

Auroville

NEWS & NOTES

No 1061 - A weekly bulletin for residents of Auroville

6 February 2025



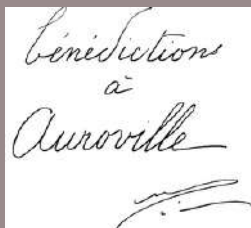
PONDERING

Collaboration does not mean that everybody should do the will of the man who asks for it. True collaboration is a non-egoistic union of all personal efforts to express and realise the Divine's Will.

The Mother, The Words of the Mother - II, Harmony and Goodwill
<https://library.sriarobindoashram.org/mother/cwm14/chapter/34>



THE MOTHER ON AUROVILLE



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behalf of
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CONDITIONS FOR LIVING IN AUROVILLE

Page 37

Auroville has been created for a progressive superhumanity, not for an infra-humanity governed by its instincts and dominated by its desires. Those who belong to the infra-humanity, the animal humanity, have no place here.

Auroville is for those who aspire for the supramental and make an effort to reach there.

1.12.1972

*

Everybody has to progress and become more sincere.

Auroville has been created not for the satisfaction of the egos and their greeds, but for the creation of a new world, the supramental, expressing the divine perfection.

12.12.1972*

*

Auroville has been created for a superhumanity, for those who want to surmount their ego and renounce all desire, to prepare themselves for receiving the supermind. They alone are true Aurovilians.

Those who want to obey their ego and satisfy all their desires belong to a subhumanity and have no place here. They must return to the world which is their true place.


18.12.1972



Divine Love

A flower that is said to blossom even in the desert. - The Mother

Punica granatum L., Punicaceae.
Pomegranate



*The city the earth
needs.*

SOME FUNDAMENTALS AUROVILLE AND RELIGIONS

Page 38

We want the Truth.

For most men, it is what they want that they label truth.
The Aurovilians must want the Truth whatever it may be.

Auroville is for those who want to live a life essentially divine
but who renounce all religions whether they be ancient,
modern, new or future.

It is only in experience that there can be knowledge of the
Truth. No one ought to speak of the Divine unless he has had
experience of the Divine.

Get experience of the Divine, then alone will you have the right
to speak of it.

The objective study of religions will be a part of the historical
study of the development of human consciousness.

Religions make up part of the history of mankind and it is in this
guise that they will be studied at Auroville—not as beliefs to
which one ought or ought not to adhere, but as part of a
process in the development of human consciousness which
should lead man towards his superior realisation.

PROGRAMME
Research through experience of the
Supreme Truth
A life divine
but
NO RELIGIONS

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.

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 & 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 (RA WCom)
Funds and Assets Management Committee (RA FAMC)
Budget Coordination Committee (RA BCC)
Town Development Council / L'avenir d'Auroville (RA TDC)
Auroville Council (AVC)
Entry Service (ES)

GB groups:

Working Committee (GB WC)
Funds and Assets Management Committee (GB FAMC)
Budget Coordination Committee (GB BCC / GB BCS)
Auroville Town Development Council (GB ATDC)
Housing Service (GB HS)
Land Board (GB LB)

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 no: **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 & Notes Team

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WORKING GROUPS NEWS

FROM THE ENTRY SERVICE

ES # 238 DATED: 03-02-2025

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

We thank you in advance.

The Entry Board

(Amy B., Don, Fabienne, Grace, Mirco, Sara, Sonja, Vadivel)

AUROVILIAN ANNOUNCED

- **Jean Francois CLAUDE (French)** staying in Terra Amata and working at Auroville Language Laboratory and French Pavilion

NOTE:

- A Newcomer becomes an 'Aurovillian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovillian' is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- The formal administrative step of entering new residents into the Register of Residents (RoR), is done by the Secretary of the Auroville Foundation. For this, a B-Form is filled in and signed by the individual and a meeting with the Secretary is arranged by the Entry Secretariat. However, until such time as a new Secretary is appointed, the meetings of Confirmed Aurovilians with the Secretary will be pending.

Dear Friends,

As you may know, the Entry Service has been functioning with reduced capacity since January 2024.

The actions taken to stop the work given to the Entry Service by the Residents' Assembly persist. However, according to the Auroville Foundation Act, the power to admit and terminate names from the register of residents is within the exclusive domain of the Residents' Assembly. The new regulations were challenged before the Madras High Court and have been stayed, but have not been finally heard and disposed.

Be that as it may, the Entry Board team has been reconstituted according to the Residents' Assembly approved process and 3 ongoing members welcomed 5 new members. The team has been meeting regularly since May 2024.

However, we have been advised not to process new applications for the time being.

We intend to use this time to *take up pending work* such as requesting mentor reports, and Newcomer self assessments. We plan to resume completing the Newcomer processes, some of which have been left pending for over 6 months as soon as we are advised to do so.

We apologize for the delays, however, it has been due to circumstances beyond our control.

We pray for relief by the courts in due time.

Sincerely,

The Entry Service & Board

FROM THE WORKING COMMITTEE

LEGAL OPINION ON STANDING ORDER FOR RESIDENCE CRITERIA AND HUMAN RESOURCE SERVICE

Dear Community Members,

In two previous Mass Bulletins of 28th November 2024 and 18th December 2024 we have expressed our view on the Residence Criteria Standing Order issued by the Officer on Special Duty (OSD) of the Auroville Foundation, Dr G. Seetharaman, and explained the reasons why it is not valid and not legally tenable.

We would now like to share a legal opinion on this matter, which is attached and available at this link: <https://drive.google.com/file/d/1pgv6fsjxygloiWE5oyYBDGo4uZ42Reo/view?usp=sharing>

Below is a short summary of it:

- There are no provisions in the Auroville Foundation Act to issue Standing Orders
- A Standing Order is ordinarily issued for an employer-employee relationship, which is not the case in Auroville
- The Standing Order on Residence Criteria has been issued with the sole purpose to try to impose control over the residents of Auroville by government appointed officials and appointees of the Secretary at their whims and fancies and infringe upon the right of equality before the law, the right to life and liberty, including the right to privacy
- The Standing Order establishes an arbitrary and uncontrolled discretion without any guideline on how to exercise it
- Discretion without control and without guidelines can easily degenerate into arbitrariness
- Such arbitrary powers given to an authority are the negation and antithesis of the ideal of equality before the Law and of the Constitution of India (Article 14)
- The provisions of the Standing Order on Residence Criteria are part of Regulations (on Admission and Termination) issued by the Governing Board in 2023 that have been stayed by the Madras High Court. Therefore any Standing Order issued on the basis of these regulations is bordering on contempt of Court
- It is also worth noting that the Madras High Court in an order dated 4.9.2023 categorically states that the Residents' Assembly may not be restrained from functioning
- The creation of the Human Resources Service by the GB-FAMC is also based on the stayed Regulations (Admission and Termination) of 2023, and constitutes a violation of the orders of the Madras High Court.

We hope this sheds light on the overreach that this Standing Order represents, and allows the residents of Auroville to make more informed choices about dealing with the illegal Human Resources Service.

In service,

The Working Committee of the Residents' Assembly
Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



WORKING COMMITTEE
of the Residents' Assembly
AUROVILLE FOUNDATION



FROM L'AVENIR D'AUROVILLE

LETTER REGARDING UNLAWFUL TREATMENT OF TREES

Dear Residents,

On February 6th, a [letter](#) was sent to high government officials, the Joint Committee, the GB and the IAC. It addresses concerns about the unlawful treatment of trees by the GB-appointed ATDC and the CPWD, both overseen by the AVFO.

Despite ongoing legal proceedings in the Auroville NGT case, violations of tribunal rulings and environmental laws persist. Unauthorised tree cutting, including restricted species like peepal, has occurred without required approvals. Roadworks have also led to harmful concretisation around trees, suffocating protected species such as Red Sanders. These actions ignore national regulations like the EIA Notification and past NGT rulings mandating soil exposure. Authorities, including GB-ATDC and CPWD, have failed to respond to concerns. While the Residents' Assembly supports development, it demands inclusive and lawful processes, yet the bodies responsible for all these unlawful activities remain silent on these violations.

Thank you for your attention and commitment to Auroville's shared vision.

All related documents, reports and letters can be found [here](#).



FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1064

Please click [HERE](#) to read the FO groups news

COMMUNITY NEWS



OBITUARY

DEAR DON

Dear Don,

I had just evoked on the Auroville website about your civic consciousness, an even more prominent attribute than your love for music. You always stood for justice, equity, honesty, championing relentlessly, as is appropriate for the cultured and sensitive man you were.

I spent the day in Pondy, unaware that you were crossing to the other shore; the atmosphere around the samadhi and the Ashram was very special, and so were the people. I will never forget your luminous example, how firm you stood during those tragic days, unshakable and faithful to your inner truth. May Auroville shine, one day, of that same light.



Paulette

[PETITION RESULTS] ⚡ URGENT CALL TO PROTECT AUROVILLE'S LAND – SIGN THE PETITION NOW

Dear Auroville Residents and Well-Wishers,

Thank you very much for your participation in the recent petition regarding the land encroachment case in the Evergreen community. We also deeply appreciate those who took the time to read the petition document despite the short notice.

Today, two delegates from the community handed over the petition letter along with the collected signatures to officials at the Auroville Foundation Office, requesting that the matter be brought to the secretary's immediate attention. Additionally, we have sent soft copies to the Education Minister and his Secretariat, as well as to the members of the Governing Board and the International Advisory Council of the Auroville Foundation—without disclosing the names of the signatories—urging their attention to this critical matter concerning Auroville's future.

Petition Results:

Period: 3rd to 5th February 2025 (2 days)

Total Signatures: 713 (verified by three Auroville volunteers)

The signatures include Auroville residents and well-wishers from around the world. Due to the short submission window, the petition will remain open until further notice. If you haven't signed yet, you can still do so via the following [LINK](#).

It was inspiring to see the physical presence of over 100 residents at the Foundation Office on Monday, 3rd February, standing together to express our deep concerns about the ongoing land issues in Evergreen. A heartfelt thank you to everyone who showed up and stood firm in support of this appeal 🙏🌟

In Community

Concerned Residents of Auroville

AUROVILLE INTERNATIONAL GENERAL ASSEMBLY

MONDAY 10 FEBRUARY 2025



The AVI General Assembly/Meeting will be on **Monday 10th February 2025**.

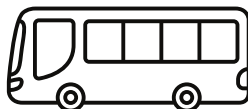
Venue: Tibetan Pavilion

Time: 2 to 5pm

Aurovilians, Friends of Auroville, Volunteers are most welcome.

PONDY TRIPS ON DARSHAN DAYS:

FRIDAY 21 FEBRUARY



On Mother's birthday, the SAIER bus will leave **from Matrimandir at 3pm via the ordinary route and will return from Pondy at 6pm**, to allow those willing to use AV's collective transport for the visit of Mother's room.

Tokens are required, see Pitanga's arrangements.

This is not a commercial bus and the offer is for Aurovilians, newcomers and volunteers wishing to have darshan in Sri Aurobindo's room.

Paulette



AUROVILLE DOG SHELTER

MONTHLY TRANSPARENCY REPORT JANUARY 2025

Overview

- New admissions: 26 (407 since April 2023)
- Rabies confirmed case: 0
- Adoptions and Releases: 10
- Vaccinations administered: 50
- ABC shelter dog sterilizations: 43
- Deworming: approx. 50

Donations & Urgent Concern Over Donation Restrictions

In January, we received Rs. 623,182 in our FS account, which includes Rs. 50,000 from BCC and USD 6,418 from the successful AVI USA matching campaign. Additionally, Rs. 92,700 was received in our bank account through direct donations.

However, to our great shock and concern, the Donation Channeling Group (DCG) on orders of FAMC blocked all incoming donations from Donatekart, citing that auditors have raised concerns over donations collected through third-party fundraising platforms. This decision affects not only our shelter but also many units in Auroville, whose survival depends on these essential contributions. The ban applies to platforms such as Donatekart, Milaap, and even AVI, an organization founded by The Mother to support Auroville. Following discussions with the Auditor General, it was agreed that a policy meeting must take place soon to address this critical issue and find a resolution that ensures the continued flow of much-needed support for Auroville's projects.

