

Auroville

NEWS & NOTES

No 1062 - A weekly bulletin for residents of Auroville

13 February 2025

RA EDITION

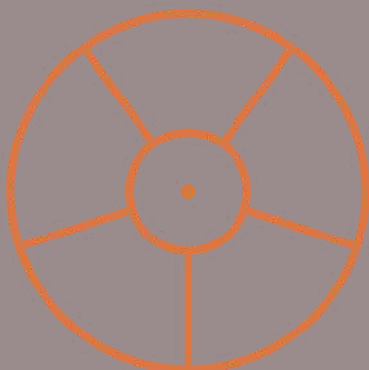


PONDERING

Human beings for the most part have the inveterate habit of deceiving themselves. They deceive themselves in hundreds of different ways, each more slyly tricky and subtle than the other, and all this with at once a perfect candour and a perfect insincerity.

Whoever does Yoga sincerely is bound to have the calm and the strength needed to face all circumstances.

But innumerable are those who deceive themselves, believe they are doing Yoga but only partially do so and are still full of contradictions.



20 April 1966, The Mother, The Words of the Mother - II, Insincerity, Pretension and Self-deception
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-ii/#insincerity-pretension-and-self-deception>



First Edition 1977, Reprinted 1993, 1999
© Sri Aurobindo Ashram Trust,
Pondicherry, India.
Published by Madanlal Himatsingka on
behalf of
Vak Trust, Pondicherry - 605002
Filmset and printed at All India Press,
Pondicherry - 605001

SOME FUNDAMENTALS AUROVILLE AND RELIGIONS

Page 39

Our research will not be a search effected by mystic means. It is in life itself that we wish to find the Divine. And it is through this discovery that life can really be transformed.

2.5.1970

*

You gave a small brochure on religion. There have been various reactions to it, especially regarding the sentence: "Our research will not be a search effected by mystic means."

By mystic means I mean the way of those who withdraw from life, like the monks, the people who withdraw into convents, or the sannyasins here, those who abandon life to find spiritual life, who make a division between the two and say: "It is either one or the other." We say, "That is not true." It is in life and by living life entirely that one can live the spiritual life, that one *must* live the spiritual life. The higher consciousness has to be brought *here*. From the purely material and physical point of view, man is not the last race. As man came after the animal, so another being must come after man. And as there is only one consciousness, it is the same consciousness which having had the experience of man will have the experience of a superhuman being. And so if we go away, if we leave life, if we reject life, then we will never be ready to do this.

But if you had read Sri Aurobindo you would have understood, you would not have asked this question.

We want to change life—we do not want to run away from it... Until now all those who have tried to know what they call God, to enter into relation with God have abandoned life and declared, "Life is an obstacle for That, we therefore abandon it." Well, in

Spiritual Aspiration in the Physical

Comes in bursts to counteract and overcome resistances which cannot succeed in making it give up. - The Mother

Russelia sarmentosa Jacq., *Scrophulariaceae*.
Broadleaf firecracker

*The city the earth
needs.*

Page 40

India it was the sannyasins who renounced everything; in Europe it was the monks and the ascetics. Thus they can escape. But even so, when they are reborn, they will have to begin again. And life remains as it is.

+26.5.1970

*

This is the big dispute at the moment about Auroville. In the Charter, I put "Divine Consciousness", so they say, "It reminds us of God." I said (*laughing*), "It doesn't remind *me* of God!"

So some translate it as "the highest consciousness", others put something else. I agreed with the Russians to put "perfect Consciousness", but it is an approximation... And That—which cannot be named and cannot be defined—is the supreme Power. It is the Power that one finds. And the supreme Power is only an aspect: the aspect that concerns creation.

March 1968



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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FROM THE ENTRY SERVICE

ES # 239 DATED: 10-02-2025

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 Aurovilian 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

- **Sanjay TUMATI (Indian)** staying in Udavi School Staff Quarters and working at C3Stream Land.
- **Manu BAHAGUNA (Indian)** staying in Creativity and working at Thamarai and InLight.

NOTE:

- A Newcomer becomes an 'Aurovilian' once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.
- The date of becoming 'Aurovilian' is the date of confirmation. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes.
- 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

FO GROUPS NEWS

(not selected by due Residents Assembly process)

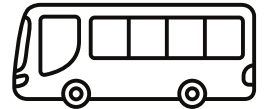
FROM THE FO N&N 1065

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

COMMUNITY NEWS

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

COMMUNITY SHARING

COMMUNITY GATHERING

FRIDAY 28 FEBRUARY

She said:

"The world is preparing for a big change, will you help?"

The Mother / 1970
New-year message

How can we help beyond these apparent contradictions ?

Narrative for a Renaissance ?

Community Gathering

28 February 2025

from 3:30-4:00 to 5:30

Light snacks and beverage will be served at the end
Venue will be communicated later



*from Pablo and Rakhal
Members of the Call for Organisation Group*

MESSAGE AND CLARIFICATION FROM THE YOUTH CENTER TO THE COMMUNITY



Dear Community,

Youth Center hears the concerns and discussions that are ongoing in various parts of the community regarding YC, and would like to address said points.

Youth Center is a place of learning, exploration, and personal growth for youth of all kinds and ages. We have recently started to work closely with the community, creating various workshops such as welding, woodwork, kombucha making, mushroom cultivation; with more to come.

We also are in a situation which requires us to finance these learning activities ourselves since the cutting of our BCC budget back in 2023.

For this reason, we have been actively holding pizza nights every weekend, earnings from which go into running our activities.

We have held a very tight rein on the nature of the weekend pizza nights. We aim to encourage community bonding, youth integration and involvement, and the sharing of joy and fun; however we are very watchful of the possibility that it should not devolve into a "party place". In order to enforce this, we have designated internal security who keep a watchful eye on the participants, ensuring that no alcohol, tobacco, illegal and unethical behavior is present. Any participant who does not follow this protocol is asked to leave the premises immediately, and there is no room for negotiation. All events and activities in the Youth Center end by 10pm sharp, with no exceptions.

We have a strong desire to continue supporting the youth of our community in empowering them and giving them the space they need to grow and learn, and this is our single strongest motivator. We are open to all feedback and encouragement, and hope to have your continuous support in providing said space.

Please let us know if you have any questions or concerns.

You can write to us at: youthcenter@auroville.community

With love and gratitude,

Youth Center team

OUTCOME OF THE RA DECISION-MAKING PROCESS ON THE REVISED RESIDENTS' ASSEMBLY SERVICE MANDATE, 25 JANUARY - 8 FEBRUARY 2025



Dear Residents,

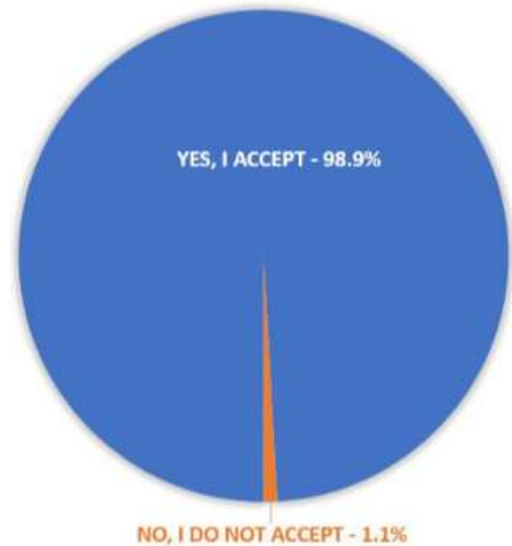
Here are the results of the Residents' Assembly Decision-making process, which has been initiated by the Auroville Council, in collaboration with the Working Committee of the Residents' Assembly ([RAD policy, 2023](#)), to approve or disapprove [the revised mandate of the Residents' Assembly Service](#).

A total of 359 valid votes have been submitted online and in-person.

The number of participants exceeded the 10 per cent quorum required to validate the decision (**239 votes**) - according to the Master List data, the total adult population of our community eligible to participate in RADs (age - above 18, confirmed Aurovilians) is **2388** (as of the month of February 2025).

Kindly note that as per the RAD policy "Only confirmed Aurovilians can participate in decision-making. Those who have been announced as confirmed Aurovilians by the Entry Board are eligible to participate in all community decision-making processes along with those who have been entered into the Register of Residents maintained by the Secretary's Office. It does not include under 18-

year-olds, newcomers and any other Auroville statuses".



- **98.9% (355) participants voted in favour of the revised mandate.**
- **1.1% (4) participants rejected it.**

THEREFORE, THE RESIDENTS' ASSEMBLY APPROVED THE REVISED MANDATE OF THE RESIDENTS' ASSEMBLY SERVICE.

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

The RAS is very grateful to all who supported this RAD. Thanks to everyone who participated, encouraged others to participate, and helped in shaping decisions within our community!

~ Warmly,

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

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



Mark your calendars for two storytelling events where community members and other friends will share meaningful memories and hopeful dreams about our journey together in Auroville.

