

Auroville

NEWS & NOTES

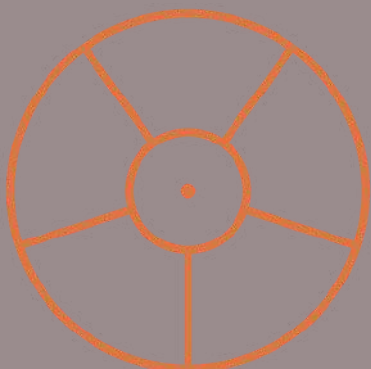
No 1011 - A weekly bulletin for residents of Auroville

25 January 2024

RA EDITION



Entry Service Office, Town Hall



PONDERING

[Some temporary visitors claimed the right to intervene in the organisation of Auroville. In this regard Mother wrote:]

To the inhabitants of Auroville

Only those who have resolved to stay in Auroville for good have the right to intervene in its organisation.

22 January 1971

Aims and Principles
<https://library.sriaurobindoashram.org/mother/cwm13/chapter/27/>



(continued from last week)

CHAPTER XXVII - THE Gnostic BEING

As a result of this new relation between the Spirit and the body, the gnostic evolution will effectuate the spiritualisation, perfection and fulfilment of the physical being; it will do for the body as for the mind and life. Apart from the obscurity, frailties and limitations, which this change will overcome, the body-consciousness is a patient servant and can be in its large reserve of possibilities a potent instrument of the individual life, and it asks for little on its own account: what it craves for is duration, health, strength, physical perfection, bodily happiness, liberation from suffering, ease. These demands are not in themselves unacceptable, mean or illegitimate, for they render into the terms of Matter the perfection of form and substance, the power and delight which should be the natural outflowing, the expressive manifestation of the Spirit. When the gnostic Force can act in the body, these things can be established; for their opposites come from a pressure of external forces on the physical mind, on the nervous and material life, on the body-organism, from an ignorance that does not know how to meet these forces or is not able to meet them rightly or with power, and from some obscurity, pervading the stuff of the physical consciousness and distorting its responses, that reacts to them in a wrong way. A supramental self-acting self-effectuating awareness and knowledge, replacing this ignorance, will liberate and restore the obscured and spoiled intuitive instincts in the body and enlighten and supplement them with a greater conscious action. This change would institute and maintain a right physical perception of things, a right relation and right reaction to objects and energies, a right rhythm of mind, nerve and organism. It would bring into the body a higher spiritual power and a greater life-force unified with the universal life-force and able to draw on it, a luminous harmony with material Nature and the vast and calm touch of the eternal repose which can give to it its diviner strength and ease. Above all, — for this is the most needed and fundamental change, — it will flood the whole being with a supreme energy of Consciousness-Force which would meet, assimilate or harmonise with itself all the forces of existence that surround and press upon the body.

It is the incompleteness and weakness of the Consciousness-Force manifested in the mental, vital and physical being, its inability to receive or refuse at will, or, receiving, to assimilate or harmonise the contacts of the universal Energy cast upon it, that is the cause of pain and suffering. In the material realm Nature starts with an entire insensibility, and it is a notable fact that either a comparative insensibility or a deficient sensibility or, more often, a greater endurance and hardness to suffering is found in the beginnings of life, in the animal, in primitive or less developed man; as the human being grows in evolution, he grows in sensibility and suffers more keenly in mind and life and body. For the growth in consciousness is not sufficiently supported by a growth in force; the body becomes more subtle, more finely capable, but less solidly efficient in its external energy: man has to call in his will, his mental power to dynamise, correct and control his nervous being, force it to the strenuous tasks he demands from his instruments, steel it against suffering and disaster. In the spiritual ascent this power of the consciousness and its will over the instruments, the control of spirit and inner mind over the outer mentality and the nervous being and the body, increases immensely; a tranquil and wide equality of the spirit to all shocks and contacts comes in and becomes the habitual poise, and this can pass from the mind to the vital parts and establish there too an immense and enduring largeness of strength and peace; even in the body this state may form itself and meet inwardly the shocks of grief and pain and all kinds of suffering. Even, a power of willed physical insensibility can intervene or a power of mental separation from all shock and injury can be acquired which shows that the ordinary reactions and the debile submission of the bodily self to the normal habits of response of material Nature are not obligatory or unalterable. Still more significant is the power that comes on the level of spiritual mind or overmind to change the vibrations of pain into vibrations of Ananda: even if this were to go only up to a certain point, it indicates the possibility of an entire reversal of the ordinary rule of the reacting consciousness; it can be associated too with a power of self-protection that turns away the shocks that are more difficult to transmute or to endure. The gnostic evolution at a certain stage must bring about a completeness of this reversal and of this power of self-protection which will fulfil the claim of the body for immunity and serenity of its being and for deliverance from suffering and build in it a power for the total delight of existence. A spiritual Ananda can flow into the body and inundate cell and tissue; a luminous materialisation of this higher Ananda could of itself bring about a total transformation of the deficient or adverse sensibilities of physical Nature.

(to be continued next week)



— Sri Aurobindo, THE LIFE DIVINE, Pages 1023-1025
https://sri-aurobindo.co.in/workings/sa/37_21_22/the_life_divine_21_22.pdf

With love and gratitude,
Gangalakshmi (HOMA)

NEWS & NOTES GUIDELINES

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

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)

CONTENTS

01	House of Mother's Agenda
02	Guidelines / Table of Contents / Acronyms
03	RA WORKING GROUPS NEWS
05	COMMUNITY NEWS
05	Community Sharing
06	Voices & Notes
08	Poetry
09	Awakening Spirit
09	Health
10	Job Opportunities
10	Cultural announcement
11	Art & Culture
11	Education
13	Classes, Workshops & Healing Arts
19	Activities & Events
23	Foods, Goods & Services
26	Taxi Share / Available / Looking for
26	Support Needed
26	FO Groups News N&N1010
27	AV Public Bus / Emergency Numbers
27	Tamil and French N&N
27	Cinema / Cinema Paradiso Program

NOTE FROM THE EDITORS

Dear Community,

Here is some important information:

- You can read past issues and subscribe [HERE](#).
- If you wish to support the N&N community Edition, you can do at this account Nr: **FS #252150**.
- You now find the Tamil and French versions of the N&N to download in every weeks issue.
- Content sent through @auroville.org.in mail ID, will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services.

Thank you for your continued support!

In community,
The RA Community Edition News and Notes Team

FROM THE ENTRY SERVICE

ES # 215 DATED: 25-01-2024

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to:

auroville.entryboard@gmail.com or auroville.entryservice@gmail.com.

We thank you in advance.

AUROVILIAN ANNOUNCED:

- **Raquel JOVER (Spanish)** staying in Invocation and working at Eco Friendly Rock & Roll (Under Art Service)



- **Benedikt POHLE (German)** staying in Transformation and working at Quiet, Matrimandir gardens and ALL



- **Snehal DESHPANDE ROY (Indian)** staying in Prosperity and working at Enlight and Play of Painting (at Udavi School)



AUROVILIAN CONFIRMED:

- **Anitha KASINATHAN (Indian)**
- **Deanna EVENRUD (USA)**
- **Praveen RAJ (Indian)**

NOTE:

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

Yours,

The Entry Board (Alain, Grace, Jayanthi, Lakshmanan, Matilde(TOS), 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.

IMPORTANT! LATEST MOVE IN THE TAKEOVER OF AUROVILLE BY THE GB!

Dear Community,

We are sharing with you the latest set of regulations that have been published in the Gazette of India by the Secretary to the Governing Board of the Auroville Foundation. They are called the "[Auroville Foundation \(Framework for Selection of Working Committee\) Regulations, 2024](#)".

Once again the Governing Board and its Secretary are aggressively and secretly taking over one of the functions specifically given to the Residents' Assembly (RA) in the Auroville Foundation Act (Section 20) and upheld by the Hon'ble Madras High Court in its interim order of September 4th, 2023.

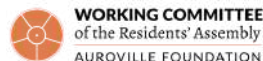
While the procedure for selecting the Working Committee as outlined in these new regulations may seem to give a say to the voice of the RA, **in fact the Governing Board has given itself all the power since it gives final approval to the members of the 'Selection Process Committee' and the method of selection.**

This is another move towards completely silencing the voice of the wider community, with the exception of a small number of sycophants, and continuing a complete takeover of every aspect of Auroville's life and development while trampling on the letter and spirit of the Act and Auroville's aspirations and ideals.

We will keep you updated as things develop.

Sincerely,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli



POWERPOINT PRESENTATION SHOWN AT THE GM ON 18TH JANUARY

Dear Community,

Yesterday, 23rd of January, the Hon'ble Madras High Court admitted two cases by the Working Committee and one by an Aurovilian resident against both sets of new regulations that were recently published in the Gazette of India by the Secretary to the Governing Board. The lawyer for the Foundation took notice of the cases and was served with papers by our lawyers. The matter has been posted for an early hearing on the 1st of February. Please find [attached](#) the relevant written order from the Hon'ble court.

We will keep you informed as things develop.

In faith,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli



HEARING ON CASES ABOUT REGULATIONS RECENTLY PUBLISHED IN THE GAZETTE

Dear Community,

Yesterday, 23rd of January, the Hon'ble Madras High Court admitted two cases by the Working Committee and one by an Aurovilian resident against both sets of new regulations that were recently published in the Gazette of India by the Secretary to the Governing Board. The lawyer for the Foundation took notice of the cases and was served with papers by our lawyers. The matter has been posted for an early hearing on the 1st of February. Please find [attached](#) the relevant written order from the Hon'ble court.

We will keep you informed as things develop.

In faith,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli



POWERPOINT PRESENTATION SHOWN AT THE GM ON 18TH JANUARY

Dear Community,

Thank you to all the many of you who came to the General Meeting yesterday.

As requested, we are sharing the [PowerPoint presentation](#) that was shown during the meeting.

If anyone would like more information or has any questions, you are welcome to write to us (workingcom@auroville.services) or visit us during our open house time on Tuesdays from 10 to 12.

In community,

The Working Committee of the RA
Aravinda, Bharathy, Chali, Hemant, Sauro, Valli



FROM THE AV COUNCIL

AUROVILLE COUNCIL REPORT FOR OCTOBER, NOVEMBER, DECEMBER 2023

Council's communications to the Community through Massmail and N&N

30/10 - [AvC report](#)

6/11 - [Call to study the PWG 2023](#)

4/12 - [2nd call to the community to study the PWG](#)

25/12 - [Amended RAD policy](#)

AVC internal organisation:

It is a challenging moment for all of us and we are trying our best to hold a balanced approach in what we are doing. Council members have met community members with different perspectives about the current situation.

Council member resignation

Philippe has shared his resignation with us for personal reasons.

Various Council topics

A Concern on Auronet discussions

We received concerns regarding unwholesome content on Auronet.

Unfortunately, since the takeover of Auronet, the Auroville Council is no longer in a position to support the moderation of content to ensure that it is decent and upholding certain standards.

Unity Pavillion (UP)

In October, the Council wanted to organise a general meeting for the residents at Unity Pavilion but the Council was told that they only accept booking requests from @auroville.org.in email accounts.

We explained in person and by mail to the Unity Pavilion organisers that we lost access to our old email address (AvCouncil@auroville.org.in) without any information given and shortly after the @auroville.org.in domain was not accessible to the Council. We also wrote an email to Unity Pavilion requesting them to make Unity Pavilion open to all community members, which is its primary function to serve. We requested them to clarify their reasons for the unavailability of the venue for residents' meetings but there was no reply from them.

We hope that in future this situation can be resolved amicably.

RAS member resignation

Veronique has resigned from the RAS. The RAS is working with a team of resource persons.

Matrimandir

In November, following the email requests to address the situation at Matrimandir, AVC met with concerned residents and later with Matrimandir executives, regarding the recent developments at Matrimandir.

The concerned residents expressed discomfort with the way the work has been proceeding around the planning of the second lake, without consultation or agreement from the community.

The Matrimandir executives expressed the need to speed up the work in Matrimandir as they would like to complete the work before the 150th birth anniversary of the Mother. The Council encouraged the need for a more collaborative development approach within the community, however the Matrimandir executives were not forthcoming regarding this point. They did acknowledge that there could be better communication with the community and will look into it.

Selection Process

Council together with RAS has begun formulating the timeline for the upcoming selection process for the Working Groups to be held at the beginning of 2024.

Team building

Council as a group has been engaging in team building with the help of a trained facilitator.

Mandates and Policies

Conflict Resolution Council (CRC)

The mandate for CRC is being reviewed by the Council and CRC as an initial step towards separating the CRC from the Council. We will share this with the community in due time for feedback, following which we will conduct an RAD.

Entry Policy

A sub-group composed of members from EB and AVC has reviewed the Entry Policy and the points for improvements suggested by the sub-group are being consolidated by the Council and will be shared with the community for feedback.

Auroville Council mandate and RAS mandate and policy

Proposals are under review, both from RAS and Council sub-group members.

