

Auroville

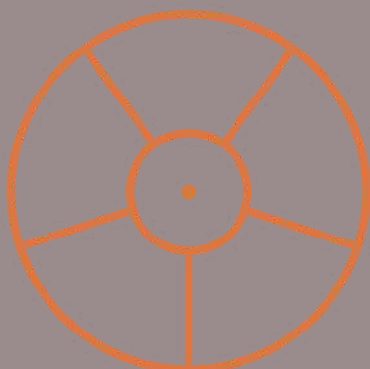
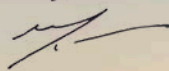
NEWS & NOTES

No 1064 - A weekly bulletin for residents of Auroville

27 February 2025

RA EDITION

*Bonne Tête
with love
and
blessings*



PONDERING

Pierce this darkness, let light flash forth;
Still this tumult, establish peace;
Calm this violence, let love reign;
Become the warrior, triumphant over obstacles;
Win the victory.

25 June 1914, The Mother, Prayers and Meditations
<https://library.sriaurobindoashram.org/mother/cwm01/chapter/156/>

THE MOTHER ON AUROVILLE



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Pondicherry, India.
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SOME FUNDAMENTALS AUROVILLE AND RELIGIONS

Page 42

To establish in Auroville the harmonious atmosphere which, by definition, ought to reign there, the first step is for each one to look within himself for the cause of friction and misunderstanding.

For these causes are *always* on both sides and before demanding anything from others, each one should first strive to eliminate them from himself.

4.7.1969

Peace through human unity :
Unity through uniformity is an absurdity.
Unity must be realised through the union of the many.
Each one is part of the unity; each one is indispensable to the whole.

Oct, 1969

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You must all agree.
That is *the only way* to do good work.

2.4.1970

*

For everyone to agree each one must rise to the summit of his consciousness; it is on the heights that harmony is created.

April, 1970

*

Quarrels are altogether contrary to the spirit of Auroville.

*

You see *only your* side of the question, but if you want to widen your consciousness it would be better to look from all sides impartially. Later you will discover that this attitude has great advantages.

17.9.1971*

*

As long as you are *for* some and *against* others, you are necessarily outside the Truth.

The city the earth
needs.

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

16.12.1966

*

I disapprove totally of violence. Each act of violence is a step back on the path leading to the goal to which we aspire.
The Divine is everywhere and always supremely conscious. Nothing must ever be done that cannot be done before the Divine.

6.5.1971*

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For each problem there is a solution that can give satisfaction to everybody; but for finding this ideal solution each one must want it instead of meeting the others with the will to enforce one's own preference.

Enlarge your consciousness and aspire for the satisfaction of all.

28.8.1971

*

Each thing in its place and there will be a place for everything.

26.8.1971



Blossoming of the New Creation

The more we concentrate on the goal, the more it blossoms forth and becomes precise. -The Mother

Hibiscus rosa-sinensis L., Malvaceae.

Chinese hibiscus, Hawaiian hibiscus, Rose-of-China

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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Bonne Fête!

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FROM THE ENTRY SERVICE

ES # 240 DATED: 24-02-2025

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

We thank you in advance.

The Entry Board

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

AUROVILIAN ANNOUNCED

- **Sedhupathi KARUNANITHI (Indian)** staying in Maitreye II and working at PTDC
- **Sudha SUPPARAMANI (Indian)** staying in Ayarpadi Farm and working at Solar Kitchen
- **Mehul KUMAR (Indian)** staying in Petite Ferme and working at Prakrit Furniture

AUROVILIAN CONFIRMED

- **Amirdhavalli JANAKIRAMAN**

NOT READY TO JOIN

- **Silambarasan ILAVARASAN**

NOTE:

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

FROM THE WORKING COMMITTEE

RESPONSE TO ANNOUNCEMENT FROM GB 'FAMC' RE UNIT EXECUTIVES AND MANAGERS

Dear executives, managers, and other concerned residents,

The "FAMC" appointed by the Governing Board has made an announcement on the 14th of January 2025, which covers the appointment of executives and managers and presents a new 'directive' in this regard.

This announcement includes claims of legitimacy citing several sources which supposedly back this "FAMC"'s authority:

"as per necessary fiduciary regulations, operational performance, compliance with the laws of India, and adherence to all Codes of Conduct and standing orders"

This is a vaguely formulated attempt to intimidate executives and managers, in keeping with this administration's way of functioning.

We encourage everyone, and specifically executives and managers, to write to this group, and question these sources of

authority. Let it be put in writing exactly how these rules pertain to the authority claimed. The vagueness, false claims, and lack of responses show this group is not fit for the management of Auroville's funds and assets. These individuals should cease these actions and step down.

Please consider:

- The Code of Conduct 2017 has no mention of a "manager" position.
- The terms "fiduciary regulations" and "operational performance" are given with no details, context, or explanation.
- There is no question that the laws of India are to be followed. However, randomly citing "the laws of India" is not an argument or evidence of the authority these individuals are claiming for themselves over the whole of Auroville. Specific laws need to be cited which pertain to the particular situations.
- None of the Standing Orders are specified or cited in detail. None cover the position of "manager".

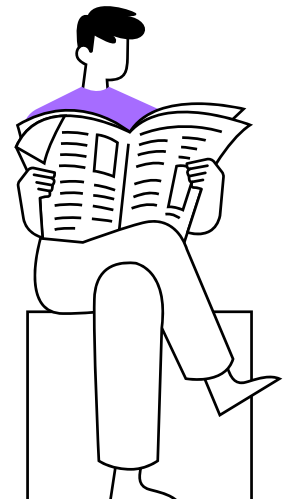
Yet again this group of individuals is attempting to impose control over the rest of the community when it has not been selected by the Residents' Assembly and does not respond to calls of collaboration or transparency.

In addition, the constitution and functioning of the 'FAMC' as a Section 16 Committee of the Governing Board does not abide by the Auroville Foundation Act. (Please see the [attached open letter](#) we have sent to the GB FAMC, copy to the Secretary, GB and IAC.) Therefore, unless this directive is correctly signed by the authorised Governing Board members of the FAMC of the GB, it and all other decisions made by this group can be questioned on this basis.

Once again, we, the Working Committee of the Residents' Assembly, wish to make clear that we are open to working together with all, as a community, to develop this Township as a whole. However, the dishonesty and coercion used by all the GB and AVFO appointed individuals must stop.

In service,

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

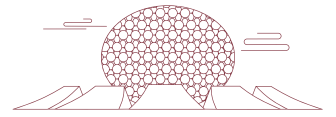


FO GROUPS NEWS

(not selected by due Residents Assembly process)

FROM THE FO N&N 1067

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



OBITUARY

JOYA DIANE SKYE LEFT HER BODY



Joya Diane Skye left her body peacefully in the early morning hours of the 19th of February. She was surrounded by her children and an outpouring of love from around the globe - thank you.

Born April 13th, 1945, Skye (known as 'Diane' from the early days), arrived in Auroville May of 1970 with her partner Philip and unborn child Lunaura.

They stayed at the Ashram for the first three months and then moved to Aspiration where they participated in building the keel roofed homes of that time, meditation, community building, tree planting amongst others.

Skye and Philip built what has come to be known as The Center Guest House in Center Field in 1976. They later built a Kindergarten next to the house to help provide a place for the children of Auroville to learn and play. This Kindergarten is still there today though the keel roof building has been replaced.

Skye was an international song writer with five gold records to her name in the US. In Auroville, she was always ready to get creative, share her music, lend a hand or an ear.

