ARTS
& REGULAR EVENTS**

SWIMMING CLASSES WITH MANI

THE RENDING OF THE VEIL

Thus the illusion
Of separation,
The false mental projection
That one is separate
From the play of opposites,
Is what one sees after
The rending of the veil,
The Veil that is
The Ignorance
Born from mind.
"Neti neti"
I am not this nor that
Is only the first stage
Of realisation
That you are That:
Tat Tvam Asi.
When you come back
Laughing out loud
To your own play,
This then you can say:
"Iti iti"
I am this and that,
Aham Brahmasmi,
However still self-limited
In The Great Cosmic Game
You have initiated.
And Your Divine Play
Continues on unabated
Where We find
Our Ones without seconds

**CENTER FOR RESEARCH EDUCATION EXPERIENCE
IN THE VISUAL ARTS**

Art class and sessions for April and May 2022.

Confirm your presence with us at least a day before the class.

- Watercolour Painting Class by Sathya. Monday 5:30 – 7:30pm.
- Explore Colour Or Drawing by Audrey. Wednesday 9:30 – 11:30am.
- Life Drawing Session. Friday 9:30 – 11:30am.
- Clay Sculpture by Sangaraparanan (9047722987) Saturday 2 – 3:30pm.



"Open Studio" is the space for those who thirst to explore inner creativity!

Contact for more information:

- Audrey 9489408358,
- Sathya 9080371145.
- creeva@auroville.org.in

Warmly, Sathya

BIRTHDAY COMES SOON

Potluck on Sunday at Terrasoul from 12noon to 3-4pm
Bonfire & Jam at Lotus Garden on Monday evening



Hello kind beings, this is Mar. My birthday is coming soon and, although I usually don't celebrate it much, because I would probably leave for a while, kind of soonish, I would love to celebrate with whoever feels like joining me.

Will probably have a potluck reunion for lunch on Sunday at Terrasoul from 12noon to 3-4pm and a bonfire at Lotus Garden on Monday evening and, if people come, there might be some jamming. The most important thing is your presence.

On a side note, I am giving Thai massages on a contribution basis. If you are interested please send me a message at 8525848963. Otherwise I would appreciate it if you can just spread the word too. Enjoy every day you have.

Mariana

SOUND CHAKRAS HEALING

Guided vibrational journey using (chakras mantras, Tibetan bowls and tuning forks) to help to reduce stress, anxiety, depression, stimulating the natural cellular healing process, re-balancing the emotions & reconnecting with your true essence.



Individual session, couple or small group (max 4 people) **on Request.** Please contact me for an Appointment :)

Lakshmi 8489764602 or lakshmiprem369@gmail.com

Under Synthesis activity of ASSA trust

TRANSFORMATIONAL YOGA WORKSHOP

5 days: Monday, 4 – Friday, 8 April, 9am – 10:30am

Hello dear Friends, come and join this Intensive workshop to purify the mind, body, emotions and prana. We will practice asanas along with Pranayama, Raja & Mantra yoga and Meditation. Designed for those who want to work on the self-discovering & inner Progress

You will learn:

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



Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga teachings. Transformational Yoga is an innovative and highly effective yogic system, which synthesizes techniques of Hatha, Raja, Mantra, and Kundalini Yoga to bring about rapid transformation within the mind, body and spirit. Powerful, yet gentle, everyone can reap the benefits of this purifying yoga practice.

For registration please contact Lakshmi

Lakshmiprem369@gmail.com or 8489764602

Under Synthesis activity of ASSA

Thank you, Lakshmi

VIBRATIONAL SOUND BATH: RELAX – RETUNE – RECHARGE



Experience deep interiorisation, tranquility and self-healing invoked by harmonious resonating sounds of the unique musical instrument from Russia. Silent listening to the play of deep tones and resonances induces a meditative state of quietness in the mind, peace in the heart and happy relaxation in the body. Base frequencies of the Russian Singing bells create space for deep psychological experience and help to reset the whole system to its original equilibrium, bringing the feeling of completeness, centering and integration.

- Duration 1h30.
- Monday, Tuesday, Wednesday, Thursday, Friday, Sunday 3pm, Saturday 11am and 2pm.
- Limited number of participants. **Please Register** in advance: phone/WA/Telegram 9489147202, 948624 7202

WEEKLY WEED WALK



SAVITRI BHAVAN REGULAR ACTIVITIES

Savitri
B H A V A N

- **Sundays 10:30 – 12noon:** 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
- **Thursdays 5 – 6:30pm:** Introduction to 'Hymns to Mystic Fire' by Sri Aurobindo led by Nishtha
- **Fridays 3 – 4pm:** Readings of the Mother's commentary on Dhammapada led by Dr.Jai Singh
- **Saturdays 3 – 4pm:** Introduction to Integral Yoga, led by Ashesh Joshi
- **Saturdays 4 – 5.15pm:** Satsang, led by Ashesh Joshi
- **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

HOLISTIC: HEALING AND CONSCIOUSNESS



About the Ashtanga Yoga classes

Join us for the new batch of the Ashtanga yoga classes, Mysore style For three weeks and learn all the tools you need; deepen & expand your practice, starting on 28 March

Registration

You need to register & make the payment upfront.