RAD Resolutions

AVC issued resolutions for the RADs ratified on:

- [14th August 2023, allowing Emergency RADs to be held upon receiving 300 signatures from the residents.](#)
- [14th August 2023, giving Emergency functions to the Working Committee to select members of the working groups.](#)
- [30th October 2023, regarding the unauthorised removal of Aurovilians from the ROR.](#)

Amendment of RAD policy

In August an RAD was held which allowed Emergency RADs to be held upon receiving 300 signatures from residents. This meant that the "RAD Provisional Amended Policy October 2021" needed to be amended to include this clause. The final document with the amendments was called "RESIDENTS' ASSEMBLY DECISION-MAKING (RAD) PROVISIONAL AMENDED POLICY October 2021 (with amendments ratified August 2023)".

Open House

The Council continues to keep an hour for residents every Thursday from 10 to 11 am to share their views and concerns.

Auroville Council

(Ashwini, Balaji, Claudine, Rijju, Samrat, Shiva, Suryan)

CONFLICT RESOLUTION COUNCIL (CRC) SUBGROUP OF AV COUNCIL

(for AVC: Suryan; Other members: Svenja, Sophie (Admin/Coordination).

We intend to involve more able and skilled members from the community. To know more please write to avc.conflicts@gmail.com

- The CRC was approached by a community member regarding a neighborhood conflict involving vegetation invading a neighbor's space. Even though a lot of time and effort was put into a possible mediation, we had to abandon it, as the other party was not willing to engage in the process. The matter has however now been temporarily settled but might come up again in the future.
- A dog issue in a community was brought to our attention. However, when invited to share the concern the complaining party did not make the time to meet with the CRC and the matter was closed for the time being.
- A conflictual situation was received by the CRC and a facilitated dialogue was envisioned. Unfortunately one party was not willing to engage in the process and we were not able to address the conflict.
- The CRC received a request for arbitration from a community. Unfortunately CRC is not able to hold any arbitrations in the current climate, as challenges are experienced within our internal AV organisation.

Please note that for obvious confidentiality reasons, we are not reporting individual or community conflicts in our monthly reports.

Only finalized mediations will be mentioned anonymously.

Arbitration and appeal processes however, will be announced upon start and completion, also in a general manner only.

Email addresses to reach out to:

Auroville Council: avcouncil@auroville.services

CRC (AVC subgroup): avc.conflicts@gmail.com

Facilitation & Mediation Coordination team:

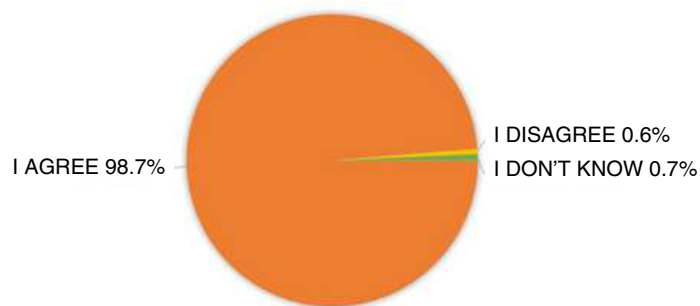
facilitators.coordination@auroville.org.in

Mattram: maatram@auroville.org.in

AV Safety & Security team: aurovillesafety@gmail.com

The number of participants exceeded the 10 per cent quorum required to validate the decision (240 votes) - according to the Master List data, the total adult population of our community eligible to participate in RADs (age - above 18, confirmed Aurovilians) is **2398** (as of the month of January 2024).

Kindly note that as per the RAD policy (<https://rb.gy/810jzv>) "Only confirmed Aurovilians can participate in decision-making. Those who have been announced as confirmed Aurovilians by the Entry Board are eligible to participate in all community decision-making processes along with those who have been entered into the Register of Residents maintained by the Secretary's Office. It does not include under 18-year-olds, newcomers and any other Auroville statuses".



98.7% (701) participants voted in favour of the above resolution.
0.6% (4) participants rejected it.
0.7% (5) participants didn't know.

Therefore, the Residents' Assembly approved the above resolution.

We would like to remind you that, according to the RAD Policy, "8. Responsibility for implementing decisions made through this RAD process lies with the concerned working group/s or resident/s" (<https://rb.gy/810jzv>).

Many thanks to all the residents who participated in this decision-making event!

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

COMMUNITY NEWS

COMMUNITY SHARING

OUTCOME OF THE EMERGENCY RA DECISION-MAKING ON USURPATION OF POWERS GIVEN TO THE RESIDENTS' ASSEMBLY OVER ADMISSION AND TERMINATION, AS PER THE FOUNDATION ACT

Here are the results of the Emergency Residents' Assembly Decision-making process, initiated by the Working Committee of the Residents' Assembly (Aravinda, Bharathy, Chali, Hemant, Sauro, Valli), to approve or disapprove the following resolution:

The Residents' Assembly resolves that the new 'Auroville Foundation (Admission and Termination of persons in the Register of Residents) Regulations, 2023' - <https://shorturl.at/w0238> - published in the Gazette of India on the 4th of January, 2024, by the Secretary of the Governing Board, is an overreach by the Governing Board and usurps the powers given to the Residents' Assembly as per the Foundation Act.

Further, we state that the Residents' Assembly, as one of the three statutory authorities of the Auroville Foundation, asserts its right to carry out its functions as detailed in the Auroville Foundation Act, with the purpose "to further development of Auroville in accordance with its original Charter" (first paragraph of the Auroville Foundation Act, 1988 - <https://rb.gy/tflcgd>).

A total of 710 valid votes have been submitted online and in-person.

MORE CLOSURES AT VISITORS CENTRE

The **Kiosk Cafe** (run by Gandhi) as well as the **Dosa Corner** space (Cafeteria upstairs) have been ordered to close by the VC execs -in consultation with the Assistant Secretary- on Saturday evening with the record advance notice of less than 2 hours. Reasons were not given and the future use of both these places remains unknown.

Our well loved organic Dosas service will continue to be available **every evening -except Monday- downstairs in Cafeteria.**

But we have to discontinue the Pure Veg and Jain Lunches that were prepared and served upstairs in the separate kitchen which is to be regretted as they served an appreciated unique purpose. And the five employees of the kiosk Cafe face losing their jobs.

In community,

The Cafeteria team

CALL FOR ORGANISATION STANDS CANCELLED

The invitation from the "Call for Organisation" Group — Fabienne, Dan, Olivier, Ann, Eric, Laurence, Pablo, Henrik and Rakhal — **to meet on the 27th January in Savitri Bhavan is temporarily cancelled.**

We will soon publish a new date in the news and notes.

"Call for Organisation" Group — Fabienne, Dan, Olivier, Ann, Eric, Laurence, Pablo, Henrik and Rakhal.

⚡ [UPDATE] CALL FOR AN EMERGENCY RAD ON WCOM SELECTION ⚡

Dear Aurovilians,

We have already collected 360 signatures within 24 hours for the petition requesting the Residents' Assembly Service (RAS) to open an Emergency Residents' Assembly Decision (E-RAD) regarding the Governing Board's questionable attempt to interfere with the selection process of WCom members.

The RAS requires a minimum of 300 valid signatures to initiate an E-RAD on behalf of the Residents' Assembly.

Although this has already been swiftly surpassed, you are still welcome to read the document and submit your signature to show your support. <https://forms.gle/73nTY9pqBEK4n2bJA>

Meanwhile we will proceed to communicate with the RAS and update you on the progress.

Please note that this E-RAD has been initiated by residents and is a separate call from the ongoing E-RAD process which was recently initiated by the RA WCom.

Thank you for your active participation to these initiatives!

With love and hope,

Concerned Residents



VOICES AND NOTES

"THE SOUND OF GOOD GOVERNANCE IS SILENCE."

-TED RAU

In the heart of Auroville, where dreams converge,
Lies a tale of governance that's on the verge,
Decentralization, a dance complex and intricate,
Its trials and triumphs, every soul must intimate.

The Alpha stands strong, his energy bold and fierce,
Building realities, his ambitions to pierce,
Yet in his quest for supremacy and control,
Lurks a subtler energy, playing an essential role.

The Divine Feminine, a pulse soft and profound,
In every heart's cavern, its echoes resound,
A balance it seeks, a harmony to sustain,
In the intricate dance of joy and pain.

Heed, O Alpha, to the whispering breeze,
The stronger force that can bring you to your knees,
Embrace the feminine, let your heart be your guide,
Or another Alpha shall usurp, in the surging tide.

Seek not the exterior world to conquer and win,
But the inner realms, beyond the din,
In the quiet sanctum of your heart's chamber,
Lies the key to a rule, no force can encumber.

Auroville, in its radiant guise,
Mirrors this dance under the infinite skies,
The masculine and feminine, in a delicate embrace,
A symphony of power, a timeless grace.

Master the art of this delicate balance,
Heed the heart, let it entrance,
For only in unity can creation thrive,
In the divine dance, we truly come alive.

For more information about the creative tension between Order and Chaos:

<https://nadimregen.medium.com/sacred-power-the-creative-tension-between-order-and-chaos-f509cc1b9603>

END

- Nadim

RETURNING TO PLAN "A"

Amid the chaos of the crashing of Auroville's facades, one can sense now, silently being born, but already immensely powerful, the re-emergence of Auroville's orientation towards its true goal: a fundamental change of consciousness, the growth of a real, deep, unifying link between its residents, and another way of being.

Everything we have tried to build, or almost everything, is collapsing, or being distorted out of recognition by our current encounter with World Forces.

Up till now, Auroville engaged the world a bit remotely, through outreach, though projects put into action on the world stage, but now the world has entered the very fabric of Auroville in full force and we meet its presence and actions on a daily, even minute to minute basis.

But there is a growing glow deep inside, a glow which tells us that even though our old external stage is being reduced to rubble, that even while our surface conventions are basically being cast aside, this apparent destruction has behind it the secret intention of the Time Spirit. That the Time Spirit is forcing us along a path, not of our choosing, but a path that offers us an opportunity, once again, of growing towards the true Auroville, to take more rapidly a next step in its evolution.

Basically, we are being returned to the red desert of the 60's and 70's.

This is a new kind of desert, but also like that in the 70's the only tangible support is our Need, our thirst for the true Auroville to grow, and to manifest.

Now, a different kind of desert is being introduced, the desert of the external world, which is totally preoccupied with the outward scene.

So, for some time to come, there will be two faces of Auroville: the outward, public, visible structure now being forcibly built, and then nestled deeply inside it, a growing Auroville family welded together by its urgent need to realise the true goals set out for us by the Mother.

It is as if the Time Spirit has declared that she now has no time to waste. No time for the Auroville of the 2000's to quietly grow as a green ecologically oriented community, no time even for Auroville to manifest itself as a perfected galaxy.

The world needs the emergence of the true Auroville spirit. The emergence of a deep binding unity between peoples from all corners of the planet, between man and man. And the emergence of powers of knowledge and action which we cannot now even understand or dream of.

So, personally, seeing the chaos all around, living in it, feeling it, suffering from it, I begin to settle into the hope of an immense emergence.

Auroville is being returned by the Time Spirit, forcibly, to plan "A". The growth and manifestation of its true consciousness. No time now for meandering bypaths and a long hesitating evolution.

Will the Time Spirit be able to pull it off? Perhaps it does not depend totally on us... (hopefully not!) but we surely have to pay attention and do what we can. We can only try to remain centred deeply in our belief in Auroville's true emergence, in the faith that even though we seem to be being swept away on the wings of the wind, there is indeed a deeper purpose being worked out.

And perhaps, eventually, with a quiet smile, we will be able to enjoy the ride.

John H. 14 Jan 2024

A PERSONAL REFLECTION FROM THE CHAOS AND THE FIRE ...

A great fire is raging over Auroville, threatening all that we have known, built, nurtured, loved and held dear. Darkness and death staring at us from all sides.

Friends have turned into enemies.

Some of us lose our homes, smashed by night or day under the watch of gleeful eyes.

Some of us lose our children, a loss more absolute than any words can express.

Families are heartlessly forced apart.

No-one is exempt from the smothering clutch of oppression.

The trees that have protected and sheltered our lives with their canopies, who to some of us are our friends, to some our children and to others our elders, are ruthlessly massacred before our eyes.

Town planners' ringroads and radials turned into graveyards, filled with rivers of tears and unuttered screams.

Clouds of darkness over Matrimandir and its gardens.

And worst of all, the chilling death-grip on all that Mother nurtured in this place of Her own creation, infinitely precious, as hope for the planet. All the ideals and values and joys we have lived and breathed for, hoped and cherished, all that gave sense and joy to our existence, all that was built as an offering to Her, as the outward expression of our aspiration and faith.

How can we respond? How to survive when the threat seems absolute, evil attacking from all sides?

