

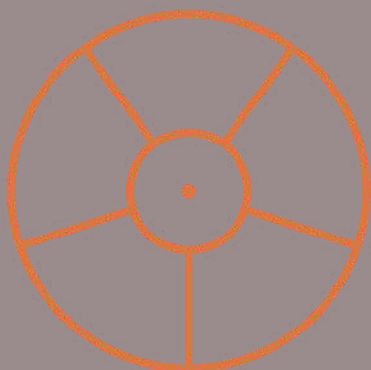
Auroville

NEWS & NOTES

No 998 - A weekly bulletin for residents of Auroville

26 October 2023

RA EDITION



PONDERING

3. The Aurovilian should lose the sense of personal possession. For our passage in the material world, what is indispensable to our life and action is put at our disposal according to the place we must occupy.

The more we are in conscious contact with our inner being; the more will the exact means be given to us.

~ 13th June 1970

The Mother - To be a true Aurovilian
Words of the Mother

<https://dream.books.prisma.haus/en/to-be-a-true-aurovilian/>



THE Gnostic BEING

A perfect path of the Truth has come into being for our journey to the other shore beyond the darkness. *Rig Veda*

O Truth-Conscious, be conscious of the Truth, cleave out many streams of the Truth. *Rig Veda*

O Flame, O Wine, your force has become conscious; you have discovered the One Light for the many. *Rig Veda*

Pure-white and dual in her largenesses, she follows effectively, like one who knows, the path of the Truth and diminishes not its directions. *Rig Veda*

By the Truth they hold the Truth that holds all, in the power of the Sacrifice, in the supreme ether. *Rig Veda*

O Immortal, thou art born in mortals in the law of the Truth, of Immortality, of Beauty. . . . Born from the Truth, he grows by the Truth, — a King, a Godhead, the Truth, the Vast. *Rig Veda*

AS WE reach in our thought the line at which the evolution of mind into overmind passes over into an evolution of overmind into supermind, we are faced with a difficulty which amounts almost to an impossibility. For we are moved to seek for some precise idea, some clear mental description of the supramental or gnostic existence of which evolutionary Nature in the Ignorance is in travail; but by crossing this extreme line of sublimated mind the consciousness passes out of the sphere, exceeds the characteristic action and escapes from the grasp, of mental perception and knowledge. It is evident indeed that supramental nature must be a perfect integration and consummation of spiritual nature and experience: it would also contain in itself, by the very character of the evolutionary principle, though it would not be limited to that change, a total spiritualisation of mundane Nature; our world-experience would be taken up in this step of our evolution and, by a transformation of its parts of divinity, a creative rejection of its imperfections and disguises, reach some divine truth and plenitude. But these are general formulas and give us no precise idea of the change. Our normal perception or imagination or formulation of things spiritual and things mundane is mental, but in the gnostic change the evolution crosses a line beyond which there is a supreme and radical reversal of consciousness and the standards and forms of mental cognition are no longer sufficient: it is difficult for mental thought to understand or describe supramental nature.

Mental nature and mental thought are based on a consciousness of the finite; supramental nature is in its very grain a consciousness and power of the Infinite. Supramental Nature sees everything from the standpoint of oneness and regards all things, even the greatest multiplicity and diversity, even what are to the mind the strongest contradictions, in the light of that oneness; its will, ideas, feelings, sense are made of the stuff of oneness, its actions proceed upon that basis. Mental Nature, on the contrary, thinks, sees, wills, feels, senses with division as a starting-point and has only a constructed understanding of unity; even when it experiences oneness, it has to act from the oneness on a basis of limitation and difference. But the supramental, the divine life is a life of essential, spontaneous and inherent unity. It is impossible for the mind to forecast in detail what the supramental change must be in its parts of life action and outward behaviour or lay down for it what forms it shall create for the individual or the collective existence. For the mind acts by intellectual rule or device or by reasoned choice of will or by mental impulse or in obedience to life impulse; but supramental nature does not act by mental idea or rule or in subjection to any inferior impulse: each of its steps is dictated by an innate spiritual vision, a comprehensive and exact penetration into the truth of all and the truth of each thing; it acts always according to inherent reality, not by the mental idea, not according to an imposed law of conduct or a constructive thought or perceptive contrivance. Its movement is calm, self-possessed, spontaneous, plastic; it arises naturally and inevitably out of a harmonic identity of the truth which is felt in the very substance of the conscious being, a spiritual substance which is universal and therefore intimately one with all that is included in its cognition of existence. A mental description of supramental nature could only express itself either in phrases which are too abstract or in mental figures which might turn it into something quite different from its reality. It would not seem to be possible, therefore, for the mind to anticipate or indicate what a supramental being shall be or how he shall act; for here mental ideas and formulations cannot decide anything or arrive at any precise definition or determination, because they are not near enough to the law and self-vision of supramental Nature. At the same time certain deductions can be made from the very fact of this difference of nature which might be valid at least for a general description of the passage from Overmind to Supermind or might vaguely construct for us an idea of the first status of the evolutionary supramental existence.

(to be continued next week)



— Sri Aurobindo . THE LIFE DIVINE

https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

With love and gratitude,
Gangalakshmi (HOMA)



DEADLINE FOR SUBMISSIONS: TUESDAY 5PM

The content of News & Notes is a reflection of the growth process of this community towards its ideals of Harmony, Goodwill, and Truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material:

- Max size of posters should be 1 MB, JPEG format. Bigger posters will be reduced or cropped to fit.
- 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 try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before **Tuesday 5pm**.

DISCLAIMER:

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

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

The News and Notes team
newsandnotes@auroville.services

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LIST OF ACRONYMS:

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

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

Working groups selected by the Residents Assembly:

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

Auroville Council (AVC)
 Entry Service (ES)

FO selected groups:

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

Housing Service (HS)
 Land Board (LB)

NOTE FROM THE EDITORS

Dear Community,

Tamil and French N&N:

We have included the links to the Tamil and French Editions of the N&N.

Important call for support:

The RA Edition of the News&Notes (RA N&N) is made by and for the residents, and can only exist with your support. So far, printing and distribution costs have been covered by private donations but we are now facing a shortage of funds. We call for the community's **solidarity** and **financial support** to fund the printing and distribution of our News&Notes.

To contribute to the RA N&N, you can do so by donating to: "NEWSLETTER COLLECTION" FS #252150. Gratitude in advance for the support!

Reminder:

- If you wish for your events, workshops, and other content to be published in the RA N&N please send it to: newsandnotes@auroville.services.
- 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 [FORM](#) to send us your content.

Read past issues and subscribe [HERE](#).

We look forward to continuing to serve the over 3000 readers who receive the RA N&N 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 # 203 DATED: 26-10-2023

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 Aurovillian in writing to auroville.entryboard@gmail.com OR auroville.entryservice@gmail.com. We thank you in advance.

NEWCOMER ANNOUNCED:

- **Aishwarya KUWAR (Indian)** staying in Madhuca (Chali's house) and working at Prisma



NEWCOMER CONFIRMED:

- **Banumathy ARUNKUMAR (Indian)**
- **Kanagaraju ANNASAMY (Indian)**
- **Martina GOTTLE (German)**
- **Nirmalraj MURUGAN (Indian)**
- **Thanmalar SHANKAR (Indian)**

AUROVILIAN ANNOUNCED:

- **Carla SCHUBERT (Australian)** staying in Vibrance and working at Tamarai



- **Pedro GASPER (Portuguese)** staying in Yantra and working at SAILER & Dehashakti



- **Purushothaman ELUMALAI (Indian)** staying in Auromode and working at Sunship



- **Madhusudan AGRAWAL (Indian)** staying in Citadines and working at Maitri & Sangili



NOT READY TO JOIN AUROVILLE:

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

- **Muthulakshmi GUNASEKARAN (Indian)**

NOTE:

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

Yours,

The Entry 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

Contact: 0413 262-2707, auroville.entryservice@gmail.com

Note: If you want any more information about someone, please contact the Entry Service directly for more details.

FROM THE RAS



EMERGENCY RESIDENTS' ASSEMBLY DECISION-MAKING PROCESS

Voting till Sunday, 29 October

This Emergency Residents' Assembly Decision-making process is initiated by the Working Committee of the Residents' Assembly to approve or disapprove the following resolution:

Preamble

There have been two separate communications on Auronet and through Massbulletin from the Office of the Secretary of the Auroville Foundation, announcing that Mael Shanti Vidal and Satprem Maini have been removed from the RoR. The announcements are dated April 13th (about Mael) and September 29th (about Satprem), 2023, and signed by Mr. Sathyanarayan, Accounts Officer/Under Secretary In Charge, in the office of the Secretary to the Governing Board. In addition, the GB FAMC has resolved jointly with the illegal Working Committee (Anu, Arun, Joseba, Partha, Selvaraj, Srimoyi, Tine) to remove T. Ayyappan as executive of the Auroville Earth Institute because his name is not in the RoR.

As per Section 19.2 (a) of the Auroville Foundation Act, 1988, and the Auroville Foundation (Admission and Termination) Regulations, 2020, as published in the Gazette of India in 2020, adding and removing any individual in the Register of Residents is the sole prerogative of the Residents' Assembly either directly or through committees appointed and empowered by the RA for this purpose.

This has been confirmed by the Hon'ble Madras High Court in its recent court order (link) dated 4th of September. It is to be noted that no process under Act or the Admission and Termination Regulations has been initiated or approved to enable the Secretary to the Governing Board to remove any names from the Register of Residents.

Resolution

We declare the announcements and acts as mentioned above as invalid and against the approved regulations and principles.

We hereby resolve that Ayyappan, Mael, Satprem and any other residents whose names have been removed or omitted without due process, remain bonafide members of the Residents' Assembly.

Vote online using the personalised voting link sent by the RAS through email.

If you have not received the email with the personalised voting link, please vote in person at the RAS polling booth at these times:

- Saturday (Oct. 28th) @ PTPS - Aspiration: 10 am – 12 pm
- Saturday (Oct. 28th) @ Solar Kitchen: 3 pm – 5 pm
- Sunday (Oct. 29th) @ Solar Kitchen: 11 am – 1 pm

Warmly,
For the Residents' Assembly Service
Manas, Tatiana, Veronique

OBITUARY

PASHI KAPUR PASSED AWAY



This is to inform the community that Pashi Kapur passed away in the evening of Friday 20 October at the age of 91, having dedicated his life to his most beloved idea and project of Auroville.

Pashi already lived in Auroville in the early years and was founder director of Auroservice, a resource building project directly sanctioned by the Mother, through which he worked closely with Roger Anger and his team until 1980. While always remaining in close contact in the subsequent years, he actively resumed his activities on site from 1998 onwards and became Aurovilian in 2011. During his later years he was involved in the Prosperity and CIRHU projects.



Pashi's remains were taken to Farewell and were cremated in the afternoon of Monday October 23rd at the Auroville cremation ground.

His family, friends and well-wishers are in deep appreciation of his exemplary commitment and dedication to Auroville and the Mother's work. We all wish him a peaceful onward journey.

OM~

COMMUNITY SHARING

SELF EDUCATION PROGRAM

SELF EDUCATION PROGRAM
A Dreamweaving Initiative

Has completed 7 weeks of an intense dynamic learning process

Building Understanding

Weaving Experience

Expanding awareness

JOIN US
IN A SHARING OF
OUR JOURNEY

CREATING A COLLECTIVE BODY OF
KNOWLEDGE GROUNDED IN RESEARCH
FROM WITHIN AND WITHOUT

Topics will include

- Spatial Justice
- Values and Urban Form
- Connectivity and Access
- Density and Diversity
- Art and Culture

OCT 27 FRIDAY | **PAVILION OF TIBETAN CULTURE** | **4:30 PM TO 6:30 PM**

We will also collect your inputs for next program. If you are interested and can not come to this event please write to us
selfeducationauroville@gmail.com

A KIND REQUEST & REMINDER FROM AUROVILLE PRINTERS

Auroville Printers extends a warm request and reminder to all units, services, and schools within Auroville. We offer a wide range of printing services, and we're here to cater to your diverse needs, such as vouchers, visiting cards, bill books, delivery note books, library cards, book binding, packaging (including die cutting for boxes, packets, tags, and more), and all kinds of labels – just name it, and we'll make it for you.

We deeply appreciate those of you who have entrusted us with your printing needs, and we kindly urge others to consider Auroville Printers the next time you require our services. Auroville Printers was originally established with the primary mission of fulfilling the printing requirements of all Auroville units. Your support can go a long way in not only promoting a spirit of goodwill and solidarity within the community but also in sustaining the services we offer at Auroville Printers.