Contact for registrations & more information

+91 9489805493 or christine@auroville-holistic.com

Timing

- On **Mondays, Wednesdays and Thursdays** classes will start at **6:30am**. Be in the shala 10 min before for your first time.
- On **Saturdays** classes will be at **7am**
- Conference with questions answers on **Saturdays at 10:00am**



Benefits you can expect

Beginners as intermediate or advanced students are welcome and will get benefit from these classes

It will help you to go deeper in your practice for students who already practice ashtanga and get more understanding about it. For beginners, you will learn the beginning of the primary series and will be able to go on with a personal practice.

Prerequisite

The classes are For students interested to learn the science of Yoga and understand the all system as taught by Krishnamacharya and by Sharath Jois from Patthabis Jois institute. Our purpose is to teach as the tradition wanted and to help each student to understand the discipline and rules, and their benefits.

Ashtanga yoga includes 8 limbs: and every student while practicing the Asanas must be aware about Yama and Nyama. Our teaching is to help each student through the study and understanding of the system to overcome their fear, to increase their equanimity and to be able to purify their body.

Venue Holistic Studio, Kulilapalayam- Opposite Blue basket supermarket, Orange building, 1st Floor.

- **Bring your own mat + one towel**

Schedule: April 2022



- **Ashtanga Yoga Classes, Mysore style, with Christine P.** Everyday From Monday to Saturday at 7:30am

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, last 2h: Hypnosis, healing purpose / regression.
- **Workshop: De-stress your mind with Scientific Sound & meditation.** Tuesday & Thursday at 4pm, Saturday & Sunday at 11am. Last 1h15 min. For the purpose of deep relaxation.
- **Reiki Session** with Mradul, on appointment .
- **Health & Life Coaching** with Christine P., on appointment. Improve work performance & qualities. Goal setting, relationship issues, etc. Healing purpose.

- **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/Systemic Therapy.

- 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 wants to enhance his (or her) relationships, 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 the 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.

- **Mindful Meditation** on Mondays & Wednesdays at 5pm

WORKSHOP ON MUDRA-CHI LED BY ANANDI



Saturday, April 30, at 4:30pm

FACIAL, PEDICURES AND MORE



We would like to offer the following services for Aurovilians & Newcomers with a small contribution.

- Facial, Pedicure and manicure, Waxing, Hair Cut, Bridal Makeup, Hair coloring.
- And also offering classes: Embroidery, Kolam, Wooden earring painting, Glass Painting.

Please support us and don't hesitate to contact us: WA 9514062291 or 8098782233.

Regards, Valli



VÉRITÉ INTENSIVES

Phone: +91413 2622045, 2622606, Mobile: 7867805812

programming@verite.in, www.verite.in
treatments@verite.in

Registration required for the following intensives

Yoga Therapy For Back Pain With Bijou

Friday, 8 April, from 9:30am to 12noon

A complete physio session through yogic movements and holds, aimed at helping to correct spine and core imbalances, and to ease upper-mid-lower back pain and shoulder & neck stiffness.

Speaking From The Heart – Non-Violent Communication With Vega

Friday & Saturday, 8 & 9 April, from 9:30am to 1:30pm

Learn the basics and principles of Non-violent Communication, a practice that helps to restore

Connection to and communication from the heart, which is our nature.

Somatic Movement Workshop – Feel & Move Better! With Maggie

Saturday, 9 April, from 9:30am to 5pm

Learn how to release tension in your body and a daily practice to improve flexibility, coordination, balance, and wellness, resulting in a decrease of aches and pains commonly attributed to stress, injury and ageing. Somatics allows you to move through life with more comfort, so you can enjoy the activities you love to do. (Side effect: you may become happier!) Somatics enhances any kind of exercise such as a yoga, dance or sport and will improve your performance. Somatics is a system of gentle, mindful movements based on neuroscience and accessible to all.

Freedom From Fear With Dr. Sehdev

Saturday, 9 April, from 2 to 4:30pm

Fear has an apocalyptic power; it can sap all energy, and make everything inert and lifeless.

- Fear of Losing Face
- Fear of Loneliness
- Fear of Love & Intimacy
- Fear of Failure

How can one live with full intensity and with all ebbs and tides, without knowing what fears freeze the mighty river of one's life?