A recent letter by a fellow Aurovilian speaks of the 'chaos of the crashing of Auroville's façades', forcing us to finally go within to find the greater truth that unites and saves us in the depths of our being when all else falls apart. While appreciating the reminder, everything in my cries, 'façades' only? All of Mother's creation, all of Her beloved creatures, are seen as façade, maya?! Because for me everything is real, every tree, every bird, every snake on the ground, every puchi and handful of earth, filled with Her sacred Presence, Her joy and delight. And when Peri-Satprem seems to say that in order for the New to emerge, everything we know has to first collapse, I balk and do not feel that passing through the Abyss of annihilation is Mother's preferred way for the emergence of the New Creation. She and Sri Aurobindo who so ceaselessly worked for Harmony and Beauty, who showed us the Sunlit Path...

'You're too emotional', 'Don't get sucked into the drama', 'Detach and find the peace within'... all well-meant, sound advice for sure. Anyway, I can only cry until the tears run dry and the nervous system is frail and shaken. With infinitely more tears to be shed, will it do any good, make any difference??

Along with the grief, the immense sense of injustice and cruelty. The heartbreak of seeing fellow Aurovilians relishing in inflicting harm and pain, in casting down all that is beautiful and candid. And the boiling, smoldering, solid anger that is building up in me against the henchmen of the night, the haters of the Light. How long will I be able to carry the weight of my own hostility against them?

After endless battles, I've reached a limit where it simply no longer makes sense to hate and oppose. Of course I will resist, speak up, stand for what I believe – at least I surely hope I will. And no, I will not withdraw from feeling every tree as my family member to whom I owe infinite love and gratitude. Nor from feeling the pain of those affected by the senseless brutality of the destruction we're witnessing, be it a bird or squirrel losing its nest and habitat, or a family torn apart due to visa games.

Deep down I feel that what unites us in Auroville as one true family is that Love, that feeling One, one for and with another, and with everything that surrounds us, no matter who or what they are, accepting to go through this dark time together as one, upholding that flame of love, and not withdrawing into some spiritual ivory tower supposedly keeping us safe from the unfolding threat. That it will be the intensity of our love which dares to feel, rather than ignoring, rationalizing or judging, which will have the power to transform, the magic that shall bring forth the Auroville that we came for... and for that, the only necessary destruction is that of our fears and limitations.

Shared with hope and a prayer

by an Aurovilian

Auroville, 20th January 2024

O Death, who reasonest, I reason not,
Reason that scans and breaks, but cannot build
Or builds in vain because she doubts her work.

I am, I love, I see, I act, I will."

SavitriBook 9 Canto 2

LEGAL KICKS IN THE BUTT

As we say in Auroville, "All Life is Yoga."

And any True Yoga requires a sādhanā:

The trials and lessons that awaken us,
As the yogic goal is to be fully conscious.

One of the more illumining lessons
Are the 20+ independent court cases
Lodged by some rebellious residents
Against the very legislated Foundation
That they legally rely on
To be considered an Aurovilian.

Why did all this have to happen?

Oh there are so many reasons
As there are human persons.

One as Nike says, or any sannyasin:

"No pain, no gain."

As also there is no other as we are One,
Each serves as an example for everyone.

With all the interesting verdicts emerging,
The relative karmic realisation

Is that at this present stage of evolution
The Shakti-vessel of governing power,
The deciding legal and executive factor,
Is still the Rule of Law of Bharat Mata.

Anyone who wishes to stay in Mother India
Must abide by Her Rules and Regulations
That are quite surprisingly implemented in
Divine Love, empathy and compassion.

Anyone silly enough to go against that
Will eventually be legally kicked in the butt.

For those relying on the Divine Manifestation
Here are the Avatar founders of the City of Dawn
Giving practical and pragmatic advice
To all consenting and willing survivors
Torchbearers and Hero Warriors
Of the Supreme Divine Consciousness-Force:

Sri Aurobindo:

"The anarchic is the true divine state of man in the end as in the beginning; but in between it would lead us straight to the devil and his kingdom."

And adds that in the meantime:

"Governments, societies, kings, police, judges, institutions, churches, laws, customs, armies are temporary necessities imposed on us for a few groups of centuries because God has concealed His face from us. When it appears to us again in its truth and beauty, then in that light they will vanish."

The Mother reiterates:

"One is free only when it is the Divine who makes decisions in each of us, otherwise men are the slaves of their desires, their habits, of all conventions, all laws, all rules.... And the more they think themselves free, the more bound they are!"

"And it will be the perfect government when everyone is conscious of the inner Divine and obeys Him and Him alone."

<https://incarnateword.in/agenda/11/february-7-1970>

May some few fully awaken
From the painful lessons
To be fitting instruments
Towards the Divine Manifestation
Of the new apex species
The Supramental being
Whom on this Earth will govern
In the Satya Yuga, the Age Golden:

The Life Divine.
The Supramental.

Zech, 2024.01.11

ACTUAL HUMAN UNITY

Total Faith or Surrender or Bhakti to the Supreme Divine Oneness is the first and last word for anyone offering oneself as a willing guinea pig for the coming Divine Manifestation of the new apex species the Supramental being. Without this Total Surrender one is like a bobbing cork on a limitless churning ocean endlessly buffeted by contrasting cosmic forces.

Tamasic Matter or the material or the physical is being churned big time by the Supramental Consciousness-Forces, and that includes each and every one of us. This is an utmost necessity for the coming unstoppable Divine Manifestation as "Salvation is PHYSICAL."

<https://incarnateword.in/agenda/10/may-31-1969>

Any human too attached to the old mental appearances or programming's or habits must be churned witless for it to go to Bhakti mode.

What is happening everywhere in Auroville and on Earth is One Unfolding Movement. There is no excluding anyone nor any element in this One Cosmic Play, including all builders of the City of Dawn, who are massive churners of material nature, obviously.

If one is blind to this Oneness then how to even reach Samata or Equality and Peace, the last two divine qualities of the Mother's 12-petalled Symbol necessary for the psychophysical transformations in Integral Yoga?

"... all substance is ONE. All is one—we constantly forget that! We always have a sense of separation, and that is total, total falsehood; it's because we rely on what our eyes see, on... (Mother touches her hands and arms, as if to indicate a separate body, cut off from other bodies). That is truly Falsehood. As soon as your consciousness changes a little, you realize that... what we see is like an image plastered over something. But it's not true, NOT TRUE AT ALL. Even in the most material Matter, even a stone—even in a stone—as soon as one's consciousness changes, all this separation, all this division, completely vanishes. These are... (how to put it?) modes of concentration (something akin to, yet not quite that), vibratory modes WITHIN THE SAME THING."

<https://incarnateword.in/agenda/2/february-11-1961>

Only with this Change of Consciousness from false-separative to Truth-Oneness can one see and be the Actual Human Unity, because we are already That, the One, since before the beginning of space and time.

<https://auroville.org/page/auroville-charter>

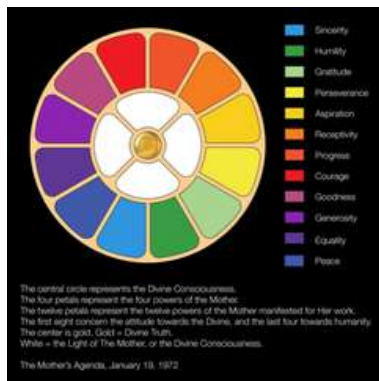
Anyway, each individual at all levels must play its unique role, conscious or otherwise. Intense, with appropriate consequences. But that's how it is, so we can all learn from and progressively build on each other, life after countless lives, until the dawn of the much awaited Life Divine.

Welcome to Planet Earth.

For the faithful, the most effective two words to bear in mind on the easiest and most joyful Sunlit Path of Bhakti:

Remember, Surrender.

Zech, 2024.01.21



GIFTING LOVE - MYSTERY OF MYSTERIES

A STORY OF COMPASSION



A long time ago there lived a rare though seemingly ordinary people in a little village called Swabedoo.

They called themselves Swabedoodahs.

Ever content, they were all a happy lot, always smiling, always with a touch of dance in their every step.

Whenever they met each other, and however often, they bestowed each other not only with smiles but also with little gifts of warm pieces of fur.

Each one of them seemed somewhat very special to every one of them; everyone always wrapped in their radiant smile and also with a little piece of fur, so delicately taken out of a little bag which they all carried everywhere and all the time.

This is how, in their own enchanting way, without uttering a word, they always seemed to say to each other: "I love you"; "You are very special"; "We are All together"; "We are all One".

One may wonder, how can a shy little smile and a little piece of fur say all that, and make everyone feel a warm and strong, a little special!

But that's how it was, a long time ago, in a small little village on some cozy little corner of the earth!

But sometimes some dark clouds suddenly come drifting from somewhere, and begin to hover over a clear bright sky.

That's how it happened not too far away from the village of Swabedoo.

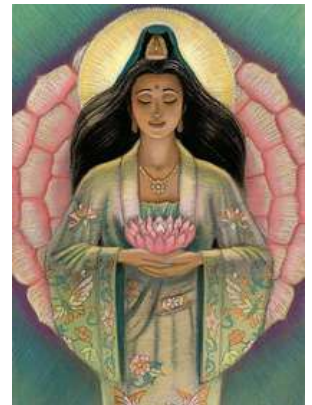
There, in a cold, dark cave lived a strange goblin: a big, green cobold, all lonely, without a friend, without a touch of any warmth, without receiving any gift from anyone.

Ever.

.....

- Ulrike Urvasi

Continue reading the full story by clicking [HERE](#)



POETRY

A YOUTH THAT NEVER AGES

There inhabits in us a youth that never ages:

Accepts Adventure

Grows in Gratitude

Enthused with Energy

Loves Life

Empowered in Equality

Surrendered in Silence

Sincere in Simplicity

Yes to Yoga

Open to Oneness

Unaffected by Uncertainty

Trusting in Transformation

Humbled by Humanity

-Anandi Z.

AWAKENING SPIRIT

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 30th January, 9 am - 12 noon
Focus: The Self-mastery

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

Every THURSDAY at sunset
5.30 to 6 pm
(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!

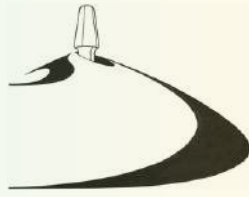
Reminder to all:

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



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

HEALTH

SANTÉ SERVICES IN JANUARY 2024

sante

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

Doctor consults with Dr.Senthil: Monday to Friday	Nursing Care: Ezhil, Thilagam, Archana & Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be: Tue/Wed/Fri	Pregnancy Care & Women's Wellness with Paula: Tuesday & Wednesday
Acupuncture with Andres: Mon/Tue/Wed/Fri/Sat	Homeopathy with Michael: Mon / Wed / Sat
Integrative Psychotherapy with Juan Andres: Monday to Friday	Physiotherapy with Arun: Monday to Saturday
Functional Medicine with Lize: Wednesday & Friday	Physiotherapy with Rebeca: Mon /Wed /Fri
Bio-Well Assessment (Evaluation of your well-being) with Helena: Inquiry through email (adminsante@auroville.org.in)	Physiotherapy & Massage with Galina: Monday to Friday

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.

AUROKIYA INTEGRAL EYE CENTRE @ ARKA



Working Hours:

Monday - Saturday
(9.00 am -5.30 pm)

Services Provided:

- Emergency eye care services with primary-level care
- Complete eye testing facilities for eye problems
- Follow-up services for surgeries and consultation from Aravind
- Spectacles and contact lenses
- Eye medicines (Homeopathy, allopathy, and Ayurvedic Drops)
- Personal guided support to visit Aravind Eye Hospital for surgeries and procedures
- Personalized eye exercise training, eye yoga sessions, and vision therapy sessions. Both morning and evening slots are available

Contact: aurokiya@auroville.org.in; aurokiya@gmail.com

WA/ Mobile: 8012305151; www.aurokiya.com

JOB OPPORTUNITIES

HR HUB INITIATIVE

HR Hub Initiative is a service which helps individual Aurovilians and Newcomers in search for suitable work by connecting them to Auroville units and services who are looking to fill positions and in turn to find the right individuals to step in.

We invite the Auroville Services/Units to use our service; if you are in need to find someone to fill out a work position in your unit, we can help you by screening and finding suitable applicants.

We also invite Aurovilians and newcomers that are in search of a work opportunity to write to us and apply through our service so that we can connect you with the Units/Services of Auroville in need.

Please contact us for more information:

hr.hubauroville@gmail.com

HR Hub Team

ECO FEMME HAS SOME EXCITING JOB OPPORTUNITIES!

We have **2 vacancies** immediately available in our communications department:

1. Communications team leader
2. Social media manager

Both these roles offer a chance to immerse yourself in Eco Femme's ground breaking work, be part of a passionate, dynamic and mission driven team and indirectly contribute to our overarching social and environmental mission to reduce sanitary waste and transform the prevailing narratives about menstruation to create conditions for a period positive culture.

For more information and detailed job descriptions, please write to kathy@ecofemme.org

These positions are available immediately and applicants are invited until the **7th February**. Please note we will only entertain applicants with prior experience and applicants must be living in or around Auroville (no remote work).

STAND4UPCYCLING IS LOOKING FOR



Stand4upcycling collectif is looking for the educational shop in the Visitor Center a **coordinator/manager**.

