auroville NEWS & NOTES

No 982 - A weekly bulletin for residents of Auroville

7 July 2023





PONDERING

Auroville is meant to hasten the advent of the supramental Reality upon earth. The help of all those who find that the world is not as it ought to be is welcome.

The Mother on Auroville - page 1 https://motherandsriaurobindo.in/The-Mother/books/compilations/the-mother-on-auroville/

HOUSE OF MOTHER'S AGENDA

Once humanity understands this simple fact, once it gives up its age-old habit of cloistering the Spirit in heaven and believing in death, believing in its laws and its smallness, then we will be saved and ready for a divine life. This is what Sri Aurobindo came to show us above all else: there is no need to fly off to heaven to find the Spirit, we are free, we are stronger than all the "laws," because God is within us. All we need to do is believe this, for faith hastens the world's fairy tale. *That was the thing that saved me all through, I mean a perfect balance. First of all I believed that nothing was impossible and at the same time I could question everything. One day, as he was again being urged to resume his political struggle, Sri Aurobindo promptly replied that what was needed was not a revolt against the British Government, which anyone could easily manage... [but] a revolt against the whole universal Nature.*

The few disciples - there were about fifteen of them - all remember that very special, highly concentrated atmosphere prevailing during this first phase. They had dazzling experiences almost at will; divine manifestations were common, and the natural laws seemed to begin to yield. The veil between the physical world and the other planes of consciousness was growing thinner, and the beings we call gods, or the forces of the overmind, were able to manifest, bend the laws, and produce so-called miracles. Had this trend continued, Sri Aurobindo and the Mother would have been well on their way to founding a new religion, and Pondicherry to becoming one of the "holy places" where spiritual fragrances mask the more common odors. But one day, as the Mother was describing one of the latest extraordinary occurrences to Sri Aurobindo, he remarked humorously: Yes, it is very interesting, you will work miracles that will make us famous the world over; you will be able to turn earthly events topsy-turvy; indeed (Sri Aurobindo smiled), it will be a grand success. Then he added: But this is an overmental creation, not the highest truth. It is not the success we want; we want to establish the supermind on earth, create a new world. Half an hour later, narrates the Mother, everything had stopped. I did not say anything to anyone, not a word, but in half an hour I had torn down everything, severed the connection between the gods and the disciples, demolished everything. For I knew that as long as this was going on, it was so alluring (one saw astounding things all the time) that we would have been tempted to continue.... I tore down everything. From then on, we started over on a different footing.



That was the end of the first phase. Sri Aurobindo and Mother had verified the power of consciousness, and they had found that "miracles with a method," or interventions of higher powers of consciousness, merely sugar the pill without changing the essence of things. These particular "miracles" are useless from the standpoint of transforming the world. The real thing, as the Mother would say, is not to change Matter from the outside through fleeting "supernatural" interventions, but to change it from within, lastingly - to establish a new physical order. History is full of "holy places," and they have all failed us. We have lived long enough under the auspices of the gods and religions. I have no intention of giving my sanction to a new edition of the old fiasco, wrote Sri Aurobindo, a partial and transient spiritual opening within with no true and radical change in the law of the external nature. Levitation, the conquest of sleep, hunger and even illness barely touch the surface of the problem. These are negative efforts directed against a prevalent order, which still implies a recognition (in negative terms) of the old laws, while it is the order itself that must change. All such "miracles" are but the reverse side of our impotence. What we need is not a better world, but a new world, not a "highly concentrated" atmosphere, but a "lowly" concentrated one, as it were. Everything here below must become holy. Suddenly, on November 24, 1926, Sri Aurobindo announced that he was retiring into complete solitude. Thus would the ashram become founded officially under the Mother's direction. There was no need to tell the disciples that the yoga would henceforth take place "in the subconscient and the inconscient": They all tumbled down from their marvelous experiences... soon to confront far harsher realities. Now began the second phase of the work of transformation.

(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)



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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NOTE FROM THE EDITORS

Dear Community,

We thank everyone for embracing the new RA N&N and sending in your submissions.

We have been facing various issues with the FO N&N (delaying their publications; locking PDFs; repeated or obsolete content; content published without author's consent; unclear sourcing of content; etc...). Consequently, we have decided that from 20th July onwards, we will only publish content sent directly to us at newsandnotes@auroville.services.

Important:

From 20th July onwards, the only content that we will continue publishing from the FO N&N are announcements from the FO and their working groups, in order to honour our commitment to have all voices heard. FO Working Groups are of course invited to send their content directly to the RA N&N for publishing, if they wish for their links to be functional and if they would like to avoid any delays in publishing. All events, workshops, and other content not sent to us directly, will no longer be added to the RA N&N, for the above stated reasons.

Reminder:

Please do NOT write to us from an @auroville.org.in mail ID, your submissions will not reach us. If you only have an auroville.org.in mail ID, please use this <u>form</u> to send us your content.

Support the RA N&N:

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 ENTRY SERVICE

ES # 187 DATED: 06-07-2023

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

NEWCOMER ANNOUNCED:

- Sandhya GANAPATHY (Indian) staying in Savitri Bhavan Hostel and working at Udavi School
- Shalini BHATTACHARYA (Indian) staying in Citadines and working at AV Consulting



 Tosha PARMAR (Indian) staying in Terrasoul community and working at Mandala pottery

NEWCOMER CONFIRMED:

- Madhuri K (Indian)
- Robin BAUMES (French)
- Sasikala SIVAKUMARAN (Indian)

AUROVILIAN ANNOUNCED:

 Vismai RAO (Indian) staying in Victory and working at Auroville Language Lab & MM

AUROVILIAN CONFIRMED:

- Sharon Sunshine (USA)
- Vincenzo CAFARELLI aka Enzo (Italian)
- Silky ARORA (Indian)
- Kavitha PRAKASH (Indian)
- Gopika DAHANUKAR (Indian)

SPOUSE OF AN AUROVILIAN ANNOUNCED:

 Monica Prabhu (Indian) staying in Forecomers (wife of Prabhu PONMUDI)



NOTE:

- The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.
- A Newcomer becomes an Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming Aurovilian is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- A confirmed Aurovilian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF).
- A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.
- A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours

The Entry Board (Alain, Grace, Jayanthi, Lakshmanan, Matilde, Sara, Sonja and Swadha)

Entry Service Timings:

Monday, Wednesday, Friday, 9:30am—12:30pm Tuesday & Thursday: Newcomer kits, 2:30—4:30pm 0413 262-2707, **auroville.entryservice@gmail.com**

FROM THE RA TDC

REPORTS AND LETTERS FROM TDC



Dear Community,

Please find below some of the reports and letters that we have sent out over the last months, mostly regarding various noncompliance and violations of the NGT judgement by different parties.

The letters and reports are mostly addressed to the Joint Committee, the CPWD and the Auroville Foundation Office, with copies to the Central and Tamil Nadu Ministries of Environment and Climate Change.

With regard to internal projects, we have also written multiple letters to the various Aurovilians and others (e.g. Michael Bonke) that are going against our agreed-upon community processes and RAD decisions, reminding them about the NGT judgement of April 2022.

Additionally, legal notices were forwarded to Auroville services and groups, such as Water Service, Electrical Service, Road Service, Matrimandir, Land Board, and ATDC.

As a perspective, since starting this team (a little more than a year ago), we have sent and received over 1,300 emails.

in Service

L'avenir d'Auroville - TDC Town Development Council Anan, Dorle, Divya L, Island, Lata, Natasha S, Tom G

Recent documents:

March:

2023 03 20 - Tree removal - Crown - <u>report</u> + <u>letter</u> 2023 03 28 - non-compliance NGT ruling - <u>report</u> + <u>letter</u>

April:

2023 04 04 - Darkali water catchment non-compliance NGT ruling - report + letter

May:

2023 05 01 - work on the crown - letter

2023 05 08 - report - non-compliance NGT ruling -<u>report</u> + letter

2023 05 08 - Construction - non-compliance with NGT ruling - letter

2023 05 20 - MFG re clearing - letter

2023 05 23 - Land Board re clearing for ring road - letter

2023 05 26 - water management - Auroville Crown - letter

2023 05 29 - Ring road clearing - Non Compliance with National Green Tribunal - letter

2023 05 31 - Damage to trees along the Crown, Auroville - report + letter

FROM THE RA BCC

OBSERVATIONS ON RECENT BUDGET CUTS

The RA BCC has been made aware of a 100% budget cut to the Forest Group (all Maintenances and salaries) and a budget cut of over 75% to the Farm Group (all Maintenances previously allocated – whether half or full – have been reduced to a care package, which is the equivalent of a quarter Maintenance). These cuts were communicated to only a few members of either group, in <u>emails</u> signed by only two members of the FO FAMC, and implemented immediately. Maintenance support to children has been cut alongside that of their parents in the case of Forest Group, although this was not mentioned in the FO FAMC's communication. In light of these significant budgetary cuts, we would like to remind the community that the RA BCC held a community budgeting process in early 2022, to get inputs on budgetary priorities. We wish to highlight that Farms/Food and Social Support (Maintenances) were amongst the highest budgetary priority areas, to receive more financial support from the City Services budget if needed/possible. Forest was considered to be in the mid-low priority range for increased funding. At the time, Forest was receiving 5.8% of the City Services Budget, and Farms were receiving 3% (CS Report FY 2020-2021). The full report of the outcomes of the community budgeting process is available <u>here</u>.

So far, a total of 121 adult Aurovilians have seen their Maintenance support cut by the FO FAMC and BCC, amounting to 13.6% of the Aurovilians supported by a City Services Maintenance just before the RA FAMC and RA BCC were replaced by these groups (888 in total, CS Report FY 2021-2022). This is the first occasion at which Chidrens' Maintenances have been cut as well - despite the fact that the RA FAMC and RA BCC had amended the Childrens' Maintenance guidelines in October 2021, making all children eligible for this support regardless of the Maintenance status of their parents. To our knowledge, no Bridging Maintenances or gratuity settlements have been made available to the Aurovilians and employees impacted, as would have been standard procedure. Gratuity for employees of budgeted services was previously routinely paid for from the City Services Budget, which included a Gratuity budget head and a dedicated FS account to hold these funds.

We believe that the community needs to be informed of these critical developments, which have not been publicly communicated by those deciding and implementing them.

In service,

Your RA BCC Members (Aurosugan, Danny, Enrica, Hans, Mahi, Sacha, Suryamayi, Verena)

COMMUNITY NEWS

REMINDER * AN APPEAL FROM RESIDENTS OF AUROVILLE REGARDING THE EXIT PERMIT SERVED TO SATPREM MAÏNI *

Dear Auroville residents and Well-wishers of Auroville,

We would like to thank all those who have shown their support to Satprem's visa situation and the general ongoing profoundly challenging situation in Auroville.

So far we have received a total of 2,753 signatures (Auroville Residents 905, Auroville Well-wishers Worldwide 1,848).

As the number is still constantly growing we would like to extend the submission period for two more weeks (Until 12th July).

Signatories will be kept strictly confidential, and only the appeal letter and the numbers will be shared outside of the Working Committee of the RA.

Please share this link with 6 translations with your family and friends to spread the word.

https://forms.gle/kD8QmNVrQPKasAPE6

Sincerely

Concerned Members of the Residents' Assembly of the Auroville Foundation

RESIDENTS' ASSEMBLY MEETING

Dear Residents,

The Residents' Assembly Service invites you to a Residents' Assembly Meeting (RAM) to discuss two proposals of a group of concerned residents (petitioners):

- 1. Emergency RAD by the Residents' Assembly; and
- 2. Emergency powers to the Working Committee of the Residents' Assembly to select members of working groups.