When Skye was just 26 her heart stopped in a doctors office and she had an 'after death' experience. She has always felt she would return "there" and "there" she felt "the greatest unconditional love". And so she has returned and though we will miss her so much, her light will carry on in so many different ways.

Skye sent her love to ALL of Auroville in her final hours. She is outlived by her five children Lunaura, Sunaura, Aurion, Prairie and Amariah, and her three grandchildren, Jordan, Tori and Reve.

She has always considered Auroville her home and the Divine her place of belonging.

OM

MATRIMANDIR

MATRIMANDIR NEWSLETTER - FEBRUARY 2025



Collective Meditation with Dawnfire

5 to 6:30am at the Amphitheatre

- Entrance from the Mahasaraswati (West) Gate only.
- **Open from 4 to 5am and after 5:45am.**
- Coming from Solar Kitchen and Visitors Center side, Park at the **Second Banyan**, then walk outside
- Coming from Town Hall side: Park in **front of West gate**.

All are requested to come early and be seated by 4:50 am.

Please note that during the meditation, from 5 to 5:45 am the gates will remain closed.

Latecomers may join in after 5:45am. Access is limited to the Amphitheatre and up to 7am only.

Cellphones, Cameras, Tablets and other recording devices are not allowed in and around the Amphitheatre. All are requested to leave them at home or in their vehicle. Those in possession of such items will have to deposit them at the 'Custody Facility' outside the Park of Unity. Matrimandir Management will try to take utmost care of these items, but will not be responsible for theft or existing damage of items deposited at the "Custody Facility".

Your goodwill and cooperation are essential to maintain an atmosphere of peace and silence all through the meditation. Volunteers will be on duty to guide and assist.

Evening Program

5:30 pm at the Unity Pond.

Hindustani Classical Bansuri Recital by Jean-Christophe

Followed by chantings with Gopika and Nadaka

Entrance from the Office Gate at 5pm.

Guests are requested to carry their Aurocard.

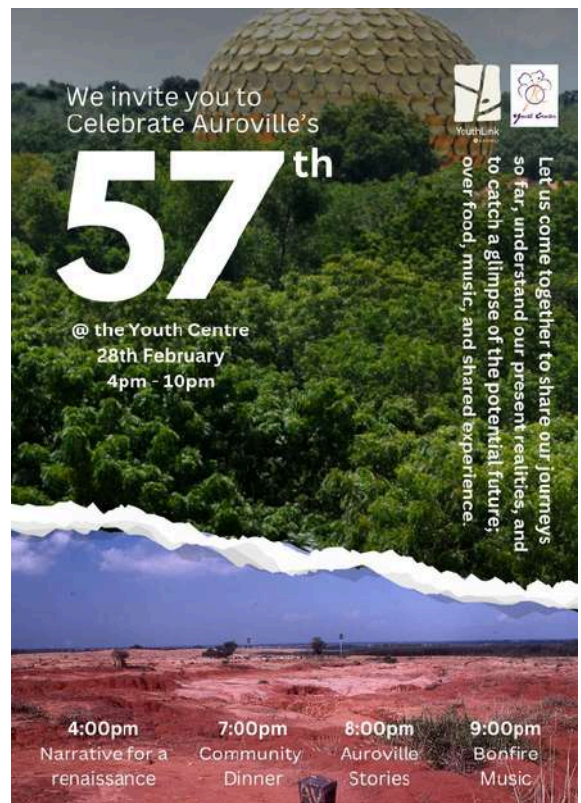
Last entry for guests at 5:15pm.

Bonne Fête to all!

COMMUNITY SHARING

CELEBRATE AUROVILLE'S 57TH

FRIDAY 28 FEBRUARY, YOUTH CENTER



COMMUNITY GATHERING

FRIDAY 28 FEBRUARY, YOUTH CENTER

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 4:30 to 6:00 PM

at the
YOUTH CENTER

Youth Center Program from 4:00 to 9:30 PM
will be announced separately



from Pablo and Rakhil
Members of the Call for Organisation Group

AUROVILLE'S 57TH BIRTHDAY DAWN FIRE MEDITATION

FRIDAY 28 FEBRUARY



Dear Friends,

Every Year on **February 28th**, the Matrimandir Amphitheatre glows with the sacred bonfire as we welcome Auroville's Birthday.

If you can't be here in person, don't worry- you can still be part of this special moment!

As Always, Auroville Radio TV will be live streaming the bonfire, so you can tune from wherever you are and feel the connection.

Watch it live here:

<https://youtube.com/live/iP88x9UmD7U?feature=share>



AUROVILLE STORIES : 1968 - 2068

SATURDAY 1 MARCH, CINEMA PARADISO

Sharing why we came and where we might go ... together!

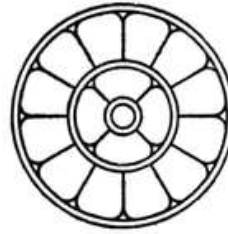


Saturday, March 1st
4:30-6:00pm

Auroville is all about turning the "impossible" into the "inevitable". Come to **Cinema Paradiso on Saturday from 4:30-6pm** and be inspired by 10-12 community members and friends telling short transformative memories and/or hopeful dreams about our journey together towards Human Unity and a City the Earth Needs.

Daniel Greenberg | He/Him
Co-Director, Foundation for Intentional Community

THE MOTHER'S SYMBOL IN MULTIPLE LANGUAGES



Available for reading and download:

<https://auroville.org/page/the-mother-s-symbol>

Over the years, the Mother's symbol and Her Powers has been translated into 46 languages, including the four languages of Auroville, i.e. Tamil, French, Sanskrit and English, as well as indigenous languages

and those used across the world, including Afrikaans, Amharic, Arabic, Assamese, Bahasa Indonesia, Bulgarian, Chinese, Croatian, Czech, Danish, Dutch, Esperanto, German, Gujarati, Hebrew, Hindi, Hungarian, Italian, Japanese, Kannada, Korean, Lithuanian, Macedonian, Malayalam, Marathi, Nepali, Niugini Pisin, Norwegian, Odia, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Spanish, Swahili, Swedish, Telugu, Tibetan, Ukrainian, Urdu.

The longer file with quotes for each of Her Powers are currently available in seven languages: Chinese, English, French, Italian, Nepali, Spanish, Tamil.

Have it in your language?

If your language is not on the lists above, would you like to have it translated into your mother tongue and/or other language(s) of proficiency by volunteering yourself or recommending someone else?

Please write to Anandi Zhang at symbol-in-translation@auroville.org.in

Thank you.



FOREST GROUP MEETING MINUTES

FRIDAY 7TH FEBRUARY 2025

TOPICS:

• Where Is the Money Going?

There is no severance pay, no Silver Fund, no maintenance support, and no forest budget—despite forests and massive trees, older than Auroville itself, being cut down and sold to outside parties.

Aurovilians and foresters are left wondering: Where is all the money going? Shouldn't the revenue from these felled trees at least go toward severance pay for those who planted them? Shouldn't Auroville benefit from these resources, like milling the wood to build homes for Aurovilians, newcomers, and volunteers instead of selling it off?

• Concerns Over Traffic Issues

Serious concerns have been raised about the cycle path in front of Kalabhumi and Existence, leading towards Transition School. Cars, trucks, motorized vehicles, and bicycles are all using the same narrow path, creating a chaotic and unsafe situation. Residents are asking: What immediate solutions can be implemented to resolve this traffic issue?

• Unaccounted Wood Removal

Additionally, alarming issues have surfaced regarding the removal of cut wood. Reports indicate that wood is being taken without prior notice, and no documentation is being provided to confirm its legal removal. This lack of transparency raises serious concerns about accountability and fair resource management.