Vipassana Meditation Refresher Course With Archana Sekhar

Sunday, 10 April, from 8am to 12:30pm

Half day Vipassana Meditation course – for experienced students (those who have done at least one ten-day Vipassana course as taught by SN Goenka). Kindly register at dhamma@auroville.org.in

Introduction To Vipassana Meditation & Short Anapana Practice With Archana Sekhar

Sunday, 10 April, from 4 to 5:30pm

Introductory session on Physical and Mental health through Vipassana Meditation. Also learn the first step of Vipassana Meditation in a practice session. Kindly register at dhamma@auroville.org.in



VÉRITÉ PROGRAMS APRIL 2022

Phone: +91413 2622045, 2622606,
Mobile: 7867805812

programming@verite.in, www.verite.in

Yoga & Re-creation Programs

Social distancing practiced in all programs

Drop-in Sessions

Days	Drop-in Sessions	Timings	Pre-senters
Mondays	Hatha Yoga: Sun & Moon	8 to 9:20am	Tahir
Mondays	Yin Yoga	5 to 6pm	Bijou
Mondays	Vocal Yoga (starts 11 April)	5 to 6pm	Ludmi
Tuesdays	Chandra Flow Hatha Yoga	8 to 9:30am	Sabrina
Tuesdays	Chandra Flow Hatha Yoga	5 to 6:30pm	Sabrina

Days	Drop-in Sessions	Timings	Pre-senters
Wednesdays	Wellness Wednesday	11am to 12noon	Maggie
Wednesdays	Yoga Nidra	3 to 4 pm	Bijou
Wednesdays	Somatic Explorations	5 to 6:15pm	Maggie
Thursdays	Chandra Flow Hatha Yoga	9 to 10:30am	Sabrina
Thursdays	Chandra Flow Hatha Yoga (Focus on Back)	5 to 6:30pm	Sabrina
Fridays	Vinyasa Flow Yoga (no class 29 April)	5 to 6:20pm	Tahir
Fridays	Yoga Asana – Create Some Space (starts 8 April)	5 to 6:15pm	Sheida
Saturdays	Ecstatic Dance: Conscious Movement	5 to 6:40pm	Tahir

Intensives (pre-registration required)

Day & Date	Intensives (pre-registration required)	Timings	Pre-senters
Friday, 1 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday – Sunday, 1-3 April	Self Love & Awareness: Inner Journey – Meditation Retreat	9:30am to 4:30pm	Ananda
Friday, 8 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday & Saturday, 8 & 9 April	Speaking from the Heart – Non Violent Communication	9:30am to 1:30pm	Vega & Edo
Saturday, 9 April	Somatic Movement Intensive: Feel & Move Better	9:30am to 5pm	Maggie
Saturday, 9 April	Freedom from Fear	2 to 4:30pm	Dr. Sehdev
Sunday, 10 April	Vipassana Meditation Refresher Course (For experienced students who have completed at least one 10-day course as taught by SN Goenka.)	8am to 12:30pm	Archana Sekhar
Sunday, 10 April	Introduction to Vipassana meditation and short Anapana practice	4 to 5:30pm	Archana Sekhar
Friday, 15 April	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12noon	Bijou
Saturday, 16 April	Yoga of Forgiveness	2 to 4:30pm	Dr. Sehdev
Friday, 22 April	Yoga Therapy for Back Pain	9:30 to 12noon	Bijou
Friday, 29 April	Introduction to Hatha Yoga and Yoga Nidra	9:30 to 12noon	Bijou

Therapies (by appointment only)

Heart-Centered Resilience	Susan
Yoga Therapy for Inguinal Hernia	Bijou

JIVA



JIVA – your journey in healing and transformation
www.auroville-jiva.com, WA 9626006961
contact@auroville-jiva.com, [Facebook](#), [Youtube](#)

We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaijiQuan, Energy work, Fast-ing Natural Horsemanship, Horse Assisted Therapy, Medical Clowning, Yoga Nidra, Gentle Birth & Peggancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

Dynamic QiGong with Andres

- Tuesday, Thursday, Saturday
7-8am, Gaia Frisbee field behind Kalabhumi



Natural Horsemanship

- Individual and group sessions ongoingly

Mirrabelle offers webinars, classes and workshops in Natural Horsemanship. 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 it’s just fun time to BE with a sensitive, naturally trained horse!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 and therapy!

Contact: WA 9626565134, contact@auroville-jiva.com

Past and present life

Session in integral regression therapy with Sigrid Lindemann



Explore and transform past imprints to live centered in your present moment. Unsolved questions and repeated behaviour, as well as unexplainable affinities may point to early childhood memories or past life experiences being active in your space today.

If you are ready for change, take off on a vision journey diving into the your experience and find healing with deep release and re- evaluation of conclusions, and get to the wisdom of NOW.

Yes, its possible – through your own inner journey, with skilled yet unobtrusive facilitation.