By placing your orders with us, you not only get quality printing solutions but also actively contribute to the growth and sustainability of an Auroville unit. Your patronage is a beacon of support for our mission.

We express our sincere thanks and gratitude to those who have already chosen Auroville Printers, and we welcome others to explore & support our services.

Should you need any assistance or wish to place an order, please contact us at:

Auroville Printers Location: In front of the Auroville Health Centre

Phone: (0413) – 2622534 Mobile: 9443202786

Email: aurovilleprinters@auroville.org.in

As the Festival of Diwali approaches, we extend our warm wishes to all of you. May the light of Diwali shine bright in our hearts and bring joy to our community.

Thank you all very much for all those who give their continued support & cordially welcome others!

Warm regards,
Auroville Printers

POETRY

TUG-OF-WAR

Hands held tight
On the same thread
Facing the same threat
Breathing the same air
Obeying the same urge
To work together
To pull the other side
Towards one's own
Not to unite with them
But to win over
Not losing heart
Yet totally lost
Win or lose

Even the Witness gets excited
Knowing that
It is to please Him
That the contest is staged

-Anandi Z.

THE RAINBOW, PIANO AND RADIO

Life is like a rainbow:
Many different colours;
Or like a piano:
Many different notes;
Or like a radio:
Many different channels,
In scaled frequencies,
Each a unique identity,
Inseparable parts and parcel
Of what is only a subtotal,
As a rainbow, piano and radio
Are only just one plus two
Of infinite pieces and sets
That totally comprise
This limitless cosmos.
And so all this diversity
Is upheld, modulated in unity
By the One and Only,
The Two in One or
The One in Two actually,
The Supreme and Its Shakti.
The joyful good news
Of this Divine Paradox
Is that We each are not separate,
Although quite distinct, unique,
From this diverse Oneness
That is none other than Us.
It's just a matter of identification
To what level in the gradation
We are at One with:
Obviously crystal clearly best
With the One Hundred Percent.
So we joyfully continue on
In this Spiritual Evolution
Knowing that in the progression
We will all reach a Life Divine.

Zech, 2023.10.19

VOICES AND NOTES

HUMAN UNITY IS NOT THE GOAL

ॐ
Human Unity is not the goal.
It will only be a by-product
Of the Supramental Vision-Goal.
Remember: Unity is already.
We are all One,
The One at play ad infinitum.
Ekameva Advitiyam Brahma
(एकमेवाद्वितीयं ब्रह्म).
The New Vision-Goal
Of the Supramental Avatar
Is the Divine Manifestation
Of the New Apex Species
The Supramental being
With a direct Divine Will
Over Its own Matter:
The individual Purusha
Reaching full mastery
With Its own Prakriti.
The old world of the old gods
Shall only be a chapter in history.
On this very Earth coming soon
A Life Divine.

ॐ

<https://incarnateword.in/cwsa/09/ekameva-advitiyam-brahma>

The Raison D'etre of Auroville of Bharat Mata:

"Auroville is intended to hasten the advent of the supramental reality upon earth.

The help of all those who find that the world is not what it ought to be is welcome.

Each one must know if he wants to associate himself with an old world on the verge of death, or to work for a new and better world ready to be born."

"The first thing the physical consciousness must realize is that all the difficulties we encounter in life arise from the fact that we do not rely exclusively on the Divine to find the help we need.

The Divine alone can liberate us from the mechanism of universal Nature (Prakriti). And this liberation is indispensable for the birth and development of the new race.

Only if we give ourselves entirely to the Divine with total trust and gratitude will the difficulties be surmounted."

The Mother

<https://incarnateword.in/agenda/13/february-1-1972>

<https://incarnateword.in/cwm/15/transformation-and-the-parts-of-the-being>

ॐ

Zech, 2023.10.22

REMEMBER THE INVITE?

Dear Receptives,

Here's the Mother reminding us of the Great Adventure that we came to Auroville for:

"When I invited you on a voyage into the unknown, a voyage of adventure, I did not know just how true were my words! And I can promise those who are ready to embark upon this adventure that they will make some very astonishing discoveries."

It's not anymore the unknown, it is already revealed! You just have to do your homework... and to again and again remember why we have embarked on this voyage, come what may:

"In ordinary life, EVERYTHING is artificial. Depending upon the chance of your birth or circumstances, you have a more or less high position or a more or less comfortable life, not because it is the spontaneous, natural and sincere expression of your way of being and of your inner need, but because the fortuity of life's circumstances has placed you in contact with these things. An absolutely worthless man may be in a very high position, and a man who might have marvelous capacities of creation and organization may find himself toiling in a quite limited and inferior position, whereas he would be a wholly useful individual if the world were sincere.

It is this artificiality, this insincerity, this complete lack of truth that appeared so shocking to me that ... one wonders how, in a world as false as this one, we can arrive at any truthful evaluation of things.

But instead of feeling grieved, morose, rebellious, discontent, I had rather the feeling of what I spoke of at the end: of such a ridiculous absurdity that for several days I was seized with an uncontrollable laughter whenever I saw things and people! Such a tremendous laughter, so absolutely inexplicable (except to me), because of the ridiculousness of these situations."

And the glimpse of the New World that will replace the ridiculousness of the old mental world:

"A true, sincere, spontaneous life, as in the Supramental world, is a springing forth of things through the fact of conscious will, a power over substance that shapes this substance according to what we decide it should be. And he who has this power and this knowledge can obtain whatever he wants, whereas he who does not has no artificial means of getting what he desires."

More here: <https://incarnateword.in/agenda/01/february-3-1958-1>

Welcome to the Great Adventure!

And thank you po ([the Divine](#)) for the continuing lessons...

PS: *"The interesting thing in man is that materially speaking, he is... a mere nothing, a second lost in eternity—a tangled web of weaknesses—but in terms of consciousness, he has the capacity to understand. His consciousness is capable of contacting the Supreme Consciousness. So naturally there are all those who wanted to merge back into that Consciousness, but Sri Aurobindo said: the point is not to merge back into it but to make the world capable of manifesting that Supreme Consciousness."*

<https://incarnateword.in/agenda/13/august-9-1972>

Zech, 2023.10.18

SUPERMIND/OVERMIND, DIVINE/ANTIDIVINE, GOOD/EVIL, SHADOW AND THE EVIL PERSONA - PART 2

...continued from last week...

The Mother kept elaborating on the theme:

"If you look at yourself carefully, you will see that one always carries in oneself the opposite of the virtue one has to realise (I use "virtue" in its widest and highest sense). You have a special aim, a special mission, a special realisation which is your very own, each one individually, and you carry in yourself all the obstacles necessary to make your realisation perfect. Always you will see that within you the shadow and the light are equal: you have an ability, you have also the negation of this ability. But if you discover a very black hole, a thick shadow, be sure there is somewhere in you a great light. It is up to you to know how to use the one to realise the other.

This is a fact very little spoken about, but one of capital importance. And if you observe carefully you will see that it is always thus with everyone.

(...)

Once you have understood this, many worries come to an end and you are very happy, very happy. If one finds one has very black holes, one says, "This shows I can rise very high", if the abyss is very deep, "I can climb very high." It is the same from the universal point of view; to use the Hindu terminology so familiar to you, it is the greatest Asuras who are the greatest beings of Light. And the day these Asuras are converted, they will be the supreme beings of the creation. This is not to encourage you to be asuric, you know, but it is like that—this will widen your minds a little and help you to free yourself from those ideas of opposing good and evil, for if you abide in that category, there is no hope.

If the world was not essentially the opposite of what it has become, there would be no hope. For the hole is so black and so deep, and the inconscience so complete, that if this were not the sign of the total consciousness, well, there would be nothing more to do but pack up one's kit and go away. ... I tell you, on the contrary, that it is because the world is very bad, very dark, very ugly, very unconscious, full of misery and suffering, that it can become the supreme Beauty, the supreme Light, the supreme Consciousness and supreme Felicity."^[8]

She then introduced a concept of a paramount importance:

"If life were organised in such a way that nothing was wasted and each thing was in its place, most of these miseries would not exist any longer. An old sage has said:

'There is no evil. There is only a lack of balance.

There is nothing bad. Only things are not in their place.'

If everything were in its place, in nations, in the material world, in the actions and thoughts and feelings of individuals, the greater part of human suffering would disappear."^[9]

And finally:

"Well, what brings about the suppression is the idea of good and bad, a kind of contempt or shame for what is considered bad, and you do like this (gesture of repulsion), you do not want to see it, you do not want it to be there. It must...

The first thing —the very first thing to realise is that it is the weakness of our consciousness that makes this division and that there is a Consciousness (now I am sure of it) in which that does not exist, in which what we call “evil” is as much necessary as what we call “good”, and that if we can project our sensation—or our activity or our perception—into that Light, that will bring the cure. [10] Instead of suppressing or rejecting it as something to be destroyed (it cannot be destroyed!), it has to be projected into the Light. And because of this I have had for several days a very interesting experience: instead of seeking to throw away far from oneself certain things (which one does not accept, and which produce an imbalance in the being), instead of doing that, to accept them, take them as part of oneself and... (Mother opens her hands) offer them up. They do not want to be offered, but there is a way of compelling them: the resistance is diminished in the proportion as we can diminish in us our sense of disapprobation; if we can replace this sense of disapprobation by a higher understanding, then we succeed. It is much more easy. I believe it is that. All, all the movements that drag you down must be put in contact with the higher understanding.”[11]

“It is not enough to have a positive movement, there must also be the negative movement of rejection. For you cannot attain a stable transformation as long as you harbour in your being elements which oppose it. If you keep obscurities within you, they may for a time remain silent and immobile, so well that you attach no importance to them, and one day they will wake up again and your transformation won’t be able to resist them. Not only is the positive movement of self-giving necessary but also the negative movement of rejection of everything in you that opposes this giving. You must not leave things “like that”, buried somewhere, in such a way that at the first opportunity they wake up and undo all your work. There are parts of the being which know very well how to do this, there are elements of the vital which are extraordinary from this point of view: they keep quiet, hide in a corner, remain so absolutely silent and motionless that you think they don’t exist; so you are no longer on your guard, you are satisfied with your transformation and your surrender, you think everything is going well, and then, suddenly, one fine day, without warning, the thing jumps up like a jack-in-the-box and makes you commit all the stupidities in the world. And it is the stronger for having remained repressed—repressed and closed tight in a corner—it has remained as though buried so as not to draw your attention, it has kept very, very quiet, and the moment you are not expecting it, it springs up and you tell yourself, “Oh! What was the good of all my transformation?” That thing was there, and so it happened. It is just like that, these things remain there and hide themselves so well, that if you do not go looking for them with a well-lit lantern, you will not know they are there till the day they come out and demolish all your work in one minute.”[12]

Submitted by Paulette

[1] 30 May 1958, 15, 346
 [2] 16 March 1968, 11, 111-14
 [3] 19 November 1969, 11, 198-200
 [4] 19 November 1969, 11, 204
 [5] 16 March 1968, 11, 111-14
 [6] 3 February 1954, 6, 17
 [7] Sri Aurobindo, “Letters on Yoga”, Cent.Ed., p. 1660. See also the Mother, “Questions and Answers”, MCWCE vol. 5, p. 276, fn.; also vol. 6, p.17.
 [8] 17 February 1951, 4, 117-9
 [9] 15 January 1951, 4, 38-40
 [10] At the time of publishing this talk, Mother added the following comment: “In this Consciousness where the two contraries, the two opposites are joined together, both change their nature, they do not continue to be what they are. They are not simply joined and remain the same: their nature changes and that is of great importance. Their nature, their action, their vibration become wholly different as soon as they are joined together. It is the separation that makes them what they are. Do away with the separation and their very nature changes. It is no longer good or bad, but something else, something that is whole and entire.”
 [11] 13 December 1969, 11, 211
 [12] 26 April 1951, 4, 358-62

EDITORS NOTE:
 Due to its length, this article has been published in two parts. If you wish to read the article in full, please click [HERE](#).

OPEN QUESTIONS ON VISAS

It seems that from now on even before your visa extension is considered, the powers that be will check 1) if you have paid the Health fund 2) if you have paid your city contribution, 3) if you have a personal health insurance, 4) if you have an outstanding loan.