Many have been crafting their short stories to tell — either live or recorded. If you would like to join the lineup, please contact Daniel Greenberg at daniel@ic.org or on WhatsApp at +1 978-394-1711.

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

MY JOURNEY AND TRANSITIONS AT DEHASHAKTI IN 2024

Dear Community,

I am writing this to bring to light my long journey at Dehashakti, the recent transitions there, the consequences I faced because of these transitions and some open questions for the community to look for answers to.

I have worked with Dehashakti School of Physical Education from Year 2008 till 2024. During this period, I evolved from a volunteer to an assistant teacher then a class teacher and an executive for a few years. The journey through this work was insightful and I learnt a lot from all fellow teachers and new students each year. Other than Dehashakti, in the last 10 years I have developed teams for different sports, training students from Auroville and Bio-region, and have dedicated myself towards a true service for development of Physical Education in Auroville.

I want to share the facts and details behind the recent (June - Aug 2024) transitions at Dehashakti. While I am writing this at a personal level, it includes all relevant communications and emails so that anyone interested can understand the developments thoroughly. I have served at Dehashakti for approximately 15-17 years, and I feel it as my responsibility to have everyone informed about these significant changes.

Part 1: The series of events during this transition:

[\(See the detailed timeline with links to emails here\)](#)

We at Dehashakti had an evolving Integral Physical Education Program. While this could be looked at as a holistic program, we constantly recognized gaps within our system and team to further evolve and develop the program. Over the past few years, the then executives of Dehashakti (Michel & myself (Ganesh)) and Saravanan have been working on identifying these gaps and finding solutions that align with the larger principles and ideals of Auroville. Please see this [SWOT analysis](#) that summarizes some of our reflections from one such session.

Despite the lack of co-operation and recognition from SAIER over the past year or two, we continued our efforts with the same spirit. However, mid last year (2024) brought a shocking and a forced transition.

Part 2: My personal perspective and the consequences I have faced [\(See the document for information as pointers and an access to some appropriate emails\)](#)

Through these series of events, apart from the humiliation and disrespect faced, I also constantly felt dominated by individuals who, in the context of Auroville, I do not view as superior. I identified a clear bias against myself, particularly since the introduction of the IAPE program and earlier during the shift of executives in Dehashakti.

Part 3: Unanswered Questions and Concerns

1. AVPEB's Formation and Mandate:

-- Open questions that remain about the formation of AVPEB, including:

- Under which group or body was it established?
- The selection process for its members
- It's working mandate and how it was granted the authority to make decisions affecting teachers at Dehashakti.

-- Despite repeated requests, no official response or documentation has been provided.

-- Recent emails from AVPEB have no names as signatories, and it is noticed that they have changed their full form from being Auroville Physical Education BOARD to Auroville Physical Education BODY.

2. Compulsory Nature of IAPE Program:

- The imposition of the IAPE program, originally presented as a voluntary learning opportunity, raises significant concerns.
- The process of selecting facilitators for the program, as well as the lack of transparency in making it a mandatory requirement for Dehashakti teachers, is a question unanswered.

3. Assessment as a Decisive Factor:

- The introduction of assessments marking "pass" or "fail" as decision making factor for work in Auroville, challenges the foundational principles of Auroville.
- Concerns persist about whether those responsible for such decisions are aligned with Auroville's values of collaboration, inclusivity, and respect.

4. Role of SAIER

- At one of the school board meetings, SAIER had denied that AVPEB is part of SAIER, and did not have a formal letter of their formation, yet they allowed and still allow them to exercise their authority in one of the SAIER's sub-units.
- Working place code of conduct, and a respectful resignation/ leaving of teachers was not followed by SAIER, instead they supported AVPEB's forced actions.
- One of the SAIER executive is also a member of AVPEB, which is a direct conflict of interest.

5. Disrespectful Treatment of Teachers:

- The manner in which teachers were removed from their positions expresses lack of dignity, respect, and proper communication.
- This process, coupled with the failure of parents, schools, and the school board to intervene or object, highlights a deeper misalignment with Auroville's values of integral education and community spirit.
- Actions such as sudden changes in maintenance arrangements and the absence of transparent dialogue undermine trust and raise further questions about accountability and decision-making processes.
- Lack of transparency, raising concerns over who makes the decision, and how it impacts the teachers at their workplace.

Please write to me directly in case of any concerns/further questions.

Ganesh Kaliappan
ganeshkauroville@gmail.com

WHOSE VIOLENCE?

Aurovilians are being accused of being violent because they entered the Auroville Town Hall and the lobby of the Auroville Foundation on Monday 3rd February.

For their part, they state the following: firstly it was their dharma to signal to the administration their very serious dereliction of duty regarding the non-filing of an appeal in the PKS case. And secondly they think that this going in numbers and talking to the different working groups was a very mild response to the brutality and cruelty leashed upon them for the past 3 years.

To those who accuse them of violence, they would like to say that

You

- have supported the violence unleashed by goondas in December 2021 at the Youth Center.
- have repeatedly disregarded the decisions of the Residents Assembly as expressed in numerous RADs for the last 3 years.
- have forcibly occupied your present position without any mandate from the Residents Assembly.
- have collaborated with the Foundation Secretary's decision about the expulsion of two long-term Aurovilians.
- have supported the denial of visas for several long-time and respected Aurovilians under one pretext or the other.
- have organized things in such a way that most old-timers don't benefit any more from 5-year visas and have to beg endlessly for the extension of their visas.
- have supported the filing of FIRs against several Aurovilians.
- have collaborated with the arbitrary dismissal of many Aurovilians responsible for some units, activities and services, and in their place, named incompetent and dishonest people.
- have cut maintenances of a number of Aurovilians under one pretext or another.
- have cut maintenances of Aurovillian foresters and farmers, and denied gratuity to their workers in contradiction to the laws of India.
- have ignored the countless requests of elderly persons, mostly foresters, for being included in the Silver Fund.
- have ignored agreements with previous Famcs on waiving of contribution and have applied retroactively your own diktats, trying to extort money from people requesting a visa extension, without bothering about their distress.

- have ignored participatory planning and have constructed badly conceived, badly constructed huge roads, without the least consultation with Aurovilians and without even respecting the so-called Master plan.
- are harassing all units of Auroville by constantly sending them new orders, new directives, subjecting them to constant administrative changes, summoning them from one day to the next and treating them like your employees.
- are delaying or even blocking donations to many units or activities of Auroville under one pretext or another - the most outrageous pretext being that "you don't exist".
- are forcing Auroville services to be profitable and in consequence to become tourist-oriented.
- give yourself the right to judge if an activity is "in alignment" with the ideals of Auroville and deserves funding or not.
- are harassing all Aurovilians with the brutal and threatening tone of your almost daily messages.
- are harassing Aurovilians in charge of some activities for no reason, asking them even to produce the proof of their existence.
- are turning a blind eye to dishonest people provided they side with you or with the Foundation office.
- are letting Auroville being robbed of its sacred lands, making it lose crores of Rupees.
- are letting unknown people benefit from the new "development" by grabbing wood worth crores.
- are supporting the destruction of Auroville environment, Auroville services, Auroville economy, Auroville safety.
- are remaining silent before the disappearance of beauty and the spreading of ugliness and dirtiness in each and every corner of Auroville.
- are refusing to meet Aurovilians or to answer their mails, as if they were not worth it.
- are threatening anyone who dares speak his mind.
- have taken upon yourselves the responsibility for finances, for development, for economy, for entry, for culture, for communications, for visas, and even for the spiritual progress of each Aurovillian.
- are acting in a blatantly illegal way, taking upon yourselves to invent ridiculous, dictatorial and completely illegal "criteria for residence in Auroville".

This list is not exhaustive, of course, but everyone with a minimum of sensitivity will describe this as continuous violence exercised over Aurovilians since the end of 2021.

Not one of these actions is in accordance with the vision of the Mother and Sri Aurobindo. Flexibility, compassion, fraternity, collaboration, freedom of initiatives, spontaneity, organic growth, sincerity, have all been thrown into the dustbin. Cruelty, nastiness, pettiness are ruling the day. We are now a community whose members have been brutalized and alienated for such a long time that their anguish is deep. Photos of magnificent trees that you have felled have circulated widely, but no photo of the distress and the pain in the hearts of Aurovilians can be taken.

Auroville is being transformed by you into a caricature devoid of any meaning or value.

You may note: the cup is full.

Christine Devin



Christine,
Good morning,

For your consideration:

In the yogic perspective, particularly within Integral Yoga, a sense of victimhood—the feeling of being powerless, wronged, or defined by external circumstances—is seen as an illusion arising from identification with the ego and the lower nature. Sri Aurobindo and The Mother emphasize that our true self, the soul (psychic being), is not a victim of circumstances but a conscious participant in the evolutionary journey.

External Events and Inner Attitude.

External events, whether pleasant or painful, are part of the play (Lila) of the Divine unfolding in time. How we respond to them depends on the level of consciousness from which we act. When we are identified with the ego and mind, we interpret events in terms of personal suffering, blame, and injustice. However, as we shift to a yogic attitude, we begin to see difficulties as opportunities for growth, purification, and transformation.