Expenditures

Animal Food: In January we fed our dogs 1.8 tons of rice, 2 tons of chicken, and 750 eggs, supplemented with donated food items like vegetables and daal, which cost us approx. 1 lakh. Donatekart has donated in kind 520 kg of pedigree dry food and 630 pouches of wet food.



Staff Costs: Total staff costs for this month for our workers paid animal care staff, 3 veterinarians (surgery team), and volunteers were Rs. 210,783

Medical Costs: Medicines purchased in this month cost us Rs. 26,844

Infrastructure Improvements: This month we have finished our Serenity House and Hope Gardens which is now home to 40 happy dogs. To be able to increase the number of sterilizations we have upgraded our ABC area to get more space at the cost of Rs 132,022. Our surgery room has received a professional light, a second operation table, UPS battery backup, and running water which cost us altogether Rs. 127,000

Project "Sterilising 1000 Dogs in 1 Year"

Despite the many challenges we face and the limited support from Auroville authorities, who continue to provide only Rs. 50,000 per month, we remain fully committed to our ambitious goal of sterilizing 1,000 dogs in just one year. This effort will have a profound impact on controlling the stray animal population and reducing suffering in Auroville and the surrounding villages. To make this possible, we have expanded our ABC kennels from 7 to 13 and aim to reach 21 by the end of February. Additionally, our surgery room has been upgraded to exceed government standards, enabling us to increase sterilizations from 16 last month to 43 this month. Our next milestone is to reach 80 sterilizations per month, bringing us closer to making long-term change a reality.

Serious Incident of a Mob Attack at the Auroville Dog Shelter

On January 30th, a serious and alarming incident took place at the Auroville Dog Shelter when a mob of 20 to 25 angry villagers

stormed the shelter, led by a neighbor with a history of violence against animals. This individual had previously attacked and injured one of our shelter dogs in December and was responsible for the poisoning of four dogs last year.

The mob demanded an immediate halt to the shelter's ongoing fence repairs and threatened the shelter manager, Arthur, staff members, and workers with violence if they did not comply. Additionally, they insisted that the Auroville Foundation relocate the shelter away from their village and into central Auroville. The underlying motive behind this demand appears to be financial, as the villagers who own land adjacent to the shelter expect land values to rise if the shelter is removed, especially with the upcoming construction of the VIP road leading to the Visitors' Centre.

Despite being physically attacked, Arthur and the shelter team remained peaceful, choosing dialogue over confrontation, and assured the mob that their concerns would be conveyed to Auroville authorities.

Auroville Security was immediately alerted, and after consultation with the Auroville Foundation, an FIR (First Information Report) was filed due to the serious threats made against the lives of the shelter team members.

Update - No Update - on the Future of Auroville Dog Shelter

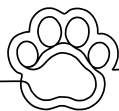
After weeks of waiting, Dr. Seetharaman finally granted a brief meeting to discuss the future of the Auroville Dog Shelter. During the meeting, he assured the safety of the shelter team following the recent mob attack, promising that a special police officer would be assigned to protect the shelter. However, despite the fact that the funds for constructing the new Auroville Dog Shelter have been withheld for over a year, no progress has been made in releasing the funds or issuing the building permission for the new shelter at RERS.

The current location is far too small to accommodate 300 dogs, and with the VIP road construction planned in the area, continuing operations at this site are becoming increasingly unsustainable. The ongoing delays are causing immense hardship and suffering for the animals, as the old shelter continues to deteriorate.

We remain hopeful that this standstill, which has now lasted 1.5 years, will soon be resolved so that construction can finally begin, providing a safe and sustainable home for Auroville's street dogs.

In Service

Auroville Dog Shelter Team
Tine, Arthur, Mar



HEALTH FUND

END OF THE FINANCIAL YEAR ANNOUNCEMENT

Dear Health Fund Members, 28-01-2025

The end of the Financial year is approaching and like we do every year, we request you to please submit your medical bills from April 2024 onwards. If you have any lying around, that is.

We need them before the 27th of March 2025! That is our last working day for the month of March. **Medical bills from March 2025 can be refunded in April 2025, but only the bills from March!**

Please don't wait till the last day, and do us the courtesy of submitting them as soon as possible.

We will be publishing this message every week until March to inform everyone as well as hang them at PTDC and PTPS.

We thank you dearly for your cooperation.

Best,
Stefan and Meenal
Auroville Health Fund

RESIDENTS' ASSEMBLY DECISION-MAKING PROCESS ON THE REVISED RAS MANDATE



Dear Residents,

Thanks to everyone who has already participated in the RA Decision-making process on the revised [RAS mandate](#). If you haven't yet, there's still time to participate.

PARTICIPATE ONLINE

Use your personalized voting link sent by the Residents' Assembly Service (RAS). If you didn't receive the link, please check spam or promotions folders. If still not there, kindly contact the RAS.

OR IN PERSON

In-person voting will be organized on **Saturday (February 8th) opposite Solar Kitchen entrance, 11am - 2pm.**

If you need assistance, you are invited to make an appointment with the RAS at raservice@auroville.services.

**The RAD will run until Saturday midnight,
8th February 2025**

KINDLY NOTE:

Participation remains fully confidential. Rely on credible sources for accurate information.

Your participation is needed!

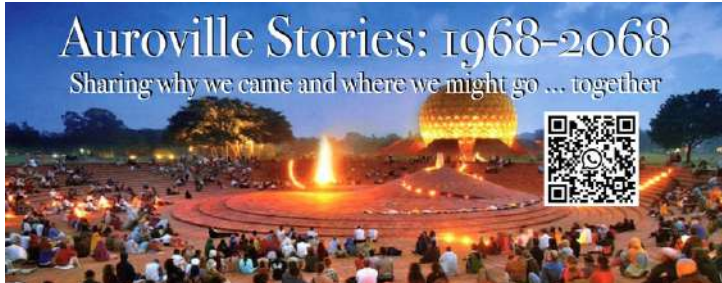
REFERENCE MATERIALS

- [RAS mandate](#)
- [RAD policy, 2023](#)
- [RAM2 report](#)

Best regards,

For the Residents' Assembly Service
Peter (TOS), Tatiana, Vignesh

AUROVILLE STORIES : 1968 - 2068



Through February, let's gather in small groups to share meaningful memories and hopeful dreams related to Auroville ... and if desired, create short, inspirational "digital stories" to be screened in Cinema Paradiso (and online) on March 1.

Scan the QR code in the image above or follow this link to get involved: <https://chat.whatsapp.com/E2H3CzT2u8yAptXgmVCcJl>. Please share with others and contact Daniel Greenberg at daniel@ic.org or on WhatsApp at +1 978-394-1711 with questions. Thanks!

ASSISTANCE TO AMERICAN SOCIAL SECURITY RETIREES AND APPLICANTS

Greetings, I am Gary, a Friend of Auroville, from America whose career was with the Social Security Administration, the primary USA retirement and disability system.

Should any in Auroville be potentially eligible or receiving its benefits and have questions I would be happy to volunteer my assistance. Its Supplemental Security Income (SSI) program may also be of interest should future US residence be contemplated.

Please first email me a synopsis of your concerns at gary@ionet.net as well as your WhatsApp number. **Put *Auroville/SSA* as the subject line of your email.** I will be in Auroville till mid-April but can also respond remotely once back in the US. Thank you.

RESIDENTS SPEAK

CONSPICUOUS CONS OF THE CONSTRUCTION

So far, the cluster of cultists has consistently collected cancerous clumps:

They have cried out callous calamities in the name of a so-called crescent calling, cut trees and cables, caused confined control and competition, criticised close one's clarity and comfort, closed half a century of community and connection, cooked up countless crooked cock-ups and conflicts, created contempt and corruption, crushed constructive collaboration, counterfeited credibility, conjured convoluted conspiracies, coerced compliance, cultivated cowardice and callowness, compromised commitments and creativity, and the list goes on...

In the construction vs destruction balance, there are all cons.

In the name of construction, they uphold continuous destruction.

In the name of development, they foster deterioration.

In the name of progress, the potential of Auroville has been blocked by them.

How many roads have been dismantled? How many have been built?

More importantly: where do they go? Where are we headed?

LEST WE FORGET...

"The Mother used to go for walks in a famous park of Paris which had huge ancient trees in it. The Mother meditated under one such tree. One day while She was meditating these trees came to Her to tell Her of their sorrow. It had been decided to chop some of them down. The trees complained to Her in their language. We could never imagine that such things could happen.

"The Mother did not like trees and plants to be cut down or leaves, flowers and fruits plucked without reason. Trees would go and complain to the Mother. The famous Banyan tree in the centre of Auroville came one day to the Mother to express its grief. So the Mother sent a sadhak to Auroville to find out what was wrong with this tree. When the sadhak arrived there he saw an axe had been stuck into the tree. He at once removed it and returned to the Mother to inform Her about it. There are innumerable such stories that reflect this deep friendship between the Mother and trees."

Source: <https://incarnateword.in/mtalks/moments-eternal/the-mothers-close-rapport-with-plants-flowers-and-trees>

Submitted by Jasmin

A MORE CORRECT WAY TO PRAY

A society that lives not by its men but by its institutions, is not a collective soul, but a machine; its life becomes a mechanical product and ceases to be a living growth.

— Sri Aurobindo

This is because the whole world is steeped in falsehood—so all actions that arise will be false, and this situation may continue for a long time and will bring much suffering to the people and the country.

The only thing to do is to pray—from the heart—for the Divine intervention as that is the only thing that can save us.

— The Mother

There is one way we can make our prayers more noble, more meaningful, more worthy.

We have to add penance.

Did we not have a role in the problem? We have to admit it. Here, in Auroville (others can find some similar issues in their neighbourhood), there was a reason why many were unhappy. Everyone felt blocked. There were many who felt frustrated. Some for decades. And many who left.

There are people who feel that the old system with many blocking games is not broken enough. That the blockers will come back and return to their old ways. We have not studied the old structure and its contribution to the stagnation of Auroville. Auroville is an experiment, but when things do not work out, we have to declare that experiment a failure and choose another path to try.

We have to document the failure, what did not work. Only then can we learn from both our mistakes and our successes to create a new experiment with another approach.

As part of this exercise of declaring the experiment complete, we have to admit our role in its failure. If any.

There has been no admission by people who had a role in the decades-long gridlock. There has been no apology. The people currently in power had a good reason to be frustrated and angry. Their response and actions can be wrong and have no validity, but the cause of eruption should not be denied.

If our prayers do not have the element of penance, the acknowledgement of our bad behaviour, our part in the creation of the situation, then how can the prayer have the power to invoke



help? It is this acceptance of our guilt, of our participation, that is our surrender, to open ourselves to judgement from the community. This admission of our culpability puts the heart into the prayer, that opens our heart to help.

The Mother heard the prayers of the trees. The trees, in pain, kept doing their work. Despite knowing about their impending death, they kept providing shade, shelter, oxygen, and fruit.

Similarly, with prayer we also have to have action. We have several folks in our midst, who are taking their daily steps, ones that keep Auroville going. We have to collectively add one more task: to create the framework of the next experiment. And this time we have to structure the experiment and document it properly, including how to evaluate it over time.

Only when we have asked for forgiveness for our previous trespasses and designed the path forward, will our prayers be answered.

by Rajesh



(NOT JUST) WORD PLAY

I have been a bookworm since childhood. It did not come from my family or school environment that nurtured the interest. It seems to have come as part of the package of who I am, or who I was in previous lives. And, I naturally tune to “incarnation”, not as a story, a belief or a lingering dose of self-illusion, but as a simple fact.

I love the feel and smell of books, and used to be drawn to the bookshelf whenever I entered someone’s house.

