

Auroville

NEWS & NOTES

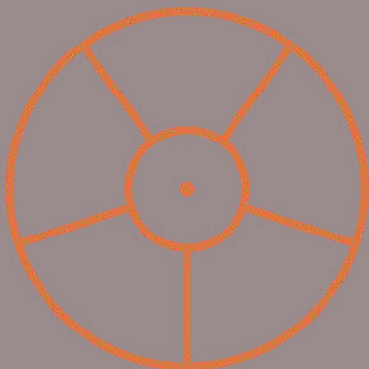
No 1035 - A weekly bulletin for residents of Auroville

11 July 2024

RA EDITION



Community Potluck, Certitude, July 2024



PONDERING

Auroville is an attempt towards world peace, friendship, fraternity, unity.
20.9.1969

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



(continued from last two weeks)

At length his front's indomitable line
 Forces the last passes of the Ignorance:
 Advancing beyond Nature's last known bounds,
 Reconnoitring the formidable unknown,
 Beyond the landmarks of things visible,
 It mounts through a miraculous upper air
 Till climbing the mute summit of the world
 He stands upon the splendour-peaks of God.

In vain thou mournst that Satyavan must die;
 His death is a beginning of greater life,
 Death is the spirit's opportunity.

A vast intention has brought two souls close
 And love and death conspire towards one great end.

For out of danger and pain heaven-bliss shall come,
 Time's unforeseen event, God's secret plan.

This world was not built with random bricks of Chance,
 A blind god is not destiny's architect;
 A conscious power has drawn the plan of life,
 There is a meaning in each curve and line.

It is an architecture high and grand
 By many named and nameless masons built
 In which unseeing hands obey the Unseen,
 And of its master-builders she is one.

"Queen, strive no more to change the secret will;
 Time's accidents are steps in its vast scheme.

Bring not thy brief and helpless human tears
 Across the fathomless moments of a heart
 That knows its single will and God's as one:
 It can embrace its hostile destiny;
 It sits apart with grief and facing death,
 Affronting adverse fate armed and alone.

In this enormous world standing apart
 In the mightiness of her silent spirit's will,
 In the passion of her soul of sacrifice
 Her lonely strength facing the universe,
 Affronting fate, asks not man's help nor god's:
 Sometimes one life is charged with earth's destiny,
 It cries not for succour from the time-bound powers.

Alone she is equal to her mighty task.

Intervene not in a strife too great for thee,
 A struggle too deep for mortal thought to sound,
 Its question to this Nature's rigid bounds
 When the soul fronts nude of garbs the infinite,
 Its too vast theme of a lonely mortal will
 Pacing the silence of eternity.

As a star, uncompanioned, moves in heaven
 Unastonished by the immensities of Space,
 Travelling infinity by its own light,
 The great are strongest when they stand alone.

A God-given might of being is their force,
 A ray from self's solitude of light the guide;
 The soul that can live alone with itself meets God;
 Its lonely universe is their rendezvous.

A day may come when she must stand unhelped
 On a dangerous brink of the world's doom and hers,
 Carrying the world's future on her lonely breast,



Carrying the human hope in a heart left sole
 To conquer or fail on a last desperate verge,
 Alone with death and close to extinction's edge.

Her single greatness in that last dire scene
 Must cross alone a perilous bridge in Time
 And reach an apex of world-destiny
 Where all is won or all is lost for man.

In that tremendous silence lone and lost
 Of a deciding hour in the world's fate,
 In her soul's climbing beyond mortal time
 When she stands sole with Death or sole with God
 Apart upon a silent desperate brink,
 Alone with her self and death and destiny
 As on some verge between Time and Timelessness
 When being must end or life rebuild its base,
 Alone she must conquer or alone must fall.

No human aid can reach her in that hour,
 No armoured god stand shining at her side.

Cry not to heaven, for she alone can save.

For this the silent Force came missioned down;
 In her the conscious Will took human shape:
 She only can save herself and save the world.

O queen, stand back from that stupendous scene,
 Come not between her and her hour of Fate.

Her hour must come and none can intervene:
 Think not to turn her from her heaven-sent task,
 Strive not to save her from her own high will.

Thou hast no place in that tremendous strife;
 Thy love and longing are not arbiters there;
 Leave the world's fate and her to God's sole guard.

Even if he seems to leave her to her lone strength,
 Even though all falters and falls and sees an end
 And the heart fails and only are death and night,
 God-given her strength can battle against doom
 Even on a brink where Death alone seems close
 And no human strength can hinder or can help.

Think not to intercede with the hidden Will,
 Intrude not twixt her spirit and its force
 But leave her to her mighty self and Fate."

* * *

He spoke and ceased and left the earthly scene.

Away from the strife and suffering on our globe,
 He turned towards his far-off blissful home.

A brilliant arrow pointing straight to heaven,
 The luminous body of the ethereal seer
 Assailed the purple glory of the noon
 And disappeared like a receding star
 Vanishing into the light of the Unseen.

But still a cry was heard in the infinite,
 And still to the listening soul on mortal earth
 A high and far imperishable voice
 Chanted the anthem of eternal love.

— Sri Aurobindo, Savitri
A Legend and a Symbol

Book Six: The Book of Fate

Canto Two: The Way of Fate and the Problem of Pain

<https://incarnateword.in/cwsa/34/the-way-of-fate-and-the-problem-of-pain>

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)

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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 donate at this account Nr: **FS #252150**.
- 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

NO ANNOUNCEMENT THIS WEEK

If you need to contact the Entry Board, write to: auroville.entryboard@gmail.com

FROM THE AUROVILLE COUNCIL

RAS MEMBERSHIP CALL

Dear Community,

This is a gentle reminder to the earlier call in regard to the RAS membership.

We would like to invite residents to join this important service to our community. The RAS needs service-oriented people with a strong community spirit to reinforce the existing team. They should be willing to assist residents in understanding and navigating community processes. Ideally, this requires a wide range of skills in communication, organization, and coordination. The preferred skill set includes:

- Basic IT skills necessary for managing digital records, communication, and other relevant tasks.
- Fluency in English, with proficiency in Tamil preferred.
- Knowledge of Residents' Assembly processes.
- Willingness to learn.
- Regular attendance and commitment to work.
- Ability to maintain confidentiality.

The RAS organizes decision-making and selection processes, tracks these processes, coordinates with the Residents' Assembly, and collaborates with various services and working groups. The RAS serves as a conduit for the voices of residents, helping them stay connected with the overall organization of Auroville.

If you are interested, please send an email to the Auroville Council at avcouncil@auroville.services

Kind regards,

The Auroville Council and the Working Committee of the Residents' Assembly

COMMUNITY NEWS

FROM THE RAS



OUTCOME OF THE EMERGENCY RA DECISION-MAKING AGAINST LAND SALES/EXCHANGES BY THE AVFO

28th June – 7th July 2024

Here are the results of the Emergency Residents' Assembly Decision-making process, which has been initiated by the Working Committee of the Residents' Assembly (3.3 [RAD policy, 2023](https://shorturl.at/tAI34) - <https://shorturl.at/tAI34>), to approve or disapprove the following resolution:

We, as members of the Residents' Assembly, resolve the following:

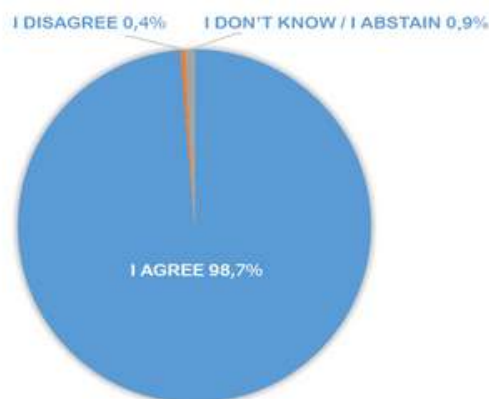
- **Immediate Halt to Land Sales/Exchanges:** An immediate pause on any further sale or exchange of Auroville properties.
- **Review and Reversal of Land Deals:** A thorough review of the land deals undertaken by the current Secretary and authorized by the Governing Board, with a focus on reversal and restitution for any wrongful transactions.
- **Full Investigation:** A comprehensive investigation into all land exchanges conducted by the current administration since 2022.
- **Future land deals:** To be made with all due process, respecting the Auroville Foundation Act and its 3 authorities (namely the RA, IAC and the GB) and Indian law.

These are necessary steps to protect Auroville's land and ensure its use aligns with the original purpose and ideals of peace and human unity (Ref. AVC/05/2024).

A total of 945 valid votes have been submitted online and in-person.

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 **2400** (as of the month of July 2024).

Kindly note that as per the RAD policy "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% (933) participants voted in favour of the above resolution.

0,4% (4) participants rejected it.

0,9% (8) participants didn't know / abstained.

THEREFORE, THE RESIDENTS' ASSEMBLY APPROVED THE ABOVE RESOLUTION.

We would like to remind you that, according to the [RAD Policy](https://shorturl.at/tAI34) - <https://shorturl.at/tAI34> - "8. Responsibility for implementing decisions made through this RAD process lies with the concerned working group/s or resident/s".

The RAS is very grateful to all who supported this Emergency RAD. We are particularly thankful to those who lent us their devices, and others who supported at our polling stations and in the community gathering. Thanks to all who voted, encouraged friends and family to vote and for taking part in the life of our community decision-making!

~ Warmly,

For the Residents' Assembly Service
Peter, Tatiana



REMEMBERING GAJENDRAN



Gajendran Karunanidhi (known in Auroville as Gaje) was born in Pondicherry in 1963, and joined Auroville in 1987. His father was a police officer when Pondicherry became a Union Territory, and initially Gaje trained as a police officer as well. His father then realised that Gaje was meant for something else, and suggested that he go to Auroville. From the start Gaje worked at the Matrimandir, as a garden maintenance coordinator. He worked there nonstop till the end, 35 years later. In 1996 he saw the need to create a kitchen to provide food for the units of the industrial zone such as Shadhanjali, Aurosarjan, Auromode and Imagination, and with the support of Prema of Auromode and Abha of Shradhanjali started the GP cafe, to which he, together with his wife Latha, and his son Auroananda and his daughter Nithya up to his last

days dedicated all his time and energy when not at Matrimandir. He took great care to make the lunches affordable for people on maintenance. He was also much into fitness routines. In the early years he used to teach gymnastics at Certitude. And before he trained to be police he worked more than 3 years with Ilayaraja Music Director for several of his films.. He was always proud of that past.

People remember him as a gentle, very dedicated person. His sudden passing from cardiac arrest was a shock to many. Many, many people visited his house at Prayatna and attended his funeral at Adventure on July 1st, 2024.

(Submitted by Annemarie)



ASWATHANAM CHANDRASEKAR PASSED AWAY

This is to inform the community of the passing of Aswathaman Chandrasekar, 65. He passed away last night due to a heart attack.

Our deepest condolences to his wife Matcha Gandhi, working at Solar Kitchen, and their three sons Karthikeyan, Amudhan, Muralidharan, all Aurovilians.



The remains of Aswathaman Chandrasekar were cremated Sunday 7th July, at 5:00pm in the Kulilapalyam Ghat.

~ Om ~

KRATU PASSED AWAY

Kratu passed away peacefully, with a smile on his face, on Sunday night, July 7th, at 9pm, in his home and in good company.



Kratu, an Aurovilian artist, was born on the 2nd may 1942 in Lonigo, Verona, Italy. In his early twenties, his passion for art led him to live in various different countries and to hitch-hike around the Mediterranean. At a certain point, while living in Belgium, he came to know of Sri Aurobindo and wrote to the Mother expressing a wish to come to live in the Ashram. In 1969 he started his journey towards India and Nepal overland, hitch-hiking all the way. When he arrived in Nepal, he explored Tibetan Buddhism for a year, after which he directed his steps towards the Sri Aurobindo Ashram where he arrived in December 1970. There he met the Mother and chose to join Auroville.

While living in Pondicherry's Auroville Guest House, he worked with Roger Anger, at Aurofuture's office in Pondicherry for about a year. Towards the end of '71, he asked Mother to accept him in the Ashram, which She did. Until 1987 he worked with Nata in the publication of an Italian magazine (Domani) where translations of the works of Sri Aurobindo and the Mother were published. During this time he met his life partner Aloka, for an adventure that lasted 52 years.

