

Auroville

# NEWS & NOTES

No 1066 - A weekly bulletin for residents of Auroville

13 March 2025

RA EDITION

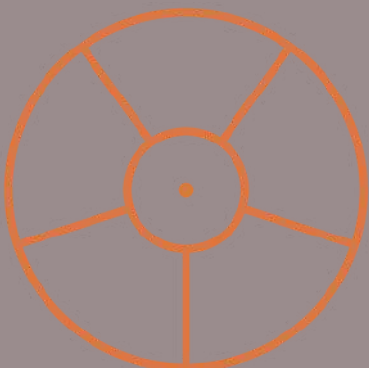


## PONDERING

Youth does not depend on the small number of years one has lived, but on the capacity to grow and progress. To grow is to increase one's potentialities, one's capacities; to progress is to make constantly more perfect the capacities that one already possesses. Old age does not come from a great number of years but from the incapacity or the refusal to continue to grow and progress. I have known old people of twenty and young people of seventy.

The Mother, Youth, On Education

<https://motherandsriaurobindo.in/The-Mother/books/on-education/#youth>



# THE MOTHER ON AUROVILLE



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© Sri Aurobindo Ashram Trust,  
Pondicherry, India.  
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behalf of  
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## WORK AND DISCIPLINE

*For those in Auroville who want to be true servitors, is Sunday a holiday?*

In the beginning the organisation of the week was conceived in this way: six days of work for the collectivity to which the individual belonged; the seventh day of the week was reserved for the inner quest for the Divine and the offering of one's being to the divine will. This is the only meaning and the only true reason for the so called Sunday rest.

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Needless to say, sincerity is the essential condition for realisation; all insincerity is a degradation.

25.10.1971

\*

*(In response to a question regarding spontaneity vis-a-vis organisation in work:)*

Spontaneous work can be done only by a man of genius. Is there anyone claiming to be a genius?...

3.7.1972\*

\*

Auroville is created to realise the ideal of Sri Aurobindo who taught us the Karma Yoga. Auroville is for those who want to do the Yoga of work.

To live in Auroville means to do the Yoga of work. So all Aurovilians must take up a work and do it as Yoga.

27.3.1973\*

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## Truth and Falsehood

Auroville must not lie. Everyone who aspires to be an Aurovillian must make the resolution never to tell a lie.

\*

So long as we go on telling lies, we go on pushing the happy Future far from us.

13.7.1972\*

*The city the earth needs.*

For those who have been taken into Auroville on a wrong statement of theirs, there is only one solution: it is to cure in themselves all falsehood, that is to say, all that contradicts in their consciousness the Presence of the Divine.

22.10.1972\*

\*

Before dying, falsehood rises in full swing. Still people understand only the lesson of catastrophe. Will it have to come before they open their eyes to the Truth? I ask an effort from all so that it has not to be. It is only the Truth that can save us, truth in words, truth in action, truth in will, truth in feelings. It is a choice between serving the Truth or being destroyed.

26.11.1972\*

\*

To all those who are telling lies, By the simple fact that you are telling lies you prove that you do not wish to be true Aurovilians.

If you wish to remain in Auroville you must stop lying.

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To be a true Aurovillian one must never lie.

28.12.1972



**Power of Truth in the Subconscious**  
It can act only when the sincerity is perfect.  
-The Mother  
*Tecomaria capensis* (Thunb.) Spach.,  
Bignoniaceae  
Cape honeysuckle

# 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](mailto: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](mailto:@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](mailto:newsandnotes@auroville.services)

**Thank you for your continued support!**

In community,  
The RA Community Edition News & Notes Team

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## FROM THE ENTRY SERVICE

### ES # 242 DATED: 10-03-2025

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](mailto:auroville.entryservice@gmail.com).

*We thank you in advance.*

The Entry Board

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

### AUROVILIAN ANNOUNCED

- **Sylvie ROQUES (French)** staying in Terra Amata and working at Martuvam Healing Forest
- **Ananthi K (Indian)** staying in Pitchandikulam and working at Pitchandikulam Forest

### AUROVILIAN CONFIRMED

- **Manu BAHAGUNA**
- **Sanjay TUMATI**

### 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

### OBSERVATIONS ON MINUTES OF THE 67TH GB MEETING

Dear community,

We share with you here our observations on the minutes of the Governing Board's 67th meeting held on May 31st 2024 (both attached). Our observations have been shared with the Governing Board, International Advisory Council, and Ministry of Education. These minutes were initially obtained only because a Right To Information request (RTI) was made, and were received in January 2025. In February 2025 they were posted on the Foundation Website.

We hope you will take the time to read the meeting minutes and our observations, as they contain a number of points of concern.

- [Observations on 67th minutes.pdf](#)
- [67th GB Meeting Minutes - 31 May 2024.pdf](#)

We once again call for true and fair collaboration between all, to uphold the vision and spirit of Auroville.

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

## 'ATSC AND ATR, RECENT GROUPS FORMED BY THE AVFO, HAVE NO LEGAL VALIDITY

Dear Community,

Many of you have asked us about the recent Office Order issued by Dr. Seetharaman, Officer on Special Duty in the Auroville Foundation Office, creating the Admission and Termination Scrutinizing Committee (ATSC) and the Admission and Termination Registry (ATR).

Both the ATSC and the ATR, as well as the Standing Order on Residence Criteria and the HRS, are included in the Admission and Termination Regulations, 2023, that have been stayed by the Hon'ble Madras High Court in February 2024. Therefore, this Office Order, the Standing Order and the recent groups formed related to 'Entry and Exit', categorically do not have any legal validity and are bordering on contempt of court.

We hope this information and clarification helps everyone to make more informed and conscious decisions in this regard.

Sincerely,

The Working Committee of the RA

Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli

## ABOUT REPORTING ARRIVAL AND DEPARTURE

Dear Community,

Many of you have asked us to clarify whether or not it is required for Aurovilians on a valid Auroville Entry Visa to inform internal groups and/or the RRO/FRRO when leaving or returning to India. As you may be aware, residents were previously asked to fill out departure and arrival forms at the Residents' Service at Town Hall. This was not a legal requirement. It was simply our internal process of knowing who was out of Auroville and India.

This is to inform everyone that simply going through Immigration at the airport, upon departure and arrival, is sufficient and is currently the only legal requirement.

We trust this clarification is helpful.

Sincerely,

The Working Committee of the RA

Aravinda, Bharathy, Chali, Maël (TOS), Matthieu, Prashant, Valli



## FO GROUPS NEWS

(not selected by due Residents' Assembly process)

## FROM THE FO N&N 1069

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



OBITUARY

REMEMBERING DANIEL

Daniel of Tanto (Daniel Emdin) left us suddenly on March 4, 2025, due to cardiac arrest. He was 77 years old.



Daniel came to stay in Auroville in 1977, after having visited a few years earlier. At the time he lived at Sri Ma, then called Far Beach. He left in 1981 and returned for good in 2004. From then on he was fully involved in various activities and working groups of Auroville, where he shared his visionary ideas. Having had experience in France as a correspondent for RFI (Radio France Internationale), Daniel set up, along with Andrea, the Auroville Radio (now Auroville Radio TV). Another of his areas of expertise was managing a pizzeria, and here he showed himself to be a successful entrepreneur, establishing (in 2007) a pizza restaurant in Kulilapalayam, called Tanto Pizzeria ('Tanto' meaning 'abundance'), which was one of the first pizzerias in India. Over time another three Tantos followed. He also developed a beach resort in Sri Ma, which is "not a common holiday resort for tourists, but a place for people to meet, learn and relax" as he put it. He always remembered a conversation The Mother had with Satprem on 23 June 1965, as recorded in Mother's Agenda, in which she suggested the development of the beach area north of Pondicherry where there could be a "big hotel, the plan of which Roger has already done, a big hotel to receive visitors from outside."

Daniel always emphasised that his motivation for doing business was not to earn money for himself, but as a service to Auroville. He ran the resort in Sri Ma, together with his partner Sheril, with the Auroville economy very much in mind. He felt that the future of Auroville's economy is hospitality connected to education. He thought Sri Ma was the ideal place for this. "What's important is the flow of money – not what you own, but what you let pass through you." People who knew Daniel will have found him a person with a big heart, a good friend and a generous spirit. He reserved, in two of his restaurants, one day in the week when Aurovilians could have lunch for half the usual price. This 50% off was to get Aurovilians to get together in a jolly family atmosphere, unlike at meetings or events.

His sudden passing leaves a vacuum in Auroville and in the lives of many, including Sheril and his daughter Lailah.



On the day of his passing, it was announced that the Tanto pizzeria in Kulilapalayam was open

as usual, offering the usual 50% discount for Aurovilians. Not closing the restaurant on that day was a fitting tribute to Daniel's memory. He would have wished it to be like that.

Daniel's body has been taken back to Pisa, in Italy, where he was born, to be buried there, as per his last wish.



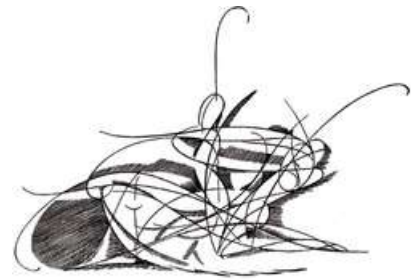
Here are two Auroville Today interviews with Daniel (accessible without subscription):

- [Developing the Sri Ma resort](#)
- [The trials of an Auroville entrepreneur](#)

VAISHYA DANIEL: POST-WWII SEEKER

I first met Daniel in the eighties, when visiting pioneer Annamaria in Certitude – a painter, poetess, Matrimandir worker and Auroville civil servant, symbol of a bygone age. An energetic member of AVI France, Daniel had made a fortune selling nudes in his art gallery in Paris. His warmth and enthusiasm were contagious and we bonded immediately; when he returned to Auroville for good (he had been living here 1977-1981) I was delighted.

