

Auroville

NEWS & NOTES

No 979 - A weekly bulletin for residents of Auroville

16 June 2023

RA EDITION



PONDERING

To walk on the path you must have a dauntless intrepidity, you must never turn back upon yourself with this mean, petty, weak, ugly movement that fear is.

CWM, Words of The Mother - III, Page 190



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for the digital version



According to Sri Aurobindo, the essential quality of supramentalized Matter is its receptivity: it will be capable of responding to the conscious will and of changing according to the will's dictates, the way clay responds to a potter's fingers. As Matter releases the involved spiritual power it contains and becomes openly conscious, it will be able to respond to corresponding vibrations of the supramental consciousness, just as we now respond to a vibration of anger with anger or to a vibration of love with warmth in our heart. Conscious malleability will be the essential attribute of supramentalized Matter. All other qualities derive from that fundamental characteristic: immortality (or at least a capacity to modify one's form or even change forms altogether), lightness, beauty, luminousness. Such will be the natural attributes of supramental Matter. *The body could become a revealing vessel of a supreme beauty and bliss, – casting the beauty of the light of the spirit suffusing and radiating from it as a lamp reflects and diffuses the luminosity of its in dwelling flame, carrying in itself the beatitude of the spirit, its joy of the seeing mind, its joy of life and spiritual happiness, the joy of Matter released into a spiritual consciousness and thrilled with a constant ecstasy. The Veda has already expressed this: "Then shall thy humanity become as if the workings of the gods; it is as if the visible heaven of light were founded in thee." (Rig Veda V.66.2)*

Before these spectacular and visible changes, which will likely take place at the very end of the process, Sri Aurobindo foresees substantial changes in our physiology. We will return to this point when we discuss the practical work of transformation. For the moment, let us only mention several functional changes that Sri Aurobindo observed in his own body: *There would have to be a change in the operative processes of the material organs themselves and, it may well be, in their very constitution and their importance; they could not be allowed to impose their limitations imperatively on the new physical life.... The brain would be a channel of communication of the form of the thoughts and a battery of their insistence on the body and the outside world where they could then become effective directly, communicating themselves without physical means from mind to mind, producing with a similar directness effects on the thoughts, actions and lives of others or even upon material things. The heart would equally be a direct communicant and medium of interchange for the feelings and emotions thrown outward upon the world by the forces of the psychic centre. Heart could reply directly to heart, the life-force come to the help of other lives and answer their call in spite of strangeness and distance, many beings without any external communication thrill with the message and meet in the secret light from our divine centre. The will might control the organs that deal with food, safeguard automatically the health, eliminate greed and desire, substitute subtler processes or draw in strength and substance from the universal life-force so that the body could maintain for a long time its own strength and substance without loss or waste, remaining thus with no need of sustenance by material aliments, and yet continue a strenuous action with no fatigue or pause for sleep or repose.... Conceivably, one might rediscover and re-establish at the summit of the evolution of life the phenomenon we see at its base, the power to draw from all around it the means of sustenance and self-renewal. Beyond Mind, the complete man rediscovers consciously what Matter already is unconsciously – Energy and Peace – since Matter is really but a sleep of the Spirit.*

At a further stage of transformation, Sri Aurobindo foresees our organs being replaced by a dynamic functioning of our centers of consciousness or chakras. This is the real transition from the animal-man conceived by the lower evolution to the human-man of the new evolution. It is one of the tasks undertaken by Sri Aurobindo and the Mother. From the earliest stages of yoga we have found that each of our activities, from the highest to the most material, was set in motion and fueled by a current of consciousness-force that seemed to converge at different levels of our being, within certain centers and with different intensities depending upon the type of activity; whenever we have tried to manipulate this current, we have found it to be an extraordinary source of energy, limited only by our own capacity. Therefore, it is not inconceivable that our organs, which are only the physical translation or the material concentration of this current behind, may in the course of evolution be replaced by a direct action of the centers of consciousness, which would simply radiate their energy throughout the new body, just as the heart, blood and nerves now radiate throughout our present body. This is how the Mother once explained the future body to the ashram children: *Transformation implies that all this purely physical organization be replaced by concentrations of force, each with a particular type of vibration; instead of organs, there will be centers of conscious energy moved by the conscious will. No more stomach, no more heart, no more blood circulation, no more lungs; all that is gone and is replaced by a play of vibrations representing what these organs symbolically are. For organs are merely the material symbols for the centers of energy; they are not the essential reality: they simply give it a form or a material support in certain circumstances. The transformed body will then operate through its true centers of energy and no longer through their symbolic representatives as developed in the animal body. Thus, you must first know what your heart represents in terms of the cosmic energy, what your circulation, your brain, and your lungs represent in terms of the cosmic energy, then you must be able to muster the original vibrations that these organs symbolize, and progressively concentrate all those energies in your body and change each organ into a center of conscious energy that will replace the symbolic functioning by the true one. For example, behind the symbolic movement of the lungs, there is a true movement that gives the capacity of lightness, and you escape the law of gravity. And likewise for each organ. There is a true movement behind every symbolic one. This doesn't mean that there will no longer be any recognizable form; form will be made up of qualities rather than solid particles. It will be a practical or pragmatic form, so to speak – supple, mobile and light at will, in contrast to the present fixity of the gross material form. Thus Matter will become a divine expression; the supramental Will will be able to translate the whole gamut of its inner life into corresponding changes in its own substance, much as our faces now change (although so little and so imperfectly) according to our emotions: the body will be made of concentrated energy obeying the will. Instead of being, in the powerful words of Epictetus, "a little soul carrying a corpse," we will become a living soul in a living body.*

(to be continued next week)

— Satprem, *The Adventure of Consciousness, Chapter 17, The Transformation*

https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm#060

Zech for and on behalf of Gangalakshmi (HOMA)



HARD DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, 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.services**
- 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 5pm**.

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published. In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News and Notes team
newsandnotes@auroville.services

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LIST OF ACRONYMS:

AVF (Auroville Foundation), **AVFO/FO** (Auroville Foundation Office), **GB** (Governing Board), **RA** (Residents Assembly)

The following groups are divided in two categories: The groups selected by the Residents Assembly through Community decision making Processes and the groups put together by the GB and the FO (not recognised by the Residents Assembly).

Working groups selected by the Residents Assembly:

- Working Committee (WCom)
- Funds and Assets Management Committee (FAMC)
- Budget Coordination Committee (BCC)
- Town Development Council / L'avenir d'Auroville (TDC)

- Auroville Council (AVC)
- Entry Service (ES)

FO selected groups:

- Working Committee (WC)
- Funds and Assets management Committee (FAMC)
- Budget Coordination Committee (BCC / BCS)
- Auroville Town Development Council (ATDC)

- Housing Service (HS)
- Land Board (LB)

NOTE FROM THE EDITORS

Dear Community,

Thank you for the continued support. As announced in the previous N&N, from this week onwards, we will be publishing the N&N on time. This means that the content of the FO N&N will only appear a week later, if the content is still relevant.

Please do NOT write to us from an @auroville.org.in mail ID, your submissions will not reach us. Please send your content to newsandnotes@auroville.services. If you only have an auroville.org.in mail ID, please use this [form](#) to send us your content.