In 1991, they moved to live and work in Auroville with their younger son Virya. Kratu setup a ceramic unit where he expressed himself through sculpture, until its closure in 2016. He crafted many beautiful pieces with his hands, which many of us will always enjoy.

After a long struggle with cancer, he peacefully liberated himself from his body with a smile. He now rests in the Love and Light of Sri Aurobindo and the Mother.

~ Aloka, Pushkar, Virya, Shona, Namu and Tamika and Nùria, Joan and Anandi ~

Thank you, Kratu.

In 1996, when Housing allotted me one of those cute small houses in Grace, I asked via News&Notes if someone would have an unused Buddha statue, or something, to accompany me in my new abode. Kratu responded. He had made a ceramic Buddha head but..., one ear had broken off during the firing. I went to see it in his studio at Dana and, ear or no ear, fell in love with it. Kratu had managed to express through this bronze-like work all the gentleness, compassion and deep, blissful introvertedness I envisioned a Buddha to have. It has been with me all those years, and I could not but keep thanking him for it, time and again.

Thank you, Kratu, I'll keep enjoying it for you.

With so much love, -mauna



JOHN MANDEEN PASSED AWAY

John Mandeen came to Pondicherry from California in October 1968 as a young man of 24 and was accepted by the Mother as an Ashramite.

He helped set up the first screen printing workshop in the Ashram Press. All birthday cards with the Mother's symbol in those days were screen printed there besides book covers.

He took up photography in the late 1970s and got seriously into it by the 80's, extensively documenting Auroville in all its aspects, including the Matrimandir.



Since 1980 he was part of the Prisma team with Franz and Tim and they did all the publicity work for Aurelec. In 1994 he took photos for the first Auroville exhibition at the Visitor's Centre which was updated several times over the years. He also was one of the photographers for the Auroville Today monthly magazine and designed the front cover for the first compilation. He taught photography in Aspiration school to many Auroville kids, all adults now, some of who ended up becoming photographers themselves.

Most of the initial publications of Prisma, like the architecture books and calendars, carry John's photos. Later he was involved in doing pre-press work for other Prisma projects as well as projects of the Ashram Archives. Recently he was working with the Ashram Archives on a new book they are bringing out.

He left for his onward journey into the arms of the Mother and Sri Aurobindo at 12:55 am on July 7, 2024.

His extensive work of seeing the Auroville of earlier years, and capturing it for ages to come, is truly priceless. We salute him with gratitude, and extend our warmest condolences to Nini, his wife, and other close friends.

~ OM ~

COMMUNITY SHARING

BABY BOY BORN - WELCOME RAKSHAN

Dear all,

We are happy to inform the community that we are blessed with baby boy (RAKSHAN) on 2nd of July 2024, at 10.32am, at PIMS. We are also sorry that this message comes to you so late.



Thank you,
Ramakrishnan & Shanthi

SUPPORT NEEDED

SUPPORT FOR GIUSEPPE

We are in need of financial support to continue to pay for the people that give their time and energy to look after Giuseppe. The food costs are also above what is received from Auroville. Any smaller or bigger contribution is most welcome.

For contributions you may use **FS account nr. 102518** (Giuseppe).

For additional information, call or send a Whatsapp 0091 94896 01312

Thank you very much!
Shivaya and Enrica

POETRY

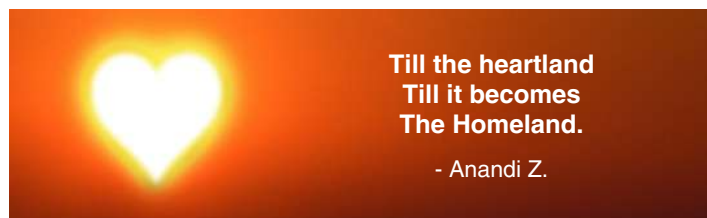
The Eternal Queen

What happiness is there in transient things,
The little joys built on small desires,
What sadness and what sorrow to us brings
The advent of the fierce and cleansing fires?

We must find the centre of the peace
Inhabiting both animal and man
That aspiration in us will not cease
Until attainment of the superman,

And more, to conquer higher worlds unknown
Where the Godhead also may be seen,
The light of all the worlds brightly shone
And the perfect visage of the eternal Queen.

- Narad



VOICES AND NOTES

PSYCHIC BEING, JIVATMAN - AND HEROIC VITAL

Sri Aurobindo distinguished between the soul progressing from life to life – the psychic being – and the eternal, immutable, divine soul or divine centre; this essential soul or central being is the *jivatman*.

From my book "Becoming One – the Psychology of Integral Yoga", 2018, fourth print:

"The psychic being was traditionally known in India as the *caitya purusha*, and it normally acts from behind while supporting the imperfect



mental, vital and physical instruments, growing along with their experiences. The abode of the psychic being is located deep within, behind the heart chakra, the seat of the emotions, which generally find their origins in the mental and vital planes of being. In fact, in addition to the psychic being, the *Jivatman* or central being delegates a representative of itself on each level of being: the true mental being, *manomaya purusa*; the true vital being, *pranamaya purusa*; and the true physical being, *annamaya purusa*. So long as one lives an unreflective life, the being is organized around the mental, vital or physical *purusa* according to one's predominant nature. Although the psychic being can be accessed through the inner mental, vital and subtle physical planes of being, it is reached most directly via the purified emotions of the higher vital.

There comes a time in the soul's journey when the psychic being starts to cast its influence directly over each of the inner planes of being gradually psychicing their movements, until, at last, it comes in front. The psychic being is the leader of one's deeper and higher movements and the source of the dynamic impulsion for individualisation, which eventually includes becoming conscious of its joining with the individual Self or *Jivatman* above. ... The psychic being is evolutionary, whereas the *Jivatman* is self-existent."

With advanced individuals, the psychic being determines one's birth, choice of parents and educationists, environment etc. However, the Mother observed that the psychic being remains dominant in children until a mechanic mental education and most parents' influence dry it up. Re-housing the students in a promising environment, the Mother instituted the Ashram's boarding and a psychic education curriculum. When giving classes to the students, during her questions and answers sessions there was no aspect of Yoga that she didn't discuss.

Psychic being and spiritual being are two distinct entities. People may have prominent psychic qualities without necessarily being spiritual; this was my repeated experience, in Italy as in Canada. But a quality that must be present for the psychic to pierce through is sincerity. This, alone, sets the tone right away: one is in, or is out. The Mother thundered on this till the end.

The spiritual transformation may not happen; whether at the Ashram or Auroville, very few are ripe. But the psychic opening, much before the psychic realisation and transformation, is an absolute necessity; this is what the text "To be a true Aurovilian" is about. True *conditio sine qua non*, it is part of the 'goodwill' the Mother relates to Auroville: without psychic opening there is no beginning. And everything commences with sincerity.

Even if the spiritual being is not manifest, and the psychic realisation may happen much later, journeying through the psychic is sufficient to live according to Mother's guidelines, spontaneously. But psychic conversion means psychicingisation of all layers of being: mental, vital and physical. Of the three, conversion of the vital is the first necessity. The heroic vital is a tremendous tool, if the crudeness of the low vital is tamed; without it, no Auroville can blossom.

[Submitted by Paulette]

SEED DIVINE: AN UNFINISHED STORY

A divine impulse gives birth to the dream of an ideal town somewhere on Earth that will belong to nobody in particular but to humanity as a whole, and be entirely at the service of Truth.

This precious seed is planted into an arid, degraded soil, and as it burgeons and grows, people from across the world come to offer all they are and all they have, in dedication to the unfolding Dream of the Divine.

The soil starts healing, a living forest is regrown on the once-eroded land, and gradually, a peaceful yet vibrant town starts taking shape, with many creative projects that radiate out into the world, connecting its residents to institutions and well-wishers all over the globe.

Conceived as a laboratory of evolution, a microcosm of a humanity under mounting pressure, its community, richly diverse with 60+ nationalities, also faces its share of difficulties, so they may be transformed into solutions in its aspiration to realise an effective human unity.

Meanwhile, half a century after its birth, a fateful mindset of Control is on the rise across planet Earth. Seizing upon all that can serve its drive, its preying eye falls on the tranquil green refuge where the seed of a new world is slowly and gradually being reared.

In its hunger for grandeur and pomp, it imagines using the Dream Divine as a fitting jewel for its own crown. Unexpectedly though, it finds its appetite checked and its plans put in question by the experiment's innate spirit of freedom, universality and respect for all life, which simply cannot be subdued to partial and limiting aims.

And so, every leverage gets used to seize and re-mould the Dream. Its founders' profound message is given a spin, its inner flame covered by dogma, its sanctity profaned by the oxymoron of 'spiritual tourism'. Autonomous by law, the project with its prosperous lands and all its assets, all gifted and built through countless people's goodwill and faith, is declared the property of a public administration. An oppressive management, foreign to its spirit, is imposed on its community, and its chief officer vows to disrupt and break its people's spirit and all they have built, until they either submit to her rule or quit.

Differences of view within the community are stoked into conflicts and used to deepen divides. Destruction is unleashed in all spheres, on all that was good and beautiful and inspiring, including community services, the social fabric, education, culture, experiments in a new economy, buildings and roads, and its unique, delicate and irreplaceable harmony with Mother Nature. Those who resist the onslaught are targeted and branded as offenders; fear and intimidation hold sway.

Money is enthroned as the supreme ruler. A new financial administration deprives more and more community members of their basic sustenance, while head taxes are extorted and used for further destruction and entrenching the misrule. The community is made to pay for hosting and feeding its own oppressors! Corruption reigns unchecked, and when approached with pleas for help, the powers that be turn a blind eye...

The grip of falsehood and ill-will seems all-powerful, with but few and faint glimmers of hope in sight. Stripped of all material securities, what community members have left is their faith and their prayers. And above all, the luminous assurance of the Divine Mother that the victory of Truth is certain, that the New Creation is waiting for us to be ready.

This is how far we can tell the story today, but we know it does not end here. Unnoticed, the Dream Divine is preparing its new chapter. Unseen, the Light is growing...

"When darkness deepens strangling the earth's breast
And man's corporeal mind is the only lamp,
As a thief's in the night shall be the covert tread
Of one who steps unseen into his house.
A Voice ill-heard shall speak, the soul obey,
A Power into mind's inner chamber steal,
A charm and sweetness open life's closed doors
And beauty conquer the resisting world,
The Truth-Light capture Nature by surprise,
A stealth of God compel the heart to bliss
And earth grow unexpectedly divine.
Sri Aurobindo, Savitri

Auroville. June 2024

- Submitted by an Aurovilian

AWAKENING SPIRIT

AMPHITHEATRE - MATRIMANDIR

Every **THURSDAY**
6.00 to 6.30 pm



During the Summer months, Sunil's music and Savitri read by Mother will be replaced by the beautiful New Year Music, also by Sunil and with each time a different prayer by the Mother - recorded with the music.

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.

We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you.

Access for the Amphitheatre only from 5.45 pm and until meditation ends.

Thank you
Surya for Amphitheater team

OPEN-CIRCLES FOR PSYCHIC BEING



Dear Friends,

With regards to the 'Open-Circles', previously announced, on the topic of the Psychic Being that will take place on:

- Saturday, 13/07 and 17/08, from 3.30 to 5pm, in **French** at the French Pavilion
- Saturday, 20/07 and 24/08, from 3.30 to 5pm in **English** at the Pavilion of Tibetan culture

Please find below a few guidelines that we would like you to take into consideration, to ensure a smooth and respectful sharing:

- Booking in advance is recommended in order for us to be able to wait for anyone arriving (not to) late. Arriving on time shows respect to the rest of the participants :)
- There is no obligation to share in the circle, however, we would like to encourage a fully present and deep listening audience
- The circles will not be recorded as our intention is to create a sacred and confidential space for the individual sharings.

Looking forward meeting you at our upcoming circles,

Warm regards,
Dan, for the InnerBeing team

THE OM CHOIR IN SAVITRI BHAVAN

Thursdays, 5:30 p.m.