Sigrid Lindemann, faculty and practice of “integral regression therapy” and hypnotherapy, trained in transpersonal regressiontherapy (tasso.ekaa.in), trauma therapy, and faculty in classical homeopathy “Sensation Method”

Explore your mind

- 3-day workshop in hypnotherapy
- 8,9,10 April

“The answers you seek never come when the mind is busy, they only come when it is still” What is hypnosis? How do the right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax!Meditate with ease! Expand your therapeutic toolbox!



Apply Selfhypnosis Workshop combining experiential learning and “Theory of the Mind ”Certified course from EKAA www.ekaa.co.in

- 8 April, Friday 4 – 7pm,
- 9 & 10 April, Saturday, Sunday 9- 5pm
- at Sharnga Guesthouse Yogahall

Trainer: Sigrid Lindemann Certified Faculty in Hypnotherapy, Regression Therapy and Classical homeopathy, Germany and Auroville

Venue: Sharnga Guesthouse Yogahall, www.sharngaguesthouse.in

Journey of the Soul, 4 April, 10am – 2pm

- Venue: Sharnga Guest House Yogahall

A 1 day workshop to explore the “Layers of the heart”, an inner journey described by the Mother, and more recently by Soleil Lithman, a long term associate of Auroville. After a short Intro, we will follow a guided meditation . This workshop is an opening toward the dimensions of inner work proposed by The Mother. A workshop for all.



Facilitator Sigrid Lindemann, an Aurovilian researcher for over 20 years, international faculty in integral regression therapy. contact@auroville-jiva.com

YEP

- We do offer adventure camps with kids programs, <https://www.facebook.com/YEPAV> parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

QUIET HEALING CENTER



www.quiethealingcenter.info/quiet@auroville.org.in
 +91 413 2622329/+91 9488084966, 9488079871

Woga (Yoga in Water) Classes with Maggie Monday 4, 18 & 25 April 2022, 4 – 5:30pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C).

The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

No previous experience required (also no need to be able to swim)!

KaHuna Massage Training with Claudia & Sang

- **Basic Course:** Wednesday 6 – Sunday 10 April, 50 hours
- **Intermediate Course:** Wednesday 13 – Sunday 17 April, 50 hours
- **8am – 8pm** (lunch & snacks included)

KaHuna is an ancient massage technique, which originated in the South Pacific. KaHuna body workers use their hands, as extension of the heart, as well as forearms and elbows in long fluid strokes, while performing traditional dance steps. Dance work or hula movements, combined with the breath work of the practitioner are also important and form an integral aspect of KaHuna. The movements are important to assist the energy flow both within the practitioner and the recipient.

The training consists of two 5-day courses during which you'll learn the magic of KaHuna in the beautiful surroundings of the Quiet Healing Center. The basic course includes Meditation and Yoga, Chantings and Prayers, Huna philosophy, traditional Hula dance steps, and lots and lots of massages.

The intermediate course is a continuation of KaHuna Basic. We'll focus on new techniques such as Polynesian floor work, under-body work, deepening of the Huna philosophy, and much more.

You can attend only the basic course, if you are not able to join both!

Residential Retreat: Liquid Flow Essence with Dariya & Daniel

Friday 8 – Thursday 14 April

Starts on first day at 8:45am and ends on last day at 6pm

Prerequisite: Watsu Basic & OBA/Liquid Flow Basic

Liquid Flow is an aquatic bodywork modality given in a warm water pool (ideally 35°C). Developed at the Quiet Healing Center, Liquid Flow is inspired and based on the forms and qualities of Watsu, OBA, Healing Dance, and WaterDance.

This intense course with the main Liquid Flow sequence is for students of different aquatic bodywork modalities, who wish to dive deeper into their practice. In combination with practices on land, you will experience the profound effects of this powerful, yet softening, water work.

Liquid Flow Essence is the favorite elective of many students. Inspired by different aquatic bodywork modalities, it offers a wonderful new sequence of essential mobilization possibilities in a flow with ease and continuity. Together with a deepening presence and unconditional holding, this course improves your therapeutic work and leads towards the essence of any aquatic bodywork: being deeply in touch with one's essence, and experiencing a sense of timelessness and connection to ALL.

To make it an even deeper experience, this course is exceptionally offered as a **residential retreat**, so that all participants will stay on the premises without needing to leave the center during those 7 days.

Birenda Massage Course with Jean-Louis & Sivacoumar

Thursday 21 – Sunday 24 April & Saturday 30 April – Sunday 1 May, 36 hours

9.00 am – 5.00 pm (lunch included)

Birenda massage is a soft and profound wellness therapy, which leads the client into a state of deep relaxation in which the body is fully felt and experienced. At the same time, it provides an inner journey within oneself during which energy blockages and tensions are revealed, so that they can be recognized, released and transformed.

Birenda, a Bengali with 50 years of experience, developed this massage therapy and transmitted his unique approach to Jean-Louis in person. Jean-Louis, who has been offering Birenda Massage over the past 25 years, has committed himself since several years to teaching this innovative body

treatment to both beginners and experienced therapists in India and abroad. Sivacoumar has been working as a Birenda massage therapist for the past three years. During this period, he was personally trained by Jean-Louis to become a Birenda massage instructor and co-teaches this course together with him.