Please contact Véronèse on Whatsapp: **+18193280377** or by email: veroneserobin@gmail.com

CULTURAL ANNOUNCEMENT

THE PAVILLON DE FRANCE PRESENTS

A series of **three conferences** to think about **the relationship between spirituality, religion and society**. This will be explored through the lens of academics who work in French research or teaching establishments, and who are regularly staying in Auroville or Pondicherry. They will be offered in French and/or in English.

Conference 2

Religion and Spirituality in Ancient Shaivism

Conference by Dominic Goodall

Director at École Française d'Extrême Orient, Puducherry

Saturday February 3rd 2024 at 5 p.m.

Cinema Paradiso

In English, approximately 1 hour



This illustrated talk will focus on aspects of the history of the worship of Śiva in the first twelve centuries of the common era. It will attempt to explore, through iconographic, epigraphic and textual sources, the tension discernible in the Śaiva traditions between the spiritual aspirations of individuals on the one hand, and the constraining (but also sustaining) forces of institutionalisation on the other.

Dominic Goodall has spent thirty years studying Sanskrit literature relating to the history of the religious traditions of Shaivism. After studying Sanskrit at Oxford, he began studying medieval Tamil in Hamburg. In 2000, he became a member of the Ecole Française d'Extrême Orient and was appointed director of the Pondicherry Center (2002-2011). He is now working again in Pondicherry, where he continues to pursue his scientific interests, particularly in Sanskrit poetry and the history of the Śaiva Siddhānta.

AVI USA : A TALK WITH LUC VENET

Join Luc Venet, Devdip Ganguli and Julian Lines on Saturday January 27, 9:30 pm India on Zoom, for a discussion about Luc's new biography of Sri Aurobindo, *The Never-dying Fire*. Free Registration details at aviusa.org/Luc

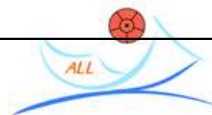
A Talk with Luc Venet
Luc Venet will talk about his new biography of Sri Aurobindo: *The Never-dying Fire*
with Devdip Ganguli
hosted by Julian Lines

Join us on Zoom
Saturday
January 27

11am New York
9:30pm India
5pm Paris

The Never-dying Fire
The Life and Thought of Sri Aurobindo
Luc Venet

REGISTER: aviusa.org/Luc



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!

Something New: Evening Programs!

Starting from **1st February 2024**, we are launching a new experiment. The Language Lab will extend our opening hours from 5pm -7:00pm, Monday to Friday. We will offer special evening programs which will include conversational practice with native language speakers, talks, as well as self-learning and guided study in different languages with our mediatheque. Our regular day-time students could take advantage of these sessions as well. This is to revive an old idea of "language exchange" and "sharing languages". This program will be free of cost to everyone: Aurovilians, Newcomers, Volunteers, Guests and people from around the Auroville area. The Language Lab has always been open to all and this program will be as well.

Conversation Practice sessions would be Mondays for Tamil, Tuesdays for Italian, Wednesdays for French, Thursdays for English and Fridays for German. Please come forward for other languages, especially Sanskrit and Hindi! All are welcome for these sessions.

Do let us know if you would like to be part of this experiment and what you would like to receive and offer, either as a participant or a facilitator by sending an email to info@aurovillelanguage.org or a whatsapp message to +91 98430 30355.

Our first full-length publication: We are delighted to share that our first full-length publication, "From Resonance to Bonding" by Dirk Beckedorf & Franz Müller is now available on Amazon! The book gives an in-depth explanation of the Alfred Tomatis method, its scientific bases, how and why it works, along with detailed case studies. Links below:

- Amazon India: <https://amzn.eu/d/e4jhPpJ>
- Amazon.com: <https://a.co/d/cwpVBlj>

Looking for: Volunteer (s) capable of reading & writing Telugu, for proof-reading a couple of short documents (that have been translated from English). The work requires 2-3 hours of commitment. We are also looking for volunteer language teachers, someone to help with fundraising, a Computer support person for the mediatheque, an administrative/executive assistant as well as assistants in the Tomatis research centre.

RELEASE OF GOUPI'S BOOK

After André Hababou's life story "DeTunis à Auroville, en quête de vérité", Christine Roland offers us a second collection of memories in French of Goupi, who shares with us, among other things, his arrival and his years at the Ashram, his meeting and his relation with Mother, his experience as a masseur but also some reflections on Auroville and on the world in which we evolve.



"Pourquoi pas surfer sur la joie?" is available at the following collection points: **Pavillon de France** and Auroville Press, at the price of **450 rps (account number 2536)** via the bluesheet.

ART AND CULTURE

FEBRUARY PHOTOCIRCLE

Dear photographers,

Photo Circle meets again on **FRIDAY 2nd FEBRUARY at 5pm** in the Centre d'Art multimedia room, at Citadines



The Photocircle brings together Auroville's photographers. We share our own work, we 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

EXHIBITION IN CENTRE D'ART



INKY ONKY

By Ongkie Tan
Centre d'Art, Citadines

Opening on 26 Jan at 4.30pm
From 26 Jan to 10 Feb 2024

Monday to Saturday, 10–12pm and 2–4.30pm

Auroville Language Lab
International Zone, Auroville
info@aurovillelanguage.org
0413 2623 661 / WhatsApp: +91 9843030355

Volunteering opportunities!

VOLUNTEER

Do You wish to enhance your Auroville experience? Volunteering at the Language Lab can be profoundly enriching.

We are currently looking for volunteers to fill the following positions:

- Language Teachers, Fundraiser
- Event Coordinator, IT Assistant
- Executive Assistant
- Tomatis Children's Assistant
- Tomatis Research Assistant

Contact or visit us to find out more and... get started!

We are open Monday to Saturday, 9:00am-12:00pm
2:00pm -5pm

Tomatis

There are spaces available for both language & therapeutic programmes!

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

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

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

Current Language Courses at ALL

English Through Movement & Theatre with Rupam!

Bored trying to memorise the grammar? Learning English can be extremely fun with movements and theatre. Let's explore learning a new language using theatre as a tool!! It's a new concept so let's find out together!!

Days & time: **Saturdays, 10 am to 12 noon**

Starting day: **5 February 2024** (if we have a least 4-5 participants)

Duration: 24 hours (over three months)

By donation

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 date **January 24**. We do need to have 6-7 confirmed registrations. Classes will be held are on **Mondays and Wednesdays, 2:30 to 3:30pm**.

New Beginner Italian with Karuna starting on 6 February 2024

Karuna has joined us as our new Italian native speaker teacher and is ready to start a Beginner Italian course. She has been conducting and pre-intermediate Italian course as well. Her students are extremely appreciative of her teaching and we have received excellent feedback.

If you are a beginner with little or no knowledge of the Italian language, you are welcome to join this 24-hour (3 months) compact course.

The course will take students through the Italian alphabet and phonetics, spoken grammar, main verbs, pronouns, sentence structure, etc. By the end of the course, learners will be able to introduce themselves & others in a simple way, exchange information about family, work, holidays, home, etc., and speak about everyday activities, hobbies, etc. A range of different topics can be explored based on the interests of the students.

Starting date: **Tuesday 6 February 2024**

Days and Timings: **Tuesdays and Fridays, from 4 pm to 5 pm**

New: Beginner Hindi with Rupam

A native Hindi speaker, Rupam has a passion for teaching which she has keenly pursued over the last several years here at the Lab. Her approach is to make learning easy through games, songs, poems, & other interactive activities. This three-month **24-hour (over 3 months)** 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 be paced to align with each student's comfort! The course will start as soon as we have 4-5 confirmations.

- Classes will take place **Mondays & Wednesdays, 10:30 to 11:30am**.

New: French with Jean-François

Jean-François offers three 2-month courses:

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 **February 10**. 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 **February 10**. 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 **February 5**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

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 **February 5**. Classes take place **Mondays & Thursdays, 2:30 to 3:30pm**.

New: German with Ben

Ben will resume his courses from early February. A native German speaker, Ben has been an online teacher for three years now, giving integration classes and language courses to immigrants from various backgrounds. His first in-person course at the Language Lab was a resounding success! classroom. Ben is a language enthusiast and takes interest in poetry, integral yoga and philosophy. Ben is offering two courses:

Beginner German: This 3-month (36-hour) course is structured around the Goethe Institute material and will employ a variety of audiovisual tools and interactive elements.

- Classes will take place **Mondays & Wednesdays, 9:30 to 11am**.

German Conversation: This 2-month (16-hour) course is for those who already know a bit of German and would like to further polish their speaking skills.

- Classes will take place **Tuesdays & Thursdays, 4 to 5pm**.

Both courses are open for registrations and will begin as soon as we have 4-5 registrations.

English Conversation with Intermediate

Next batch will begin mid-February. Registrations open!

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 will take place Tuesdays & Fridays, 9:30am to 10:30am.
- Start date: 23 January 2024 comprising 24 hours of teaching over three months

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, 2:30 to 4:00pm**.

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, 11:00 to 12:00pm**. 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	11:00am - 12:00pm	Tuesday & Thursday
	Conversation Mid-February 2024	4 - 5pm	Tuesday & Thursday
	Movements & Theater	10am - 12noon	Saturday
French	Beginner To start 10 February 2024	2:30- 4:30pm	Saturday
	Conversation 1 To start 10 February 2024	10:30am - 12noon	
	Conversation 2 To start 5 February 2024	2:30 -3:30pm	Monday & Thursday
Tamil	Spoken Beginner Start date 23 January 2024	9:30 - 10:30am	Tuesday & Friday
	Spoken Intermediate To Start February 2024	TBA	TBA
Sanskrit	Beginner To start January 2024	TBA	TBA
Hindi	Beginner February 2024	10:30am - 11:30am	Monday & Wednesday
German	A1.1 Beginner February 2024	9:30 - 11am	Monday & Wednesday
	German Conversation February 2024	4 - 5pm	Tuesday & Thursday
Spanish	Beginner Start date 24 January 2024	2:30 - 3:30pm	Monday & Wednesday
	Intermediate	2:30 - 4pm	Tuesday
Japanese	Beginner To start March 2024	TBA	TBA
Italian	Beginner To start 6 th February 2024	4 - 5pm	Tuesday & Friday
	Intermediate Started 14 December 2023	3 - 4pm 2:30 - 3:30pm	Monday Thursday

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

BODY IN LIGHT, LIFE IN LIGHT: ENERGY HEALING WORKSHOP

FEB 2, 3, 4 (9AM-5PM), IN AUROVILLE

In this 3-day workshop we explore with joy the 3 paths to ascension:

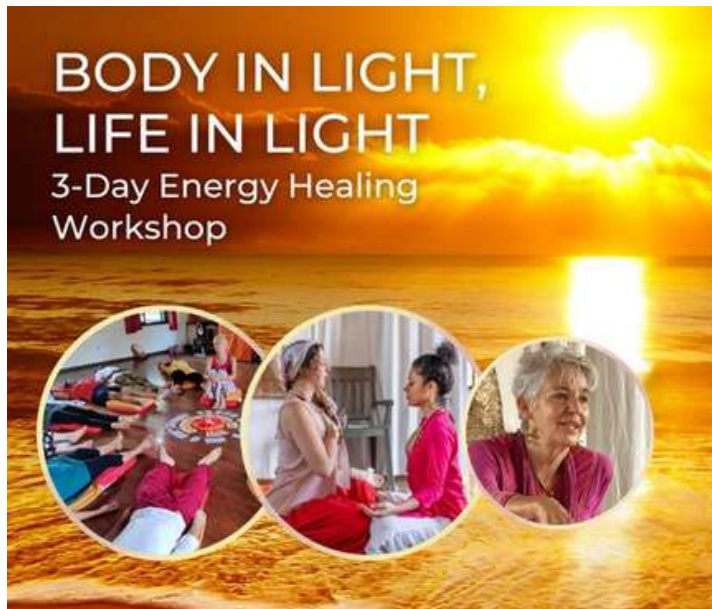
- Healing old pains, patterns and programming
- Aligning to your Divine Essence
- Tuning into mystical moments of realization by stepping into the frequency of the four powers of the Divine Mother: Wisdom, Harmony, Strength & Creation
- Dive into powerful techniques for self-healing
- Explore Fundamentals, Principles and Universal Laws of energy healing

Location: Bhumika Hall, Bharat Nivas, Auroville.

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

Register now: contact@auroville-jiva.com,

WhatsApp: +91 94436 19403.



VIPASSANA MEDITATION

Date: Every Sunday

Timings: 8:00 AM - 12:00 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](#).

Vipassana

As taught by S.N. Goenka



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



INTENSIVE WORKSHOP WITH VEGA AND STEFAN AT CRIPA

4TH TO 8TH FEB 2024, 9AM TO 1PM

Letting go, letting be, letting come.
A journey with and through our emotions



Embark on a transformative self-exploration workshop, delving into emotions and distinguishing current from past baggage. Through powerful exercises like breathing, movement, inner parts work and others, participants will experience a mix of intensities, fostering heightened self-awareness for conscious, authentic choices over impulsive reactions to fleeting emotions.