ALL ARE WELCOME

- Narad



SAVITRI SATSANG WITH NARAD

Savitri Satsang with Narad will take place every

Wednesday at 6:30 pm

at the home of Uma and William in Kalpana.

The Park of Unity

The Matrimandir, the Petals, the Lotus Pond, Banyan Tree are areas of SILENCE

- The Park of Unity is open to Aurovilians and Newcomers
Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring close family and friends to the Gardens
Daily: 9.00 AM to 3.30 PM
- Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass.
- Published events in the Park of Unity are open to Aurovilians, Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.

The Inner Chamber of the Matrimandir

The Matrimandir is a place for silent individual concentration.

- The Inner Chamber is open to Aurovilians and Newcomers:
Monday – Saturday 6.00 AM to 8.00 AM
4.30 PM to 7.30 PM
Sunday 6.00 AM to 12.00 PM
4.30 PM to 7.30 PM
- The Inner Chamber is open to SAVI registered Volunteers:
Wednesday – Monday 8.00 AM to 8.40 AM.
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 5 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:
Any day except Tuesday & Sunday: 8.00 AM to 8.35 AM
Arrival at 7.45 AM at the Office Gate
- The Inner Chamber, the Petals and the Gardens are open to the Children of Auroville and the Outreach Schools:
Tuesday 9.00 AM to 11.00 AM
- The Auroville units can bring their staff to the Inner Chamber with a prior booking to mmconcentration@auroville.org.in:
Tuesday 8.00 AM to 8.30 AM

The Petals of the Matrimandir

- The Petals are open to Aurovilians, Newcomers and Pass holders
Monday – Sunday 7 AM to 8 AM,
Tuesday AM closed.
Daily 5 PM to 6 PM

**Access to Matrimandir for Visitors and Guests
Matrimandir Viewing Point**

The Viewing Point is open to the general public on presentation of a Pass.

Visits to the Matrimandir Viewing Point are free of cost. Free passes can be obtained at the Auroville Visitors Centre. The Viewing Point lies south of the Park of Unity and offers visitors a panoramic view of the Matrimandir and the Gardens and the Lake.

Timings starting from the Visitors Centre:
Daily: 9.00 AM to 5.30 PM

The Inner Chamber of the Matrimandir

The Inner Chamber is open to Visitors and Guests by prior booking only. Visitors and Guests seeking to concentrate in the Inner Chamber are requested to inquire at the Information Desk of the Visitors Centre after first visiting the Viewing Point. Prior booking is required to access the Inner Chamber at least one or two days in advance. Bookings for concentration are given for the following or the first free day as per availability and are accepted only up to one week in advance. Minimum age 10 years. The Petals are open to Visitors on the morning of their Inner Chamber visit.

SEARCH ENGINE ON LINE SRI AUROBINDO THOUGHTS AND GLIMPSES

An open-source search engine based on Sri Aurobindo's work Thoughts and Glimpses is available online at the links indicated below. Includes the English original published by the Ashram, the Italian translation by Davide Montemurri, and (currently being introduced into the database) the French translation by Mère .

The site is freely accessible without login credentials at the following links:

<https://www.aurotools.net/html/pensafor/html/MainPensafor.php>
<https://www.aurotools.net/html/pensafor/html/EstraiOk.php>

Allows you to submit searches for snippets of text, words or phrases In English, Italian and French and to get to video and then to downloadable in *.pdf file, the Aphorisms containing the textual fragment you requested.

The Italian translation is by Davide Montemurri, director of the film L'uomo dopo l'uomo and translator together with Tommaso Boni Menato of the Italian version of L'Agenda di Mère,

Leonardo

leo.biacca@gmail.com

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday, 16th July, 9 am - 12 noon

Focus: Self-mastery

Led by Ashesh Joshi

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

All are Welcome

**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, or at an agreed upon venue in Auroville

By appointment only: please call 8300191193



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



Also check Zech's Weekly Sharings:

<https://zechjoya.blogspot.com>

Or scan the QR Code on the left

WORK OPPORTUNITIES

OFFERING WORK

WE ARE LOOKING FOR SOMEONE TO HELP IN NEW CREATION GUESTHOUSE - MANAGER ASSISTANT

It is a very nice opportunity for someone looking for a long-time engagement.

We are here in a very good position to work on our-selves and do our karma yoga.

We are looking for someone to join the team on a long term.

Full time work and maintenance available.

Must speak tamil

We are looking for someone having those qualities:

- Empathy and understanding (Customer service oriented) ...
- Multi-tasking and multi skills
- Computer skills are a must...
- Leadership and Attention to detail...
- Communication. ...
- Operational and financial management.
- Having a sense of Service work in Auroville, understanding values of Av.
- Flexibility in terms of work and timings

More details :

Perhaps **Communication skills** are on the top of the list of what makes an Excellent Hotel Manager;

Having a **Friendly Attitude** is one of the most essential qualities of Excellent Hotel Management.

Having Friendly and Professional Personal Skills are truly a must. As a Hotel Manager, you are a Role Model;

Having a Strong Auroville Work Ethic is an essential quality in our list of qualities.

Hotel Managers must be good Organizers.

Respect is Everything, in every field of work and, importantly, in Hospitality.

In an Auroville Service – Karma Yoga oriented

To get in touch with us =>

newcreationgh@auroville.org.in

Or contact beber 638563 5943

LOOKING FOR WORK

JEREMIE LOOKING FOR AFTERNOON WORK

Dear Auroville Community,

I'm Jeremie, a Newcomer since May 2023, looking for an afternoon half-time mission starting in August. My background includes:

- 10+ years in transportation and mobility management
- Experience in electronic sensors, data analysis, and statistics reporting
- Skills in customer service, team management, and administration
- Education in Wildlife Management and Project Management

I'm passionate about nature, wildlife, technology, and cultural exchanges. Currently working with Savi in the morning and Youthlink in the afternoon, I'll be available afternoons from August.

If you think my skills could benefit your unit, please contact me at jefollet@yahoo.fr. I'm excited to explore new opportunities!

Best Regards,

Jeremie

VOLUNTEERING OPPORTUNITIES

LOOKING FOR FACILITATORS

We at YouthLink, and more specifically the Soft Skills Team in YouthLink are looking for facilitators, passionate people or anyone wanting to share their knowledge to reach out to us and see how we can collaborate!

The Soft Skills Team in YouthLink focuses on the mind, emotions, feelings, communication and all skills that will help one navigate through life more smoothly. If you work or are passionate in an activity related with what we do and want to share with the community of auroville and more specifically, Youth, please reach out to us through our email youthlink@auroville.org.in!

Looking forward to working and co creating together!

Thank you.

With love,

Madhu for the YouthLink team.

LOOKING FOR INTEGRAL EDUCATOR

Integral Mathematics Sessions for children is looking for kind, understanding, helping hands of integral Educators to assist during math sessions.

Requirements:

Open mindset.

Must understand and practice Integral yoga by The Mother and Sri Aurobindo. Doesn't believe in teaching.

A living joyful Being.

Understanding Mathematics is an added advantage.

Working Hours: Wednesday 4:30-6 pm

Thursday from 2 pm- 5:30 pm

Friday 2:45 - 3:45 pm

Please write back to snehal_nc@auroville.org.in with your intentions (why you want to join?), thoughts, and details.

EDUCATION

CALL FOR GRANT PROPOSALS SDZ FUNDING IN 2024

The Project Coordination Group (PCG) will be meeting to review grant proposals for possible funding by Stichting De Zaaier. **The last date to submit proposals for this call is Monday, 22 July 2024.** You are welcome to submit earlier or send us a draft version of your proposal for comment prior to the due date. *(If you plan to submit a proposal, please carefully read this full announcement to the end.)* All documents related to this purpose are to be submitted in the prescribed forms as attachments, emailed to pcg@auroville.org.in

Please note that in case your proposal is not ready by this date, there will be another call for proposals for SDZ later this year.

Please note that if you are submitting a project that has anything to do with Auroville or Auroville Outreach schools, or, students of any individual classes, your project is to be reviewed by all concerned School Boards prior to submitting to the Project Coordination Group. (Please contact all individual schools before submitting your proposal to the School Boards.) Therefore, it is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the Project Coordination Group can more easily recommend a project for funding knowing it will have the support of schools and thereby have a greater impact on the beneficiaries of the project.

For more information, application forms or assistance please write to pcg@auroville.org.in

The last date for submitting proposals for this call is Monday, 22 July 2024. Please submit earlier if possible.

NB There will be another opportunity to submit proposals for funding by Stichting de Zaaier announced later this year.



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!

Evening Programs!

From **1st February 2024**, we launched a new experiment. The Language Lab extended its opening hours from 5pm - 6:00pm, Monday to Friday. We are offering special evening programs which include conversational practice with native language speakers, talks, poetry readings as well as self-learning and guided study in different languages with our mediatheque.

This program is 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. Ever learnt a language but feel a bit rusty now? Come and revive it! All, including Guests, are welcome to join. Come share your language with others!

People have started to come back. Samskrit Chanting, Spanish, French and English and French Conversation Practice sessions are happening on Mondays, Tuesdays, Wednesdays and Thursdays, 5-6pm. For the English conversation sessions, the focus continues to be on the Auroville Charter and The Dream. 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@aurovillelanguagelab.org or a WhatsApp message to +91 98430 30355. You don't need to be a teacher; you simply should enjoy conversing with others and offer yourself for conversation practice. Incidentally, age no bar!

Our first full-length publication: We are thrilled to announce that the long-awaited printed copies have finally arrived!!! They are now on sale at the Lab and will be available soon at other outlets, they are also available at the Auroville Library; you can borrow them. Please come to the Lab, have a look, and pick up your copy!

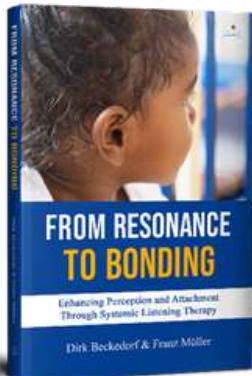
"From Resonance to Bonding" by our German Tomatis colleagues and friends, Dirk Beckedorf & Franz Müller, is also available on Amazon as an e-book. The paperback version is not available on Amazon yet, but you can pre-book by going to <https://books.aurovillelanguagelab.org/> and click on "Pre-Booking (Paperback in India)."

The book gives an in-depth explanation of the Alfred Tomatis method, its scientific basis, how and why it works, along with detailed case studies. Order through our website: <https://books.aurovillelanguagelab.org/>.

You can access the detailed Table of Contents, as well as 2.5 chapters of the actual book for free [here](#), before deciding to buy the paperback or order through Amazon.

This book has information for a wide variety of professionals in different fields, as well as laypeople. For example, midwives, doulas, gynaecologists, as well as pregnant women, parents-to-be and recent parents, will find the chapter on "Resonance in the Womb" full of incredibly fascinating information. It is an excellent summary of all the research since Dr. Tomatis' pioneering work in the early 1950s, on the development of listening in the womb. The book holds deep insights for anyone working in the field of education.

We are delighted to announce that our website has been updated and is now online. We warmly invite you to visit and explore the new features and services we have added.



Tomatis

Please contact **0413-3509932** or **04132622467** or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations. In case you wrote earlier but haven't heard back from us, please send us a reminder by email.

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

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

NEW Language Courses at ALL

Registration for all classes:
info@aurovillelanguagelab.org
+91 9843030355 (WhatsApp)

Intensive German class with Ben, level A2 (drop-in possible)

We'll concentrate on an effective way to improve your German skills, with a focus on free speaking, especially for those who want to go abroad and feel more secure with conversation and comprehension.

Day & Times: Mondays and Wednesdays 10:30am to 12:00 pm

French Conversation

We're delighted to welcome YANIS, of Romanian and French origin, who will offer **French conversation for beginner and intermediate levels**. Yanis is 23 years old and loves meeting people. He's very dynamic, creative and extremely motivated to teach French conversation. It would give him great pleasure to help people learn to speak French. We will have a first session for Yanis to meet all those interested, on Saturday 20.07.24, from 9-11am. Whatever your level of Spoken French, come, and we'll see if the group can be managed together, or divided into two levels. This French Conversation class will be once a week, on Saturdays. See you on the 20th!