The course consists of 3 sections of 2 days each: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms, abdomen and front of the body. You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.

You'll receive a manual with detailed instructions – both in text and color pictures – for practice on family members and friends. A certificate is provided upon completion of the full course.

quiet@auroville.org.in

+91 9488084966, 9488079871

ARKA WELLNESS CENTER & MULTIPURPOSE HALL
Regular activities, April 2022



Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, by appointment 9943410987	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage.	Silvana, by appointment 9047654157	Monday to Saturday
Ayurvedic Massage	Roberto, 393803614902, 8489202450	Monday to Friday
Holistic Reflexology, Full body Massage.	Meha, by appointment, 9443635114	Monday to Saturday
Orthopaedist & Naturopath offering Foot Reflexology & Metamorphic treatment following Haptosynesia.	Alexandre, 9500278523	Monday to Saturday
Shiatsu, Thai Yoga Massage, OsteoThai, Somatic Bodywork.	Marco, 8778839827	Monday to Sunday
Chinese Fire Cupping and Moxibustion Therapy	Chun, 8098900708	Monday to Saturday
Tarot, Oracles and Akashic Records Reading	Valentina, 9791719387, +393462258049 (WA)	Monday to Friday, Morning
Ayurvedic Massage, Garshana with wool and silk gloves, Chinese Anmo and Energy Techniques	Mukta, 9655422346	Monday to Saturday

Classes

Classes	With Whom	When
Acro Yoga	Damien- 9047722740	Monday to Saturday
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30-8:30am. Wednesday 4:15pm Friday 5:30pm, Appointment.
Iyengar yoga	Olesya, 9159052743	Monday, Friday, Saturday, 6:30-8am. Monday, Thursday, Saturday, 5-6:30pm.

**NEWS FROM
AUROVILLE LANGUAGE LAB**



COVID 19 Prevention

When you access the Language Lab, please observe the following actions:

- Please take your temperature and sign the Covid tracking book
- Clean your hands with Sanitizer
- Wear a mask
- Maintain social distance

Please remember to put your mobile phones on flight mode and switch off all wireless and bluetooth devices before you enter the lab, since it is a wireless-free space

Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 4036922 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations

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 Language Courses In April

Spanish With Mila

Start Date: 18 March 2022

Class Days: Tuesdays and Fridays

Timings: 02:30pm – 03:30pm

This 3-month Spanish Course is meant to those students who attended the beginner course based on the book "Madrigal's Magic Key to Spanish: A Creative & Proven Approach", a number one book to learn Spanish in USA – Until chapter 15.

Or those students who have a basic knowledge of Spanish Vocabulary and know past and future tenses. Our teacher Mila, will continue to follow the above-mentioned book.

During the 3-month course, teacher will extend the following contents:

- Listening & reading skills,
- Extensive vocabulary (more than 1000 Spanish words) that derives from English by simple rules,
- How to create verbs from nouns, learning a large set of Spanish verbs,

- Verb conjugations for past, present & future tenses for regular verbs,
- Adverbs, adjectives, & formation of sentences,
- To write and speak using all the material learnt

A New Beginner Hindi Course With Vatsla In April Every Saturday, 10am to 12pm, for 3 months.

Happy to announce that, after the great feedback from the first beginner group of students, we are going to start a new group for Beginner Hindi on 23rd April 2022 with Vatsla.

In this 3-month course, the content is:

- Building confidence in conversation
- Introduction to grammar
- Reciting poems
- Playing Antakshari
- Singing & relishing the beauty of the Hindi language

Italian Elementary Level With Davide From April

Start Date: 1 April 2022

Class Days: Wednesday and Fridays

Timings: 4pm – 5pm

Full Duration of Course: 3 months

Our teacher Davide is happy to continue his successful Italian Course, from 1st April 2022!

This new course is meant for those students who already know a bit of Italian or willing to catch with basic notions taught in the beginner's batch which is going to end. Davide will give full support and material in case if you are committed to learn this beautiful language with fun.

The teacher will extend the following contents:

- Alphabet & Phonetics
- Introduce yourself in a simple way and introduce someone else
- Spoken grammar tips: main verbs, pronouns, sentence structure, gender, singular & plural, punctuation
- Exchange simple information about your family, work, outings, plans, holidays, home, etc.

Talk about your everyday activities and your hobbies

Ask and answer questions in a simple way about ordinary things: shopping, restaurants, cafés, etc.

A range of different topics can be explored based on the interests of the students

French Update

Our teacher Julien will be happy to start the following French classes:

Days: Mondays & Thursdays

Time: from mid-April 2022

- **2 to 3pm:** one group of Beginner French
- **3:15 to 4:15pm:** one group of Elementary French (Those students who already have a basic knowledge of the language)

The timings can be reversed in case: let us know which one is more suitable for you.