I suggest that this list is too small. I think many things could be added, in particular:

1. Do you like the concrete “so-called” crown road, do you find it beautiful, ecologically sound, safe, and conducive to make the supramental descend on Auroville upon completion?
2. Do you approve all the measures taken by the present administration : cutting of maintenances, cutting of budgets, closing down of certain financial Service accounts?
3. Do you remember in your daily prayers to thank the Lord for the exceptionally bright, efficient and compassionate administration of the present day?
4. Do you agree with the assessment of the Lurking committee that Aurovilians have done nothing for 50 years except blocking, blocking, blocking, and that Auroville was completely stagnant till -thank God - a new administration took over and launched their superb drive to at last, at last “build Mother’s city” ?
5. Are you a willing servitor of the present administration?

I suggest that if you answer Yes to the above 5 questions you get a five-year visa.

If you reply No to any one question, you will get a one-year visa.

If you reply No to all the above questions, no visa.

The last question numbered 5 counts double. If you reply no to that, you get a quit notice.

An Aurovillian

AWAKENING SPIRIT

A SATSANG ON THE INTEGRAL YOGA

A sacred gathering for the study and practice of the Integral Yoga of Sri Aurobindo and the Mother, founders of Auroville, the City of Dawn.

“The first necessity is the inner discovery in order to know what one truly is behind social, moral, cultural, racial and hereditary appearances. At the centre there is a being free, vast and knowing, who awaits our discovery and who ought to become the active centre of our being and our life in Auroville.” — The Mother

We start right here, in the Eternal Now, from where we each are at this ever-progressive moment, and share our unique experiences on the path of rediscovering and embodying who we really are.

Facilitated by Zech Joya
 Schedule: **Tuesdays and Thursdays, 5:30-7:00pm**
 Venue: Conference Room, G/F SAIER Building, Town Hall Complex, Auroville



[Please click this link for details](#) or scan the above QR Code

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 31st October, 9 am - 12 noon
Focus: The Supermind

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

Every THURSDAY at sunset
(weather permitting)

Meditation with Savitri,

Sri Aurobindo's long mantric poem read by Mother to the incredible music of Sunil

Let's gather under the beautiful open space, with heavenly music in the very center of Auroville!

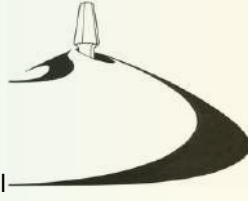
Reminder to all:

The Park of Unity is a place for silence, meditation and inner work, and is to be used only as such. We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you.

Access only for the Amphitheatre from 5.15 pm and for the meditation time.

Thank you,
Surya and Amphitheatre Team



SUPPORT NEEDED

AN APPEAL FROM INDUJA TO HELP REALIZE MY DREAM OF BECOMING A CONSERVATION LEADER!

Dear Auroville family,

My name is Induja, living as a part of this huge family from the year 2016, when I first found Auroville. I came to Auroville as an intern architect and decided to stay and integrate myself into our community with a commitment to work towards the aspirations and ideals of Auroville, despite many challenges.

I am delighted to share with all of you that I have been accepted into the masters program in Environmental Conservation at the University of Wisconsin, Madison, United States. It was Auroville that gave me opportunities to discover myself and work towards my passion of bringing positive changes in the society and protecting the indigenous knowledge and environment. Working in and traveling widely throughout India in the past few years has exposed me to various issues at the grassroots level, helping me to better understand what I need to do to accelerate actions towards my passion. This is a fantastic opportunity for me to learn from and network with peers from around the world, skills that I will be able to bring back to Auroville and India to help build the better future to which we all aspire and are committed to.

But in this, I have been faced with financial difficulties to cover my tuition fee. **Total cost of the education for the whole program is \$59843 (INR 49,70,460/-) including the living expenses. I need to secure \$43000 (INR 35,75,379/-) including the total amount of tuition for the whole program and the living expenses for two semesters by the end of January 2024 to obtain an I-20 from the university to be able to apply for a visa.**

The scholarship from the university will be in the range of \$6000 - \$12000 (INR 4,98,350/- to 9,96,700/-) which will be deducted from the amount that I need to secure. I am working towards various options to raise the remaining funds.

I am making an appeal to the Auroville community, well wishers and friends for your support in the form of financial aid to support my dream. **I invite you to please consider contributing and spread the word in your networks of friends, family and colleagues encouraging them to donate.** I will soon launch a crowdfunding page and share it with the community through which the well wishers can contribute anonymously and in their preferred currency. In addition, I am looking into other options like applying for external scholarships but most of them require me to have a valid visa before applying.

Contributions are also welcome in FS account 252960 - Induja Education Support. Every contribution of yours matters to me as it will take me closer to my dream!

I will keep the community posted on the progress I make and I will be more than happy to chat with you if you want to know more details. Please feel free to call me at +91 9843656428 or write to me at ginduja397@gmail.com.

Thanks for your time!
Induja

BATTERIES FOR SOLAR SYSTEM NEEDED



Dear fellow Aurovilians,

After 9 years of faithful service, the batteries from our solar system are at their end.

We consider ourselves lucky that they have lasted this long! ❤️ A new battery set has been ordered via Sunlit Future with a price tag of rs 2.12 lakhs.

We already have 1.35 lakhs, with donations from the Solar Fund, our own funds and the estimated resale value from the old batteries.

We are grateful for any donations that the community could support us with, to cover the remaining amount of rs 77000.

We have opened an account at the Financial Service, **252625 Stefan and Ancolie Solar Batteries** for the donations.

Thank you all very much in advance for helping us out. ❤️

Much love and gratitude,
Stefan and Ancolie.
Evergreen.

THE ARTS

PHOTOCIRCLE

To all the photographers and anybody interested in Photography,

Photo Circle meets again on **FRIDAY 3 NOVEMBER at 5 pm** in the Centre d'Art multimedia room, at Citadines

The Photocircle brings together Auroville's photographers and amateurs.

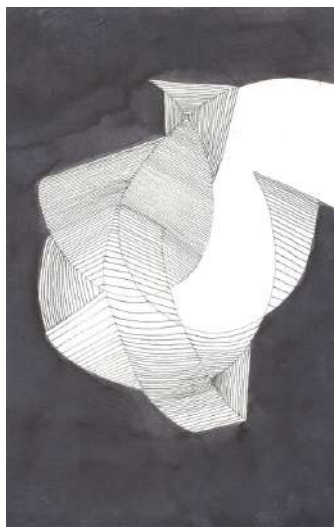
We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images. Everybody's welcome





CREEVA PRESENTS:



**Black & White
In Life & Beyond
by Audrey Wallace-Taylor
(1933 – 2023)**

Art Exhibition cum Fundraiser
For CREEVA

7 – 24 October 2023
**The Exhibition is extended
until 18. November**
at Pitanga

The exhibition will be open
Monday to Saturday
from 8.30am to 12.30pm and
2.30 to 5.30 pm

Organised in loving memory for Audrey by CREEVA and her close friends. Proceeds from sales of the exhibition will support CREEVA, Audrey's art and life project in Auroville.



About CREEVA:

CREEVA is a platform to experience art first hand, where one can experiment with mediums, form, themes. Creeva offers the chance to go on a

journey to find expression, as each one has an individual expression and style; the way you speak, the way you walk and move. CREEVA allows such deep exploration; one can practice the yoga of art regularly and peacefully. The founder of Creeva was Audrey. In the early years she was gifted with the means to explore, to find her own expression, to follow her passion to paint, to draw. Audrey has passed on into the Light but Creeva remains, to offer the opportunity to any who would avail themselves of such freedom, such possibilities of exploration.

We are in need and would deeply appreciate your financial support. Click on: <https://donations.auroville.org/>
FS #24001 Unity Fund mentioning Creeva
Email: avunityfund@auroville.org.in

Pitanga Cultural Centre
2622403 / WA 9443902403
info@pitanga.in

HOMAGE - AUDREY AND EVA

HOMAGE is an exhibition dedicated to Audrey and Eva, two artists who dedicated their Aurovilian life to transmit the beauty of art to the community.

They have been artists and teachers, and always connected with education. Audrey taught how to approach art, how to play with it, how to experience and enjoy it. Eva was inspired by the children's world she came to know when she was a teacher. "In the school I learnt a lot from the children about creativity and the absence of mental limitations" she used to say.

They recently passed away a few months apart from each other, so we are happy to remember their passionate work through a double exhibition in Centre d'Art, Citadines.

From 27 October to 11 November 2023
Monday to Saturday from 2.30 to 5.30 pm

Opening on Friday 27 October 2023 at 4.30pm
Please park at Town Hall



27 Oct to
11 Nov 2023
Tue to Sat
2 - 5.30pm

Eva
Mikulski

HOMAGE

Audrey
Wallace Taylor



Opening on
Friday
27 October
at 4.30pm

centredart@auroville.org.in

Please park at Town Hall parking

HEALTH



HOW TO EXPEL VITIATED PITTA THAT INFLATES AND INFLAMES

Following some queries from the article published in the News and Notes issue #996 (Ayurveda tips to rebalance Pitta vitiated by the excess of heat and humidity), this season is also the appropriate time to expel the accumulation of Pitta, at least from the small intestine (if there's bloating, gas accumulation, sluggish digestion, all the ...itis conditions – tendinitis, rhinitis, arthritis, shoots of hypertension etc) and the bowel (retention or constipation, flatulence, abdominal tender touch or sensation). A solution is to do a mild purgation that will clear the digestive tract from these accumulated Pitta toxins:

During 3 days consecutively ONLY:

Take one flat teaspoon of Triphala powder with one teaspoon of Eranda Tailam (Castor Oil) with a sip of warm water at bedtime. The next morning after drinking a glass of warm water, take one flat teaspoon of Triphala powder in a sip of warm water. Repeat 3 times this procedure in 3 days.

There will be more bowel movements and more slightly loose motion... the cleansing is happening. After 3 days in a row, it is highly recommended to stop. Then the body will adjust on its own by giving a sensation of good appetite, lightness in the belly and body, happier mood and heart. And until monsoon arrives the previous recommendations (from issue #996) on food and activities can still be followed.

Wishing you the best
Be @ Sante Clinic

SANTÉ SERVICES IN OCTOBER 2023

Working Hours:

Monday - Saturday 9:00 - 12:30pm & 2:00 – 4:30pm

Tests and Sample collection:

Mon-Fri before 12:00 pm. No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) : Phone: +(91) 9442224680

Government Ambulance (24/7) : Phone: 108

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

<p>Doctor consults with Dr.Senthil & Dr.Sana: Monday to Saturday</p>	<p>Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily No appointment necessary</p>
<p>Ayurveda with Dr.Be & Dr.Sonia: Mon /Wed /Thurs /Fri</p>	<p>Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday</p>
<p>Acupuncture with Andres: Monday to Friday</p>	<p>Homeopathy with Michael: Mon / Wed / Sat</p>
<p>Integrative Psychotherapy with Juan Andres: Monday to Friday</p>	<p>Physiotherapy with Arun: Monday to Saturday</p>
<p>Functional Medicine with Lize: Monday to Saturday</p>	<p>Physiotherapy with Rebeca: Mon /Wed /Fri</p>
<p>Bio-Well Assessment (Evaluation of your well-being) with Helena: As per availability</p>	<p>Physiotherapy & Massage with Galina: Monday to Friday</p>

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.

WORK OPPORTUNITIES



SOLITUDE FARM

Dear friends,

We have a busy season approaching and lots of projects and activities for which we are hoping to bring onboard Aurovillians, Newcomers and long term volunteers.

Educational assistant:

We are working with schools and colleges and other groups in teaching them the importance of reconnecting to our local food. This involves soil, seeds, kitchen gardens, edible weeds, community, cooking, documentation etc. There are various requirements for this role, full time and part time. The essential requirement is good communication skills and an interest in the subject of permaculture and natural farming.

Café:

Our café demonstrates the importance of food that grows locally, food that grows easily with no carbon footprint and is the very foundation of health and local culture.. We are looking for people to join us in helping with different roles, like food processing, cooking, management etc.

Farm/volunteers:

We are starting a 3 month internship program in permaculture and natural farming that will be open to Aurovillians and guests. We need help in running this structured internship. The role is more facilitating and organizing but also teaching. It could be a great way to learn if someone is just starting to explore permaculture and if the right candidate has good energy and communication skills, someone with a minimum experience could also work.

Social media:

Looking for someone to help run our social media. This person should have experience. Part time position required.

Accounts:

Part time accountant needed.

Look forward to hearing from you all!

