

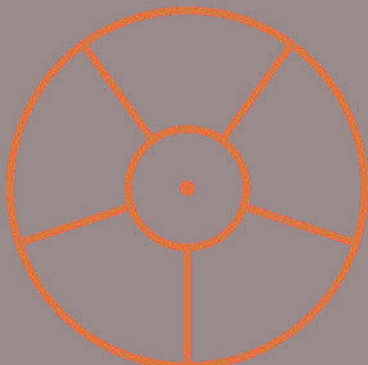
Auroville

NEWS & NOTES

No 1105 - A weekly bulletin for residents of Auroville

25 December 2025

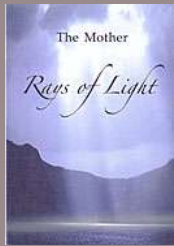
RA EDITION



PONDERING

The opening to the Divine Light cannot be made through coercion.

The Mother, 12 June 1939, Openness and Receptivity, Words of the Mother II
<https://motherandsriaurobindo.in/The-Mother/books/words-of-the-mother-II/#part-iii-elements-of-yoga-openness-and-receptivity>



First Edition 1997, Fifth Impression 2011
 © Sri Aurobindo Ashram Trust, 1997
 Published by Sri Aurobindo Ashram Publication
 Department, Pondicherry, 605002
 Web <https://www.sabda.in/>
 Printed at Sri Aurobindo Ashram Press,
 Pondicherry

MAN'S RELATIONSHIP WITH THE DIVINE

page 13

The ideal attitude is to belong only to the Divine, to work only for the Divine and above all to expect only from the Divine strength, peace and satisfaction. The Divine is all-merciful and gives us all that we need to lead us as quickly as possible to the goal.

Let all thoughts, all feelings, all actions, all hopes be turned towards the Divine and concentrated on Him. He is our only help and our only safety.

*

All our thoughts, all our sentiments will move towards the Divine as a river towards the sea.

page 14

THE PATH OF YOGA

THE PATH

Life is a perpetual choice between truth and falsehood, light and darkness, progress and regression, the ascent towards the heights or a fall into the abyss. It is for each one to choose freely.

29 February 1952

*

In each one's life a moment comes when he has to choose between the Path and the muddle. You cannot put one foot here and one foot there. If you try to, you will be torn to pieces.

A heart that does not choose is a heart that will die.

*

You take up the spiritual path only when you feel you cannot do otherwise.

27 October 1952

page 15

The intellectual attitude comes first and practice follows little by little. What is very important is to maintain very alert the will to live and to be what one knows to be the truth. Then it is impossible to stop and even more to fall back.

*

All human beings have a spiritual destiny which is near or far depending on each one's determination.

One must will in all sincerity.

11 April 1965

YOGA

Sadhak = one who follows a yogic discipline.

Sadhana = yogic discipline.

Yoga = union with the Divine (by extension: the path which leads to this union).

*

The whole world is in a process of progressive transformation; if you take up the discipline of Yoga, you speed up in yourself the process.

*

Yoga is commensurate with all life.



Promise of realisation in Matter

The best encouragement for doing what is necessary. - The Mother

Tropaeolum majus L., *Tropaeolaceae*.
 Nasturtium, Indian cress

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.

RA NEWS & NOTES - A QUICK GUIDE



What We Publish

- Working group announcements and reports
- Residents' voices and personal sharings
- Free cultural events open to all residents
- Information from essential services
- Content that strengthens community-building in Auroville

Working Groups & Foundation Office Content

- All RA Working Group announcements will be included
- Links to Foundation Office content will be provided without duplication
- Direct submissions from Foundation Office groups will be included as regular content

What We No Longer Publish

- Commercial activities and paid workshops
- Non-community-focused events
- Content from "Activities & Events," "Food, Goods & Services," and "Classes, Workshops and Healing Arts" sections

Exceptions

We may consider including content that falls outside these guidelines if:

- It is submitted exclusively to RA News & Notes
- It has significant community benefit
- It aligns with our service-oriented focus

Submission Guidelines

- Deadline: **Tuesdays at 5pm**
- Email: newsandnotes@auroville.services
- Content must be community-building focused:
 - Open and accessible to all community members
 - Not profit-oriented
 - Contributing to collective growth or well-being
 - Promoting Auroville's ideals and values

- For further information, please [click here](#) 😊 to view our complete FAQ document.

- For past issues or to subscribe, visit: auroville.media/newsandnotes

We thank you for your collaboration and understanding.

DISCLAIMER:

Please note that the opinions and views expressed on these pages are solely those of the respective authors or work groups and do not necessarily reflect the position of the editors or the larger Auroville community. The News & Notes aims to provide a platform for the publication of diverse perspectives and voices from multiple sources within Auroville.

While our editors strive to ensure the accuracy of the information presented, we cannot guarantee that all information is free from error or omission. Additionally, we cannot be held liable for any alleged misinformation provided or offence caused by the content published.

In the event of any dispute, we encourage readers to consult with the Auroville Council, and we reserve the right to suspend the publication of disputed material. Our commitment to providing an open and inclusive platform for dialogue and exchange of ideas remains steadfast.