Inquiry : dancingtree.smile@gmail.com

Registration form:

[Letting go, Letting be, Letting come - Google Forms](#)

DEEP SOUND BATH IN CREATIVITY

TIBETAN BOWLS

Hall of Light
CREATIVITY community

Every Friday
from 5 to 6:30 PM

Starting from 17th November



There will be a LIGHT massage by the Tibetan Bowls.

Lie down, relax, simply allow yourself to experience the ancient sound from the Tibetans bowls.

The practise produce a soothing sound believed to have a powerful effect in the body's energy system, helping to balance the chakras and promote healing.

"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies. One reason sound heals on a physical level is because it so deeply touches and transforms us on the emotional and spiritual planes."

Drop in the Hall, no reservation needed.
Please arrive 10 minutes before.

Guest 600 rs

Volunteer 300 rs

Aurovilians and Newcomers, conscious contribution

Sathyayuga

WA +917639761930

MARTIAL ARTS - AUROVILLE AIKIDO NEWS



Auroville Aikido at AV Budokan (Dehashakti) is happy to share again their **Adults regular schedule for Beginners and others** (with N. Murugan and Surya) for interested people to join this beautiful and complete practice in the form of a Japanese martial art: every **Tuesday, Thursday, Saturday early morning from 6 to 7.30 am + Wednesday 5.15 to 6,30 pm.**

For **children classes** (with Surya, Philippe G. and Cristo) and **other info**, please contact us: budokan@auroville.org.in and 83001 89062 (Surya) - 99528 12843 (Murugan/WA) - 83006 43963 (Philippe/WA). Reasonable contributions required.

I JUST WANNA WRITE



Writing from Within - An exploration of our Inner Worlds through inspiring writing techniques.

For a session (individual or collective) contact Francesca at ijustwannawrite.email@gmail.com.

The sessions will take place at the European Pavilion.

Follow me on my new YouTube Channel  I Just Wanna Write

A Gate Of Dreams Initiative



CREATIVE WRITING SESSIONS ARE BACK

Hello everyone,

this is to inform you I resumed the creative writing sessions. I spent a lot of time increasing my knowledge on the subject in the last few years and now I'm ready to come back to those of you who want to develop their creative writing skills.

If you want to know what i do, please check my new brand YouTube channel I Just Wanna Write at <https://www.youtube.com/@IJustWannaWrite-ht9ql/videos> I'm using it to promote my cultural activity, following the path of never ending education.

Also I am publishing the results of some of the writing practices I do on YT in my blog <https://ijustwannawrite.com>

If you want to explore the infinite potential of writing with me, please contact me at ijustwannawrite.email@gmail.com to get info and book a session. Individual or collective.

Free contribution from Aurovilians, Newcomers and Volunteers. The sessions will take place at the European Pavilion every Wednesday from 9am to 10.30am. If the timing is not suited to you, we can find another solution.

Please notice these are not meant to be classes but sessions, meaning that you are not compelled to follow a regular class.

I'm also available to give sessions in the schools.

Francesca

TAI CHI HALL @ SHARNGA

The Tai Chi Hall in Sharnga community offers daily classes, six days a week.

Mondays & Saturdays:

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

Tuesdays - Fridays:

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

We practice three forms (24, 108 and 127) in the Yang style, as taught by the Inner Way School - Stevanovitch Method (artduchi.com). All are welcome to drop in.

Our next beginner's intensive is from February 12 to March 2, 2024.

taichi.auroville.org / taichi@auroville.org.in

PITANGA



PITANGA For info & registrations:
CULTURAL CENTRE info@pitanga.in, 0413 2622403 / 9443902403 WA

Program January 2024

Pitanga is closed on Friday, 26 January
Happy Republic Day



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
4:00pm – 5:00pm | **Deep Presence** with Mike S. | *All are welcome to join.*

Tuesdays

9 am – 10:30 am | **Iyengar Yoga for the Spine** | with Chloe | All levels
3:30pm – 4:30pm | **Body-Music** with Anandi Z. | *All are welcome to join.*

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 – 6:00pm | **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
3:00pm – 4pm | **Reading of Savitri** with Patricia | *All are welcome to join*
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 *starting on 12th January*
5:15pm - 6.45pm | **FOR GIVING LOVE** with Marie-Claire | A weekly inner dialog to foster your own healing.

Saturdays

4:30pm – 5:30pm | **Body Musik** | with Anandi Z. | *All are welcome to join*

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.

Teen Yoga | with Lisbeth |
Mondays, Wednesdays | 4pm – 5:15pm |
New Auroville school students, 5th grade onwards can join (sign up with Pitanga reception with your details & contact no.)

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

Art Therapy with Gala (with registration)

Saturdays, 11am – 12pm
Thursdays, 3pm – 5pm for adults
Friday 3pm – 5pm for families. (children 5 years and older)

HEALING SPACE - BY APPOINTMENT

- Acupuncture by Heidi (not from Mon. 5th Feb. to Frid. 1st March)
- Bio-Resonance (with Bi-Com machine) by Afsaneh
- Cranio Sacral by Anne H.
- Chiropractic by Afsaneh
- Thai Yoga Massage by Juan

NEW ACTIVITIES



Pilates Workshop by Teresa

Come and learn Pilates!
This workshop is designed to help you either with your home practice or to improve your current practice in a class. We will learn, explore and understand the 6 Pilates principles. This will raise your level of Pilates practice.
We will go through a routine of exercises and then learn how to adapt these exercises to your level (easier or harder versions) so that it suits you and helps you progress at your own pace.

Limited places available.
Please register with us at Pitanga
Saturday, 27th 9.30am - 12.30pm

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

QUIET HEALING CENTER



Quiet Healing Center, Auroville 605 104, Tamil Nadu, India
www.quiethealingcenter.info / quiet@auroville.org.in
Mobile & WhatsApp: +91 9488084966

Watsu® for Babies with Dariya

Thursday 1 February 2024 (9:00am – 6:00pm: 8 hours)

Watsu for Babies is a water shiatsu course to ease and inspire movement with a baby in warm water, based on the two main principles of Watsu: presence and moving from our core, while being in water with a baby.

This course is for aquatic bodywork students, who have completed at least Basic Watsu course, and for professionals working with babies. In the morning, we will learn simple 'sequences' on dolls or teddy bears; as a participant, you will need to bring a large doll, teddy bear or something alike. In the afternoon, we are inviting parents with their little ones to join us on this sweet journey.

Parents, who would like to get inspiration to be with their little ones in water with more presence, play, deepen connection with water, and use the properties of water as stimulation for hyper- and hypotonic muscles of babies, are most welcome!

Please contact Quiet Healing Center for more info and registration either as a participant or as a parent interested to join us with your little one.

Pre-requisite: Watsu® Basic or a degree to work with babies in water. Certificate upon completion of the course.

Holistic Rebalancing Massage Training with Ananda

Friday 2 - Sunday 11 February 2024 (9:30am – 6:00pm: 50 hours)

This 10-day training offers an intense, effective and powerful rebalancing tool for body-mind-energy through massage and healing touch.

During Module 1, you'll learn techniques from joint release, deep tissue massage, myofascial & cranio-sacral therapy work, Tibetan pulsing, Reflexology, vital Varma points, breath work, and tools for body awareness, in addition to the anatomy of the physical & energy bodies and the five ways of touch to balance the five elements: water, fire, air, earth, and space. You'll also learn how to prepare yourself through yoga practices & meditation and offer effective, deep and professional healing sessions by applying a unique combination of tools with the right intelligence and intuition.

Module 2 builds upon the foundation of Module 1, which focused on developing expertise with spine, sacrum and neck, and teaches how to work on the front of the body with sensitivity and care: chest, belly, pelvis, and specific vital internal organs. You'll also learn how to support the body for pregnant woman and physically challenged, get acquainted with more Tibetan pulsing circuits and Varma points to open and heal the energetic & nervous system, with reading various body types according to Ayurveda and choosing the flow of a session and techniques accordingly, thereby offering a nurturing space for deep healing and inner transformation.

This training is for anyone, who wants to heal oneself, learn an effective art & science of healing and work professionally with Holistic Rebalancing massage, share love and healing touch with family and friends, or is already into healing and aims to make the work more effective and effortless.

No previous experience required. Certificate upon completion of the course.

Prana Yoga: a 10-morning immersion with Ananda

Friday 2 - Sunday 11 February 2024 (6:30am – 8:30pm)

Prana is the universal life energy. Yoga is tuning body-mind-spirit to wholeness. Prana Yoga is based on Hatha yoga, Pranayama,

Meditations & Siddha. Through conscious postures, breathing, movement & stillness open the self enhancing, transforming, healing, grounding & tuning the energy flow to rejuvenate the body-mind-energy, build immunity, enhance sensitivity, perception, expand awareness, enrich self-healing and open to higher states of consciousness.

In this training, you are welcome to learn, practice and experience... Warm-up & Asana sequences for a healthy body, spine & energy flow; foundation & advanced Pranayama practices and Awareness exercises; Yoga Nidra, Nada Yoga, Chakra awareness, Meditations, Modern Science of Respiratory, Nervous and Lymphatic systems, Inner Science of Energy: Nadi, Vayu, Chakra, Mudras, Bandhas, ... Discover, Detox, Heal, Energize, Transform, Meditate & Evolve.

Pre-register as spaces are limited, either for all or a few classes!

Watsu® Yoga Round with Fred & Roberto

Wednesday 7 February 2024 (3:00 - 6:30pm)

Watsu Yoga Round is a powerful tool for deep relaxation and inner peace. It focuses on listening to the body and presence; it represents a way to come back to your heart, to an inner silence that is fully alive and vibrant. It is an invitation to feel, awaken and celebrate the energy of your being.

When immersed in warm water during the Watsu Yoga Round, the body does not suffer from the effects of gravity; the flow of movements and stretching, alternated with moments of stillness, invite a progressive well-being; body and mind become free to dance!

No previous experience required (also no need to know how to swim)!

Watsu® & OBA® Basic with Dariya & Daniel

Friday 16 - Wednesday 21 February 2024 (8:30 - 1:30pm: 31 hours)

Watsu & OBA are aquatic bodywork modalities given in a warm water pool (ideally 35°C). **Watsu**, the part where the client's face stays always on the surface, introduces the qualities and body mechanics required to work with someone in water in order to create a profound state of both physical and mental relaxation. During the **OBA** part the receiver is also brought under water (with nose clip), which offers a unique experience.

In this course, you will practice basic techniques and qualities (grounding, presence, stillness, movement, attention) of being and moving another body in water. You will experience floating other people and being floated, on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit. Participants in this course often appreciate the group space, which fosters deep, meaningful and nurturing connections.

Prerequisites: no previous experience required. Certificate upon completion of the course.

Shiatsu for Watsu® with Petra

Friday 16 - Wednesday 21 February 2024 (8:45 - 6:30pm: 50 hours)

Watsu, the abbreviation of WATER Shiatsu, originates from Masunaga's Zen Shiatsu, which was transferred and adapted to warm water by the Californian Shiatsu practitioner Harold Dull. Therefore a deeper knowledge of Shiatsu is highly recommended. Shiatsu is a modality, which originated within the oldest healing system known to humanity. It restores and maintains health by adjusting and balancing the body's primary communication network – the energy system.

About 60% of this course is on land, during which we will offer a simple Shiatsu protocol for applying pressure along the 12 main meridians (energy pathways) and some basic theory of Chinese Medicine (yin yang, 5 elements system, organ-clock). Practical exercises on land and in water will let you discover your own energy system and become more sensitive to your partner's energy body.

To become a certified Watsu practitioner, you need to have at least 50 hours of Shiatsu and 50 hours of Tantsu, another method of land-based bodywork.

Prerequisites: Watsu 1. Certificate upon completion of the course.


SELF EDUCATION PROGRAM, 2ND WAVE

Location: Anitya Community Hall

Dates: **Friday 2nd Feb to Sunday 4th Feb**

Registration Link <https://forms.gle/3UH8cGhBYb8auzHS7>, please register by 27th January!

Contact information: selfeducationauroville@gmail.com learn more: <http://tinyurl.com/2chvmmab>



Self Education Program - Wave 2
A Dreamweaving Initiative

Details

Location
Anitya Community Hall

Dates
Friday 2nd Feb to Sunday 4th Feb

Registration Link
[Wave 2 Registration Form](https://forms.gle/3UH8cGhBYb8auzHS7)
please register by 27th January!

Contact information
selfeducationauroville@gmail.com

Come join us for an intensive weekend to explore the concepts of 'city' and 'urban life'

We will dive into diverse topics of urban design and planning through games, site visits, art and discussions

To know more, read our [Wave 1 Report!](#)

MINDFULNESS FOR STRESS REDUCTION (MBSR)



One Week Mindfulness Intensive - 5th-11th February

The MBSR course is considered the gold standard in mindfulness training. This secular course synthesizes the ancient Eastern wisdom on mindfulness with the Western science on stress reduction, positive psychology & neuroscience.