Solitude farm & café

Auroville



FULL-TIME ANIMAL CARETAKER

We are seeking an enthusiastic individual who shares a deep love for dogs to join our team as a full-time animal caretaker. The nature of the work may involve lifting heavy materials, so we prefer a male coworker or a strong woman. Basic English skills would be a significant bonus.

Working Days: 6 days a week

Compensation: Rs. 350 per day (Rs. 320 per day for the first month trial period)

Please contact Kiran at 9498410380 to get more information and apply for this position.



EDUCATION

NEWS FROM AUROVILLE LANGUAGE LAB



Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the Lab. We are a wireless-free space!

Tomatis

There are spaces available for both language & therapeutic programmes!

Please contact 0413-3509932 or 04132622467 or email us at tomatis@aurovillelanguage.org to schedule your Listening Tests & Consultations.

To know more about the Tomatis Method, please have a look at the following links:

- <https://www.aurovillelanguage.org/tomatis-method.php>
- <https://www.aurovillelanguage.org/tomatis-kids.php>
- <https://www.youtube.com/watch?v=wnpXprTI3m0>
- <https://www.youtube.com/channel/UCeTIG0y-sBMlyyWZNdZcAng/videos>
- <https://www.listenwell.com/>

Current Language Courses at ALL

New: English Conversation with Ramesh

Good news for all those waiting: Ramesh is restarting his English Conversation course! This two-month (16-hour) course aims to equip students with day-to-day conversation skills in practical situations, improved vocabulary and pronunciation, idiomatic expressions, listening comprehension, and fluency & confidence in speech. Please note that these classes require a basic foundation in the English language and are ideal for intermediate-level English speakers. We have two spots left.

- The course started on **October 17**. Classes will take place **Tuesdays & Thursdays, 4pm to 5pm**.

New: Pre-Intermediate English with Monique

Having received a few requests from Auroville units asking for a beginner to pre-intermediate-level English course for their team members, we decided to start a new course purely structured around this need. Monique will be offering a practical English course that will focus on building communication skills and better pronunciation as well as touch upon the grammar needed for everyday conversation. A basic knowledge of English including the ability to recognize the alphabet is a prerequisite.

- The course will start on **November 6**. Timings and days to be decided at the mutual convenience of the teacher and students.

New: Private Lessons with Monique

We are really excited to welcome our old volunteer Monique back to the Lab! A native French speaker, Monique recently retired from a 40-year career teaching English & French from middle school up to university level. Having worked with teenagers as well as adults, from absolute beginners to PhD-level students, Monique can accommodate a diverse range of language needs. She will be offering private lessons to individuals or small groups (2-3) in English, French, & beginner-level German. She has also developed an immensely useful language learning website that she will guide the students through, for self-study and further learning. Email us with your requirements & we will arrange a course for you.

New: French with Jean-François

Jean-François offers three 2-month courses. New batches start late October. These fill up quick, so please register soon.

Beginner French:

This 16-hour course is for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive delving into French vocabulary of everyday life and the basics of grammar. By the end of the course, you would be able to make simple sentences useful for interaction, and talk about your work, hobbies, daily life, etc. in a simple way.

- This course will start **November 4**. Classes take place **Saturdays, 2:30 to 4:30pm**

French Conversation (Post-Beginner to Pre-Intermediate level):

This 12-hour course is for post-beginners with a basic knowledge of French who are not yet comfortable conversing in French. The course will focus on day-to-day topics and will be a good mix of grammar, and interactive verbal as well as written exercises. By the end of the course, the students will acquire a more solid foundation in French conversational skills. All students who have taken Jean-François's Beginner Course are welcome to join!

- This course will start on **November 4**. Classes take place **Saturdays, 10:30am to 12noon**.

French Conversation (Intermediate level):

For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Each lesson covers a theme of daily life (work, family, hobbies, shopping, projects, etc.) and is aimed at developing the students' ability to express themselves and interact in French. Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, economics, social sciences, theater, and more. He will also review the grammar useful for basic conversation.

- This 16-hour course will start on **November 6**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

New: Beginner Spanish with Mila

Great news for Spanish learners!

Our long-time Spanish teacher, Mila is ready to start a new batch for Beginner Spanish. This three-month (24-hour) course is structured on the highly-acclaimed book, "Madrigal's Magic Key to Spanish: A Creative & Proven Approach." Mila has been running this course since many years. By the end of the course, students will be equipped with the Spanish alphabet, phonetics, & vocabulary. The course will also delve into verb conjugations, formation of sentences, use of adverbs & adjectives, and work on the student's listening & reading skills.

- We hope to start as soon as we have 6-7 confirmed registrations. Classes will take place twice weekly, on **Tuesdays and Thursdays, 2:30 to 3:30 pm**.

German with Ben

We are thrilled to announce that Ben has joined us as our new German teacher! A recent newcomer & native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. He is now eager to apply his skills to an in-person classroom. Ben is a language enthusiast and takes interest in translating poetry and studying ways of integral education. Ben is offering two courses:

Beginner German: This course is now closed to new registrations.

German Conversation: This 2-month course is for those who already know a bit of German and would like to further polish their speaking skills.

- This course will start as soon as we have 4-5 registrations. Classes will take place **Tuesdays & Thursdays, 4 to 5pm**.

Spoken Tamil with Saravanan

Saravanan has been running this interactive and practically-oriented course for the past seven years. The class modules are based on a booklet called "Fun with Tamil", which has been put together with a lot of research and thought. By the end of this course, you would be able to converse in Tamil on day-to-day matters, having achieved a deeper understanding of its sounds, pronouns, conjugations, etc.

- Classes take place **Tuesdays & Fridays, 9:30am to 10:30am**. Course started on **September 12** comprising 24 hours of teaching over three months.

Beginner Hindi with Alka

A native Hindi speaker, Alka has a passion for teaching which she has keenly pursued over the last twelve years. Her approach is to make learning easy through games, songs, poems, & other interactive modes. This three-month (24-hour) beginner course is a great introduction to the Hindi language, and intends to make learners comfortable with basic Hindi vocabulary, grammar, and everyday sentences. The course will also make use of the material put together by the Landour Language School, one of the oldest Hindi language schools of India. The course will be paced to align with each student's comfort.

- The course started on **September 9**. Classes will take place **Saturdays, 10am to 12noon**.

Italian Conversation with Fabio

This two-month (16-hour) course is for learners who already have a basic knowledge of Italian and would like to explore the language further & polish their speaking skills. Fabio will delve deeper into spoken grammar, phonetics, conversation, and any other topics of interest. This is mainly for those who took the Beginner course last time, but is open to all. This course will close at 4 registrations.

- This course started on **September 12**. Classes will take place **Tuesdays & Thursdays, 2:30 to 3:30pm**.

Intermediate Spanish with Susana

Our long-time teacher, Susana, is offering an Intermediate Spanish course for students who are already familiar with the various verbal modes in Spanish language (Infinitive, Indicative, Conditional, Subjunctive, and Imperative). The course will focus on polishing the conversational skills of the students and will also dive into the rules of grammar. This is a monthly course.

- Classes take place every **Tuesday, 2:30pm to 4:00pm**.

Beginner and Pre-Intermediate English with Rupam

Rupam continues to offer morning English classes. Her classes are a mix of discussion on current topics, and grammar as necessary. You are welcome to try out a class and see if it fits your needs. However, please note that this is not a drop in/walk in class but is meant for students committed to joining the course.

- Classes take place **Tuesdays & Thursdays, 10:30am to 11:30am**. Enquire now to join!

If there is a language you would like to learn, and it's not on our list, please send us a query!

To join or enquire:

Please fill out our form at

<http://register.aurovillelanguagelab.org/>

You may also drop us an email at

info@aurovillelanguagelab.org,

call us at **2623661** or **come visit us!**

Please Note:

Registration and contribution are essential before you join a course with us. Please see our team member at the front desk to ensure this is complete, thank you!

Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate	10:30 - 11:30am	Tuesday & Thursday
	Conversation Started 17 October 2023	4-5pm	Tuesday & Thursday
French	Beginner To start 4 November 2023	2:30- 4:30pm	Saturday
	Conversation 1 To start 4 November 2023	10:30am – 12noon	
	Conversation 2 To start 6 November 2023	2:30 - 3:30pm	Monday & Thursday
Tamil	Spoken Beginner Started 12 September 2023	9:30 – 10:30am	Tuesday & Friday
Sanskrit	Beginner To start November 2023	TBA	TBA
Hindi	Beginner Started 9 September 2023	10am – 12noon	Saturdays
German	A1.1 Beginner Started 11 September	9:30 – 11am	Monday & Wednesday
	German Conversation To start soon	4 – 5pm	Tuesday & Thursday
Spanish	Beginner To start October 2023	2:30 – 3:30pm	Tuesday & Thursday
	Intermediate	2:30 – 4pm	Tuesday
Japanese	Beginner To start November 2023	TBA	TBA
Italian	Beginner TBA	2:30 – 3:30pm	Monday & Wednesday
	Conversation Started 12 September 2023	2:30 – 3:30pm	Tuesday & Thursday
Persian	Beginner To start November 2023	TBA	TBA

The Language Lab is open:
Monday – Saturday, 9am - 12pm & 2pm - 5pm

Location:
International Zone, after Unity Pavilion & Pump House.

Contact:
Phone: (0413) 2623 661, 2622467, +919843030355 Email:
info@aurovillelanguagelab.org

SPOKEN ENGLISH AND HINDI

Hi! My name is Ashwini and I have an experience of 20 years as a Spoken **English, Hindi, Kannada and Marathi** language trainer for all levels. If you are interested in learning one of the above languages either in oral or written form please contact me on my WhatsApp 8270512606.

TUTION GRADE 1-12

Tution classes open for students from grade 1 to grade 12. Please contact on my WhatsApp 8270512606. Ashwini



CLASSES, WORKSHOPS & HEALING ARTS

QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India

www.quiethealingcenter.info / quiet@auroville.org.in

Mobile & WhatsApp: +91 9488084966

Birenda Massage Course with Jean-Louis & Sivacoumar

- **Thursday 9 - Sunday 12 November & Saturday 18 - Sunday 19 November (9:00am - 5:00pm: 36 hours)**

This training consists of six days, divided into four days (9 – 12 November) and two days (18 – 19 November) as to allow time for home practice and easier absorption of the material and massage protocol.

Birenda Massage is a unique Indian massage therapy, which was developed by Birenda, an accomplished therapist from Bengal with 50 years of experience.

To facilitate the learning process, the course material consists of three sections: the first part is dedicated to back massage; during the two other sections, you'll learn how to massage the legs, arms and front of the body.

You'll also learn how to prepare yourself before massaging a person, create a trusting relationship with your client, and offer relevant information afterwards.



Manual and certificate upon completion of the course!

No previous experience required.

After receiving a long, in-depth personal training from Birenda himself, **Jean-Louis** has been offering massage treatments over the past 25 years. As an accomplished therapist, he has also been teaching this innovative body treatment to both beginners and experienced therapists in India and abroad. **Sivacoumar** has been working as a Birenda massage therapist at the Quiet Healing Center since 2018. During this period, he was personally trained by Jean-Louis to become a Birenda massage instructor and will co-teach this course together with him.

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Mobile/Whatsapp: +91 9385623342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

<https://www.facebook.com/serendipityauroville>



EXPRESSIVE ARTS WORKSHOP

An exploration using arts, mindfulness, creative writing,
poetry, music, movement and nature



01 Cultivating
GRATITUDE



02 Exploring
PRESENCE



03 Nurturing
ASPIRATION

14, 21 & 28 OCTOBER

SATURDAYS
4:00 - 6:00 PM

Open to anyone interested in exploring with different art modalities.
No prior art experience required. All materials will be provided.



By Anjali Alloria
(Expressive Arts Practitioner)
WhatsApp +919560026678

At Serendipity Guesthouse
(Next to Center Guesthouse)



USE YOUR VOICE WORKSHOPS



Learn to enjoy speaking
in public with the 4 elements

Nov 3rd, 6th, 10th and 13th; 3pm - 6 pm
in Creativity - Hall of light

Join this 4 half day workshop with Moghan and expand your
comfort zone when speaking in public.



With the EARTH give body and density to the
words, anchoring yourself in the ground in order
to fight against stress and to radiate presence,
confidence and evidence.



With WATER, contact ease, fluidity, emotion
without overflow by letting the sentences flow.



With FIRE, dare to be passionate and
enthusiastic. Ignite with meaning each
affirmation of what matters to you.



With AIR, invite silence into your sentences,
make room for the spirits, for the language of
the heart.