The Mother says:

"Everything depends on the way we react to circumstances. If we take them as a lesson, as an occasion to progress, they help us to become stronger."

Instead of feeling like a victim, the yogic attitude invites us to cultivate:

- Equality (Samata) – A steady state of inner peace, regardless of outer events.
- Surrender to the Divine – Trust that whatever happens is part of a greater movement of progress.
- Aspiration for Transformation – Using challenges as catalysts to purify and elevate our consciousness.
- Inner Mastery – Recognizing that external events have power over us only when we give them that power.

Breaking Free from Victimhood.

Sri Aurobindo speaks of shifting from a passive, suffering mindset to an active, transformative one. He reminds us that the higher consciousness does not dwell in self-pity but instead seeks mastery over reactions, emotions, and thoughts. This does not mean ignoring pain or injustice but transcending the lower reaction and responding from a space of clarity and strength.

A question to reflect upon:

In moments where you feel like a victim, can you shift your perspective to see the deeper lesson or opportunity for growth?

Joseba



During these discussions there were angry words and raised voices. Anu M., for one, claimed that the Residents' Assembly does not exist—a statement that sparked strong reactions from residents present, especially given the injustice so many Aurovilians have faced over the past three years. This period has been marked by violence, economic suppression, housing disruptions, oppression, manipulation, and a lack of dialogue and more, all of which have caused significant harm to the community and its principles. The real question, however, is to what extent Anu M. herself still holds authority, given that she and 3 others were told to step down by the RA in May 2022 and that she herself has resigned from the Governing Board's Working Committee yet continues to be present and involved. Meanwhile, the Residents' Assembly's role in the master plan and day to day management of Auroville is being disregarded, and the Auroville Act is being ignored by recognizing a Working Committee that has not been chosen by the RA and that does not adhere to the RA's principles.

Margarita, on the other hand, admitted that she has no say in these matters, stating that all decisions come directly from the Governing Board and the convenor of the FAMC, namely the Secretary. If this is true, does it mean that all decisions made and communicated by Margarita, Chandresh, Torkil, and Geeta, without being signed by the Convener and the GB, are not valid?

The majority of the residents of Auroville reaffirm their deep mistrust of those who have assumed positions of power for personal gain while enforcing a rigid, one-sided ideology that blindly disregards the founding principles of our community. The ongoing encroachment upon Auroville's land threatens not just our physical space but the very essence of our collective vision and those in power have been conspicuous in their silence and absence in actions to try to protect the lands, the physical body of Auroville.

We call upon the Auroville Foundation Secretary to take immediate, transparent, and accountable action to safeguard Auroville's lands and uphold the integrity of its purpose. As deeply committed Aurovilians, we plead with the Governing Board and the International Advisory Council to ensure the protection of Auroville's sacred land and its raison d'être before irreparable harm is done.

OM NAMO BHAGAVATE

By Auro Ancolie



MONDAY 3RD FEBRUARY 2025

On Monday, February 3, 2025, a group of approximately one hundred residents gathered at the Auroville Foundation Office to request that the Secretary file an appeal against the encroachment of Auroville land by PKS, namely a parcel within the Evergreen community and the Abri Ami corner which is also Auroville land.

Upon arriving at the Auroville Foundation Office and finding it mostly unoccupied, residents went to the Land Office, where only Aryadeep was present. Finding no other representatives there, they then proceeded to the Working Committee office, where they encountered Joseba, Anu M., and Selvaraj. Later, they visited the GB FAMC office, where Margarita was the only member present.

(NOT JUST) WORD PLAY

How busy are you these days? What is it for? What are the flowers you are visiting? What are the flavours of the honey you are making, Sweetie?

The buzzing bees must be fully engrossed, happily "beeze".

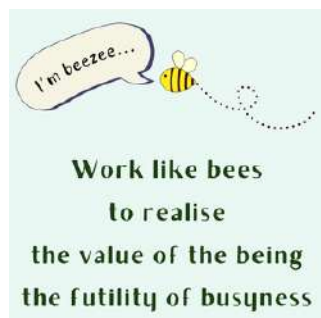
For me, there are moments when I am like these bees and feel that way, flying, flowing, full-on and at ease; at other times I'm busy, efficient, inspired, energetically charged, tensed up, tending to all details of the "project at hand", and forgetting proper rest, sleep, water-in & water-out... And I get exhausted; I need time, a relaxing pace and self-care to recover.

In the latter scenario, there seems to be a sense of urgency in me, arising from the subconscious, or the mental-vital duet — no idea of the exact source, though. Could it be from my ancestors, parents, habitual pattern, social background, current societal trend? Could it be the proper, pure creative urge that doesn't leave me alone until I "manifest" it?

When I honestly observe myself and the world all around, alas, I see and confess that it is quite a mixture, me included. No one seems to be excluded in this, luckily so, or not...

It reminds me of a Chinese word "忙", pronounced *máng*, meaning "busy", with two components "heart" and "dead". This word was not there in the ancient script. What does it imply? Is busyness a modern turn of events?! Is it a major cause for "dis-ease"?

What could be a proper reversal? Shall we be consciously busy, realise the value of the being, the futility of busyness?



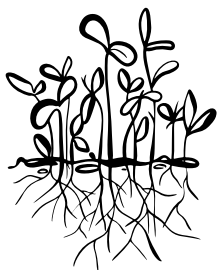
Anandi Zhang

CHRONICLES OF DAWN

CHAPTER 3 - THE KEEPERS OF THE TREES

When the first settlers came to the red earth plateau, they found a land stripped bare by decades of destruction. Yet the Lady of Light had seen something else - she had perceived the memory of ancient forests sleeping in the soil, waiting to be reawakened. "Here," she had said, marking spots on a map, "here is where the great trees once grew. And here is where they shall grow again - and become the cradle of a new being, a new society."

What followed was unlike anything Middle-earth had seen before. The settlers became students of the land itself. They learned of the Tropical Dry Evergreen Forest, a rare and sacred ecosystem that had once flourished along this coast. They gathered seeds from the few remaining groves in distant temples and villages, carefully preserving each precious species. Some had grown alongside humanity since the First Age - the Neem with its healing properties, the Sacred Fig with its shelter for birds, the Service Tree whose flowers had adorned ancient ceremonies.



Through decades of patient work, they created nurseries where these ancient species could be reborn. They studied how water had once flowed through the land, rebuilding the networks of pools and channels that could catch the rain and let it sink deep into the aquifers below. They learned that each species had its role - some to break the hard ground, others to provide shade, still others to call back the birds and butterflies.

Slowly, miracle by miracle, the forest returned. Over fifty years, they planted more than three million trees. Not in ordered rows like an orchard, but in the seemingly chaotic harmony of nature, where many species grow together, supporting each other's growth. The soil grew rich again. Springs that had been dry for centuries began to flow. The sounds of birds filled the air - over a hundred species returned, including some that had not been seen in the region for generations.

Youth's Ancient Valley became one of their greatest achievements - a place where generations of children planted and tended their own trees, learning the forest's wisdom from their earliest days. They grew up understanding the complex dance of species, the way trees communicate through their roots, how each small part contributed to the greater whole.



The forest keepers developed a deep science of their own, documenting each species, understanding their relationships, learning which companion plants helped each tree thrive. They discovered ancient water channels, created new ones, and documented every significant grove. They kept careful records of which birds

nested where, which trees flowered when, how the whole ecosystem breathed together like a single living being.

But they learned something else as well - something that went beyond physical ecology. They discovered that working with nature in this way changed their own consciousness. As they learned to listen to the forest's wisdom, they found themselves growing more attuned to each other, more capable of the kind of unity in diversity that the forest exemplified - despite all their differences and disagreements. The trees became their teachers in the art of conscious evolution.

This was why the Wise Wanderer's warning had struck so deep. For they knew that what they had nurtured here was more than just a collection of trees - it was a living library of ecological wisdom, a demonstration of how humanity could work with nature rather than against it. Each tree was a book written in the language of leaf and root, each grove a testament to the possibility of healing ancient wounds.



The first signs of threat came subtly. Surveyors appeared with measuring tools and clipboards, marking lines through the heart of ancient groves. Officials spoke of 'development' and 'progress,' using words that set the forest as an obstacle rather than a teacher. The keepers of the trees recognized these as echoes of an old mindset - one that saw nature as something to be conquered rather than partnered with.

In their hearts, they knew what was coming. They had seen it before, in other places - the coming of iron in the night, the falling of ancient trees, the forceful imposition of mental order over nature's organic patterns. They knew how powers from the Northern Kingdoms operate.

Yet each tree in their forest whispered a different teaching of power - the banyan's patient encircling, the neem's silent healing, the iluppai's generous sustenance. Together, they wove a living tapestry of how different kinds of strength could dance together, creating miracles that no imperial decree could command. For life itself, they had learned, was the greatest miracle - one that renewed itself endlessly, like dawn following night.

This wisdom would remain, written in their hearts as surely as it was written in the land itself.