With his strong Tuscan accent, debonair Daniel had the irony and wit typical of his people, but also a big generous heart that endeared him to many. We shared one passion: Futurism, the explosive art movement in the early twentieth century that launched modern art on the world scene; my grandfather was one exponent and Daniel published one of my books, caught by its many Futurist images.



Attending Raghu's workshops on inner exploration, which Daniel took much seriously, I discovered his link with the Kabbala. "Kabbalistic thought is often considered Jewish mysticism. Its practitioners tend to view the Creator and the Creation as a continuum, rather than as discrete entities, and they desire intimacy with God" is one definition, and our friend was this too.

Daniel was a patron of art and culture and helped many Aurovilians. A strong Galaxy supporter, he sponsored some of my books and all my exhibitions on contemporary architecture at the Town Hall.



Daniel Emdin hailed from a wealthy family of Italian Jews; most of his relatives died in concentration camps. Extermination, shared by an entire generation, whether Jews or rebels against the Nazi-fascist regimes, is at the roots of the profound humanness, empathy and elan to succour others that have assigned to Daniel a distinct place in an Auroville fast distancing itself from its founding principle: human unity. Eliciting ideals of social justice, chivalry and sharing, championing for the poor and the oppressed in a world family where no one is too small to be heard, the tragedy of WWII has profoundly impacted the post war generation to which I and the early Aurovilians belong, in an Auroville that was so different from what it has now become. Those who bore stigmata for life, like Daniel who lost his closest people, reacted to cruelty and barbarian savagery turning into signposts of sharing and compassion for the frail and less fortunate. This is the conscience that will make

Daniel declare: "I have a money-making capacity which I have been happy to use for Auroville. Over the years, we've given a lot to the community, one year even 120% of our profits, using our reserves."<sup>[1]</sup>

In an Auroville succumbing to the race for money and prestige as in the rest of the world, Daniel embodied the Vaishya ideal of ancient chaturvarnya: business as an offering to society. Returning Auroville to the Mother, may this spirit shine again.

Paulette



## SNEHA KOECHLIN LEFT HER BODY



This is to inform the community of the passing of Sneha Koechlin, wife of Joel Koechlin, who passed away in Bangalore due to diabetic complications.

Sneha Koechlin was buried on Sunday 9th March at the Auroville Burial Ground.

~ OM ~



## STEPHANIE B. OBITUARY



Dear Auroville Community,

With deep sadness we share the passing of Stephanie Bussman. She left us in Frankfurt on the night of Sunday, March 10th, after a long journey with her health, surrounded by the love and care of her family. She was 57.

Stephanie dedicated much of her life to Auroville, working with various groups and initiatives. She founded the Reach for the Stars programme, driven by her deep belief in the power of education, especially for young women. She was always committed to helping others, uplifting those around her, and contributing to the community she cherished.

She had a deep love for the ocean and found joy in surfing. Above all, she was a wonderful mother, an amazing aunt, and a kind soul whose warmth touched many lives.

Trying to summarise her life in just a few lines would never do her justice. Everyone who knew her understands how much she meant to this world and how deeply she will be missed.

We are truly heartbroken by this loss. But if there is one thing Stephanie taught us, it is to keep finding reasons to smile – even in the hardest times.

With love,  
Vincent, Lena, Anita, and Max



## COMMUNITY SHARING

### BIG THANK YOU FROM THE ENDANGERED CRAFT MUGAAM (ECM)

What a wonderful week we had – from Monday 24th of February until the fair day on Sunday 2nd of March, about 200 children from Auroville and AV outreach schools crafted away, led and inspired by 45 craftswomen and -men.

The ECM received support and hands-on help from so many people! Your presence and support – whether by giving us leather offcuts, wood, jute bags, or doing the dishes, cleaning, cooking beautiful Korean food, providing first aid, lending your mattresses, bedsheets & cooking pots, offering your space, wifi, electrical equipment, dish wash racks, coffee, cake, chocolate, ice cream and financial donations, your craft or musical talents – each of you made it a very rich and alive experience for all participants. We would like to thank you with whole our heart:

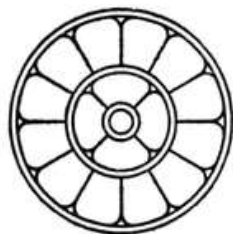


- Pashwa • Ladina • Michiko • Luna & The Murmurs (Shalini & Dave) • Larry • Nick • Jan • El • Sergei • Mirani • Pratul • Vignesh • Adithyan • Siddhant • Raj • Namu • Auradha, Prashita, Ambre & team • Asaf • Mirav • Effie • Mireille • Thomas • Giri • Monica • Riom • Tanisha • Alfie • Noel • Mahima • Frano • Vickey • Zag • Gungu • Pai • Laya • Kashvi • Praveena • Shweta • Amit • Corina • Drishta • Swadha • Albert • River • Gwjwn • Ancolie • Jake • Milla • Nagesh • Nadia • Bala • Ragnhild • Tanya • Paula • Sun • Kausalya • Appie • Mukta • Aurosylle • Arun • Gopi • Miya, Wonya & team • Ohad • Alexey • Wood'n Design, Vincent • Royal Elements, Ami • Marc's Café, Matu & Eden • Mason & Co. • Visitors' Centre Cafeteria, Nicole • Naturellement • Auroville Bakery • Sivanya Enterprises, Aanandh • Red Chillli, Mutu • Gastronomica • Svaram, Tommaso • Momo Corner • Auroville Botanical Gardens • Deepanam • Hidesign, Dilip • Dehashakti, Saravanan • Evergreen kids' program • Saiier Transport, Sagadevan • Saiier • Aurinoco • Water Maintenance, Nagappan • Jasmin • Ing-Marie • Deepthi • Julietta • Aditya • Walter • Himall • Guy

(And you, sorry if we forgot to mention you here, but thank you too!).

With love, the ECM team

## 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](mailto:symbol-in-translation@auroville.org.in)

Thank you.

## WHERE AI MEETS IY (INTEGRAL YOGA)

This platform provides insights and a deeper understanding of the philosophy found in the collected works of The Mother and Sri Aurobindo. It serves as a knowledge repository for seekers, disciples, researchers, and anyone interested in the path of Integral Yoga. Users can request information, citations, context, or explanations on various subjects as understood by the platform. **It is configured to natively speak in 10 different languages**, so people around the world can make use of it in their native languages.

Just click on <https://auromira.net/>. The developer team can be reached via [feedback@auromira.net](mailto:feedback@auromira.net).



Where AI meets Integral Yoga

## HEALTH FUND - END OF THE FINANCIAL YEAR ANNOUNCEMENT

Dear Health Fund Members,

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 laying 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.

We would also like to thank all the people who have already deposited their bills 🙏

Best,

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](mailto: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

### RECOUNTING AUROVILLE SINCE 4 DECEMBER 2021

A JOURNAL/AUDIOBOOK IN BOTH FRENCH + ENGLISH

I have begun writing a journal/audiobook in both French and English, recounting Auroville since December 4, 2021. This isn't an exact chronology but rather my personal experience of the events and the palpable sense of mortal danger our beloved city currently faces.

I believe this narrative will appeal not only to devoted lovers of Auroville but also to anyone interested in learning more about the current crisis through a vivid, engaging account—far from a cold series of debacles. Moreover, it's not solely about the crisis; it highlights the importance of a project like this on a planet facing climate change. In a world where building "the city that the Earth needs" should be a priority not only here but everywhere, this endeavour takes on even greater significance.

You can find all the texts and videos in both languages on [www.auroville.love](http://www.auroville.love).

For YouTube, here are the links to the channels:

- In English: <https://www.youtube.com/@AurovilleLove-EN>
- In French: <https://www.youtube.com/@AurovilleLove>

Sincerely,

*A willing servitor*

### AUROVILLE HAS BECOME A VAST GARBAGE DUMP

Nobody seems to understand that the main problem of Auroville today, IS THE LANDS.

Long before the Secretary came, we started selling or exchanging lands outside the so-called Master plan. As a result, Auroville is slowly becoming a ghetto, surrounded by hundreds of commercial ventures, hotels, housing plots, restaurants, cafés, etc. that have nothing to do with Auroville, but profit from us. Another consequence of this folly of surrendering the lands that the Mother Herself bought, is that wherever you go, you find huge amounts of garbage. The third consequence of forcing people to live in flats that cost between 50 to 70 lakhs each is that we don't attract the youth anymore, who can't afford this and we lost the pioneer spirit of the first two decades, which made Auroville what it is today: that is the 3 millions trees planted, the PourTous concept, or the Residents' Assembly, which is the very foundation of our spirit.

Unless we reverse this policy, stop selling or exchanging any lands belonging to Auroville, and allow Newcomers to settle on them and build with whatever materials they can afford, Auroville is certainly going towards its early demise. It is a folly to think that we can implement an architectural plan made in the 60s, when there was no environmental consciousness, no water shortage and no

climate warming, and which will use millions of tons of concrete, with the adverse effect they will have on Auroville's environment.

We need not only a Vaster plan, but also a revolution in our thinking and our concepts - the Galaxy can and must exist and would function like the center of any European city, but around the Matrimandir.

*François Gautier*



## AN OPEN LETTER TO THE SELF-PROCLAIMED WORKING COMMITTEE

Dear Esteemed Impersonators of the Working Committee,

I hope this letter finds you well in your cozy offices, busily drafting more unilateral declarations to enlighten us simple residents about how we should live in our non-homes that apparently "cannot be bequeathed" to anyone because they belong to... well, not us, that's for certain!