Full duration of these 2 courses: 3 months (commitment needed for the whole period)

From 21 March onward:

4:30 to 5:30pm: one group of Beginner French for Children (under 12 years old). This is going to be a 1-month course

Full duration of this children course: 1 month (commitment needed for the whole month)

Tamil Written & Spoken Update

This course will take place **Tuesdays & Thursdays, 4 to 5pm**. Murugesan is ready to start a new Beginner Written & Spoken Tamil Course, as soon as we have a minimum of 4-5 students

This 3-month 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

If you are interested:

Please [fill out our form](#) to join or inquire about any language classes at the Lab! You can drop us an email to info@aurovillelanguage.org, or call us at 2623661

- **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!

ALL: Schedule Of Classes as of 28.03.2022

Language	Level	Time	Day(s) of Classes
English, Always Ongoing,	NEW To Start, Total Beginners!	3 – 4pm	Tuesday & Thursday
	Beginner & Pre-Intermediate	10:15 – 11:15am	Tuesday & Thursday
	Beginner & Pre-Intermediate, Group 2	10:15 – 11:15am	Wednesday & Friday
	Intermediate, ON HOLD	2:30 – 3:30pm	Wednesday & Friday
French	Beginner, Group 1, Started on 10 January 2022	2 – 3pm	Monday & Thursday
	Beginner, Group 2, Started on 10 January 2022	3:15 – 4:15pm	Monday & Thursday
German	A1.1 Beginner Online, Started on 11 January 2022	7:30 – 8:30am	Tuesday, Wednesday & Thursday
Hindi	Beginner, Started on 8 January 2022	10am – 12noon	Saturday
Tamil	NEW, Spoken Beginner, Started on 4 March 2022	9:30 – 10:30am	Tuesday & Friday
	Written & Spoken Beginner, Started on 1st February 2022	3 – 4pm	Tuesday & Thursday
Sanskrit	Beginner, Started on 3 March 2022	2:30 – 4:30pm	Thursday
Spanish	Beginner Advanced, Start date 22 March 2022,	2:30 – 3:30pm	Tuesday & Friday
Japanese	Beginner Advanced, Start date 11 March 2022	2 – 4pm	Friday
Italian	Beginner, Started on 17 December 2021	4 – 5pm	Wednesday & Friday

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@aurovillelanguage.org

Find us on    @aurovillelanguagelab
Auroville Language Lab Tomatis Research Centre

CINEMA

SRI AUROBINDO'S UTTARPARA SPEECH

Monday, 4 April 2022, 4pm at Savitri Bhavan.

Duration: 33min.

Savitri
B H A V A N

On 4 April 1910 Sri Aurobindo took refuge in the French settlement Pondicherry. His inner guidance gave this advice to avoid the persecution of the British Government. This day and event are held in high esteem by devotees in the Ashram and in Auroville. And we honour this day by presenting a beautiful reading and recording of Sri Aurobindo's Uttarpara Speech.

Sri Aurobindo's Uttarpara Speech was first published in the Bengalee, an English newspaper in Calcutta, on 1 June 1909 and then thoroughly revised by Sri Aurobindo and republished in the Karmayogin on 19 and 26 June 1909. Later, it was included in Sri Aurobindo's Tales of Prison Life.

The text of the Uttarpara Speech contains records of Sri Aurobindo's various experiences in the Alipore Jail and detailed descriptions of his realisation of the Supreme's presence and work in this world. It talks of how Vasudeva, Narayana and Krishna protected him and took care of him while he was in jail. Sri Aurobindo saw Him everywhere and in everyone: in the swindlers and murderers as well as in the Magistrate and the Prosecuting Counsel.

It was Sri Krishna who arranged for Sri Aurobindo to get the Gita in jail. It was He who taught him the central truth of the Hindu religion which is Sanatan Dharma, the universal and eternal truth, and that the Divine is in all men and things, and that in the Divine we move and have our being.

The Uttarpara Speech is a very special document about Sri Aurobindo's experiences as an undertrial prisoner in Alipore Jail from 1908-1909, about his political work for India's freedom and the inner guidance he received from his Master of Yoga. It also discusses the very essence of India and her mission in the world: to live and to bring the eternal wisdom of the Sanatan Dharma to humanity. For India, Sanatan Dharma is nationalism. It is the only religion which does not separate life from religion even in the smallest detail. It knows what immortality is and has totally canceled death. Sanatan Dharma is life itself.

The text of the Uttarpara Speech is read by Angad and the Divine presence of Sri Aurobindo is perceptible. The video produced by Savitri Bhavan is supplied with subtitles.