(For more details, please find a link to the reference document below)

These proposals have been submitted in May 2023 and validated by RAS. They will be put out to the community for a decision, following the due process as envisioned by the <u>RAD</u> policy 2021.

UPDATE: The meeting was planned to take place at UP, but since Unity Pavilion cancelled the venue for the Residents' Assembly Meeting (RAM), the Residents' Assembly Service is going to hold it at Kalabhumi instead.



TENTATIVE AGENDA

- RAD process and context
- Presentation of first proposal
- Open discussion
- Presentation of second proposal
- Open discussion
- · Closing and next steps

STAY ON TO CONNECT IN SOLIDARITY!

After the formal part of the meeting, stay on for juice and snacks - Potluck style, bring some finger foods if you can! Let us gather in community!

REFERENCE DOCUMENTS AND BACKGROUND INFORMATION

RAD details by petitioners' representatives >>>

(Click the link or scan the QR code)

We look forward to seeing you there!

~ Much love, For the Residents' Assembly Service *Giovanni, Manas, Mandakini, Robert, Sandeep, Satprem, Tatiana, Veronique*



COMMUNITY SHARING

FOREST GROUP UPDATE REPORT 3RD JULY 2023

The FG would like to inform the community that they are very disappointed and distressed at community members Chandresh and Torkil, and the GB FAMC for supporting them in their recent communication and action. After withholding the Forest Budget, which supports 60 employees from our neighbouring communities, this communication states that their budget has been suspended. It also it states that over 40 Aurovilian personal maintenances(some full/some part-time) will also be stopped at short notice. It should be noted that some of these Aurovilians have dedicated their whole working life to protecting and developing land for Auroville.

For transparency, please read carefully the mail they sent to a few members of the FG and the FG's reply.

We are really hoping for community support to ensure this callous action is reversed.

FG reply to email received by a few foresters:

Dear Torkil and Chandresh, and other members of the GB elected FAMC,

It is with great concern that we write this mail to you. Since mid last week (Wednesday, June 21, 2023) a few members of the Forest Group have received the mail copied below. This mail has not been received by all members on the Auroville Forest Group via mail Id (<u>forestgroup@auroville.org.in</u>).

However, the ramifications of the shocking content of this mail, along with those not receiving it and not being aware that their subsistence will be cut within a week, are very alarming.

The threat of cutting personal maintenances of 50 Aurovilians and 60 salaries of employees at such short notice will put 110 people under duress and could have extreme psychological effects.

The threat of cutting of our Forest Care budget, which solely goes to paying salaried employees wages, puts dedicated residents of our neighbouring villages, who are mostly living on the breadline, under extreme pressure to feed their families.

One wonders how two people with no financial worries could put so many people in this situation.

Also, the sudden cutting of salaries of employees may also have legal consequences, as the mail does not detail the timeline of the FAMC for forwarding the 60 employees entrenchment compensation and for 49 out of the 60 who have been employed more than 5 years, their gratuity package, all this according to the 1947 Indian labour laws.

It is also deeply concerning and surprising to read in your mail the following statement: "FAMC over the last year has tried numerous times to get into a dialogue with the green workers, but with little or no result, often not even willing to meet. The old Forest Group does not seem to have any willingness to change and be part of a fast developing Auroville according to its purpose.", as we attended a fruitful meeting with Madam Secretary and the FAMC on the 27th February at the Auditorium Bharat Nivas. A meeting in which you, Chandresh and Torkil, did not attend yourselves.

This meeting has been video recorded and starts with a powerpoint presentation called "FAMC meets the Farmers & Green buffer & Park Zone " presented by Geeta and the Madam Secretary. Approximately 80% of Forest Group members attended this meeting, a lot of information was exchanged and the movement of our present accounting to a more CAG oriented system was agreed upon and instigated.

As you have been supplied with all our accounts up to date (including full accounts FY 2022-2023 plus May 2023), you must be aware of how the forests are financed and understand the ramification of what you are proposing in your mail.

We therefore request a meeting with you ASAP, to reassure us that you will:

- Make payment of our overdue monthly City Services Forest Care budget for June 2023, so that salaries to 60 employees of Auroville can be paid.
- Make timely payment of the City Services Forest Care budget for July salaries for our 60 employees.
- Ensure that the maintenances of Aurovilians, full time or half time involved in Forest Care, are transferred to our personal Financial Service accounts at the latest on Monday, July 3, 2023, so that your Aurovilian sisters and brothers are able to provide their families with basic needs.

Looking forward to hearing from you soon. The Auroville Forest Group

Mail received by a few foresters on Wednesday, June 21, 2023:

Dear Aurovilians,

The management of Auroville's green areas has deep historical roots, with reasons for structure and functions that might have been valid in earlier times. It has over the years become disconnected from Auroville as a City and the Master plan, and some work and management have been contrary and on a collision course with these plans and Auroville's larger purpose.

FAMC over the last year has tried numerous times to get into a dialogue with the green workers, but with little or no result, often not even willing to meet. The old Forest Group does not seem to have any willingness to change and be part of a fast developing Auroville according to its purpose.

A new Green Service has been established, but no dialogue seems possible. To get out of this impasse FAMC see no other option than to stop transfer of maintenance as well as recurrent budget from City Services from June 2023. We hope that you will come forward to collaborate with Green Service and FAMC in establishing a united green service where small individually managed steward-shipped areas are abolished, giving way for a more efficient collective management for all green areas in Auroville. We understand that this is a difficult transition. It had been overdue due for many years, which makes it even harder now. But we see it as a necessary step.

We understand that this transition can be difficult for some individuals. In case of individual financial problems you can approach City Services for temporary support.

In Her Service, Auroville will boldly spring towards future realisations, Chandresh and Torkil for FAMC

URGENT WARNING: CANINE DISTEMPER OUTBREAK



We must alert you to the ongoing and devastating wave of canine distemper that continues to ravage dogs within Auroville and the surrounding areas. In the last few days alone, we had cases in Angiras Garden, Last School, Kuilapalayam, Alankuppam, etc.

This highly contagious viral infection spreads rapidly, similar to the flu, and is, in most cases, fatal for dogs. Our quarantine facilities and other animal care centers are full of cases.

We implore each dog lover to take immediate action to protect your pet dogs, Community dogs, and any dogs in your area. There is a highly effective vaccination available to safeguard against this deadly virus. Do not wait until it's too late. Contact your veterinarian without delay!

To address this critical situation, we have secured a stock of Dhhppi Novibac vaccination, which also provides protection against rabies. We are offering this essential vaccination for Rs. 500 per dog. Act now to ensure the well-being and safety of your beloved dogs.

Contact us for information and a vaccination appointment. aurovilledogshelter@auroville.org.in or aurovilledogshelter@gmail.com



CULTURAL ANNOUNCEMENT

THE AUROVILLE THEATRE GROUP

Auroville Theatre Group in association with Urab Theatre Company presents the play "Chronicles of the Immortal Professor" July 7 & 8, 2023, 7 PM at CRIPA, Kalabhumi, Auroville.

The play is a free adaptation of "The Lesson" by Eugene lonesco. The play is performed in an expressionistic and absurdist style.

The play deals with common people in a deteriorating system that are trained to be conforming adults through the use of rewards and punishments as a means to create and shape individuals, suppressing dissent. The play is a comedic parable of the dangers inherent in indoctrination, satirising the "clean image" put forward in the society.

The central character 'Professor' represents more than what his title suggests. The absurd plot of the play focuses on a timid professor who manipulates the meaning he assigns to words to establish tyrannical dominance.

"The Chronicles of the Immortal Professor" is a solo play with a duration of 80 mins .The play is recommended for audiences above 13 years old. We have prepared an expressionistic, absurdist and comedic performance for everybody with an open mind. Entry is free for everyone.

Actor on stage - Visak Bazi Light - Ajith Chandran Music - Sarath Meraki Script, Design, Direction - Rohit Xavier



AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 11th July, 9 am - 12 noon Focus: Intimacy with the Divine

Led by Ashesh Joshi

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

All are Welcome

PITILESS

As we have come to engage in this City of Dawn, here's a sliver of guidance from Sri Aurobindo and the Mother, the Avatar founders of Auroville, for your perusal and contemplation:

https://sri-aurobindo.co.in/workings/ma/agenda 11/1970-03-14-01 e.htm *

The "Consciousness" that the Mother speaks of is the Supramental Consciousness-Force:

"And the action of this Consciousness..."

"But this Consciousness is pitiless. ...so we may learn our lesson."

ॐ

Here's a knowledge base of most of their writings and guidance for more in-depth understanding of what on Earth is happening...

https://sri-aurobindo.co.in/

"...and meanwhile, the best course is to consecrate oneself entirely to the Divine."

"...to live in Auroville, one must be a willing servitor of the Divine Consciousness."

And so, the easiest and most joyful path for the human instrument, the Sunlit Path of Surrender: Bhakti to the Supreme Divine whom guides with the Divine Knowledge and acts through Divine Works:

The triune Bhakti-Jnana-Karma Yogas of Integral Yoga.

"The aim of human life is to discover the Divine, and to manifest it."

"The function of the psychic being is to offer all to the Divine for transformation."

* "So then, I really saw – saw, understood – that the work of this [Supramental] Consciousness (which is pitiless, it's not concerned whether it's difficult or not, probably not even much concerned about apparent damage) is for the normal state to cease to be this thing which is so heavy, so obscure, so ugly – so low – and for the dawn to come... you know, something dawning on the horizon: a new Consciousness. That something truer and more luminous."

Zech, 2023.06.29



"To be or become something, to bring something into being is the whole labour of the force of Nature; to know, feel, do are subordinate energies that have a value because they help the being in its partial self-realisation to express what it is and help it too in its urge to express the still more not yet realised that it has to be. But knowledge, thought, action, - whether religious, ethical, political, social, economic, utilitarian or hedonistic, whether a mental, vital or physical form or construction of existence, - cannot be the essence or object of life; they are only activities of the powers of being or the powers of its becoming, dynamic symbols of itself, creations of the embodied spirit, its means of discovering or formulating what it seeks to be. The tendency of man's physical mind is to see otherwise and to turn the true method of things upside down, because it takes as essential or fundamental the surface forces or appearances of Nature; it accepts her creation by a visible or exterior process as the essence of her action and does not see that it is only a secondary appearance and covers a greater secret process: for Nature's occult process is to reveal the being through the bringing out of its powers and forms, her external pressure is only a means of awakening the involved being to the need of this evolution, of this self-formation. When the spiritual stage of her evolution is reached, this occult process must become the whole process; to get through the veil of forces and get at their secret mainspring, which is the spirit itself, is of cardinal importance. To become ourselves is the one thing to be done; but the true ourself is that which is within us, and to exceed our outer self of body, life and mind is the condition for this highest being, which is our true and divine being, to become self-revealed and active. It is only by growing within and living within that we can find it; once that is done, to create from there the spiritual or divine mind, life, body and through this instrumentation to arrive at the creation of a world which shall be the true environment of a divine living, - this is the final object that Force of Nature has set before us. This then is the first necessity, that the individual, each individual, shall discover the spirit, the divine reality within him and express that in all his being and living. A divine life must be first and foremost an inner life; for since the outward must be the expression of what is within, there can be no divinity in the outer existence if there is not the divinisation of the inner being. The Divinity in man dwells veiled in his spiritual centre; there can be no such thing as self-exceeding for man or a higher issue or his existence if there is not in him the reality of an eternal self and spirit.