To register please contact us at: ldj099296@gmail.com

AUROMODE YOGA SPACE REGULAR EVENTS - OCTOBER 2023



Tuesday – 5 to 6 pm –
Bollywood dancing with Pranati

Join us to have a fun evening of laughter, dance and to have
a good workout.

Friday – 5 30 pm to 6 45 pm –
Vinyasa Flow with Bala

Drop in Yoga classes for beginner to Intermediate level
students.

Contribution requested. No need to register. Bring your own
yoga mat and a towel.

Email us -
Balaganesh.siva@gmail.com / Whatsapp +919892699804

200 HR HATHA & VINYASA FLOW YOGA TTC INTENSIVE

November 1 to November 22, 2023

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



Join us for this 21 days of self-discovery and yogic exploration.
Our program includes:

- Daily Asanas, Pranayamas, and Meditation
- Weekly Satsangs, where you'll delve into yogic philosophy and lifestyle
- Experience all four paths (margas) of Yoga in the unique setting of Auroville:
- Bhakti Marga: Visit local temples and engage in uplifting chanting sessions
- Karma Yoga: Participate in Karma yoga
- Jnana Yoga: Dive into the study of the Bhagavad Gita, Patanjali Yoga Sutras
- Raja Yoga: Cultivate your physical practice through Asanas and other bodywork

Our participants have attested to the life-changing impact of this intensive, even for those who may not intend to become yoga instructors. Think of this TTC as a course on how to be a perpetual student of the most profound subject of all—YOUR LIFE.

Don't miss this opportunity to deepen your practice, broaden your understanding of yoga, and embark on a journey of personal growth.

Email us -
Balaganesh.siva@gmail.com / Whatsapp +919892699804

VIPASSANA MEDITATION

All **old students** of Vipassana meditation **having completed at least one 10-day course as taught by S.N. Goenka** (www.dhamma.org) and who is not meditating within any other tradition 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.

No registration is required.

Venue: Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).

Contact: Sanjay Tumati, +91 8790982210
(available on WhatsApp)
sanjay@auraauo.com



FAMILY CONSTELLATIONS WORKSHOPS

WITH MOGHAN

FAMILY AND SYSTEMIC CONSTELLATIONS WORKSHOPS
IN CREATIVITY HALL OF LIGHT

9 am to 6 pm on SATURDAYS
Nov 18th - Dec 16th. - Jan 20th

Contact: Moghan 9751110486, mehlemmoghan@gmail.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 - 6:00 PM
Deepanam School

Contact: 7598446327
Kiran for Ginga Saroba



TAI CHI HALL @ SHARNGA

Offers regular Tai Chi Chuan classes from Mon-Sat.

Monday & Saturday:

- 7:30-8:30 Chi
- 8:30-9:30 Form

Tuesdays - Fridays:

- 7:30-8:00 Chi
- 8:00-9:00: Form



All are welcome

Contact: taichi@auroville.org.in / 0413 2623187

VÉRITÉ REGULAR EVENTS - NOVEMBER 2023

CLASSES

Contact Vérité @
0413 2622045, WA +91 9363624083
or e-mail programming@verite.in



Sivananda Yoga - with Mani (No class 11 & 13 Nov)

- **Monday, Wednesday 9:30 – 10:30am &**
- **Saturday 5:00 – 6:00pm**

The purpose of the practice is to remove the toxins accumulated in body and mind to clear the blockage in energy channels (nadis), Increasing the pranic energy level, Channelizing the pranic energy for spiritual progress. The class starts with breathing practice followed by some basic asanas to warm up and loosen up the body and joints. Then slowly proceed to some intermediate asanas and finally concludes with guided relaxation.

Pranayama and Meditation - with Radhika

- **Monday 11:00 – 12:00am: Re-balance your nervous system**

You will be guided in breathwork techniques such as Suka, Nadi Shodana and Kapala Bhati as well as Meditation, all of which help to develop focus and breath awareness, enabling grounding and re-balancing of the nervous system.

Deep Sound Bath with Satyayuga

- **Monday 5:00 - 6:00pm**

Deep Sound Bath is based on the ancient art of using vibration to awaken the inner being & align the body, heart & soul to the frequency of the universe. Sound Bath uses the unique frequencies of various instruments to promote healing on a cellular level. Some of the instruments used are Tibetan bowls, xylophone, and drum along with mystic chanting.

Hatha Vinyasa Yoga - with Andres

- **Monday, Wednesday & Friday 5:00 - 6:00pm**

Participants are guided towards a tension-free state of well-being, through postures (asanas), breathing techniques (pranayama), activation of the energetic centers (chakras), and relaxation techniques (yoga nidra, savasana). As a result, balance is restored in the physical, mental, and emotional being. With consistent practice, contentment (santosh), equanimity (śamatha), health, connection and well-being are established in daily life!

Restorative Yoga – with Rachel

- **Tuesday 09:30am - 10:30am**

A supported yoga practice of restorative poses and breath work that help to calm and soothe the nervous system, improve sleep, reduce stress and anxiety and open the body.

Face & Eye Yoga - with Mamta

- **Tuesday 3:30 - 4:30pm**

The physical & mental state of our inner world determines how we experience our outer world. Sense organs are the tools for each experience we have. Face Yoga involves simple self-massage techniques & exercises to release tension in the facial area, stimulate blood circulation & improve efficiency of our sense organs. In an era of increased screen time, our eye health may be compromised, unless we actively exercise this area. Eye Yoga uses techniques such as palming, blinking, near & far viewing & candle gazing. You will also learn tips to prevent eye damage caused by screen time.

Vinyasa Flow - with Rebeca (no class 7 & 9 Nov)

- **Tuesday & Thursday 5:00 - 6:00pm**

Teaching a non-dogmatic style of yoga fusing ancient wisdom with contemporary understanding of the body, challenging it in different ways, focusing on the development of coordination, balance, strength, and flexibility. Under the view of a physiotherapist teacher, there is a focus on individual alignment with anatomical explanations for safe performance, considering this practice as therapeutic exercise. Absolute beginners may find these classes a bit challenging.

Yoga for inner alignment, Pranayama & Asanas - with Radhika

- **Wednesday, 11:00am – 12:00pm**

This yoga is a physical practice that embraces the reality of life through attitude, alignment, and action, helping us to feel more grounded and centered in our daily activities.

Kirtan – Songs for the Soul (contributions are voluntary) – with Mamta & Savitri

- **Wednesday 5:00 - 6:00pm**

Kirtan brings out our sacred vibration through uplifting rhythms into a state of divine love. This practice helps cleanse and nourish our energies and ground into our being.

Peace with Pranayama – with Mamta

- **Thursday 11:00am - 12:00pm**

Prana is the vital force or the subtle bio energy which keeps us alive & functioning in the healthiest way possible. Yogic practices like Pranayama help nourish this Prana which in turn nourishes our mind & body. Pranayama is a modulation or regulation of Prana, done via controlled breathing exercises. We will the meaning of Prana & Pranayama, it's references in Yogic texts, prerequisites for Pranayama, postures, mudras & explore the interconnectedness of mind, body & breath. The session concludes with a brief relaxation in Shavasana.

Open Heart Space Meditation – with Samrat

• Thursday 5.00 - 6.00pm

A simple practice to help dissolve habitual patterns and become aware of what is. Learn to embrace and let go of experiences, to quiet the mind and to sink into open heart-space, where the inner and outer worlds meet.

Free Flow Dance and Movement – with Vega

• Friday 5:00 - 6.30pm

The body can be a great guide to the soul, enabling us to connect and reveal ourselves through movement. Join us and give your body an opportunity to flow in its rhythm and express itself freely.

Mindful Flow – Awaken in Movement & Stillness – with Savitri

• Saturday 5:00 - 6:00pm

A guided session in which we first ground ourselves and bring awareness to our bodies with the help of sound and music. Then we explore slow, small, movements of the body, from head to foot, bringing attention to sensation. Next, we expand outward, with intention, moving both freely and mindfully—with awareness of our sensations and surroundings, as well as of others. Finally, we bring our focus inward, shifting into stillness to heighten awareness of subtle sensations and the natural flow of our body and breath. We close with a circle for sharing and appreciation.

TREATMENTS AND THERAPIES

By Appointment:

Call 0413 2622045, 2622606, WA 9363624083

or e-mail treatments@verite.in



Private Yoga Sessions - with Andres

Personalized sequence for specific needs or injuries. This session helps you to advance in your personal practices and learn Ashtanga Yoga.

Thai Yoga Massage - with Andres

Sometimes 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.

Individual Self-work with Clay - with Megha

Clay has innate qualities that help us connect with ourselves creating a more real, tangible and physical experience of our subtler state and inner environment. While our breath becomes an intricate part as we connect with the “earth” it brings awareness, presence and balance within. Through feeling and sensing clay we will immerse into an inner journey using certain hand building techniques and the wheel.

Biodynamic Craniosacral Therapy - with Mila

This therapy uses gentle touch to the head to help release tension in the skull, spine and sacrum, freeing energy that can help re-establish integral balance, and stimulating the healing capacity of the body.

Integrated Craniosacral & Foot Reflexology - with Radhika

Craniosacral therapy is a safe and beneficial bodywork treatment that uses gentle pressure and movements to relieve stress and pain. It facilitates deep states of relaxation, hence enabling the body to heal and be brought back into balance and harmony. **Foot reflexology** involves applying pressure points and massage on different areas of the foot. Among many benefits, it reduces stress, improves digestion and promotes sound sleep. This **integrated therapy** provides the benefits of both craniosacral therapy and foot reflexology, easing one into a deep state of relaxation, strengthening the nervous system and accelerating the body's ability to heal and regenerate.

Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage - with Raja

Acupressure is the application of pressure on specific points on the body to address symptoms such as pain or digestive issues. **Deep Tissue** involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. **Heart Healing Massage** helps increase relaxation, which helps reduce blood pressure and heart rate improvements in the delivery of oxygen to the heart and rest of body.

VÉRITÉ WORKSHOPS AND THERAPY

Pre-registration required

Please contact Verite @
0413 2622045, 2622606, 9363624083 or
programming@verite.in, www.verite.in



Understanding Pranayama & its Practice in Asana & Meditation – with Radhika

Friday, 27 October, 9:30am – 12:00pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath. We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Awareness Through the Body – with Amir

Saturday, October 28, 9:30am – 12:00pm

Exploring FORM: tuning and cultivating the observer within through being guided into various physical shapes that embody expressions of different inner qualities. Relax with the intention to approach the physical plane spontaneously, while easing into receptivity to the inner movement.

Sivananda Yoga: Masterclass – with Mani

Friday, November 3, 9:30am – 12:00pm

A classic Sivananda session, including basic pranayama (breathing) and Surya namaskar (sun salutation), designed to massage and rejuvenate the entire spine, with rhythmic alternation between effort and relaxation to balance the nervous system and prepare it for the final guided relaxation.