DON'T YOU COUNT US GONE, BACK ONLINE



This video was taken offline in September 2024 after several residents requested the removal of their images, fearing potential repercussions affecting their visa status in Auroville. Even the singer has chosen to remain anonymous - a telling sign of the pressure facing this experimental township in South India.

The song emerged during a critical time for Auroville and the community continues to face an unprecedented crisis threatening two of its core principles: participatory governance and environmental consciousness. Through powerful lyrics and imagery, it captures the pain of watching forests being cut down, farms being sold off, and residents losing their homes and livelihoods - but also the unwavering spirit of a community determined to preserve its values.

'You can build a road over my home, but you can't build a road over my soul' - this refrain speaks to the heart of the current conflict, where a development-at-any-cost approach clashes with Auroville's 56-year vision of sustainable growth and collective decision-making.

While some original faces had to be removed from this video, the message remains: after more than five decades of building a unique experiment in human unity, Auroville's residents continue to stand for their founding principles, despite mounting pressures.

You can watch the video here:

https://youtu.be/viZjKMCptZI?si=Ukv_NH2tXZc65hYZ



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

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

CHRONICLES OF DAWN

CHAPTER 5 - IN MARBLE HALLS

In the great cities of the realm, where ancient laws were kept in towers of marble and gold, another kind of battle was being fought. Here there were no falling trees or machines in the night, but the struggle was no less vital. For the City of Dawn had been founded not just on dreams but on carefully crafted scrolls and charters, sealed with the authority of the realm itself.

These scrolls spoke of a unique experiment in human unity, of a place where the old ways of governance would give way to something new. They told of three circles of wisdom that would work together in harmony - the Council of Guardians appointed by the Northern Kingdoms, the Circle of Residents who lived and worked in the city, and the Council of Wise Ones from distant lands who would help guide the growing dream.

Now, in marble halls far from the red earth and falling trees, scholars and advocates pored over these ancient documents. They traced the flowing script that spoke of "mutuality" between the three circles, of how each had its role to play in the delicate dance of governance. They found the passages that spoke of the residents' right to "grow and develop activities and institutions" in accordance with their deepest aspirations.

But they found something else as well - something that made their hearts both heavy and light. For written into the very foundation of these laws was a profound truth: that the City of Dawn belonged to no one person or power, but to humanity as a whole. It was to be held in trust for a future that was still unfolding, a future that needed



new ways of living and being.

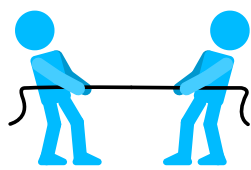
The advocates who carried these truths into the high courts were an unlikely fellowship. Some were scholars who had studied the ancient laws for decades. Others were young ones who had grown up in the City of Dawn, now learning to navigate the labyrinthine ways of legal procedure. Still others were friends from distant places who recognized that what was at stake here was not just one community's future, but a principle that the whole world needed.

In those marble halls, they faced those who spoke of authority and control, who claimed that progress could only come through centralized power. The debates would sometimes last for months or years, as different interpretations of the founding scrolls were presented and contested.

"See here," the advocates would say, pointing to crucial passages, "the founders spoke of autonomy, of the freedom to experiment and grow. They understood that something new was trying to be born, something that could not be imposed from above but must grow organically from within."

Their opponents would counter with other passages, speaking of order, of the need for swift progress. They claimed supreme authority in the name of development, seeing the community's careful, organic processes as obstacles to be overcome. They said they were messengers of the Council of Guardians appointed by the Northern Kingdoms, and thus, that they had the rightful authority to command.

Day after day, the arguments continued. Sometimes small victories would be won - a temporary stay against destruction, a recognition of residents' rights, a call for proper environmental studies. Other times, the decisions would go the other way, allowing the bulldozing, both literal and figurative, to go on.



But something unexpected began to emerge from these legal battles. As they delved deeper into the founding documents, both sides were forced to confront the profound vision they contained. These were not ordinary legal scrolls - they spoke of a future humanity striving to be born, of consciousness evolving.

The advocates and spokespersons of the community learned that victory might not always look like what they expected. Sometimes it came not in the form of favorable judgments, but in the way their story began to be heard and understood by others in the realm. Sometimes it came in the form of questions raised, of principles articulated, of truths spoken that could not be unspoken.

They discovered that these battles in marble halls were not separate from the struggles back in the forests of the City of Dawn - they were part of the same work of articulating and defending a new way of being human. The precision required in legal arguments helped clarify their understanding of their own principles. The need to explain their community's unique nature to others helped them see it more clearly themselves.

And so they continued their work in these distant courts, knowing that each argument, each clarification, each principled stand was helping to shape not just their own future but the understanding of what was possible in the realm of human governance and evolution.

For they had begun to understand that law, like consciousness itself, could evolve. The very act of defending their community's unique nature was helping to create new legal frameworks that might serve humanity's future needs. They knew that whatever the courts decided, the truth they carried could not be erased.

For some truths are written not just in scrolls and seals, but in the very way a community chooses to live, each small act of faithfulness a spark of light in times of shadow.

[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



WHAT HAPPENED AND THE BACKGROUND TO IT

Last week, Aurovilians expressed deep frustration over the lack of action regarding the protection and consequent destruction of land in the Evergreen area. This land has been subject to grabbing, which a large number of Aurovilians have been defending since 2022. Despite this, there has been little effective intervention by the concerned officials and groups.

A group of about 100 Aurovilians went to the Foundation office, the GB-appointed Land Board, the GB-appointed WC, and the GB-appointed FAMC to demand that an appeal be filed before the 7th February deadline. As no action had been taken.

The consequent pearl-clutching faux outrage perpetuated by the propaganda tools of those illegitimately holding office shall come as no surprise regarding this encounter. Nor will their reaction to undoubtedly delist or punish further the legitimate ire of the Aurovilians who are facing the incompetence by these groups. They will certainly play the victims because angry residents confronted them pointing out their lack of action and inefficiency in this land matter, along with their illegal hold on power and their betrayal of the community and its residents they are supposed to represent. The anger caused by the slaying of people's life's work, dreams, goodwill and trees, while pretending that they alone know the Mother's will and represent it. They will play the victim, as this is their only defense for the "coup" they have participated in for the past three years, bypassing community agreements, guidelines, policies, trust and friendship.

Orwell's classic 1984 reminds me of their constant lies, and endless diktats "War is Peace, Freedom is Slavery, Ignorance is Strength." The community is blamed for being anti-progressive for loving ecology - though Auroville has been on the forefront of



ecological restoration and development. We are sweepingly labeled as "blockers of progress, of the city and Mother's dream" etc. These sound bites are useful and easy and simple falsifications to spread for impact in the corridors of power, and are thus repeated. Never mind the facts of a limited income for development, for land purchase, and to run the existing set-up, yet despite this, the community persisted in all these areas and developed.

The violence organized by Antim with his political buddy Venkatesh, by bringing paid goons to the Youth Center, is not mentioned as harmful in any way, nor has it received any condemnation by them or others. How could they condemn it? It may put them at odds with those who have empowered their illegitimate positions. The same applies to the land exchanges; these cannot be questioned for the same reasons. Meanwhile, the paid goons are re-named "brothers from the bio-region"!