Spanish Beginner Class with Mila

A journey of language and culture with our dynamic Spanish beginner class, guided by our long-time language teacher from Spain. The class has started; hurry and join.

Day & Times: Monday & Wednesday 2:30 to 3:30 Pm

Tamil Beginner Course with Saravanan

Catch up on Tamil sounds, learn basic grammar, and gain confidence in conversational Tamil. Our fun, interactive lessons and supportive environment make it easy and enjoyable. The class has started; it is a very nice group; join now else you'll have to wait for the next round.

Day & Times: Tuesday and Friday 9:30 to 10:30

Registration is still open.

Tamil Reading & Writing and also Spoken Intermediate with Murugesan

We welcome back our other Tamil teacher, Murugesan. His daughter is fine now, (many in Auroville know the story), so he is happy to re-start teaching at the Lab. He will offer one class of Intermediate Tamil as well as another class specifically focussed on learning to read and write Tamil. Both classes will be an hour each and will start this coming Saturday (13.07.24). 9:00 to 10:00am and 3:00pm to 4:00pm. The classes have not started yet. Registration is still open. Murugesan is also available for individual private classes in Tamil on Saturdays. All sessions to be booked in advance.

Experience the magic of Persian Language and Poetry

Explore the rich culture of Persia with Anita, from Iran, who studies ancient history and myths. Learn about famous poets like Rumi and Khayyam, and discover the stories of the ancient Zoroastrians.

Listen to the lilting beauty of Persian and take your first steps to learn it. All are welcome to join this two-month course and also drop in per session.

Day & Times: Every Saturday 10:00 to 11:30 AM

New Beginner Hindi with Kaushal

Kaushal is a native Hindi speaker who is keenly interested in introducing the beauty and nuance of this language to eager learners. In this 16-hour (2 month) course, he will give an introduction to speaking, writing, and reading so as to familiarize students with the Hindi language.

The class has not started yet. We are waiting for a group of five to start. Registration is still open.

Days & Time: Wednesdays, 02:00 pm to 04:00 pm

Duration: 16 hours (over two months)

New Beginner Sanskrit with Kaushal

In this 16-hour (2 months) course, we start with the sounds and the alphabet, we shall enjoy exploring simple words, conversation, and chanting of selected mantras.

The class has not started yet. We are waiting for a group of five to start. Registration is still open.

Days & Time: Thursdays, 02:00 pm to 4:00 pm

Duration: 16 hours (over two months)

ENGLISH

The Language Lab is happy to provide a dynamic English program. English Pre-Intermediate Monday & Wednesday for 4 to 5 PM, English Intermediate Tuesday, Friday 4 to 5 PM. Additional timings available, contact the Auroville Language Lab to schedule what works for you!

This includes **English Language Teacher Training**: learn how to incorporate student-driven content into a creative and holistic lesson plan. . Monday, Tuesday and 5 to 6 PM

Have you ever wondered how 'cards' can often make sense of certain situations and help guide you forward? Do you wish you could read them yourself instead? Come learn the art of card reading in English or French. Private classes to be scheduled with Taranti.

Beginner English for children between five and seven. Saturday 11 to 12 pm. Let's play, have fun and learn together!

New Beginner English Class

Rupam will offer a new class for complete beginners: Let's start with the ABC of English!

Discover the Fun in Learning English through Theatre by Rupam

Explore Shakespeare, other playwrights, short stories, and poetry with us. Enhance your English communication skills through fun and interactive sessions.

Day & Times: Monday and Wednesday, 11:00 Am to 12:00 Pm

Age: 12+

Ongoing English Classes

The English Pre-Intermediate Youth group, general Pre-Intermediate, and Intermediate courses taught by Taranti and Rupam continue. Please see the schedule below.

If there's a language you would like to learn but it's not listed ... please let us know!

To join or enquire:

Please fill our form at <http://register.aurovillelanguage.org/>

You may also drop us an email at

info@auvilllanguage.org, call us at 262-3661, text or

whatsapp us at +91 9843030355 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 completed, thank you! 🙏

The Language Lab is open:
Monday – Friday, 9am - 12pm & 2pm - 6pm
Saturday, 9am - 12pm & 2pm - 5pm

Location:

International Zone, after Unity Pavilion & Pump House.
Phones: (0413) 2623661(Lab), +919843030355 (Lab WA, 2622467, 3509932 **Email:** info@auvilllanguage.org
and tomatis@auvilllanguage.org

Current Schedule of Classes

Language	Level	Time	Day(s) Of Classes
English	Pre-Intermediate & Intermediate 8-Hour (Monthly)	11:00am – 12:00pm	Tuesday & Thursday
	Learn English through theatre 8-Hour (Monthly)	11:00am-12:00pm	Monday & Wednesday
	English Pre-Intermediate Youth Group 8-Hour (4 weeks)	3:00 to 4:00 pm	Monday & Wednesday
	English Pre-Intermediate Adult Group 8-Hour (4 weeks)	4:00 to 5:00 Pm	Monday & Wednesday
	English Intermediate Adult Group 8-Hour (4 weeks)	4:00 to 5:00 Pm	Tuesday & Thursday
	Conversation Intermediate Start date 9 April 2024 8-Hour (4 weeks)	3:00 – 4:00pm	Tuesday & Thursday
	Beginner English for children between five and seven	11:00 to 12:00 pm	Saturday
Facilitating English Teacher Training 8-Hours (4 weeks)	5:00 – 6:00 Pm	Monday, Tuesday & Wednesday	
French Conversation	Beginner Starting 20 th July	9:00 – 11:00 am	Saturday
German	Level A2 - Intermediate	9:30 to 11:30	Monday & Wednesday
Persian	Persian Language and Poetry	10:00 to 11:30 Am	Saturday
Sanskrit	Beginner	2:00 to 4:00 pm	Thursday
Hindi	Beginner	2:00 to 4:00 pm	Wednesday
	Spoken Beginner	09:30 to 10:30 am	Tuesday and Friday
	Spoken Intermediate	11:00 to 12:00	Saturday
Tamil	Reading & Writing	9:30 to 10:30	Saturday
	Beginner	2:30 to 3:30	Monday & Wednesday
	Intermediate	To Be Announced	TBA
Spanish	Beginner	To Be Announced	TBA
	Intermediate	To Be Announced	TBA

TUTION GRADE 1-12

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



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.



INTEGRAL MATHEMATICS:

A JOURNEY OF INSIGHT AND INSPIRATION

Explore the qualitative essence of mathematics through ancient Sanskrit scriptures, revisiting Sri Aurobindo's illuminating insights, and tracing the paths of history's greatest mathematicians. This series invites you to nurture qualities of insight, intuition, and intellectual depth, unveiling the transformative power of mathematical exploration.

Sankhya Philosophy By Kapila Muni
Understanding Thee Gunas and Tattwvada

On Saturday, July 28th, Time: 4.00 – 5.00 pm,
in the Sangam Hall of Savitri Bhavan

Everyone is welcome

Facilitated by Team Enlight and Savitri Bhavan

Embark on a transformative journey through the qualitative realm of mathematics, where the mind's eye uncovers profound insights and timeless wisdom. In this illuminating lecture series, we delve deep into the essence of mathematics and its profound impact on the human spirit.

Section 1: "Echoes of Wisdom": Delve into the sacred texts of ancient Sanskrit scriptures, including Vedic and Vedantic teachings, resonating with the wisdom that transcends time.

Explore the same texts that ignited the intellectual flame within Sri Aurobindo, illuminating pathways to understanding mathematics in its purest form.

Section 2: "Insights Illuminated": Navigate the corridors of knowledge as we revisit the profound commentary and insights of Sri Aurobindo. Gain clarity and depth in your comprehension of mathematics through the lens of a visionary sage, enhancing your appreciation for its qualitative dimensions.

Section 3: "Inspirations Unveiled": Trace the footsteps of the greatest mathematicians in history and uncover the narratives behind their revolutionary discoveries. Connect with the human spirit that propels mathematical exploration, finding resonance in their journeys of insight and revelation.

Through these three enlightening sections, we invite you to integrate and nurture the qualities of insight, intuition, and intellectual depth that mathematics cultivates within the receptive mind. Join us as we embark on a quest to unravel the qualitative tapestry of mathematics, illuminating the path to greater understanding and enlightenment.

Upcoming Schedule :

28th July - Three Gunas and Tattwavaad

24th August

28th September

26th October, and

30th November

Time : 4 pm - 5 pm

Venue : Sangam Hall, Savitri Bhavan



HEALTH

WELCOME AYURVEDA !
 A unique presentation of what Ayurveda is and what it can do for your life and for your health

The three ayurvedic lady doctors from Auroville
 Dr. Be, Dr. Sonia, & Dr. Geeta
+ one guest lady doctor from Kerala
 Dr. Greeshma

will cross-fertilize their long experience of Ayurveda for you

Saturday 13 July
 Tibetan Pavilion
4:30 to 6:00pm

LEELA THERAPY

A unique combination of psychotherapy, self-inquiry and ancient teachings of Enneagram of Liberation. I invite you to be supported by heart based and trauma-informed skills, taught by Leela School of Awakening.

Private 1:1 sessions are a powerful and intimate container to work on your deep emotional healing and self-discovery.

Anything, and everything is welcomed.

Leela therapy is offered by Kardash in person or on-line, through Inner Sight (an Activity under LEAD).

For more details see www.innersightav.org or whatsapp Kardash on 9940934875.

SANTÉ SERVICES IN JULY 2024



Working Hours:

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

Tests and Sample collection:

Mon-Fri before **8:30** - 12:00 pm.

No sample collection on Saturday.

For emergencies, contact:
 Auroville Ambulance (24/7) : Phone: +(91) 9442224680
 Government Ambulance (24/7) : Phone: 108

Appointment:

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

Doctor Consultation with Dr.Senthil: Monday to Friday	Nursing Care: Thilagam, Ezhil, Archana, Sandhya: Daily No appointment necessary
Ayurveda with Dr.Be: Mon/ Tue/ Wed/ Fri	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: TOS	Homeopathy with Michael: Monday/ Wednesday/ Saturday
Physiotherapy & Massage with Galina: Monday to Friday (except Wednesday)	Physiotherapy with Arun Monday to Saturday (except Friday)
Bio-Well Assessment (Evaluation of your well-being) with Helena: TOS	Soundbed Session with Sandhya/ Thilagam: Monday to Saturday

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.

VISIT OF THE TIBETAN DOCTOR IN THE MONTH OF JULY 2024

Dear all,

This is to bring to your attention that the Tibetan Doctor and the team based in Chennai Mentseekhang are visiting us on:

- **Thursday the 18th of July from afternoon 2 to 5 pm**
- **Friday 19th as a full day from 8.30 to 1 pm & 1 to 5 pm**
- **Saturday 20th from 8.30 to 1 pm.**

The consultation is happening at the Pavilion Of Tibetan Culture, International zone, Auroville.

To visit the Doctor one needs to get an appointment. To get your appointment, please call@0413 2622401 during the working hours.

You are also welcome to see the various herbal products that are produced by Men-tsee-khang based in Dharamsala in Himachal Pradesh. All the medical products are produced from herbal remedies and ¹⁰⁰ percent organic.

Note: to understand more on Tibetan medicine you are most welcome to read Auroville Today June edition.

Until then take care of one self and then the others.
 Warmly Tibetan Pavilion Team.