First, let me congratulate you on your latest masterpiece of bureaucratic prose: "Procedures and Guidelines for the use and allocation of an Auroville residential asset." What a title! Almost as lengthy as the consultation process you undertook with the community—oh wait, there wasn't one, was there? My mistake.

I particularly enjoyed how you've granted the Housing Service the magical power to dispose of residents' personal belongings "as deemed fit" in various scenarios. How generous! One wonders if there might be a garage sale coming up? Perhaps you could advertise it in your next publication.

The Mother envisioned Auroville as a place where "Auroville belongs to nobody in particular" but you've brilliantly reinterpreted this to mean "Auroville belongs particularly to nobody except the AVFO and whoever they deputize this week." Revolutionary thinking!



Your declaration that all Aurovilians are merely "Permissive Occupants" (section 6.1) has a delightful feudal ring to it. How kind of you to permit us to occupy space here! And should we displease the lords of the manor, we can simply be deemed to have "been asked to leave Auroville

following due procedures" (whatever mysterious procedures those might be). Kafka would be proud of such perfectly vague bureaucratic language.

And that three-year limit on returns (section 2.4)? Brilliant! Nothing says "committed to building a permanent community" like telling long-term members they're unwelcome if they dare to leave for more than 36 months, whatever the reasons may be. Good job. I was especially moved by your compassionate treatment of "Permanent Guests" in section 5.6. How clever to define "Permanent" as "until someone dies, then you have three months to get out." I'm sure these soon-to-be-displaced individuals will appreciate the linguistic innovation while packing their belongings.

Have you considered how masterfully this housing document serves as a perfect control mechanism? In a community with a known housing shortage, nothing encourages free thinking and honest expression quite like the looming threat of becoming homeless for failing to toe the line! It's particularly impressive how you've completely disregarded the Residents' Assembly's statutory authority under the Auroville Foundation Act to determine matters of day-to-day functioning. Why bother with legal frameworks when you can simply declare yourselves in charge?

I was also touched by your closing sentiment about implementing transitions "while holding the values of Goodness, Generosity,

Equality & Peace." Nothing says "Equality" quite like a small group of unelected officials making decisions for an entire community, does it?

It's remarkable how you've managed to insert the Working Committee and the Housing Service as the final arbiters of almost every aspect of housing without any community checks and balances whatsoever.



Such efficiency! The Mother's concept of Auroville as a place of experimentation clearly meant experimenting with how much centralized control people will accept before they revolt.

In the spirit of your own stated values, I'd love to know when you'll be adding "Transparency," "Consultation," and "Legal Compliance" to your list. But why would you? After all, those would only get in the way of your ongoing project to transform a community founded on human unity into an administrative fiefdom where policy documents materialize fully formed, like Athena from the head of Zeus—if Zeus wore khaki and carried a clipboard.

Until your next proclamation from on high (which I await with bated breath),

*Aurorific*

An Aurovilian Who Still Believes in Participatory Governance  
(For now—at least until deemed otherwise by the appropriate authorities)

P.S. In case this letter is deemed evidence that I should be "asked to leave Auroville permanently," I'm conducting an inventory of my possessions—not to pack them, of course, but simply to determine which items might best serve the Housing Service when they're inevitably "used as deemed fit." My collection of satirical literature about authoritarian regimes seems particularly appropriate. Should I leave it on the counter, or will you send someone to collect it?

## CHRONICLES OF DAWN

### CHAPTER 7 - THE RETURN OF THE QUEEN

In times of deepest darkness, the people of the City of Dawn would return to the words of the Lady of Light. Not in the great halls now controlled by new powers, but in quiet corners and hidden gardens, they would share her writings, remembering how she had seen beyond the horizon of ordinary vision to glimpse humanity's next step.

"The truth you serve should express itself spontaneously in your life," she had said, "not as a rule to be followed, but as the result of an inner awakening." These words took on new meaning now, as they faced those who sought to impose truth from outside through force of law and authority.

She had spoken not of perfect circles or geometric order, but of a living laboratory where humanity could learn to transcend its old divisions through an evolution of consciousness. Her vision had been not of a normal city with its rigid patterns of control and commerce, but of a place where the future could be worked out in the crucible of daily life.



In their resistance to the new powers, some had begun to question whether they were being too rigid themselves, too attached to particular forms or ways of doing things. But as they delved deeper into her words, they found she had foreseen even this challenge:

"The City of Dawn will never be achieved if you try to follow ordinary old ways... It must not fall back into old errors which belong to a past that is trying to survive."



These words sparked long discussions in their secret gatherings. What were the "old errors" she had warned about? Was not the attempt to impose order through authority and force one of the oldest errors of all? Was not the belief that unity could be created through external control a pattern that humanity needed to outgrow?

There was something else in her vision, something that gave them strength for the trials ahead. She had spoken of the City as a place of "unending education" - not just in outer knowledge, but in the art of becoming more consciously human. Perhaps these very challenges were part of that education, pushing them to find new ways of standing for truth without falling into old patterns of conflict and division.

A young one found an old photograph - a landscape of barren red earth, battered by sandstorms and parched by a blazing sun. "Nothing is impossible," the Lady of Light had said, "if you put the full power of your consciousness into it." Looking at the photograph now, with the threatened forests as backdrop, they felt the power of her certainty, her vision of what was possible when humans aligned themselves with the force of evolution itself.



In their gatherings, they began to share stories of how they had each been called to this place - through dreams, through "chance" encounters with her words, through an inexplicable knowing that they were meant to be part of this experiment in human unity. These stories helped them remember that they were part of something larger than their current struggles, something that stretched both back into the past and forward into humanity's future.

"But what would she say about our resistance?" some would ask. "Are we not creating division by opposing these changes?" The answer came from her own words: "The truth you represent must be plastic enough to adapt itself to the need of growth and progress, while remaining faithful to its original spirit."

This became their touchstone - to resist what needed to be resisted while staying true to the spirit of human unity she had envisioned. To stand firm without hatred, to protect what was precious without falling into the consciousness of conflict. To remember that their task was not just to preserve what had been built, but to continue evolving toward what humanity could become.

They found new ways to share her vision with those who came to execute the changes. Some would stand at threatened sites reading her words about consciousness and nature. Others would quietly leave copies of her writings about true progress where officials might find them. They learned to use her vision not as a weapon but as a light, illuminating the possibility of another way forward.

And something remarkable began to happen. As they reconnected with the power of her original vision, they found their resistance becoming more creative, more centered, more aligned with the force of evolution itself. They discovered that she had given them not just a dream of what might be, but practical keys for how to face the very challenges they now encountered.

"The future is full of possibilities for those who know how to prepare themselves for it," she had said. They began to understand that

perhaps this crisis was part of that preparation - teaching them how to hold to truth while remaining open to growth, how to protect what was precious while continuing to evolve.

For the Lady's vision had never been static. She had spoken of a truth that would grow and change even as it remained faithful to its essence. Perhaps that was the deepest challenge they faced - not just to preserve what she had envisioned, but to allow it to evolve in ways that even she might not have foreseen.



They were learning that her vision returned not like a preserved artifact but like a living force, as fresh and relevant to their current struggles as it had been in the beginning. For she had seen not just the city that would be built, but the consciousness that would need to be developed to build it.

And in that consciousness lay their strongest hope.

[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

## PART 3 - THE "WORK" TREE: A MARTYRED BLESSING FOR THE EARTH



### The Work-Tree in Auroville

The work that the "Work" Tree has done on the Auroville plateau is simply magnificent. But unfortunately, it is not recognized in the least except for Aurovilians who have consecrated their lives restoring evergreen forest. If the Work Tree hadn't been introduced, then the rate at which the forests of Auroville have recomposed themselves would have been far, far slower. The other pioneer species are both considerably slower to grow (and therefore to increase biomass above and below the surface) and are often highly deciduous. The extra shade provided by this wonderful nurse-tree has made all the difference. Evergreen species, those that have been brought back to the arid plateau by the incredible work of generations of foresters, thrive under the canopy of the Work Tree. Species like *Diosypros ebenum*, *Atalantia monophylla*, *Aglaia elaeagnoidea*, *Garcinia spicata*, *Psydrax dicocus*, *Walsura trifoliata*, *Mimusops elengi* etc. do extremely well under the Work Tree's crown. It has, quite simply and indisputably, accelerated the rate at which the evergreen species were able to get established and regenerate on the plateau. The regeneration of these species is the best indicator of the stage of maturity of Auroville's forests and stage of succession.

If one cares to look more closely, one will observe the following in forests where the Work Tree **was removed**:

- The forests are stunted, the regeneration of evergreens is much slower and less expansive, the surfaces of soil exposed to the sunlight are much higher, the temperatures are much higher, the water retention capacity of the soil is significantly lower, and the volumes of dead biomass are hugely inferior. Dead biomass is a quintessential component of a healthy ecosystem, as it is on dead biomass that decomposers feed, and decomposers are quintessential for the health of the primary producers (living plants) because they feed on the food they create.
- The evergreens planted do not develop tall, straight trunks, because they have far too much sun to do well and branch out a lot in order to increase the shade cover over their root systems. Evergreens only regenerate in the shade in Auroville and in south-eastern India. That means that those foresters who remove the Work Tree will not have a tall forest in the long-term, but a stunted one without the multiple layers the original evergreen forests had (one can visit the last few patches surviving in the peninsula to understand the morphology of a healthy, mature evergreen forest).
- There is **MORE** regeneration of the Work Tree than in the forests where it is not removed: because they are constantly opening the canopy, they are artificially holding back the succession at the stage where the Work Tree is needed. They are constantly ripping the scab off the wound, and when the sun reaches the ground, the thousands of seeds which were dormant germinate. Then, they call the Work Tree invasive.

In the forests where the Work Tree is **not removed** all the time, where there is little to no disturbance, there is hardly any regeneration at all. In those forests, because the disturbance is absent/minimal, the regeneration of the evergreen species is the highest.