To be and to be fully is Nature's aim in us; but to be fully is to be wholly conscious of one's being: unconsciousness, half consciousness or deficient consciousness is a state of being not in possession of itself; it is existence, but not fullness of being. To be aware wholly and integrally of oneself and of all the truth of one's being is the necessary condition of true possession of existence. This self-awareness is what is meant by spiritual knowledge: the essence of spiritual knowledge is an intrinsic self existent consciousness; all its action of knowledge, indeed all its action of any kind, must be that consciousness formulating itself. All other knowledge is consciousness oblivious of itself and striving to return to its own awareness of itself and its contents; it is self-ignorance labouring to transform itself back into self-knowledge."

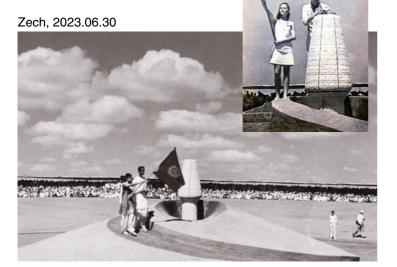
(The Life Divine, p.1060-61) Submitted by Soham





WELCOME TO THE ETERNAL GAME

Hey, I heard you won this game Where you got to make a choice To go anywhere in the multiverse. So again you are here my dear Welcome to this hologram of a planet Whom the earlier gamers call Earth. You are trying your best to remember Not easy as a human babe was your avatar Your memory replaced by this culture. It's good you are remembering more That down you went into the rabbit hole In here are magic mirrors on the wall Reflecting yourself but in different forms Morphing in wild spontaneous fashion In space-time never in one position. Some mirrors are rooted as if stuck, Some move slow, some zoom about Looking at some other mirror To run away from or devour So they can move on and evolve. Lucky you, having survived so far Looking for more answers here you are Finding yourself in this special lair Of the Dual Supramental Avatar Sri Aurobindo and the Mother. You must be blessed by a divine force. So just hang about ready for a choice As this is the only requirement here: To choose, either muddled or clear. Each choice is an action with a reaction An eternal feedback loop of motion. Remember, this is a world of mirrors Wherein you are all who you encounter Just more hastened and intense As this is the cradle of the transitionals Preparing this planet for the new species That will bring about something else A more freed and divine experience. So welcome to this City of Dawn On this Earth coming soon A Life Divine.



VOICES & NOTES

OPEN LETTER TO FO FAMC AND FO WC

I am writing these lines anonymously. So far we have come in Auroville. A climate of fear and oppression is spreading. You have crossed the red line. Harmony still reigns in the powder keg. But that can change, and then what? You are enemies of the community and I cannot understand this heartless behavior. How can you betray Auroville and beat everything we've built together. Shame on you. An Aurovilian

A CHOSEN OPTION

This Universe of limitless possibilities Is based on The Play of Consciousness And of spectrumed individual choices. The Divine Supramental Manifestation Was simply a possible chosen option: A possibility that is now certain.

Zech, 2023.07.02



TAXI SHARE



Anyone going to Chennai airport in the **late afternoon of 27th July**? Or coming from the airport to Auroville, to share a taxi? Umberto 7598331379

EDUCATION

FRENCH CLASS FOR KIDS (BEGINNER'S LEVEL)

French class (beginner's level) for kids of age group 6 to 12 years old is happening at **New Creation school** facilitated by Nivetha.

French is an International language rich in culture and a knowledge of this language is definitely beneficial.

The class takes place once a week on **Saturday evening** from **5:30pm to 6:30 pm**.

To join the class send an email to <u>nivethavishva@gmail.com</u> or contact 9843188461

AUROVILLE AIKIDO NEWS!



"Auroville Aikido" at Auroville Budokan, Dehashakti near Dana: Welcome if you want to watch a class before, try it out or join us right away!

- **Children classes** (from 8 of age): starting on July 10th with Philippe G. and Surya. Monday, Wednesday & Friday: 4.00 to 5.00 pm. Regular attendance required, as part of the school sports' program.
- Adults All levels: Tuesday, Thursday & Saturday 6 to 7.30 am with Murugan and evening on Wednesday 5.15 to 6.30 pm. Beginners most welcome, especially on the Wednesday evening and Sat. early morning classes.
 Women and young girls (with Surya) Sunday 9.15 to 10.30 am.

Note: Aikido is a Japanese martial art that can be for everybody –and usually gender mixed. Its regular and sincere practice makes you work on all your different levels: physical, mental, spiritual. We encourage the youth and especially girls and women to come and train with us!

Practice clothes & other info: to start, beginners can wear a T-shirt & long loose pants (for energy flow, avoid tight fitting clothes) then a white "keikogi" will be required (we have some). Health Fund or your own insurance necessary. Annual and/or monthly reasonable contribution required (activity under LEAD) depending on your status in Auroville. Please be on time, i.e. 10-15 min. before your class! Contact: Surya 0413-2623.813 or 8300189062, or N. Murugan 9952812843/WA – e-mail budokan@auroville.org.in or suryaniworks@gmail.com

Looking forward and in service, Surya, N. Murugan, Philippe G. and Cristo for "Auroville Aikido".

ACTIVITIES

DOG WHEELCHAIR ASSEMBLY WORKSHOP



We have some fantastic news to share!

Thanks to the immense generosity of a donor, we have been able to order 14 wheelchairs for our beloved paraplegic dogs, allowing them to soon experience the freedom to run and play once again!

Assembling these specialized wheelchairs is no easy task, and we could use the support of the wonderful Auroville Community.

Therefore, we cordially invite you to join us on **Sunday, July 9th at 10 a.m.** for a special Dog Wheelchair Assembly Workshop. Your participation will not only be a valuable contribution but also a great opportunity to spend time together, learn about our paraplegic rehabilitation program. For our youngest dog lovers, we have lots of puppies waiting to enjoy playtime!

See you at the workshop! aurovilledogshelter@gmail.com

FOODS, GOODS & SERVICES

SOLITUDE FAM - JULY 2023



Solitude Farm

Farm

Solitude has a small farm shop which is stocked daily with fresh seasonal produce.

There are also some ayurvedic powders such as giloy or guava leaf and also chilli powder, turmeric, pickles and dried flowers. Solitude also runs a C.S.A. fruits and vegetables basket service where people sign up in advance for a basket of seasonal produce.

Bananas

wild spinach

sundakkai

banana stem

banana flower

wild salad greens

- Soursop
- Papayas
- Assamese giant lemons
- Pineapple
- plantain
- Mangos
- mangee

Cafe

The cafe runs from Monday to Saturday serving a local food vegan thali.

We also serve farm salads, smoothies, deserts, vegan coffee etc...

The cafe runs a lunch scheme.

Education

Solitude farm runs mini permaculture workshops during the week (Wednesdays and Fridays) and longer weekend workshops on a monthly basis. Pricing is flexible for Aurovillians.

Tour

Every Saturday we offer a free tour of the farm sharing the narrative and philosophy in practice of how a food forest can emerge through natural farming and permaculture.

Volunteers

Solitude Farm is happy to welcome volunteers. Timings 8:00 am -12:30 pm We offer breakfast, tea and lunch.

To find out more: email: <u>solitudepermaculture@gmail.com</u> whatsapp: 9843319260

Solitude farm & café Auroville

RELAXING OIL MASSAGE

Relaxing oil massage to reconnect body and soul. Full body, 90 minutes. On donation for aurovilians, newcomers and volunteers. Umberto 7598331379.



LOOKING FOR

SUITCASE FOR AIRPLANE TRAVEL

Dear community, I am looking for a suitcase for airplane travel. Please contact me if you have one to donate or sell at low cost. Thanks, Umberto 7598331379



OLD SOLAR PANELS

Good day dear community,

With the ongoing repair and maintenance going on at the Youth Center, Mirco and Sasha would like to enquire if there is anyone out there who would would like to get rid of their old, damaged or broken solar panels in an eco friendly way? They would be incorporated into construction of walls in the tree houses to create privacy partitions. Perhaps you have some other material that can be used for that as well?

Please contact: Sasha: +919047232400 Mirco: +919944025718



Thank you in advance, and have a wonderful day. Youth Center Team

AVAILABLE



HOUSESITTING OPPORTUNITY

Housesitting opportunity in the center of Auroville for 3 month starting **July 21st**. If you are interested please contact me via what's app: 944 3619 403.

With care & gratitude!

WORK OPPORTUNITIES

LOOKING FOR A GARDENER

We are offering a **full time work opportunity for a gardener** who has his own vehicle and a driving license. Preference is for a person below 40 years of age as the work includes climbing mango trees.

Contact for an interview: 9443413471

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

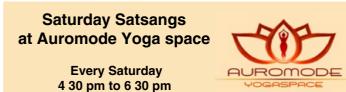
Health:

- Health Center-0413 2622123
- Santé—0413 2622803
- Farewell-8903836246
- Mental health 24/7 support:
- Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

CLASSES, WORKSHOPS & HEALING ARTS

AUROMODE YOGA SPACE



We are happy to invite you to a captivating Satsang, where we will delve into the profound teachings of Indian and Tamil philosophy. It will be a wonderful opportunity to deepen our understanding and explore the rich wisdom that has been passed down through generations.



Event Highlights - This week – July 8, 2023

4:30 to 5:30pm **Lecture on Indian/Tamil Philosophy**: Bala, our inhouse Yoga teacher will share insightful teachings from Indian and Tamil philosophies. Discover the depths of ancient wisdom to gain a fresh perspective on life, spirituality, and self-realization.

5:30 to 6:30pm **Sharing Circle**: Following the lecture, we will engage in open discussions to share our thoughts, experiences, and reflections on various philosophies.

Event Highlights - Next week - July 15, 2023

4:30 to 6:30 – We are happy to invite Director – Dr T Ganesan from Centre of Saiva Studies, Pondicherry to give us an **introduction to SAIVA SIDDHANTHAM**, a prominent philosophical and theological tradition within Tamil culture, and the corpus of Tamil literature available for us to explore.

In English - Refreshments served - Open for all

Contact Bala

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



VÉRITÉ WORKSHOPS

Pre-registration required

Please contact Verite @ 0413 2622045, 2622606, 7867805812 or

programming@verite.in, www.verite.in

Restorative Yin & Yoga Nidra: Deep Relaxation for Body & Mind - with Emma Saturday, 15 July - 9:30am - 12:00pm

ڎrité

The workshop will be divided into two parts. The first one will include theory and practice, where we will journey through conscious relaxation, exploring a contemplative Yin Yoga practice to restore the natural condition of the deep tissues in the body while releasing tension in the physical, energetic, and mental layers. Then we shall transition into a relaxing Restorative Yoga practice which unwinds deep tension helping you to slowly let go of stress and feel more connected to your body. Finally, we shall experience Yoga Nidra — known as yogic sleep — a form of guided meditation practiced laying down, where we move into a deep state of conscious sleep, which is a deeper state of relaxation, taking us effortlessly into restful balance and harmony.