AYURVEDA TIPS FOR RAINY SUMMER



Late summer, with its amount of rains, brings lots of humidity and dampness in the air that affect the body and its Dosha in many different ways: Pitta ferments and shows signs of acidity, bloating, inflammation or strong body odour, lots of stagnation and retention felt in the digestive tract. Emotionally unhealthy Pitta becomes bitter, impatient and frustrated in the mind or the heart. Vata gets cold and makes the joints more painful with an irregular digestion and bowel movements and mind might be imbibed with anxious thoughts, worries or lack of concentration. We can help ourselves with the following recommendations:

With the food

- Eat only when hungry and eat the appropriate amount (both hands joined together is the size of the stomach)
- Take a warm, cooked meal with any spices to improve the digestion (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc)
- Eat green leafy vegetables, take light dishes made of mung dal, vegetable soups... all pulses and dal are good when cooked with spices (all spices are good apart from red powder-chilli powder)
- For non-vegetarian, eat white meat or small fishes.
- Drink warm water all day long (especially when there's a sore throat)
- Dinner should be light and taken 2 hours before going to bed
- Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
- Honey is the best sweetener
- Ghee used for cooking and Sesame and Olive oils for dressings
- Chew some neem or Tulsi leaves

Some immunity enhancers:

- Giloy/Guduchi (*Tinospora cordifolia*), a very good immune regulator; 1tsp of powder morning and evening in warm water
- Amalaki (amla): full of vitamin C; consumed fresh if available or in powder
- Turmeric: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
- Tulsi (*Ocimum tenuiflorum/sactum*): for the lungs, fresh leaves in warm water
- Ashwagandha (*Whitania somnifera*): immune regulator and calming the nervous system; 1tsp morning and evening in milk or warm water
- Ginger – Turmeric – Black pepper powders (Be No1): improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
- Tulsi – Cinnamon – Amla – Ginger – Turmeric – Black pepper powders (Be No3): as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it's preventive, 3 times a day before food if there are symptoms
- Saffron, aloe vera, licorice herbal infusions
- Chyavanprash Avaleha: 1 tsp in the morning with breakfast

Special treat for joint pain and inflammation:

- Shallaki Cream or Oil mixed with Castor Oil (Eranda Tailam): massage twice a day the painful joint, it's a painkiller and anti-inflammatory
- Rosemary Essential Oil: 1 or 2 drops with the massaging oil and apply locally. It's anti-inflammatory
- Shallaki Tablets: for arthritis, muscular pain, joint inflammation
- Triphala Guggulu Tabs: to reduce bloating, swelling, inflammatory conditions, 1 or 2 tabs per day before meals (use for short period)

In the activities, help Pitta and Vata to be centred and grounded:

- Be grounded in the heart or abdomen with Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Keep warm, take warm showers, cover your neck from chilled breeze
- Gargling with salty water if sore throat
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril once a day
- 4-5 drops of Castor Oil in the belly button followed by slight massage around the umbilicus at bed time
- Fragrances: sandalwood, rose, jasmine

Let's be all well, happy and healthy.

Be at Santé Clinic

AUROKIYA INTEGRAL EYE CENTRE @ ARKA



Aurokiya Integral Eye Centre
(An Auroville Activity)



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



CLASSES, WORKSHOPS & HEALING ARTS

REGENERATION LISTENING CIRCLE

Regeneration Listening Circle:

Mondays 6:00 am & Wednesdays 5:00 pm

Session duration: 1.5 h



Experiences of previous participants:

"Because of the ecological problems humanity is facing, I didn't want to have children, but after this circle today, I do again" - Guest

"I'm very sensitive and I could feel the spirits of Mother Nature with us in this circle; very beautiful" - Newcomer

"This talking-stick gives me Power; and with great Power, comes great Responsibility" - Aurovilian

Limited seating - Location will be shared after your reservation
under +49 1638041124 WhatsApp

Submitted by Nadim

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 August 5 to August 24, 2024.

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



JOIN INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH!



Empowering youth through open conversation; Creating a safe space for self-reflection and intentional learning

Facilitated by Juan Andres and YouthLink

- **Every Monday 4:30 ~ 6:00pm**
- At the request of the library, we will close the entrance at 4:45 PM. Please arrive before then.
- Auroville Library
- Age group: 16 ~ 30

INTERACTIVE PSYCHOLOGY SESSIONS WITH YOUTH



Empowering youth through open conversations ; Creating a safe space for self-reflection and intentional learning

Facilitated by **Juan Andrés** and **YouthLink**

EVERY MONDAY
UNTIL 29th OF JULY
4:30 ~ 6:00 PM
AV LIBRARY
AGE GROUP : 16~30



VIPASSANA MEDITATION

Date: Every Sunday - for those who have attended at least one ten day Vipassana course as taught by SN Goenka.

Timings: 8:00 AM – 12:00 PM but you can also drop in and join as long as you wish.

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



Vipassana



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

As taught by S.N. Goenka

CAPOEIRA - MARTIAL ART AND MUSIC WITH GINGA SAROBA



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

Join us for classes for teens and adults (15 yrs and above)

Intermediate : Tuesday, Thursday and Saturday - 5.15 PM - Dehashakti

Beginners: Tuesday and Thursday - 6.00 PM- Dehashakti
Contact: 7598446327

Let us know if you would like more information.

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

SOUND JOURNEY @ THE ATELIER

For details please scan the QR Code or click this link:

<https://svaram.org/sound-journey-the-atelier/>

🌀 SVARAM Team

SVARAM
SOUND EXPERIENCE

SOUND JOURNEY

is back!

Weekly sessions at the UTSAV Building
restart on Wednesday, 3rd July 2024

See you there!



Scan for details

QUIET HEALING CENTER



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

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

Mobile & WhatsApp: +91 9488084966

AUGUST PROGRAM

Watsu Yoga Round with Ellie & Fred Thursday 1st August (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 offers 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.



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

Prerequisites: no previous experience required (also no need to know how to swim).

Watsu Basic with Fred Saturday 3rd & Sunday 4th August (8:45am - 6.30pm)

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and - ultimately - for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of 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 (also no need to know how to swim).

OBA Basic - Liquid Joy with Fred Saturday 10th & Sunday 11th August (8:45am - 6.30pm)

OBA (Oceanic Bodywork Aqua) is an aquatic bodywork modality developed in the mid 80's. It combines elements of light movements, stretching, massage, and joint mobilisation in connection with breathing and energy work conducted both on the surface and under water.



In this 2-day course, you'll learn a series of simple movements both on the surface (with and without cushion and pool noodles) as well as under water (with a nose clip), which you'll be able to share with friends and relatives afterwards. You'll also practice basic techniques and qualities of being (grounding, presence, stillness, movement, attention) while moving another person in water. At the same time, you'll experience floating others and being floated both on the surface and under water, thereby creating space for deep relaxation and nurturing body, mind and spirit.

Prerequisites: no previous experience required (also no need to know how to swim).

OBA 1 - Fluid Body with Fred Monday 13th - Sunday 18th August (8:45am - 6.30pm)

In this 6-day course, you'll learn to combine elements of soft stretching, aquatic deep tissue massage, and joint release, as well as energy and breath work in a unique way above and under water (with a nose clip). You'll also be introduced to a fluid sequence, including especially designed movements, which allow the whole spine to swing and energy to flow.



OBA 1 focuses mainly on underwater movements, which are both emotionally revealing and deeply relaxing. You'll also learn more about your own body mechanics and how to support and move each person as effortlessly as possible. At the end of this 50-hour course, you will be able to offer friends and acquaintances a complete OBA session.

Prerequisites: OBA Basic or Liquid Flow Basic or Watsu 1 or Healing Dance 1 or WaterDance 1.

WOGA (Yoga in Water) 1 & 2 with Pooja Wednesday 28th & Thursday 29th August (8:45am - 6.30pm)

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Focus of Woga 1&2 is Hatha Yoga in water (asanas in standing position, on the wall, and in floating position), pranayama and meditation.



Woga sessions are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period; the difference is that you are in a warm water pool!

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

Prerequisites: no previous experience required (also no need to know how to swim).

Watsu Basic with Pooja Friday 30th & Saturday 31st August (8:45am - 6.30pm)

In this 2-day course, you'll be introduced to the basics of Watsu, an aquatic bodywork modality that offers a wonderful opportunity for profound relaxation and letting go, building trust, being nurtured and held, expanding inner and outer boundaries, and - ultimately - for freeing body and mind in a flow unique to each person.



You'll learn and practice Watsu's basic series of movements, body mechanics, and qualities, which are required to securely support and move another person in water. You'll experience floating others and being floated on the surface, thereby creating space for deep relaxation of 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 (also no need to know how to swim).



AUROMODE YOGA SPACE

JULY 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	10 00 am to 11 00 am	Mobility with Karlakattai
Every Friday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
Every Saturday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
Every Sunday	5 30 pm to 7 00 pm	Vinyasa Flow Asanas, Pranayama & Meditation
July 10 to 13	5 00 pm to 7 00 pm	Yoga Nidra -Theory and Practice
July 10 to 14	6 30 am to 9 30 am, 10 am to 1 pm & 5 00 pm to 7 00 pm	5 day Auroville Yoga Festival
July 15 - Monday	5 00 pm to 6 00 pm	Kirtan Evening -Come to Chant together
July 16 - Tuesday	5 30 pm to 6 30 pm	Classical Tamil Music evening
August 1 to 22	6 30 am to 9 30 am & 3 30 pm to 7 00 pm	200 Hr Vinyasa Flow TTC

VINYASA FLOW WITH BALA :

Vinyasa Flow yoga is a dynamic and fluid practice that links various yoga poses together in a sequence, creating a continuous flow of postures. Vinyasa Flow classes can vary in intensity and pace, making them accessible to practitioners of different levels.

Like to try them ? Join us.

Date and Time :

Every Friday - 5 30 pm to 7 00 pm
Every Saturday - 5 30 pm to 7 00 pm
Every Sunday -5 30 pm to 7 00 pm



MOBILITY WITH KARLAKATTAI:

Ready to enhance your flexibility and mobility? Karlakattai, a traditional Indian wooden tool, might just be the key! Used for centuries in Tamil Nadu, Karlakattai is a simple yet effective aid for improving joint mobility and overall flexibility. Join us every day to improve your overall posture correction.

Date and Time :

Monday to Friday - 10 00 am to 11 00 am

5 DAY YOGA, MEDITATION, PRANAYAMA AND YOGA NIDRA WORKSHOP: JULY 10 TO JULY 14:

Time : 6 30 am to 9 30 am, 10 am to 1 pm & 5 00 pm to 7 00 pm

Join us for a five-day meditation, pranayama, and yoga Nidra workshop! In this workshop, we will have daily meditation, learning about various pranayama techniques, and exploring the theory and philosophy of yoga Nidra and of course Asanas. Our intention is to bring you the best of the world through this five-day intensive workshop. This is a non-residential workshop, but if you need accommodation in Auroville for these five days, we can provide recommendations. DM to know more.

YOGA NIDRA – THEORY & PRACTICE WORKSHOP: JULY 10 TO JULY 13:

TIME : 5 00 PM TO 7 00 PM

Yoga Nidra, also known as Yogic Sleep, is a state of consciousness between waking and sleeping, where profound relaxation and rejuvenation occur.

Through guided meditation and deep relaxation techniques, you will explore inner tranquility and unlock your innate potential for healing and self-discovery.

★ Benefits of Yoga Nidra:

- Reduce stress and anxiety
- Improve sleep quality
- Enhance creativity and focus
- Connect with your inner self

Open for all levels

Rukmini - Dancer, Kalaripayatu practitioner completed her Yoga Nidra TTC from Bihar school of Yoga and taught this practice for many years in India & abroad.

Yoga Nidra - Theory & practice

July 10 to 13 - 5 00 pm to 7 00 pm

Yoga Nidra, also known as Yogic Sleep, is a state of consciousness between waking and sleeping, where profound relaxation and rejuvenation occur. Through guided meditation and deep relaxation techniques, you will explore inner tranquility and unlock your innate potential for healing and self-discovery.

★ Benefits of Yoga Nidra:

- Reduce stress and anxiety
- Improve sleep quality
- Enhance creativity and focus
- Connect with your inner self
- Open for all levels

Rukmini - Dancer, Kalaripayatu practitioner completed her Yoga Nidra TTC from Bihar school of Yoga and taught this practice for many years in India & abroad.

Registration Must

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



Kirtan Evening

July 15, Monday, 5 pm to 6 pm

Experience the soul-stirring melodies and rhythmic chants of Kirtan as we come together for an evening of devotion and joy. Immerse yourself in the uplifting vibrations of sacred mantras led by our experienced Kirtan leaders. Let the music transport you to a place of inner peace and spiritual connection. Whether you're a seasoned practitioner or new to the practice, all are welcome to join our community in this celebration of sound, music and spirit.

Bring your instrument and join us.

FREE ENTRY

All are welcome

Auromode Yoga Space

Email - balaganesh.siva@gmail.com WA + 91 98926 99804



Classical Tamil Music Concert

Auromode Yoga Space

July 16, Tuesday

Time- 5 30 to 6 30 pm.