The News & Notes Team

newsandnotes@auroville.services

LIST OF ACRONYMS:

- **AVF** (Auroville Foundation),
- **AVFO/FO** (Auroville Foundation Office),
- **GB** (Governing Board),
- **RA** (Residents' Assembly)

The following groups are divided in two categories: The groups selected by the Residents' Assembly through Community decision making Processes and the groups put together by the GB and the FO (*not recognised by the Residents' Assembly*).

Working groups selected by the Residents' Assembly:

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

GB groups:

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



NOTE FROM THE EDITORS



Dear Community,

Here is some important information:

- If you would like to support the RA N&N, please send us an e-mail at newsandnotes@auroville.services.
- Content sent through @auroville.org.in mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: newsandnotes@auroville.services

Thank you for reading and for your continued support!

In community,

The RA Community Edition News & Notes Team

CONTENTS

01	Rays of Light
02	Guidelines / Quick Guide / Acronyms
03	Note from the Editors / Table of Contents
03	GB / FO GROUPS NEWS
03	COMMUNITY NEWS
03	Community Sharing
05	Residents Speak
07	Food for Thought
07	Auroville Conversations
07	French News & Notes
07	Inner Journey
08	ANNOUNCEMENTS
10	Support Needed
11	Looking For
12	Available
12	CULTURAL ANNOUNCEMENTS
14	At Cripa
15	For The Bookworms
16	Food
16	Poetry
17	Cinema Paradiso
18	COMMUNITY SERVICES
18	Essential Services
18	Health
20	Matrimandir Access Information
20	AV Public Bus / Emergency Numbers

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1110

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

COMMUNITY NEWS

COMMUNITY SHARING

[REMINDER]

★🌳 **SUPPORT THE AUROVILLE YOUTH CENTER** 🌳★

Dear Auroville family near and far,

So far we have received over **2,700 signatures** (as of 19.Dec) in support of the Auroville Youth Centre.

We must state clearly that the eviction of the youth and the destruction of the Youth Centre are unlawful and contradict the very spirit of Auroville.

The youth are our collaborators and vital co-stewards of Auroville. It is deeply unjust that they are subjected to continuous attacks by the Secretary, the Governing Board, and a handful of followers who have lost their moral as well as spiritual compass.

Petition link :

<https://c.org/YwknWYBCGP>

Please sign, share, and help protect our youth in these deeply troubling times.

In solidarity,

Concerned residents and well-wishers of Auroville

For extra information, please watch this video:

<https://www.youtube.com/watch?v=rtroLi-MQbg>

RESPONSE TO THE STATEMENT CIRCULATED REGARDING THE YOUTH CENTRE



Dear Arun, Selvaraj, Anu, Chandresh, Partha, Margarita, Sindhuja, Jaya and Joseba,

We are compelled to respond to the statement circulated on the 14th of December by the Working Groups appointed by the GB

concerning the Youth Centre (YC), as it presents a selective and misleading narrative that does not accurately reflect either the history of the YC or the nature of the engagements that have taken place.

First, the assertion that the YC was initiated with the intent to obstruct the Master Plan is a serious allegation that is neither substantiated by documented resolutions nor reflective of the motivations of those involved. The YC emerged as a youth-oriented, community-supported initiative responding to an evident social, cultural and educational need within Auroville. Any references to a single meeting or isolated statements by individuals cannot be retroactively framed as intent, nor can they justify collective punishment or erasure of years of community contribution and appreciation.

Second, the repeated portrayal of the YC as a space of civic, safety, and moral violations relies on generalised claims, anonymous “reports”, and unverified allegations. To date, no formal charges, police cases, or substantiated findings have been presented to the YC or the community to support these claims. Conflating unproven allegations with established facts undermines principles of fairness, transparency, and restorative dialogue that Auroville has long stood for.

Regarding administrative status, it is inaccurate to suggest that the YC “chose” non-compliance. The YC has repeatedly sought clarity and pathways for regularisation over the years, often receiving inconsistent, obstructive or delayed responses. The closure of the Financial Service account and withdrawal of basic services, such as electricity, occurred without a mutually agreed outcome, while later citing that very lack as justification for closure.

The claim that YC representatives “failed to respond” over a three-year period also misrepresents the record. Multiple communications, meetings, and written submissions were made, many of which remain unanswered or unresolved. The absence of a transparent, participatory, and time-bound process has contributed significantly to the current impasse.

Most importantly, the framing of this situation as one of tolerance followed by enforcement obscures a deeper issue: the erosion of trust, due process, and community spirit over the last four years. Decisions of such magnitude impacting lives, livelihoods, and community spaces cannot be legitimised through public statements alone, especially when those directly affected have not been given a fair platform to respond or to co-create solutions, and should be brought to the whole community.

We reiterate that the YC does not deny the need for lawful, safe, and accountable functioning within Auroville. What we contest is the construction of a narrative that justifies closure through mischaracterisation and historical and ideological grievances rather than participatory resolution that includes the wider community.