Yoga of Forgiveness - with Dr.Sehdev Saturday, 15 July - 2:00pm – 4:30pm

From the Darkness of Hatred & Indifference, to the Light of Forgiveness is a momentous step. From Fear & Festering Revenge, to the Courage of Being is the True Journey of the Spirit. We must let go of what ties us to the prison bars, and dream once again of Freedom. In this freedom alone lies our true Redemption.

Thai Yoga Therapy - with Andres at Vérité

FSometimes referred to as assisted yoga, Thai Yoga Therapy (Nuad Boran) is an ancient technique used to improve the flow of energy throughout the body. The practitioner uses acupressure, stretching, pulling and rocking techniques to relieve tension, promote relaxation and improve flexibility and circulation. appointment: 0413 2622045, 2622606, 9363624083 (WhatsApp), treatments@verite.in

BODY IN LIGHT: AWAKEN TO THE LIGHT OF YOUR SOUL

1-Day Energy Healing workshop, in-person in Auroville. Sunday July 9th, 9am-5pm

Facilitator: Sandyra, Energy Healer & Teacher since 25 years.

Do you want to step into the harmonious frequency of the universe and restore deep inner balance? Are you ready to transform into a new, shining, powerful being? Learn:

- · Fundamentals, Principles and Universal Laws of energy healing
- Dive into a powerful technique for self-healing.
- · Realign to the Blueprint of your Soul, your Divine Essence -through Divine Spine Alignment.
- · Step into the frequency of the universe to become a highfrequency energy vessel.

To register: email contact@auroville-jiva.com or WhatsApp +91 9626006961



1-DAY ENERGY HEALING WORKSHOP



CINEMA



Presents at MULTI MEDIA CENTRE AUDITORIUM (MMC Town Hall)

Reminder: FRIDAY 7th "TURUP" (CHECKMATE) by Ektara Collective, India, 2017

FRIDAY 14 JULY, 8.00 pm 'SECRETS AND LIES" Directed by Mike Leigh, UK, 1996

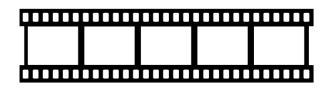
With: Brenda Blethyn, Marianne Jean-Baptiste, Claire Rushbrook, Timothy Spall, Phyllis Logan

Synopsis: Hortense, a well-educated black middle-class London optometrist, who was adopted as a baby has chosen to trace her family history. She discovers that her birth mother, Cynthia, is a working-class white woman with a dysfunctional family. Cynthia's brother and sister-in-law also have secrets of their own affecting their everyday family life...

Critically acclaimed, the film won the 1996 Cannes Film Festival's Palme d'Or, many other awards and recompenses including for actress Brenda Blethyn and for Best Screenplay. Pr. Sivakumar will introduce the film.

The professor will also animate a "Cine-Master Class" at Aurofilm, Kalabhoomi, on Sunday 16th, 5 pm on and with the screening of the Japanese classic by Mikyo Naruse's YEARNING(1964). You will find the detailed announcement in next issue of the News and Notes.

Original English version with English subtitles - Duration: 2h.15'





Cinema Paradiso

Multimedia Center (MMC) Auditorium Film program 10 July 202 3 to 16 July 202 3

Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. Technically Covid protocolswere 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 and diaspora – Monday 10 July, 8:00 pm:

• 72 MILES EK PRAVAS (72 miles a journey)

India, 2013, Dir. Rajiv Patil w/ Smita Tambe, Chinmay Sant, Chinmay Kambli, and others, Biography-Drama, Marathi w/ English subtitles, Rated: U (G)

Set in 1950s and '60s based on autobiographical novel by Ashok Vhatkar, this film tells the story of Ashok, a 13yrs old boy, who runs away from his boarding school to travel from Satara to his parents home in Kolhapur that changes his entire perspective of life. On his way the seemingly helpful people change colors by hearing his last name, identifying his caste. But Radhakka, traveling with her three kids, do not hesitate to include Ashok under her wing as they take the journey as a family. Ashok grows sensitive as she shares her life's story with him.

Potpourri – Tuesday 11 July, 8:00 pm:

MATEWAN

USA, 1987, Dir. John Sayles w/ Chris Cooper, James Earl Jones, Mary McDonnell and others, Drama-History, 135 mins, English-Italian w/ English subtitles, Rated: PG 13

Mingo County, West Virginia, 1920. Coal miners, struggling to form a union, are up against company operators and the gun thugs of the notorious Baldwin-Felts detective agency. Black and Italian miners, brought in by the company to break the strike, are caught between the two forces. UMWA organizer and dual- card Wobbly Joe Kenehan determines to bring the local, Black, and Italian groups together. While Kenehan and his story are fictional, the setting and the dramatic climax are historical.

Interesting – Wednesday 12 July, 8:00 pm:

• SPIRIT - BECOMING THE WORLD'S BEST BARTENDER

USA-UK, 2023, Dir. Ross Bolidai w/ Jenna Ba, Stefano Catino, Ryan Chetiyawardana, and others, Documentary, 56mins, English-Japanese-Finish-Hindi w/subtitles for non-English dialogue, Rated: NR (PG-13)

Following three finalists in the lead-up to the World Class Bartender of the Year final, this is a story of obsession and thirst for perfection - as they challenge themselves for a title that could change their careers and lives forever. *Intriguing film*!

Selection – Thursday 13 July, 8:00 pm:

• IL PECCATO (Sin)

Russia-Italy, 2019, Writer-Dir.Andrey Konchalovskiy w/Yuliya Vysotskaya, Jakob Diehl, Adriano Chiaramida, and others, Biography-History, 134mins, Italian w/English subtitles, Rated: NR (R)

Florence, early 16th century. Although widely considered a genius, sculpture-artist Michelangelo Buonarroti is reduced to poverty and depleted by his struggle to finish the ceiling of the Sistine Chapel. When his commissioner Pope Julius II dies, Michelangelo becomes obsessed with sourcing the finest marble to complete his tomb. His loyalty is tested when Leo X, of the rival Medici family, ascends to the papacy and commissions hi to do the façade of the San Lorenzo Basilica.

Forced to lie to maintain favour with both families, Michelangelo is tormented by suspicion and hallucinations, leading him to ruthlessly examine his own moral and artistic failings. The film is a gripping reflection on the agony and ecstasy of individual greatness, and the profound humanity behind the legend of the Renaissance.

International – Saturday 15 July, 8:00 pm:

• LIVING

UK, 2022, Dir. Olivier Hermanus, w/ Bill Nighy, Aimee Lou Wood, Alex Sharp and others, Drama, English w/ English subtitles, 102 mins, Rated: PG13

Overwhelmed at work and lonely at home, a council bureaucrat's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. Influenced by a local decadent and a vibrant woman, he continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation.

Children's Matinee - Sunday 16 July, 4:30 pm:

• KUBO AND THE TWO STRINGS

UK-USA, 2016, Dir. Travis Knight w/ voices Charlize Theron, Art Parkinson, Matthew McConaughey and others, Animations-Adventure, 101 mins, English with English subtitles, Rated: PG

Kubo lives a quiet life in a small village until a spirit from the past turns re-ignites an age-old vendetta. This causes havoc as gods and monsters chase Kubo who must locate a magical suit of armor of his late father, a legendary Samurai warrior.

ARTHUR PENN FILM FESTIVAL @ Ciné-Club:

Ciné-Club Sunday 16 July, 8:00 pm:

BONNIE AND CLYDE

USA, 1967, Dir. Arthur Penn w/ Warren Beatty, Faye Dunaway, and others, Drama-Crime, 111 mins, English w/English subtitles, Rated: R.

Clyde Barrow recently out of prison, has turned to bank robbery. He meets Bonnie Parker and togetherthe two form the nucleus of a gang of bank robbers who terrorize the southwest in the 1920s. Based on the true story of a pair of notorious bank robbers, the film personalizes them while still showing the violencethat went along with them.

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 <u>mmcauditorium@auroville.org.in</u>. *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.*

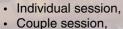
Thanking You, MMC/CP Group Account# 105106, mmcauditorium@auroville.org.in

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.



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

AUROVILLE LIBRARY TIMINGS

From Monday 3rd July, the Auroville Library will return to it's usual opening timings:

Mon - Sat: 9am - 12.30pm Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm Tues: 4pm - 6.30pm



Every Saturday between 10am -11am: Children's storytime!

ECO FEMME OPEN HOUSE



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



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)

CHANTING CLASS - SERENDIPITY



at Serendipity Community Friday 17:00 (Regular class)

with Sonia Novaes

Email: <u>serendipityauroville@gmail.com</u> WhatsApp: +91 8940288090

CLASSES, WORKSHOPS AND HEALING ARTS



ANGAM TREE: THERAPIES

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.

Sound Healing Therapy

Using various musical instruments, Sound healing, Bodywork, Meditation, Visualization and Breathing one will become aware of their complete sensory perception.

When we hear the subtle cautions our life and where the body is a pathway of that inner voice, we all have the potential to heal ourselves.



*Contribution based

Massage Therapy

Traditional body work using acupressure and deep tissue varma points healing methodologies. Naturally prepared herbal and coconut oil along with natural essential oil aroma for meditative breathing wellness. Use of sound to awaken and create a sense of peace and calm to bring about a holistic healthiness and oneness with self.

*Contribution based





Dance Movement Therapy

Uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction, symptoms prevention, and mood management. In general, dance therapy promotes selfawareness, self-esteem, and a safe space for the expression of feelings.

*Contribution based

learn more about You can us and register at www.angamtree.com/therapies

For Angam Tree Manager: Raja **Celebration Community** Mobile: +91 97513 95939 angamtree@auroville.org.in

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@auraauro.com



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



FOODS, GOODS AND SERVICES

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.

150 dpi DIGITAL SOLUTIONS



Dear Residents,

150dpi has designed and developed a digital menu recently for an Auroville's Restaurant which can be read by their customers coming to dine in using a simple scan of the QR code from their mobile phone and be able to place their orders to the restaurant's staff.

Scan the QR code and experience the ease and convenience of ordering.



The digital menu also features a password protected administrator area through which you can add, edit, update your menu items along with marking items "not available" in real time and it reflects immediately on the customer menu side which is accessed by the diners.

Key advantages of this digital menu:

1. Adding items and removing them can be done instantly.

- 2. Price updates of items can be done with ease.
- 3. Mark an item "not available" for the day so the diners won't order it.
- 4. Update a particular day's special menu items.
- 5. You can share the digital menu QR code with anybody.
- 6. Payment can be done also through the same stand with payment QR code.

If you are running an eatery and feel this is something you would be looking for, please get in touch with us via email on <u>hello@150dpi.com</u> or call us on 08098144686.

We offer interested eateries a "one month free trial" of this digital menu. After which, it is a nominal yearly subscription fee that goes towards building and maintaining the software.

Sathish Arumugam For 150dpi Auroville Activity since 2010

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



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

FO GROUPS

(not selected by due Residents Assembly process)

"Please note that the links in this part of the N&N do not work, due to technical complications. If you would like to publish an announcement/article/event with functional links, please send them to our new email ID:<u>newsandnotes@auroville.services</u> "

FROM THE FO - FO N&N 981

AUROVILLE FOUNDATION STANDING ORDER

Tamil Nadu, the 28 July, 2022 (Replacing Standing Order No 10 AF/1/2015 dated 15-04-2015)

Subject: Creation and closure of units and activities

No. 13/2022.—Whereas by Standing Order No. 10/ AF/1/2015 dated 15.04.2015 a procedure for the establishment of units and activities of Auroville Foundation was established, replacing an earlier procedure.