The course has been found to improve participants' ability to cope with the stresses of everyday life - giving space to respond to situations rather than react. It has been found to help with anxiety & depression, to help manage chronic pain & lower blood sugar levels, to improve emotional regulation; increase attention, focus & memory; and plant inner seeds of happiness, resilience, kindness & acceptance.

It is suitable for those new to meditation as well as experienced meditators looking to deepen their practice.

Course timings are **7.30-9.45am Mon 5th Feb - Sat 10th Feb (daily)** and **8.30am-12.30 pm Sunday 11th Feb**. The course will be held in-person (at Maloka, Anitya community).

Places are limited - so registration is required. Whatsapp Helen on 7094753054 for details.

Monthly Mindfulness Practice Session - 28th January (9.30am-12.15pm)

This half-day retreat provides a chance for you to drop-in to yourself, to unplug from the stresses of everyday life, and shift from doing into being.

The focus of this session will be on 'beginners' mind' which is one of the foundational attitudes of mindfulness. Participants will be guided through a series of practices (in either seated or lying position) along with some gentle movement practices.

All are welcome (no prior experience needed), but it is in-person so places are limited.

Whatsapp Helen on 7094753054 to register.

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>




Serendipity (Ex. Joy) is located opposite Center Guest House
<https://serendipity.auroville.org> - serendipityauroville@gmail.com
+91 9385623342 - [facebook.com/serendipityauroville](https://www.facebook.com/serendipityauroville)

THERAPIES

- SHIATSU MASSAGE**  Sara +91 9443617308
- EXPRESSIVE ARTS SESSION**
- TAROT READING**  Anjali +91 95600 26678
- PRANIC HEALING**

ACTIVITIES

- HATHA YOGA**  Wednesdays - 5:30 - 6:30pm Ramesh +91 98451 68490
Saturdays - 7:30 to 8:30am
- MINDFULNESS MEDITATION**  Thursdays - 7 - 8pm Gijs +91 73394 59425
- SANSKRIT TRADITIONAL CHANTING**  Thursdays - 9- 10am (drop in class) Sonia +91 8940288090
Fridays - 5 to 6pm (Regular Students)

CONSCIOUS NATURE IMMERSION AT MAHAKALI PARK

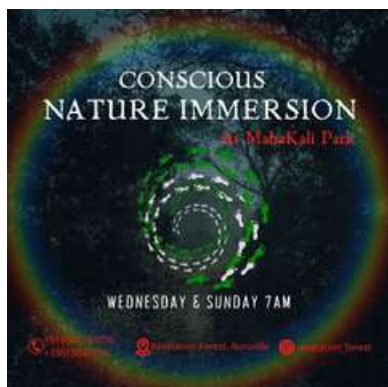
MahaKali Park is one of the 4 parks of Auroville, which is developed as a place for holistic awareness and self-development through nature. Every Wednesday and Sunday, we guide you into an educational and meditative walk in the forest. The historical experience of green spaces in the specific context of Auroville have led to a unique understanding of holistic ecology. Providing a space for a direct connection with the organic "web of life" brings, in turn, insights for our self-study and yoga of work.

Free. Contributions accepted for the management of the site. / **Be adequately clad to prevent mosquito bites.** You may also carry mosquito repellents.

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

Contact: +919500183706 (Arun).

Better to confirm your venue by one WA message, especially if it rains.



We also custom programs, training and healing sessions on prior demands. Please note that the park is not yet accessible without our supervision, thank you for your understanding!

VÉRITÉ WORKSHOPS AND THERAPY

Pre-registration required

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



Yoga Therapy for Back Pain – with Bijou Friday, January 26, 9:15am – 12:00pm

Stretches, holds and strengthening asanas for the back with crucial attention to right posture, breath, and individual attention to body type to rejuvenate the muscles and alignment of the back muscles and spine. Helps relieve back pains and condition the back against future injuries.

Master Class - Mantra, Breathing & Asanas for Internal Organs – with Andres

Saturday January 27, 9:15am – 12:00pm (theory booklet included)

A workshop to help you understand the relationship between emotions and organs, and the effect of asanas on our internal organs through specific breathing techniques, asanas and mantras that bring equanimity to your emotions and well-being to your internal organs.

Lomi Hapai (Pregnancy Massage) Training Course – with Claudia

Monday to Wednesday, February 5-7, 9:15am – 4:30pm (3 day Training Course)

Lomi Hapai training course is open to all. This is a gentle massage for pregnant women. Its slow and flowing movements guide the receiver into a peaceful inner space where everything is possible and all is blessed. Lomi Hapai is a beautiful way to experience relaxation, well-being, offering a space for deep connection and a loving ground for mother-child bond. Learn a 60 min. Lomi Hapai routine, a full body Hawaiian massage technique, using hands, oil and the fundamental intention of Aloha (Love).

AUROMODE YOGA SPACE

JANUARY 2024 SCHEDULE



Registrations are a must for all the program.

Email or WA us, to know about the fees structure and other details.

Contact – email – balaganesh.siva@gmail.com & WA(only) +91 98926 99804

Day	Time	Description
Monday to Friday	11 00 am to 12 00 pm	Mobility with Karlakattai
Every Tuesday	5 00 pm to 6 00 pm	Bollywood Dance for Kids
Every Tuesday	6 00 pm to 7 00 pm	Bollywood Dance for Adults
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas
Every Sunday	10 00 am to 12 30 pm	Tamil culture tour & temple visit
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas

YOGA TTC COURSES

Auroville Yoga 200 hr TTC schedule

Timing – 6 30 am to 9 30 am – 3 30 pm to 7 00 pm

Daily Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification.

200 hours–22 days– February 1 to 22, 2024

Contact – balaganesh.siva@gmail.com/WA + 91 98926 99804

Advanced 300 hr Yoga TTC, Auroville

Timing – 6 30 am to 9 30 am – 3 30 pm to 7 00 pm

Advanced Hatha & Vinyasa flow yoga sessions along with Pranayama, Meditation, Kriyas.

Yoga Philosophy of Patanjali and other texts.

Sequencing skills, subtle anatomy, mantra chanting

Not just Asanas, but a complete lifestyle experience in the International town of Auroville.

Discover the joy of a disciplined, sustainable & injury free self practise and gain tools to teach others.

Introduction to Kalaripayatu, Animal flow

Sound healing, Karma Yoga and more.

Internationally recognised Yoga Alliance, USA accredited Certification.

300 hours–29 days– March 1 to 29, 2024

Contact – balaganesh.siva@gmail.com/WA + 91 98926 99804

ACTIVITIES & EVENTS

ANNAPURNA FARM WALK & VISIT ON SUNDAY 28TH JANUARY, 2PM

Join us on a walk through Annapurna Farm; to meet our dairy herd, learn about our sustainable regenerative farming practices, know where your grains, cheese and compotes come from and the people who grow them.

Kindly write to us:

annapurnafarm@auroville.org.in

to sign up (compulsory) and to get the details. Transport will be available.

Aurovilians, newcomers, and long-term volunteers/guests will be prioritised.



GAME NIGHT AT THE YOUTH CENTER! FRIDAYS 26TH JANUARY

FRIDAY GAME NIGHT

**GAME
+
FOOD
=
A
GOOD
TIME**

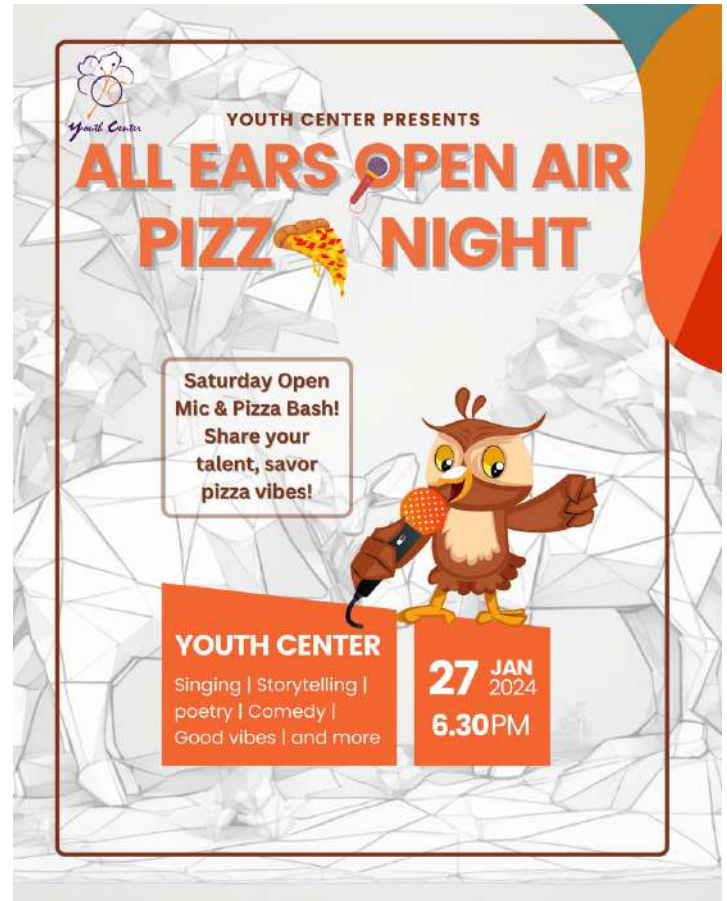
**JAN
26
5PM**

**YOUTH CENTER
AUROVILLE**

Behind town hall
9152275335

@YOUTHCENTERAUROVILLE

OPEN MIC AT THE YOUTH CENTER! SATURDAY 27TH JANUARY



COME ENJOY PIZZA AT THE YOUTH CENTER! FRIDAYS, SATURDAYS AND SUNDAYS!

Youth Center Auroville

Come join our Pizzeria

Savor the best pizza at Youth Center! We craft delectable Italian inspired flavours right here in Auroville.

FRI - SAT - SUN

START AT
07:00 pm - 09:00pm

YOUTH CENTER
Auroville

Friday-Saturday Open to all Sunday-exclusive only for pre-register groups

STAY TUNED

8428061801

Youth Center International

@youthcenterauroville

TLC FRIDAY OPEN SPACES

The Learning Community (TLC) invites all Aurovillians', New comers' and volunteers' children, age 6-14 to join Open Spaces activities, **every Friday, 13:30-15:00 at TLC Base Camp**. For more information, contact WhatsApp number: 9442180610 Sashka for TLC open spaces team.



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

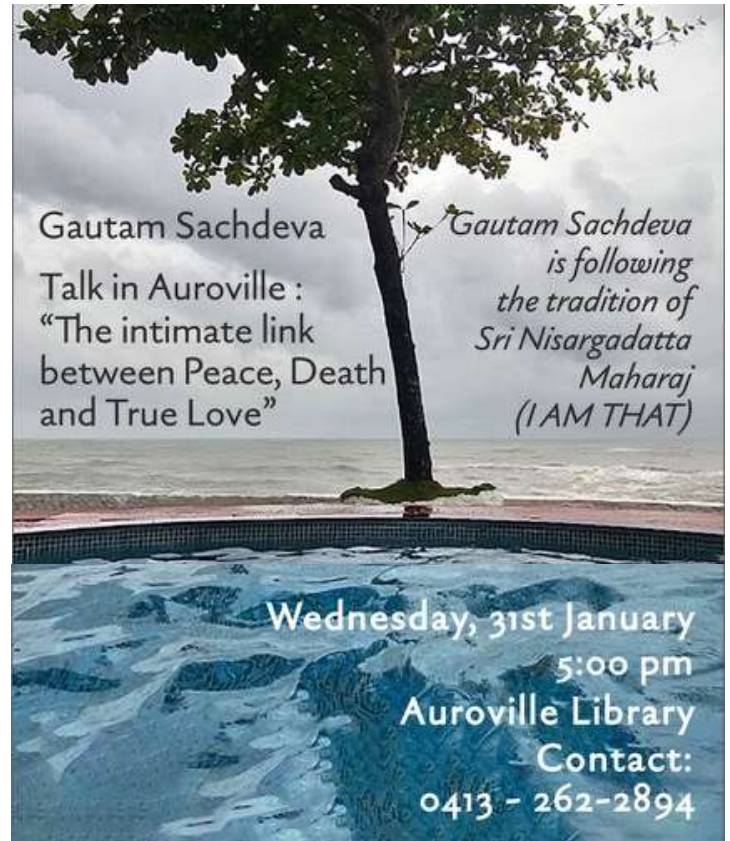
Email - rupavathijoy@gmail.com

GAUTAM SACHDEVA

Gautam Sachdeva speaks and writes on the subject of Advaita (Non-Duality), with a specific focus on peace of mind in daily living. He spent over nine years in close association with renowned Advaita sage Ramesh Balsekar, also assisting him with the editing and publishing of some of his books. Ramesh's guru was Sri Nisargadatta Maharaj, whose famed book 'I Am That' is considered a modern spiritual classic. With the blessings of Ramesh, Gautam went on to write books based on his experience with the teaching.