As the news and notes budget is still being disbursed only to the FO N&N, printing and distribution costs are currently being covered by private donations. If you wish to contribute to the RA Edition of the N&N, you can do so by donating to: "NEWSLETTER COLLECTION" **FS #252150**.

We look forward to continuing to serve the over 3000 readers who receive the RA Edition as well as serving the Auroville community as a whole by providing a platform for all perspectives to be shared with respect.

In community,
The RA Community Edition News and Notes Team

WORKING GROUPS NEWS

FROM THE RA WORKING COMMITTEE

ABOUT THE AUROVILLE.ORG.IN DOMAIN, IN RESPONSE TO THE MASSBULLETIN FROM SATHYANARAYAN

To whom it may concern,

The @auroville.org.in email service was created years ago by Aurovilians as a service to all Aurovilians and Auroville organisations. It has been used for personal, administrative, professional purposes within and out of Auroville, including for official government communications, online voting, personal banking, etc. It was managed by a well known team, who signed a Non Disclosure Agreement (NDA).

For more than a year now, it has been under the full control of persons whose identities, roles, powers and intentions have not been communicated publicly, even after multiple requests to do so.

There is now no End User License Agreement (EULA) between them and the users of that service. There's also no indication that the administrators operate with an NDA, despite the fact that they can technically do anything to emails addressed to or coming from this domain: read, modify, delete, impersonate or block deliveries and receipts, including all the history, in targeted, manual, or mass automated operations.

In normal circumstances, no user should subscribe to a service operating without basic agreements in place, as they give legal protection against abuse and give a framework for operating such a service while respecting freedom and the human right to privacy.

The unfriendly appropriation of both material and intangible resources has also broken the relationship of trust between Aurovilians, and created moral and financial damage which is almost impossible to quantify, since it affects the daily work and personal life of thousands of people.

Consequently, many users have decided to use other email providers, which follow due legal requirements and have clear contracts with their users.

However, some members of our community and appointees of the Secretary's Office are now insisting that only @auroville.org.in email addresses should be used for all emails within Auroville. Some people have even been threatened with being dismissed from their work and responsibilities if they do not exclusively use the @auroville.org.in. This is not acceptable given the opacity of that service.

We would like to remind everyone that the individuals and entities that have taken control of this service have to bear the legal and moral responsibilities for their actions.

In Community,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Mael (TOS), Sauro, Valli



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION

Massbulletin Received from FO:

Register of Residence (RoR) contact email and use of email @auroville.org.in

Register of Residents will become the official central database repository that will provide linkage to all information pertaining to Auroville residents, place of work and other working groups. All persons to be entered into the Register of Residents will provide a <name>@auroville.org.in official contact email only. While reviewing the data submitted for the Register of Residents, it has been noted that while most residents provided an email with the above format, many residents did not. Please contact the mailbox team (mailbox@auroville.org.in) to assist you to update your email with proper format or to get a new one setup if you do not have one.

To provide a proper official contact email by the resident is the prerogative of the resident and please get this rectified immediately.

Further to this all residents when contacting any working groups for work related queries will use their <name>@auroville.org.in email address in order to have a proper response and have it archived for future reference.

Lastly all trustees, units, services managers are to only use <name-entity>@auroville.org.in to correspond with other Auroville entities within Auroville or other outside entities. All communication with regard to their work should be using the email address domain auroville.org.in. This allows for proper communication and archival needs.

*Best Regards,
Sathyanarayan
Accounts Officer.
Auroville Foundation.*

FROM THE ENTRY SERVICE

PLEASE NOTE

The **Entry Service** (Secretariat and Board) is on a two week break from the **5th of June till the 18th of June**.

POLL 2023 OUTCOME

Dear community,

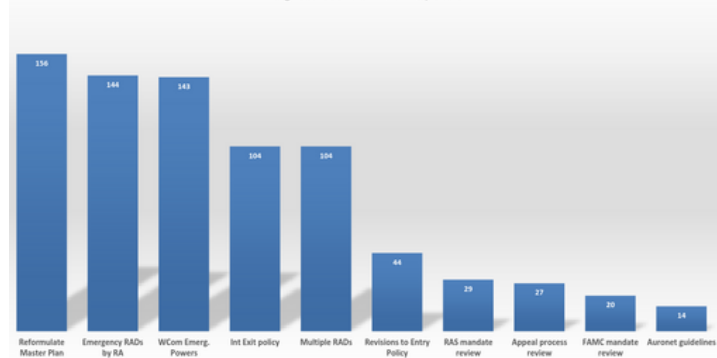
In order to organise the upcoming decision making events (RADs), the Council asked the residents to express their priorities between 10 RADs submitted by petitioners and working groups. Other older petitions were discarded as the respective petitioners or working groups dropped their requests or did not reply to our messages.

A poll was announced through mass mail, News and Notes (#977) and other platforms, and was open until June the 6th. We warmly thank the RAS who put the poll in place and the residents who participated.

We're happy to announce the results now. 132 submissions have been received online, by mail or on paper:

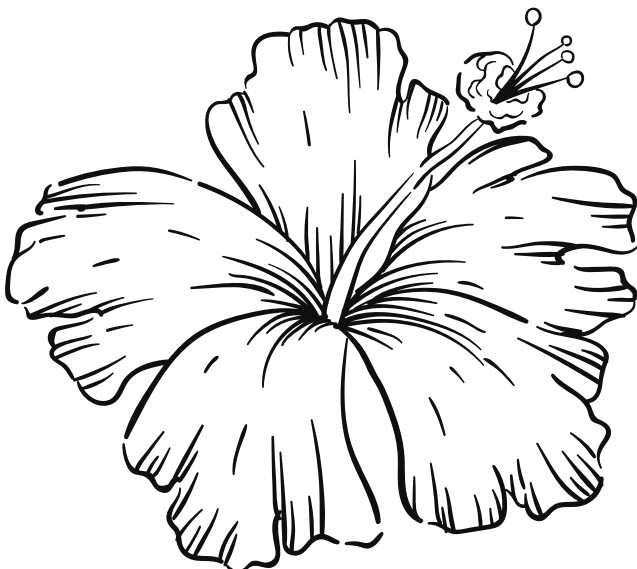
RAD Proposal	No. voted 1	No. voted 2	No. voted 3	Weighted score
Reformulate Master Plan	35	12	27	156
Emergency RADs by RA	20	33	18	144
WCom Emerg. Powers	31	19	12	143
Int Exit policy	16	18	20	104
Multiple RADs	14	20	22	104
Revisions to Entry Policy	5	11	7	44
RAS mandate review	3	6	8	29
Appeal process review	2	8	5	27
FAMC mandate review	2	3	8	20
Auronet guidelines	4	0	2	14

Weighted Score of RAD Proposals



We've already started working with the petitioners of the top choices to activate the RAD processes at the earliest, and will coordinate with the RAS for the organisation.

In service,
The Auroville Council
Ashwini, Claudine, Philippe, Riju, Samrat, Suryan and Shiva



COMMUNITY SHARING

BABY BORN - WELCOME MEHALYA



Dear community members,

Me Babu. S and Bhuvana from Kalpana apartment, are happy to share that our new born baby girl was born on 27/05/2023. Her name is **Mehalya**.