Whereas the Organisation and Governance Committee of the Governing Board has recommended to revise the procedure for the establishment and closure of units and activities and the appointment of management executives of units and activities.

Whereas the draft procedure for the aforesaid was placed before the Governing Board and the Governing Board accepted the aforesaid draft procedure and recommendations of the Organisation and Governance Committee in its meeting held on 18 January 2022.

Now therefore, the procedures for the establishment and closure of units and activities and for the appointment of management executives of units and activities shall be as outlined below.

- Units and activities directly under the Auroville Foundation will be created and closed through an office order issued by the Secretary, Auroville Foundation.
- Units and activities under the trusts of the Auroville Foundation will be created and closed through:
 - A resolution of endorsement by the Board of Trustees of the Trust under which the Unit is created,
 - b. A resolution of endorsement by the FAMC appointed by the Governing Board,
 - c. Office of the Secretary, Auroville Foundation issuing the Office Order for the creation, change in executive management or closure of units and activities.
- The Governing Board may amend, from time to time, any or all of the provisions of this Standing Order.

The Standing Order issued hereby shall come into force with immediate effect.

Jayanti s. Ravi, Secy. [ADVT.-III/4/Exty./219/2022-23]

FROM THE FO DCG - FO N&N 981

GUIDELINES FOR FUNDRAISING Version: 23 May 2023

Auroville Foundation Funds and Assets Management Committee

1. Background and Context

 Auroville has been conceived as a universal township for the manifestation of the Auroville ideals and vision as given by the Mother. Auroville Foundation has been established as an autonomous body under the Ministry of Education, Government of India by an Act of Parliament "for the purpose with a view to making long-term arrangements for the better management and further development of Auroville in accordance with its original charter and for matters connected therewith or incidental thereto".

- 2. The development of Auroville as a township requires significant funding, of which a major part will come from donations, grants and contributions while the recurring expenditure of Auroville will increasingly be met from Auroville's own income-generating activities as part of the vision of Auroville being a self-supporting township
- These guidelines have been prepared for the purpose of having transparent and effective processes relating to fundraising and the expenditure of funds raised.

2. Alignment with the Auroville vision

- Projects for which fundraising is undertaken should align with the ideals and vision of Auroville.
- Funds for Auroville township development shall be raised and spent only for development in accordance with the Auroville Master Plan as prepared and approved under section 17[e] of the Auroville Foundation Act.
- Fundraising activities and documentation need to outline clearly how Auroville's development will benefit from the funds proposed to be raised.

3. Sustainability

 Project proposals must include a road map for the environmental, social and financial sustainability of these projects.

4. Reporting

- Donors and grantors will need to be given regular updates on the impact of their contributions.
- Auroville units, activities and projects that make use of donated funds should have a robust donor relationship program in place to ensure that donors and grantors are regularly informed about project progress.

5. Transparency

- A high degree of trustworthiness and transparency shall be maintained in project operations, including financial management, governance, and impact reporting.
- Donors, grantors and other contributors must be able to see evidence of their contributions making the impact as envisaged in the project proposals.
- Auroville units, activities and projects should be equipped to provide transparent and reliable accounts of the expenditure incurred with the contributions received.
- Upon completion of a project, a comprehensive completion report of project implementation and impact shall be prepared.

6. Administrative costs

- Administrative costs shall be kept as low as possible while ensuring that project accounting, monitoring and reporting are undertaken correctly.
- 2. In the case of certain grants and donations a maximum percentage of total project cost which is permitted as administration and other overhead costs may be provided for in the donation or grant agreement / letter or may be determined by statutory provisions. Such caps on administrative and overhead costs shall be strictly complied with.

7. Utilization

- When fundraising is done for a specific project or project component, funds received shall be used only for such project or component.
- When unspecified donations are received, utilization thereof shall be in accordance with Auroville budgets and priorities as may be set by the FAMC from time to time.
- Donations and grants received shall be utilized in full for the Auroville projects for which the donations and grants have been raised and there shall be no re-

tention of any part of the funds received by any of the Auroville entities through which such funds are channeled for administrative, accounting or other purposes.

8. Accounting and Audits

- All Auroville donations and grants shall be received only through the official channels of Auroville Foundation.
- Assets created with donations and grants shall be accounted for as Auroville Foundation assets in the relevant books of account of the concerned unit, activity or project.
- 3. No donations or contributions shall be received by Auroville Foundation or its units, activities and projects for the benefit of an individual. If Auroville residents receive financial support from friends, relatives or others, such contributions must be received by them in their personal bank accounts from where transfers may be made to their Auroville Financial Service account, if so desired by the residents.
- 4. Financial accounting and audits of projects funded with donations and grants shall be undertaken as per guidelines and manuals as issued by the Funds and Assets Management Committee (FAMC) from time to time.
- If a donation or grant agreement provides for a project audit, such audit shall be conducted in addition to regular internal and statutory audits.

9. Income Tax relief

- Auroville Foundation is authorized to issue donation receipts with income tax relief to donors who are taxable in India under sections 80G, 35(i)(ii) and 35(i)(iii) of the Income Tax Act.
- The applicability of each type of income tax relief will depend on the nature of the project for which funds are being raised.

10. Fundraising and expenditure process

- For each project, program or activity for which donations, grants or contributions are sought, the process fundraising and project implementation trajectory will include, but may not be limited to the following steps:
 - Check the eligibility of the project proposal in the context of Auroville, its objectives and values;
 - b. Evaluate the project proposal in terms of costs and sustainability;
 - c. Determine under which section of the Income Tax Act, tax relief can be offered to the prospective donor(s) (80G, 35(1)(ii), 35(1)(iii))) for donations from within India and / or whether the project qualifies as a CSR project with reference to Schedule VII of the Companies Act 2013;
 - Approve the fundraising documentation and the prospective donor / contributor target group;
 - e. Raise the funds;
 - f. In the case of foreign contributions, ensure receipt of funds through the dedicated SBI Bank account to be used for this purpose;
 - g. Receive the funds and issue the donation / contribution receipt with tax relief where applicable;
 - h. Allocate / disburse as already determined earlier in the process;
 - i. Undertake the project and monitor progress;
 - j. Send periodic progress reports to the donor / contributor;
 - k. Prepare the completion report;
 - I. Undertake a project audit, where applicable;
 - m. Do a project completion review (actual vs. plan review; lessons learned etc.; feedback from donor/ contributor etc.)

11. Miscellaneous

 FAMC may establish committees, subgroups or service units to implement or monitor implementation of these guidelines or parts thereof. These guidelines may be updated or amended by the FAMC from time to time.

Sincerely, Narendra and Sandeep, On behalf of the Donation Channeling Group (DCG)

DONATION CHANNELING GROUP

Dear Community Members, we are pleased to announce the formation of the Donation Channeling Group (DCG) consisting of members from Financial Services, FAMC, Talam, and Aware. In association with these four groups, our aim is to establish a comprehensive and transparent Donations Channeling process within Auroville. This initiative is a result of the recent Systems & Processes audit conducted by the Organization and Governance Committee of the Governing Board.

The primary objective of the DCG is to track the entire lifecycle of donations, from the initial need assessment to the utilization of funds across various grant recipients. By implementing this process, we ensure compliance with FCRA regulations, maintain transparency and accountability to donor organizations, and generate annual reports that showcase the support Auroville receives from around the world. Moreover, this framework will facilitate the exploration of new donations and grants channels once the program is fully operational.

We invite you to review the attached document, "Guidelines for Auroville Donations Channeling and Fundraising," which outlines the principles and procedures we will follow. It provides a comprehensive understanding of our objectives, the alignment with Auroville's vision, the importance of sustainability, reporting requirements, transparency measures, administrative considerations, accounting practices, and income tax relief provisions.

To access the document, please follow this link and add your comment.

For any correspondence or inquiries related to the Donation Channeling Group, please contact us at <u>dcg@auro-</u> <u>ville.org.in</u>. We are here to assist and address any questions you may have.

We will soon provide instructions on how to utilize the newly established communication channel for donation channeling as per the guidelines. Additionally, we will organize presentations to further explain the processes to the community.

Thank you for your support and cooperation in making Auroville's donation channeling and fundraising endeavors transparent, effective, and aligned with our shared vision.

Sincerely, Narendra and Sandeep On behalf of the Donation Channeling Group (DCG)

FROM THE FO FAMC - FO N&N 981

BUDDING ACCOUNTANTS AND MANAGEMENT PROFESSIONALS

Overview

We are looking for people wanting to learn and grow in the field of accounting and management. After initial training, the people will get to work on interesting challenges relating to structuring accounting and management systems and then go on to operationalise and stabilize them.

Responsibilities

- Understand and document the present inflows and outflows of units and services of Auroville and how they are structured.
- Develop better cost-centers and structures in consultation with FAMC, experts and executives.

- Develop and implement processes for accurate financial records, including journals, ledgers, and financial statements.
- Prepare and submit monthly, quarterly, and annual financial reports to the executives and other stakeholders.
- Calculate GST and facilitate GST returns.
- Identify and resolve financial discrepancies.
- Maintain accounting systems and software.

Qualifications

- Full on-the-job training will be provided.
- A basic understanding of numbers is necessary
- Some accounting and finance qualifications will be preferable.
- Excellent analytical and problem-solving skills.
- Ability to work independently and as part of a team.

Regards, Chandresh for FAMC

HOUSING SERVICE CLOSED Monday, 5 July—Saturday, 8 July

Housing Service will be closed for our annual team "building" tour. We leave Auroville on Monday, 5 July and come back on Saturday, 8 July.

Work will start on Monday, 10 July.

Love, Piero for the Housing Service

COMMUNITY NEWS - FO N&N 981

AWAKENING SPIRIT - FO N&N 981

DREAM DIVINE SERIES



Directed especially at newcomers, Savitri Bhavan has launched a project called The Dream Divine Series'. The goal of the project is to make newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga. There will be a weekly session every Wednesday 4.30-5.30pm. The series will include presentations, films, talks, etc., followed by questions and answers.

Auroville and the Ideal of Human Unity

An audio-visual presentation produced by the Gnostic Centre in New Delhi, 2008

 Wednesday, 12 July, 4:30—5:30pm @ Sangam Hall of Savitri Bhavan



Everyone is welcome Dhanalakshmi, for Savitri Bhavan team

SAVITRI BHAVAN, JULY 2023

Exhibitions

- Meditations on Savitri: The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
- Glimpses of the Mother: Photographs and texts In the Square Hall

 A new Bilingual Exhibition on 'Sri Aurobindo: A life sketch in photographs' with texts both in English and Tamil is displayed in the upper corridor

Films

- Mondays at 4pm in the Sangam Hall
 - July 3. Life After Life: A film based on the research work and book "Life After Life" by Dr Raymond A. Moody. Six people sharing about their personal neardeath experiences. Duration: 59min.
 - July 10. Alexandra David Nèel 1911—1924 Journey through India, China and Tibet: This remarkable woman, born in 1868, was a close friend of the Mother in Paris, and visited Sri Aurobindo in 1912. The film is in French with English subtitles. Duration: 104min.
 - July 17. Evolution Fast Forward, Part 1—Vision and Work of Sri Aurobindo and The Mother: A film by Sopanam, Auroville to bring to young people through 3D motion graphics the Vision & Work of Sri Aurobindo and The Mother. And there will be a short video of Sri Aurobindo's Symbol. Duration: 26min.
 - July 24. Sri Aurobindo's Integral Yoga—Evolution Fast-forward, Part 2. Psychology, Cosmology, Transformational Practice: Film by Sopanam, Auroville in 3D motion graphics (2015). Duration: 50min.
 - July 31. Evolution Fast-Forward, Part 3—Parts of the Being & Planes of Consciousness as mapped by Sri Aurobindo and The Mother (2017). Duration: 75min.