Welcome to a captivating evening of Tamil music and soul-stirring songs from the rich repertoire of Tamil Bakthi corpus, Thevaram, and Thiruvassagam, set to the melodious strains of "Tamil Pann". Prepare to be mesmerized as we embark on a musical journey that resonates with the depths of devotion and spirituality. Sit back, relax, and immerse yourself in the timeless beauty of Tamil music

Free Entrance - Donation suggested



Featuring Artist - Mr. Deva, who has mastered classical Tamil music through attentive listening. Deva, will be accompanied by Mirudangam Mr. Poobalan
Violin- Mr. Sathish

Auromode Yoga Space -balaganesh.siva@gmail.com - WA + 91 98926 99804

AUROVILLE YOGA 200 HR TTC SCHEDULE:

200 HOURS-22 DAYS- AUGUST 1 TO 22, 2024

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

VÉRITÉ WORKSHOPS

Pre-registration required

Please contact Verite @

0413 2622045, 2622606, 9363624083 or

programming@verite.in, www.verite.in



Understanding Pranayama; its Practice in Asanas & Meditation – with Radhika

Friday, July 12, 9:15am – 12:00pm

Pranayama is a system of breathing techniques that helps us to harness the power of our life energy. In this workshop we will focus our attention on pranayama and discover the effect of various techniques on our breath.

We will explore different pranayama practices, using some of these in a sequence of asanas and maintain observation of our breath in a guided meditation.

Awareness Through the Body: Exploration of the Element Space – with Amir

Saturday, July 13, 9:15am – 12:00pm

Awareness through the body (ATB) facilitates a space for introspection to reconnect with oneself, by exploring tools and giving opportunities for inner discovery. ATB offers a means to increase our capacity to be present. ATB is an eclectic practice developed in Auroville for more than 30 years, based on Integral Yoga. In his session, we will explore the element of Space to cultivate contact with oneself and the world in a more intimate way.

Food is Medicine- Lifestyle Health Practices with Parvathi

Saturday, July 13, 2:00pm – 04:00pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

Face & Eye Yoga: Face your Self – with Mamta

Saturday, July 20, 2:00pm – 4:30pm

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

Food is Medicine: Lifestyle Health Practices – with Parvathi

Saturday, July 20, 2:00pm – 4:00pm

Learn about your body's constitution (Tridosha) & the plants, foods, spices & lifestyle practices that benefit your constitution & help prevent health complications. Parvathi will also demonstrate the proper way to prepare decoction/ infusion teas.

MINDFULNESS FOR STRESS REDUCTION (MBSR) - 8 WEEK COURSE

TUESDAY 5-7PM FROM 30TH JULY



The Mindfulness Based Stress Reduction (MBSR) course is considered the gold standard in mindfulness meditation globally, with a growing body of research supporting its wide-ranging health & wellbeing benefits. It synthesises ancient Eastern spiritual practices with emerging findings from neuroscience, positive psychology & Mind-Body Medicine.

The course has been found to improve participants' ability to cope with the stresses of everyday life - giving space to respond rather than react. Research has found it can help with anxiety & depression, management of chronic pain, diabetes, lowering blood sugar levels, and reducing menopausal symptoms. It can also 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. It is run by Helen, an Aurovilian and qualified MBSR teacher.

The course is run over 8 weekly sessions. Sessions will be held 5-7pm on Tuesdays for 8 weeks from 30th July to 16th Sep. The course will be held at Maloka, Anitya community.

Pre-registration is required. Please Whatsapp Helen on **7094753054** to book or see innersightav.org

MIKSANG - A MINDFUL PHOTO WALK

SATURDAY 20TH JULY - 8AM TO 9.30AM



Miksang means 'Good Eye' in Tibetan. It is a form of contemplative, mindful photography. The focus is not on technique, but on discovering a moment of fresh, direct perception where the world stops us out of the blue and wakes us up to something deep and true.

In the practice of Miksang direct perception is paramount. When our eye, mind and heart are together in a single moment - seeing, appreciating, comprehending, expressing, sharing - that is all there is.

This practice can help you open to the present moment, meet the world as it is, and let the ordinary magic of the world erupt in front of you.

No prior experience (of anything) is needed. All you need is something to take photos with.

The session will be led by Helen - a mindfulness teacher with a passion for Miksang. For details and booking message Helen on **7094753054** or visit innersightav.org

FREEDOM OF THE BODY

JUNE'S WORKSHOP AND ANNOUNCEMENT OF NEXT AND NEW WORKSHOP IN AUGUST



We would like to thank all the participants who attended the wonderful 'Freedom of the Body' workshop at Harmony Hall in June. It was truly an amazing transformational experience for everyone.

We experienced a dialogue with the cells through deep meditation, deep relaxation and natural spontaneous dance. Many visualisations and exercises helped us to connect with the cells, listen to them and explore cellular memories.

Cellular consciousness is definitely the last great and urgent adventure, as Mother said.

It was a great joy for Thierry and me to welcome you, to share with you, to guide you in this adventure, with Mother's presence and blessings.

Special thanks to Bianca and Sajiv for their great support with the organisation.

Philippe and Thierry
Surya Performance Lab

Some testimonies:

Dave: "I felt a call, a power calling me. I had a feeling of being close to someone, a feeling of warmth. It was like finding someone to dance with. It was very joyful, a lot of space where movement was happening."

Bianca: "My cells were telling me, 'Welcome back. You are not so disciplined, but we love you! This reminded me of the incredible wisdom within my body, patiently waiting for my attention and care'."

Estee: "Very powerful for me."

Elena: "It is wonderful to realise how much life there is in my body! There's white light in some parts and less in others. It fluctuates. I'm grateful to my body for letting me experience this. The frequencies of the sun have cleared many blockages and brought a sense of oneness"

Sajiv: "As I stayed with my cells, joy and love felt like the essence of my cells - not emotions, but their essence. This made me realise that our true nature is love and joy!"

Chandru: "I felt connected to the vibration of the music. From my core, my whole body and cells were vibrating. I wanted to share the light with everyone and felt a deep connection with the divine energy"

THE NEXT AND NEW WORKSHOP FREEDOM OF THE BODY WILL BE HELD ON THE 16th, 17th, 18th OF AUGUST, FROM 9 AM TO 1 PM. AT THE HARMONY HALL. BHARAT NIVAS

It will be a joyful and wonderful experience in the powerful energy of Sri Aurobindo's birthday and Mother's blessings. The workshop is open to all. It is always a new experience with different programs.

REGISTRATIONS ARE OPEN. PLEASE CONTACT CIRHU/BIANCA at: cirhu@auroville.org.in / +918300387288

"I am always in your heart bringing peace and certitude.

I am always above your head pouring down light and ananda and I shall penetrate all your cells with an unshakable happiness". The Mother

"I am always in your heart bringing peace and certitude.

I am always above your head pouring down light and ananda and I shall penetrate all your cells with an unshakable happiness". The Mother

LEAP TOWARDS THE FUTURE



We remember Her words: "Auroville will be ... despite all the oppositions" ... and this is like a buoy, but obviously not enough to navigate.

This program is an invitation to everyone concerned; we aspire to look dearly together for the masterful questions which will guide us to make a LEAP toward the future.

You feel the call?

You are new to Auroville or Aurovilian ?

Come and join this program of twice one and half day

29 & 30th July / 6 & 7 August

Register at leap@auroville.services

Ramya +91 9159281641

Rakhal +91 9488483485

Amir + 91 9751257709

SUN & SOIL

Natural building workshop

INTRODUCTION

Delve into the heart of ancient techniques and modern sustainability. Unravel the intricate tapestry of natural buildings and materials, weaving together the timeless wisdom of cob, wattle, and daub.

Join us for this 5-day full-time workshop 7:30 am-5:00 pm.

Discover the essence of mud through hands-on exploration and theory. Bring structures to life, each whispering stories of generations yet to unfold.

From July 29th till Aug 2nd - at Auroville, at Youth Center.

SOIL WALK | NATURAL BUILDING | DORODANGO ART | BIO ENZYME WORKSHOP | OPEN HOUSE

For registration and more info, please go to our website:

Youthlink.org.in or scan the QR code

Free for Aurovilians, with options to contribute to support our work.

Have a nice day,
Lucrezia & Youthlink team



MAKER SPACE

Join us for our Maker Space at Youth Centre **Monday to Friday from 8.30am till 12.30pm.**

Registration required for booking and it's free! youthlink.org.in

Discover the endless possibilities of learning, creating, and innovating with wood, metal and more, in our collaborative Workspace.



What can you learn?

CUTTING BOARD/ LAMPS/
RENOVATION OF FURNITURE/ METAL
& WOODWORK / WELDING/ ARTS &
CRAFTS/ JEWELLERY/ UPCYCLING



A facilitator will be available to provide assistance in learning how to use the tools and technologies, as well as hands-on experience in bringing your ideas to life. Don't miss out on this exciting opportunity to be a part of our growing maker community!

Have a nice day,
Lucrezia & Youthlink team

KOMBUCHA CLASS

Dear all microbe lovers,

This week in PTDC there is a bunch of small jar with a SCOBY.



You can take home and make your own kombucha. If you are unsure how to go about it, I offer to hold a session on **Thursday 18 th July from 5-6 @ marcs café.**

The class will happen if 6 people minimum sign up. We will also do a 2nd fermentation.

To book a spot write to matilde@marcscoffees.com

ACTIVITIES & EVENTS

FRIDAY MUSIC @ MARC'S CAFE

Friday 12th July from 5:00 PM - 9:00 PM

Music at the rooftop of Marc's cafe store
Kuilapalayam

Better to RSVP: +91 81 486 60246
matilde@marcscoffees.com



Coffee / Kambucha / Dine / Music / Vibes

Barista: Ishay

DJs: 5-7pm Atomic Phantom (Nādāsana)
7-9pm Chris the Cat

Fermented delicacies: Matilde

PUPPET PERFORMANCE FROM KOREA

FRIDAY 12 JULY, 11 AM & 7:30PM @ CRIPA

A Tree and a Boy

12 JULY | 11.00 a.m. and 7.30 p.m.

FOR CHILDREN AGED 4+ AND FOR ADULTS

Non - Verbal (50 min)
theBEFU Company, South Korea
Directed by: LEE MI-HEE

VENUE: CRIPA AUDITORIUM, AUROVILLE.

The most universal story about life told through traditional Korean vibes!

"A Tree and a Boy" is a non-verbal puppet theatre full of poetic imagery and delicate sounds representing Korean aesthetics.

Parallelizing the lives of a tree and a boy from spring to winter and new spring again, the story of two creatures is unfolded in the infinite cycle of nature. It says birth, growth, and death are beautiful and natural things in this world.

YouTube

A Tree and a Boy

Q



KUILAI CREATIVE CENTRE

Integral Education Activities on Mother's 12 Qualities

At our Kulai Creative Centre - AUROVILLE



	10am to 11.30am	12pm to 1pm	3pm -4:30pm
Monday	English Class	Mother's 12 QUALITY SESSION TAILORING- Flag Making	Mother's 12 QUALITY SESSION (Gardening)
Tuesday	TAILORING (Flag Making)	TAILORING- Flag Making	Mother's 12 QUALITY SESSION (Calendars Making)
Wednesday	Mother's 12 QUALITY SESSION (Painting)	TAILORING- Flag Making	Mother's 12 QUALITY SESSION (Mural painting on walls)
Thursday	English Class	TAILORING- Flag Making	Mother's 12 QUALITY SESSION (Embroidery work)
Friday	TAILORING (Flag Making)	TAILORING- Flag Making	Mother's 12 QUALITY SESSION (Book making)
Saturday	Physical, Craft and Art Activities, Bharat Naatiyam, Silambam, Up- cycling, and many more from 9:30am to 4:30pm with free snacks and lunch for 30 kids from age 8 to 15.		

All are FREE for everyone from the ages of 5 onwards, but please register through this link <https://forms.gle/vEY21LuoE1PuV77> or scan or call us 8608473385 (WhatsApp)

NOTE: Free snacks will also be provided! Volunteers are most welcome!