ANNOUNCEMENT OF TEMPORARY SUSPENSION OF RABIES AND CANINE DISTEMPER EMERGENCY RESCUES



As caretakers of 300 dogs in our overcrowded shelter, our dedicated team has been working tirelessly from morning to evening to ensure the well-being of our dogs. Additionally, we have set up a 24-hour emergency rescue service to safeguard the residents of Auroville from the threats posed by rabies and canine distemper.

Unfortunately, we must bring to your attention the recent developments regarding these diseases. Over the past months, the entire area has witnessed a surge in rabies cases, which has been followed by a mass outbreak of canine distemper since May. This outbreak has affected a significant portion of the unvaccinated street dog population. It is important to note that rabies is 100% fatal if contracted by unvaccinated humans, and canine distemper is deadly for the majority of infected pets. In light of these circumstances, we have issued multiple warnings to the community, urging vaccination for both humans and pets to ensure their safety.

vaccination for both humans and pets to ensure their safety.

Two months ago, when our team assumed responsibility for the shelter, there were no isolated quarantine units as mandated by Animal Welfare Board of India regulations, so we had to set up a small makeshift isolation cage in front of the shelter. However, the existing quarantine units are now at maximum capacity, making it impossible for us to accommodate any new cases. Similarly, other animal welfare organizations in the vicinity have reached their limits and are unable to accept further cases.

Several times in the last few weeks, we reached out to Auroville to ask for support and warn of the serious safety threat to the Community. Regrettably, we have yet to receive a response or assistance from official side.

Because of the lack of emergency funds to build a larger and more secure quarantine unit and not enough maintenance positions to hire qualified permanent staff members, we have no other option but to temporarily suspend our emergency rabies and distemper rescues.

Until we can privately fundraise the construction costs of additional quarantine units and provide a competitive salary to attract qualified staff members to resume our 24-hour rescue service, we cannot assume responsibility for the health and safety of Auroville residents, visitors, and guests in dog-related incidents.

In light of these circumstances, we strongly urge the Auroville Community to exercise caution and act responsibly in the weeks ahead. Please take the time to gather information about anti-rabies vaccination to protect yourselves and canine distemper vaccination for your beloved pets. Please stay safe and informed!

Auroville Dog Shelter Team

AN ANNOUNCEMENT FROM THE DREAMWEAVING CORE TEAM (DWCT)

Dear All,

Based on our statement announced on the 1st of April GM, we have been conducting a major community consultation to gain clarity about any possible future participatory planning processes. Through this exploration, we have met many Aurovilians, as well as representatives of Auroville's various current active community groups (including the TDC of the RA, the CA exploration team, the Wednesdays for Auroville, the Delta, the Multi-Disciplinary Forum, as well as Auroville's Youth Link and Youth Center). We are concluding our community consultations at the moment and have reached a few conclusions regarding current challenges and opportunities, as well as a proposal of a possible collaborative work method—against all odds—that we will be ready soon to present to Aurovilians.

Our initial aim will be to explain the challenges, opportunities, and proposed activities and processes to see if sufficient numbers of people in the community feel inspired enough to engage in such an endeavor, and on the assumption that they will be the hope is that these processes could not only bring significant numbers of Aurovilians to collectively ascend our awareness of the various planning issues that we are facing but also gradually prepare the ground through a more comprehensive transformative model for a peaceful atmosphere to finally prevail.

However, it has also been suggested by many people that we hold off from starting this new movement until the schools start again towards the end of next month (July) when more people will be around – and so to this end, we will be calling for a GM at that time to explain to everyone in more detail our proposal.

The Dreamweaving Core Team (DWCT)
David, Mona, & Omar

ACTIVITIES



SHELTER VISIT AND TOUR

Join us on
SUNDAY, JUNE 18TH
10 AM - 12 PM

Meet our team and our dogs,
learn about our work and challenges.

How to find us



Dear Auroville Community,

Given the current circumstances, we regret to inform you that the fun event originally planned at the shelter will not be taking place.

However, we are excited to invite you all for a guided shelter tour on **Sunday, June 18th, from 10 a.m. until 12 p.m.**

This tour presents a wonderful opportunity for us to share valuable information about our work, the challenges we encounter and overcome, and most importantly, for you to meet our dedicated team and our beloved dogs.

We understand the importance of keeping the community engaged and informed, and this tour will serve as a platform to achieve just that.

Warm regards,
Auroville Dog Shelter

AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 20th June, 9 am - 12 noon
Focus: The Psychic being

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 9489147202 (Please register)

All are Welcome



Death the Guardian of Truth

"Sri Aurobindo used to say that it would take three centuries – and he had a clear vision – for a full supramental being to emerge, luminous, light, etc., as we have previously tried to describe him. Short of a full supramental being..., we must then build in our flesh a transitional being, a link between the human and the superhuman, that is, a being who not only would have realized the supramental consciousness but whose body would also have acquired enough immortality, as it were, to last through the transition period, and enough power and suppleness to effect its own transmutation, or to engender a supramental being through its own energy, bypassing the usual method of earthly birth. Indeed, the heavy animal and human heredity weighing on our subconscious, and automatically transmitted by physical conception, is one of the major hurdles to the transformation, at least as difficult as the boiling Agni, if not more difficult. This is the second problem. Perhaps it is, in fact, the true problem, far greater than the other, more conspicuous problems of the body. Such are the two fundamental problems confronting the seeker: to impart to the cells of the body the consciousness of immortality, which is already there in our soul and even in our mind, and to cleanse the subconscious completely. The progress of Agni in the body depends, it seems, on these two conditions. Thus, as always, the work is a work of consciousness.

First, the ability to endure. In practice, one finds that immortality is always closely related to truth: what is true is immortal. If we were completely true, we would be completely immortal, from head to toe. Until now, however, hardly anything except our soul has been immortal, because it is the truth of the Spirit within us, passing from one life to the next, growing, evolving, becoming more and more conscious. The mind, too, as it becomes sufficiently integrated around the central Truth of our being, as it thinks the Truth and wants the Truth, is immortal. One can fairly easily remember one's past formations: some truths appear exceedingly familiar, some yearnings for truth inexplicably poignant. The vital also is capable of immortality as it becomes sufficiently integrated with the central psychic Truth: we emerge into another dimension, as familiar as eternity, though this is rather uncommon since our life-force is generally engrossed in all kinds of petty activities instead of building a true life. The more we go down the scale of consciousness, the thicker the falsehood and the more real is death – naturally, because in essence falsehood means decay. The vital is already fairly obscure, but the body is full of falsehood. Old age and illnesses are among its most prominent falsehoods; how could what is True become old, ugly, worn-out, or ill? Truth is so obviously radiant, beautiful, luminous, and eternal. Truth is invincible. Death and old age can only attain us because of our lack of Truth.

Admittedly, Death is wise for a long part of the way, for an immortal Mr. Smith would be a total waste of immortality. All things considered, Death is a faithful guardian of the Truth. It is remarkable how everything has two faces: if we look one way, we must struggle, fight, say No; if we look the other way, we can only give thanks and thanks again, and say Yes and Yes again. And we must be capable of both. Thus, the battle against the "falsehoods of the body" – illness, unconsciousness, old age – can only proceed after the transformation of the higher mental and vital levels has been secured, when the rest of the being lives in Truth and is settled in Truth. It would be a great error to presume that one can undertake the Supramental Yoga before completing all the other steps; one must reach all the way to the top in order to be able to reach the bottom."