Full Moon Gathering

 Monday, 3 July, 7:15—8:15pm, in front of Sri Aurobindo's statue

Dream Divine Series

Directed especially at newcomers, Savitri Bhavan has launched a project called 'The Dream Divine Series'.

The goal of the project is to make newcomers understand the Aims and Ideals of Auroville, learn about the Life and Works of Sri Aurobindo and The Mother, and the Integral Yoga.

 There will be a weekly session every Wednesday 4:30—5:30pm.

The series will include presentations, films, talks, etc., followed by questions and answers.

Regular Activities

- Sundays 10:30—12noon: Savitri Study Circle
- Tuesdays, Fridays, Saturdays 4—5pm: L'Agenda de Mère: listening to recordings with Gangalakshmi
- Tuesdays 4:30pm: Mudra-chi led by Anandi
- Thursdays 4—5pm: Videos of The English of Savitri led by Shraddhavan
- Saturdays 4:30—6pm: Satsang, led by Ashesh Joshi
- Exhibitions, Main Building and Office are open Monday to Saturday 9am—5pm
- Library and Digital Library is open Monday to Friday 9am—5pm

Everyone is welcome

Submitted by Dhanalakshmi, for Savitri Bhavan Team

DAILY PEACE MEDITATION

Unity Pavilion, Peace Hall

Thursday, 5 to 5:45pm

- Monday, Tuesday, Wednesday, Friday, 6 to 6:45pm
- Submitted by Arun

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, lpads, 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



BRAHMANASPATI KSHETRAM The Mother Sri Aurobindo Centre

Calendary of Possulary Events

Calendar of Regular Events for July 2023

20 my dear little child

- Every Thursday, 6—6:30pm: Meditation
- Every Wednesday, 5:30—6:30pm: reading "The Mother's Questions & Answers, Vol-7" in English
- 3 July, Monday, at 6:30pm: full moon, reciting Sri Aurobindo's Gayatri Mantra for 30min

Many thanks, Tixon

No.3/134, Kalathu Mettu Street, Edayanchavadi, Auroville Kshetram2014@auroville.org.in



REINTRODUCING LIFE EDUCATION CENTRE (LEC)



Open House: July 12, July 26, August 9 and August 23, from 10am to 12noon.

This is a brief introduction to and an update on Life Education Centre (LEC). LEC is an outreach center in Auroville that has been serving young women from marginalized communities in the bioregion for the last three decades. Aurovilians who are associated with us for a long time in supporting the cause are familiar with and have appreciated the work of LEC. Some have been enthusiastic supporters for the last 32 years. LEC has provided a safe haven for adolescent girls who were abruptly forced to leave school after reaching puberty and remained confined within their homes. Over the years, LEC has adapted its programs to cater to the evolving needs of women in the bioregion, ensuring they receive the support they require. As school dropouts decreased, the center has witnessed an increased demand from women in their early twenties to late thirties who are eager to learn and acquire new skills.

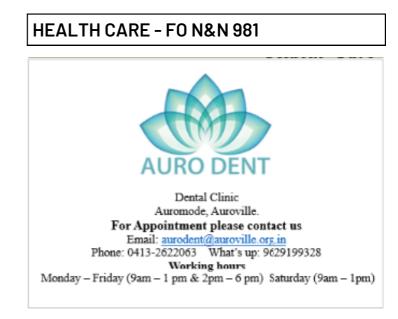
In 2015, LEC embarked on a new direction to serve these women. Today, the center follows a unique model that combines education with livelihood opportunities. Core programs at LEC focus on learning activities that enhance physical, mental, sensorial, and spiritual capacities, along with training in tailoring, embroidery, and crochet. Additionally, we offer various learning programs such as Kalaripayattu (Indian martial arts) training, yoga, group discussions, Feldenkrais bodywork, sketching, physical education training, and art therapy. Furthermore, LEC's social enterprise, Sakhi, provides women with opportunities to earn income.

Our goal at Life Education Centre is to thrive as a place where learning and work coexist in the spirit of individual and collective offerings, grounded in the exploration of oneself and the community.

LEC relies on donations as the primary source of funding to offer classes and programs to the women. We greatly appreciate the support and generosity of individuals and organizations that enable us to continue our mission of holistic empowerment of women through education and skills training. By contributing to LEC, you are directly making a difference in the lives of these women and helping us sustain our efforts.

 We warmly invite you to visit us during our upcoming open house days: July 12, July 26, August 9 and August 23, from 10am to 12noon.

> Devi Namasivayam and Soumya Kannan for the LEC team



SANTÉ SERVICES

Working Hours

Monday—Saturday, 9—12:30pm

Tests and Sample collection

- Monday—Friday before 12pm.
- No sample collection on Saturday.

For emergencies

- Auroville Ambulance 24/7: +91 9442224680
- Government Ambulance 24/7: 108

Appointment

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

Santé Services Schedule

TOSTuesday & ThursdayAcupuncture with Andres— Monday To FridayHomeopathy with Michael— Monday/ Wednesday/ SaturdayIntegrative Psychotherapy with Juan Andres, Monday To FridayPregnancy Care & Women's Wellness with Paula, As Per AvailabilityPhysiotherapy & Massage with Galina, Monday/ Tuesday/ Thursday/ FridayPhysiotherapy with Rebeca, TOSBio-Well Assessment (Evalu- ation of your well-being) withFunctional Medecine with Lize, As Per Availability	Senthil & Dr.Sana, Monday to	Nursing Care, Ezhil, Thilagam, Archana & Sandhya, Daily, No appointment necessary
Monday To FridayMonday/ Wednesday/ SaturdayIntegrative Psychotherapy with Juan Andres, Monday To FridayPregnancy Care & Women's Wellness with Paula, As Per AvailabilityPhysiotherapy & Massage with Galina, Monday/ Tuesday/ 	•	
with Juan Andres, Monday To FridayWellness with Paula, As Per AvailabilityPhysiotherapy & Massage with Galina, Monday/ Tuesday/ Thursday/ FridayPhysiotherapy with Rebeca, TOSBio-Well Assessment (Evalu- ation of your well-being) withFunctional Medecine with Lize, As Per Availability	•	Monday/ Wednesday/
with Galina, Monday/ Tuesday/ Thursday/ Friday Bio-Well Assessment (Evalu- ation of your well-being) with Lize, As Per Availability	with Juan Andres, Monday To	Wellness with Paula, As Per
ation of your well-being) with Lize, As Per Availability	with Galina, Monday/ Tuesday/	
	ation of your well-being) with	

- In Santé, we value our patient's confidentiality & make every effort to ensure their privacy.
- In case of cancellation or to reschedule, it is necessary to inform us in advance.

Submitted by Dasha for Sante Services

THE ARTS - FO N&N 981

THE GREAT CHOLAS Photography Exhibition by Artist R. Manivannan 1—30 July Inauguration on Saturday, 1 July, at 4pm

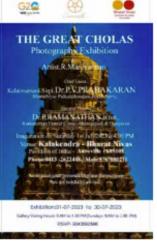
Kalakendra—Bharat Nivas

- Chief Guest Kalaimamani. Sirpi. Dr. P.V.Prabakaran, Bharathiyar Palkalaikoodam, Pondicherry.
- Guest of Honour Dr.P. Ramanathan. B.D.S., Ramanathan Dental Clinic—Mannargudi & Thanjavur.

We request your presence to grace the occasion, you are cordially invited

- Gallery Visiting Hours:
 - 9am—4:30pm
 - Sundays: 9am—1pm

9043562566 Regards, Vani, BN Cultural Team



ACTIVITIES - FO N&N 981

AUROVILLE TANGO ACTIVITIES starting July



Monday, Class 7pm intermediates 8pm beginners Wednesday, Practica 7:30pm guided practica 8pm practilonga

Friday, Open Source 6:30-8pm



Venue: Harmony Hall, Bharat Nivas No partner required, bring socks or dance shoes and plenty of cheer!

> +91 98211 66082, <u>tango@auroville.org.in</u> Submitted by Aurevan

FEMININE DANCE CLASSES IN CRIPA

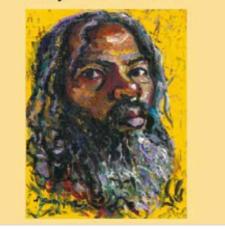
Feminine Dance classes in Cripa, based on Tribal Fusion and Belly Dance freestyle and combination With "Masala" music from all over the world, any woman and girl can dance.

- Tuesdays : All Levels.
 - Girls: 4—5pm
 - Starts again on July 11 • Women: 5:30—7pm
- Saturdays: Beginners, 11am-12pm

Renana, +91986544472 WA



Art Workshops by Experience Artist Sathya Arunachalam



Workshop Details: Specialtechnic with Blue metal, Jute fabric, Cotton, Textile, Leaf dipped into colour & Coconut fibre

- July onwards, Every Day
- 10—12:30pm & 2:30—4:30pm
- Contact: 0413 2622488 & Sathya, 9080371145 Regards, Vani, BN Cultural Team

ABHAYA OFFERS MARTIAL ARTS CLASSES

Abhaya is and Aurovilian Activity that offers classes of martial arts since 2015. Our coaches are former profighters with extensive experience in training and teaching. Our philosophy is to train both the external and the internal aspects of martial arts: test our skill and be confident about the effi-



ciency of the techniques, but also develop an inner sense of progress and become aware of our state of consciousness under pressure, through self awareness and self discipline. Our classes are open to students of all levels, we have both absolute beginners and students that have already competed in elite tournaments.

Our Regular Classes

- Monday 5:30pm: Neijia (internal martial arts) and self defense
- Wednesday 5:30pm: Grappling and MMA
- Friday 5:30pm: Kickboxing and K1

Contacts

- <u>abhaya@auroville.org.in</u>, 9487340778 WA
- Check our work and follow us here: <u>https://www. instagram.com/giacomo_</u> writer_auroville/



Thank you, Giacomo for Abhaya

RED EARTH RIDING SCHOOL Is Offering Free Riding Classes

Red earth riding school is very happy to announce that every tuesday, Red earth riding school is offering free riding classes for Auroville kids, and the timings are menticned below:

- Morning: 6—8am
- Evening:
 - 4—5pm (pony walk)
 - 5pm—6pm (riding classes)

You can also choose morning or evening with refreshment and swimming. You are most welcome to explore the riding horses and enjoy the experience.