Energy Cleanse through Yoga Kriyas – with Mamta

Saturday, November 4, 9:30am – 12:00pm

Purify your energy channels with 3 Hatha Yoga Kriyas: Jalneti (saline nasal rinse), Trataka (Fixed gaze) & Kapalabhati (Skull shining breath). They cleanse your body from the inside out, develop immunity & steadfastness, paving the way for evolution of consciousness. Anyone registering for this workshop must either bring their own Jalneti pots or buy it from us at the registration desk for Rs 50/-

Please note the following cancellation

Yearnings for Peace : Peace within, Peace without - with Dr Sehdev
Saturday October 28 - 2:00pm - 4:00pm



VÉRITÉ PROGRAMS – NOVEMBER 2023

Phone: +91 413 2622045, 2622606
 Whatsapp: +91 9363624083 / 8489391876
 Email: programming@verite.in
 Website: www.verite.in

YOGA & RE-CREATION PROGRAMS

Days	Drop-in Sessions	Timings	Presenters
Mondays	Sivananda Yoga (no class on 13th Nov)	9:30am - 10:30am	Mani
Mondays	Pranayama & Meditation	11:00am - 12:00pm	Radhika
Mondays	Deep Sound Bath	5:00pm - 6:00pm	Satyayuga
Mondays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Tuesdays	Restorative Yoga	9:30am - 10:30am	Rachel
Tuesdays	Face & Eye Yoga	3:30pm - 4:30pm	Mamta
Tuesdays	Vinyasa Flow (no class on 7th Nov)	5:00pm - 6:00pm	Rebeca
Wednesdays	Sivananda Yoga	9:30am - 10:30am	Mani
Wednesdays	Yoga for Inner Alignment - Pranayama & Asanas	11:00am - 12:00pm	Radhika
Wednesdays	Kirtan Songs for your Soul	5:00pm - 6:00pm	Mamta & Savitri
Wednesdays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Thursdays	Peace with Pranayama	11:00am - 12:00pm	Mamta
Thursdays	Open Heart Space Meditation	5:00pm - 6:00pm	Samrat
Thursdays	Vinyasa Flow (no class on 9th Nov)	5:00pm - 6:00pm	Rebeca
Fridays	Hatha Vinyasa Yoga	5:00pm - 6:00pm	Andres
Fridays	Free Flow Dance & Movement	5:00pm – 6:30pm	Vega
Saturdays	Sivananda Yoga (no class on 11th Nov)	5:00pm - 6:00pm	Mani
Saturdays	Mindful Flow - Awaken in Movement & Stillness	5:00pm - 6:00pm	Savitri
Day & Date	Workshops (pre-registration required)	Timings	Presenters
Friday, November 3	Sivananda Yoga: Masterclass	9.30am - 12:00pm	Mani
Saturday, November 4	Energy Cleanse through Yoga Kriyas	9.30am - 12.00pm	Mamta
Saturday, November 11	Master Class: Calm Your Nervous System & Your Mind through Yogic Techniques	9.30am - 12:00pm	Andres
Friday, November 17	Understanding Pranayama and its Practice in Asanas and Meditation	9.30am - 12.00pm	Radhika
Saturday, November 18	Master Class: Pratyahara: Withdraw Your Attention Within through Mantra, Breathing & Asana	9.30am - 12.00pm	Andres
Saturday, November 18	Awareness Through the Body	9.30am - 12.00pm	Amir
Friday, November 24	Sivananda Yoga: Masterclass	9.30am - 12.00pm	Mani
Saturday, November 25	Safe Yoga Asana Practice: Do's & Don'ts	9.30am - 12.00pm	Rebeca
Therapies (by appointment only)		Therapist	
Thai Yoga Massage		Andres	
Private Yoga Session / Yoga Therapy		Andres	
Individual Self-Work with Clay		Megha	
Biodynamic Cranio-sacral Therapy		Mila	
Integrated Craniosacral & Foot Reflexology		Radhika	
Craniosacral Therapy		Radhika	
Foot Reflexology		Radhika	
Integrated Ayurvedic Acupressure, Deep Tissue & Heart Healing Massage		Raja	

PITANGA



Program October 2023

CLASSES - REGISTRATION REQUIRED

Iyengar Yoga with Tatiana and Chloé

All Iyengar Yoga classes are designed for healthy adults. If you have any physical problem, please talk to the teacher before the class to find out if this class is for you. We do not offer any medical yoga classes and our classes are not for people who need a therapeutic approach.

Mondays 5pm – 6.30pm with Tatiana | Level 1

A general asana practice class. Each session includes the practice of Salamba Sarvangasana (shoulderstand) or preparatory stages. Regular attendance is expected.

Tuesdays 9am – 10:30am with Chloé | Yoga for the Spine | All levels

Suitable for all levels of practitioners. Special attention is paid to relaxing the back and the correct position of the spine in various types of asanas. Each practitioner should be prepared to independently use props such as chairs, rollers, bricks.

Wednesdays 5pm – 6.30pm with Tatiana | Level 2-3

For seasoned practitioners. Classes include both asanas and pranayama. Inverted poses like Salamba Sarvangasana, Salamba Sirshasana are practiced regularly.

Saturdays 9am – 10.30am with Tatiana | Restorative Yoga | Level 2-3

Each session includes time for deep work in inversions, backbends and forward bends with support and deep relaxation on a physical and mental level. Practitioners are expected to independently choose alternative postures according to their ability and are prepared for prolonged use of inverted postures.

Saturdays 11am – 12.30pm with Tatiana | Mixed Level

An active practice class for Iyengar Yoga practitioners of all levels. Suitable for beginners. Exceptionally, this class can be attended without registration as well.

Art Therapy with Gala

Thursdays, 3 – 5pm for adults

Fridays, 3 – 5pm for families

YOUTH ACTIVITIES

These are ongoing educational programs and not intended for drop-in students. If a child is interested, parents need to talk to the teacher before bringing the child.

Asanas for Teenagers with Lisbeth
Mondays, Wednesdays | 4pm – 5:15pm

Yoga for children, 5 – 8 yrs., with Gala
Saturdays | 9am – 10am

Yoga for children, 7 – 9 yrs., with Gala
Saturdays | 10am – 11am

Energy games for children, 9 yrs. +, with Gala
Saturdays | 11am – 12pm

DROP-IN CLASSES *Join without prior registration!*

Mondays

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

Tuesdays

4.45pm – 5.30pm | **Odissi Dance** with Rekha | Beginners

Wednesdays

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

Thursdays

4.30 – 5.30pm | **Aviva Exercise** with Suriya | For women

4:30 – 6pm | **Vocal Sound Healing** with Lola | All levels

Fridays

6.45am – 8am | **Pranayama** with François & Namrita |
For former "The Art of Living" course participants

7.30am – 9am | **Asanas** with Rachel | All levels

8.30am – 10am | **Yoga Therapy** with Gala | All levels

3.45pm – 4.30pm | **Odissi Dance** with Rekha | Beginners

4.30pm – 5.30pm | **Reading of the Life Divine** with Balvinder |
All are welcome to join.

5:15 – 6:15pm | **Feldenkrais class** with Shari | All levels

Saturdays

11.00am – 12.30pm | **Iyengar Yoga** with Tatiana | Mixed Level,
open to beginners

HEALING SPACE - BY APPOINTMENT

- Acupuncture by Heidi
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Chiropractic by Afsaneh

TALKS

4 Talks
on Health
by Lize de la Rouvière

Fridays, 3 – 4pm

3 November: Resilience

Tools to stay mentally, emotionally, and physically resilient through difficult times.

All are welcome. No registration is necessary.

Lize is a Functional Medicine Practitioner and volunteers at Santé - Auroville Institute for Integral Health and Pitanga. The talks are organised in collaboration with Santé.

NEW ACTIVITIES



**New class starting on
26. October**

Vocal Sound Healing

Practice and embody the power of the voice, your most potent healing instrument.

The voice is the only tool more powerful than the gong, especially your own voice, because you are self-generating the healing vibrations to shift energetic blocks.

The practice is about opening yourself up to a new way of exploring your voice.

Immerse yourself in this session, discover your own voice, take a step to experiment through sound, music and movement. No experience is needed.

Every Thursday from 4:30 - 6pm with Lola



**New class starting on
Monday 30. October**

Deep Presence - Inner Exploration

A guided exploration by Mikhail S.

Following the facilitator's guidance, we will travel with our attention deep within (and without) ourselves, where we will listen deeply... By becoming still, we'll aim to tune into the living presence that is always present, to align with Truth, in other words with that which isn't transient and perishable but Eternal and Infinite.

The intention is to leave behind all effort, tension and desire, to bypass our mind and emotions in order to experience this always available Presence.

The exploration lasts 45 minutes and ends with a small sharing of approximately 10-15 minutes. Preparation for class: If possible, please take a 15 minutes nap (or silent quiet rest lying down) at home, before class or in the afternoon (to try and prevent dosing off and falling asleep).

Every Monday from 4pm – 5pm with Mikhail S.

If you wish to receive our program of activities by email, please write to us: info@pitanga.in

See you at Pitanga, with a smile !

Pitanga Cultural Centre
2622403 / WA 9443902403
info@pitanga.in

The Sound of Bamboo

Various Styles of the Indian Flute



Bansuri (Flute) Group Classes With Michael Kalabhumi Music Studio

Every Friday (Beginner: 11am-12pm, Advanced: 12pm-1pm)

Drop in is possible at any time, flutes available to borrow or buy.

Contribution:

- Aurovilians, NCs, Volunteers & Local Villagers: Free donation
- Guests: 500 INR

More Info: www.the-sound-of-bamboo.com

To Donate: <https://pay.auroville.org/divine-arts>

Learn More About Divine Arts:

<https://auroville.org/page/divine-arts>

Warm Regards, Dave

M: +44 (0) 7564 119 728 / E: djsevans87@gmail.com

STUDIO BASED ART THERAPY AND COUNSELING

tialovesart@gmail.com / www.createandtransform.org

CREATE AND TRANSFORM

STUDIO BASED ART THERAPY AND COUNSELING

individual * group * family



Therapy can be creative and non-threatening for help with:

- Anxiety
- Depression
- Trauma
- Life Issues

Trauma Informed Art Therapy & Counseling:

- Client Centered,
- Strength Based,
- Solution Focused,
- Incorporating CBT and a creative, eclectic tool box.



Tia Pleiman, MA, ATR, NCC, LPC

tialovesart@gmail.com

www.createandtransform.org

WA 7094007610

Aurelec, Kuilapalayam, Auroville

CHANTING CLASS - SERENDIPITY

Traditional Mantras & Stotras Chanting Classes

at Serendipity Community

Thursday 9:00 AM (drop-in class)

Friday 5:00 PM (regular class)

with Sonia Novaes



Email: serendipityauroville@gmail.com / WA: +91 8940288090

ACTIVITIES

FOOD FOREST TOUR

www.myfoodforest.info / myfoodforestgarden@gmail.com

FOOD FOREST TOUR

I welcome you to a tour through my permaculture garden!
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

VEGAN ICE CREAMS and more...

EVERY SUNDAY from 9:30 to 11:30
at La Ferme Community (5min from AV Bakery)

Sign up and infos whats app Sarah 9047421044

www.myfoodforest.info
myfoodforestgarden@gmail.com

ART AND NATURE ACTIVITY
CLASS STARTING NOVEMBER 1ST



Co-creating with the Spirit of Nature

Are you interested in deepening your communication with Nature and co-create in its Spirit? Drawing, painting, dancing, video, poetry... whatever field you are called for. Bring your own materials or use what nature is offering. Let's meet on Wednesdays afternoon from 3.30p.m to 5 p.m. Starting November first We will work out doors. Register: +917598892065 WA

This is a LA SA MA KA activity

CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

With a full moon and a partial lunar eclipse, this week-end may again bring some intensity to our inner movements. We can prepare ourselves to stay centered, eating lightly during the days surrounding the astral pick, tuning with the subtlety of Nature, with the support of the forest environment and a silent mind.

MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature.

Full moon night walk with Arun:

Sunday - 29th of October, 0.30 am to 1.15 am Midnight - Peaceful walk with Major Arun to understand the anatomy of darkness and to experience the relevance of natural darkness for a deeper connection with nature.

Introduction to MahaKali Park with Arun:

Sunday - 29th of October, 6.45 am to 7.45 am - Major Arun invites you for a peaceful discovery and understanding of MahaKali Park and an introduction to the history and context of green spaces within Auroville. The background of the cradle land and the current state of the vegetation's evolution through a holistic understanding of ecology is shared during the outdoor walk.

Meditative Quest with Mukhande and Gaspard:

Sunday 29th of October, 7.45 am to 8.30 am - Solen Mukhande will curate a Meditative Quest surrounded by natural harmonics of life, in the forest's early morning. Her voice will guide you into a more focused body and mind, in order to increase your connectivity. Our alignment is our healing gift to the environment. From our essence, we may also meet the essence of Nature and begin to weave ourselves into sacred eco-spirituality.

From 8:30 am to 9 am, the meditation will be followed by a 30-minute sound bath for deepening and integrating our alignment. Gaspard will ring his 14 Tibetan bowls attuned to planets' frequencies.

Contact: Whatsapp Only - +33613047794 (Mukhande) / +919500183706 (Arun)

Contribution: Free / Contributions are welcome

Venue: Meeting point at Révélation's main gate 5/10 min before the time of the session (Search for "Revelation Forest" on Google Maps)

Dress code: Be adequately clad to prevent mosquito bites. You may also carry mosquito repellants. For the night walk please wear white clothing and closed shoes.



CONSCIOUS NATURE IMMERSION
 At MahaKali Park

SUNDAY 29ST OCTOBER, 2023

0.30AM: ECLIPSE & FULL MOON NIGHT WALK
 6.45AM: INTRO TO MAHAKALI PARK
 7.45AM: MEDITATIVE QUEST

+919500183706 / +33613047794
 Révélation Forest, Auroville
 Free / Contributions are welcome
 revelation_forest

TLC FRIDAY OPEN SPACES



TLC welcomes all Auroville kids every Friday

11:00-12:30 Nursery Open Spaces (2-5 yrs)

12:30-13:30 potluck lunch

13:30-15:00 Open Spaces for kids (6-14 yrs)

At TLC Base Camp

For more info contact 9442180610

RUPHAVATI JOY ACTIVITIES

BIO-REGION TEMPLE TOUR

Interested in learning more about the religious heritage in and around the bio-region?