Later on, I developed a love for the spices in a kitchen, for the colours and smells in the market, for the curls, curves and creative expressions in nature and in humans.

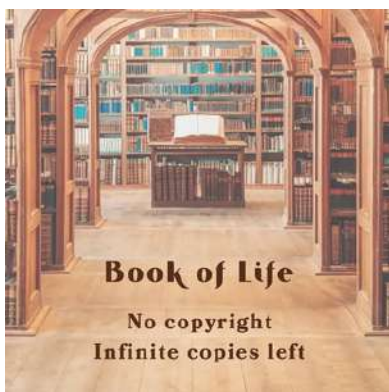
Life seems to be expanding... And I am lured into the “real” world that often seems a stage for illusory plays, a stage that puts the actors in the limelight, and conveys the subtle messages of the Director-cum-Playwright, time and again, so that we really “get” it.

Enough many times, I feel inclined to retreat from the stage and be cozily sheltered in my bookward.

Enough many times, I feel like re-writing and re-directing the plays, or exit and start afresh.

And as I witness and play more roles in seemingly different plays of essentially the same vein, there grows in me a tenderness for the players and the One behind the scene. It is an ongoing fermentation process.

So, naturally, here it comes:



Anandi Zhang

CHRONICLES OF DAWN

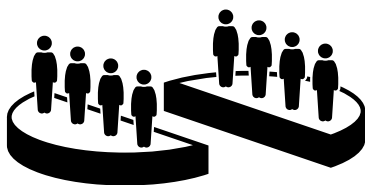
CHAPTER 2 - THE TWO COUNCILS

Since the founding days of the City of Dawn, wisdom had flowed through circles of fellowship. The community had learned to make decisions together, in a seemingly chaotic way, holding the original dream close to their hearts. They gathered beneath the great trees or in halls open to the wind, speaking of matters great and small, seeking the deeper truth that lay beneath surface disagreements.

But now there were two councils.

One met in the towers of stone that had risen at the city's edge, speaking of progress and efficiency, backed by the authority of distant powers. Their proclamations came sealed with official stamps, their words carried the weight of law from the Northern Kingdoms. "Order must prevail," they said. "The time of endless discussion is past."

The other still gathered in the old ways, under the deepening shadows of the banyan trees, holding space for the original dream. They knew that true authority came not from



stamps and seals, but from faithfulness to the vision that had called this place into being. They remembered the words written in the ancient scrolls about a new consciousness that would dawn in humanity, not through force, but through an awakening from within.

As proclamations flew back and forth between the towers and the trees, each resident faced their own moment of truth. Messages would come from both directions - one bearing official stamps, the other carrying the weight of half a century's shared dreams. Some sought middle paths that grew ever narrower, while others found their choices growing clearer with each passing day. For this was no mere administrative dispute, but a profound question of what kind of future they would serve.

"Choose now," came the demand from the towers. "Who has the right to speak for this city? Who holds true authority here?"

But the question itself revealed a fundamental misunderstanding. For the City of Dawn had never been about authority imposed from above. It had always been about the slow, difficult work of finding harmony amid diversity - like a forest where many different species grow together, each following its own nature while contributing to the whole.

In quiet corners and hidden groves, the keepers of the old wisdom continued to meet. They spoke of dreams and visions, sharing stories of the early days when the red earth first began to bloom. Some had been there from the beginning; others were young ones who had grown up among the trees their elders had planted. All felt the weight of this moment, sensing that they stood at a crossing of paths that would shape all that was to come.



They knew the risks of speaking out. Already, some who had raised their voices too loudly found themselves unable to continue their work. Others received letters suggesting they might need to leave the city altogether. Fear spread like morning mist through the communities,

making some quiet who might otherwise have spoken.

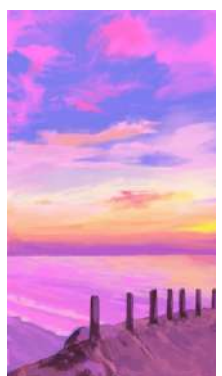
Yet even in those uncertain days, hope remained. It lived in the small acts of courage - in those who continued to gather and share their truth, in the young ones who climbed into the branches of threatened trees, in the elders who kept the old stories alive. It lived in the very soil beneath their feet, enriched by fifty years of shared dreams and dedication.

For they remembered something that the powers in their stone towers had forgotten: that the City of Dawn had been founded not as a normal city, but as a laboratory of evolution. Its purpose was not to replicate the old ways of governance and control, but to discover something new - a way of living together that would answer humanity's deepest aspirations.

And so they continued to meet, these keepers of the dream, even as the shadow of the Perfect Circle grew longer. They knew that their strength lay not in stamps and seals, but in their unity of purpose, in their commitment to a truth that ran deeper than rules and regulations. They were learning, day by day, that resistance could take many forms - and that sometimes the quietest acts of faithfulness could be the most powerful.

As the southern stars wheeled overhead, they shared their stories and their songs, their fears and their hopes. And in their sharing, something new began to stir - like a seed breaking through hard ground, like the first light of dawn after a long night.

For they knew, in their hearts, that this was not just about opposing a road or a council. It was about staying true to a dream that had been entrusted to them - a dream of human unity and conscious evolution that the world desperately needed.



The question was no longer simply about who held authority. It was about who would remain faithful to the original vision, even in the darkest of times.

[To be continued...]

[Author's note: Any resemblance to current events or persons, living or mythological, is purely coincidental and exists only in the reader's imagination.]

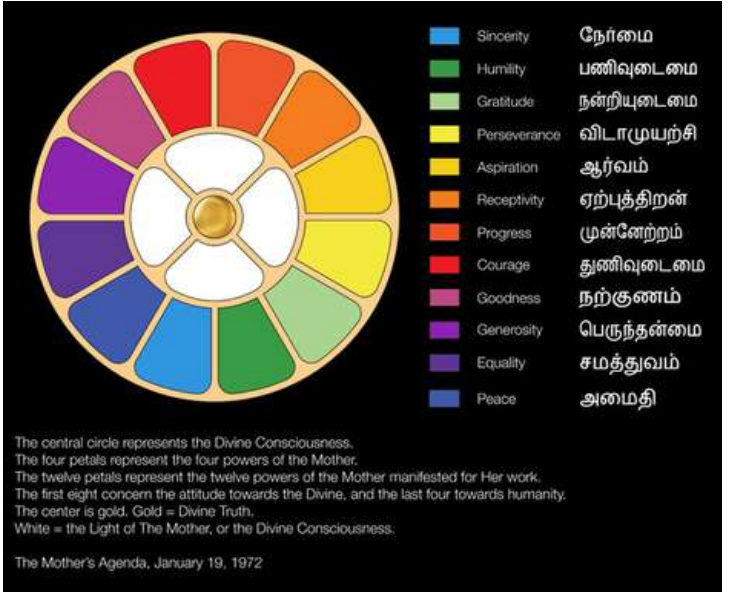
To read all chapters of this series, please visit:
<https://auroclam.substack.com/>

by Clam Aduelaie

FEBRUARY 2025 MANTRA: EQUALITY OR SAMATĀ

ॐ Vanakkam Team Auroville 🙏

சமத்துவம்
EQUALITY
समता
EGALITÉ



We continue with our common Vision-Goal¹ for continued growth and progress through Works or Action, our Karma Yoga in the integrated Jnana-Bhakti-Karma Yogas of the Integral Supramental Yoga², for the spiritual and material well-being of all.

"At first you endure, then out of endurance comes perfect equality, and out of perfect equality comes ecstasy."

"Someone who knows how to smile in all circumstances is very close to true equality of soul."

"You should constantly keep good will and love in your heart and let them pour out on all with tranquility and equality."

"Arjuna wanted not to stand for either side, to refuse any action of hostility even against assailants; Sri Krishna, who insisted so much on samatā, strongly rebuked his attitude and insisted equally on his fighting the adversary. "Have samatā," he said, "and seeing clearly the Truth, fight."³

— Sri Aurobindo and the Mother

And that Truth that we are fighting for is the Supramental Truth that is our Common Vision-Goal, the crystal clear Core Ideal of the Aims and Principles¹ of Auroville this City of Dawn of the New Supramental World.

....

1. <https://incarnateword.in/cwm/13/aims-and-principles>
2. <https://incarnateword.in/cwm/08/2-may-1956>
3. <https://incarnateword.in/cwsa/29/equality-the-chief-support>



To continue reading, [click here](#), scan QR code, or click on Zech's blog link

Zech, 2025.02.03

<https://zechjoya.blogspot.com/>

FROM SPIRITUAL REFRESHER TO LIVING TOGETHER

Those who have put forward the idea of a “Spiritual Refresher program” given at regular intervals to Auroville Residents have either – at worst – not read Sri Aurobindo’s works, or – at best – have only read them superficially. The thought of Mother and Sri Aurobindo cannot be taught in a didactic, scholastic or catechistic way. The force that emanates from their words and writings is deposited within us in the silence of the mind and heart, when the receptacle is ready to receive it. When I first read a major work by Sri Aurobindo (*The Synthesis of Yoga*) in 1970, I could feel the power of the words pouring out with great peace into my whole being. I could mentally understand the meaning of the sentences, but that’s not the most important thing, what’s important is the contact with the transforming consciousness of Sri Aurobindo or Mother, which flows through their words and then does its own work in us – we just have to let it act. This can only happen in a personal relationship, not in a classroom or lecture hall, and certainly not in a spiritual re-education workshop run by Aurobindonian pseudo-priests dressed in white.

Sri Aurobindo and Mother always warned, even in the ashram, against the temptation of certain disciples to turn their teachings into a religion. Spirituality, yes. Religion, no! Religion is all about indoctrination and enrolment, severe and authoritarian. Spirituality can only flourish in conditions of complete freedom. Even if the source of the initial message was pure and luminous, almost all religions have subsequently diluted this message, turning it into an instrument of domination for the benefit of an oligarchy. And religion almost always ends up as nothing more than an amalgam of mechanical rites and empty, pointless pious similes. Spirituality, on the other hand, develops and blossoms in free discovery and inner joy.

Auroville is not an ashram, and its founder made it clear that the only condition for becoming an Auroville resident was goodwill. A number of Aurovilians first came to Auroville by chance, many having never read the writings of Sri Aurobindo or Mother

beforehand, but the atmosphere of Auroville itself has induced many to read and study their works in more depth. Others are natural karmayogins and pursue their spiritual path through the consecration of their work. In any case, if you can’t stand the pressure of the force-energy that bathes Auroville, you can’t stay there and will eventually leave.

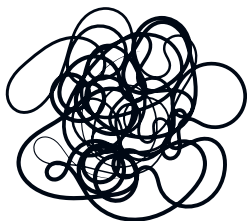


This unfortunate initiative – which is anything but refreshing – is imbued with provocative overtones, and is also accompanied by the announcement of a new Human Resources Department, as well as a battery of directives issued in a stern, reproving tone. A change of vocabulary doesn’t necessarily lead to a change of reality, especially when the new name is borrowed from multinational corporations, where this department is generally the most hated, the people in charge being mostly accountants and technocrats with far more affinity for statistics and profit curves than for human beings.

As for the rules, if we examine them closely and set aside their imperative tone, we have to admit that most of them have in fact always existed – but have not always been respected. Everyone

knows, for example, that an Aurovillian undertakes to stay and work in Auroville. If one is absent, one must provide a reason – medical, family or professional – within the framework of and for the benefit of the Unit in which one works. Everyone has also agreed that the property in which they live is the property of Auroville. You can't do as you please with it, rent it out to guests, or house friends and family without permission, as some have been known to do. And what if it was this laxity – or even “je-m'en-foutisme” – that had called for this severity of tone, as a clumsy and probably counter-productive response to the hope of putting things back in order and in their place?

In the current state of humanity in general and Auroville in particular, logical, humane, simple and clear rules ensure a certain order, thus fostering harmonious living together in the community. However, people need to take responsibility and discipline themselves to follow these rules, without always trying to get around them. On the other hand, if new directives are continually issued and changed arbitrarily and suddenly at the whim of those in charge, this can only create stress and frustration, and can only lead to widespread confusion and disorder.