Then there is also the laughable absurdity of this often repeated response: "but what about the violence of the location of the YC?" Unbelievable?! To equate the peaceful existence of a place

place embraced by the youth of Auroville as a violence shows the level of self-deceit, lack of sincerity, and misguided ambition you have about building Auroville. How about questioning the "violence" of those of you not willing to be flexible? The violence of your refusal to adjust or to come to an agreement together? Why is the record not corrected to actually show these facts? That your small cabal has actually resisted any adjustments and participation in Auroville for years due to your subpar creativity, and the paucity of your imagination. You can only make a religion of the masterplan, twisting it beyond its intention - a policy framework with flexibility and community participation at its core. You have never been

willing to find workable solutions or reasonable compromise, you were never able to embrace or consider growth and reality. Is this not a violence to the goal of Auroville? Doesn't such a refusal not refute the very purpose of Auroville and Mother's words?

And again, with the same logic-defying wit, the GB WC claim that the largest votes in Auroville's history against them is actually a vote for themselves?! How you may ask did they come to such an absurd idea? They explain that the people who did not exercise their right to vote magically represent a vote in their favor. The contortions of logic are circus like.

Wouldn't anyone be angry if every democratic or community agreement was so flippantly violated and given such ridiculous responses?

What of the fiscal violence the community has suffered at their hands? No mention of that by any of their dog-whistler (for whom the rules of the game do not apply as his racist and villainous defamatory posts gurgling vitriol go on and on – doesn't he have a job?) – no, you will keep him as a useful outrage creator, a helpful excuse for the authorities to repeat and retaliate retaliate, a useful rabid attack-dog. Meanwhile, all articles, historical documents uploaded on AuroNet, or comments by others that would help to unskew the current narrative are purged regardless of their validity or truth – this too suits you, and so you will stay silent. But now there are so few of you; it's beginning to show. When you are trotted out to the various events, talks, and what have you... the officials must be getting bored of the same 10 confused people droning on. You have resorted to threatening people to join these events by blocking their donations or budgets, you need to show a little diversity or bodies to pack the halls. Not a word from the WC on the loss of income of over 200 Aurovilians? Not a word on the charging of lakhs for visas to extract the most from senior Aurovilians. Not a peep regarding the community assets, services, or activities grabbed or taken over or closed, preventing persons from exacting a livelihood, not a word about the shameful leasing of fruits from the farms created to grow food for Auroville, even after cutting their budget, or the pointless and vengeful cutting of trees and grabbing of wood from forests, or cutting the foresters' budget, nor the 40-plus workers fired without severance pay. Not a word have you uttered about these outrages.

It is a long list of restrictions, lies, and ugliness, along with the perversion of Auroville's spirit, supported and perpetuated by your actions, complicity, and silence, and the painful twisting of the Mother's words to suit your narrow views, your inability to recognise that you are not an elected WC, you sat still allowing an unelected Land Board and an unelected

FAMC along with some other blunt tools to assist in this display of horror. The silence on the outrageous land exchanges, of lands purchased by the Mother herself. Is nothing even sacred to you? Other than this ugly real estate development of the most banal and ugly proportions that is being brandished as Her will?! Many of you have never met the Mother, yet you lecture those of us who have had that privilege, by endlessly, pretending you alone know her will. Let me be clear: absolutely NOTHING you are doing feels, resembles, or represents all we know, remember, and feel of Douce Mere. Zero, Nada, Zilch.

The whole thing is so beyond the pale. Human unity is no longer a goal, peace and harmony no longer an aim, "working together or cooperating" not a target.

For Auroville's stated goal of Human Unity, the present dispensation shows a deep disdain of our actual aims and purpose.

R

THE "WORK" TREE: A MARTYRED BLESSING FOR THE EARTH



Christ was nailed to a cross and his torn body made to die in agony. He, an Avatar of Brahman, an incarnation of Cosmic Love, was misunderstood and taken down by the powers-to-be. What he professed was Love and Surrender, yet the political machinations of his time feared the erosion of their powers. He had to be destroyed.

The "Work" Tree, as Mother called it because of the psychic quality it represented, is misunderstood too. A formidable force for Good, the tree is perceived, like Christ was, through the lenses of the consciousness proper to the powers-to-be. A true savior of the Earth, it is a species that can bring about a virtuous cycle of biological regeneration extremely effectively and rapidly. Unfortunately, the plant's ecological function is grossly misunderstood. Instead, it is vilified; its destruction is being propelled based on argumentation that has not the slightest scientific base but, instead, is squarely political and ideological in nature.

Tragedy is missed opportunity, wasted potential. That is why the proper understanding of the Work Tree's role in ecological processes is so important. For if the species would actually be understood and its true identity cease to be masked by scientifically indemonstrable statements, then instead of being the curse it is accused of being, it would be an undisputable blessing.

Stephen Hawking said, I paraphrase, that the illusion of Knowledge is far more dangerous than Ignorance. Indeed, ignorance is easier to dispel when presented with knowledge; the illusion of knowledge holds firmly to its beliefs and its prejudices. This is the case of the Work Tree (and every other plant on earth that is vilified) because the scientific evidence of its function in ecological restoration, the marvelous effectiveness with which it helps improve the soil, increase the moisture capital of the land and create a habitat for flora more advanced in ecological succession is blatantly obvious all over the Auroville plateau. But observing that evidence requires shattering the veil of ideology and prejudice. And the illusion of knowledge doesn't allow for that.

The importance of the accurate understanding of the Work Tree's function in Auroville is paramount because of the very nature of Auroville as a nodal point of transformation in India and the rest of the world. The proper understanding of the species' function and the formulation of intelligent, scientifically sound protocol regarding it would be wind in the sails for the rapid and effective restoration of millions of hectares of fallow, over-grazed and burned land in India that produce a vicious cycle of hydric and biological depletion. Wrong and ideologically-informed policy in Auroville, on the other hand, would hinder the adoption of intelligent, effective and swift measures to tackle national urgencies such as the depletion of water aquifers, soil erosion, irregularity of rains resulting in droughts and floods, dying rivers and rising temperatures.

The Work Tree, like every living creature on Earth, is neither good nor bad. It has a specific ecological function to do, and if allowed to undertake fully that for which it was created, it completes its task and gives way for the subsequent species to carry on the work. It is that simple. No species on Earth, except for Homo sapiens sapiens, has a negative effect on the greater ecological community. No species, if permitted to complete its life-cycle, leaves the soil poorer than when it got established, quite the contrary. That is because there is a system used by Nature to expand biological capital on Earth, one that has been observed scientifically for a very long time: **succession**.

Using cooperation as a means, different species of plants grow at the same time, in association, in a given landscape, because they are the species most appropriate for those specific conditions. After some time, if they are not cut down, uprooted, burned or grazed, the result of their growth is an improved soil and better moisture conditions which invite new sets of plants to get established. The growth of these new plant associations continue to modify and improve local conditions (soil quality, depth, moisture availability), rendering the previous set of plants redundant and inviting the next set of plants to grow in the improved conditions. And this process goes on until one reaches a theoretical point when biomass has reached its maximum volume, where diversity is the highest: the climax. As the succession advances, the diversity of plants increases, and species belonging to the earlier stages disappear locally as they are no longer useful for this process of biological increment. They are not able to regenerate anymore because the conditions they themselves helped create (more shade, more moisture) prevent the germination of their own seeds.

Continued...

Rishi

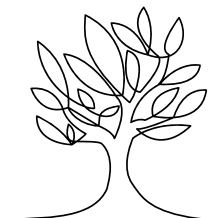
To continue reading, [click here](#).

WRITTEN IN LIGHT OF THE RECENT 'GREEN BELT SERVICES' APPROVED WORK TREE BARK STRIPPING:



Path from VC to MM - Ring Barking / Girdling

On its trajectory, work trees have been striped of their barks. This method, known as ring barking/girdling, disrupts the flow of nutrients and water to the trees, causing them to die slowly and painfully, and is sometimes used to clear and without cutting trees immediately.