Sri Aurobindo, or the Adventure of Consciousness by Satprem
https://sri-aurobindo.co.in/workings/satprem/adventure_of_consciousness_e.htm

Zech, 2023.05.31

WORK OPPORTUNITIES

ARE YOU A PASSIONATE DOG LOVER LOOKING FOR A REWARDING SUMMER JOB?

Join our dedicated team at the Auroville Dog Shelter!

As the summer season brings a decrease in volunteers, we are seeking individuals to support us in providing the best possible care for our dogs. We have two unique job opportunities available for the next 3 months.

Position: Animal Caretaker

Working Hours: 4 hours per day, 5 days a week

Compensation: Rs. 8,000 per month



If you have a genuine love for dogs and are eager to make a positive impact, we invite you to join our team. Just send a WhatsApp message to Arthur 8122225266 or Lore 9843181598

HR HUB

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.

Construction worker (Part and/or Full-time)

A Unit that works in construction is looking for someone that is skilled (or that wishes to improve their knowledge) in welding, electrician, carpentry, masonry.

A good work ethic and commitment is required.

Financial support provided.

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.hubauroville@gmail.com.



FOODS, GOODS & SERVICES

DARREN, SHILPI & TEAM BRING BACK THE PIZZAWALLE

Pizzawalle

Our pop-up is back!

Sunday, June 18th 2023/ 6-8pm

Locally sourced, gluten-free, artisanal, vegan pizza.

Savor this favorite food, with a healthy twist!



Virundhu Cafe, Townhall near Cinema Paradiso

We also welcome your pre-orders via Whats App

You also are welcome to pre-order your healthy pizza before **Fri, June 16th by 12 noon.**

Whats App 98190-04791

Contributions via FS and UPI/Google Pay are accepted

Cash will be accepted for orders at venue.

Thanks,
Chetana, Darren & Shilpi

LOOKING FOR

LOOKING FOR SECOND HAND ITEMS:

- simple gas oven with one flame only
- small gas bottle
- metal office chair (indian with wooden armrest)
- motorbike (preferably honda splendor)

please write to vonlieres@gmx.de

AVAILABLE

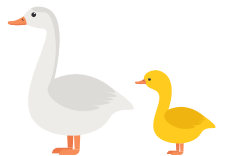
GEESE AND DUCKS TO GIVE AWAY

Hermitage has to give away all its geese and ducks.

If you are a bird lover and interested,

please contact me by WhatsApp

Agnes Hermitage 9361328573



CLASSES, WORKSHOPS AND HEALING ARTS

VÉRITÉ WORKSHOPS

Pre-registration required

Please contact Verite @
0413 2622045, 2622606, 7867805812
or
programming@verite.in, www.verite.in



Special Event

The Future of Yoga – Verite Team

Wednesday 21 June 9:00am – 12:00pm

Join Vérité to celebrate International Yoga Day. This is a free event, a community gathering open to all yoga practitioners and enthusiasts! Our theme for the day is “The Future of Yoga”, and sessions will include Face Yoga & Pranayama, Sharing Circle, Holistic Hatha Yoga, and Yoga Nidra.

Pre-registration required (space is limited):

Text: +91 7867805812 or Email - programming@verite.in with the following details

(Name) (Phone number) International Yoga Day (IYD)

The Healing Power of Gayatri Mantra – Sabrina

Saturday, June 24-9:30am – 12:00pm

Gayatri mantra is one of the most important mantras in the Yogic tradition, connecting us with the sun, giving us energy, and helping purify body and mind. In this workshop you will learn both the mantra and the mudras (healing hand postures) associated with it. Open to all; no prior experience with mantra is necessary.

FREE EVENT
Pre-registration Required

Celebrate
**INTERNATIONAL
YOGA
DAY**
Wednesday 21 June
9:00 - 12:00

Verité

BODY-MIND-SOUL

*Collectively invoking a sense of wellbeing through yoga & visualising its future. The sessions will include:
Face Yoga & Pranayama,
Sharing Circle, Holistic Hatha
Yoga, and Yoga Nidra.*

Limited places
Pre-registration required
programming@verite.in www.verite.in
+91 413 2622 045 [@ verite.auroville](https://www.instagram.com/verite.auroville)
+91 786 7805 812 [verité auroville](https://www.facebook.com/verite.auroville)

EXPERIENCE HARMONY OF SPIRIT AND BODY

Bio.decodage - Guided by Nadia Labiod

For appointment contact:

Mobile: +91 9489035457

E-mail: nadialabiodstein@gmail.com

EXPERIENCE HARMONY OF SPIRIT AND BODY



Guided by

NADIA LABIOD

(Certified Practitioner)

- in NUTRITION DIET
- WEIGHT Regulation
- PSYCHOSOMATIC - Bio.Decodage**

For appointment

Mobile: +91 9489035457

E-mail: nadialabiodstein@gmail.com

Bio.decodage decodes: symptoms of physical, vital, emotional, mental and spiritual disbalance. It reestablishes the original health and well being.

in
**ARKA
AUROVILLE**

AUROMODE YOGA SPACE

300 Hr Hatha / Vinyasa flow Yoga TTC Intensive



July 6 to August 1, 2023

Timing – 6:30 am to 9:30 am & 3:00 pm to 7:00 pm*
every day except Sunday

Expand your personal yoga journey and deepen your self practice through practical tools and skills in this 28 day immersion in Yoga with certification from Yoga Alliance.

Key Elements:

- Advanced Asana Practice: Challenge and expand your physical abilities with a variety of intermediate and advanced asanas
- Pranayama and Meditation: Deepen your breathwork and meditation practice
- Anatomy and Physiology: Explore the human body in greater detail, delving into the musculoskeletal and respiratory systems, as well as the subtle energy systems related to yoga practice.
- Philosophy & Yoga Sutras: Dive deeper into the philosophical aspects of yoga, studying classical texts like the Yoga Sutras of Patanjali, Saiva Siddhantham and more to expand your understanding of yogic wisdom.
- Teaching Methodology & Special classes - Refine your teaching skills with a focus on sequencing, adjustment techniques, and effective class management.
- Practicum and Feedback: Gain valuable teaching experience and constructive feedback

Don't miss this opportunity to elevate your yoga practice and become a confident, knowledgeable yoga practitioner. Limited spots available.

Contact Bala

Email: balaganesh.siva@gmail.com or WA + 91 9892699804

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

Web: <https://serendipity.auroville.org>



WORKSHOPS

Create. Care. Connect.

An Expressive Arts Exploration - with Anjali

Saturday and Sunday - 17-18th June from 9:30am to 11:30am

Are you looking to attune to wellness through creativity?

Join us for a 2-day workshop where we use the artistic modalities of expression to honour our creative spark, take care of our senses, and experience connections in a deeper way.

This workshop is an invitation to use various art modalities such as drawing, painting, writing, movement, photography and nature as resources to enhance well-being.

No prior art experience required. All materials will be provided.

Open to anyone looking to engage with the arts.