Without rules, we can only speak of non-divine anarchy. Divine Anarchy, which Mother has evoked as an ideal of collective management, is not yet on the agenda, and can only be implemented by supramentalised beings, or at least by the vast majority of citizens centred on and

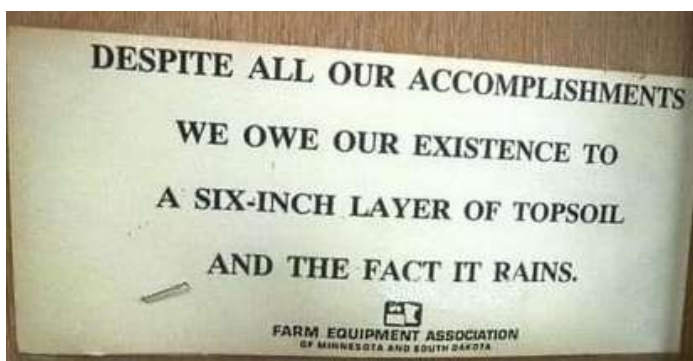
guided by their spiritual or psychic being. If we remain, as we do today, hopelessly on the mental plane, everyone thinks they hold the truth and will be right against all odds. This fatal trap leads people to turn against each other and use confrontation as the only means of communication. No harmony can emerge from this state of things.

Impermanence has always been the norm in the world, and we're discovering with anguish that today everything is increasingly unpredictable and unstable. Since it's an illusion to believe in any kind of security outside ourselves, it's time to remember that the true bedrock of stability lies within us, in the heart chakra, where the Divine has deposited its immortal presence. In any case, nothing is ever lost, and all life is lived. For those who remain, the Great Adventure continues. For the others, they are enriched by the gift of experiences accumulated on this blessed soil, and will retain eternal gratitude for it, from life to life. The Divine Mother is behind all the events and happenings we encounter and, despite appearances and opposing winds, we must remain confident and certain that She knows better than we do what is best for our individual and collective development. Isn't that the one and only purpose of our presence in this world: *Progress?*

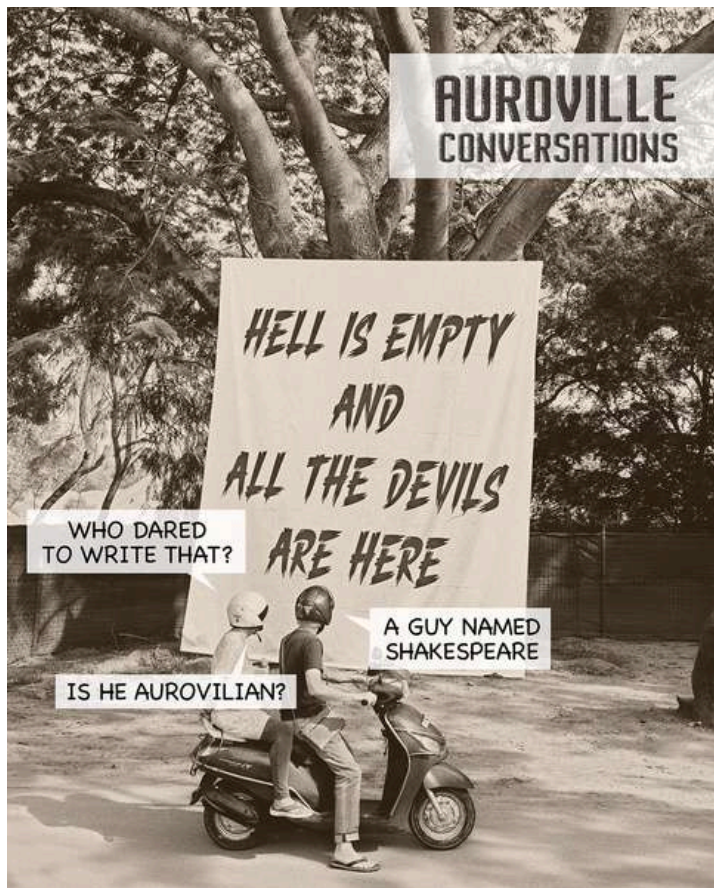
Pragna & Shaktiprem



FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

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



INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 11th February, 9 am - 12 noon
Focus: Self-realisation

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele
Ph/Whatsapp: 94891 47202 (Please register)

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

Savitri, this prophetic vision of the world's history, including the announcement of the earth's future.

We will begin with Savitri Book One Canto Three.

At Savitri Bhavan - Square Hall.

OM CHOIR

EVERY TUESDAY, 05:30 - 06:15PM

Please join us in this collective aspiration, in the form of united prayer.

No prior singing experience is required.

At Savitri Bhavan - Square Hall.

- Narad.



AMPHITHEATRE - MATRIMANDIR

Meditations at sunset with SAVITRI,

**Every THURSDAY
from 5:30 to 6:00pm**

(weather permitting)



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are on weekly for everyone to concentrate, in this beautiful open space 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 to use cameras, i-pads, cell phones, etc. No photos.

New: Guests with Aurocard wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance, **or on the day itself before 11am.** Please bring your Aurocard with you.

Access by Office Gate for the Amphitheater only from 5:15pm. Thank you.

Velmurugan and the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

*These are sounds of the Beginning
These are sounds that cradled the worlds*

Harmonious play of rich powerful tones and strongly resonating overtones invokes a profound state of inner peace, tranquility and self-healing, bringing deep physical and psychological relaxation.

Open Group - Everyday 3:00 - 4:30pm

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](#)) and Ashesh Joshi

Please register in advance

Ph/WhatsApp: +91 94891 47202, +91 94862 47202

(Private sessions on request at other timings)

VIPASSANA MEDITATION

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

Timings: 8:00am – 12:00pm 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

As taught by S.N. Goenka



Contact: Sanjay Tumati,
+91 87909 82210 (available on WA)
sanjay@auraauro.com

ANNOUNCEMENTS

GUIDED GARDEN TOUR

TUESDAYS AND FRIDAYS, AV BOTANICAL GARDENS

From the 20th of December to the 20th of March 2025

Come walk with us!
Guided Garden Tour

- **Tuesdays and Fridays - 09:30am** (about a 1.5 hour walk).
- Be on time.
- Bring your water bottle and a hat.
- Meeting point at BG Kitchen.



Please send us an email to : avbg tours@gmail.com to book your walk.

BRINGING ECOLOGY HOME

17 - 19 FEBRUARY 2025, AV BOTANICAL GARDENS

Bringing ecology home

Ecological concepts & practices for everyday living

With Deoyani, Lucas & Nina

Learn about the vital connection between our personal health and the health of the planet. We will delve into how our daily choices—from the food we eat and the products we use, to our methods of hygiene and sanitation—directly impact the environment. By understanding the effects of our actions on the ecosystem, participants will gain insights into making more sustainable, eco-conscious decisions that benefit both our well-being and the Earth's health.

Dates:
17.02.25
to
19.02.25



Registrations open until
07.02.25

15 spots available !

To register/ further details email us at : ecologicalhorticulturecourse@gmail.com

Location: Auroville Botanical Gardens, Timings : 9am to 4.30 pm

Course fees: Rs.5000 (inclusive of lunch & refreshments)



ECO FEMME - OPEN HOUSE

EVERY THURSDAY

eco•femme



Looking for an Auroville experience?

Come and visit Eco Femme's open house
Thursday 10.30 - 11.30 am to learn about menstrual health, cycle tracking and our social enterprise.

Organic cloth pads, nappies and cups
available at special rates.



Monday to Friday 9 am to 5 pm
Auroshilpam 605 101, Auroville

ecofemme.org



Revaluing menstruation... because Life depends on it!

Dear Friends,

Come join our Open House **every Thursday at 10:30am**. We hold these at our office in Auroshilpam, just behind Auromode.

We'll teach you about sustainable menstrual products and our not-for-profit programs, and you can pick up discounted cloth pads, cups and period panties!

See you soon!

The Eco Femme Team

AUROVILLE BADMINTON TOURNAMENT

30 JAN - 9 FEB, CERTITUDE



AUROVILLE
BADMINTON
TOURNAMENT - 2025



Under 10 & 14 Sub Junior Girls - 30th Jan
Under 10 & 14 Sub Junior Boys - 31st Jan
Junior Girls - 1st Feb
Junior Boys - 2nd Feb
Women's Doubles - 3rd Feb

4th Feb - Men's Doubles Cat - B1
5th Feb - Men's Doubles Cat - B2
6th Feb - Men's Doubles Cat - A1
7th Feb - Men's Doubles Cat - A2
8th Feb - Super senior (above 45)

9th Feb - Finals

 Certitude Badminton Court

 Organized with
YouthLink, Auroville.

WhatsApp / Call to Register
 97511 10018 /  94436 17098

AUROVILLE CYCLOTHON 2025

SUNDAY 2 MARCH 2025

Dear Auroville Communities,

Online registration for the Auroville Cyclothon 2025 as the 2nd edition started this year, scheduled for Sunday, March 2, 2025, opens on

January 24, 2025, at NOON. If you plan to join this edition of the Auroville Cyclothon, we invite you to register via the following link: <https://www.aurovillecyclothon.com/>. Please note that registration remains **open from January 24, 2025, NOON, until February 24, 2025, NOON**.

The organizing team is dedicated to ensuring a safe and injury-free ride for all registered participants. We strongly encourage comprehensive training for the ride and wish you an exceptional experience at Auroville and its bio-region.

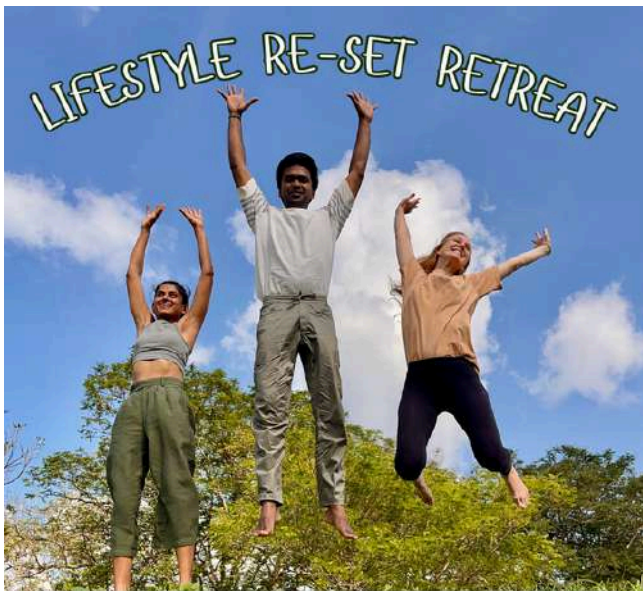
Warm regards,

Murali, Prabhu and Raju
Auroville Cyclothon Team



LIFESTYLE RE-SET RETREAT

7 - 9 FEBRUARY



FEBRUARY 7 TO 9
AT TANTO FAR BEACH AUROVILLE

Feeling low on energy, stuck in unhealthy habits, or noticing signs of aging creeping in? Frustrated by weight fluctuations?

Redesign your daily routine and unlock your full energy!

Our Lifestyle Re-set Retreat provides practical and holistic tools to help you achieve peak energy levels and empower you to live a purposeful life at your full potential.

Contact: Rekha +91 99456 11011 or Laure WA+33 6 95 65 11 35

With the guidance of our 3 Lifestyle, Fitness, and Yoga Instructors, you will:

- Adopt wholesome daily habits to boost, sustain, and wisely use your energy.
- Experience holistic health and wellness through Calisthenics, Yoga, Meditation, and Breathwork on the beach, Mindful Walk in the Forest,...
- Create customizable routines tailored to your lifestyle and goals, which our instructors will follow up on after the retreat.