(NOT JUST) WORD PLAY

It came to me as an inspired idea and in specific words in 2019, when I was in the midst of a "crisis". It was deeply settling and brought a fundamental clarity and certitude. It became a mantra for me. In a way, I am not the same person after. Whatever happens in the waves and foams of life, I am essentially guided by it in the threads of thoughts, emotions and actions.

- Auroville
- All reveal
- All heal
- All rejoin
- All rejoice

The motivation to design it this way came last year, and it felt right.

What do you see in it?



Anandi Zhang

HUMILITY, STRENGTH, PSYCHIC TRANSFORMATION

The first quality in yoga is humility, whatever one's value or even realisation. True humility is humility before the Divine: one can do nothing without the Divine Grace. The more we advance, the more humble we become, aware that we have done nothing in comparison to what remains to be done. The Divine determines one's worth.

Humility and sincerity are the surest shield against hostile attacks. The people most difficult to convert are respectable people basking in their virtue. Spiritual humility, surrender, bhakti for the Mother are necessary for the opening of the psychic centre in the middle of the chest, *anahata cakra*, to steadily bear the rush of powers from the supraphysical planes, without breaking down or going astray.

The **Central Being** is the portion of the Divine in us that survives through death and birth. It has two forms: above, it is Jivatman, the divine spark and eternal true being of the individual; below, it is the psychic being that stands behind mind, body and life. The psychic being or *caitya purusa* (the Child, the Son of God, the Bhakta) is formed when the psychic personality is fully built round the *Jivatma* or universal Self, the Atman. The same in all, self-existent, the Jivatma is one aspect of the Divine, who contains everything in Itself and is Nature too.

A steady flame that burns deep within, the psychic is the only plane that cannot be touched by the hostile forces. Held behind a veil, it contains all possible strength to crush all oppositions. When it comes forward it leads the sadhana, filling the mind and vital and even the physical; growing by their experiences, it carries the consciousness from life to life. Later on, comes the transformation. By the coming forward of this true monarch, the master taking up the reins of government, harmonisation of the different parts of the being takes place and the work goes fast. The Mother calls this process psychicisation. If the mind receives the psychic influence, it will organise the resistance and gain the victory.

The psychic is "*the Divine within the reach of man*". By the force of this identification, the sadhak passes through to the other side, changing worlds. Before that one is an aspirant but has no spiritual life, shut up in a shell, compressed against a wall; like the chick in

the egg, knocks and can't go through. The first time the seeker crosses the threshold, consciously, it seems dazzling, infinitely more brilliant than the most brilliant sunlight. This may happen suddenly, by an accumulation of power within, like an explosive that nothing can resist. Bursting out from the prison in a blaze of light, this truly is a new birth.

As they advance spiritually, some turn even more humble; others erect strength and superiority to men and humility to the Divine. Each position has its value. Take Vivekananda's answer to "But Shankara does not say so" to which he replied, "No, Shankara does not say so, but I, Vivekananda, say so." This is the attitude of the fighter who, aware of representing something very great, cannot be put down. When someone complained that Sri Aurobindo had lost the old charm of modesty, he replied: "I did not profess like others that I was nothing. How can I say I am nothing when I know that I am not nothing?"

The Divine who is absolutely perfect is at the same time absolutely humble. Seeking to find Himself in what is not Himself, the Divine has created this phenomenal world in His own being. The greatest victories of humility of God will be the transformation of Matter, which is apparently the most undivine.



Humility: adorable in its simplicity
– *Sporobolus capillaris*

Submitted by Paulette

WHAT IS THE POINT?

☪ One may ask, what is an Avatar? [HERE](#) for reference.

As a clarification for the collectivity, when we speak of the Mother, we are speaking of the direct incarnation in human form of the Supreme Consciousness-Force, the Divine Creative Power behind everything in the Cosmos, the MahaShakti Herself of the inseparable Supreme Ishwara-MahaShakti, not a mere ordinary human, even being downgraded by some to a particular man-made institutional limitation, such as a question of nationality.

Some of these gross mental human conceptions and unconscious actions are at times becoming unbearable, especially here in Auroville the City of Dawn created by the Kalki Avatar themselves, a specially decreed place where the first necessity of being a True Aurovilian is to be beyond the gross man-made appearances and programmings. How did it get to such low standards?

Matrimandir as the Temple of the Mother MahaShakti is even here beaming brightly everyday as a manifest reminder for the forgetful.

Anyway, we each must play our unique contrasting roles, from the churning of which all the shadows and darkneses must fully surface out in the open and intensely painfully experienced so that we can sincerely in total faith and humility offer them all to Her, the Supreme Divine Mother MahaShakti, for transformation or dissolution.

"Human life and mind are neither in tune with Nature like the animals nor with Spirit—it is disturbed, incoherent, conflicting with itself, without harmony and balance. We can then regard it as diseased, if not itself a disease." — Sri Aurobindo .
<https://incarnateword.in/agenda/11/july-4-1970>

"Man is a transitional being, he is not final." Thank goodness!

We consciously continue on
In Auroville the City of Dawn
As willing servitors of the Divine
In the hastening of the evolution
Towards the Divine Manifestation:
On Earth a Life Divine.



"The whole earth must prepare itself for the advent of the new species, and Auroville wants to work consciously to hasten this advent." — The Mother . <https://auroville.org/page/core-documents>

This is the major reason, the rationale, why many of us have answered the call of the Kalki Avatar Sri Aurobindo and the Mother to come and participate in their Auroville, and not merely to maintain the old gross transitional human ways of life. Otherwise what is the evolutionary point of a global paradigm-shifting Avatar and this City of Dawn?

We continue on with the concentration here of the Great Cosmic Battle between the forces and players of the undivine false-separative mental past that seeks to endure and the unstoppable Divine Truth-Unity Supramental Future that wants to manifest... towards the blossoming of the Satya Yuga, the Golden Age on Earth.



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

☪ Zech, 2025.02.18

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

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

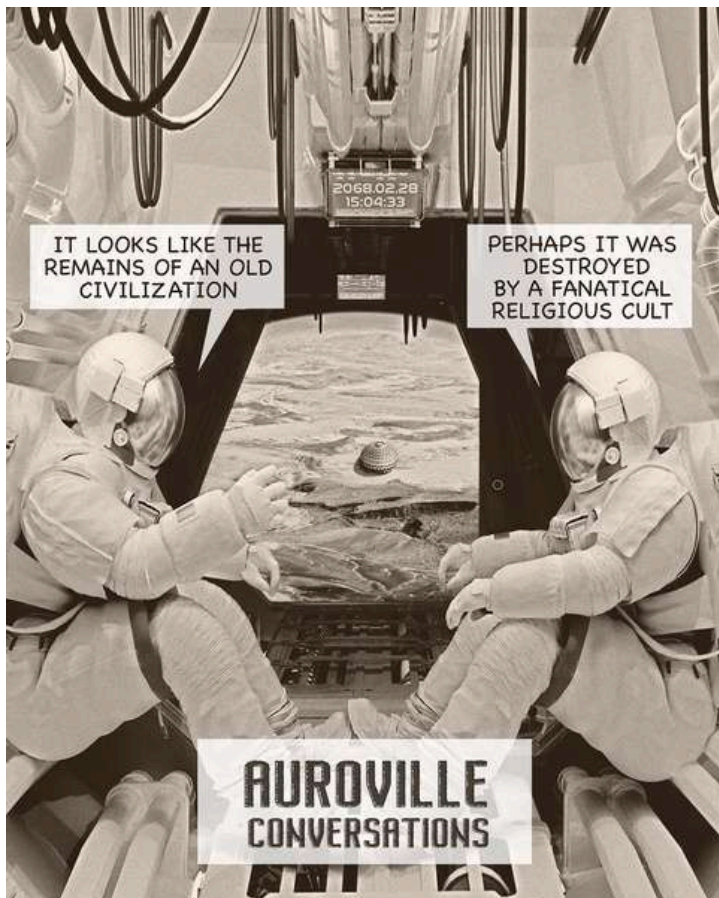
Click [here](#) to read the French
News&Notes or
scan the QR code.



FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

INNER JOURNEY

INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 4th March, 9 am - 12 noon
Focus: Intimacy with the Divine

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

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

We will begin with Savitri Book One Canto Three.

At Savitri Bhavan - Square Hall.

OM CHOIR

EVERY TUESDAY, 05:30 - 06:15PM

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

No prior singing experience is required.

At Savitri Bhavan - Square Hall.

- Narad.



AMPHITHEATRE - MATRIMANDIR

Meditations at sunset with SAVITRI,

Every THURSDAY
from 5:30 to 6:00pm

(weather permitting)



Savitri, Sri Aurobindo's long mantric poem, read by Mother to Sunil's music are *on weekly for everyone to concentrate, in this beautiful open space in the very center of Auroville.*

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

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

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

Velmurugan and the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

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

Please register in advance

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

(Private sessions on request at other timings)

VIPASSANA MEDITATION

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

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

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

Vipassana

As taught by S.N. Goenka



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



ANNOUNCEMENTS

CERAMIC STOCK CLEARANCE, BHU CERAMICS
24 FEBRUARY - 5 MARCH, INTERNATIONAL ZONE



PUPPY FAIR 2025
FRIDAY 1 -
SUNDAY 2
MARCH, AV
DOG SHELTER



AUROVILLE CYCLOTHON 2025
SUNDAY 2 MARCH



LADDERSHIP POD
STARTS SUNDAY 2 MARCH



ECO FEMME - OPEN HOUSE
EVERY THURSDAY, AUROSHILPAM



GUIDED GARDEN TOUR
TUESDAYS AND FRIDAYS, AV BOTANICAL GARDENS



- **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 : avbgtrous@gmail.com to book your walk.

VOLUNTEERING OPPORTUNITY

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!

LOST (& FOUND)

LOST PUPPY - SOLAR KITCHEN



LOOKING FOR

TAXI SHARE

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!

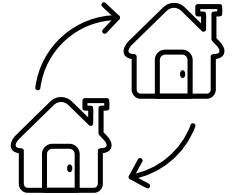


A SINGLE MATTRESS AND A COFFEE TABLE

Dear community,

I'm moving to Kailash and I'm looking for a single mattress and a coffee table. If you have and you don't need it, please contact me 75488 58621.

Thank you, Luna.



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!



"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 7:30 - 8:30am, 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

- 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

LAUGHING THERAPY

SATURDAY 1 MARCH, SERENDIPITY GUEST HOUSE

Laughing Therapy *Laughter is the best medicine.*
by Nikhil

Saturday 1st March - 1 to 3pm
at Serendipity Guest House - Joy Hall

Join us for a fun way to release stress, tension, anxiety and do yoga with fun

In this 2 hour workshop we do Yogic Breathing and laughing Pranayama to replenish the blood with fresh Oxygen.

Combined with child-like playfulness and laughing exercises we practice the joy of connecting with one another while laughing contagiously.

Smile

SUNDAY KIRTAN - BHAKTI YOGA

SUNDAY 2 MARCH, SERENDIPITY GUEST HOUSE

Sunday kirtan
Bhakti Yoga: Yoga of Love

Sunday, 2nd March 2025 - 4 to 6pm
At Serendipity Guest House - Joy Hall

In this 2 hour workshop we sing together the name of God: Shiv, Kali and other Hindu deities.

Repetition of the lord's name (JAPA) with MANTRAS and a sense of surrender is a sure path to enlightenment according to Vedas.

Letting go of your burdens and worries to the Divine Shoulder and let HIM take control is the central idea here.

Trusting a higher wisdom & letting go control & being receptive to new ideas is the power of this practice

Come & join the magic of co-creating in the SANGA (group) and loving kirtan this Sunday.

MIRRORS & ME

6, 13, 20 MARCH, CRIPA

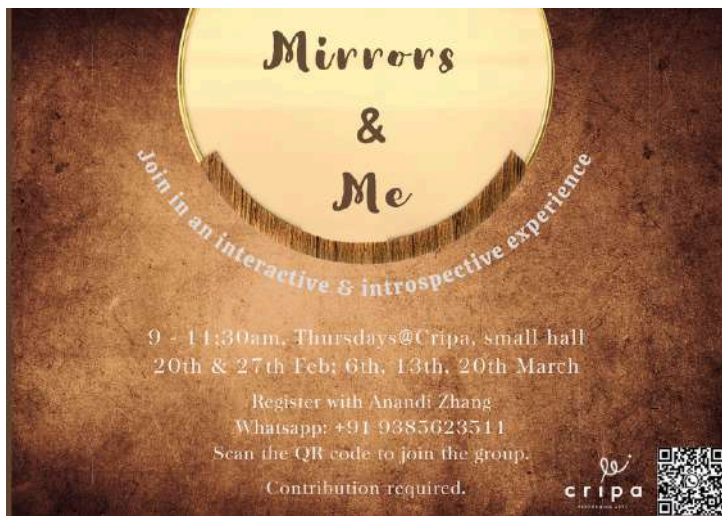
Welcome to join in Mirrors & Me.

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.

- 6th, 13th, 20th March
- 9 - 11:30am, Thursdays @Cripa, Small Hall



HOLOTROPIC BREATHING TECHNIQUE
SATURDAY 8 MARCH, CREATIVITY



with Lola & Tanja (JIVA breathwork facilitators)

Date: Saturday 8 March 2025
Time: 9.00am -1.30pm
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 94430 69335 or
- breathingholotropic@gmail.com

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

ATB - AWARENESS THROUGH THE BODY
SATURDAY 8 MARCH

ATB - Awareness Through the Body

Intro & exploration with Honor & Vega



9.30am - 12.30pm - Saturday 8 March 2025
Please register using the form link in the text below

Dancing Tree, under Hospitality Trust, Auroville
dancingtree.smile@gmail.com - Whatsapp: 9159856148

All are welcome for an introductory exploration of Awareness Through the Body (ATB). This practice, developed in Auroville, aims to build self-awareness and self-regulation, increasingly allowing us to lead from a place of deeper wisdom - our psychic center.

We use a variety of introspective and interactive, dynamic and still exercises gently leading us to a deeper space of awareness.

- **Saturday 8 March 2025 (9:30 - 12:30)**
- Advance registration required at using the [form](#).

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



BASIC TOOLS OF AWARENESS THROUGH THE BODY (ATB)

SATURDAY 15 - SUNDAY 16 MARCH, TRANSITION SCHOOL



Basic Tools of ATB

A Two-Day Workshop with Francesco

This workshop is open exclusively to people who have completed at least one ATB introductory workshop (Namely ATB1 module).

This workshop is ideal for **educators, schoolteachers, facilitators,** and others intending to integrate ATB activities with children in a hands-on way. We will delve into the basics steps in cultivating awareness in children, focusing on attentive listening, self-regulation, and the use of play as a key element in learning.