For booking and more details please contact Anjali : +91 95600 26678

New Moon Gathering

Sunday 18th June at 6pm



Join us for the New Moon Gathering on 18th June at 6PM. The energies of the New Moon in Gemini help us attune with our feelings, to refresh the energies for new beginnings and to set conscious intentions for the future.

This gathering will make use of expressive arts for attuning with our feelings, using creative modalities and oracle cards for setting intentions along with a guided meditation to experience the new moon energies.

For booking and more details please contact Anjali : +91 95600 26678

REGULAR CLASSES

Traditional Sanskrit Mantras with Sonia

Friday from 5 to 6pm (Regular Students)

In the recitation of Sanskrit Mantras the sound is very important and the specific pitches and strict rules of intonation and syllabic length should be learned according with the tradition of the great masters of the past, who figured out how to use the voice to calm the mind and attune the practitioner to the more subtle levels of the "sadhana" or spiritual path. Through the harmonic rhythm, repetition and participation in the singing, the mind reaches more clarity, concentration and tranquility.

Holger Students Tango Concert

23 June '23 Friday, 6:30pm
Serendipity (Opp CGH), Auroville

6:30pm - Milonga DJ Mani
7:15pm to 8pm - Tango Concert
8pm to 9pm - Milonga DJ Kalyan
Entry FREE
Contact: +91-7339154162 (Kalyan)

Holger Jetter - Violin, Guitar, Direction
Kalyan Shencottah - Bandoneon
Jeniffer David - Violin
Neil Sha - Violin

Repertoire:
El Choclo, A La Gran Muneca,
Romance De Barrio, Nostalgias
Hotel California, Latin, Blues

Holger Jetter

Holger studied Western Classical Violin at the Mozarteum. Played in Tango ensembles and Jazz formations in Europe. He lives in Auroville since 1992.

Kalyan Shencottah

Kalyan started training in Bandoneon with Michael Zisman and Luciano Jungman in Switzerland from 2014, and also with teachers at Buenos Aires, Argentina. He is passionate about Tango and teaches and DJs. He trains with Holger at Auroville since 2021 on tango music structure, rhythm and chord progression, and also explores genres like Latin and Argentinian Folklore.

Jeniffer David

Jeniffer started playing violin at the age of 11. She started with Carnatic and Western, and then started playing Cine Music at birthday parties and marriage receptions. She stopped schooling to focus on violin, played background music for 2 Tamil movies, and also for short films. Her ambition is to grow in Music and trains with Holger.

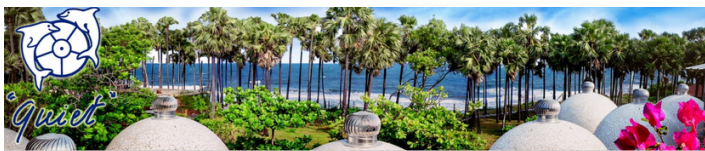
Neil Sha

Neil started learning violin in 2018 and mostly self taught. He started learning with Holger since 2022 and is Interested in genres like Blues, Jazz and Rock.

Arrangement Credits:

A La Gran Muneca - Luciano Jungman (Zurich)/Holger Jetter (Auroville)
Romance De Barrio - Rolo Medina (BsAs)/Holger Jetter (Auroville)
Nostalgias - Tango Fakebook/Holger Jetter (Auroville)
El Choclo - Tango Fakebook
Hotel California - Holger Jetter (Auroville)

QUIET HEALING CENTER CLOSED 12.6. - 2.7.23



Quiet Healing Center will be **closed** for annual repair and maintenance works from **Monday 12th June till Sunday 2nd July, 2023.**

We will reopen on Monday 3rd July, 2023.

VOICES AND NOTES

WHAT IF...?

"What if...?"

A powerful question from which all sorts of events and things have become, from the beginnings of space and time and matter and life and mind, all the way to THIS very moment. Here, where you live and breathe on this very Earth.

A question bubbling from the very consciousness that manifested the reality that is now YOU.

But first before we continue...

If you are already satisfied with this current "you" then there is no need to proceed from here.

So! You the intrepid seeker. The rebel. The warrior. The revolutionary. The doer. What is it now that you want to know? What do you seek? What do you want to do... to be?

The future is yet to be born. It is yet to ripen for the pure joy, the bliss of our being. What is it you wish to sow? What is it you wish to become?

What is your Quest?

It is your call. The battle cry of your consciousness reverberates within space and time, that is met by the Veiled Something. You can call It whatever you like. An ancient, hidden but felt Something. An undeniably felt Consciousness-Force that IS before space and time and matter, and IS beyond space and time and matter. A Secret Something that perceives and responds to your call and changes the very fabric of matter, the very fabric of this fleeting, changeable, impermanent being that is you. This you that is constantly transforming, becoming, kept and sustained in fragile harmony and balance with everything else, with the entire universe to be exact, by this Something, in this seemingly eternal flow of space and time and fluctuating matter.

Our very fleetingness, our very impermanence, is what makes change possible. But can this fleetingness, this impermanence, this fragility, this seeming imperfection, this limited mode of being be changed to something more permanent? More stable? More like this eternal, obviously omnipotent Secret Something? More... perfect? After all, That is our basis of being.

It all starts with a speculation. A call. An aspiration...

Sincere. Open. Direct.

"What if...?"

Zech, 2019.06.10

POETRY

INSEPARABLE MIRRORS

Energy is neither created nor destroyed
It just changes form.
And with all these magnificent forms,
Limitless in Its infinite capacity
For transformation and transmutation,
In substance material,
In force supraphysical,
Ether, Fire, Air, Water, Earth,
Unified field, plasma, gas, liquid, solid,
Akash, Agni, Vayu, Jala, Prithvi,
Existing in dynamic balance and harmony,
Constantly morphing Its selves
In space and time
For the bliss of experience,
This boundless Energy is conscious.
It is none other as there is no other
Than Itself:
The One Consciousness-Force,
The Chit-Shakti of SatChitAnanda.
And We are That
Simply in self-limited versions,
Absolute uniques in expression
That at last through infinite evolution
Have realised our fundamental essence:

Oneness.

So what happens next?
Well You choose what you experience,
The possibilities are obviously endless.
Just simply consciously remember
That We are all your inseparable mirrors.

Zech, 2023.06.08

TAXI SHARE



TO CHENNAI AIRPORT 24TH JUNE

I will go to Chennai airport on **Saturday, 24th June** at about **8pm**. Please let me know if you want to share a taxi.

Sylvia from Surrender.

Cell phone : 9487241170 / Land line 2622 649

EMERGENCY NUMBERS

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
- Farewell—8903836246

Mental health 24/7 support:

- Vandrevalla Foundation +91 9999666555

India Emergency Response Service (24/7): 108

TAXI SHARE



Weekly Sri Ma Trip

Share a taxi to and from **Sri Ma** on **Wednesdays**.

Leaving Auroville at **9:30am** and returning at **2:00pm**

Maximum 4 people, with advance notice.

Continuing through the month of June.

Contact if interested via WhatsApp to 9655534514

Stay well!