Office timing

- Morning: 9:30am—12:30pm
- Afternoon: 2—5pm

Contact

04132965242, redearthridingschool@gmail.com

Kalivarathan for Red Earth Riding School

TANGO DANCE CLASS

Every Monday, Cripa, 6:30pm

· By apointment: 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, <u>bakisatadance@gmail.com</u>. Mar

RUPAVATHI JOY ACTIVITIES

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



- 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
- <u>rupavathijoy@gmail.com</u>

Rupavathi Joy

SWIMMING CLASS

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

Submitted by Mani



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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 FOOD FOREST TOUR Welcome you to a tour through my permaculture gardent We will take a look at local foods and you will get an idea on how to start growing your own food. Come and connect with nature and learn about healthy and sustainable food options This tour includes a MINI-RAW-FOOD-WORKSHOP where we will harvest herbs, fruits and flowers to prepare some delicious MECAN ICE CREAMS and more... VERY SUNDAY from 9:30 to 11:30 at La Forme Community (5min from AV Baker) Sign up and infos whats app Sarah 9047421044 .srah@auroville.org.in Www.youtube,com/myfoodforest

BAMBOO CENTRE

Bam<u>600</u> centre

July Workshops 2023

Bamboo Centre Campus Tour

Bamboo centre campus tour offers a holistic experience into the world of bamboo all in one place. Takes you from the bamboo sapling, different species, varieties of raw materials, workshops, products, food and wellness services related to bamboo is curated into an educational tour with bamboo tea and refreshments.

Training and workshops

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

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

 Daily: Make and Take Hands On Workshops, Experiences and Educational Tours available

One-Day, Make and Take Workshops

Furniture Workshop

This Immersive Learning Experience Ban that offers the Opportunity to learn the Fundamentals of Furniture Construc-



tion and then MAKE AND TAKE the Furniture Piece Back home. This Unique Workshop will take place under the Guidance of an Export.

9am—12:30pm, 1:30—5pm

Every day except Sunday

Registration one day in advance.

Bamboo Toys

Come and learn to make your own Bamboo Toys at Bamboo centre and take home your own hand made Toys at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- Walk-in registration available

Bamboo Musical Instruments

We at Bamboo Centre are happy to share our vast experience and knowledge gained over 15 years. Come and learn to make your own traditional / folk instruments at our centre from professional crafts men and take home your own hand made instrument at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- Every day except Sunday
- · Walk-in registration available

Bamboo Jewellery

Choose to craft, out of bamboo and learn to make your own Bamboo Jewellery at Bamboo Centre from professional craftsmen and take home your own handmade Jewelry at the end of the workshop.

- 9am—12:30pm, 1:30—5pm
- · Every day except Sunday
- · Walk-in registration available

Bamboo Tree House Workshop

6—8 July, 9am—5pm

This workshop focuses on Bamboo and Tree house construction from bamboo and various natural materials .

The Bamboo Tree House workshop will take place over 3 days, covering full day intensive sessions offered daily from 9am to 5pm.

Bamboo Nature Camp at Kodaikanal

27—30 July, 9am—5pm

This workshop focuses on construction from bamboo and various natural materials .

The Bamboo construction workshop will take place over 4 days, covering full day intensive sessions offered daily from 9am to 5pm.

Contacts

- For more information, special requirement, and prebooking contact:
 - Preferred <u>bamboocentre@auroville.org.in</u>
 - or +91 8300949081, 0413 2623806
- Flexible training dates offered to groups
 - Contact: Voice call and WA: 8300949081, bamboocentre@auroville.org.in

www.aurovillebamboocentre.org Thanks and Regards, Murugan

SOUL OF SOIL

Auroville Bio region hub for art, craft and culture to bridge and promote Local Tamil culture



Conscious and Cultural Tour Experience Program

Make and take handson workshops

Bamboo Musical Instrument	Bamboo Jewellery
Bamboo Toys	Clay Modeling
Terracotta	Incense Making
Paper Mache	Lampshade
Kolam Mandala Painting	Palm leaf craft
Coconut shell craft	Stone Carving

Daily: Make and Take, Hands-On Workshops at Bio region Art & Craft Centre (Mohanam, Cross Cultural Experiences and Educational Tours located in Mohanam campus)

- Advance booking is necessary
- Contact: preferred mohanamprogram@auroville.org.in, or call +91 8300949079
- 10am—4pm, Every day except Sundays

Mohanam campus tour

Come and visit Mohanam Village Heritage centre to explore the taste of Tamil culture, bamboo experiential farm, sound healing, hands on make and take—art and craft workshops at bio region art and craft centre, Lively one village boutique with products by bio region village artisans, saree & veshti library, local traditional lunch, herbal tea.

10am—4pm, Every day except Sundays

Mohanam Sound healing

Book your sound healing session/ south bath for groups at Mohanam village heritage centre. A journey into silence, voice, movement and meditation inspired by nature and rhythmic waves we dive into an inner exploration of embodiment and expression. Union of mind, body and spirit through celebration of sound to enhance the sense of balance and reconnect one to their own consciousness.

- · Advance booking is necessary
- Contact: preferred <u>mohanamprogram@auroville.org.in</u>, or call +91 8300949079
- 10am—4pm, Every day except Sundays

Saree & Veshti Experience Tour

Let the magic of saree & veshti adorn you!

Choose a saree and veshti from a variety of beautiful saree and veshti in our library, get your traditional south Indian look with help of our women's group members will assist you to drape/ wear the saree & veshti. You can ask us for a photoshoot as an add on, south Indian style makeover—choose between kolam & cooking for an inclusive traditional experience

- Advance booking is necessary
- Contact: preferred <u>mohanamprogram@auroville.org.in</u>, or call +91 8300949079
- 10am—4pm, Every day except Sundays

Conscious and Cultural Tour Experience in Auroville The future of the world (Integral—Consciousness—Responsible—Education—Empowerment Sustainability)

- ionsible—caucation—empowerment Sustaina
- Bio region village & temple tour
- Bioregion historical/ monument/ heritage educational tour
- Auroville Forest tour
- Auroville Farm tour
- Auroville North-West experience
- Auroville entrepreneurship tour
- Includes Tea and snacks, Duration: 2hours.
- 1-day advance booking is necessary
- Day & Timing: Every day 10am—5pm

Cycle Tour with Bio-Region Youth + Breakfast

Auroville is considered one of the best cycle trails in India. We at Mohanam would like to offer our experienced staff as guides to take advantage of the best routes in and around Auroville using cycles. The route shall include the following destinationsIncludes Tea and snacks, Duration: 2hours.

- 1-day advance booking is necessary
- Every Saturday& Sunday, 6—8am

Auroville North-West Cycle Tour + Lunch

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

- Every day 10:30am—1pm, except Sunday
- Meeting/ Starting Point: Visitor center, 1-day advance booking is necessary for group bookings (for single bookings at least before 10am)
- For Bookings: <u>mohanamprogram@auroville.org.in</u> or call us at: +91 8300949079

Saturday evening Aurosanthai market Indo African Drum Circle with Food & Campfire

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

- Every Saturday between 6 to 7:30pm (Pre-booking is mandatory),
- · Venue: Mohanam Village Heritage Centre,
- For more information: <u>mohanamprogram@auroville.org.in</u> or call us at: +91 8300949079

Kolam Village Walk

Join for Spiritual Kolam walk and let the inner spirit and emotions lead the flow of Kolam. Enjoy the Delicious Tamil breakfast after the small trip inside the village, early in the morning made by local women to support them economically.

- Meeting point: Mohanam Heritage Village
- Every Friday, 6am to 8am
- Facilitator: Mohanam youth
- Contacts: <u>mohanamprogram@auroville.org.in</u> or +91 8300949079

Thiruvannamalai Eco & Spiritual Services

- Thiruvannamalai—Mohanam Services
- Aurunachala—Auroville
- Tour, Retreat space, Camping, Temple visit, Ashram, Girivalam Full Moon Experience.

The following services are available in Thiruvannamalai as Mohanam program has partnered with locals to arrange local tours, therapy, ashram visits, healing sessions, trekking and camping packages, group outings and awakening/ spiritual tours and Thiruvannamalai volunteering activities.

You can book the complete tour (cab, stay, local visit to spiritual places) by the Mohanam youth to Thiruvannamalai.

 For more information: <u>mohanamprogram@auroville.org.in</u> or call us at: +91 8300949079

Balu

LOOKING FOR - FO N&N 981

Looking For A Room

Hi, I'm looking for a room with good natural lighting and ventilation, quiet, no dogs, no peacocks for 2.5 months. Thank you! <u>robertdemito@yahoo.com</u>



Robert

House Sitter For August And September, In The Greenbelt

Looking for a dog loving house sitter that is happy to look after the dog and garden: Aurovilian, Newcomer or Savi volunteer. Single person preferred, but couple possible. Call or WA 9489601312



Looking for Work

Shankar K. from Matthur is looking for garden or field work. He has also experience with looking after dogs. He has worked in Auroville for 30 years. Recently he lost his workplace due to a change in management. If you are interested, please call him directly (if you speak a little Tamil) 9787756807, or call/WA 9489601312.



Needed One Stationary Exercise Bike

Dear friends, we are looking for a stationary exercise bike for Jivatman for physiotherapy. If you have one that is lying unused that we can borrow for a few months or exchange for a reasonable contribution, please let us know.

Warmly, Devi

HELP NEEDED - FO N&N 981

Need to Laminate Artwork



I am preparing an exhibition of my work. Abstract watercolors paintings on sheets of News and Notes.

I love the discovery of art which brings challenges of unusual materials. I need to laminate all my work for protection. If you could support Roof Studio/AV Art Service, I will appreciate it.

Please do not hesitate to support this specific project, I will really appreciate even one rupee.

FS account 252401

lvana

WORK OPPORTUNITIES- FO N&N 981

AUROVILLE EARTH INSTITUTE



Job Description: Admin Secretary

- Training course coordination On campus + Online On-Campus
 - Emails, Phone calls and Follow ups
 - Registration to the course
 - Feedback Updates, MS word, google doc and Summary
 - Documentation of trainees like clicking photos during course

Online

- Creating student accounts and tracking progress
- Sending out course-specific emails on course dates and course completion requirements
- Troubleshooting technical problems and answering basic questions by email and in the course forum
- Issuing certificates to those who complete a course
- Secretary Job
 - Emails, Phone calls

- Publication sales
- Helping walk in visitors with needed information
- Assisting for various office works
 - Office purchasing
 - Collecting bills from various units in Auroville or around when needed

Languages: Tamil, English and any other language is plus Software: MS Word, MS Excel, Photoshop (Moodle or other open-source platforms and other software are plus)

Job Description: Assistant Trainer

- Assisting in training courses on CSEB and other AVEI techniques
 - Getting trained to conduct the practical training courses
 - Getting trained to use and quality check the Auram press
- Assisting in research on various earth AVEI techniques
 Identification of soils
 - Casting samples to be tested
 - Conducting various series of tests
- Supervision of construction sites
 - Daily supervision on site
 - Management of workers
 - Supply of materials
 - Campus infrastructure maintenance

Languages: Tamil, English and any other language is plus Software: MS Word, MS Excel is plus

> Warm regards, Malavika S Nair, Communication & website specialist, Auroville Earth Institute, UNESCO Chair Earthen Architecture

ITS: WE ARE HIRING



HONORARY VOLUNTARY WORK

GAU SEVA AT SADHANA FOREST!



Your heartful 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:

<u>sadhanaforest@auroville.org.in</u>,

8525038274WA or call 8122274924

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

FOODS, GOODS & SERVICES - FO N&N 981

FREESTORE OPENING TIMES From July Onwards

Morning hours:

 Monday to Saturday: 8:30am—1pm



 Tuesday and Thursday: 2:30pm—4:30pm

We kindly request that you bring clean, washed, and usable clothes for exchange at the Freestore. Your cooperation in this regard would be greatly appreciated.