There is a correlation therefore between the type of management of the forest and the number of Work Trees regenerating in it. The determining factor is the steward of the forest and his or her type of management and skill.

If one wants to rapidly transition one's pioneer forest into an evergreen one, the easiest and fastest way is to never open the canopy and allow all the pioneer species, Work Tree included, to act as nurse trees for the subsequent stages of succession.

### Conclusions

It can be safely asserted, with numerous examples in the field throughout the plateau, that the Work Tree is a blessing for the ecological restoration work that was undertaken for the past five decades. It has in fact helped create the best forests I have seen anywhere in the world in terms of the diversity of species, especially evergreens. Even the best forest stands I have seen in the Eastern and Western Ghats, and in North-East India, have less diversity of evergreen species than some well-managed forests in Auroville. It should be kept in mind, too, that thanks to the Work Tree, enormous wealth was created in all the villages around Auroville, with saw-mills springing up everywhere and carpenters swearing by the quality of its timber, *Pondicherry Teak*. One should also understand that its fast growth in the early years provided a huge source of fire-wood and fodder for local villagers, who consequently didn't exert pressure on the other species that were able to thrive under the shade provided by the Work Tree.

Instead of projecting onto this wonderful plant those negative qualities that are exclusively anthropogenic, it would be wise for the sake of Mother India and the growth of consciousness on this planet to recognize how beneficial the Work Tree can be to change the climate and accelerate the restoration of evergreen forests

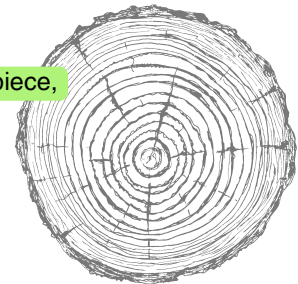
throughout the tropics. In regions where rainfall is lower than 1m of rain per year, the Silver Work Tree and the crosses between it and the Work Tree could be used to fight desertification. Using these fast growing, nitrogen-fixing trees could result in a drastic improvement of local micro-climatic conditions, of soil quality, of water security and of biodiversity. The arid Deccan plateau could be reforested very easily using the Silver Work tree and its crosses with the Work Tree, as it would very rapidly benefit from a layer of photosynthesizing biomass shielding its barren ground, which in turn would create the conditions needed for countless other species of plants to get established. In shelter belts, it could provide fire-wood.

Auroville's foresters have demonstrated that using fast growing, short-lived Acacias can greatly accelerate forest restoration work. Some foresters, without knowing it, have pioneered a forest restoration methodology that, if replicated elsewhere in the country and the world, would do wonders. The idea of destroying that tree is a travesty to the truth of its ecological function and potential far and wide. Not recognizing what great "work" it has done in re-greening a desert that was the grazing ground for several villages just a few decades back, and in creating the framework for the most diverse forest stands arguably in the country, would be a tragedy.

It would be, on some level, like nailing Christ to a cross all over again.

Rishi

To view Rishi's entire piece, [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 stripped of their bark. 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 without cutting trees immediately.



## (NOT JUST) WORD PLAY

Is this the age of AI, commonly referred to as Artificial Intelligence? Will the future be more so?

Will human existence be dwarfed, threatened, wiped out, by AI?! Or will humans upgrade ourselves with its help?

See?! I still identify myself with being a human, at this point in time.

Sometime ago, there arose in me a repulsion, a revolt against AI, and I felt a strong urge to assert my “human-ness” — its creativity, its emotions, strengths and weaknesses, some of which the current AI may not yet experience, or I thought so. I went into a creative frenzy, as if it were my last chance to “express”.

Those movements had their turn to show up and subside.

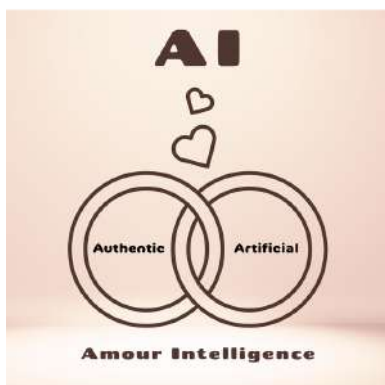
Then, something shifted. I started to understand that AI must have already existed since long; it’s only growing in its scope of work and in public awareness. Where is its rightful place in the universal arrangement?

Then, I got to not only use AI, but create something for an AI app, willingly, as a student, as a contributor, as a collaborator.

Recently, this came: AI is the marriage of Authentic Intelligence and Artificial Intelligence, in the union of Amour Intelligence.

Now my inner puzzling picture feels more complete.

Who is chuckling there?



Anandi Zhang

## TORCHBEARERS OF THE BRAHMATEJ

For the sincere aspirants wishing to join the Willing Servitors, Hero Warriors and Torchbearers of the Supreme Divine Mother MahaShakti working consciously in preparing Her Auroville the City of Dawn for the Divine Manifestation of the Brahmatej:

“Sweet Mother, Sri Aurobindo says that five thousand years have passed since the great battle of Kurukshetra was fought. But the benign influence of Sri Krishna’s political genius ended only yesterday with Rani Lakshmbai.<sup>1</sup> After that, to protect India and the world anew, there had to be a Purna Avatar.<sup>2</sup> This Avatar will awaken the Brahmatej<sup>3</sup>, which is dormant. Sri Aurobindo also says that it is only in the Kaliyuga<sup>4</sup> that the Divine manifests fully because man is in great danger in this age. And here he is! He himself reveals the great secret: the Divine has fully manifested in India. But he has the modesty not to say that he himself is this manifestation!

Those who accomplish the work are not in the habit of boasting. They keep their energy for the task and leave the glory of the results to the Eternal Lord.”

1. The Queen of Jhansi who died on the battlefield in 1858 while fighting British troops.
2. Full or perfect Divine incarnation.
3. Power of the Spirit.
4. The “Iron Age” in which we live.

<https://incarnateword.in/cwm/16/6-march-1962>

And “...but above all, I insisted a lot on the fact that it would be better to build the city first!”

<https://incarnateword.in/agenda/07/august-13-1966>

...

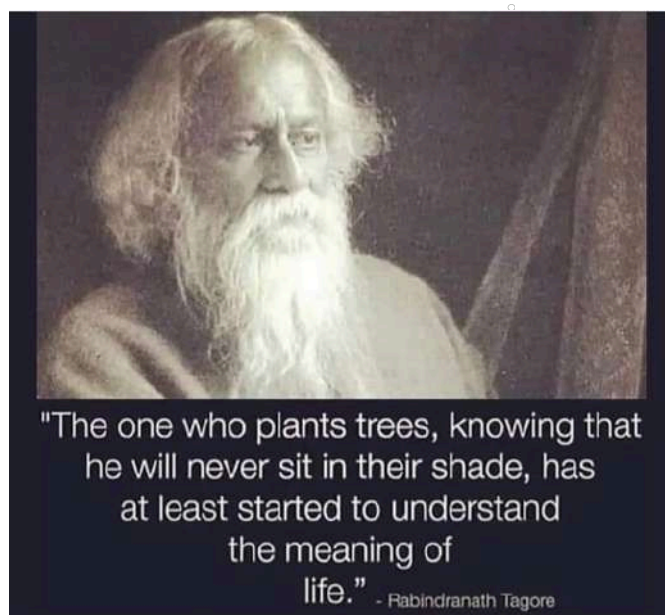


To continue reading, [click here](#), scan QR code, or click on Zech’s blog link

ॐ Zech, 2025.03.07

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

## FOOD FOR THOUGHT



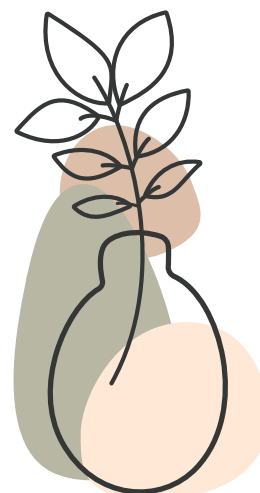
## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

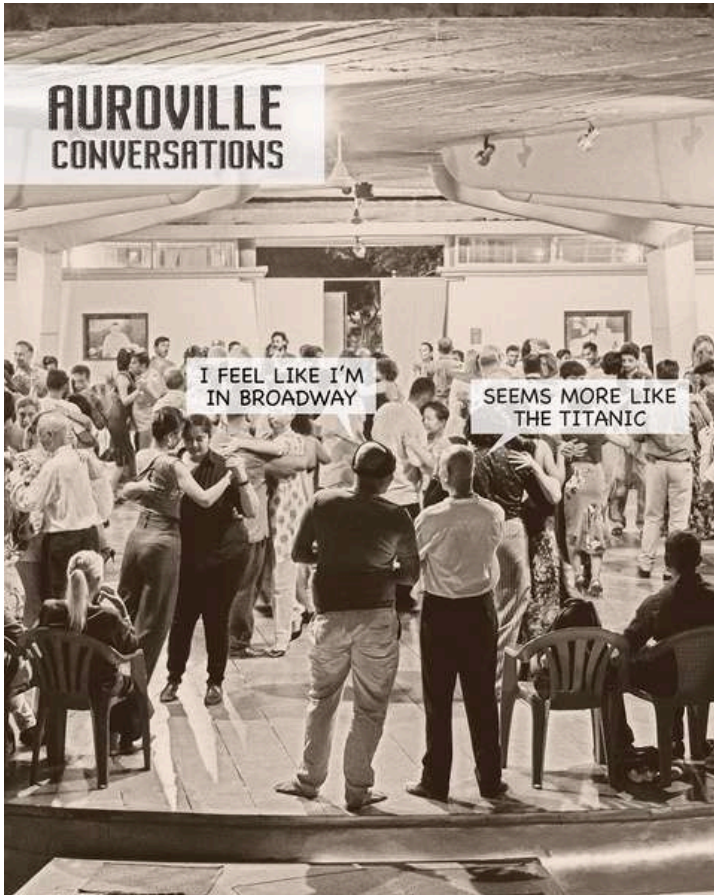


Auro – Traductions

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



## AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

## INNER JOURNEY

### INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 18th March, 9 am - 12 noon

Focus: **The Collective Yoga**

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 WITH NARAD

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

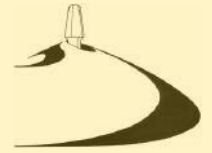


## AMPHITHEATRE - MATRIMANDIR

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 use cameras, iPads, cell phones, etc. No photos.