☎ For more details contact Rekha +91 99456 11011 or Laure +33695651135

THE FRENCH PAVILION PRESENTS: AUROVILLE AND THE QUESTION OF SPIRITUALITY - AN EXPLORATION BY RÉMI ASTRUC

MONDAY 10 FEBRUARY, PAVILLON DE FRANCE



“Spirituality” is a word that has become ambiguous. Widely overused, it now refers to very different practices, sometimes incompatible with one another. This has led to numerous misunderstandings and controversies surrounding the city, from its founding in the 1960s to the present day, where we witness attempts to “correct” what some perceive as deviations from the spiritual vocation of the City of Dawn. To fully understand the stakes of these questions and conflicts, it is crucial to return to Sri Aurobindo’s particular conception of spirituality, as it shaped the way the Mother envisioned the city and the mission entrusted to it.

So, what defines spirituality in Auroville? Can we confidently assert that it is a spiritual city?

Rémi Astruc is a professor at CY, Paris-Cergy University, and a member of the Institut Universitaire de France. For the past four years, he has been visiting Auroville to better understand various aspects of the city and attempt to grasp the uniqueness of the Aurovilian adventure.

- **EN FRANCAIS : Vendredi 7 Février à 17h**
- **IN ENGLISH: Monday 10th February, 5pm**
- **At Pavillon de France (opp. Visitor centre)**

EDIBLE WEEDS WALK

A colorful illustration of a woman in a red shirt and blue pants walking on a path through a field of various plants, including large white flowers and green foliage. A central white box contains text about the walks.

Edible Weeds Walks of the Season are Here

NOTE THE DATES, REGISTER (MAX 10 PEOPLE/WALK), AND COME ALONG!
TIMING: 7:30AM TO 8:30AM

For each walk a convenient location within Auroville will be decided and shared w/ participants after the registration closes

WALKS ARE GUIDED W/ THE EDIBLE WEEDS COLORING BOOK ON THESE DATES:

25 January	1 February	15 March	5 April
	8 February	22 March	12 April
	15 February	29 March	

Contribution:
Rs.500 for all, Rs. 300 for Aurovilians, NCs, SAVI-registered volunteers

To register e-mail edibleweedwalk@gmail.com or WhatsApp: 98409 36907

🌿 Join the Edible Weeds Walks of the Season!

- 📅 Next Walk: **8 February** (2 slots left - Check image for other dates)/See the image.
- 📍 Location: Always within Auroville; details shared the day before to registered participants only.
- 🕒 Timing: 7:30 – 8:30am (arrive by 7:25am).

💰 Contribution: See the Image

📄 Register Now!

✉ edibleweedwalk@gmail.com

📱 WhatsApp: 98409 36907

LADDERSHIP POD

STARTS SUNDAY 2 MARCH

A banner with a background image of a large, dark, abstract shape resembling a ladder or a pod against a sunset sky. The text is overlaid on the image.

Welcome to join 'Laddership Pod'

Laddership Pods are global peer-learning labs run by ServiceSpace for values-driven changemakers. Over three weeks, participants immerse in an online "head-hands-heart" journey in the nuances of leading with inner transformation, gift ecology, design thinking, and incubating an offering of service. It's an online program and Auroville participants can also meet in-person for a deeper connection.

For online Pod details + sign-up visit: pod.servicespace.org
For Auroville meetup, contact Deven on: flourish@auroville.org.in
Laddership Pod starting on 2nd March, 2025 (Sunday)

LOOKING FOR

TAXI SHARING

THURSDAY 13 FEBRUARY

From **Savitri to Chennai airport on Thursday 13th February at 10:45pm.**

Info Elisabetta

WhatsApp 00393408497658 / elisegala@gmail.com



VOLUNTEERS FOR AV SCHOOL STUDENTS COLLECTIVE PROGRAMS

This is an opportunity to learn about Auroville schooling and interact with our teachers in designing learning experiences aligned with the principles of Integral Education. We are looking for support in organising collective programs for students and teachers.



You will work with a team at SAIER on projects that are designed to meet collective goals and aspirations of Auroville education. Join us as we weave threads that connect our different schools in an experiment of Human Unity.

Write to us at saiier@auroville.org.in with the subject line "Volunteer for Collective Programs"

With Gratitude,
Nilima

LOOKING FOR A MINIDV VIDEO CAMERA



I am looking for a video-camera (Sony, Canon or so) that works with mini-DV video cassettes. If you have one lying somewhere, as now they are obsolete, I'd be happy to buy it.

It must be in working condition, of course.

Please contact me by email at :

manohar@auroville.org.in

or phone/whatsapp 94864 16179.

Thank you, Manohar

ECO FEMME IS LOOKING FOR OFFICE SPACE & STORAGE ROOM

Eco Femme is seeking new office space with the following specifications:

- Office area: 150 sq. m
- Storage room: 80 sq. m

Please feel free to contact us at 94871 79556 for more information.

Thank you!



READING GLASSES EXCHANGE :)

Dear ALL,

I have reading glasses with the power +1.0

and am looking forward to exchange them against the reading power of +0.75 or +0.50. If anybody has them or has spare one's, please contact me.

Thanking you very much in advance... Sunny +34685673777

WhatsApp or email: srimaa221@gmail.com



ACTIVITIES AT SERENDIPITY

SERENDIPITY ACTIVITIES & THERAPIES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, TN, India

Landline: 0091 (0)413 - 3509950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES:

Qi Gong - with Lhamo

- **Monday - Wednesday and Friday 7 - 8:30am, drop in class**

Qigong can be described as a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, and building awareness of how the body moves through space. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi ("subtle breath" or "vital energy") and Gong ("skill cultivated through steady practice"). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students.

Hatha Yoga with Ramesh

- **Monday and Thursday from 5:30 - 6:30pm, and Saturday 7 - 8am, drop in class.**

Ramesh offers hatha yoga classes with some vinyasa flow and include pranayama, traditional sanskrit mantra chanting, and meditation. The style is gentle, adaptive and progressive where passive, gravity-assisted poses are mingled with dynamic vinyasa-style flow as needed. He places a lot of focus on breathing and body-mindfulness during the practice. It is ideal for beginners to intermediate-level practitioners. You will be exposed to authentic Sanskrit terms and their correct pronunciation. The practice will be rejuvenative and restorative. These specific classes will be on donation basis even for guests.

Tibetan Bowls - Sound Healing with Pratik (starting on the 4th of February)

- **Tuesday from 5 - 6:30pm, drop in class**

Tibetan singing bowls are crafted from a blend of metals, each carefully tuned to produce unique harmonic sounds. When played, these bowls generate vibrations that interact with the body's energy field, encouraging a meditative state and fostering overall well-being. The practice is based on the principle that everything in the universe, including the human body, is in a state of vibration. Disruptions or imbalances in these vibrations can lead to stress, illness, and discomfort. By aligning the body's frequencies through sound, Tibetan bowl healing seeks to restore harmony and vitality.

Traditional Sanskrit Mantras with Sonia

- **Thursday from 9 - 10am (Drop in class); and Friday from 5 - 6pm (Regular Students only).**

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

Book Reading Circle - "Be As You Are" by Sri Ramana Maharshi - with Debashish

- **Wednesday from 6 - 7 pm**

The book beautifully explores the teaching of the sage of Arunachala. For him, the realization that "there is no reality other than the Self" was not merely a philosophical concept but a profound truth that shaped his life into one of boundless joy. And in time the world recognized the power of his grace. What was the essence of his wisdom that transformed countless lives and inspired generations of modern philosophers and spiritual teachers. Let's discover it together.

THERAPIES:

Shiatsu Massage with Sara

- **On appointment only (Sara +91 94436 17308)**

Shiatsu is a manipulative therapy developed in Japan and incorporating techniques of anma (Japanese traditional massage), acupressure, stretching, and Western massage in order to maintain physical and mental well being, treat disease, or alleviate discomfort. It involves the uses of kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils through light, comfortable clothing.

Cheek Acupuncture with Lhamo

- **On appointment only (+91 84380 53127)**

Cheek acupuncture works on the principle that in the face there is a holographic miniaturization system covering the whole human body. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body.

Gua Sha (Chinese Detox Scrub) with Lhamo

- **On appointment only (+91 84380 53127)**

This is one of China's oldest treatments. The practitioner uses a tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

Facial Gua Sha (beauty treatment) with Lhamo

- **On appointment only (+91 84380 53127)**

Facial Gua Sha reduces puffiness, lymphatic drainage, facial tension, helps tighten firm and lift skin, cooling, durable skin care. This treatment helps to detoxify, to purify and improve the metabolism as well.

Modern Trance Healing - Hypnotherapy with Lhamo

- **On appointment only (+91 84380 53127)**

In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don't have a positive appearance. In Modern Trance Healing, we can turn them into positive possibilities and let them teach us how to discover their positive meaning.





ACTIVITIES AT JOI - ANITYA COMMUNITY

Journey to Inner Peace :

Holistic Healing Services at Anitya Community

Located in the peaceful environment of Auroville's Centerfield, the Joy of Impermanence—Anitya Community Project offers a variety of holistic services to support your body, mind, and spirit. Our experienced practitioners provide a range of practices to help you relax, heal, and grow, guiding you toward balance and well-being.



- **Location:** Anitya Community, Centerfield, Auroville (500m after Center Guest House)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages).

WELL-BEING
@ JOI ANITYA

THAI YOGA BODYWORK ANDRES (+91) 9751607501	AYURVEDIC MASSAGE ELENE (+91) 7904143719	INTEGRAL COACHING DAVE (+44) 7564119728
SHAH-LU-HA-KA BODYWORK NIKKI (+91) 7094716136	MINDFULNESS MEDITATION HELEN (+91) 7094753054	WOMEN CIRCLES PREM SHAKTI (+91) 9489244823

Info and Bookings through **WhatsApp** | Anitya Community Centerfield | joyolimpermanence@auroville.org.in

Joi Anitya is a Resgistered Project under Hospitality Trust, Auroville Foundation

Thai Yoga Bodywork with Andres

- **Contact:** +91 97516 07501

Combining elements of yoga, acupressure, and assisted stretching, Thai Yoga Bodywork is designed to release tension, improve circulation, and enhance flexibility. This therapeutic practice helps restore balance to your body and mind through gentle, rhythmic movements.

Ayurvedic Massage with Elene

- **Contact:** +91 79041 43719

A relaxing full-body oil massage that melts away tension and revitalizes prana by gently focusing on the head, back, stomach, and feet.

Integral Unfoldment Coaching with Dave

- **Contact:** +44 75641 19728

A transformative life coaching approach blending Internal Family Systems (IFS), Focusing, and the Diamond Approach to explore your inner world, integrate all parts of yourself, and unfolding your unique potential for personal transformation.

Shah-Lu-Ha-Ka Bodywork with Nikki

- **Contact:** +91 70947 16136

This unique bodywork technique blends different massage styles, energy healing, and intuitive touch to release physical and emotional blockages. Shah-Lu-Ha-Ka Bodywork is a deeply restorative experience that invites your body to heal from within.

Mindfulness Meditation with Helen

- **Contact:** +91 70947 53054

Join Helen for guided mindfulness meditation sessions designed to cultivate awareness, reduce stress, and enhance emotional resilience. Whether you're a beginner or an experienced meditator, these sessions provide a peaceful space to connect with your inner self. Regular drop-in session for all on Tuesdays at 7:15am (Maloka Hall).

Women Circles with Prem Shakti

- **Contact:** +91 94892 44823

Women Circles offer a sacred space for women to gather, share, and support each other in their journeys. Led by Prem Shakti, these circles provide a nurturing environment where women can explore their personal growth, creativity, and shared experiences. Every new moon and full moon.



WORKSHOPS

TAI CHI CHUAN BEGINNERS' INTENSIVE

27 JANUARY - 15 FEBRUARY, SHARNGA

THE SCHOOL OF THE INNER WAY

Presents

THE ART OF CHI - Stevanovitch's method



TAI CHI CHUAN BEGINNERS' INTENSIVE

- **Monday 27th January - Saturday 15th February 2025**
- **07:30am - 10:30am**

Beginners: Chi and Tai Chi basics.