IMPROVISATION CLASSES IN CRIPA

STARTS 6H JULY, 3:30 PM - 5:30PM

For queries write to: michaelsokolin@gmail.com

IMPROVISATION CLASSES

Starting 6th July
Every Saturday
15:30-17:30
in Cripa (small room)

Open ONLY to those who are here long-term as we are interested in on-going continuity to progress.

We will explore staying receptive to the space, to the moment and to ourselves to become more in tune with what is natural allowing it organically to come forth without performing, acting, effort or tension.

OFFERING BY MIKE

MICHAELSOKOLIN@GMAIL.COM



TANGO AUROVILLE

afanna
STUDIO
TANGO

AUROVILLE TANGO
New batch starts
the first week of each month

MON 19:00 Introduction to Tango 20:00 Opensource	WED 19:30 Guided Practica 20:00 Practilonga
---------------------------------------------------------------------	----------------------------------------------------------------

HARMONY
Bharat Nivas

No partner required.
Bring socks or dance shoes.
And plenty of joy!

+91 98211 66082 | tango@auroville.org.in

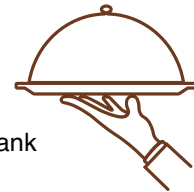
SATSANGA RESTAURANT

Combo Menu - Home delivery

European and Indian dishes:
vegetarian, chicken, fish, prawn, meat, pasta, paneer cottage cheese and much more!

Call:
WA:8825801990 or 9080386900
Landline: 0413-2918553

Address: Auroville main road, next to HDFC Bank
Email: aurosatsanga@gmail.com



VÉRITÉ CAFÉ

Verité

TASTE OF YOGA
NOW OPEN AT VÉRITÉ

9:00 - 12:00
13:00 - 16:30

Monday to Saturday

Taste of Yoga offers a simple, quiet space to read, reflect and nourish oneself. Delicious healthful snacks, treats & drinks (*all free from animal products, gluten, caffeine, and added sugars*) have been designed with utmost care, integrating sattvic principles to promote overall well-being.

PERMACULTURE 360° FARM TOUR AT TERRA SOUL

terra soul
@ AUROVILLE
Permaculture 360°

Experience Permaculture Life at Terra Soul

Ever wondered what sustainable living looks like?
Join us
Saturday from 11:00 AM to 1:00 PM for an immersive tour of our permaculture farm in Auroville!

- ✓ Guided tour of our lush permaculture farm
- ✓ A chance to connect with Nature and like-minded communities
- ✓ Delicious farm-to-table lunch made from our fresh harvest

CALL & BOOK A TOUR NOW
JUAN - 9443434182
terrassoul_community

Limited spots available!

Register now to secure your place before coming and step into a world of sustainability.

FOODS, GOODS & SERVICES

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



ECO FEMME OPEN HOUSE

eco femme

Come learn about:

- Sustainable products like cloth pads, menstrual cups, period panties and cloth nappies
- Menstrual cycle awareness
- Ethical business in a women-led social enterprise
- Our not-for-profit menstrual health education

EVERYONE IS WELCOME.
Every Thursday, 10:30am - 12:00pm
P.S. You can pick up all our eco-friendly products at a discount!

Eco Femme Office
Auroshilpam, Auroville
ecofemme.org | WA: +91 94871 79556

AUROVILLE LIBRARY TIMINGS

Auroville Library has resumed normal opening hours after the summer break.

Our timings are:

Mornings:

Monday - Saturday: 9am - 12.30pm

Afternoons:

Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm

Tuesdays: 4pm - 6.30pm

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



LIGHT FISH

PHOTOGRAPHY STUDIO AURELEC

Services:

- Fashion Photography
- Product Photography
- Food Photography
- Architectural Photography

Phone: 8279300821

sales@light-fish.com



HALF-PRICE MAROMA PRODUCTS FOR ALL AUROVILIANS IN THE OUTLET STORE



Maroma is happy to announce that it is offering all products at half-price to all Aurovilians in its **Aspiration Outlet**. Come by and see our great range of all-natural cosmetics, soaps, shampoo and more! Great for gifts to loved ones, including yourself. The Outlet is located in the Maroma Campus in Aspiration and is open **9am - 5pm, Mon-Sat**. See you there!

Much love,

The Maroma Team

ARE YOUR TREES GETTING THE CARE THEY NEED!?

At **TreeCare** we have been working hard to expand our services and reduce our wait time. Call us today for a free visit & consultation.

Contact us through
+91 **90420 59890** or
office@treecareindia.com.

We have always believed in providing the best quality services, as well as educating people about the field of **ARBORICULTURE** and its importance in today's landscape.

Warmly,
TreeCare Team



ANITYA COMMUNITY LUNCH

Our community lunches are still happening during the summer!

Contact Serena on WA to book one day in advance: **+91 84897 60966**

Contribution required (discount for AV/ NC and Volunteers)

See you at **12:30 on Thursdays and Saturdays** in our community kitchen!



JOIN OUR COMMUNITY LUNCH

Come and taste a delicious local non-spicy vegan meal made from our garden and Auroville farms' products, while sharing a good time with Anitya's community members



Limited seats available

Every Thursday & Saturday- Contribution required



Our project aims at creating settlements in Auroville to experiment a spiritual way of life based on 5 main principles:

Impermanence, Community Spirit, Sustainability, Self-sufficiency and DIY

MUST book min. 1 day in advance: +918489760966

Anitya is a community project registered under LEAD, Auroville

Location: Center Field, after center GH, follow the ANITYA signs

To know more about Anitya: joyofimpermanence.in



AURODENT OFFERS IN JULY



AURODENT EXPERIMENT

July Month Offer

Get your dental fillings on a donation basis!

We would want to conduct a research to determine how our clinic can pay all costs associated with delivering affordably priced dental care to anybody who wishes to get it in Aurodent. We believe someone who can donate more will help those who are struggling to afford it. We will be delighted to see you in Aurodent and join in this new experiences. Note: Donations are only accepted for filling treatments during the month of July.

BOOK APPOINTMENT NOW

**AUROMODE (OPPOSITE OF CSR), AUROVILLE 605101.
WHATSAPP 9629199328 LAND LINE: 0413-2622063**

REPAIR OF AIR CONDITIONERS, FRIGDES, WASHING MACHINES AND APPLIANCES

Loganathan working at Mahasaraswati Shop (near PTPS, Aspiration area) is a long term Aurovillian 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





Namaste, Bonjour, Hello and Vanakkam from Inside India.

We are always open and ready to take the hassle away from you when it comes to booking your travels, be it in and out of India, as well as Inside India itself...

You name it, we do it: Flight tickets, Bus tickets, Train tickets, Travel Insurance, Visas, transport in Taxis, even some required nights of rest if that is the case...

Our door is open from **9h30 till 4pm**.

Mr. Ganesh our Travel Consultant will be at our **Kalpna office** from 10:30 till 16:00, Landline **2623030 (Monday to Friday)**. Saturdays on appointment only.

He can also be contacted anytime via mobile or WhatsApp: +91 **9894598686**

And by e-mail: travelshop@inside-india.com

We can also help you build the dream tour of India in general, Southern India in particular. You may send us your request by email: insideindia@auroville.org.in or insideindia@inside-india.com

Some current offers: Armenia airways announces the commencement of its operation in India from Delhi to Yerevan weekly three days Tuesday, Thursday and Sunday.

- Air India has offer fare from Chennai to Milan, Copenhagen, London.
- Ethiopian airline offer one way business class from Chennai to Africa.
- Etihad airways offer fare is available from Chennai to Milan, Brussels, Madrid, Munich.
- Malaysian airways, Singapore airways & Thai airways special fare from Chennai to Seoul.
- Air visatara special fare from Chennai to Frankfurt, Paris.
- Oman airways offer fare from Chennai to Milan, Munich, London.
- Aerofloat flight offer fare is available from Delhi - Moscow - Delhi.

Trip ideas:

- Looking for a weather change, why not Nepal, Kashmir, or Ladhak... and of course closer to Auroville, Kodaikanal is there too...
- A change of scenery only one short flight away, Cochin maybe... Sri Lanka of course... Andaman Islands? Maldives...

We are accepting both Indian and International debit and credit cards, as well as UPI IDs and QR code payments at our office. #Conditions apply. And of course transfer on our Financial Service Account are very welcome...

Travel Tips:

Several travellers were "boarding denied" as check-in staff didn't accept the **e-FRRO Stay Visa** as valid document without backing it up with additional documentation. Therefore we advise to take beside the Stay Visa document (please make sure your current Passport details are in it) your Original Visa, which is maybe in an older expired Passport. If not available anymore, take at least a photocopy of the original Visa.

Indian nationals can now be issued long-term, multi-entry **Schengen visas** valid for two years after having obtained and lawfully used two visas within the previous three years. The two-year visa will normally be followed by a five-year visa, if the passport has sufficient validity remaining. During the validity period of these visas, holders enjoy travel rights equivalent to visa-free nationals.

Srilankan Tourist Visa 30 days single entry fees waiver scheme for citizens of China, India, Indonesia, Russia, Thailand, Malaysia, and Japan is valid until further notice. Indian Nationals can apply for E-tourist visa through the given link

<https://www.srilankaevisa.lk/> Indian Nationals are entitled to visa exemption for the purpose of tourism and short-term business engagements, for a period not exceeding 60 days. Visa on arrival at the immigration checkpoints on arrival for the purpose of tourism, for a period not exceeding 15 days.

The **Embassy of the Republic of Turkey** announces that Turkish authorities has commenced requiring the "Electronic Airport Transit Visa" (e-ATV) for Indian & Nepalese passport holders traveling to Mexico, Panama, Colombia and Venezuela, Transiting via the Istanbul Airport.

eVisa fees waiver scheme has been introduced for citizens of India, China, Indonesia, Russia, Thailand, Malaysia, and Japan, with immediate effect, valid until May 31st, 2024 (Last date of arrival) for tourism only. To avail of the scheme, please select the 30-day single entry eVisa option.

Thailand has extended its visa exemption program for tourists from India and Taiwan for another six months, allowing these travelers to enter the country without a visa until November 11, 2024. Travelers from India and Taiwan can stay for a maximum of 30 days without a visa.

Also, [this LINK](#) will tell you all that you need to know about Flight delays and/or cancellations.

Finally, [this LINK](#) can be useful too in case you are travelling on your own... or not...

Thanks a lot to all of you who already trusted us.

Have a great week...

Inside India New Team

DROPZY

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. **Dropzy** delivery personnel will pick up the orders from the outlets/stores; deliver them to the customers at their doorsteps and convenience.

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

SOLITUDE FARM - FRESH LOCAL FOOD

Dear friends,



so much beautiful fresh produce in this season. Subscribe for a basket that can be picked up from Solitude Farm once a week (or more).

Salad greens, spinaches, veggies, fruits and more.

9843319260

solitudepermaculture@gmail.com

N&N 1035 - 11 July 2024

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

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.

We take this opportunity to thank all the people who believed in us. Reach out to us for any enquiries that need our assistance in home and yard work. Look forward to your continued use of our services in the future.



Category	Services
Metal Works	Channels , Doors , Piping , Fabrication
Plumbing	End to End, Job works
Furniture	Repairs, Made to order
Masonry	Repairs, Renovations and Remodulation
Painting	End to End, Job works
General Maintenance	Floor Waxing, Powder Coating, Fumigation, All Home Utilities
Installations	Washer and Dryer, Air Conditioner, Inverter, Dth, Security Camera
Electrical Works	Wring, Meter box, Lights, Switches & Sockets, Motion sensor.

Contact: + 91 8270071581 / +91 7639810621

Primary Email: rapidcare@auroville.org.in

Secondary Email: rcsrapidcareservice@gmail.com

Instagram handle: @rapidcare1

For Rapid Care, Balaji & Arun

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.

SARVAM COMPUTERS OFFERS RELIABLE SERVICE

Dear Community,

we are happy to inform you that Sarvam Computers has moved to the newer location in Utsav Complex. And we would always like to provide you with fast and reliable service.

Sarvam Computer offers all types of computer sales and service, data recovery, all types of Apple device sales and services, office network and server setup, monthly and annual maintenance etc.