[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

A CALL FOR CONQUERORS

Within and without, according to the unique role that you are called for.

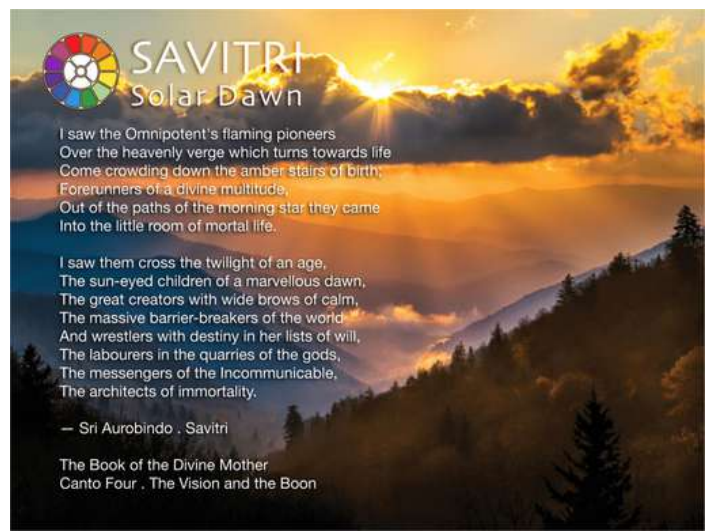
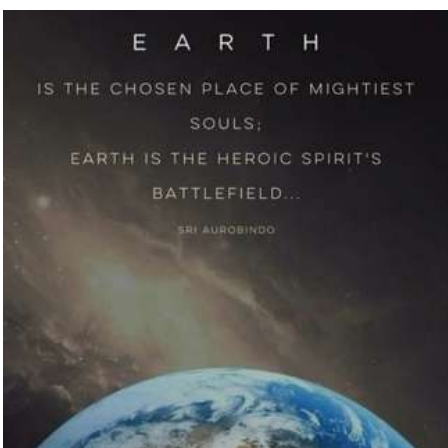
Here, in the context of this 57-year ongoing evolutionary social experiment that is Auroville, are the Kalki Avatar's Supreme Call and Guidance to all aspiring True Aurovilians, Willing Servitors and Hero Warriors of the Divine Consciousness-Force: [The Mother's Agenda of March 3, 1971](#)

Remember, you have been diving back to Earth life after life battling it out with all the guardians of physical immortality. This time you have crossed paths with Sri Aurobindo and the Mother and reached their City of Dawn, against all odds. But alas, Auroville is a concentrated battlefield full of dangers and alluring traps manned by formidable gods and goddesses of the mental past that seeks to endure, dragging you back down to the abyss. Oohlala...

But lots of awakened allies as well, going about their own business, whatever, like magic mirrors ever ready to help. And for the most difficult and ultimate Supramental challenge and realisation "[the need to consent in all humility to become imbecile before being able to acquire it: the creative willpower.](#)" Ayayay...

But again and again, try to remember who you truly are deep within, [the first necessity](#):

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



It was and is always Your Choice...

And when it becomes too intense, remember, there is [the Sunlit Path](#).

We consciously continue on...



To access the online version, [click here](#), scan QR code, or click on Zech's blog link

Om Namo Bhagavate . Zech, 2025.02.08
<https://zechjoya.blogspot.com/>

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

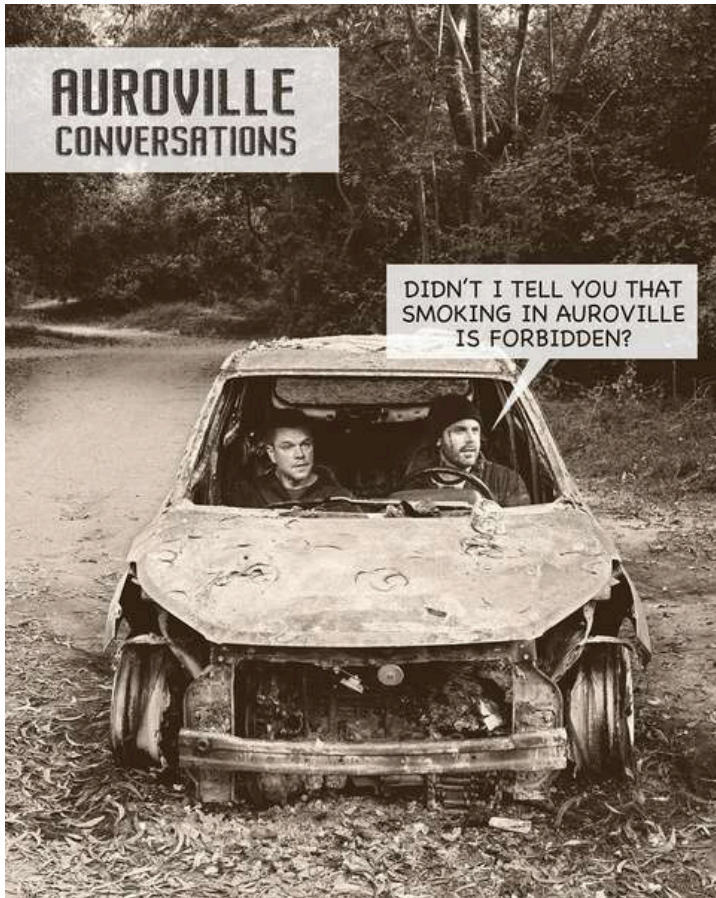
Auro - Traductions

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

FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 18th February, 9 am - 12 noon
Focus: The Psychic Being

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](https://www.instagram.com/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

SUNDAY 16 FEBRUARY, VIBRANCE



Dear Meditators,

You are all very welcome to the monthly 1 day Vipassana meditation course for "old students" only (meaning exclusively for those who have completed at least one 10-day Vipassana course as taught by SN Goenka).

Date: Sunday 16th Feb.

Time: 8:30 am to 3 pm. Lunch will be served.

Venue: 1 Vibrance, Vikas Radial Rd, Auroville, 605101. Please park on Vikas Radial road, next to the Vibrance garage

Location: https://maps.app.goo.gl/oKpMZgyty344x11R9?g_st=ic
Vibrance garage is opposite the Realization gate. Enter through that and the apartment is then directly in front of you on the ground floor.

You can drop in for part time only at 8:30 am.

Please contact Vallari - vallari@gmail.com or WA 97493 22447 by **5pm Friday**, so that we have a head count for lunch and cushions needed.

NB: Please keep your cell phone off for the duration of the course.

ANNOUNCEMENTS

BRINGING ECOLOGY HOME

17 - 19 FEBRUARY 2025, AV BOTANICAL GARDENS



Bringing ecology home
Ecological concepts & practices for everyday living
With Deoyani, Lucas & Nina

Dates: 17.02.25 to 19.02.25

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.

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)

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 : avbgtrips@gmail.com to book your walk.

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.



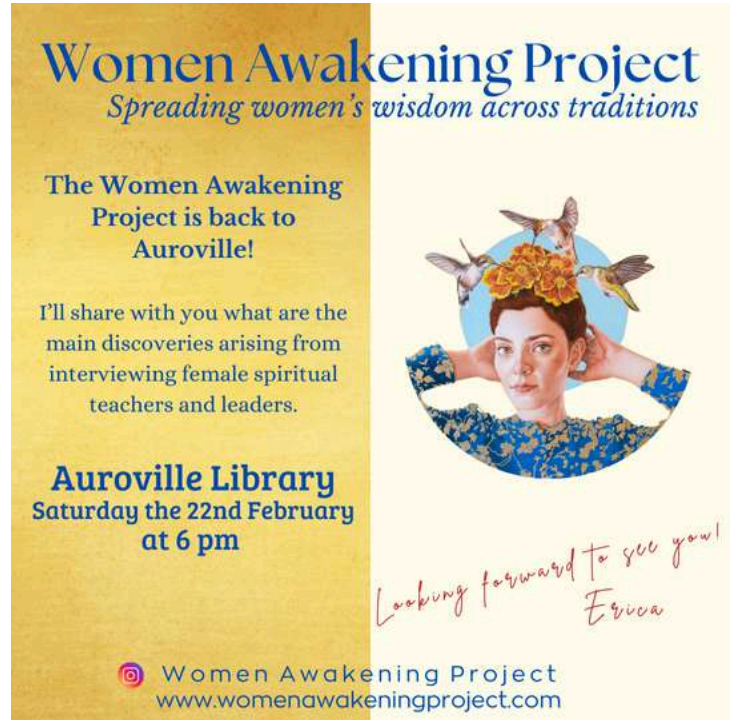
The organizing team is dedicated to ensuring a safe and injury-free ride for all registered participants. We strongly encourage comprehensive training for the ride and wish you an exceptional experience at Auroville and its bio-region.

Warm regards,

Murali, Prabhu and Raju
Auroville Cyclothon Team

WOMEN AWAKENING PROJECT

SATURDAY 22 FEBRUARY, AUROVILLE LIBRARY



Women Awakening Project
Spreading women's wisdom across traditions

The Women Awakening Project is back to Auroville!