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

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

Velmurugan and the Access Team

## VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,  
Kuyilapalayam

Led by Vera (Instagram - [Vera.Auroville](https://www.instagram.com/Vera.Auroville)) and Ashesh Joshi

**Please register in advance**

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

(Private sessions on request at other timings)

## VIPASSANA MEDITATION

All **old students** of Vipassana meditation **having completed at least one 10-day course as taught by S.N. Goenka** ([www.dhamma.org](http://www.dhamma.org)) and who are not meditating within any other tradition are welcome to attend a half-day Vipassana course at Udavi School in Auroville.

- **Date:** Every Sunday
- **Timings:** 9am – 1pm but you can also drop in and join as long as you wish.

**No registration is required.**

- **Venue:** Udavi School (2nd building on the left when you are at the front entrance), near Tank in Edayanchavadi (Auroville). Location [here](#).
- **Lunch:** Lunch is provided at the end of the Vipassana course. Those who wish to have lunch must RSVP with Sanjay.
- **Contact:** Sanjay Tumati, +91 87909 82210 (available on WhatsApp), [sanjay@aurauro.com](mailto:sanjay@aurauro.com)



# ANNOUNCEMENTS

## ECO FEMME - OPEN HOUSE

EVERY THURSDAY, AUROSHILPAM



eco femme

**Come learn about:**

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

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



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

## AV BOTANICAL GARDEN - GUIDED GARDEN TOUR

TUESDAYS AND FRIDAYS



From the 20<sup>th</sup> of December to the 20<sup>th</sup> of March 2025

*Come walk with us!*  
Guided Garden Tour

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

Please send us an email to: [avbg tours@gmail.com](mailto:avbg tours@gmail.com) to book your walk.

## AV BOTANICAL GARDEN - KNOW YOUR GREENS 1.2

7-9 APRIL



**Know your greens 1.2**

Species identification of Tropical dry evergreen forest

Join us for a 3-day workshop exploring the vibrant flora of the Coromandel Coast. Learn to identify and appreciate native plants through sight, smell, and touch. Learn how to collect specimens, treat and preserve them in the herbarium.

15 SPOTS AVAILABLE!

Dates:  
**7th April to 9th April**

Location: Auroville Botanical Garden  
Timings : 9.00 am to 4.30pm  
Course fee : 4000/- rs (includes lunch & refreshments)  
To register or know more:  
[ecologicalhorticulturecourse@gmail.com](mailto:ecologicalhorticulturecourse@gmail.com)

Last date to register:  
30TH MARCH '25

## MARC'S CAFE STORE NEWS!

We are happy to announce that Marc's Café is welcoming anyone who would like to work or study in a co-working space atmosphere to visit our 3rd floor rooftop with free Wifi.



- We will be open from 8am to 8pm, six (6) days a week.
- We are closed on Wednesdays.



Also as a reminder

**We have Aurovilian discount for AV, NC and registered SAVI volunteers and a 10% for Aurocard holders**

Tuesday 50% discount for breakfast (only coffee, croissant and dosa)



Marc's Cafe team

## LOOKING FOR

### TAXI SHARE

MONDAY 25 MARCH



To stay eco friendly, I am very willing to share a taxi from **Auroville to Chennai airport on Monday 24 March 2025.**

Departure from Auroville Town Hall at around 9:00pm (21:00).

Please contact via whatsapp +34685673777 or email: [srimaa221@gmail.com](mailto:srimaa221@gmail.com)

.Many thanks, Sunny

### 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!



## AVAILABLE

### PALLET BED FRAME

Double bed frame from pallet wood, size 162x213 cm with a 50cm tall back, plus matching coir mattress and futon.

Available immediately.

Please contact Daniel 88073 00562 for details.



### AMMA SHARING

Three of us used to share an amma but one of us has gone out of station for a long period. We are looking for someone interested in having some domestic assistance throughout the week.

This amma would be available on the following days (total 4 half-days):

**Tuesday, Thursday and Friday mornings + Saturday afternoon.**

Please send a message (no calls) to 91598 67541 for more information.

N&N 1066 - 13 March 2025

# 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](mailto: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 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 rejuvenating and restorative. These specific classes will be on donation basis, even for guests.

#### Hatha Vinyasa Flow with Saraswati - starting on Tuesday 11th March

- Tuesday, Thursday and Sunday 7:30 - 8:30am, drop-in class

Hatha Vinyasa Yoga is a beautiful combination of two different disciplines. Vinyasa, meaning "breath-synchronised movement" and Hatha, which represents the union of the sun (Ha) and the moon (Tha). Hatha Vinyasa yoga unifies opposing forces and brings together the body and mind through the force of determined strength and effort. During a Hatha Vinyasa class, you will experience steady and flowing movements from pose to pose in a sequence synchronised with breath, often pausing to hold poses for various lengths of time. This practice builds strength and flexibility through movement, while the conscious rhythmic flow of the breath helps boost energy and health. The stillness during holding poses promotes a focused mind and mental calmness.

#### 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 realisation 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 recognised 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 (+91 94436 17308)

Shiatsu is a manipulative therapy developed in Japan, 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 miniaturisation 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 Center Field, 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, Center Field, Auroville (500m after Center Guest House)
- **Bookings:** For more information or to schedule a session, please contact the practitioners directly (preferably via WhatsApp messages)



### 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 revitalises 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 Louise Rose

- **Contact:** +91 73053 73562

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.

### Womb Blossoming with Louise Rose

- **Contact:** +91 73053 73562

A deep healing journey connecting the womb, heart, and throat through vocal activation and flower bodywork. This practice integrates sonic energy healing, affirmations, herbalism, and aromatherapy to awaken the body's innate wisdom and express your soul's story.

### Whispering of the Flowers with Louise Rose

- **Contact:** +91 73053 73562

Flower medicine ceremonies and bodywork integrating naturopathy, somatic therapy, and sonic healing. Using flower essences, herbalism, and aromatherapy, these sessions support deep reconnection and balance.

**NEW SESSIONS!**

## WORKSHOPS

### THE ANATOMY OF CONFLICT

### AN INTRODUCTION TO HEART WEAVING

SATURDAY 15 MARCH, HARMONY HALL, BHARAT NIVAS

**An Introduction to Heart Weaving**

**The Anatomy of Conflict**

15th March  
9:30 am - 5:30 pm  
Harmony Hall  
Bharat Nivas

**12 Angry Men**

We warmly invite you to a one day workshop on recognising and transforming unconscious voices/patterns within ourselves, that further division and conflict. We'll attempt this through an embodied exploration of the film *The 12 Angry Men*. This will also be an introduction to the *Heart Weaving* process in Auroville.

It's open to Aurovillians, New Comers and long-term Volunteers only. Participation for the whole duration is necessary. No contributions required.

For registrations, please contact: [heartweaving.auroville@gmail.com](mailto:heartweaving.auroville@gmail.com) or +91-94895-27893 (WhatsApp only)

We warmly invite you to a one-day workshop on recognising and transforming unconscious voices/patterns within ourselves, that further division and conflict. We'll attempt this through an embodied exploration of the film *The 12 Angry Men*. This will also be an introduction to the Heart Weaving process in Auroville. There will be opportunities to be a part of other workshops very soon for those attending this introduction.

It's open to Aurovilians, New Comers and long-term Volunteers only. Participation for the whole duration is necessary. No contributions required.

- **Saturday 15th March, 9:30am - 5:30pm**
- **Harmony Hall, Bharat Nivas**

For registrations, please contact:

[heartweaving.auroville@gmail.com](mailto:heartweaving.auroville@gmail.com) or +91 94895 27893 (WhatsApp only)

## MIRRORS & ME

13, 20 MARCH, CRIPA

Welcome to join Mirrors & Me.

Ready for an interactive and 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**



## 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

## JIVA AUROVILLE -

### YOUR JOURNEY IN HEALING AND TRANSFORMATION



A platform of Auroville therapists [www.auroville-jiva.com](http://www.auroville-jiva.com)

**Core team:** Sigrid, Mirrabelle and Sandhya

- **Sigrid** offers Integral Regression therapy, Workshops on Trauma therapy and Inner Child Work, Sundays JIVA breathwork and 5-day Breathwork retreats.
- **Mirrabelle** offers Natural Horsemanship for children and adults, individuals, families and groups, Equine Assisted therapy.
- **Sandhya** offers Energy Healing Workshops, Flowgame, Life Coaching and Healing – in person and online.

### Upcoming Workshops

- **Saturday 15th March** - Inner Child Work in the perspective of Integral Yoga.
- **Sunday 16th - Thursday 20th March** - 5-day workshop "JIVA Breathwork"
- **Sunday 23rd March** - Flowgame

We offer a wide range of **Online activities**.