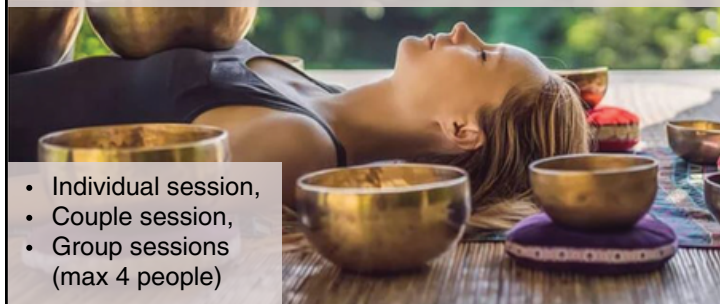
Isha

ACTIVITIES

ACTIVITIES BY LAKSHMI

Sound Chakras Healing

Guided vibrational sound journey using **Chakra mantras**, **Tibetan Bowls** and **Tuning forks** to help reduce stress, anxiety, depression, insomnia, stimulating the natural cellular healing process, rebalancing the emotions & reconnecting with your true essence.



- Individual session,
- Couple session,
- Group sessions (max 4 people)

Private Transformational Yoga Classes

- Transformational Yoga
- Pranayama to release Fear, Anger and Anxiety
- Pranayama to achieve Peace, Calm, Quietude and Clarity
- Breathwork

Transformational yoga is inspired by Mother and Sri Aurobindo's Integral Yoga.

It 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.



Please contact for an Appointment:

Lakshmi 8489764602 or

lakshmiprem369@gmail.com

Activity offered under Abhaya, an activity of ASSA, under Artisana Trust

ECO FEMME OPEN HOUSE

ECO FEMME OPEN HOUSE

Every Thursday morning
from 10:30 AM



Dear friends,

Join our open house at our office in Auroshilpam every **Thursday morning at 10:30 AM till 12 AM**.

Come and learn about:

- Sustainable menstrual products (cloth pads, cups and period panties),
- Menstrual cycle awareness and,
- Our not-for-profit work.

You can also pick up discounted cloth pads, cups, period panties and cloth nappies.

See you soon!

The Eco Femme Team

POWER OF COLLECTIVE ASPIRATION

Power of Collective Aspiration

Gatherings in
Matrimandir Gardens



Sunday evenings
6 to 6:30 pm



A harmonious collective aspiration can change the course of circumstances.

Dear Community,

As we are going through a phase of intense turmoil, some of us feel the need to call for our collective prayers for protection.

Let's gather in the **gardens of the Matrimandir**, the soul of Auroville, on **Sunday evenings** at sunset time, for collective invocation.

Join a circle of prayers and chanting at the Amphitheatre from **6 to 6:30 pm**.

Come a little earlier to the stone circle for silent meditation to call the Light and Power of the Divine in Auroville.

All are welcome.

(Guests and volunteers, please bring your Aurocard)

BOTANICAL GARDENS

COME AND LEARN WITH US!



Learn to identify the species of **TDEF** (*Tropical Dry evergreen Forest*) with us at the **Auroville Botanical Gardens**. Starting from 29th May 2023.

MONDAYS AND THURSDAYS FROM 9.00 - 11.00 AM

To join, please register at:

ecologicalhorticulturecourse@gmail.com



CLASSES, WORKSHOPS AND HEALING ARTS

CAPOEIRA- MARTIAL ART AND MUSIC WITH GINGA SAROBA

Afro-Brazilian martial art that combines elements of dance, acrobatics, music and movements. More than 500 years old, Capoeira is a constantly evolving art form, come connect and express yourself. Join us for

Adult Classes : Monday & Thursday - 6 PM - Deepanam School

Contact: 7598446327

Submitted by Kiran for Ginga Saroba



VIPASSANA

Every Sunday at Udavi school

All old students of Vipassana meditation as taught by S.N. Goenka (www.dhamma.org) having attended at least one 10 day course are welcome to attend a half-day Vipassana course at Udavi School in Auroville.

Date: **Every Sunday**

Timings: **8:30 AM – 12:30 PM** but you can also drop in and join as long as you wish.

Venue: **Udavi School** (building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville).

No registration is required.

Contact: Sanjay Tumati, +91 8790982210

(available on WhatsApp)

sanjay@aurauro.com



FOODS, GOODS AND SERVICES

REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovilian that has gained a lot of knowhow through looking after and repairing all kinds of machines. He happily repairs your machines and appliances.

You may contact him via phone / SMS or whatsapp
+91 94434 93025



AIRCON CLEAN OFFERS COMPREHENSIVE AIR CONDITIONER CLEANING SERVICE KNOWN AS "JET SERVICE".



The Jet Service includes not only the filter cleaning but also indoor cooling coils, blades, and blower wheels, indoor cooler drain tray cleaning and outdoor unit with AC jet pump.

After a cleaning service your air is fresh and healthy, reducing sickness and helping you live a healthier life.

Save up to 30% power usage with a regular cleaning service.

Contact **AIRCON CLEAN** now at 9786809518 or email us at airconclean.av@gmail.com

Regards, Julien.

ACCESSIBLE AV PUBLIC BUS

avbus@auroville.org.in / +91 94430 74825



Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Veite Guest house—Junction	7:02	8:52	14:52
Town Hall—Main Parking	7:06	8:56	14:56
Solar Kitchen (Round About)	7:10	9:00	15:00
Certitude Enterance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dinning Hall	7:40	9:35	15:35



Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dinning Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen—Round about	8:34	12:50	18:44
Town hall Main Parking	8:38	12:54	18:48
Verite Guest House—Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

- Monthly Rs. 800: Aurovilians & Newcomers, No validity
- Student Pass Rs. 1200 per month/ 24 days round trip
- Rs. 150 Round trip for Aurovilians & Newcomers
- Rs. 200 Round trip for guests

Bus passes are available at Auroville Vehicle Service, Town Hall, Auroville, 0413 2623302



Cinema Paradiso

Multimedia Center (MMC) Auditorium
Film program 19 June 2023 to 25 June 2023

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Technically Covid protocols were never taken off of cinema/theatre halls. Since mask is not a requirement anywhere else, we leave it to people's discretion. However, please come prepared. To organize seminar/program please contact us via email.

We continue to have issues with our projector. It is time for us to look for a new one. If you are able to kindly donate at MMC's FS Account for this.

Indian – Monday 19 June, 8:00 pm:

• KOOZHANGAL (Pebbles)

India, 2021, Writer-Dir. P.S. Vinothraj w/ Chellapandi, Karuthadaiyaan, Philip Arulodss, and others, Drama, 75mins, Tamil w/ English subtitles, Rated: NR (PG)

In this much acclaimed film, two arid hamlets separated by a distance of 13 kilometers from the down South of Tamil Nadu unfurl a drama witnessed by the sun. An alcoholic wife beater embarks on a journey, dragging his young son along to fetch back his wife whom he had chased away. The land and human emotions lay brazenly palpable in the scorching heat. This journey is fraught with the sweat and smudge of the common folk, crawling critters, and the deserted terrain. *Don't miss!*

Potpourri – Tuesday 20 June, 8:00 pm:

• GI-JUK (Letters to the President)

South Korea, 2021, Dir. Jang-Hoon Lee w/ Moon-Sung Jung, Sooyoung Lee, Jeong Min Park and others, Drama, 117 mins, Korean w/ English subtitles, Rated: NR (G)

Based on a true story. Set in the 1980s, the film tells the story of Jun Kyung, the math prodigy high school student. He and his older sister live in the roadless countryside of North Gyeongsang Province. With the help of his girlfriend Ra Hee, Jun Kyung works together with Bo Kyung and the village people to create a train station.