March 15 & 16 (Saturday & Sunday)

Time: 8:20 AM - 5:00 PM

ATB Hall, Transition School

Expect a dynamic blend of abundant physical movement and reflection, offering both theoretical insight and practical strategies for integrating ATB principles in a dynamic class setting.

To sign up: please email connect@atbwithamir.com



CULTURAL ANNOUNCEMENTS

LUNA & THE MURMURS

SUNDAY 2 MARCH, CRIPA

LUNA & THE MURMURS

SONGS OF SOFTNESS

DAVE AND SHALINI WITH TWO VOICES, GUITAR, AND OCCASIONAL ACCORDION

7.30 PM
2 MARCH
SUNDAY
CRIPA



ENDANGERED CRAFT MUGAAM (ECM)

SUNDAY 2 MARCH, TLC SCHOOL

Come and celebrate the completion of our 6th edition of the Endangered Craft Mugaam (ECM), in the form of a Fair open to all! Showcasing crafts like Kalamkari, Banana Fibre Crochet, Palm Basket Weaving, Coconut Rope, Embroidery, and Woodcarving.

Endangered Craft Mela Mugaam

2nd Mar 10:00 - 17:00

Kalari Performance | Music Performances

TLC School Base Camp Auroville | Location | QR Code

Food | Exhibition of Crafts

அருகவரும் கைவினைத் திருவிழா

18ம் மார்ச் (2ம் மார்ச்) 10:00 - 17:00

களரிப் பயிற்று | இசை நிகழ்ச்சிகள்

தூ.அல்.ஸி பள்ளி | QR Code

பேஸ் கேம்பர் | உணவுப்பண்டங்கள்

ஆரோவில் | கைவினைப் பொருட்காட்சி



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!

EXHIBITIONS

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

14 FEBRUARY - 4 MARCH, PITANGA



A photo exhibition by Ashwin Ezhumalai
14 February — 4 March 2025
 At Pitanga: Daily, except Sundays, 8am-12:30pm & 2pm-5:30pm

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

OF BEAUTY AND CONSOLATION - PHOTO EXHIBITION BY LISBETH, 7 - 27 MARCH, PITANGA

Of Beauty and Consolation
 A Photo Exhibition by Lisbeth
 7-25 March 2025 at Pitanga
 Opening on Friday, March 7th at 4pm

Exhibition timings: Daily, except Sundays
 Pitanga Cultural Centre, Samastu, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
 A service unit of the Auroville Foundation, Health and Healing Trust Branch | GSTIN: 33AAA470017093N

ARTIFICIAL BRAINCANDY BY PHILIPP KLINNER

7 - 26 MARCH 2025, CENTRE D'ART

Philipp's world of **ARTIFICIAL BRAINCANDY**
 Opening on 7 March 2025 at 4.30
 From 7 to 26 March
 Tue to Fri - 2 to 5.30
 Sat - 10 to 12.30 - 2 to 5.30
 centre.dart@auroville.org.in

Opening on Friday 7 March at 4:30pm

This exhibition is the result of the two month long Centre d'Art residency program enacted by the Berlin-based artist Philipp Klinner. It reflects the subjective experience of Auroville and its people through the artist's practice and research.

The Artist presents a series of multi-layered drawings that explore the complex ways in which we interpret and fill our perceptions with meaning, language, and symbols to understand ourselves and the world. Driven by improvisation and intuition, the artist captures the contradictions inherent in our experiences—how we blend memories, ideas, and future concepts with the immediacy of the present. Using a variety of pens and pencils, including half-empty ones, the process reflects the diversity and inherent lack in our individual and collective ways of existing.

7 - 26 March 2025
Tue - Fri, 2-5:30pm
Sat 10am-12:30pm, 2-5:30pm

MAHA KUMBH 2025 EXHIBITION
 FEBRUARY ONWARDS, AURELEC

MAHA KUMBH 2025
 aurelec Restaurant & Art Gallery
 FEBRUARY 2025 ONWARDS | OPEN FROM 8 AM TO 5 PM

FOOD

PIZZAWALE AND VÉRITÉ

Pizzawale and VÉRITÉ are excited to invite you on Saturday, March 1 2025 6 to 8pm



FS, Auocard, Credit/Debit and Mobile Pay are accepted. No cash.

@2025 Submitted by Chetana, Shilpi, Darren & our team

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 whats app text Sarah 9047421044

POETRY

The Avatars Descend July 14, 2013

The battle is not fought on earthly ground,
The enemies of progress lie within.
No sudden change of circumstance alone,
No law or doctrine, dogma or decree
Can effect the transformation that we seek.
Spiritual communes last but a day.
The carrier word is kept by those alone
In whom the Presence and the Force reside.
Religion failed no doctrine can replace
The evil seated in the heart of man.
The Avatars descend in human form
Uplifting souls that open to their light,
An involution from the planes above,
On the struggling evolution here below.
Yet nothing is lost of goodness or of love,
One Ray consumes the darkness of the world.
Now evil seems to hold mankind in thrall
But in its dying grasp that lethal seemed
An overman arrives and a new dawn
Is seen on the horizon of our lives.

Narad



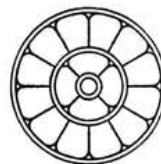
FOR THE BOOKWORMS

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 AND TUESDAYS

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)

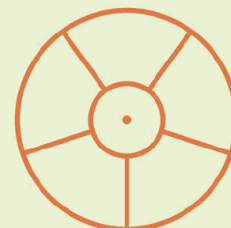


THEME OF THE MONTH

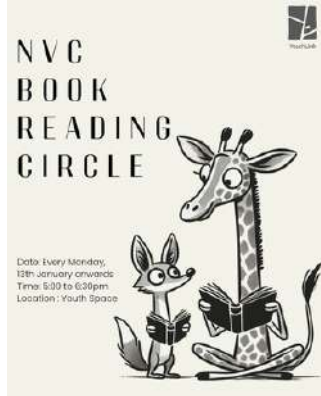
Every month, we choose a topic and set up a display of books from our collection.

This month's theme is **The Mother & Auroville**

Please come by to check out our selection!



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:

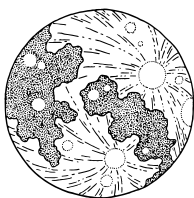
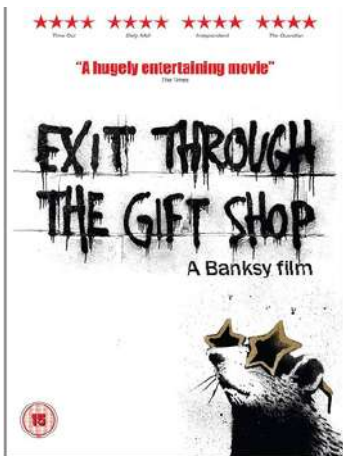
"Nonviolent Communication" offers a fresh perspective on how to express yourself honestly and respectfully. By using four simple yet powerful components - observations, feelings, needs, and requests - you can learn to communicate more effectively and build stronger relationships. This book is all about 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

CINEMA

NEW MOON MOVIE:
EXIT THROUGH THE GIFT SHOP BY BANKSY
 FRIDAY 28 FEBRUARY, CITADINES



Every NEW MOON Day, Art movie screening at Centre d'Art, Citadines. This month it will happen on **Friday 28 February at 5pm, in the Multimedia room.**

Exit Through the Gift Shop, by Banksy, 2010 – 87 min

Exit Through the Gift Shop is a 2010 British documentary film directed by street artist Banksy. It tells the story of Thierry Guetta, a French immigrant in Los Angeles who, over the course of several years, filmed a host of street artists at work, including Shepard Fairey and Banksy, but failed to do anything with the footage. Eventually, Banksy decided to use the footage to make a documentary, which includes new footage depicting Guetta's rise to fame as the artist "Mr. Brainwash".