At Her Service, Kamala For the Freestore team

INTERNET SERVICES OFFERED

I am Ramakrishnan Aurovillian experienced in the fiber internet field (Ftth) for 8+ years and gained more knowledge in creating-on new fiber internet infrastructure and IT troubleshooting work for our Auroville community Since 2015. I am happy to provide the below services to our Auroville community



- Internet speed; Boosting up for dual bands 2.4 GHz or 5 GHz
- Wired/wireless; Fibre ONT modems, Routers, Switches installation/repairing work
- Fiber optic cable; Joining, power loss troubleshooting, laying/pulling work inside and outside your house
- CCTV; Configuration/Installation/repairing work inside and outside your house
- Smart-TV/laptops/printers; Configuration/Installation/ repairing
- Other network communications devices; Configuration/ Installation/repairing

For any internet-related issues/complaints

 Please feel free to contact me Ramakrishnan, 9943919899, ramkrishna@auroville.org.in

Ramakrishnan

FOR YOUR NEXT HAIRCUT



For your next haircut and/ or a relaxing beauty care for your hair appointment, contact:

Ahana @9751513906 (WA, Signal and Telegram only) or <u>essence.touch@yahoo.de</u>

LATEST NEWS FROM INSIDE INDIA-TRAVEL SHOP

Due to the road construction you can only reach us via the Garden Entrance of Kalpana opposite Humanscapes

 Our e-mail address has changed to travelshop@inside-india.com, landline 2623030



Mr. Ganesh our Travel Consultant

- Will be at our Kalpana office at 10am—4pm, Monday to Friday.
- He can also be contacted anytime: +91 9894598686, phone or WA
- or by email: travelshop@inside-india.com
- Qatar airways
 - Qatar airways happy to reintroduce STPC* (Stopover For the Purpose of Connection), providing your clients a seamless travel experience whenever they transit via Doha. This service is available for customers who do not have an immediate connection in Doha, with a transit time between 8 and 24 hours¹.
 - Qatar airways is resuming flights to Birmingham on 6 July
 - Starting 3 July Qatar airways has four weekly flights with competitive fares to Lyon
 - Qatar airways announced flights starting 1 July to Vienna, Zurich and Edinburgh
 - Qatar airways has interesting offers to London, Barcelona, Dublin, Paris, Helsinki, Frankfurt, Stockholm, Amsterdam, Madrid, Milan and Rome
- Srilankan airways offers special one-way fares from Chennai to Paris, sale validity is 31 August
- Etihad airways offers special fares from Chennai to Frankfurt, Amsterdam

¹ Terms and conditions apply

Joster

ARKA'S KITCHEN IS OPEN FOR LUNCH

We are happy to inform you Arka's kitchen is open to receive its guests, open for lunch Monday to Saturday

AV/NC @ Rs.200/-

+91 9962197716,

- Guest Rs.250/-
- children Above 10 Years 1/2 price.

Lunch timing 12:15 pm to 1:30pm.

 Pre Booking is required (Please call one day before on this number 0413 2623799 in office timing: Morning 8:30am—12:30pm & Afternoon 2—5:30pm.

Please follow us on instagram page Auroville Arka .

Thanks & Regards, Ramana, Arka

RED DOT CAFE AT UPASANA

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

upasanasred.cafe@gmail.com



Submitted by Uma

VOICES AND NOTES - FO N&N 981

CROWN TOO HIGH?



Dear ATDC, could you please explain to the community why you have chosen to build the new road 50—70cm higher than many of the existing buildings on the Crown?

It makes things very difficult, both for pedestrians and delivery vehicles, to access them.

Regards, Eugen, Courage, 2623137, <u>Eugen@auroville.org.in</u>, 24.06.2023

LIVING WORLD

Every week we can see information about tango classes in Auroville. Every day we can see the mango fruits in the city's shops. Fruits are the result of photosynthesis in leaves under sun rays. Other results of this process is oxygen. It needs oxygen for tango class and any



human activity. All life is yoga and using oxygen.

When Auroville started there weren't tango or mangoes on its territory. His holiness the Dalai Lama visited the city in 1973 and in 1993. He said in 1993 that it was a problem to find a shade in Auroville twenty years ago. In 1993 the problem had disappeared. A Green umbrella of the city is more effective every year.

Newspaper "The Hindu" informed us that the day temperature of 4 May in Puducherry was 40.7 degrees, and at night 29.6. Of course in Auroville it was cooler. Our forest is attractive because clouds and rain in Auroville are more intensive than in Pondy.

Against Global warming our city created a green defense. So many words are in use in every country about the warming problem! Auroville demonstrated a practical solution for it. Our afforestation is a call of the world deforestation.

Contemporary cities are seriously sick by pollution, carbon dioxide in the atmosphere. There is a medicine against this sickness—greening. The roads into cities and between them are poisonous and dangerous tracts.

What about Auroville? Green cover is positive for its health, negative—numerous motorbikes, guest vehicles, new roads. There is, in the city, a plant called Catharanthus roseus, common name is Madagascar periwinkle. According to the Mother, the spiritual name of its flowers is 'Progress'. This kind of progress is very welcome in Auroville. **Boris**

WE HAVE PLEDGED OUR LIVES AND IT IS FOREVER



Familiar faces of Aurovilians emerge within, all having an Ashram background that make us different, incapable to sink. This too is part of the deeply felt celebration of Mirajyothi and Mallika rejoining the Mother. Pondering over those names a clear signal emerges. Those years of Ashram ap-

prenticeship before joining Auroville, with a solid base on Sri Aurobindo's and Mother's teachings, have given us a collective identity, that of an Ashram-Auroville group-soul keeping us afloat whatever the challenge. Only one has left Auroville; all others, dead or alive, remain.

It is this Aurobindonian matrix, nurtured by the daily exposure, year in and year out, to the silent example of great early sadhaks, that preserves our faith intact, stronger than inner and outer dangers. We do believe. We do belong to Them. Some have dissolved into Them. Whatever our fate may be, wherever we are, whatever happens to us, in life as in death we do belong to Them. Our Paths are marked and there is no way back but fulfilling our destiny. One is all, all is one. Forever. We belong. We are.

That the Path allows no way back I have been knowing for the past fifty years. But if ever any doubt could arise, given the harshness of the times, every single day I recently spent in Canada with my family and grandchildren this certainty grew more and more, overwhelming till nothing else was left; making me every single hour more aware of how dif-ferent our destiny is from all others', family or no family, alone or in a group; no matter what our respective occupations in Auroville are, no matter what ordeals confront us, truly I had no choice but returning to Auroville, offering my whole to the collective sacrifice, one with all others. Sadhana is always, anyhow, the supreme sacrifice-sacrum facere-and ours is the collective sacrifice enacted by the Ashram-Auroville group-soul. Deeply within, living in the unwavering flame where Sri Aurobindo and the Mother are forever, and so is Auroville—Their Auroville—above and beyond the greed and littleness of humans tossed around in a stormy sea.

Called, pulled... a memory surfaces... is this awareness akin to that binding Aurobindo Ghose's independence fighters to the Master? Threatened with the gallows yet laughing and joking in their cells?

Marked by fate, we are. Mirajyothi and Mallika eternally live, and so it will be for all of us. Soul is immortal. We belong to the Avatar and have no other existence but Them, in Them, through Them. To the citizens of "the Avatar's model town" the kingdom is within the Dream no one can kill.

Character may determine our fate, but character is not determined by fate, it's determined by our choices I read unexpectedly in Google. Chance? Or... isn't this the Mother, freewill as right of self-determination? Determined by the choice of service and loyalty to something infinitely greater than us, until we dissolve into that greater collective self and then, WE ARE.

Whatever our individual paths may be, whether anguish or ecstasy await us, whatever degree of spiritualisation we may have achieved, or none, the Ashram-Auroville Aurobindonian group-soul binds us together and there is no way out, no escape. At the cost of no material achievements, no rewards, losing everything for no outer gain whatsoever, trashed: who cares? This is the beauty: we are free. We no longer belong to ourselves; we do not own our beings. We have pledged our lives, and it is forever. OM TAT SAT.



Submitted by Paulette

POETRY - FO N&N 981

TO PHILIPPA

My heart goes out in flame and dream To linger by your childbright soul, You were sunlight on a shimmering stream,

- The laughter of light on a crystal bowl;
- You did not dance but flow and sweep

Through windy shining wildfire days;

Touching your truth I cease to weep,

For your golden smile within me says, "Behind each sorrow soars a silent joy,

> Each blind despair a secret splendor brings, Why do you mourn that crazy broken toy? I fly to God on singing, strong fresh wings."

CLASSES, WORKSHOPS & HEALING ARTS - FO N&N 981

WORKSHOPS by Sehdev Kumar

- Freedom from Fear Saturday, 8 July, 2—4:30 pm
- Yoga of Forgiveness Saturday, 15 July, 2—4:30pm.
- Peace Within: Peace Without Saturday, 22 July, 2—4:30pm

Freedom from Fear



Saturday, 8 July, 2—4:30pm @ Vérité

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 without knowing what fears the mighty river of one's life?

Register: +91 7867805812

Dr. Sehdev Kumar, Professor Emeritus, Canada Author, Poet, Mediator, Author of Lotus in the Stone: Explorations in Dreams & Consciousness,Kabir: Ocean in a Drop, 7000 Million Degrees of Freedom



ARKA WELLNESS CENTER & MULTIPURPOSE HALL Regular activities, July 2023

Classes

Classes	With Whom	When
Acro Yoga	Damien 9047722740	Monday: 3 —4:30pm Tuesday: 5 —6:30pm
Pilates	Teresa 7867998952	Tuesday & Thursday, 7:30—8:30am. Friday 5:30—6:30pm, Only by Appointment.
lyangar yoga	Olesya, 9159052743	Monday, Wednesday, Saturday, 6:30—8am. Monday, Thursday, Saturday, 5—6:30pm.
Sound Chakras healing	Lakshmi, 8489764602	Only by Appointment

Treatments

Treatment	With Whom	When
Body Logic, Soft Massage And Deep Tissue Massage.	Pepe, 9943410987, by appointment	Monday to Saturday
Cranio sacral, Lomi Lomi Kahuna massage, Barefoot body massage	Silvana, 9047654157, by appointment	Monday to Saturday
Facial, Manicure, Pedicure, Threading, Waxing, Haircuts, Haircolouring, Hennacolouring	Meha, 9443635114, by appointment,	Monday to Saturday
In Nutrition, Diet, Weight Loss and Weight Manage- ment, Psychosomatic.	Nadia: 9489035457 Only Appointment	Monday & Wednesday afternoon
Tarot,Oracles and Akashic Records Reading	Valentina (TOS) : 9791719387, +39346225804, WA	Monday to Friday (Morning)
Psychospiritual Introspective Tarot Reading, Deconditioning Self Inquiry. Also in French	Antarjyoti: 0413 2623767, antarcalli@yahoo.fr	Monday to Sunday

Thanks & Regards, Ramana, Arka, 0413 2623799

CINEMA - FO N&N 981

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, 7 July

Recycling e-waste | The History of Meat 2022 / 50 minutes / DW

You will be amazed by the avenues of recycling available! This documentary covers a whole range of ways forward through the plastic pollution predicament posed to the public. The film serves as a reminder that there is so much we can do, if we're open to new ways of interacting with plastic! In the second film, we're taken through a journey of our relationship with the animals who share our planet and where this journey will take us. **Submitted by Shek**