Interesting – Wednesday 21 June, 8:00 pm:

• MICROBIOTE: LES FABULEUX POUVOIRS DU VENTRE (Microbiota: the fabulous powers of the belly)

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

Lurking in the depths of our guts, 100,000 billion microorganisms contribute to the health of the organism that shelters them. These bacteria, phages and fungi, transmitted at birth constitute the microbiota, or intestinal flora. Long unknown, and often misunderstood, this microbiota is gradually revealing its secrets and mobilizing thousands of researchers around the world. It gives hope for a scientific revolution. Not only are the microbes that make up the microbiota essential to our well-being, but they are also opening up a new therapeutic field. *This film has been shared with us by the French Pavilion, Auroville.*

Selection – Thursday 22 June, 8:00 pm:

• BAL (Honey)

Turkey, 2010, Dir. Semih Kaplanoglu w/ Bora Altas, Erdal Besikcioglu, Tulin Ozen and others, Drama, 103 mins, Turkish w/ English subtitles, Rated: NR (G)

The young boy Yusuf's best friend is his father, who supports his family's modest life with the honey he collects from tall trees in the forests of the remote Turkish countryside. Yusuf is a quiet boy, and his mother is concerned for his future. Perhaps he will follow in his father's footsteps, or perhaps school will offer him other opportunities. But the honey crop is failing, and Yusuf has trouble learning how to read. The greatest fear strikes when Yusuf's father doesn't return home from the forest.

International – Saturday, 24 June, 8:00 pm:

• CORSAGE

Austria, 2022, Dir. Marie Kreutzer, w/ Vicky Krieps, Floriana Teichtmeister, Katharina Lorenz and others, Biography-Drama, German-French w/ English subtitles, 114 mins, Rated: NR(R)

A fictional account of one year in the life of Empress Elisabeth of Austria. On Christmas Eve 1877, Elisabeth, once idolized for her beauty, turns 40 and is officially deemed an old woman; she starts trying to maintain her public image.

Children's Matinee – Sunday, 25 June, 4:30 pm:

• BEAUTY AND THE BEAST

USA-Japan, 1991, Dir. Gary Trousdale, Kirk Wise w/ voices Paige O'Hara, Robby Benson, Jesse Corti and others, Animations-Fantasy, 84 mins, English-French, Rated: G

Young Prince Adam is cursed by a mysterious enchantress to having the appearance of a monstrous beast. His only hope is to learn to love a young woman and earn her love in return in order to redeem himself. His chance shows itself when a young maiden named Belle offers to take her ill father Maurice's place as his prisoner. Belle learns to appreciate her captor and immediately falls in love with him. However, unscrupulous hunter Gaston has his own plans for Belle.

ARTHUR PENN FILM FESTIVAL @ Ciné-Club:

A pioneering director of live television drama in the 1950s and a Broadway powerhouse in the 1960s, Mr. Penn developed an intimate, spontaneous, and physically oriented method of directing actors that allowed their work to register across a range of mediums. He brought the sensibility of '60s European art films to American movies and paved the way for the new generation of American directors who came out of film schools.

Ciné-Club Sunday 25 June, 8:00 pm:

• THE LEFT HANDED GUN

USA, 1958, Dir. Arthur Penn w/ Paul Newman, Lita Milan and others, Western - Drama, 102 mins, English w/ English subtitles, Rated: NR (R)

Volatile young gunfighter Billy the Kid works for kindly rancher Tunstall, and they develop an unbreakable bond. When Tunstall is murdered by a corrupt lawman and his cronies, a distraught Billy goes on a violent rampage through the New Mexico Territory.

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

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

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

FO N&N RECURRING EVENTS & CO

AWAKENING SPIRIT

AMPHITHEATRE—MATRIMANDIR

Every Thursday at sunset, 6 to 6:30pm
weather permitting

Meditation with Savitri read by Mother
to Sunil's music

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 5.45 pm and until meditation ends.

Surya & Velmurugan



DAILY PEACE MEDITATION

- Unity Pavilion, Peace Hall
- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Thursday, 5 to 5:45pm



Submitted by Arun

ACTIVITIES



SWIMMING CLASS

- Kids 6+ & Adults
- Courses from beginners to advanced level
- To book contact Mani, +91 8637633696

Submitted by Mani

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

- By appointment: Any time you can do class

Information

- Bring water bottle, socks
- Every month new batch beginner
- Minimum commitment 1 month
- Listen more Tango music
- Dance Tango every day by booking for couples or Individuals
- Be on time

For bookings contact us:

- +918637633696, bakisatadance@gmail.com. Mani



SALSA DANCE CLASS

- **Beginner Class:** Every Tuesday, 6:30pm
- **All Levels:** Every Saturday, 6:30pm
- **By appointment** any time you can do Salsa, Bachata Kizomba
- **Need To Bring:** Socks, Water, Smile
- **Venue:** New creation Dance studio
- **Register before coming:** +918637633696



Mani, @bakisata_dance

FOOD FOREST TOUR



Every Sunday, 9:30—11:30,

at La Ferme Community (5min from AV Bakery)

Sign up and info's: 9047421044 WA, Sarah sarah@auroville.org.in, www.youtube.com/myfoodforest. Sara

ART WORKSHOPS BY SENIOR ARTIST ABHIJIT ROY

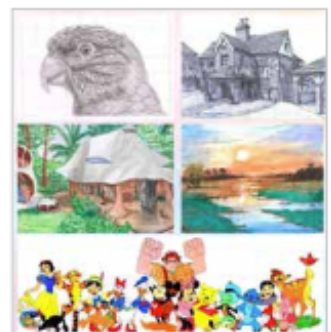
Every Thursday & Saturday, 2—4 pm

Study Room, Sri Aurobindo Centre, Bharat Nivas

Come along and learn how to sketch paint & draw under following categories of your choice.

- Fundamentals of drawing (10 sessions)
- Duration: 2 hours
- Contribution required

For Registration please send an email to bharatnivas@auroville.org.in



Regards, Vani, BN Cultural Team

TRIP TO THIRUVANNAMALI ORGANIZED



I am organizing a group trip to Thiruvannamali every Monday, leaving in the morning and back in the evening. If you wish to join us, please WA @ 9090819998.

Best wishes Arabinda

RUPAVATHI JOY ACTIVITIES

Bio-region Temple Tour

- Every Sunday, Wednesday and Saturday
9am—12noon,
starting from Solar Kitchen



Indian cooking

- Every Monday to Friday after 5pm at Creativity.
- Every Saturday and Sunday, 10am to 5 pm



Thai Massage

- Every day at Creativity

If you want to participate, please book it in advance:

- +91 8098845200, Voice and WA
- rupavathijoy@gmail.com

Rupavathi Joy

HEALTH CARE

AURODENT DENTAL CLINIC



Dental Clinic
Auromode, Auroville.

For Appointment please contact us

Email: aurodent@auroville.org.in

Phone: 0413-2622063 What's up: 9629199328

Working hours

Monday – Friday (9am – 1 pm & 2pm – 6 pm) Saturday (9am – 1pm)

Submitted by Sudha

HONORARY VOLUNTARY WORK

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@auroville.org.in,

8525038274WA or call 8122274924

Looking forward to welcoming you!