After the talk, we will sit together with Gautam Sachdeva at Naturellement to have some exchange with him. Everybody is welcome to join.

www.gautamsachdeva.com



AUTHENTIC RELATING WORKSHOPS

AUTHENTIC RELATING WORKSHOPS
Every week different theme

A photograph of a group of people sitting on the floor in a circle, engaged in a workshop activity, with some clapping their hands.

Do you desire to go beyond the surface & connect deeply & authentically with others in a safe, heart-centered environment?

JOIN US IN THE HALL OF LIGHT, CREATIVITY EVERY THURSDAY FROM JAN 11TH TO MARCH 14TH 9:15AM-12:15PM

Open to all Guests ₹500

+918098503386 AV, NC & SAVI discounts available

+919489244823

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 BGltSxZKGulpnphwQTPNaUIAJomDU?](https://drive.google.com/drive/folders/1tGQN BGltSxZKGulpnphwQTPNaUIAJomDU?usp=drive_link)

[usp=drive_link](#) or

please scan this code to know more:



DANCES OF UNIVERSAL PEACE

Rahmana Dziubany is a Sufi guide, and an internationally travelling senior mentor in the **Dances of Universal Peace**, with her own retreat center, Ananda, near Berlin in Germany.

Dances of Universal Peace are circle dances with simple movements while singing sacred songs from around the world, creating a deeply peaceful moving meditation. All welcome, no previous experience needed.

Dances of Universal Peace
with Rahmana

The Garden of the Heart
Saturday, 3rd February, 5:00 - 7:30 pm
at CRIPA

Universal Worship Celebration
Sunday 4th February, 4:00 - 6:30 pm
at CRIPA

TIBETAN PAVILION: ALL ARE INVITED

Pavilion Of Tibetan Culture International zone, invites you on **Thursday 26th at 5 to 6.30 pm on Science and Spirituality.**

Friday 27th at 5 to 6.30 pm

Meditation on Compassion and Gratitude.

The above sessions will be taught by Ven Geshe Lodoe Sangpo and Ven Geshe Thabkhe .

For further information call us at 8489067332 or 0413 2622401.

Submitted by Kalsang Dolma

On behalf of Pavilion Of Tibetan Culture International zone.

ENHANCING LEARNING WITH AI

GenAI User Group meeting on Saturday, **January 27 from 10 am to 11 am**, at the Auroville Consulting Office in Kalpana. Ground Floor meeting room.



Join Lucas from Last School for a Deep Dive! Continue where we left off last week. Explore advanced workflows in Obsidian, enhanced by AI. Discover real-life applications and examples. Elevate Your Learning Experience!

To learn about Future events

Gen AI User Group

<https://chat.whatsapp.com/EMEIWHRjquBATdkPEkG4PI>

KUILAI CREATIVE CENTRE

Contact: kulaicreativecentre@auroville.org.in;

kulaicreativecentre.auroville@gmail.com

WhatsApp: + 91-8608473385 / 9843195290



செயல்பாடு ACTIVITY	நாள் DAY	நேரம் TIMING	பெரியவர்கள் மற்றும் குழந்தைகள் FOR CHILDREN & ADULT	வயது வரம்பு AGE GROUP (ONLY 10 TO 20 STUDENTS PER GROUP)
ஆங்கில வகுப்பு ENGLISH CLASS	MONDAY, TUESDAY AND THURSDAY	10 AM TO 12 PM	FREE	ABOVE 18 years
தையல் செயல்பாடு TAILOING ACTIVITY	WEDNESDAY, FRIDAY AND MONDAY, TUESDAY AND THURSDAY	11 AM TO 1 PM AND 2 PM TO 4PM	FREE	ABOVE 18 years
மாலை இரவு வகுப்பு EVENING TUITION CLASSES	MONDAY TO SATURDAY	6 PM TO 8PM	FREE	From 1 st Grade to 10 th Grade
உடற்பயிற்சி PHYSICAL FITNESS	SATURDAY	9AM TO 10 AM	FREE	ABOVE 8 years
ஓவியம் PAINTING	SATURDAY	11:30 AM TO 12:30 PM	FREE	ABOVE 8 years
மீள் சுழற்சி UPCYCLING	SATURDAY	2 PM TO 3 PM	FREE	ABOVE 8 years
ஹிப்-ஹாப் HIP-HOP	SATURDAY	3:00 PM TO 4:00 PM	FREE	ABOVE 8 years
பரத நாட்டியம் BHARAT NAATYAM	SATURDAY	4:00 PM TO 5:00 PM	FREE	ABOVE 8 years
முன்னம்மம் 12 குணங்கள் முற்றம் காண்பாதி EXHIBITION ON MOTHERS 12 QUALITIES	வினாக்கள் - SOON	வினாக்கள் - SOON	வினாக்கள் - SOON	

Please click [HERE](#) to see the program in full or scan QR code:



Keep supporting us! For your kind donations...

<https://aviusa.org/?form=Kuilai>

<https://auroville.org/page/donate-from-india>

From Auroville: 240051- Kuilai Creative Centre Collection Protection, Auroville, India - 605101,

Contact: +91-9843195290 / 8608473385

kulaicreativecentre.auroville@gmail.com

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



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)

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

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

BANSURI FLUTE CLASSES



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>

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




Theatre Class


Weekly theatre practice for aspiring actors

Improve your acting skills through collective and individual theatre games and a regular and comprehensive acting practice, including work on body, voice and text.

WEEKLY THEATRE PRACTICE FOR ADULTS

FRIDAYS @CRIPA

 **2:00PM to 3:30PM**
for Adults

 **4:00PM to 5:30PM**
for Kids above 9yrs & Adults

Info & Registration:

Celine
 (Celine Barbara)
+918098846079
 (WhatsApp/Telegram)

EDIBLE WEED WALKS

It's that time of the year again. Here's the announcement for 12 guild's that time of the year again. Here's the announcement for 12 guided weekly Edible Weed Walks. Only a few are left now, just one in January, and one for February, and for all Saturdays in March before we will close for the year. You can join one or more. For that please plan and register early. The walk will be guided along with the Edible Weed Walk book. If you don't have a copy, you will be able to borrow one during the walk.

Dates for the upcoming walks are 27 January, 17 February, and 2, 9, 16, 23, and 30 March 2024. You can register for any Saturdays listed.

Pre-registration and a contribution are required. WhatsApp (preferred) or Email.

RSVP: WhatsApp (only): +91 98409 36907 or edibleweedwalk@gmail.com to register



Let's walk on Saturdays

EDIBLE WEED WALKS ON FEW SATURDAYS

From 7:30am to 8:30am (max 8:45am) at a location in Auroville

REGISTRATION OPEN FOR THE EDIBLE WEED WALK ON 27 JAN, 17 FEB, & ON ALL SATURDAYS IN MARCH

To purchase the book



Contribution:
 Rs. 500/person (for all).
 Rs. 350/person for Aurovillian and SAVI-registered volunteer

Contact, Contribute, and Register (max 10 people) anytime, latest by 4pm on Fridays by
 WhatsApp +91 98409 36907 or
 Email: edibleweedwalk@gmail.com

SOLITUDE FARM - VOLUNTEERS NEEDED!
LIVELY UP YOUR EARTH 2024



Dear Friends,

With just three weeks remaining until our eagerly awaited festival at Solitude Farm, the excitement is palpable!

This event is more than just a celebration; it's a testament to our incredible community spirit. We're thrilled at the prospect of uniting with each of you, sharing in the joy and camaraderie that this festival brings.

There's a plethora of tasks to tackle, and we'd be grateful for any assistance you can offer:

- Assistance with cleaning and setup is crucial.
- We're seeking volunteers to oversee different festival zones, such as the entrance, water stations, and both the main and acoustic stages. If you have experience in stage management, your expertise would be invaluable.
- We're still open to including more stalls and interactive mini-workshops.
- Food preparation and service is a key area where help is needed on the day of the festival.

And that's not all – there are many other ways to contribute!

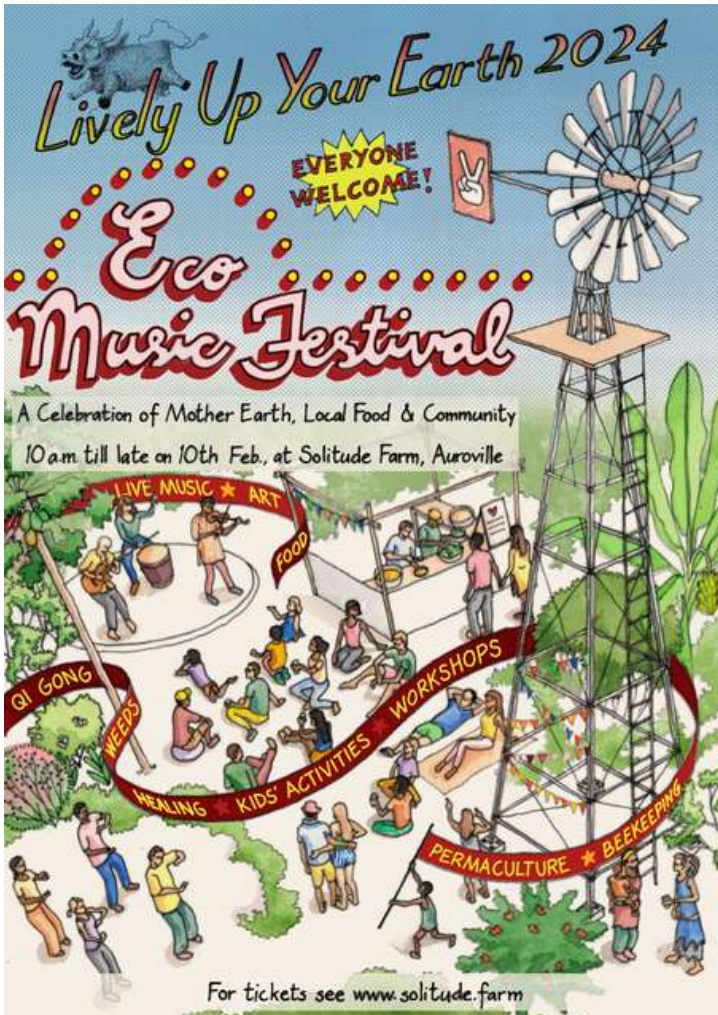
We're also hosting a cleanup day on January 20th, from 9:00 AM to 12:30 PM. Join us to spruce up the venue, and enjoy a complimentary lunch as a token of our appreciation.

If you're interested in setting up a stall, conducting a mini-workshop, or if you have specific skills in areas like art or project management, we'd love to hear from you.

Please reach out to us at 9843319260.

With Love,

The LUYE 2024 Team
Solitude farm & café
Auroville



AUROVILLE BOTANICAL GARDEN

From the 20th of December to the 20th of March 2024

Come walk with us!
Guided Garden Tour

Auroville Botanical Gardens
Wednesdays and Fridays - 9.30 am (about 1 1/2 hour walk)
Be on time - Bring your water bottle and a hat - Meeting point at BG Kitchen
Please send us an email to: avbg tours@gmail.com to book your walk



FOODS, GOODS & SERVICES

REPAIR OF AIR CONDITIONERS, FRIDGES, WASHING MACHINES AND APPLIANCES

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

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



STUDIO BASED ART THERAPY AND COUNCELING

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, Kulilapalayam, 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.

SOLITUDE FARM - 2024 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



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!**

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

LIGHT FISH: PHOTOGRAPHY STUDIO

sales@light-fish.com

LiGHT FiSH
Studio
Aurelec



PHOTOGRAPHY
Services

Fashion Photography
Product Photography
Food Photography
Architectural Photography

phone: 8279300821
sales@light-fish.com

RAPID CARE SERVICES RCS

Dear Residents,

We are happy to announce that **Rapid Care Services** have successfully completed one year. We began operations in December 2022.

It has now been one year since we began serving the community. We take this opportunity to thank all the people who believed in us.

The support offered and shown by our customers played a big role in our growth.

For celebrating our anniversary, we would like to work on a discount basis in our service charges than we usually do for the entire month of December.

To avail this offer kindly take a look at all the work that we offer. Please reach out to us for any enquiries that need our assistance to fix your home or any infrastructure.

Look forward to your continued use of our services in the future.

Our Services:

- Carpentry
- Masonry - renovations and remodulation
- Plumbing
- Aluminum channel work
- Electrical
- Steel Fabrication work
- Painting - Interior, Exterior, Floor Waxing, Powder coating,
- Insect Treatment
- Fencing
- Washing machine repair & installation,
- A/c repair and installation,
- Inverter repair and installation,
- Dth repair and installation and
- Furniture purchase assistance

Our Works - https://drive.google.com/drive/folders/1Y-nz_nyWpX9_3NU--wgwcZcgS0bRqEBa

Best regards,
Balaji & Arun for Rapid Care

Contact: + 91 8270071581 / +91 7639810621

Email : rapidcare@auroville.org.in ,
rcsrapidcareservice@gmail.com

Instagram - <https://instagram.com/rapidcare1?igshid=MmVIMjlkMTBhMg==>



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



DROPSY

Dropzy

Food, Groceries, Fruits & Veggies, Body Care, Wellness, etc.