[Contact@auroville-jiva.com](mailto:Contact@auroville-jiva.com), WA 96260 06961

All info via [www.auroville-jiva.com](http://www.auroville-jiva.com)

Insta [https://www.instagram.com/jiva\\_auroville\\_2023/](https://www.instagram.com/jiva_auroville_2023/)

## 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.

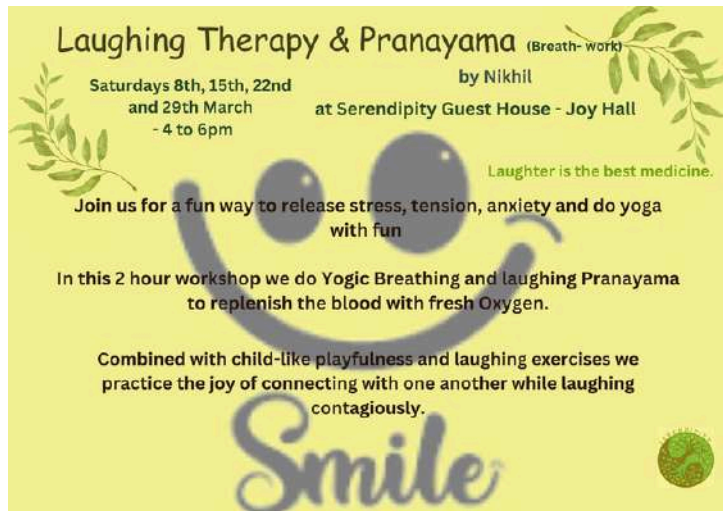
**To sign up:** please email [connect@atbwithamir.com](mailto:connect@atbwithamir.com)





## LAUGHING THERAPY & PRANAYAMA

SATURDAYS 15, 22, 29 MARCH, SERENDIPITY GH



**Laughing Therapy & Pranayama** (Breath- work)  
by Nikhil  
Saturdays 8th, 15th, 22nd and 29th March - 4 to 6pm  
at Serendipity Guest House - Joy Hall  
Laughter is the best medicine.  
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

SUNDAYS 16, 23, 30 MARCH, SERENDIPITY GH



**Sunday kirtan**  
*Bhakti Yoga: Yoga of Love*  
Sundays, 9th, 16th 23rd and 30th March  
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.

## INTRODUCTORY EXPLORATION OF AWARENESS THROUGH THE BODY (ATB)

SATURDAY 22 MARCH

### ATB - Awareness Through the Body

Intro & exploration with Honor & Vega



9.30am - 12.30pm - Saturday 22 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. In this session we will focus on relaxation.

- **Saturday 22 March 2025 (9:30am - 12:30pm)**
- **Advance registration** required using the Google [form](#) link below
- Contact: [dancingtree.smile@gmail.com](mailto:dancingtree.smile@gmail.com) or whatsapp: 91598 56148

## HOLOTROPIC BREATHING TECHNIQUE

SATURDAY 22 MARCH, HALL OF LIGHT, CREATIVITY



**Unlock the wisdom of your inner self through Holotropic Breathing**  
A powerful practice for expanding consciousness, releasing emotional blockages, and fostering deep healing. This workshop offers a safe and supportive environment for profound personal exploration.  
**Saturday, 22 March**  
**9 am - 1.30 pm**  
**Hall of Light (Creativity)**  
Facilitation: Lola and Tanja certified facilitators  
Location: Hall of Light, Creativity, Auroville  
Registration: WhatsApp: +91-9787 431 369 or [breathingholotropic@gmail.com](mailto:breathingholotropic@gmail.com)  
more information

with Lola & Tanja (JIVA breathwork facilitators)

**Date:** Saturday 22 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](mailto:breathingholotropic@gmail.com)

More info:

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



## QUANTUM CONTACT - CONTACT IMPROVISATION

### WORKSHOP WITH SHIFU ASH

3 - 6 APRIL, CRIPA



In this workshop, you'll explore the art of contact improvisation through the lens of microscopic awareness, focusing on the subtle language of touch. This class will guide you in mastering the delicate balance of taking responsibility for another's body while learning to command, listen, and negotiate through movement.

You'll delve into key aspects such as building trust and understanding reflexivity—where every action invites a reaction. We'll also cover self-protection and safeguarding your partner, all while engaging your imagination to intuitively track and respond to your partner's movements.

In addition to movement exploration, we will dive into biomechanics, physics, and physiology, understanding how forces like momentum, gravity, and inertia influence our bodies in motion. You'll learn how skeletal alignment, muscle coordination, and nervous system responses shape the way we initiate, absorb, and redirect energy in contact improvisation. By bridging science with sensation, this workshop will deepen your understanding of touch and connection, transforming your dance practice into a refined and resonant dialogue.

- **LOCATION:** CRIPA Small Hall, Auroville
- **DATES:** 3rd to 6th April, 2025
- **SCHEDULE:** 4:00 - 8:00pm

#### FEES (for guests in Auroville):

- Early Bird Price For 4 days: 7,500 INR (paid registration before 25th March)
- Regular Price For 4 days: 10,000 INR (for beginners and existing practitioners)
- Open contribution for Aurovilians and SAVI volunteers.

For registrations and enquiries: [aurovilleartworld@gmail.com](mailto:aurovilleartworld@gmail.com)

#### About the facilitator:

Shifu Ash is a dance movement researcher, philosopher, choreographer, and visual artist based in Mumbai, India. He has extensive expertise in Wing Chun, Aikido, Modern Contemporary Dance, and Contact Improvisation, with over 20 years of experience. He is the founder of Combat Dance practice, which merges philosophies of martial art, dance, and movement science. He has been teaching under this approach for more than 8 years. He is also a former member of CID-UNESCO Paris (International Dance Council) and the founding member & CEO of ProDancer Infotech PVT LTD.

He has also choreographed for a feature film in India, Kalki 2898 AD and is actively involved in co-curating international dance festivals such as the Partner Dance International Festival and India Contact Festival.

He has been invited to teach at some of the prestigious dance festivals & companies in India & abroad like Impulstanz Vienna International Dance Festival, International Contact Festival Freiburg, Nederlands Dans Theater, Tanssille Ry Helsinki, Henny

Jurriens Studio Amsterdam, BFM Tallinn University, Saint Petersburg Conservatory Dance, Goa Contact Festival, Divadlo Studio Tanca, Goa Dance Residency, Berlin Contact Festival, Contact Meets Contemporary Festival Goettingen, Tokyo Nomadic Residency, Chinchintalu Festival Dubai, Terence Lewis Contemporary Dance Company, Nritya Shakti, Institute of Classical & Modern Dance India, Workshop for friends, Radi Sveta Art, SDVIG Studio, etc.

## CULTURAL ANNOUNCEMENTS

### TAIZÉ CHANT PRACTICE

THURSDAY 13 MARCH, UNITY PAVILION

Come and immerse yourself in the practice of Taizé chants! Our next gathering will take place on **March 13th at Unity Pavilion, in the Hall of the Peace Table, from 5:00 to 6:30pm.**

These meditative chants, with their simple and repetitive melodies, create a space for deep focus and inner stillness. This is an opportunity to practice together and let the experience unfold naturally. Everyone is welcome! Free entry.

For questions etc. Ulrike Urvasi 97515 13906 (all message providers)



### PHOTO CIRCLE

FRIDAY 14 MARCH,  
CENTRE D'ART



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

The Photocircle brings together Auroville's photographers.

We share our own work, we show the work of global photographers we admire, discuss the history of photography, and share techniques.

Anyone can bring and screen a small selection of images.

You are all welcome.

### JOIN US FOR PÉTANQUE - A CLASSIC FRENCH GAME!

EVERY SUNDAY, FRENCH PAVILION



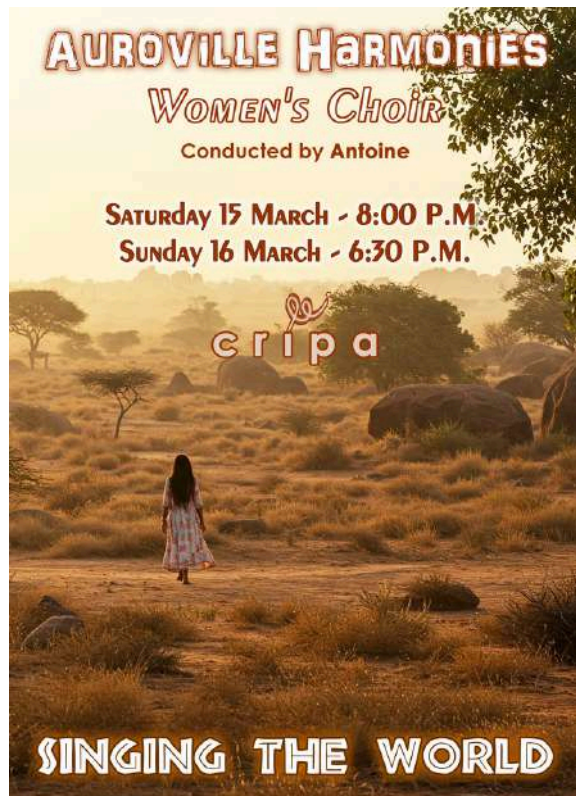
Discover **Pétanque**, a classic French game of skill and strategy, played by tossing steel balls close to a small wooden ball (*cochonnet*). Open to all levels, it's perfect for socialising and having fun. Also a good opportunity to practice your French ;)

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

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

# AUROVILLE HARMONIES - WOMEN'S CHOIR

SATURDAY 15 - SUNDAY 16 MARCH, CRIPA



## AUROVILLE RADIO



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

### Last published podcasts:

- [Savitri - Ep.1 : Introductory Comments in Tamil | சாவித்ரி காவியம் ஓர் அறிமுக விளக்கம் by Dhanalakshmi \(Spirituality\)](#)
- [Marlenka's weekly Offering – Ep.130 \(Literature\)](#)
- [Soul Tracks S.6, Ep.10 Dhani Returns \(again\). \(Music\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.484 \(Integral Yoga\)](#)
- [Cosmic Inner Weather Report - Ep. 2: Ending the year with Hafiz and Ursula. \(Conversations\)](#)
- [Seeking Our Inner Being Group Discussion in Italian, Ep. 2 \(Spirituality\)](#)

### Last Youtube Video:

- [Seeking Our Inner Being Group Discussion in French – EP.3](#)
- [The Bases of Spiritual Life by Alok Pandey | Mother's Flower Garden, Auroville](#)

...and more! on [www.aurovillerradiotv.org](http://www.aurovillerradiotv.org).  
For more information write to [radio@auroville.org.in](mailto:radio@auroville.org.in)

Regards,  
Sai Priya for Auroville RadioTV



## EXHIBITIONS

### MORIBUND BY BIRGITTA

10 - 22 MARCH, TIBETAN PAVILION



The Pavilion of Tibetan Culture  
and the German Pavilion invite

## "Moribund"

Tree Trunk Prints by Birgitta Volz

"The Rupture, the Bad Mouth and the Supermind", 2024

Exhibition at the  
Pavilion of  
Tibetan Culture  
International  
Zone, Auroville,  
India

**Closing  
Ceremony:**  
Friday, 21st of  
March 2025 at  
4.45 pm

Mon 10th to Sat  
22nd of March  
2025

from 9 to 12.30 am  
and 2 to 5 pm, daily  
except Sundays.  
As a group you can  
register for a  
guided tour with the  
artist also on  
Sundays. Please  
call 9442300574.