The Sadhana Forest team, warmly, Shek

FOODS, GOODS AND SERVICES

RED DOT CAFE

Low carb office lunch. Vegan option available. Sign up for a lunch scheme, perfect for a Group lunch meeting.

- Red dot cafe at Upasana
- +91 9962197716,
upanasared.cafe@gmail.com



Uma

150DPI DIGITAL SOLUTIONS

We are an activity registered under Kattida Kalai Trust. Our activity has been serving our community since 2006. We provide the following services:

- Website design and development
- Web and mobile applications
- Domain and web hosting
- Security and maintenance
- Customised GST billing solutions
- UI and UX designs
- Database Development and Management
- IT Training



For 150dpi, Sathish Arumugam,
8098144686
hello@150dpi.com,
Surrender Community

POUR TOUS WATER

Free Service To The Aurovilians



Dear Friends, Pour Tous Water provides free service to the Aurovilians as part of the prosperity vision (service for all).

We would like to express our gratitude to the BCC, which is supporting the budget to cover the running costs of Pour Tous Water.

The service and labor is free. If material is necessary for your work, the city service advances it, and you are paying to the collection account, which is going back to City Services only to cover the material cost.

Pour Tous Water would like to work with you in collaboration on transparency and accountability. All service transactions are through Financial Service accounts, we do not handle cash for the services and appreciate you helping us with this. Pour Tous Water keeps plumbing materials on hand for emergencies to save money on petrol and avoid time-consuming round-trips to the store.

- For plumbing and water works, please contact us at Pour Tous Water's office numbers: 2622899, 9843644308, and ptw@auroville.org.in.

Sincerely, Grace, for Pour Tous Water

ARIMUGAM

Offers its services voluntarily in gratis (Pro Bono) for the below areas only to individuals/activities who/which do not have a qualified and experienced in-house resource.

Focus:

- Startups: Products and Services
- Concept Note Writing, Project Proposal and Pre-defined Application Form Preparation, Financial Projections—Guidance only
- Email, Instagram, WA and LinkedIn Marketing, Business Communication and Content Writing—Guidance only

Contact Details: Surajkiran

- 98842 04918 Voice and WA, surajkiranv@gmail.com

Location: Auroville

Regards, Surajkiran



CLASSES, WORKSHOPS AND HEALING ARTS

MOTHER'S MUDRAS

Mother's Mudras in a Tai-chi Form.

- Every Tuesday at 4:30 at Savitri Bhavan.

On Sundays, after the Savitri reading, by 12, we practice also.

Everybody Welcome. Facilitator: Anandi ayūn

'A harmonious collective aspiration can change the course of circumstances'. **The Mother**



RELAXING OIL MASSAGE



- Relaxing oil massage to reconnect body and soul.
- Full body, 90 minutes.

On donation for aurovilians, newcomers and volunteers.

- Someone could land me a MASSAGE TABLE to offer massages to an Aurovillian who had a stroke? For one or two months.

Best regards, Umberto, 7598331379

1 YEAR PROGRAM IN VEDIC ASTROLOGY

I'm offering a new one-year program of Vedic astrology, designed to provide a comprehensive understanding of this ancient Indian system of astrology.

We will explore various aspects of Vedic Astrology, including the stories of the signs, mythology of the Nakshatras, using Avasthas and planetary strength, calculating and interpreting planetary periods, retreats on the Navagrahas, and preparing for client sessions.

- Sessions will be online on Saturdays, starting from 3 June.
- Please message, if you're interested in joining.

My email is vikram@auroville.org.in and WA +919843948288



Regards Vikram

ANGAM TREE: Holistic Wellness Initiatives

Angam Tree Wellness Hut has now with your grace grown into Angam Tree Varmam Wellness Research and Education

Centre a goal focused on Holistic Wellness. Our work in therapy and healing is focused on educating people to the importance of healthy living and conscious lifestyle. To together achieve a better and sustainable future in wellness for each individual and their communities.

Our community outreach and social responsibility work is fostering the following two initiatives:

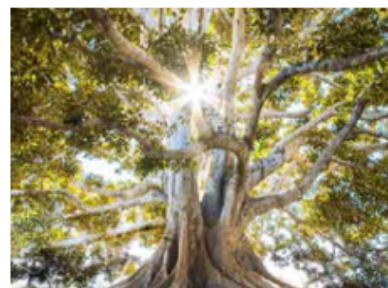
Massage Therapist Development Program

It is a scholarship based platform for bio-region villages. Student Massage Therapists to learn more about the science and craft of therapy via research and becoming a more evidence-based practitioner.

This is an opportunity to not only create a positive change in our learning and growth as contributing individuals within our communities, but also for other us to create better outcomes in our practice and generational continuity of our knowledge and skills.



Siddha Holistic Wellness Circle



To ensure continuity of our Tree of traditional and ancient healing systems. The sharing circle is focussed on facilitating meaningful action oriented dialogue, discussions and continuous learning's on yoga, meditation, massage therapy and sound healing.

Based in the lineage of siddha varma, or the yoga of adepts using verb and verse. As siddha yoga practitioners, believe that the science and practice of yoga are more than just systems of creating optimal health in the physical body and but means to achieve absolute knowledge, indestructible body, mind and spirit.

Angam Arogyam Udyan

It is the sum total of the knowledge, skill, and practices based on the theories, beliefs, and experiences indigenous to different cultures, whether explicable or not, used in the maintenance of health as well as in the prevention, diagnosis, improvement or treatment of physical and mental illness. Approximately 50% of drugs currently used are derived from medicinal plants. More than 80% of the world population has made use of some form of traditional knowledge in health, as a form of self-care in health.

- They are more affordable than most conventional medicines.
- They are easy to obtain and don't require prescriptions.
- They strengthen the overall immune system.
- They can stabilize hormones and metabolism.
- They can be found in nature, so cost very little to harvest and produce.

Your support and donations will help young individuals to learn and develop the traditional craft of therapy. Ensuring them a means of livelihood and continuity of the healing arts generation to generation.

- You can learn more about us and our initiatives at <https://angamtree.com/donate/>

For Angam Tree, Raja, +91 9751395939

Traditional Massage Therapy Classes

Our 30 hours course covers Traditional Bodywork based on principles of ancient Indian medicine science of Siddha Varma Kalai originating in Tamilnadu, Southern India. It is one of the oldest systems of medicine in India.

The certificate course has three levels:

1. Basic: 10 Hours
2. Intermediate: 20 Hours
3. Advanced: 30 Hours

Course modules:

1. Varma Massage Therapy
2. Varma Touch Therapy
3. Varma Myology (Muscles)
4. Varma Defense Methods

Angam Tree Wellness Hut is reaching out to people interested in learning massage therapy techniques. You can learn more about us at www.angamtree.com

Kindly share your profile with us at the below mentioned email address. We will call you for an interview to assess the correct fit between you and the positive intention towards the energy of therapy.

- angamtree@auroville.org.in
- Contribution based

Warm regards, Angam Tree, Raja Narayanasamy
Celebration Community, +91 97513 95939