I'll share with you what are the main discoveries arising from interviewing female spiritual teachers and leaders.

Auroville Library
Saturday the 22nd February
at 6 pm

Looking forward to see you!
Erica

Women Awakening Project
www.womenawakeningproject.com

ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM



eco femme

Come learn about:

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

EVERYONE IS WELCOME.
Every Thursday, 10:30am - 12:00pm

P.S. You can pick up all our eco-friendly products at a discount!

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



LADDERSHIP POD

STARTS SUNDAY 2 MARCH



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)

VOLUNTEERING OPPORTUNITIES

AUROVILLE DOG SHELTER

JOIN THE ULTIMATE PUPPY PARTY AT AUROVILLE DOG SHELTER!



Dear Aurovilians, dog lovers and friends!

Mark your calendars for **March 1st and 2nd** because the **Second Annual Puppy Fair** is back, and it's going to be bigger and better than ever!



We're on a mission to **find loving homes for our adorable pups** and **raise funds to sterilize 1,000 dogs**. But we can't do it without YOU!

What's the Scoop?

- **Puppy Playtime:** Cuddle, play, and maybe even adopt your new best friend.
- **Live Music & Art:** Got talent? Bring it on! We have a stage for you!
- **Fun & Games:** Host or join in on exciting activities for kids and adults alike
- **Organise:** Donate your time and energy and help us to make this event a celebration of love

How Can You Help?

We're looking for **volunteers** to share their time, energy, and love. Whether you're a musician, artist, game enthusiast, or just someone who wants to make a difference, we need you!

Ready to Jump In?

Shoot a WhatsApp message to **Arthur at 81222 25266** and let's make this event unforgettable!

Let's come together, have a blast, and make a real impact in our furry friends' lives. See you at the Auroville Dog Shelter!

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

TAXI SHARING



1 - SUNDAY 16 FEBRUARY

To stay ECO FRIENDLY am very willing to share a taxi **from Chennai airport to Auroville on Sunday 16th February 2025**. Departure from MAA Airport at 1:00pm (13:00).

Please contact via WhatsApp +34685673777 or email: srimala221@gmail.com. Sunny

2 - TUESDAY 18 FEBRUARY

To Chennai airport. Departure from Auroville in the afternoon at 4:00pm.

Please contact by WhatsApp
Jean +330699999806

3 - WEDNESDAY 19 FEBRUARY

Hello, I will arrive on **19th of February 7pm in Chennai airport and go to Auroville.**

Who would like to share with me?

Thanks, Estefania
WA: +34678662599

4 - MONDAY 3 MARCH

Want to share a taxi **to Chennai Airport departing Auroville around 2am on Mon 3 March?**

Contact Quentin Macfarlane, gmacfarlane@proton.me;
WA 44 7887 836846; India number: 84389 31882.

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: srimala221@gmail.com



WORK OPPORTUNITIES

ECO FEMME IS LOOKING FOR A SALES TEAM LEAD!

Would you like to join our Sales team, as Team lead? We are looking for a full-time member.

Skills and experience required:

- Proven ability to inspire, lead, and manage a team while balancing strategy, execution, and continuous improvement.
- Strong team player, able to work effectively with cross-functional leaders and departments.
- A strategic thinker who is motivated by achieving goals and delivering exceptional outcomes.
- Ability to find innovative solutions and adapt to evolving challenges.
- Proficiency in data analysis to inform decisions and drive sales strategy.
- Comfortable with Google Workspace and its suite of tools.

We are based in Auroshilpam. Starting date: Immediate.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

ECO FEMME IS LOOKING FOR AN INTERNATIONAL SALES COORDINATOR!

Would you like to join our Sales team, working with International retail customers? We are looking for a full-time member.

Skills and experience required:

- Proven experience in sales coordination or a related field.
- Competent written and verbal English communication skills with a dash of creativity
- Proficiency in Google Workspace, specifically Google Sheets, Docs, and Slides.
- Ability to speak other languages, specifically European languages, is a plus.

We are based in Auroshilpam. Starting date: Immediate.

For more detailed information and applications, please write to maha@ecofemme.org with your updated CV. Looking forward to hearing from you!

eco • femme

"Revaluing menstruation: because Life depends on it"



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 | joyofimpermanence@auroville.org.in
Joi Anitya is a Registered 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

HOLOTROPIC BREATHING TECHNIQUE

SATURDAY 15 FEBRUARY



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.

YIELDING TOGETHER, CONTACT IMPROVISATION

20 - 23 FEBRUARY



20th - 23rd Feb '25

Incontact.co.in

YIELDING TOGETHER
Contact Improvisation Workshop

AUROARTWORLD AUROVILLE

For info and registrations:
aurovilleartworld@gmail.com

YIELDING TOGETHER

Yielding together is a four days workshop in Contact Improvisation.

Simply put, yielding means to actively meet something. And actively meeting something means your relationship to that something will change. In application it is not just one's own body weight in relationship to the earth but also into the space around. In sharing the practice of yielding together, the invitation is to melt into the easeful dance of life feeling both supported and easeful.

Through Contact Improvisation, we will dive into movement as an open-ended exploration of sometimes wild and athletic, sometimes quiet and meditative expression of ourselves. Turning inwards, with a somatic approach, spending time with our inner landscapes, letting the outer and more larger expression appear from the sensations inside.

Some of the aspects of Contact Improvisation that we would be studying in this workshop are:

- communicating through weight and how it supports our movement in solo and in contact with other bodies.
- spirals and effortless movement together
- breathing, trusting and deep listening
- support, following and leading momentum
- qualities that we wish to cultivate are listening, stillness, curiosity, fluidity, playfulness, spontaneity

WORKSHOP FACILITATOR

Harmandeep Singh

Harman is a Contact Improvisation practitioner and facilitator who comes from a technical background of building mobile apps and websites. He studied Electronics And Instrumentation Engineering and earned a living as a software developer. Much later, he got introduced and immersed into the experience and exploration of art and body movement. He was deeply touched and moved by the practice of Contact Improvisation 7 years ago and since then, he has been exploring different dimensions of movement and awareness that it has to offer.

To support his adventure of Contact Improvisation, he has studied various movement practices including axis syllabus, body mind centering (BMC), feldenkrais method, contemporary dance floor work, somatic practices, body work and capoeira. He is interested in the art of facilitating, creating and holding spaces for collaborations of various art forms and practices with Contact Improvisation. There is curiosity to explore existing and new applications of Contact Improvisation in different aspects of life as an experience. He likes to travel to different places, spaces and cultures while sharing the practice of Contact Improvisation along the way.

- Instagram: <https://www.instagram.com/harman007singh/>
- Facebook: <https://www.facebook.com/harmandeep.web/>
- Youtube:
https://www.youtube.com/channel/UCUd_CCQ8us0SACO-9QQOvGA
- Website: <https://incontact.co.in/about-u>

OTHER DETAILS

- **Location:** Auroville
- **Dates:** 20th Feb to 23rd Feb 2025
- First two days, 20th & 21st Feb, are beginner friendly and are open to all levels of experience and can be only enrolled for a complete workshop.
- Existing practitioners with some experience can also choose to join only the last two days, 22nd & 23rd Feb.
- Registration & enquiries: aurovilleartworld@gmail.com

Open contribution for Aurovilians/Newcomers/Volunteers

MIRRORS & ME

20 & 27 FEBRUARY; 6, 13, 20 MARCH, CRIPA



Welcome to join in Mirrors & Me.

Ready for an interactive & introspective experience?

We explore, individually and together, through breath, dynamic meditation, games, conscious touch, improvisation, observation and reflection.

Through these explorations, we ride on the energetic waves and rest assured in the connection within and with each other.

- 9 - 11:30am, Thursdays@ Cripa, small hall
- 20th & 27th Feb; 6th, 13th, 20th March

Register with Anandi Zhang

Whatsapp: +91 93856 23511

Scan the QR code to join the group.

Contribution required.



THE JOURNEY (ME & WE)



Walk in silence

Walk the talk

Take a walk in nature

Explore, discover

Tune in to your own rhythms

Natural breath work, spontaneous Qi Gong, poetic & playful interactions, non-verbal connection & conscious communication.