[One can also see it on YouTube.](#)



SAVITRI BHAVAN
 April 2022, Mondays 4pm



• **April 4: Sri Aurobindo's Uttarpara Speech**

Sri Aurobindo in his speech at Uttarpara in Bengal in 1909 spoke about the Sanatan Dharma as the universal and eternal truth. The text by Sri Aurobindo is read by Angad, a production of Savitri Bhavan with subtitles. **Duration:** 33min.

• **April 11: Meditations on Savitri, Book 1 – The Book of Beginnings, Canto 2: The Issue**

This meditative film is about the hero of Sri Aurobindo's epic poem Savitri, a Divine incarnation which has taken birth as a human being in response to the deep need of the Earth and by the yoga of her human father King Aswapati. Savitri's tasks are to burst the bounds of consciousness and Time and to conquer Death. **Duration:** 26min.

• **April 18: Meditations on Savitri, Book 1 – Canto 3: The Yoga of the King: The Yoga of the Soul's Release.**

In this film we get to know about the yoga of King Aswapati and that the Divine Mother blessed him. Aswapati's soul is liberated from Ignorance and his mind and body are transformed which enables him to draw the energies that can transmute the entire humanity. **Duration:** 29min.

• **April 25: Centenary of the Mother's Return to Sri Aurobindo (24.4.1920 – 2020)**

A documentary slideshow by Sri Aurobindo International Centre of Education recounting the Mother's journey in Her words from childhood till Her final arrival in Pondicherry. **Duration:** 48min.

ECO FILM CLUB

Every Friday at Sadhana Forest

Schedule of Events:

16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour

16:30 Tour of Sadhana Forest

18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

18:30 Eco Film Club begins with "previews" of short Sadhana Forest films

20:00 Dinner is served

21:15 Free bus from Sadhana Forest back to Solar Kitchen
 Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner!

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.

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

Friday 8 April

The Great Bee And What To Do

2021 / 42 minutes / Elsa Putelat

Bees have been around for more than 100 million years. There are 20,000 different types, all working to pollinate a huge array of plants. But researchers have noticed a global population decline in recent years. What are the causes? And how can it be stopped? There are many possible solutions. Some are already ubiquitous, others are futuristic. This film takes us on a trip around the world, to meet a variety of people all dedicated to saving the bees.



JOAN OF ARC, ODIN AND THE RENAISSANCE

The French Pavilion presents
 Saturday, 2 April, 5pm, Town Hall – Cinema Paradiso
 Documentary directed by Oleg de Normandie
 in French only, duration: 86 min



In this film we learn that the castles of the Renaissance, and François 1er himself were Odinic, an emancipatory religion which only fought against inquisitorial religions. The castles of Chambord, Chenonceau, Villandry and Fontainebleau, among others, are books of stone built by Odinic builders, descendants of the Odinic builders of Gothic cathedrals. The Valois kings since Charles VII, thanks to the help of Joan of Arc and her goths, were able to continue to reign, but it was on the condition that they re-accept Odinism as a religion and put an end to the 'Christian Inquisition'. Joan of Arc saved the Frankish kings, but above all France from freedom, Gallic and Odinic France.

AUROFILM PRESENTS

At Multi Media Centre Auditorium
 (MMC, Town Hall)

Friday, 1 April, "The Seventh Seal"

by Ingmar Bergman, Sweden, 1957

Friday 8 April, 8pm, "Copying Beethoven"

Director: Agnieszka Holland, US/Germany/Hungary, 2006

With: Ed Harris, Diane Kruger, Matthew Goode

Synopsis: Vienna, 1824. In the days leading up to the first performance of the Ninth Symphony, Beethoven needed help copying out his scores. A promising 23-year-old composition student, Anna Holtz, was sent to help. During the last two years of Beethoven's life, Anna will assist the deaf, capricious and sick man. In return, he will give her composition lessons and explain to her the ideas and principles of romanticism. Anna will become "the ears of genius"... Original English version, with English subtitles – Duration: 1h44'

Covid 19, please follow the current SOP at MMC, please bring your mask, it is still mandatory!



CINEMA PARADISO
Multimedia Center (MMC) Auditorium
 Film Program
 04 April 2022 to 10 April 2022

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. It is open to all. **However, temperature check, registration and Mask (and not scarves etc.)** is a must even now. Please come prepared and enjoy the films. To organize seminar/program please contact us via email. If as per regulation, there are any changes we will let you know.

Indian- Monday 4 April, 8:00 pm:
PAGGLAIT (A person who listens to the heart)

India, 2021, Writer-Dir. Umesh Bist w/ Sanya Malhotra, Sayani Gupta, Sheeba Chaddha, and others, Drama-Comedy, 114mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Sandhya became a young widow soon after her marriage. Situation is depressing as her late husband Astik was his family's sole financial support. As the extended family gathers to mourn Sandhya herself seem rather unaffected – with active presence on the social media. The family is puzzled. Amidst speculation of an affair late Astik may have had – the family discovered that he has left a life insurance policy worth Rs.50lakhs for Sandhya. Now the family wants her to transfer the policy to her father-in-law so that he can clear his debts.