Stay home, order and access. We'll drop it to you.

Dropzy is made locally by 150dpi, an Auroville activity.

www.dropzy.in
8098144686

Dropzy is a multipurpose mobile app platform for ordering and accessing information from a wide range of in and around Auroville eateries, grocers, bakers, farms, therapists, professionals 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 doorsteps

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

Download link as shown below:

Android

<https://rb.gy/32zcix>

iPhone

<https://rb.gy/visp4c>

Desktop

<https://rb.gy/bpnud5>



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

Best regards,
Sathish Arumugam
For Dropzy

Mobile: +91 8098144686
www.dropzy.in

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

TAXI SHARE



TAXI SHARE 29TH FEBRUARY TO CHENNAI AIRPORT

I am willing to share a taxi from Auroville to Chennai airport on **Thursday the 29th February 2024.**

Departure from Center Guest House 3 pm (15.00)

Please contact me laetitia.crahay@gmail.com

Or SMS +91 994 02 65867

Happy to share with you! Thanks! Leela

AVAILABLE

ITEMS TO SELL

- **3-sections dividing panel** (each section: cm. 185x48) made by Shradanjali (wood+parchment paper decorated with leaves), like new. Photo available on whatsapp.
- **“The Mahabharata”** translated by K.M. Ganguli, 12 volumes

Contact: Paola 3388349491

LOOKING FOR

HOUSE SITTER NEEDED

Looking for serious house sitter (Newcomer, Aurovilian registered volunteer)

February 16th to July 28th

Call 9751110486 Moghan

SUPPORT NEEDED

FUNDRAISER FOR VINITH

Dear all,

My name is Vinith, currently residing at Celebration and working at Isai Ambalam Guest House. I was born, brought up and did my primary and secondary schoolings here in Auroville. I have been lately interested in learning new skills which could help me in my work field and to improve me personally in life, and have decided to do small courses on graphic designing and Tally skill for account purposes.

I believe that learning some basic skills like Tally, accounts and knowledge on graphic designing gives bigger opportunities here in Auroville and around Auroville.

To commence with I will have to purchase a personal laptop that could support graphic designing. To buy a new one would be a big impact over me financially. I can still fund myself with some amount of Rs.15000 but to fund the entire cost of the Laptop is something I cannot bear, so here I am requesting to the readers to support me with whatever possible in order to help me purchase a new laptop to strengthen myself.

The Laptop model I desire to purchase is LENOVO IdeaPad Slim 3 Intel Core i3, it is around Rs.40000.

Any smaller donation, bigger or smaller, would help me in a greater way.

FS Account No.: 252277

Name: Vinith Laptop

I am happy to accept cash donation as well.

Thanking you in advance for the support.

With lots of love & hope
Vinith



AUROVILLE
DOG SHELTER

JOIN US IN BUILDING DOG HOUSES!

The new road passing through the shelter has led to a reduction in the living space for our dog residents, causing territorial fights leading to injuries. To address this situation, we are actively constructing individual dog houses using recycled materials. Whether you're an Aurovilian, volunteer, or visitor join us in this great initiative!

We invite artists and children to express their creativity by decorating the completed dog houses. Soon, we'll be organizing a Sunday event for the entire Auroville Community. If you'd like to design a fantastic new home for our dogs, please get in touch with us. As the monsoon season hopefully comes to an end, we will soon resume our popular Sunday Events and workshops at the shelter. Stay tuned!

Sterilizations and free Vet Consultations

Starting on the first weekend in February, our new vet Dr. Anandi, who specializes in sterilizations will offer her services also to Aurovilians and dog lovers. Despite our extremely tight budget we are committed to providing free or donation-based sterilizations for adopted former shelter dogs. For other dogs, we charge Rs. 2.800 per male and Rs. 3.000 per female dog (recent blood test required). Every morning from Monday to Saturday 10.00 to 12.00 am our shelter vet Dr. Deepan is available for free consultations per prior appointment. Donations are happily accepted.

Our team is growing, thanks to the commitment of several dog-loving volunteers who generously dedicate their time and care to our dogs. Soon we will be able to offer daily physio-therapy, wheelchair training, dog walking, and many other interesting activities. Even if you have only time once or twice a week, join us for one of the most rewarding Yoga of Work experiences Auroville has to offer! Parents with children are most welcome.

We still have one last maintenance for the position of a full-time animal caretaker for a Newcomer or Aurovilian to offer, which can also be shared between two individuals. Big plus if you have a car driving license.

Please contact Arthur on WhatsApp at **812225266**. See you soon at the Shelter!

FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1010

- **Auroville Foundation Notification: FRAMEWORK for selecting the Working Committee**
- **FROM FAMC & AUROVILLE HOUSING SERVICE**
- **AUROVILLE HOUSING POLICY 2023**

Please click [HERE](#) to read the FO Groups News

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		
-------------------------	----------------------	--	--

Security (24/7):

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

Health:

Health Center 0413 2622123	Santé 0413 2622803	Farewell 8903836246	
-------------------------------	-----------------------	------------------------	--

Mental health 24/7 support:

Vandrevala Foundation +91 9999666555

India Emergency Response Service (24/7): 108

TAMIL & FRENCH NEWS & NOTES

ஆரோவில் தமிழ்ச் செய்திகள்



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

NOUVELLES D'AUROVILLE



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

CINEMA



presents at **MULTI MEDIA CENTRE AUDITORIUM (MMC, Town Hall)**

FRIDAY 2nd FEBRUARY - 8:00 pm
“THE TRIAL”

Director: Orson Welles, Germany/France/Italy, 1962
With: Anthony Perkins, Orson Welles, Jeanne Moreau, Romy Schneider, Akim Tamiroff, Elsa Martinelli

Overview and Synopsis: The Trial is Orson Welles' "fearless adaptation" of Franz Kafka's eponymous absurdist novel (1926) wherein Joseph K. wakes up one day and finds he's being arrested, but no one will tell him what the charge is. Joseph K. is looking for what he could be guilty of, and is lost in the mysteries of justice and never stops wandering from endless corridors to dusty offices... Anthony Perkins gives one of the best performances of his career in The Trial, aided by an outstanding array of stellar players. Original English version with English Subtitles, Duration: 1h58'

Note: on Sunday 4th, Aurofilm will present a **Cine-master class** on "The Genius of Orson Welles" in its Kalabhumi studio at **5:00 pm**. Film lovers and all other interested are welcome! (more details in the next issue of News and Notes)



present a **“CINE-MASTER CLASS”**

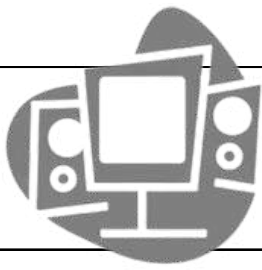
SUNDAY 4 FEBRUARY 2024, 5.00-7.00 PM at Aurofilm, Kalabhoomi (next to CRIPA)

If you like to discuss, share and learn more about films and Cinema, we invite you to our this chapter led **by Philippe May** on **“THE GENIUS OF ORSON WELLES”**

Overview: Orson Welles was a talented actor, a very creative director and scriptwriter who left an immense mark in the history of cinema. **“Citizen Kane”**, his first movie, is often quoted as the best film ever made - arguably for good reasons. Welles' constant struggles for creative and artistic control made him also an early outsider of the Hollywood studios. He then headed to Europe where he signed there other masterpieces like his adaptation of **"The Trial"** by Franz Kafka, presented by Aurofilm **Friday evening in MMC**. With the support of movie clips and archives, we will explore the eclectic filmography, career and life of this exceptional artist.

-- Philippe's presentation and the open discussion will therefore start directly as there is no specific screening apart from the prepared clips.

Philippe, an active Aurofilm collaborator, is an IT engineer, an Auroville forester and discernant film-lover.



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 29 January 2024 to 04 February 2024

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity.

Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.



A reminder not to use cell phone for any reason while the program is on, and no food/beverage to be taken inside the hall.

Indian – Monday 29 January, 8:00 pm:

• AATMAPAMPHLET (Autobio-Pamphlet)

India, 2023, Dir. Ashish Bendew/ Om Bendkhale, Rajratna Bhojane, Pravin Pratap Desai, and others, Comedy-Drama, 90mins, Marathi w/ English subtitles, Rated: NR (G)

This is a much acclaimed, satirical eccentric coming of age biopic set in the 90's. The primary protagonist is Ashisha young boy, as he narrates his own life and experiences. When on the school's annual day function, 10yrs old Srushti holds Ashish's hand by accident, beautiful first love sprouts. As Ashish and his one-sided love were growing up, he witnesses dramatic socio-political transformations around him, his family, city and the entire India. And the joyride of finding answers about himself and the humanity begins. It is a funny take on Indian society, rather on the entire world from a kid's point of view. Don't miss!

Potpourri – Tuesday 30 January, 8:00 pm:

• .LES VISITEURS(The Visitors)

France, 1993, Writer-Dir. Jean-Marie Poiréw/Christian Clavier, Jean Reno, Valérie Lemercier, and others, French-German-English w/English subtitles, Rated: R

A medieval nobleman and his squire are accidentally transported to contemporary times by a senile sorcerer. He enlists the aid of his descendent to try to find a way to return home, all the while trying to cope with the cultural and technological changes distinguishing his time from ours.

Interesting – Wednesday 31 January, 8:00 pm:

• THE WHALE AND THE RAVEN

Germany-Canada, 2023, Writer-Dir. Mirjam Leuze w/ Roy Vickers, Documentary, 101mins, English, Rated: NR (PG)

A story of humans and non-humans, united by a deep sea, separated by conflicting plans for its future. The Whale and the Raven illuminates the many issues that have drawn whale researchers, the Gitga'at First Nation, and the Government of British Columbia into a complex conflict.

Selection – Thursday 1 February, 8:00 pm:

• MY FAIR LADY

USA, 1964, Dir. George Cukorw/Audrey Hepburn, Rex Harrison, Stanley Holloway, and others, Family-Musical, 170mins, English w/ English subtitles, Rated: G

In this all-time classic film based on George Bernard Shaw's Pygmalion, the pompous phonetics Professor Henry Higgins is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle who agrees to speech lessons to improve her job prospects. Higgins and Eliza clash, then form an unlikely bond, one that is threatened by aristocratic suitor Freddy Eynsford-Hill. A lovely musical!

International – Saturday, 3 February, 8:00 pm:

• GUILLERMO DEL TORO'S PINOCCHIO

USA-Mexico-France-Australia, 2022, Writer-Dir. Guillermo del Toro w/Ewan McGregor, David Bradley, Gregory Mann, and others, Drama-Animation, 117mins, English-Italian w/English subtitles, Rated: PG

Here, the Academy Award®-winning filmmaker reinvents Carlo Collodi's classic tale of the wooden marionette who is magically brought to life to mend the heart of a grieving woodcarver named Geppetto. This whimsical, stop-motion musical follows the mischievous and disobedient adventures of Pinocchio in his pursuit of a place in the world. True to the director's earlier interpretations of fairy tales, this too is unique. Don't miss!

Children's Matinee- Sunday, 4 February, 4:00 pm:

• HARRY POTTER AND THE ORDER OF THE PHOENIX

UK-USA, 2007, Dir. David Yates w/Daniel Radcliffe, Emma Watson, Rupert Grint, and others, Action-Adventure, 138mins, English-Latin w/English subtitles, Rated: PG-13

Here comes #5 of 8 films in the series. With their warning about Lord Voldemort's return scoffed at, Harry and Dumbledore are targeted by the Wizard authorities as an authoritarian bureaucrat slowly seizes power at Hogwarts. Please note the rating; it is for older children and followers of the book.

RIDLEY SCOTT FILM FESTIVAL@ Ciné-Club:

Ridley Scott is an English filmmaker. He is best known for directing films in the science fiction, crime, and historical drama genres. His work is known for its atmospheric and highly concentrated visual style. Scott has received many accolades, including the BAFTA Fellowship for lifetime achievement in 2018, two Primetime Emmy Awards, and a Golden Globe Award. In 2003, he was knighted by Queen Elizabeth II.

Ciné-Club Sunday 4 February, 8:00 pm:

Ciné-Club Sunday 4 February, 8:00 pm:

• THE DUELLISTS

UK, 1977, Dir. Ridley Scott w/ Keith Carradine, Harvey Keitel and others, Drama – War, 100 mins, English w/ English subtitles, Rated: R (PG)

Set during the grand, sweeping Napoleonic age, an officer in the French army insults another officer and sets off a life-long enmity. The two officers, D'Hubert and Feraud, cross swords and pistols time and time again in an attempt to achieve justice and preserve their honor.

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.

To organize a seminar/program at MMC kindly email us at mmcauditorium@auroville.org.in. Our projector is crawling towards the end of its life, compelling us to look for a new one. You could financially support through a one-time or recurring donations to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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