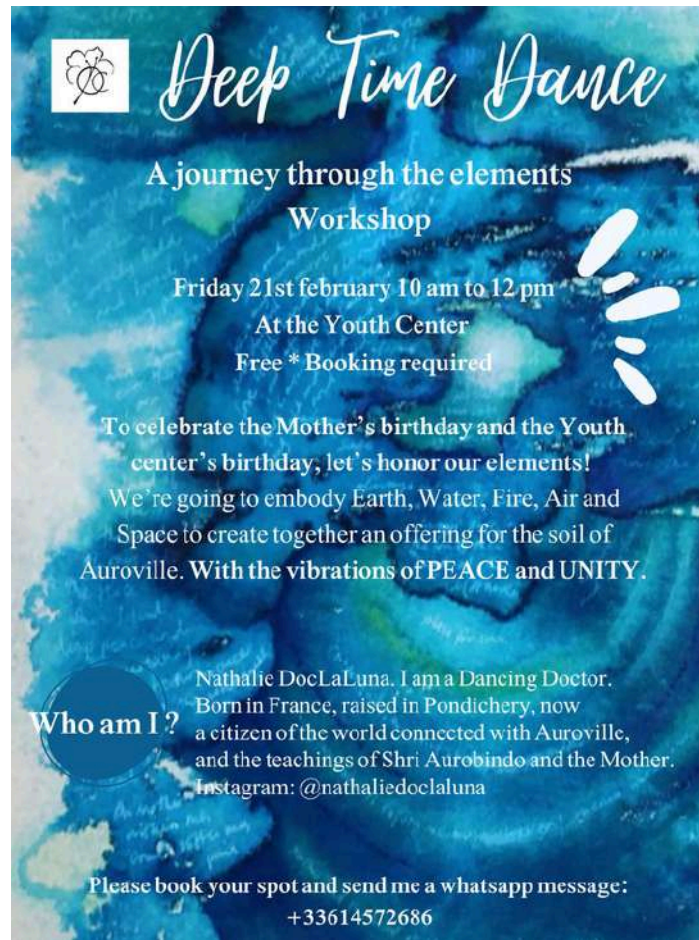
Contact Anandi Zhang

Whatsapp: +91 93856 23511



DEEP TIME DANCE

FRIDAY 21 FEBRUARY, YOUTH CENTRE



CULTURAL ANNOUNCEMENTS

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

THE AUROVILLE CHOIR PRESENTS SONGS ON HOPE

SATURDAY 15 - SUNDAY 16 FEBRUARY, CRIPA



7:30pm at CRIPA. All are welcome!

We request everyone to park their cars and motor bikes on the Gaia Frisbee field. Cycles will be allowed to park inside CRIPA area. **To access the field, turn left on the road to Gaia.**

We would appreciate that no motorized vehicles use the access between Kalabhumi and Gaia (via CRIPA) during the concerts.

Thank you for your understanding and support.

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!

LATIN NIGHT

14 FEBRUARY, MARCS CAFE STORE

Featuring Latin Music, Salsa, Meringue and Regaeton. Accompanied by Mexican food and Patacones. Beverages - Home brewed Tepache and manual brews.

Where: Marcs Cafe Store

When: Friday 14th February 6-9pm

Who: All are welcome



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.

EXHIBITIONS

IN THE LAND OF MAJESTIC GIANTS, A PHOTO EXHIBITION BY ASHWIN EZHUMALAI

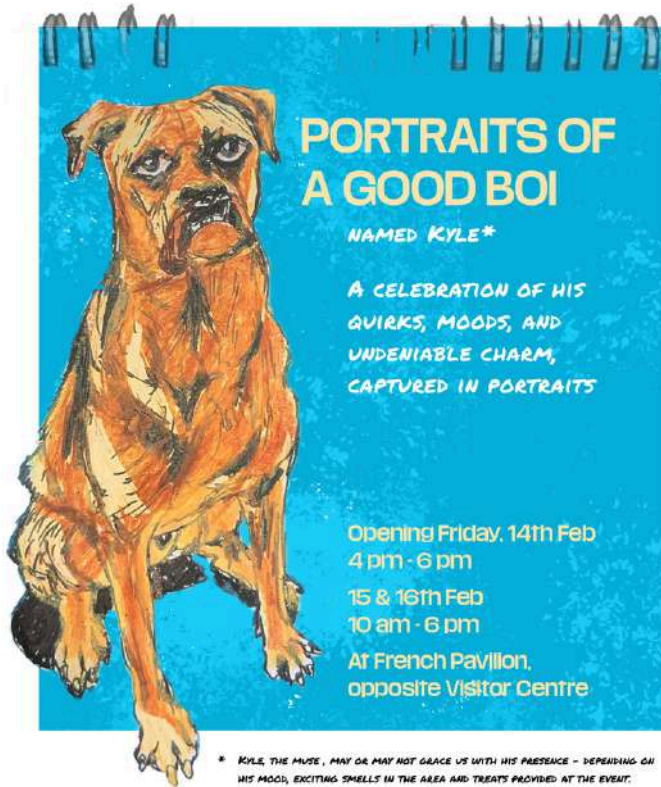
14 FEBRUARY - 4 MARCH, PITANGA



Monday - Saturday

08:00am - 12:30pm & 02:00pm - 05:30pm.

PORTRAITS OF A GOOD BOI BY NEHA NAGAR
 OPENING FRIDAY 14 FEBRUARY, FRENCH PAVILION

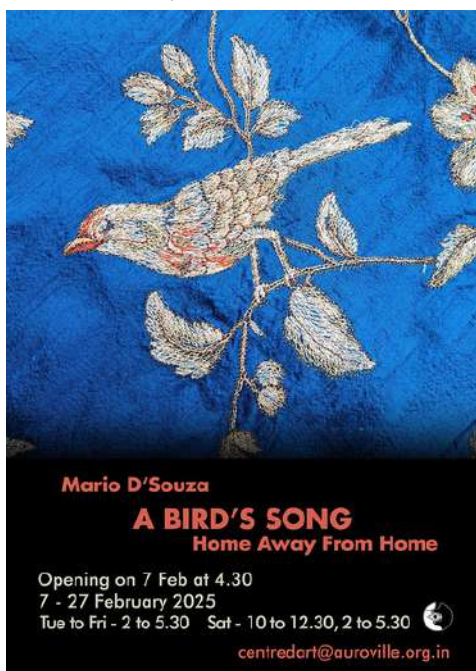


An exhibition celebrating the quiet, unwavering love between a human and their dog, the joy that flows from every brushstroke. A portrait series telling stories of companionship and those precious little moments that make life richer – all inspired by Kyle, the muse of it all.

- Exhibition at French Pavillion opposite Visitor Centre
- Opening Friday 14th February
- 4 pm - 6 pm
- 15th & 16th Feb
- 10 am - 6 pm

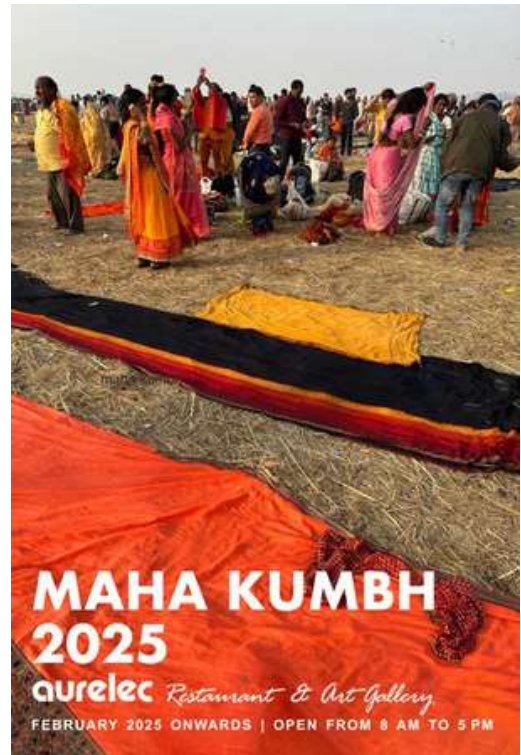
A BIRD'S SONG - HOME AWAY FROM HOME
 BY MARIO D'SOUZA

7 - 27 FEBRUARY 2025, CENTRE D'ART



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

MAHA KUMBH 2025 EXHIBITION
 FEBRUARY ONWARDS, AURELEC



AUROVILLE RADIO



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

Last published podcasts:

- [Marlenka's Weekly Offering - Ep.128](#) (Literature)
- [Seeking Our Inner Being Group Discussion In English - Ep.2](#) (Spirituality)
- [Une série hebdomadaire de lectures par Gangalakshmi - Ep.480](#) (Integral Yoga)
- [Seeking Our Inner Being Group Discussion In English - Ep.1](#) (Spirituality)
- [Exploring Education in Arts, Animation and Film-making - Ep. 42 - "Introduction of Color and The Hollywood Studio System"](#) (Arts and Culture)

Last Youtube Video:

- [Exploring Education in Arts, Animation and Film-making - Ep.1 | Abhjith Roy](#)

....and more! on www.aurovillerradiotv.org.

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

Regards,

Sai Priya for Auroville RadioTV



FOOD

FOOD FOREST TOUR - EVERY SUNDAY

FOOD FOREST TOUR

WITH VEGAN ICE CREAMS GREEN SMOOTHIES and more...



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

Only Recall

My garden of Eden and early morning;
Azurine sky over leaves hangs an awning.
Fingers of light comb through green's fine interstices
Dissolving the last of night's fear precipices

The moon's but a ghost in the blue grey sky.
The star's but a memory you steered last night by
Yet the soul lies still and adreaming Reluctant from
night's slumber to accept new day's weaning.