Three weeks, three steps through the discovery of the Chi work and the 24 posture form.

The work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination;
- Learning to mobilize Chi. First perceiving it, then guiding it in one's body with the use of three factors: will, imagination and muscular activity.

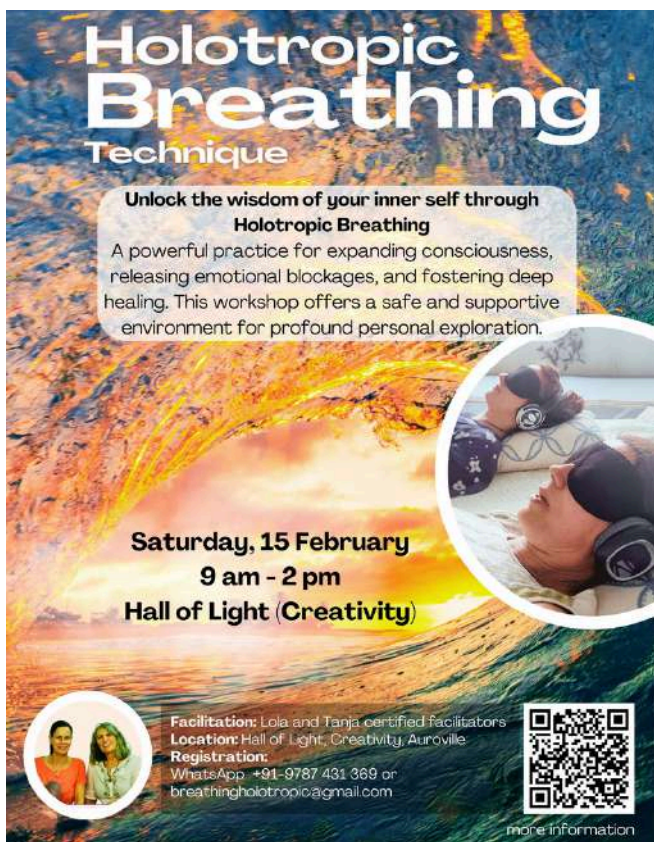
This is a recreational activity.

For information and booking, contact taichi@auroville.org.in.

taichi.auroville.org / www.artduchi.com

HOLOTROPIC BREATHING TECHNIQUE

SATURDAY 15 FEBRUARY




Holotropic Breathing Technique

Unlock the wisdom of your inner self through Holotropic Breathing

A powerful practice for expanding consciousness, releasing emotional blockages, and fostering deep healing. This workshop offers a safe and supportive environment for profound personal exploration.

Saturday, 15 February
9 am - 2 pm
Hall of Light (Creativity)

Facilitation: Lola and Tanja certified facilitators
Location: Hall of Light, Creativity, Auroville
Registration:
WhatsApp +91-9787 431 369 or
breathingholotropic@gmail.com


more information

Holotropic Breathing Technique - Workshop with Lola & Tanja (JIVA breathwork facilitators)

Date: Saturday 15 February 2025

Time: 9:00 am - 2:00 pm

Location: Hall of Light, Creativity Community

The Holotropic Breathing Technique is a powerful practice for deep healing, self-discovery, and expanded consciousness. In a 2.5-hour session, you'll breathe more deeply and rapidly than usual, supported by evocative music designed to guide and amplify your experience. This process can help release emotional blockages, ease anxiety, heal past traumas, and even alleviate physical pain. Beyond healing, it's a profound way to connect with your Inner Self, awaken deeper awareness, and gain clarity on your life's purpose.

Please register before:

- WhatsApp +91 97874 31369 or
- breathingholotropic@gmail.com

More info: <https://articlestanjarost.my.canva.site/holotropic-breathing> or scan the QR code.

TO ALL PALMYRA LOVERS

MONDAY 10 FEBRUARY, BOTANICAL GARDENS



To all Palmyra Lovers

Get a chance to discover your skills to weave palm leaves with Manojkumar, and create useful! beautiful!! & meaningful utensils for our daily life!!!





We could accommodate maximum 12 people
Please register before 6th Feb by email : avbg@auroville.org.in

Where : Botanical Gardens, Auroville
When : Monday, 10th Feb from 2pm to 5pm



All are welcome...

CULTURAL ANNOUNCEMENTS

JOIN US FOR PÉTANQUE - A CLASSIC FRENCH GAME! EVERY SUNDAY, FRENCH PAVILION



Discover **Pétanque**, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (*cochonnet*). Open to all levels, it's perfect for socializing and having fun. Also a good opportunity to practice your French ;)

 **Every Sunday, 4pm – 5:30pm**
 **French Pavilion, opposite the Visitor Center**

Come share a friendly moment and connect with others in a relaxed, welcoming atmosphere!

3 WEEKS LEFT TO APPLY DOMINIQUE DARR GRANT 2025



The aim of DD grant is to offer the opportunity to showcase young Aurovilian's talent at Centre d'Art in August 2025.

Grant Info: Funding for an exhibition at Centre d'Art in August 2025

Eligibility: Open to Aurovilians from 14 to 30 years old

Prize: Funds for exhibition production, equipment, stipend

Categories: Video/Photo

2025 edition theme: The sun, the moon and the truth - Three things cannot be long hidden (Gautama Buddha).

Timeline

1 March 2025: Preliminary project submission deadline

15 March 2025: Announcement of the laureates

15 July 2025: Final production deadline

15 August 2025: Collective exhibition

If you wish to apply please send an email to centredart@auroville.org.in to receive the participants kits.

MOMENTS, VOICE MEETS PIANO MEETS VOICE

SATURDAY 8 FEBRUARY, CRIPA

SATURDAY
FEBRUARY 8, 7:30PM



CLEMENTINE & JURRIAN

MOMENTS
VOICE MEETS PIANO MEETS VOICE




LUDMI JURRIAN MALCOLM




JAZZ 4TET CONCERT

SUNDAY 9 FEBRUARY, CRIPA




**Jazz 4tet
CONCERT**

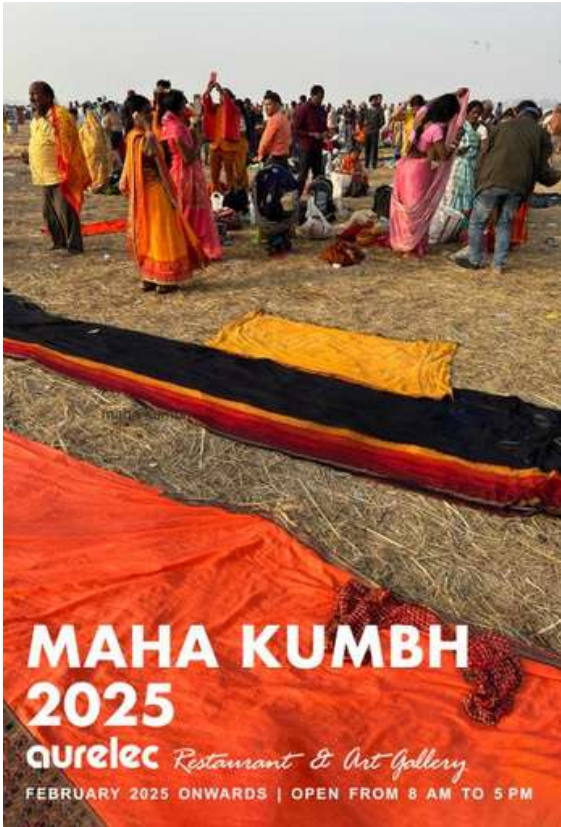


Featuring
Sraddha Vocals
Yuri Keys
Rolf Bass
Raul Drums

at Cripa,
Sunday, 9th Feb,
7:30pm

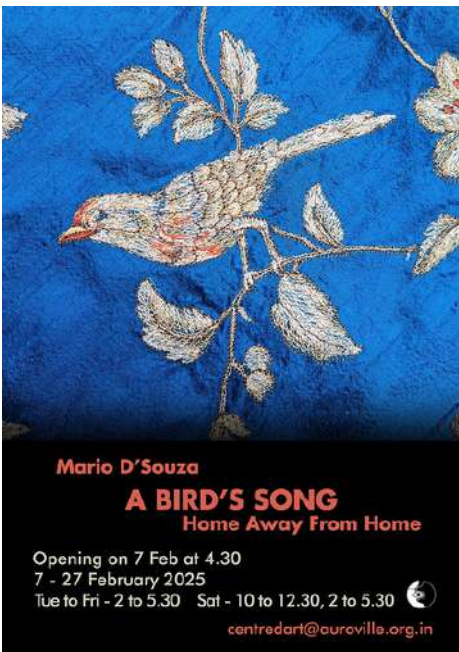


MAHA KUMBH 2025 EXHIBITION
FEBRUARY ONWARDS, AURELEC



A BIRD'S SONG - HOME AWAY FROM HOME
BY MARIO D'SOUZA

7 - 27 FEBRUARY 2025, CENTRE D'ART



Opening on Friday 7 February at 4:30pm.

With his iconic playfulness and vibrant use of colours, Mario d'Souza aims at creating a sur mesure decor, transforming traditional Indian patterns and everyday objects into a graphic pop installation.

The motif no longer has a scale, at times nestling in an embroidery, invading space, limitless, it can be found at the bend of a piece of furniture, painted on a window, or sometimes, stripped to its essence, it becomes the source of inspiration from which emerges a vivid creation.

The installation - bridging the distinction between art and craftsmanship - is a celebration of a community made up of a variety of objects. The artist, with his talent for assembling and

linking diverse worlds, is able to create harmony while illuminating differences.

The relationship between Mario d'Souza and Auroville started in 2019 through an art residency program at la Petite Maison Auroville. Centre d'Art is thrilled to have him back and host his new exhibition.

- 7 – 27 February 2025
- Tue - Fri 2 - 5:30pm
- Sat 10am - 12:30pm, 2 - 5:30pm
- Guided visits on Saturdays at 10:30am

MUSICAL OFFERING IN MATRIMANDIR

MONDAY 10 FEBRUARY



At the occasion of the next Full Moon (12 February), Nādaprem is giving a Musical Offering

Nādaprem is a musician playing bansuri, viola, duduk, and traditionally makes musical offerings in Matrimandir almost every year, in February.

Date: Monday 10 February, 5:30 pm.

Venue: Matrimandir – Garden of Unexpected – Eternal youth (stone garden).

PHOTO CIRCLE

FRIDAY 14 FEBRUARY



Photo Circle meets again on **FRIDAY 14th FEBRUARY at 5pm in the Centre d'Art multimedia room, at Citadines.**

The Photocircle brings together Auroville's photographers. We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images. You are all welcome.

Marco



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

Last published podcasts:

- [Marlenka: First Interview with Pavitra \(Literature\)](#)
- [Seeking Our Inner Being Group Discussion with Youthlink-Ep.3 \(Spirituality\)](#)
- [Soul Tracks S.6, Ep. 9: Namu! \(Music\)](#)
- [Soulful Beginnings with Monique - Ep.2 "Embracing the Journey-An Overview from Pregnancy to Postpartum" \(Health and Wellness\)](#)
- [Seeking Our Inner Being Group Discussion with Youthlink-Ep.2 \(Spirituality\)](#)

Last Youtube Video:

- [Nate Hagens explaining Marvin Harris' Cultural Materialism](#)
- [Soulful Beginnings with Monique - Ep.1 "From India to the World - A Vision for Birthing"](#)
- [Seeking Our Inner Being Group Discussion in French - Ep. 2 \(translated in English\)](#)
- [Seeking Our Inner Being Group Discussion in French - Ep. 2](#)

....and more! on www.aurovilleradiotv.org.