Each single piece of artwork is directly connected to our situation here.



"The Rupture, the Bad Mouth and the Supermind", 2024, 100x70 cm, printed from the trunk of a cut tree

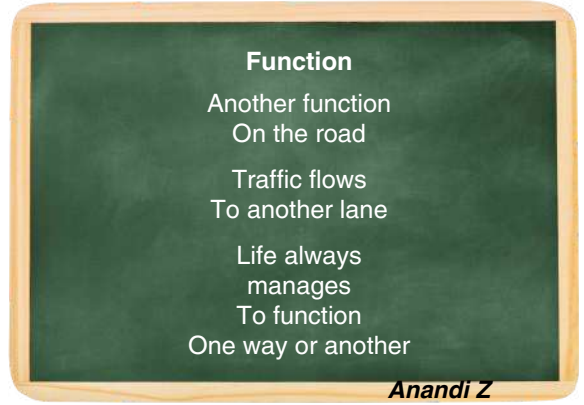


"Fatal Kiss", 2024, 119 x 84 cm, printed from the trunk of a cut tree

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



**POETRY**



**FOR THE BOOKWORMS**

**READING CIRCLE - GETTING PAST YOUR PAST**  
WEDNESDAYS 12, 19, 26 MARCH, SERENDIPITY GH

**ARTIFICIAL BRAINCANDY BY PHILIPP KLINNERT**  
7 - 26 MARCH 2025, CENTRE D'ART



**BOOK READING CIRCLE**  
we will read  
**"GETTING PAST YOUR PAST- TRAUMA HEALING SELF HELP"**  
by Francine shapiro  
AT SERENDIPITY JOY HALL  
WEDNESDAY 4 TO 5PM  
MARCH 12TH, 19TH AND 26TH  
FACILITATED BY NIKHIL THAPAR  
BREATHING MEDITATION  
GROUP READING  
DISCUSSION  
IN THIS 1 HOUR BOOK READING SESSION WE WILL LEARN SELF HELP TECHNIQUES TO HELP HEAL OUR PAST TRAUMAS.  
ALONG WITH IT, WE PRACTICE MEDITATION & BREATHING TECHNIQUES.

**FOOD**

**FOOD FOREST TOUR - EVERY SUNDAY**

**FOOD FOREST TOUR**  
WITH VEGAN ICE CREAMS GREEN SMOOTHIES and more...

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

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

**VEGAN ICE CREAMS**  
with lots of flavourful toppings from the garden and our homemade produce.

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

**AUROVILLE LIBRARY**

**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 **Celebrating Women!**

**Come by to check out our selection!**

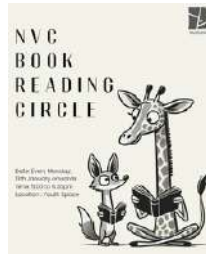


## JOIN OUR BOOK READING

### 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:** 5:00 - 6:30pm
- **Where:** Youth Space (location on Google Maps)
- **Contact:** +33673540830 on WhatsApp, or email [monicayouthlink@gmail.com](mailto:monicayouthlink@gmail.com) for questions

## CINEMA

### FIREBIRD: AN ECO COMMUNITY IN THE HEAT OF CRISIS

MONDAY 17 MARCH, CINEMA PARADISO



### Firebird: an eco community in the heat of crisis

(70 min, English, Rated NR/PG)

Monday, March 17th @ 4:00pm in Cinema Paradiso

Findhorn, the world-renowned spiritual community in northern Scotland, was traumatized by the tragic loss of its community center and sanctuary, an exodus of young people due to Brexit, and mass layoffs as the Foundation struggled financially post-Covid. This documentary tenderly captures the community confronting these challenges amidst their 60th birthday celebrations.

The screening will be followed by a discussion about the film's relevance to Auroville with Daniel Greenberg - a Findhorn Fellow and recent Director of Education at the Findhorn Foundation (before they closed programs in September 2023). If technology allows we will also Zoom with Maria Craig, the filmmaker, who lives at Findhorn.

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

Reminder: Friday 14th March at 8:00 pm

### "A ROYAL AFFAIR" (En Kongelig Affære)

Directed by **Nikolaj Arcel**, Denmark, 2012

With: Alice Vikander, Mads Mikkelsen and Mikkel Følsgaard



Synopsis: Denmark, 1770.

The secret passion that Queen Caroline Mathilde holds for the king's physician, the influential Struensee, will forever change the destiny of the entire nation. A Royal Affair tells a pivotal chapter of Danish history, forgotten in French textbooks. The romantic and intellectual relationship between

Caroline Mathilde and Struensee, deeply influenced by Enlightenment philosophers such as Rousseau and Voltaire, leads to the overthrow of the established social order and foreshadows the revolutions that will ignite across Europe twenty years later. Based on a true story, the movie received two silver bears at the Berlin Festival and was nominated at both Academy Awards and Golden Globe as best Foreign Language Film in 2012.

Original Danish, Swedish and German version with English subtitles. Duration: 2h16'

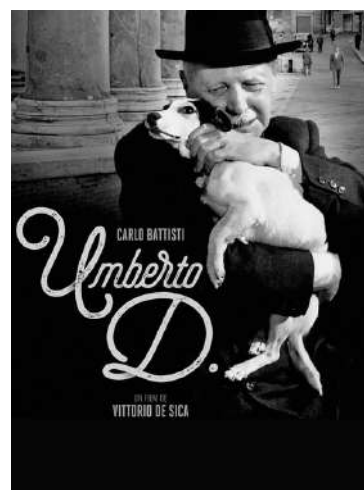
Note: Contributions are very welcome!  
Aurofilm Collection  
Acc. No. 252658

Friday 21st March at 8:00 pm

### "Umberto D."

Directed by **Vittorio De Sica**, Italy, 1952

With: Carlo Battisti, Maria-Pia Casilio, Lina Gennari



Synopsis: Retired civil servant, Umberto can no longer provide for his needs. With nothing but a shabby pension to rely on, the old man spends his days trying to find something to eat, with only his dog Flike for company. When his landlord threatens to evict him, Umberto has no choice but to count on the support of Maria, the young chamber maid he has taken under his wing...

Of all Vittorio De Sica filmography, this was his

favorite film, which is part of the Italian Neorealist movement, featuring mostly non-professional actors. In 2008, the film was included by the Italian Ministry of Cultural Heritage in a list of 100 films that "have changed the collective memory of the country between 1942 and 1978." The film was also nominated for the Grand Prix at the 1952 Cannes Film Festival.

Original Italian version with English Subtitles. Duration: 1h39'



# Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 17th March - 23rd 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 March we will try to bring films by and/or about women.*

## INDIAN – MONDAY 17 MARCH, 8:00 PM:

### • MYLEK

India, 2024, Dir. Priyanka Tanwar w/ Sonali Khare, Umesh Kamat, Sanayaah Anand, and others, Drama, 114mins, Marathi w/ English subtitles, Rated: NR (PG)

Sharvari, a dedicated single mother, balances her life between working as the head chef at a London restaurant and dreaming of opening her own Maharashtrian eatery. As she strives to connect with her teenage daughter Myra, who is courageously battling endometriosis (a common but painful condition), their bond is tested. Together, they navigate the highs and lows of life, discovering the strength of their love and resilience.

## POTPOURRI – TUESDAY 18 MARCH, 8:00 PM:

### • ANTONIA (ANTONIA'S LINE)

Netherlands-Belgium-UK-France, 1996, Writer-Dir. Marleen Gorris w/ willeke van Ammelrooy, Jan Declair, Veerle van Overloop, and others, Comedy-Drama, 102mins, Dutch w/ English subtitles, Rated: R

A strong-willed matriarch returns to her Dutch village and establishes a close-knit, matriarchal community. Over several generations, the family experiences both wonderful and tragic events, delving into themes of feminism, liberalism, and the cyclical nature of life. The matriarch's influence spans across decades, affecting the lives of her descendants as they navigate love, loss, and societal change, while highlighting the enduring impact of her presence on the village and its people.

## SELECTION – WEDNESDAY 19 MARCH, 8:00 PM:

### • YE HABE GHAND (A CUBE OF SUGAR)

Iran, 2011, Writer-Dir. Reza Mirkarimi w/ Reza Kianian, Negar Javaherian, Farhad Aslani, and others, Comedy-Drama, 116mins, Persian w/ English subtitles, Rated: PG

On the outskirts of modern Iran, in a traditional house with a tree-shaded yard, a family prepares for Pasandideh's wedding. Being the youngest, she eagerly awaits her older sisters' arrival. Amid bridal arrangements, an unexpected treasure hunt, and ghost stories, the joyous event approaches. But is a single cube of sugar enough to bring happiness?