Come take a guided tour of temples around the bio-region.

Starting point from Solar Kitchen.

Can be scheduled anytime throughout the week.

Please contact in advance for more information and booking: 8098845200

SOUTH-INDIAN CUISINE - COOKING CLASS

Learn to cook some delicious delicacies of south India with Rupavathi.



Monday to Saturday between 10AM and 5PM at creativity.

Please book sessions in advance.

THAI MASSAGE

Monday - Saturday between 9AM and 5PM

To book massage sessions or for more information, please contact personally.

TAILORING

We can tailor and customise any kinds of dresses, sari-blouses and kurtas.

For any of the above services, contact information below:
Phone/WhatsApp - 8098845200
Email - rupavathijoy@gmail.com

VOLUNTEER AND LEARN - FARMING HANDS ON AUROORCHARD

EMAIL: auroorchard@auroville.org.in / WHATSAPP: +91 9566631079 (Nidhin)

AuroOrchard

Volunteer and learn farming hands-on!

AuroOrchard is the oldest and one of the largest farms in Auroville, contributing significantly to the food needs of the community.

Join us to learn to work with the soil, plants and food while sharing with a diverse group of people.

We offer breakfast made with farm produce.

TO JOIN US, PLEASE CONTACT US
EMAIL: auroorchard@auroville.org.in
WHATSAPP: 9566631079 (Nidhin)

AUROVILLE: ONE DAY & HALF DAY TOURS

Explore Auroville like never before. We will explore community life from different angles and multiple viewpoints.



We will embark on a journey to see how a community runs, in general and what makes Auroville, a spiritual community or a living Utopia and its aim to constant progress and growth. Come and spend a day with us.

Pre - Registration is required.

Contact us to know more details:

youthlink@auroville.org.in or WA: +91 85248 25120

Here is the link for the itinerary, fee and other important details:

https://drive.google.com/drive/folders/1tGQN BGItSxZKGulnpwhQTPNaUIAJomDU?usp=drive_link or

[usp=drive_link](#) or

please scan this code to know more:



HALLOWEEN CELEBRATION @ YOUTH CENTER SATURDAY 28TH OCTOBER, 3:00-10:00PM



Bring your kids and family!!



With respect towards the original celtic festival of Samhain, and honoring the traditions, we are coming together to celebrate Halloween and have a fun evening of togetherness, communitysharing and love and other fun activities.

Event Highlights:

- Costume Contest with Prizes for the Best Dressed
- Witch's Brew Bar - Special Halloween Mocktails
- Dance your heart out to Live DJs
- Jesse Special Play
- Haunted House Experience
- Special Halloween themed baked goodies and pizza
- Trick or Treat Candy Stations
- Face Painting and Tarot Readings
- Photo Booth to Capture Your Spooky Moments



Dress Code: Come in with your favorite costumes

Location: Youth Center

Time: 3 pm to 10 pm

Date: Saturday, October 28th, 2023

Please note: It is strictly a no alcohol and no substance zone.

Looking forward to seeing you all!
YouthLink and Youth Center team



ECO FEMME OPEN HOUSE

ECO FEMME OPEN HOUSE

Every Thursday morning
from 10:30 AM



Dear friends,

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

Come and learn about:

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

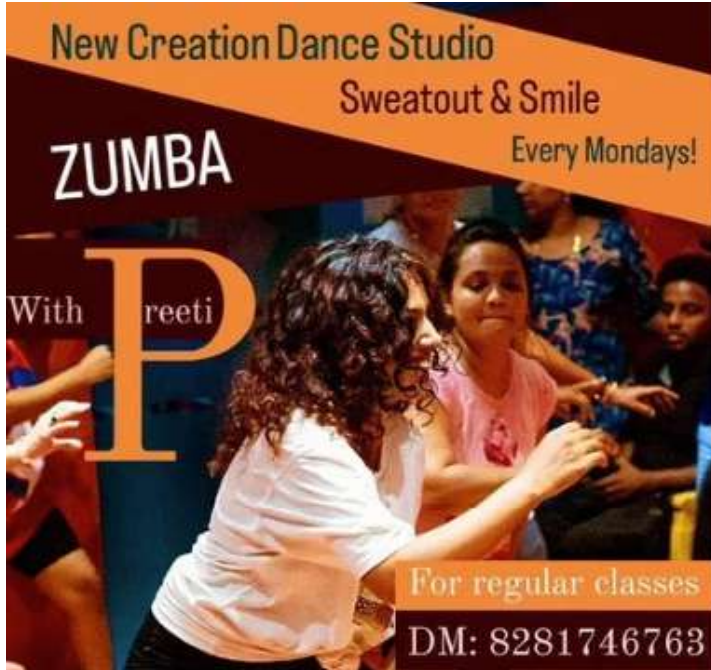
You can also pick up discounted cloth pads, cups, period panties and cloth nappies.

See you soon!

The Eco Femme Team

NEW CREATION DANCE STUDIO

ZUMBA WITH PREETI



TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்

19.10.2023, ஆரோவில்வாசிகளுக்கான தமிழ் வார ஏடு. ஆர்ஜ பதிப்பு எண்: 997 - 01

Click [here](#) to read the **Tamil News&Notes**
or
scan the code:

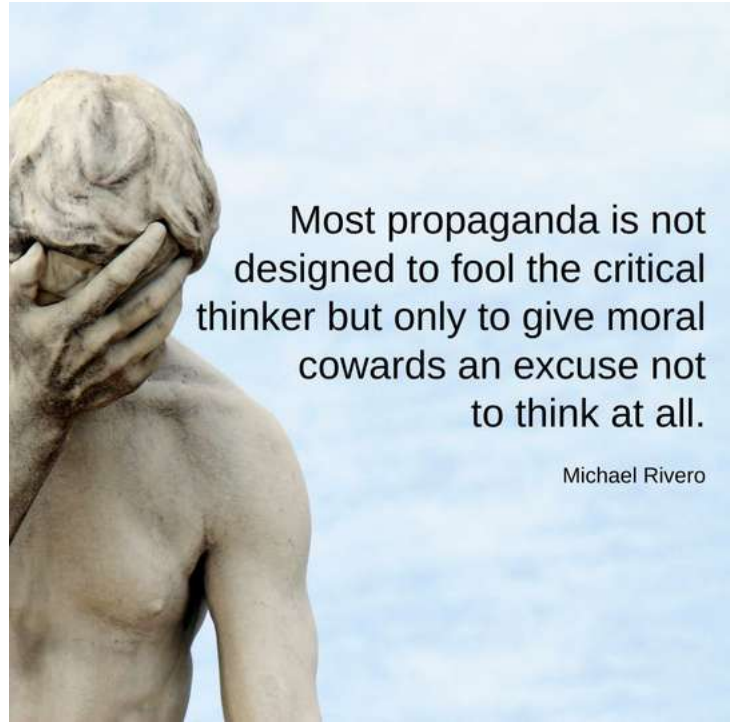


30 octobre 2023 NOUVELLES D'AUROVILLE N° 3028
Auro - Traductions

Click [here](#) to read the **French News&Notes**
or
Scan the QR code:



FOOD FOR THOUGHT



Most propaganda is not designed to fool the critical thinker but only to give moral cowards an excuse not to think at all.

Michael Rivero

FOODS, GOODS & SERVICES

SERVICE CAMP FOR AMPERE AND KINETIC GREEN E-SCOOTERS ON 28TH OCTOBER 2023

We are pleased to announce that we will be hosting a service camp for Ampere and Kinetic green e scooters in partnership with Nesal motors.

The service camp will start at **10am to 5pm**

We request all the owners to avail this opportunity and make your vehicle monsoon ready.

Team KINISI



OFFERING IT SERVICES

I am Ramakrishnan Aurovillian experienced in the fibre internet field (Ftth) for 8+ years and gained more knowledge in creating on new fibre internet infrastructure and IT troubleshooting work for our Auroville community Since 2015

And 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
- Fibre 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, rkrish651@gmail.com

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



HEMPLANET

Discover the Magic of Hemp at Hemplanet!

Dive into a world of nourishing hemp delights at our Hemp Store. From the heartiness of hemp hearts, the richness of hemp seed oil, to the rejuvenating touch of hemp body care, we've got it all. Whether you're a hemp enthusiast or just curious, come chat with us and explore the wonders of hemp!

Hemp Food Selection:

- Hemp Hearts
- Hemp Seed Oil
- Hemp Protein Powder
- Hemp Granola Bars
- Hemp Pasta & more!
- Hemp Seasonings

Hemp Body Care Treasures:

- Hemp Soaps
- Hemp Shampoos
- Hemp Balms
- Hemp Body Butter
- Hemp Seed Oil

Visit Us: Mon-Sat, 10am - 4:20pm

Location: Reve Area, 1st Floor, Building 1, Auroville

Step into the Hemp Haven and embrace nature's gift!



AUROVILLE LIBRARY TIMINGS

Auroville Library 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!**



GOYO - KOREAN SILENT RESTAURANT

TUESDAY & FRIDAY - 12:30PM

goyo@auroville.org.in / +91 94896993809



PEST CONTROL SERVICES

We control all All kinds of Pests Treatments with a warranty.

Ants, Bed Bugs, Cockroaches, Fleas, Hornet's, Mice, Rats, Spiders, Termites, Wasps & more.

Get rid of them once and for all.

We will help you to eliminate wide variety of Residents and commercial Pests.

Contact us

Mobile: 9943919899

Email: rkrish651@gmail.com



WE CAN HELP TO FIX ALL YOUR BROKEN ITEMS

New Waves, a unit registered under Kattidakali Trust located in Aurelec Premises, Prayogashala, Auroville is offering the services of **PCB Assembly, SMD soldering, de-soldering and minor repair of appliances.**

The unit can also undertake sub-contract of your production work on job work basis.

If you have any requirements, please contact Dhandapani, Executive at 0413-2622295,

Mobile 9443090082 / 8098193820 or via e-mail to newwaves@auroville.org.in



DROPZY

Products and services from in and around Auroville.



Happy to announce that Dropzy has gone live as of 2nd October with the following categories Food, Groceries, Fruits & Veggies, Body Care, Home Decor, Services and Therapies.

Kindly do download the mobile app to register yourself to place orders supporting the outlets in around Auroville and to find out relevant information to your needs.

Download link as shown below:

Android

<https://play.google.com/store/apps/details?id=app.auroville.dropzy>

Or scan this QR code:

iPhone

Coming soon.

We will be adding new categories to service our user base in the upcoming weeks. Dropzy is a multi-purpose mobile app platform and it isn't merely only a delivery service solution.

Stay tuned in to our announcements and the app regularly, for more updates.

Mobile: +91 8098144686

www.dropzy.in

Best regards,
Sathish Arumugam
For Dropzy



SURABHI SUPPLIES

Dear Auroville Community,

Surabhi Supplies is dedicated to aiding individual community members, units, and projects in **acquiring a wide range of materials and equipment**, including but not limited to construction supplies, appliances, machinery, and more.

Our service offers several advantages to the community, such as **reduced prices** achieved through **bulk purchases** and **volume-based discounts**. We have established strong partnerships with various manufacturers and dealers who share our commitment to advancing Auroville's development.

Our primary goal is to streamline the procurement process for everyone, thus saving valuable time, energy, and costs while providing a high level of service to the community.

If you have any inquiries, please don't hesitate to reach out to us at:

Email: surabhisupplies@auroville.org.in

Phone: +91 98438 46458 (WhatsApp/Call)

Sincerely,
Surabhi Supplies

JOIN DROPZY

Products and services from in and around Auroville.



Developed by 15odpi

Dropzy is a mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, expertise/experts, therapists etc and has partnered with ITS (Integrated Transport Service) whose delivery personnel will pick up the orders from the outlets/stores and deliver them to the customers at their convenience.

Dropzy works by providing a complete ordering and delivery solution that connects the existing neighborhood outlets/stores with the comfort and convenience of ordering from home.

Find new customers, build your business and grow your sales. Increase your order volume, drive more revenue and improve profitability with help from **Dropzy**.

Register your Unit/Activity

Click on this link: www.dropzy.in/join-dropzy

Know more about Dropzy on www.dropzy.in

Best regards,
Sathish Arumugam
For Dropzy



RAPID CARE SERVICES RCS

Rapid Care Services has been serving the community at its best capacity.