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

Regards,
Sai Priya for Auroville RadioTV

FOOD

FOOD FOREST TOUR - EVERY SUNDAY



EVERY SUNDAY from 9:30 to 11:30
(for groups of min 4 people any other weekday is possible)

Come for a morning experience in my permaculture garden, learn about organic farming and get inspired to grow your own food.
We are going to explore the wide diversity of edible plants that grow around us and harvest fruits, greens, herbs and flowers.
After the tour we are going to create delicious and nourishing

VEGAN ICE CREAMS

with lots of flavourful toppings from the garden and our homemade produce.

La Ferme Community (5min from AV Bakery)
Sign up and info www.myfoodforest.in
whatsapp text Sarah 9047421044

MARC'S CAFE - EVERY TUESDAY

SPECIAL BREAKFAST AT MARC'S

Greetings from Marc's Café!

Join us every **Tuesday from 8:00 - 12:00 pm** for a special breakfast at Marc's.

Celebrate the Auroville spirit and connect with the community **over a cup of coffee, dosai, and freshly baked croissants.**

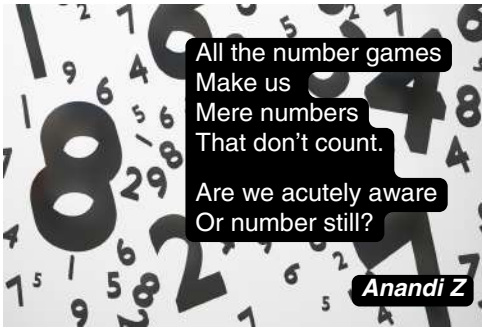
Exclusive Offer: Enjoy a 50% discount on the mentioned items for all Aurovillians, Newcomers, and SAVI Volunteers.

See you soon!

Marc's Team



POETRY



Standard-Bearer

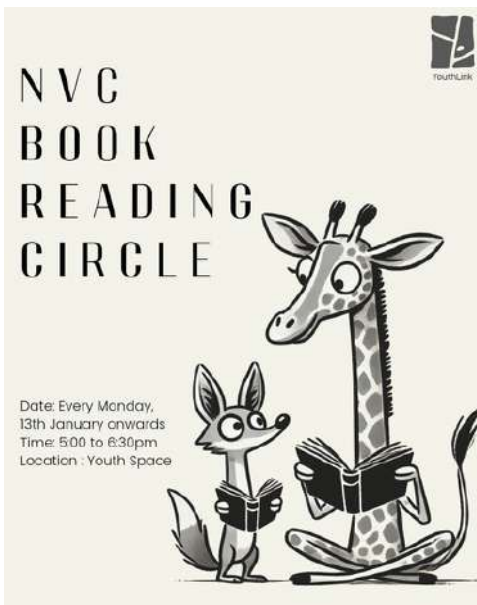
Jan. 18, 2011

Until the mind is settled in its calm
And the sorrows of the world no longer mine,
No peace can come to compass my ascent.
For I would be other than I am,
No longer tied to a mechanic round
Of stale ideas and petty wants and needs
But on strong pinions freely soaring forth
Discovering within these latter days
The truth that One foretold long years ago.
Unless the consecrated Self announce
Its mastery of body, life and thought
And in the stillness of its wide uplift
Bring down into this worn and tired flesh
The light that will illumine and transform.
Before the final chapter of my book
Of being closes and the unfettered soul
Rises to its rest in timelessness
I must seek the sustenance to carry on,
My standard-bearer, faith, knows the goal
And the presiding angels of the way
Will guide me on the path so foreordained.

Narad

FOR THE BOOKWORMS

**JOIN OUR BOOK READING CIRCLE:
"NONVIOLENT COMMUNICATION"
EVERY MONDAY, YOUTH SPACE**



Date: Every Monday,
13th January onwards
Time: 5:00 to 6:30pm
Location: Youth Space

Youthlink invites you to a book reading circle at the Youth Space. We'll be reading and discussing the book by Marshall Rosenberg, the founder of NVC, and we're excited to share this journey with you! This book has the potential to really shift the way we communicate.

About the Book:

"Nonviolent Communication" offers a fresh perspective on how to express yourself honestly and respectfully. By using four simple yet powerful components - observations, feelings, needs, and requests - you can learn to communicate more effectively and build stronger relationships. This book is all about creating a more empathetic and compassionate way of interacting with others, and it's packed with practical tips and real-life examples to help you get started. Whether you want to improve your personal or professional relationships, this book has something to offer.

Details:

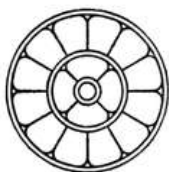
- **When:** Every Monday
- **Time:** 5pm - 6:30pm
- **Where:** Youth Space (location on Google Maps)
- **Contact:** +33673540830 on WhatsApp, or email monicayouthlink@gmail.com for questions

AUROVILLE LIBRARY

BOOK GIVE AWAY :

SRI AUROBINDO, THE MOTHER, AND THEIR DISCIPLES

14 - 28 FEBRUARY



Dear community,

the Auroville Library will be giving away books by **Sri Aurobindo, The Mother, and their disciples from 14 - 28th Feb.** Most are in English and French, with a few in other languages. Also available will be books about Auroville.

Please pass by during our opening hours to have a look. If you have some related books at home that you would like to pass on to others, you are welcome to add them to our give-away.

See you ... Kathrin, Laura, Kalaivani, Vani, Victoria, Devna, and Amy - your Auroville Library team.

READING CIRCLES

MONDAYS, TUESDAYS, AND THURSDAYS

Current book reading circles at the Auroville Library :

- Mondays 6 - 7pm, main building - **The Prophet by Kahlil Gibran**, hosted by Malcolm (+91 90801 59721)
- Tuesdays 6:30 - 7:30pm, main building - **A New Earth by Eckhart Tolle**, hosted by Debashish (+91 76782 08825)



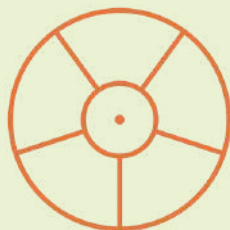
- Thursdays 6 - 7pm, main building - **When Things Fall Apart by Pema Chodron**, hosted by Helen & Serena (+91 70947 53054 / +91 84897 60966)

THEME OF THE MONTH

Every month, we choose a topic and set up a display of books from our collection.

This month's theme is
The Mother & Auroville

Please come by to check out our selection!





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

Reminder:

Friday 7th February at 8:00 pm

“Flow (Latvian: Straume)

Directed by **GINTS ZILBALODIS**, Latvia, France, Belgium, 2024



Overview: An unprecedented independent 3D animated film by Latvian film director Gints Zilbalodis and written by Zilbalodis and Matīss Kaža. The film is notable for being completely rendered on the free and open-source software Blender and containing No dialogue.

Synopsis: Flow follows a courageous cat after his home is devastated by a great flood. Teaming up with a capybara, a lemur, a bird, and a dog to navigate a boat in search of dry land, they must rely on trust, courage,

and wits to survive the perils of a newly aquatic planet. From the boundless imagination of the award-winning Gints Zilbalodis (Away) comes a thrilling animated spectacle as well as a profound meditation on the fragility of the environment and the spirit of friendship and community... The film had its world premiere at the Un Certain Regard section of the 2024 Cannes Film Festival, where it received critical acclaim. It won numerous film and animation awards, becoming the first Latvian film to be considered for multiple awards and nominations from major ceremonies.

3D Animation film with No dialogue. Duration: 1h25' - For all ages!

Note: Contributions are very welcome!

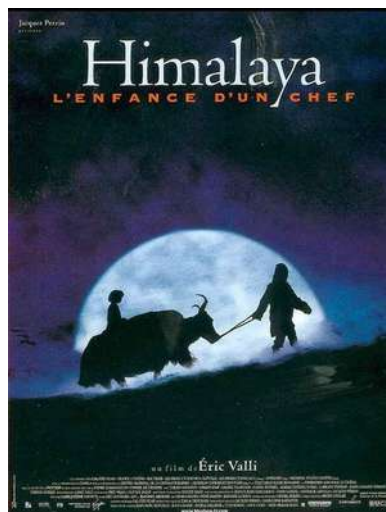
**Aurofilm Collection
Acc. No. 252658**

Friday 14th February at 8:00 pm

Himalaya (Nepali: हिमालय)

Directed by **Éric Valli**, France, Nepal, 1999

Music by: Bruno Coulais



Synopsis: Set against the backdrop of the Nepalese Himalayas. At an altitude of five thousand meters in the remote mountain region of Dolpa, and tells the story of villagers who take a caravan of yaks across the mountains, carrying rock salt from the high plateau down to the lowlands to trade for grain. The old chief Tinklé, whose eldest son (Lhapka) has just died inexplicably, refuses to let the young Karma lead the yak caravan, whom he

accuses of being responsible for his son's death. Defying the shaman's oracles and Tinklé's anger, Karma raises the caravan, before the ritual date, followed by the young people of the village... This acclaimed film depicts the life style of the upper Dolpo people of the mid western uphills of Nepal and also their traditional customs. The extreme environment of the Himalayas is magnificently contrasted to the delicacy of humanity and the beauty of Tibetan culture.

It was the first Nepalese film to be nominated in the Best Foreign Film category at the 72nd Academy Awards.

Original Dolpo, Nepali version with English subtitles. Duration: 1h48'



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program : 10 February - 16 February 2025

Cinema Paradiso-Multimedia Center is operating at 100% seating capacity. Seating starts about 15mins before screening and stops as the film starts. Kindly arrive in time.

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

INDIAN – MONDAY 10 FEBRUARY, 8:00 PM:

- **SILLU KARUPPATTI (PIECE OF PALM JAGGERY)**

India, 2019, Writer-Dir. Halitha Shammem w/ Samuthirakani, Sunaina Yella, Manikandan K., and others, Drama-Romance, 153mins, Tamil w/ English subtitles, Rated: NR (PG)

This anthology film interweaves four romantic narratives set in distinct stages of life: teenage years, old age, post-marriage, and young adulthood. Each story delves into different facets of love, showcasing the beauty and complexity of relationships. The teenage years story captures the innocence and intensity of first love. The old age narrative explores the deep bond formed over decades. The post-marriage tale deals with the adjustments and compromises of newlyweds. The young adulthood segment highlights the balance between ambition and romance. It received several accolades, with praise particularly for its nuanced portrayal of emotions and its ability to resonate across different age groups.

POTPOURRI – TUESDAY 11 FEBRUARY, 8:00 PM:

- **Z**

France-Algeria, 1969, Dir. Costa-Gavras w/ Yves Montand, Irene Papas, Jean-Louis Trintignant, and others, PoliticalCrime-Thriller, 127mins, French-Russian-English w/ English subtitles, Rated: PG

In a right-wing military-led country, a pacifist organization's leader, the deputy, is murdered during an anti-military rally, staged to appear as an accident. A determined magistrate, along with a photojournalist, seeks the truth amidst political corruption and deceit. This classic film, celebrated for its powerful narrative and gripping suspense, has garnered critical acclaim and numerous awards. *Don't Miss!*

SELECTION – WEDNESDAY 12 FEBRUARY, 8:00 PM:

- **THE SECRET PATH**

USA, 1999, Dir. Bruce Pittman w/ Della Reese, Crystal Bernard, Madeline Zima, and others, Biography-Drama, 120mins, English w/ English subtitles, Rated: NR (PG-13)

Based on Rose Mary Evans' autobiography, in the film Jo-Ann, a young girl born out of wedlock and abused by her maternal grandfather, finally finds happiness when she is with an older Black couple. Her mother, who has no idea who her daughter's father is, tries to overcome the family's problems, but she is constantly beaten back by her controlling father.