Towards the new day stretch your tendrils my Heart.
What if some petals seem to get pulled apart?
There are marvels beyond the range of sight
To melt the corrosion of caution's blight
That says it's best not to open the eyes
Lest darkness descend once again from the skies.

Day too has a polestar to see you through,
A brightness each instant born anew. Its light rushes
headlong from on high To transform every tear and sigh
Into a peerless pearl of grace:
Only recall Her gaze, Her face.

Maggi Lidchi-Grassi

Can't you see
How occupied I am?

I attend to things
A thousand and one

Then, in one moment
You sneak in

You hold me
In Thy gaze eternal

I slip into the Sound of Silence
With a smile and a sigh

Anandi Z

The Road to the Beloved

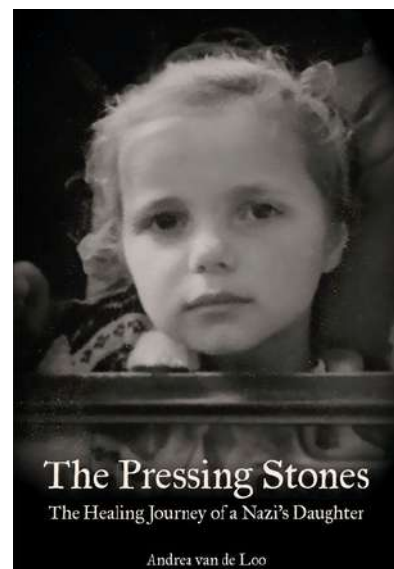
Jan. 21, 2011

In the flickering lamplight of this mortal mind
That casts more shadows than its light reveals
I stand alone surveying dusky fields
Of memory allied to humankind.
I seem a visitor here, somewhat removed,
Distanced from the fury and the fray,
The life-force, concentrated, seeks the way
To find at last the road to the Beloved.

Narad

FOR THE BOOKWORMS

NEW PUBLICATION - THE PRESSING STONES BY ANDREA VAN DE LOO

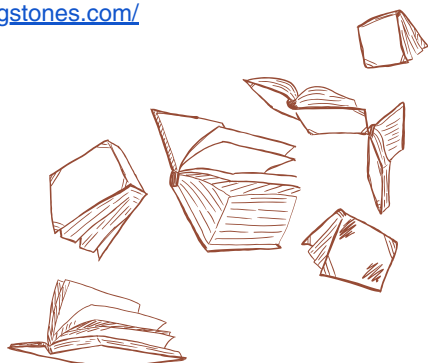


Andrea van de Loo, born in WWII Netherlands, grew up under the shadow of her father's Nazi SS past. Despite a traumatic childhood, she embarked on a global journey of healing and self-discovery. *The Pressing Stones* chronicles eighty years of her life, touching on family, relationships, sexuality, spirituality, motherhood, psychedelic therapy, addiction recovery, and the generational impacts of war. It offers a personal view of Auroville, the spiritual community inspired by Sri Aurobindo and The Mother.

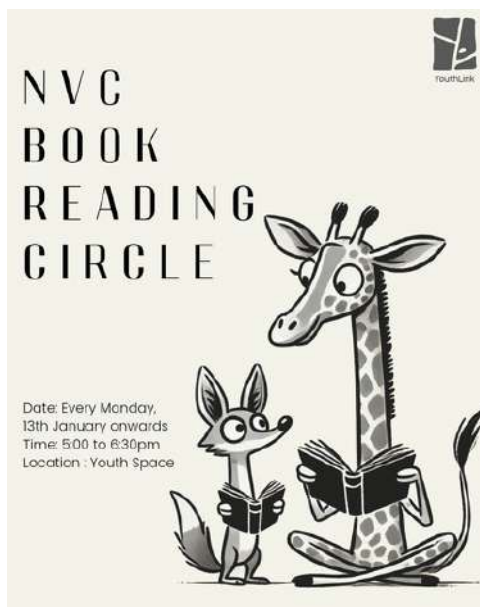
This poignant memoir highlights Andrea's courage and determination to overcome her trauma, inspiring readers to pursue their own paths to healing, peace, and fulfillment, even in the face of life's darkest challenges.

She came to Pondicherry in 1972 and saw Mother on February 27th of that year. She lived in Auroville for six years, first helping to run the kitchen at the Matrimandir Workers Camp, then in Kottakarai where her daughters were born. There she ran a small clinic in the village.

<https://thepressingstones.com/>



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

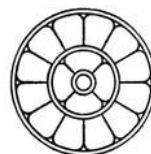
Details:

- **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)



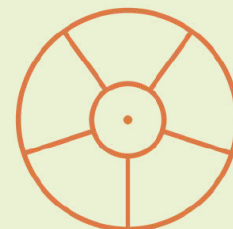
- Thursdays 6 - 7pm, main building - **When Things Fall Apart by Pema Chodron**, hosted by Helen & Serena (+91 70947 53054 / +91 84897 60966)

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!**



CINEMA

**AUROFILM PRESENT
A MIDDLE EAST MINI FILM FESTIVAL**
21 - 23 FEBRUARY

Aurofilm is happy to announce its **Mini Film Festival** focusing on films from the Middle East countries, from **February 21st to 23rd.**

On **Friday 21st at 7:30pm** at **MMC auditorium**, we will start off the festival, and on **Saturday 22nd** and **Sunday 23rd** we will present **two** screenings each day at **3:00pm** and **5:00pm** at **Aurofilm's studio** in Kalabhumi. (**Note:** the space can accommodate maximum 30 attendees)

Please see the schedule and details below:

Friday 21st at MMC Auditorium Cinema Paradiso (Town Hall):

- **19:30 THE SEED OF THE SACRED FIG** (Persian: دانهی انجیر معابد)

Directed by **Mohammad Rasoulof**, Iran, Germany, France, 2024

With: Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani

Synopsis: Investigating judge Iman grapples with paranoia amid political unrest in Tehran. When his gun vanishes, he suspects his wife and daughters, imposing draconian measures that strain family ties as societal rules crumble. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were violently suppressed by Iranian authorities.

Original Persian version with EST - Duration: 2h48'

Saturday 22nd at Aurofilm Studio (Kalabhum):

- **15:00 BAB AZIZ** (English: The Prince that contemplated his soul)

Directed by **Nacer Khemir**, Iran, Tunisia, 2005

With: Parviz Shahinkhou, Maryam Hamid Hossein, Panahi Nessim Khaloul

Synopsis: The story of a blind dervish and his spirited granddaughter, Ishtar. Together they wander the desert in search of a great reunion of dervishes that takes place just once every thirty years. With faith as their only guide, the two journey for days through the expansive, barren landscape. Original Tunisian, Arabic and Persian version with EST - Duration: 1h38'

- **17:00 WEST BEIRUT** (French: À l'abri les enfants, Arabic: بيروت الغربية)

Directed by **Ziad Doueiri**, Lebanon, 1998

With: Rami Doueiri Mohamad, Chamas Rola Al Amin

Synopsis: In April, 1975, civil war breaks out; Beirut is partitioned along a Moslem-Christian line Tarek is in high school, making Super 8 movies with his friend, Omar. At first the war is a lark: school has closed, the violence is fascinating, getting from West to East is a game. His mother wants to leave; his father refuses. Family tensions rise. As he comes of age, the war moves inexorably from adventure to tragedy. Original Arabic and French version with EST - Duration: 1h45'

Sunday 23rd at Aurofilm Studio (Kalabhum):

- **15:00 I STILL HIDE TO SMOKE** (French: À mon âge je me cache encore pour fumer)

Directed by **Rayhana Obermeyer**, France, Greece, Algeria, 2016

With: Hiam Abbass, Fadila Belkebla, Nadia Kaci

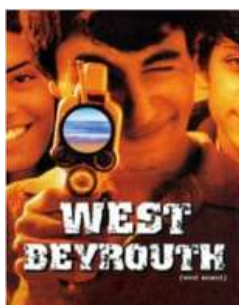
Synopsis: Fatima, a strong-minded woman, is the lead masseuse of a hammam in Algiers. This is 1995 and the situation is tense in the capital. The day ahead promises to be hectic for all, and for Fatima in particular. Already, while walking to her place of work, she is the distant witness of a terrorist attack. At the hammam, Fatima should feel better, but the atmosphere proves electric in her small enclosed world, she has great difficulty in maintaining order. Original Arabic version with EST- Duration: 1h30'

- **17:00 THEEB** (English: Wolf, Arabic: ذيب)

Directed by **Naji Abu Nowar**, Jordan, UK, 2014

With: Jacir Eid Al-Hwietat, Hussein Salameh Al-Sweilhiyeen, Hassan Mutlag Al-Maraiyeh

Synopsis: In the Ottoman province of Hijaz during World War I, a young Bedouin boy experiences a greatly hastened coming-of-age as he embarks on a perilous desert journey to guide a British officer to his secret destination. Premiered in the Horizons section at the 71st Venice International Film Festival in 2014, Awarded for Best Director. Won several other awards and nomination all over the World. Original version in Hejazi, Arabic and English languages with EST - Duration: 1h40'