## INTERESTING – THURSDAY 20 MARCH, 8:00 PM:

### • THE BOWMAKERS

USA, 2019, Writer-Dir. Ward Serrill w/ Charles Espey, Cody Kowalski, Josephine Thomackot, and others, Documentary, 53mins, English-French-Portuguese w/ English subtitles, Rated: NR (PG)

The story of the "silent servant" of the musical world - the Bow. Starting from the workshops of five master bowmakers in the Pacific Northwest, journey to the fascinating origin of the bow in France, and to Brazil, home to the imperiled tree from which bows are made. A film for all people who love music. A film about hope. How a handful of craftsmen is preserving this centuries-old trade in service to world-class musicians. An immersion into beauty itself. A film that will change the way you hear music.

## INTERNATIONAL – SATURDAY 22 MARCH, 8:00 PM:

### • ANORA

USA, 2024, Writer-Dir. Sean Baker w/ Mikey Madison, Paul Weissman, Yura Borisov, and others, Comedy-Romance, 139mins, English-Russian-Armenian w/ English subtitles, Rated: R  
Ani, a young escort from Brooklyn meets and impulsively marries the son of a Russian oligarch. Once the news reaches Russia, her fairy tale is threatened as his parents set out for New York to get the marriage annulled. Not quite a modern-day version of Pretty Woman - but close.

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

### • SPIDER-MAN: INTO THE SPIDER-VERSE

Canada-USA, 2018, Dir. Bob Persichetti-Peter Ramsey-Rodney Rothman w/ Shameik Moore, Jake Johnson, Hailee Steinfeld, and others, Computer Animation-Superhero, 117mins, English-Spanish w/ English subtitles, Rated: PG

A teenager from Brooklyn gains spider-like abilities and discovers a multiverse where different versions of the superhero exist. He must team up with these alternate Spider-People to stop a threat that endangers all realities, learning the true meaning of heroism along the way.

## JACK NICHOLSON FILM FESTIVAL @ CINÉ-CLUB

### CINÉ-CLUB SUNDAY 23 MARCH, 8:00 PM:

### • CHINATOWN

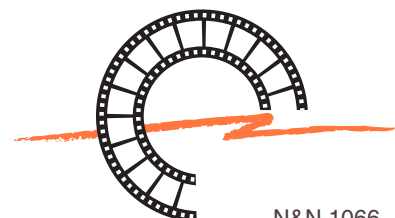
USA, 1974, Dir. Roman Polanski w/ Jack Nicholson, Faye Dunaway and Others, Drama – Mystery – Thriller, 130 mins, English w/ English subtitles, Rated: R.

Los Angeles detective Jake Gittes is hired by a "Mrs. Mulwray" to spy on her husband. Shortly after Gittes is hired, the real Mrs. Mulwray appears in his office threatening to sue if he doesn't drop the case immediately. Gittes pursues the case anyway, slowly uncovering a vast conspiracy centering on water management, state and municipal corruption, land use, and real estate; and involving at least one murder.

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](mailto:mmcauditorium@auroville.org.in). Our projector is crawling towards the end of its life, making us 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](mailto:mmcauditorium@auroville.org.in)



# COMMUNITY SERVICES

## ESSENTIAL SERVICES

### AUROVILLE'S FINANCIAL SERVICES (AVFS)

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto: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 for clarifications reg. electricity bills, job and repair works bills
- **Email:** [aves@auroville.org.in](mailto:aves@auroville.org.in)

### GAS BOTTLE SERVICE

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

### POUR TOUS DISTRIBUTION CENTRE (PTDC)

- **Timings:** Monday to Saturday, 9am - 5pm
- **Phone:** 0413 2622746/ 2622796
- **Email:** [ptdc@auroville.org.in](mailto: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** from 10am to 11am.



*It is ever true that he who does nothing for others, does nothing for himself.*

*Johann Wolfgang von Goethe*

## HEALTH

### SANTÉ SERVICES IN MARCH 2025

*Sante*

#### 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.

<b>Doctor Consultation with Dr. Gunashree &amp; Dr. Sana:</b> Monday to Saturday	<b>Nurse Care - Thilagam, Ezhil, Archana &amp; Sandhya:</b> Daily: no appointment needed
<b>Ayurveda with Dr. Berengere:</b> Tuesday / Wednesday / Friday	<b>Integrative Psychotherapy with Juan Andres:</b> TOS
<b>Acupuncture with Andres:</b> Monday to Friday	<b>Homeopathy with Michael:</b> Monday / Wednesday / Saturday
<b>Physiotherapy &amp; Massage with Galina:</b> Monday to Friday	<b>Midwifery &amp; GYN Care with Paula:</b> As per availability
<b>Bio-Well Assessment (Evaluation of your well-being) with Helena – email <a href="mailto:adminsante@auroville.org.in">adminsante@auroville.org.in</a></b>	<b>Soundbed Session with Sandhya / Thilagam:</b> Monday to Saturday

In Santé, we value our patient's confidentiality and 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

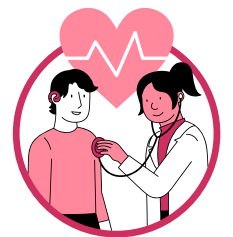
**Contact:** (0413)-3509942 / 3509943

#### 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](mailto:aurodentalcentre@auroville.org.in)

## AYURVEDA AND THE USE OF TURMERIC ANTI-INFLAMMATORY AND ANTI-OXYDANT



The harvest season of Turmeric is slowly coming to an end. The fresh plant comes at the right time to support our health during Spring when Kapha toxins (cold, heavy, sticky, slimy, viscous, stagnant) need to be expelled from the body otherwise they create a state of fermentation (bloating in the belly), stagnation (swelling in some parts of the body), inflammations (in body tissues and joints), leading to hayfever, allergies, cold, cough with mucus, mild fever. Healthy Kapha in our body is felt in our immunity and helps to resist any external factors, viruses or unhealthy bacteria, it keeps our respiratory system clean and clear and brings strength, endurance and perseverance in the energy, it is warm and generous at heart, soft and kind in its words.

Turmeric is a great plant that helps Kapha to maintain its best potential. Here some uses:

1. Early morning, to boost energy and immunity (at Kapha time – between 6am and 10am): drink hot water with some fresh turmeric, fresh ginger and a lemon juice.
2. As appetizer for lunch, to stimulate the gastric enzymes for a better digestion: one tsp of fresh turmeric grinded with fresh ginger, lemon juice and a pinch of salt (the mix can be kept in the fridge for some weeks).
3. As digestive, to stimulate the digestion or get rid of heaviness, bloating or indigestion: mix of ginger powder, turmeric powder and black pepper powder (= Be No1), take ½ tsp in a sip of warm water after a meal or anytime when feeling heavy or stuck in the digestion.
4. In case of hayfever, allergies, cold and cough with mucus: ½ tsp of turmeric powder or 1 tsp of turmeric flakes with lemon juice and honey, before any meals. An ayurvedic preparation for Kapha allergies (hives, dermatitis, rhinitis, itching, fungal infection) is called Haridrakhanda (it contains turmeric as main ingredient) – 1 tsp twice a day before meals. For sore throat and mucus in sinuses or throat: gargle with hot water, salt and a pinch of turmeric.
5. As anti-inflammatory for joints: take 1 Tbsp of sesame or olive or coconut oil + 1 flat tsp of turmeric powder + 1 pinch of black pepper – once or twice daily before meals and apply daily a mix of castor oil and shallaki oil on the painful joint. Anti-inflammatory in general: a mix turmeric powder, ginger powder and fenugreek powder (= Be No4), take ½ tsp in warm water early morning.
6. To purify the blood and clear the skin of ailments, rashes, prickly heat: mix of turmeric powder or flakes with neem powder and black pepper powder (= Be No2): ½ tsp in warm water twice a day before meals for 2 to 3 months.

This great plant (fresh, sun-dried or powdered) is available at AuroOrchard and some other places in Auroville.

Nature's gift to end spring and start summer in the most harmonious way.

Take good care and be well

Be@Sante Clinic



## NURSE SERVICES

My name is Madhi and I'm 27 years old. I was born and brought up in AV.

I have done my bachelor degree in B.SC (Nursing) and I have more than three years experienced as a Staff Nurse in hospital (one year in psychiatric ward, six months in ICU and six months in emergency) and giving care for elderly people in AV past 2 years.

### Services:

- Patient assessment and care plan.
- Medication administration.
- Vital signs monitoring.
- Wound care.
- To provide blood and lab test .
- Personal care assistance.
- Patient education.
- Fall prevention strategies.
- Providing assistance with bathing, dressing, grooming, and toileting needs.
- Communication and collaboration with physicians.
- Documentation of medical reports.
- End-of-life care.



If you need any assistance please do contact below-mentioned email or contact number.

Contact: 95972 22826 (Madhi) call/WhatsApp

E-mail Id: [madhiazhagan014@gmail.com](mailto:madhiazhagan014@gmail.com)





## 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 at [mmconcentration@auroville.org.in](mailto: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
- Auroville units can bring their staff to the Inner Chamber with a prior booking at [mmconcentration@auroville.org.in](mailto: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	
Security (24/7):		
Auroville Police Station 0413 2677318	Kottakuppam Police Station 0413 2236148	Vanur Fire Station 0413 2677368
Health:		
Health Center 0413 3509942 & 3509943	Santé 0413 2622803	Farewell 89038 36246
Mental Health 24/7 Support:		
Vandrevala Foundation +91 99996 66555		
India Emergency Response Service (24/7): 108		