Over the period of 6 months, we have made a lot of improvements with our services and technicians in order to cope with quality, beauty and time, which are the 3 mandatory factors that we work on.



Rapid Care Service, as an Auroville activity, is dependent only on Aurovilians and Auroville, while we also do not take advantage of our own community in terms of rate and quality. We make sure the work is completed on an economical budget without compromising quality. Please use Rapid Care Services to keep Auroville's economy healthy, and rotational to benefit Auroville as a whole.

List of services provided by Rapid Care Services:

- Aluminum channel work
- Welding
- Carpentry
- Masonry - renovations and remodeling
- Plumbing
- Painting
- Insect Treatment
- Fencing
- Electrical
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Kindly contact us and hire our services at the below mentioned contact details.

Balaji - 8270071581 ; Arun - 7639810621

rscrapidcareservices@gmail.com

rapidcare@auroville.org.in

SOLITUDE FARM - 2023

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.

- Papayas
- Assamese giant lemons
- Pineapple
- Plantain
- Bananas
- Wild spinach
- Wild salad greens
- Sundakkai
- Banana stem
- Banana flower

Cafe

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

We also serve farm salads, smoothies, desserts, 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.

Opportunities

Solitude Farm Cafe is looking for a serious person to manage the POS and accounts, stock, excels etc for the cafe and farm. Replying to emails and calls.

Solitude Farm is looking for people to help with the educational workshops.

To find out more:

email: solitudepermaculture@gmail.com

whatsapp: 9843319260



Solitude farm & café

Auroville

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.

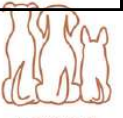
Save up to 30% power usage with a regular cleaning service.

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

Regards, Julien.

LOOKING FOR

THE DOG SHELTER IS LOOKING FOR



Clothing Donations Needed for Puppies

Despite our continued efforts to secure foster homes for our adorable puppies, we still find ourselves caring for many of them. Our old shelter lacks a dedicated puppy quarantine unit, leaving us with no choice but to keep the puppies in cages overnight. To ensure their warmth and comfort, we rely on a significant amount of old clothes. Unfortunately, these clothes always get soiled with feces and need to be discarded by morning.

While we appreciate the generous support from Free Store and Eco Service with their weekly cloth donations, we still need more used clothes or newspapers and cardboard, especially with the onset of the monsoon season. As we don't have enough staff members to drive around daily for smaller quantities of donated goods, we have arranged Thursday as our pick-up drive day. We plan to set up very soon donation barrels at Pour Tous as convenient drop-off points for smaller donations of food and clothes.

Outdoor Furniture Donations for Rest Area

Our team members are asking if you have used outdoor furniture (benches, tables, chairs) to donate to enhance our tea and lunchtime resting area. Currently, our resting space comprises only an old and broken bed frame, making it less than ideal for team members to relax and recharge during their breaks.

If you have a large amount of donations or furniture for pick up, please be so kind to contact Arthur on WhatsApp at 8122225266. If you want to drop donations at the shelter, we are very happy to welcome you during our daily visiting hours from 9.00 to 12.00 and 14.00 to 16.00 h

AVAILABLE



CANE BED AND MATTRESS

A cane double bed frame and mattress available against a contribution.

If interested pls contact Renu.auroville@gmail.com

Tel.: 0413-262 2261

AV RADIO



AurovilleRadio

The voices of Auroville

Dear Aurovillians,

Your favourite radio is always working for you. Stay tuned!

[Here](#) you can listen to the stream channel (playing 24/7).

[Here](#) you can see on-air schedules.

Last published podcasts:

- [Une série hebdomadaire de lectures par Gangalakshmi – 452](#)(Integral Yoga)
- [Marlenka's weekly Offering – Ep.107](#)(Literature)
- [Savitri, B. II, C. IV, Part 2](#)(Integral Yoga)

Auroville Radio Tv is maintained and supported with the help of a small town budget and voluntary donations. If you as Aurovillian wish, **make a donation to F.A. number 0867.**

Thanks for your help!

...and more! on www.aurovillradio.org

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

Peace and love

Regards, AvRadio team



CINEMA



Presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**
Reminder: FRIDAY 27th OCT. "Mr. JONES" by Agnieszka Holland, Poland, 2019
 And **FRIDAY 3d NOVEMBER, 8:00 pm**
"HOW TO STEAL A MILLION"

Directed by William Wyler, US, 1966
With: Audrey Hepburn, Peter O'Toole, Eli Wallach, Hugh Griffith, Charles Boyer
Synopsis: Mr. Grammont, the director of the Parisian Kléber-Lafayette museum, is preparing his next exhibition. He asked a renowned French collector, Charles Bonnet, to lend him the famous Venus statuette, the work of the famous sculptor Cellini. Charles Bonnet entrusts it to the museum to the great dismay of his daughter Nicole when she learns that the "Venus of Cellini" is going to be appraised, because it is a fake, once made by her grandfather. Her solution so that the deception is not discovered: steal the Venus from the museum. Nicole then seeks the help of Simon Dermott, a burglar whom she surprised at her home without however reporting him... A charming comedy!
Original English version with English Subtitles. Duration 2h03'



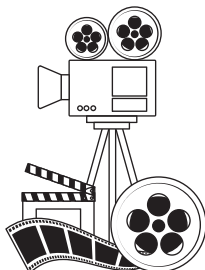
PRESENTS
"CINE-MASTER CLASS"
 at Aurofilm (next to CRIPA), Kalabhoomi

If you like to discuss, share and learn more about films and Cinema, we invite you to our **Cine-Master classes!** Welcome to this new chapter:

SUNDAY 29 OCT. 2023 – 5.00 to 7.30 pm - Presentation and screening of short films by Czech film director Param Tomanec:
"KRIDA YATRA"

Overview: In mars 2021, **Param Tomanec** had offered us in a Cine-Master Class a lovely short film **"Rasa Yatra"** and an exchange on the multiple aspects of this resarch work related to Lord Krishna. Now Param is back in Auroville and introduces us to his latest works, a series of 7 short art films, using the Gotipua traditional dance form of Odisha, India (precursor to Odissi danse). It is an eclectic collection united under the same title KRIDA YATRA. Apa Krida, Kumbha Triveni, Reverie, Naga, Rasa, Kamala and Ayodhya Krida will be presented.

Param Tomanec is an independent Czech born visual poet and bhakti yogin. He researched Indian art and life during his tenure at the Oxford's Centre for Hindu Studies (England) and at Vrindavan's own Sri Caitanya Prema Sansthana (in India). Param's film mentor is no other than **Godfrey Reggio** (Qatsi Trilogy, Visitors ...) the American filmmaker, inventor of a film style that can invoke profound emotional experiences in viewers. Krida Yatra is produced by Reggio himself.
 -- We will share some refreshments after the films and discussion.



Auroville TO PONDICHERRY			
	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	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 Dining Hall	7:40	9:35	15:35

Pondicherry TO AUROVILLE			
	Trip 1	Trip 2	Trip 3
Ashram Dining 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 (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité 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
- 

EMERGENCY NUMBERS

Ambulance (24/7):

Auroville 9442224680	PIMS 0413 2656271		
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Security (24/7):

AV Safety & Security Team 9443090107	Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
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Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film Program 30 October 2023 to 05 November 2023



Cinema Paradiso-Multimedia Center is now in operation at 100% seating capacity. However, if you want to wear a mask it is your choice.

To organize the seminar/program please email us. Our projector is crawling towards the end of its life. It has served well, but it is time for us to look for a new one. For this or to support our work you could financially support us. Please find necessary details at the end of this note.

Indian and diaspora – Monday 30 October, 8:00 pm:

• ERUMBU (Ant)

India, 2023, Writer-Dir. G. Suresh w/ Tamil Bharathi, M.S.Bhaskar, Charlie, and others, Drama, 104mins, Tamil w/ English subtitles, Rated:G

Annadurai is a farm laborer with a newborn son from his second wife Kamalam, two young children from his first wife and his elderly mother. He finds it hard to make ends meet and must borrow from loan-sharks. After a rare brawl he has to pay back the loan with interest within the month. Struggling to raise the money both husband and wife pin their hope on a gold ring that the newborn received as a gift. But the two children left with their grandma somehow loses it. The story circles around these two industrious kids and their responses to this crisis. Ants can carry 40% more than their body weight. Who carries the weight of the crises? A delightful film, a must watch!

Potpourri – Tuesday 31 October, 8:00 pm:

• WEST SIDE STORY

USA, 2021, Dir. Steven Spielberg, w/ Ansel Elgort, Rachel Zegler, Ariana DeBose and others, Musical-Drama, 156 mins, English w/ English subtitles, Rated: PG13

Manhattan, Upper West Side, 1957. Against the backdrop of the decaying tenements in the San Juan Hill neighborhood and the constant threat of the wrecking ball, two warring gangs--tough Riff's Jets and swaggering Bernardo's Puerto Rican Sharks--fight for supremacy. An unexpected whirlwind romance at the high-school dance between former Jet brawler Tony and Bernardo's delicate little sister María sets the stage for an all-out turf war. But what's a gang without its territory and hope without love?

Interesting – Wednesday 01 November, 8:00 pm:

• OUR PLANET: BEHIND THE SCENES

UK, 2019, Dir. Huw Cordey, Sophie Lanfear Ilaria Mallalieu w/David Attenborough, Documentary, 63 mins, English w/ English subtitles, Rated: NR (G)

Behind the Scenes look at the hardships and drama of capturing footage from Our Planet. This documentary shows how's frustrating can be to have the perfect spot (if nature allows it).

Selection – Thursday 02 November, 8:00 pm:

• BRIGHTON 4TH

Georgia-Russia-USA, 2021, Dir. Levan Koguashvili w/ Levan Tedaishvili, Giorgi Tabidze, Nadezhna Mikhalkova and others, Comedy-Drama, Georgian-Russian-English w/English subtitles, 90mins, Rated: NR (G)

Georgian wrestler Kakhi travels to Brooklyn to help his son out of a gambling debt. It's made with a lot of heart, soul, and passion. It's a film about real people living their life, dealing with their problems, wrestling with their issues, and trying to lift family members who seem capable of being lifted up, and just seem lost in the wilderness of life.

International – Saturday 04 November, 8:00 pm:

• WE HAVE A GHOST

USA, 2023, Writer-Dir. Christopher Landon w/Jahi Di'Allo Winston, David Harbour, Anthony Mackie, and others, Adventure- Comedy, 126mins, English w/ English subtitles, Rated: PG-13

Seeking a fresh start in Chicago, the Presley family moves into a fixer-upper house that unbeknown to them came with a ghost named Ernest. Despite Ernest's attempts at scaring teenage son Kevin the latter became a friend to the trapped soul from the '70s. Meanwhile, Kevin's dad looks to cash in on Ernest by turning him into a social media sensation. Soon they land in the radar of paranormal scientist and CIA who restarts their clandestine program to capture the ghost. As crowds, reporters, and government agents descend upon the Presley home, Kevin and his witty neighbor Joy has to rescue Ernest, uncover the mysteries of his past, and bring him the closure he needs.

Children's Matinee – Sunday 05 November, 4:30 pm:

• CORALINE

USA-Japan, 2009, Writer-Dir. Henry Selick w/ Dakota Fanning, Teri Hatcher, John Hodgman, and others, Animation-Drama, 100mins, English-Russian w/ English subtitles, Rated: PG

When Coraline moves to an old house, she feels bored and neglected by her parents. She finds a hidden door with a bricked up passage. During the night, she crosses the passage and finds a parallel world where everybody has buttons instead of eyes, with caring parents and all her dreams coming true. When the Other Mother invites Coraline to stay in her world forever, the girl refuses and finds that the alternate reality where she is trapped is only a trick to lure her.

ROBERT ALTMAN FILM FESTIVAL@ Ciné-Club:

Ciné-Club Sunday 05 November, 8:00 pm:

• NASHVILLE

USA, 1975, Dir. Robert Altman, w/ Keith Carradine, Karen Black, and others, Comedy – Music - Drama, 160 mins, English w/ English subtitles, Rated: R.

The film follows various people involved in the country and gospel music industry in Nashville, Tennessee over the five- day period leading up to a gala concert for a populist outsider running for President on the Replacement Party ticket. Rather than a straightforward polemical satire of country culture, the movie is a massive, multi-textured tapestry depicting a society undergoing some sort of crisis.

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

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

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