Contact:

Bala

Sarvam Computers

Utsav Phase—1 A, First Floor, Vérité Radial, Auroville

• 0413 2622050, 9443211891, 9786953603

• sarvamcomputers@auroville.org.in



SATURDAY FOODLINK MARKET

Dear community,

We are organising a market weekly on Saturdays between 10 am and 12.30 pm. Please drop by FoodLink to get freshly harvested vegetables, fruits, eggs, and milk from the Auroville farms.

Isabelle M for FoodLink team

Mobile and WhatsApp: +91 8300 268804 | [FoodLink basket order form here](#)

FOODLINK MARKET

Fruits, vegetables, milk & eggs from Auroville farms

29th June
Saturday
10:00 AM - 12:30 PM

FoodLink
Solar Kitchen Complex
Crown Road, Auroville

Call/WhatsApp:
+91 83002 68804

No cash payments. All payments are to be made via AVFS account, AuroCard or UPI.

MARC'S C.L.C

RECURRING EVENTS



Every Saturday:

- 10am-12pm: Coffee Cupping Sessions
- 10-12pm: Kombucha and Fermented food Workshop

Every Friday:

- 3-5pm: History of Indian Coffee (Tamil or English)

Monthly Classes:

Once a month, we offer classes on:

- Foundations of Specialty Coffee
- Foundations of Roasting
- Molecular Coffee: A Master Class

Location: CLC, on top of Marc's Cafe Store

For bookings and more info, visit our website:

Marcscoffees.com or email us at admin@marcscoffees.com

HAIRCUTS

Hairdresser. For your and / or your child' s next haircut: inspired, striving-for-the-perfect, 12 yrs young artist Ahana looks after your and / or your child's hair and well being.

For an appointment kindly contact 9751513906 (all messenger providers, no calls) or essence.touch@yahoo.de

AUROVILLE CONVERSATIONS



AVAILABLE

MOTORBIKE AVAILABLE

X-Pulse 200 CC EFI - BF6 motorbike available: Sept. 2021, 7500 km, first owner.

Very good condition & good price.

Contact: phil.av@philome.mooo.com - or: mobile 83001 89062 (no WA) 0413 2622037 or 2623813 - Surya

SPACES AVAILABLE AT AURELEC:



- A well protected 47 sqm building, opposite Aurelec, northern side, is available. This space is ideal for office or show room, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco) and canteen facilities.
- Conveniently located office room (around 50 sqm.) inside Aurelec premises will be available from 1st August 2024, with generator back-up, 24 hours security, parking, provision for air-conditioners, high speed fibre internet access (BSNL and Aurinoco), canteen and sports facilities.

Interested people may contact Mr. Siva at Aurelec in person, or by phone to **2622293/2622294** or email adps@auroville.org.in

LOOKING FOR

SOMEONE WHO CAN TEACH PARKOUR

Is there anyone in Auroville that knows the parkours sport and would be willing to teach it to some kids who have shown interest in learning it?

If yes please write to : roro@auroville.community



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE
Auro - Traductions

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



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1034

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

CINEMA

THE PAVILLON DE FRANCE PRESENTS :

Interview of Goupi

By François Gauthier and Rakhil

Friday 12 July 2024 at 5PM

Cinema Paradiso

In French, simultaneous translation in English (20 headphones)

"Great souls live within Auroville and sometimes we are not even aware of it.

Definitely Guruprasad (as named by the Mother, otherwise known as Goupi), was such a man.

Some of us may have thought that his ever smile, over enthusiasm, constant 'Jai Ma', were sometimes slightly forced, but the truth is that it was Goupi's VERY nature and we have rarely seen him angry or negative.

Of course, when we age, our atavisms, whether from this life, or past lives come up stronger and we lose some of the light and psychic touch of our youth, but Goupi continued to smile and we saw him often sitting like a yogi on the stone in Pitanga . Auroville does not honour enough its elders as it should.

Rakhil and I did a an extensive interview of him when he was in his prime. Come and see: Goupi shines through it like a beacon of joy and positivity!" – François Gauthier.

Cinema Paradiso. Friday 12th July. 5PM.





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

Reminder: **Friday July 12th : ARRIVAL** by Denis Villeneuve, 2016
ARRIVAL – USA, 2016

With: Amy Adams, Jeremy Renner, Forest Whitaker

Synopsis: Louise Banks, a Linguistics professor, is called to lead an elite team of investigators when gigantic spaceships touchdown in 12 locations around the world. As nations teeter on the verge of global war, Louise and her crew must race against time to find a way to communicate with the extraterrestrial visitors. Hoping to unravel the mystery, she takes a chance that could threaten her life and quite possibly all of mankind. Overview: A thoughtful, compassionate sci-fi movie beautifully mixing realism with a sense of wonder... (presented by Abhijit)

Original version in English with English Subtitles, duration 1h.56'

And **FRIDAY JULY 19th:**

"PEBBLES" - Original title: **"KOOZHANGAL"**

India (Tamil Nadu) 2021 – Duration: 1h.15'

Written & Directed by **P.S. Vinothraj**

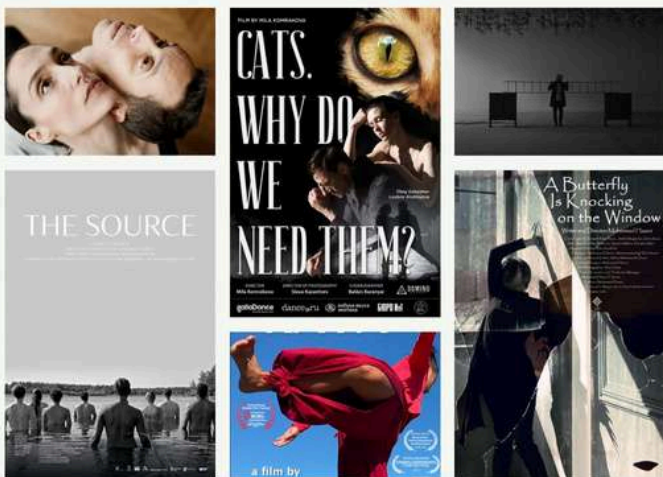
With: Chellapandi, Karuththadaiyaan, Philip Arulodss
In collaboration with Pr. Sivakumar M. and film director P.S. Vinothraj, we are happy to bring you this critically acclaimed Tamil film released in 2021.

Synopsis: In a remote little town, an abusive and angry father drags his young son out of school and embarks on a journey to bring back his wife who has left. However, the commotion in his wife's village pushes the duo to walk back home where the unforgiving barren land and the punishing sun, force them to confront their emotions. (Note: Some people might find the movie disconcerting.)

Overview: Koozhangal is the director's debut film, it is extremely well shot and known for its poignant storytelling, the vastness of landscapes and exceptional performances by Karuththadaiyan and Chellapandi. It will be introduced by **Pr. Sivakumar and possibly, Vinothraj**, will also be with us! Please mark this Friday and do not miss the event.

Original version in Tamil with English Subtitles

MANIFEST DANCE-FILM FESTIVAL PONDICHERRY



MANIFEST DANCE-FILM FESTIVAL '24

**FRI 26 - SUN 28 JULY
PONDICHERRY**

**ALLIANCE FRANCAISE
9 AM - 9 PM**

VASCO FREE AND OPEN TO ALL
BRANDING PARTNER

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):		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:		
Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 8903836246
Mental health 24/7 support:		
Vandrevala Foundation +91 9999666555		
India Emergency Response Service (24/7): 108		



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 15 July 2024 21 July 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.

Watch out, now some days are mixed up from the usual!

Indian – Monday 15 July, 8:00 pm:

• AATHVANI (Memories)

India, 2023, Writer-Dir. Siddhant Sawant w/ Mohan Agashe, Mahendra Chaudhari, Pratamesh Deshpande, and others, Drama, 124mins, Marathi w/ English subtitles, Rated: NR (PG)

Rahul writes for films but experiencing writer's block. Riya, his girlfriend's family, are not willing to wait any longer for them to get married but he does not have a secured earning. One day he finds a wallet that belongs to Ramakant. Inside there is a 48yrs old letter by someone called Sunanda. Rahul gets a clue about a love story and tries to trace both Sunanda and Ramakant. Will he succeed?
Come and watch!

Potpourri – Tuesday 16 July, 8:00 pm:

• FRIDA

USA, 2003, Dir. Julie Taymor w/ Salma Hayek, Alfred Molina, Geoffrey Rush, and others, Biography-Drama, 123mins, English-French-Russian w/ English subtitles, Rated: R

The film chronicles the life of Frida Kahlo as she and Diego Rivera took the art world by storm. From her complex and enduring relationship with her mentor and husband to her illicit and controversial affair with Leon Trotsky, to her provocative and romantic entanglements with women, Frida Kahlo lived a bold and uncompromising life as a political, artistic, and sexual revolutionary. *In July we had both her birth and death anniversary. This is a tribute!*

Selection – Wednesday 17 July, 8:00 pm:

• NESKOLKO DNEY IZ ZHIZNI I.I. OBLOMOVA (A Few Days from the Life of I.I. Oblomov)

USSR, 1980, Writer-Dir. Nikita Mikhalkov w/Oleg Tabakov, Yuri Bogatyryov, Elena Solovey, and others, Comedy-History, 142mins, Russian w/ English subtitles, Rated: NR (PG)

St. Petersburg, mid-19th century: the indolent, middle-aged Oblomov doesn't do much. His friend, Stoltz, a successful businessman introduces Oblomov to his circle, including Olga. When Stoltz leaves for several months, Oblomov takes a house near Olga's, and she takes it upon herself to refine him. Soon, Olga and Oblomov are in love; what happens to Stoltz?

Interesting – Thursday 18 July, 8:00 pm:

• DOWN TO EARTH

UK-USA, 2015, Writer Dir. Renata Heinen & Rolf Winters, Documentary-Adventure, 90mins, English-Variou languages w/ English subtitles, Rated: NR (PG)

This film is a mirror to humanity, a poignant and timely reflection on our 'civilized' world. It takes us on an inner journey, inviting us to re-connect with the source and the mutual path we are walking. We get to see the world through the eyes of the Earth Keepers, who having lived in hiding for centuries, see that now is the time to step forward and share their insights. Are we ready to listen? *A must watch!*

International – Saturday, 20 July, 8:00 pm:

• ARISTOTLE AND DANTE DISCOVER THE SECRETS OF THE UNIVERSE

USA, 2022, Writer-Dir. Aitch Alberto w/ Max Polyares, Gonzales, Veronica Falcón and others, Drama, 98mins, English-Spanish w/ English subtitles, Rated: PG-13

Resentful at the world, 15yrs old Aristotle Mendoza is a misfit and until he meets the free spirit Dante Quintana one summer. Dante is everything Ari isn't, finally, he has a friend in him.

Dante disrupts Aristotle's world, introducing him to music, poetry, and lessons about the sky. Summer ends and the two are torn apart. Armed with a new perspective, Ari uses Dante's absence to understand who he wants to be in the world of infinite possibilities that Dante represents. At first, he feels scared, but soon realizes that he can't go back to who he was.

His way forward is letting go of a secret he did not know he was keeping and embracing the universe.

Children's Matinee – Sunday, 21 July, 4:00 pm:

• TOKI O KAKERU SHÔJO (The Girl Who Leapt Through Time)

Japan, 2006, Dir. Mamoru Hosoda w/Riisa Naka, Takuya Ishida, Mitsutaka Itakura, and others, Animation-Adventure, 98mins, Japanese w/ English subtitles, Rated: (PG)

A high-school girl named Makoto acquires the power to travel back in time and decides to use it for her own personal benefits. Little does she know that she is affecting the lives of others just as much as she is her own.

BLACK & WHITE CLASSICS @ CINÉ-CLUB

Ciné-Club Sunday 14 July, 8:00 pm:

• DER STAND DER DINGE (The State of Things)

Germany, 1982, Dir. Wim Wenders w/ Allen Garfield, Isabelle Weingarten, and others, Drama, 120 mins, German w/ English subtitles, Rated: R.

The movie captures the behind-the-scenes tensions, boredom and messes of moviemaking. The rambling screenplay makes some good points about storytelling, the clash between illusion and reality, and the ominous presence of impermanence and death. Although there are only a few scenes that break through to some intensity, the last quarter of the tale is both surprising and gripping.

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.

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