Since its release, there has been extensive debate over whether the film is a genuine documentary or a mockumentary. When asked if the film was real, Banksy simply replied, "Yes."

Everybody is welcome.



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

Reminder Note:

There will be **no film show on Friday 28th.**

We wish you a fruitful Birthday week.

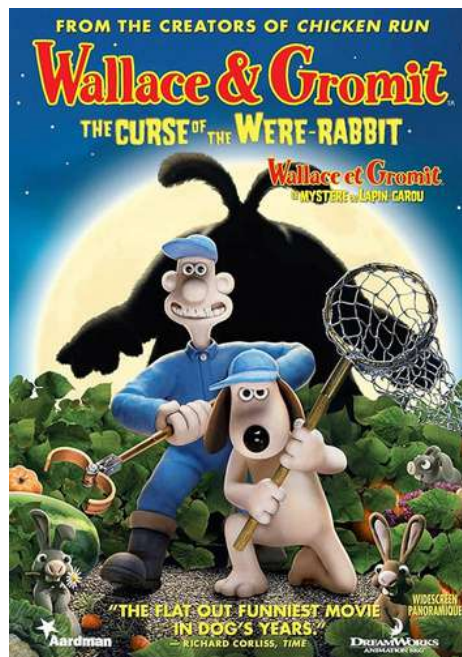
Rendez-vous the week after!

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

Friday 7th March at 8:00pm

"Wallace & Gromit: The Curse of the Were-Rabbit"

Directed by **Nick Park, Steve Box**, UK, USA, 2005



Synopsis: An animated comedy, the film centres on good-natured yet eccentric cheese-loving inventor Wallace (voiced by Peter Sallis) and his intelligent quiet dog, Gromit, in their latest venture as pest control agents. They come to the rescue of their town plagued by rabbits before the annual Giant Vegetable Competition. However, the duo soon finds themselves against a giant rabbit consuming the town's crops... The film was produced by DreamWorks Animation in collaboration with Aardman Animations being the second feature-length film by Aardman, after *Chicken Run* (2000). Peter Sallis was joined by a voice cast including Helena Bonham-Carter, Ralph Fiennes and Peter Kay. It was a critical and commercial success and won the Academy Award for Best Animated Feature. *A delightful and funny adventure for all ages!*

Original English version with English subtitles. Duration: 1h25'



Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 3rd March - 9th March 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.

Observing the International Women's Day (8th March) and women's month in some nations, we will try to bring films by and/or about women.

INDIAN – MONDAY 3 MARCH, 8:00 PM:

• MRS

India, 2023, Dir. Arati Kadav w/ Sanya Malhotra, Nishant Dahiya, Kanwaljeet Singh, and others, Comedy-Drama, 111mins, Hindi-English w/ English subtitles, Rated: NR (PG)

Richa Sharma navigates the complexities of a traditional household, caught between orthodox norms and modern values. Her husband, Diwakar, and his family stifle her aspirations with their traditional views. Inspired by *The Great Indian Kitchen*, this film portrays Richa's journey of self-discovery and empowerment fraught with societal pressures. Her story mirrors that of many Indian women, making it both heart-wrenching and inspiring.

POTPOURRI – TUESDAY 4 MARCH, 8:00 PM:

• WAIT UNTIL DARK

USA, 1967, Dir. Terence Young w/ Audrey Hepburn, Alan Arkin, Richard Crenna, and others, Psychological Thriller, 108mins, English w/ English subtitles, Rated: NR (R)

Newly blind Susy becomes entangled in a dangerous plot after her husband unwittingly holds a doll filled with smuggled heroin. Predators, including Harry Rote, manipulate and stalk Susy in their search for the doll. As her predicament becomes increasingly desperate, Susy must outwit the criminals to survive. *A Classic to revisit. A Must-See!*

SELECTION – WEDNESDAY 5 MARCH, 8:00 PM:

• CINEMA SABAYA

Israel, 2021, Writer-Dir. Orit Fouks Rotem w/ Liora Levi, Aseel Farhat, Orit Samuel, and others, Drama, 91mins, Hebrew-Arabic-English w/ English subtitles, Rated: NR (PG)

A young filmmaker teaching a workshop in a community center puts cameras into the hands of eight women, Arab and Jewish, and asks them to film their lives. As they share their footage, barriers are broken down, beliefs are challenged, and the women learn more about each other... and themselves. *Interesting!*

INTERESTING – THURSDAY 6 MARCH, 8:00 PM:

• DANCING PINA

Germany, 2022, Writer-Dir. Florian Heinzen-Ziob w/ Malou Airaud, Jorge Puerta Armenta, Gloria U. Biachi, and others, Documentary, 111mins, English-French-German-Portuguese w/ English subtitles, Rated: NR (PG)

Two captivating dance projects showcase how a new generation of dancers rediscover Pina Bausch's choreography. The Semperoper Ballet in Dresden rehearses Iphigenia in Tauris, while dancers across Africa prepare Le Sacre du Printemps at École des Sables in Senegal. This metamorphosis shows how dancers from various styles transform Pina's work, and how her choreography transforms them.

INTERNATIONAL – SATURDAY 8 MARCH, 8:00 PM:

• EMILY

UK-USA-Australia, 2022, Writer-Dir. Frances O'Connor w/ Emma Mackey, Oliver Jackson-Cohen, Fionn Whitehead, and others, Period Drama-History, 130mins, English-French w/ English subtitles, Rated: R

Set in 19th-century England, the film follows Emily Brontë, the author of *Wuthering Heights*, on her transformative journey to womanhood. Amidst passion, creativity, and defiance, Emily navigates complex relationships with her siblings and a forbidden romance with William Weightman. Her struggles and triumphs highlight her literary genius, offering a poignant portrayal of one of history's most provocative writers.

CHILDREN'S MATINÉE – SUNDAY 9 MARCH, 4:00 PM:

• RAYA AND THE LAST DRAGON

USA, 2021, Dir. Don Hall-Carlos López Estrada-Paul Briggs, Fantasy-Computer Animation, 107mins, English w/ English subtitles, Rated: PG

Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior to track down the last dragon and stop the Druun for good.

JACK NICHOLSON FILM FESTIVAL @ CINÉ-CLUB

One of Hollywood's greatest actors Nicholson captivated audiences for over five decades. Renowned for his rebel roles, he garnered numerous accolades, including three Oscars, three BAFTAs, six Golden Globes, and a Grammy.

CINÉ-CLUB SUNDAY 9 MARCH, 8:00 PM:

• EASY RIDER

USA, 1969, Dir. Dennis Hopper w/ Jack Nicholson, Peter Fonda and Others, Drama-Road Trip, 95 mins, English w/ English subtitles, Rated:R.

Wyatt and Billy, two young hippie bikers, embark on a cross-country journey to discover their way of life. They face bigotry and hatred from small-town communities that fear their non-conformity but find solace in meeting individuals embracing alternative lifestyles and resisting narrow-mindedness.

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 Currently unavailable	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 saps 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 cheerfull Vasanta
Be @ Santé Clinic

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

ACCESS TO THE PARK OF UNITY AND MATRIMANDIR

The Park of Unity

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

- The Park of Unity is open to Aurovilians and Newcomers Daily: 6.00 AM to 7.30 PM
- Aurovilians may bring 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