INTERESTING – THURSDAY 13 FEBRUARY, 8:00 PM:

- **WILD WILD SPACE**

USA, 2024, Dir. Ross Kauffman w/ Chris Kemp, Ashlee Vance, Jonathan McDowell, and others, Documentary, 93mins, English w/ English subtitles, Rated: NR (PG)

Two visionary companies, Astra and Rocket Lab, are locked in a thrilling race to conquer space. Their founders, driven by rivalry and ambition, are deploying cutting-edge satellites to revolutionize Low Earth Orbit. As they challenge industry giants and push the boundaries of technology, every launch brings us closer to a new era of space exploration. *Rescheduled from an earlier date.*

INTERNATIONAL – SATURDAY 15 FEBRUARY, 8:00 PM:

• THE PIANO LESSON

USA, 2024, writer-Director. Malcolm Washington w/ Samuel L. Jackson, John David Washington, Danielle Deadwyler, and others, Drama-Music, 127mins, English w/ English subtitles, Rated: PG-13

The Charles family debates the fate of their heirloom piano, carved by an enslaved ancestor. Boy Willie, a sharecropper, wants to sell it to buy the land where their ancestors were enslaved. His sister, Berniece, insists on keeping the piano, which bears the faces of their great-grandfather's wife and son. Their differing views reveal deep family and historical tensions. *A Must See!*

CHILDREN'S MATINÉE – SUNDAY 16 FEBRUARY, 4:00 PM:

• WISH DRAGON

China-USA-Thailand-Czech Republic, 2021, Writer-Director. Chris Appelhans w/ Jimmy Wong, John Cho, Constance Wu, and others, Computer Animation-Adventure, 98mins English w/ English subtitles, Rated: PG

Din, a poor college student who reunites with his childhood friend Lina after discovering a magical dragon named Long who can grant wishes. As Din uses his wishes to reconnect with Lina, he learns that true happiness isn't found in wealth but in meaningful relationships.

DAVID LEAN FILM FESTIVAL @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 16 FEBRUARY, 8:00 PM:

• DOCTOR ZHIVAGO (2ND PART)

UK – Italy, 1965, Director. David Lean, w/ Omar Sharif, Julie Christie, and others, Adventure – War, 85 mins, English w/ English subtitles, Rated: R.

Based on the 1957 novel by Boris Pasternak. The story is set in Russia during World War I and the Russian Civil War. Although immensely popular in the West, Pasternak's book was banned in the Soviet Union for decades. As the film could not be made there, it was instead filmed mostly in Spain.

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, making us to look for a new one. We request you to financially support through a one-time or recurring donation to "Cinema Paradiso" (account #105106) or set up for a monthly contribution.

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



COMMUNITY SERVICES

ESSENTIAL SERVICES

AUROVILLE'S FINANCIAL SERVICES (FS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** financialservice@auroville.org.in

ELECTRICAL SERVICE (AVES)

- **Timings:** Monday to Saturday, 8am - 4:30pm
- **Phone:** 0413 2622132/ 94888 68747 for fault works, repair works and job works
0413 2622264 clarifications reg. electricity bills, job & repair works bills
- **Email:** aves@auroville.org.in

GAS BOTTLE SERVICE

- **Timings:** Monday to Saturday, 9am - 1pm and 2pm - 4pm
- **Phone:** 0413 2622452
- **Email:** avgasservice@auroville.org.in

WATER SERVICE

- Monitors water lines and supply within AV, undertakes water-related jobs.
- **Timings:** Monday to Saturday, 8am - 12pm and 2pm - 4:30pm
- **Phone:** 0413 2622877, 89035 53246
- **Email:** avwaterservice@auroville.org.in

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 94435 35172
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** ptdc@auroville.org.in

POUR TOUS PURCHASING SERVICE (PTPS)

- **Timings:** Monday to Saturday, 8:30 am – 5:00 pm
- **Phone:** (0413) 2622152

AUROVILLE LIBRARY TIMINGS

Our timings are:

Mornings:

- Monday to Saturday : 9am - 12.30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4.30pm
- Tuesdays : 4pm - 6.30pm

Children's Storytime! All ages welcome!

- Every **Saturday** between 10am - 11am.



Service:

Service to others is the rent you pay for your room here on earth.

Muhammad Ali



EDUCATION

AUROVILLE AIKIDO AT AV BUDOKAN (DEHASHAKTI)



Aikido is a martial art created in the 1920s by Morihei Ueshiba, a master in traditional Japanese martial arts. Aikido is a path which aspires to the unity of mankind, the unification of the self with the universe, the union of Spirit and Matter. Seen as such, and in the perspective of the integral development of the being as emphasized by Sri Aurobindo and the Mother, it is no wonder that Aikido has always been greatly valued in Auroville and introduced since the very early years. Both children and adults can enjoy and benefit from its complete practice. There are no competitions in Aikido. On the self-defense aspect of it, an aggressor's attack may be stopped without harming or injuring him/her.

The AV Aikido group welcomes new practitioners, Youth and Adult students, and the ones who would like to revive an old (abandoned) practice!

Adult classes:

- Tuesday, Thursday and Saturday, 6 - 7:30am, early morning. Beginners are most welcome. Girls and women are especially called to join us.
- **NEW:** we are happy to announce **an additional class on Wednesdays from 5.30 pm till 7:pm.** The first class will be on Wednesday 30 Oct. Welcome!

Children/ young students:

- Monday, Wednesday and Friday from 4 - 5pm
- For the time being no Saturday 9 - 10am class are offered.

Contact us for more info and registration: write to budokan@auroville.org.in or WA 83006 43963 Philippe G. or call 99528 12843 N. Murugan.

Cristo, Surya, Murugan, Rita and Philippe for Auroville Aikido



HEALTH

SANTÉ SERVICES IN FEBRUARY 2025

Santé

Working Hours:

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

Tests and Sample collection:

Monday - Friday : 8:30am - 12:00pm.

No sample collection on Saturday.

For emergencies, contact:

Auroville Ambulance (24/7) - Phone : **+91 94422 24680**

Government Ambulance (24/7) - Phone : **108**

Appointment

Please call Santé (0413) 262 2803 during working hours for an appointment.

Doctor Consultation with Dr.Senthil: Monday to Friday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Tuesday / Wednesday / Friday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Acupuncture with Andres: Monday to Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Midwifery & GYN Care with Paula: Monday & Wednesday
Bio-Well Assessment (Evaluation of your well-being) with Helena – email adminsante@auroville.org.in	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.

HEALTH CENTER - KUILAPALAYAM

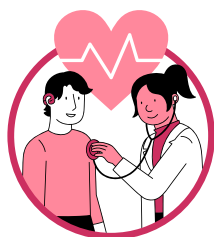
Contact: (0413)-3509942 / 3509943

Pharmacy:

- 8:00am - 5:30pm Monday to Saturday

Doctor Consultation:

- 8:30am - 5:00pm Monday to Friday
(1 - 2pm Lunch Break)
- 8:30am - 1pm (Saturday)



DENTAL CLINIC - KUILAPALAYAM

- **Timings:** Monday to Saturday, 9am - 5pm daily
- **Phone:** 0413 2622007/ 2622265
- **Email:** aurodentalcentre@auroville.org.in



SPRING AND LIVER SUPPORT WITH AYURVEDA AND HEALTHY PLANTS



The sun comes back to the northern hemisphere and days are warmer but nights are still chilly. The change of season makes the body vulnerable. Spring is part of a 3-season period (late winter, spring, summer) where the sun becomes stronger and sap the energy we regenerated during monsoon and early winter.

In winter, Kapha (water and earth elements) accumulated in the body to protect us from the cold. With the warmer days, Kapha starts moving, cheerful with good energy, waking up from a restful winter and wants to get rid of its layer of fat that is no longer in need to keep warm.

A healthy Kapha shows in the body with lots of strength and stamina, a strong immune system and a steady and stable mind with a sense of duty, Kapha has goodwill, is warm hearted, generous and receptive, accommodating.

If Kapha is imbalanced, it becomes stagnant and heavy, it shows lethargy, fatigue, loss of appetite or low digestive power leading to colds, cough with mucus, slight fever, tonsillitis, sore throat, lung congestion, allergies, hayfever, frontal dull headaches, sinusitis, cravings for sweet, heaviness/overweight...

And in the mind, Kapha feels sad, confused, dull, lazy, feeling of not being loved/cared/heard, greedy...

Kapha characteristics (guna) are cold, heavy, oily, sticky, dense, stable (imbalanced, it changes to stagnant). To rebalance Kapha, we need to give the opposite characteristics: hot/warm, light, dry, mobile and fluid/liquid in the food (to stimulate the digestive power Agni) and the activities to decongest Kapha and to help the liver to remove the stagnation:

With the food:

- Most beneficial: Fasting a day a week
- Eat warm, cooked, easy to digest with predominantly bitter, astringent and spicy tastes
- **Proteins:** Black beans, chickpeas, lentils, mung dal, dals, dried peas, dried beans, pinto beans, red beans (rajma), soya beans (green gram), tempeh, cooked tofu, horse gram, white meat, eggs, small fishes, pumpkin seeds, goat milk
- **Vegetables:** Bitter vegetables: bittergourd, fenugreek (mehti), green leafy vegetables (cabbage, steamed green salads, lettuce, rucola, spinach), artichokes, ashgourd, beetroots, bottlegourd, brocoli, carrots, cauliflower, celery, chow-chow, drumstick (moringa: leaves of drumstick tree), eggplant, green beans, leeks, peas, peppers, pumpkin, radish, cooked tomato, zucchini
- **Good source of sweet taste:** in the cereals (amaranth, barley, buckwheat, red rice, millets, dry oats), in the fruits (pomegranate, apple, dry apricot or raisin, chiku, papaya, grape, pear, figues)
- **Spices:** all the spices are good, red chilli with moderation Ghee or cold pressed sesame/olive/sunflower oils
- **Beverages:** herbal teas (camomile, cinnamon, fennel, ginger, peppermint, tulsi, karpooravali, yerba mate, rooibos), warm water with honey, cranberry juice, barley grain coffee, grape juice, pomegranate juice, warm and spiced soya milk, masala tea (without milk), green tea
- **Ayurvedic plants and preparations:** Neem, Tulsi, Amla, Triphala, Karpooravali, Panchakola (ayurvedic digestion booster), Trikatu (ginger, black pepper, pippali), Sitopaladi churna (for cold, coughs), Talispatradi Vayam (for chest congestions, coughs with mucus), Mix powders of ginger, turmeric, black pepper, all above can be mixed with honey
- **Liver support:** Bhumyamalaki (Keezhanelli) decoction – 20-30ml in the morning before breakfast. Apple Cider vinegar (1tsp) + grated fresh turmeric (1/2tsp) + sip of water: before lunch for 3 weeks
- **Walk 100 steps after lunch.**

Daily routine:

- **Great principle:** keep the stamina strong
- Early morning, clean the nasal cavity and sinuses with Anu Tailam (2-3 oil drops in each nostril)
- Shower or bath with warm water
- Keep body warm (especially at night)
- Physical exercise: min 30 minutes per day
- Yoga (sun salutation, warrior I, warrior II, reverse warrior, forward bends, chest openers, and backward bends as well as poses that stretch, compress, stimulate, and cleanse the solar plexus like cobra, bow, side plank, spinal rolls, leg lifts, and twists)
- Pranayama (Kapalabhati, Bhastrika)
- Fumigation: eucalyptus, neem, sage

Wishing you a cheerfull Vasanta

Be @ Santé Clinic

PS: On-going Ayurvedic classes at Santé Clinic, every Monday at 2pm for the ayurvedic basic principles and 3:15pm for the reading of Ashtanga Hrudaya by Vagbhata. For more information please contact me on Whatsapp: 94895 05691

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

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 family and friends to the Gardens
Daily: 9.00 AM to 12.00 PM
- Volunteers and Pass holders 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.

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

- Single Trip = ₹100 per person
- Monthly Scheme (Students + AV Workers) = ₹1200
- Monthly Scheme (Students + AV Workers) = (One Way) ₹850

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



Join our WhatsApp group of Auroville Bus to get regular updates:

<https://chat.whatsapp.com/Lt43wBCBno1E6CTwoaUt2x>

EMERGENCY NUMBERS



Ambulance (24/7):

Auroville 94422 24680	PIMS 0413 2656271	
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Security (24/7):

Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
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Health:

Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
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Mental Health 24/7 Support:

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108