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

Reminder:

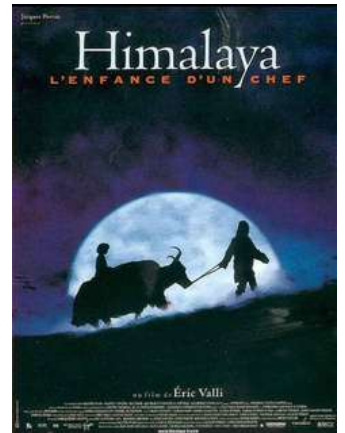
Friday 14th February at 8:00 pm

"HIMALAYA" (Nepali: हिमालय), French: *L'Enfance d'un chef*

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

Music by: Bruno Coulais

Synopsis: Set against the backdrop of the Nepalese Trans-Himalayas at an altitude of five thousand meters in the remote mountain region of Dolpo, the film tells the story of villagers who take a yak caravan 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 (Lhakpa) has just died inexplicably, refuses to let the young Karma lead the caravan. He accuses Karma of being responsible for his son's



death. Defying the shaman's oracles and Tinklé's anger, Karma departs with the caravan before the auspicious date set by the oracle, followed by the young men of the village... This acclaimed film depicts the lifestyle of the inhabitants of the Upper Dolpo Valley of the Mid-Western region of Nepal and explores their traditions and ethos. The harsh reality of the Himalayas is masterfully contrasted with the delicacy of humanity. The first Nepalese film to be nominated in the Best Foreign Film category at the 72nd Academy Awards.

A veritable treat for all those who love the Himalayas and take an interest in Tibetan Buddhist culture!

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

Note: Contributions are very welcome!
Aurofilm Collection Acc. No. 252658

Friday 21st February at 7:30 pm

Special screening: as part of the **Middle East Mini Film Festival** that Aurofilm presents on the weekend of **February 21 to 23**

"THE SEED OF THE SACRED FIG" (Persian: دانهی انجیر معابد)

Directed by **Mohammad Rasoulof**, Iran, Germany, France 2024

With: Soheila Golestani, Missagh Zareh, Mahsa Rostami, Setareh Maleki, Niousha Akhshi, Amineh Arani

Synopsis: Its story centers on Iman, an investigating judge in the Revolutionary Court in Tehran, who grapples with paranoia as nationwide political protests due to the death of a young woman intensify and his gun mysteriously disappears, making him distrust his wife and daughters. The fictional narrative is combined with real images of the 2022–2023 protests in Iran that were



violently suppressed by Iranian authorities. Shot in secret under the Iranian totalitarian regime, "this film is as much a political and feminist pamphlet as a relentless thriller, coupled with a sharp study of the family unit. A powerful and necessary work".

The film was nominated for the Palme d'Or, winning the Special Jury Prize of the 77th Cannes Film Festival. Also at the 97th Academy Awards, it was nominated for Best International Feature Film.

Original Persian version with English subtitles. Duration: 2h48'



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 17th February - 23rd 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 17 FEBRUARY, 8:00 PM:

• HISAAB BARABAR (ACCOUNTS SETTLED)

India, 2024, Writer-Dir. Ashwani Dhir w/ Madhavan, Neil Nitin Mukesh, Kirti Kulhari, and others, Comedy-Thriller, 112mins, Hindi w/ English subtitles, Rated: NR (PG-13)

Radhe Mohan Sharma, a railway ticket checker, stumbles upon a minor discrepancy in his bank account, setting off a chain of events, leading him to uncover a massive financial fraud orchestrated by a powerful banker named Micky Mehta, the founder of Do Bank. While unearthing a billion-dollar scam and facing immense pressure and threats, Radhe does what it takes to expose the truth.

POTPOURRI – TUESDAY 18 FEBRUARY, 8:00 PM:

• REBECCA

USA, 1940, Dir. Alfred Hitchcock w/ Laurence Olivier, Joan Fontaine, George Sanders, and others, Psychological Thriller-Mystery, 130mins, English w/ English subtitles, Rated: NR (PG-13)

A shy lady's companion meets the wealthy Maxim de Winter in Monte Carlo, falls in love, marries him, and moves to Manderley, his Cornwall estate. Haunted by the death of his first wife, Rebecca, she clashes with the housekeeper, Mrs. Danvers, and learns of Rebecca's lingering influence. This classic film, based on Daphne Du Maurier's celebrated novel, reveals the dark secrets of Manderley. *A film to watch all over again – rescheduled to screen the classic version!*

SELECTION – WEDNESDAY 19 FEBRUARY, 8:00 PM:

• THE DARJEELING LIMITED

USA-India, 2007, Writer-Dir. Wes Anderson w/ Owen Wilson, Adrian Brody, Jason Schwartzman, and others, Quirky Comedy-Adventure, 91mins, English-Hindi-German-Punjabi-Tibetan-French w/ English subtitles, Rated: R

A year after their father's accidental death, three depressed brothers travel across India by train, organized by the eldest, Francis. They argue, sulk, and fight. The youngest, Jack, is drawn to a train attendant, while Peter leaves his pregnant wife and buys a venomous snake. Francis eventually reveals their surprising destination. Amid a funeral, meditation, hilltop ritual, and the Bengal Lancer, they strive to reconcile their differences.

INTERESTING – THURSDAY 20 FEBRUARY, 8:00 PM:

• PLASTIC EARTH

USA, 2023, Writer-Dir. Janice Overbeck & Jack Winch w/ Rob Riggle, Janice Overbeck, Clay Pearson, and others, Documentary, 100mins, English w/ English subtitles, Rated: NR (PG)

Worldwide plastic production from fossil-based sources continues to rise and contribute to climate change, pollution and environmental issues. In keeping with the theme Planet vs Plastic comes a film where scientists, engineers, researchers and innovators tackle solutions to deal with the over-production of single-use plastics. It is a discussion we must have to move away from fill-more-land-with-trash mentality. *Screened in April-2024 we bring back this topical film for those who missed it then, those who feel concerned.*

INTERNATIONAL – SATURDAY 22 FEBRUARY, 8:00 PM:

• BASTARDEN (THE PROMISED LAND)

Denmark-Sweden-Norway-Germany, 2023, Writer-Dir. Nikolaj Arcel w/Mads Mikkelsen, Amanda Collin, Simon Bennebjerg, and others, HistoricalEpic-Biography, 127mins, Danish-Swedish-German-Norwegian w/ English subtitles, Rated: R

In 1755, the determined soldier Ludvig Kahlen arrives on the barren Jutland heath, aiming to follow the king's call to cultivate the land and achieve wealth and honor. He soon clashes with the ruthless landowner, Frederik De Schinkel, who claims heath as his own. When De Schinkel's serf flees with his wife Ann Barbara and seeks refuge with Kahlen, the landowner vows revenge. Kahlen resolutely fights back, risking his life and the bond with the small, troubled family that has formed around him on the heath.

CHILDREN'S MATINÉE – SUNDAY 23 FEBRUARY, 4:00 PM:

• THE CROODS: A NEW AGE

USA-Japan, 2020, Dir. Joel Crawford w/ Nicolas Cage, Emma Stone, Ryan Reynolds, and others, Adventure-Animation, 95mins, English w/ English subtitles, Rated: PG

Grug leads his family to a secluded Eden, only to find it occupied by the evolved Bettermans. As tensions rise between the clans, a new menace threatens them all. Can the Croods and the Bettermans unite to face the common enemy and survive together?

DAVID LEAN FILM FESTIVAL @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 23 FEBRUARY, 8:00 PM:

• RYAN'S DAUGHTER (1ST PART)

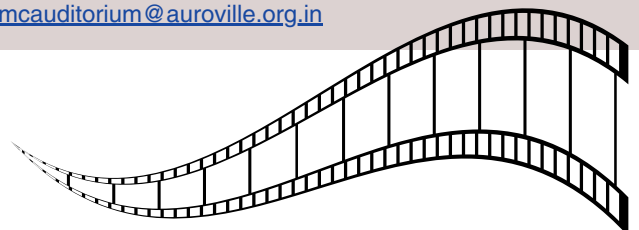
USA, 1970, Dir. David Lean, w/ Robert Mitchum, Sarah Miles, and others, Drama – Romance, 101mins, English w/ English subtitles, Rated:R.

The film tells the story of a married Irish woman who has an affair with a British officer during World War I, despite moral and political opposition from her nationalist neighbours. The film is a re-telling of the plot of Gustave Flaubert's 1857 novel Madame Bovary.

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



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:** 63796 69034
- **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 – 5pm
- **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.



Doing nothing for others is the undoing of ourselves.

Horace Mann

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



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

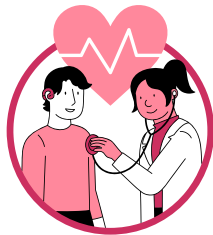
Contact: (0413)-3509942 / 3509943

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, roibos), 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 cheerful 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 close family and friends to the Gardens Daily: 9.00 AM to 7.30 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.

TO BE UPDATED!

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