Potpourri – Tuesday 5 April, 8:00 pm:
DISTRICT 9

South Africa, 2009, Dir. Neill Blomkamp w/ Sharlto Copley, Jason Cope, Nathalie Boltz, and others, Action-Sci-Fi, 112 mins, English-Nyanja-Afrikaans w/ English subtitles, Rated: R
 Some 28yrs back, a massive starship bearing a bedraggled alien population appeared over Johannesburg. The aliens were confined to a refugee camp called District 9, where a munitions corporation is contracted to forcibly evict the population. When Agent Wikus is exposed to a strange alien chemical, he must rely on the help of his two new 'Prawn' friends.

Interesting – Wednesday 6 April, 8:00 pm:
MISHA AND THE WOLVES

Belgium-UK, 2021, Writer-Dir Sam Hobkinson w/ Misha Diefonseca, Kren Schulman, Jane Daniel, Documentary-Drama, 90mins, English-French w/ English subtitles, Rated: R

It is a dramatic tale of a woman whose holocaust memoir took the world by storm, but a fallout with her publisher – who turned detective – revealed an audacious deception created to hide a darker truth.

Noteworthy films from Auroville Film Festival (AVFF) 2022

AVFF 2022 – Thursday 7 April, 8:00 pm:
HEARTS AND BONES

Australia, 2019, Dir. Ben Lawrence w/ Hugo Weaving, Andrew Luri, Hayley McElhinney and others, Drama, 111 mins, English w/ subtitles, Rated: PG-15.

Daniel, a renowned war photographer, is preparing an exhibition of his work from the world's war zones. When Sudanese refugee Sebastian learns that this exhibition may display photographs of a massacre in his village, he finds Daniel and appeals to him to exclude them.

International – Saturday, 9 April, 8:00 pm:
WALKING ON SUNSHINE

UK-USA-Italy, 2014, Dir. Max Giwa & Dania Pasquini w/ Annabel Scholey, Greg Wise, Giulio Berruti, and others, Comedy-Musical, 97mins, English-Italian w/ English subtitles, Rated:NR (PG)

Set to the music of popular hit songs from the 1980s. A beautiful coastal village, present day Italy. After a whirlwind romance, Maddie is preparing to marry gorgeous Italian Raf, and has invited her sister Taylor to the wedding. Unbeknownst to Maddie, however, Raf is Taylor's ex-holiday flame, and the love of her life...

Children's Matinee – Sunday, 10 April, 4:30 pm:
FLORA & ULYSSES

USA, 2021, Dir. Lena Khan w/ Matilda Lawler, Alyson Hannigan, Ben Schwartz, and others, Adventure-Comedy, 95mins, English w/ English subtitles, Rated: PG

After rescuing a squirrel, she names Ulysses, 10yrs old Flora is amazed to discover he possesses unique superhero powers, which take them on an adventure of humorous complications that ultimately change Flora's life and her outlook forever.

Michelangelo Antonioni Film Festival @ Ciné-Club

Sunday 11 April, 8:00 pm:
IL DESERTO ROSSO (Red Dessert)

Italy-France, 1964, Dir. Michelangelo Antonioni w/ Richard Harris, Carlo Chionetti, Monica Vitti, and others, Drama, 117 mins, Italian w/ English Subtitles, Rated: NR.

In a bleak rundown industrial area, a young woman, Giuliana, tries to cope with life. She's married to Ugo the manager of a local plant but is soon having an affair with one of his co-workers, Corrado Zeller, who is visiting. Giuliana is unstable, not quite knowing anymore just what her role is, whether that be a wife, a mother or just another person. Her escape from life is short-lived however as Zeller is simply using her to satisfy his own needs and desires.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. 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

AUROVILLE FILM FESTIVAL SCREENING

Thursday, April 07, Cinema Paradiso, 8pm

**AUROVILLE
 7TH FILM
 FESTIVAL 2022**

The Auroville Film Festival is pleased to do a public screening of an award-winning feature film from the festival.

Hearts and Bones

2020, Australia, Drama, English, 1hr 51min

Dan, a renowned war photographer struggling with PTSD, forms an unexpected bond with Sebastian, a Sudanese refugee, until one of his photographs unearths a dark secret from Sebastian's past.

Screening / Awards: Toronto International Film Festival Toronto September 7, 2019 North American Premiere Canada

Director: Ben Lawrence

Writer: Matt Reeder

Cast: Hugo Weaving, Andrew Luri, Hayley McElhinney, Bolude Watson

Appendix

ACCESSIBLE AUROVILLE PUBLIC BUS

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

Bus Charges

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

Email: avbus@auroville.org.in

Phone: +91 94430 74825



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

Mental health 24/7 support:

- Matram – 9487746051

India Emergency Response Service (24/7)

- 108

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.
- 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, 0413-262-2133