We remain open to an honest, documented, and mediated process that distinguishes facts from assumptions, addresses concerns without vilification, and upholds the spirit of collective responsibility and mutual respect.

Sincerely,
Deep and Dingbawi



HEALTH CENTER - NEW PHONE NUMBER

Please note that Auroville Health Center has a new phone number
0413 291 0005

This number will also connect you with the HC Pharmacy and on Tuesday and Thursday mornings with the Health Fund office.

FROM THE AUROVILLE LIBRARY



HOLIDAY CLOSURES 🌟



FREESTORE BOOK DROP-OFF SERVICE TO RESUME AT AUROVILLE LIBRARY

Dear Community,

We are sharing an update regarding the recent closure of the Freestore's book drop-off service.

Though it is unfortunate that this precious facility is no longer available there, we are happy to announce that the Auroville Library is preparing to offer this service.

We aim to have it up and running at the start of **January 2026**, but you are welcome to drop off books anytime before then.

Please look forward to more information in the near future.

Happy Reading! 📖

Warm Regards,
The Auroville Library Team





*At the head she stands of birth and toil and fate,
In their slow round the cycles turn to her call;
Alone her hands can change Time's dragon base.*

Savitri, p.314

- **4:30 - 9pm:** the Inner Chamber will remain open for Aurovilians and New Comers for their concentration before the New Year. New Comers need to show their New Comer Card.
- **5 - 5:30pm:** Silent Gathering under the Banyan Tree to bid farewell to the year that is ending and prepare ourselves to receive the coming year. All are to maintain complete silence under the Banyan Tree.
- **5:30 - 6:15pm:** *the three dragons: the dragon of the Earth, of the mind region and of the sky meet to manifest the truth...*

Deep Listening – Aspiration- Resonances.

Sound Reflections by Svaram Team at the Unity Garden.

Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15pm.

- **11pm - 12:15am:** Matrimandir will remain open for midnight meditation for Aurovilians and Newcomers only. New Comers need to show their New Comer Card. All are requested to be seated in the Inner Chamber latest by 11:45pm.

1.1.2026

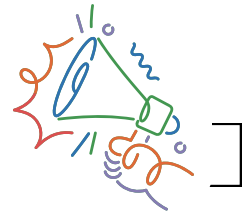
- **6:30 - 7am:** New Year Meditation under the Banyan Tree. Entrance from the Office Gate, open at 6:15am. Guests are requested to carry their Aurocard with them. Last entry for guests at 6:30am.

Evening Program at the Amphitheatre

- **5:30 – 6pm:** Savitri Music. Entrance from the Office Gate. Visitors and guests are requested to carry their Aurocard along with them. Last entry for guests at 5:15 pm.



RESIDENTS SPEAK



THE SUPREME IMPORTANCE OF THE OM CHOIR

It was in 1961 when the Mother invited me to come to India to be near Her. I met Her on November 24th, the day when Krishna came into Sri Aurobindo.

I spent nearly an hour with Her and She spoke to me of the compositions of great composers and then gave me my first adesh, "You must bring down a new music".

She then told me to go far above words and bring down the pure music. For this I have lived these many years singing through the power of OM, and then one day the Lord spoke to me and told me that the greatest Force would best be brought down through a collective body, a sacred, holy body and so, 23 years ago I began the OM Choir where we are not alone in meditation but aspire as one united soul to bring down the new music. Now each year thousands come and experience something that is far above the mind, the beginning of a transformation of the being. Many who see the Mother and Sri Aurobindo amongst us are deeply moved by Their presence in our midst and there are hundreds who have the experience of their lives. I have chronicled this in my book, "The Descent of a New Music".

Though we begin the session by teaching the body-consciousness the proper techniques to sing, when the OM begins all voices and all notes are equal as we become instruments for the Divine Presence to sing through us and enter all. It is the only place where we are not alone, for all are one, united in the vibrations of OM and the beauty of Divine love and oneness. A transubstantiation comes into the collective body and the world-ways open wide, penetrating brick and stone and touching all in the world who are open to the transformation. A Voice is heard that carries through us the Word. One does not need to know anything about singing however, for indeed the next forty-five minutes it is the Divine Presence that sings through us!

We meet every **Tuesday in Savitri Bhavan at 5:30**. One hour before, at 4:30 we immerse ourselves in Savitri and go very deeply into the mantric lines in our Savitri Satsang.

Narad

HOW CHRISTMAS WAS STARTED IN THE ASHRAM-BY SUNAYANA PANDA

Many people often wonder about the origins of the Christmas celebrations in the Ashram. Of course, to those of us who grew up here, having seen the Christmas tree since our early childhood we have never given a thought about how it all started. We all remember how we would wake up to find a present on top of our mosquito-nets on the morning of the 25th December and how Udar-da would come in his red Father Christmas costume and a big white beard, ringing a bell. There would be a nip in the air. We would come to school and spend the whole morning listening to stories or visiting the various boardings of the School to see their Christmas decorations. We could hardly wait for it to be evening so that we could go to the Theatre where we had a lot of fun. There were presents, games and music. It was the only day during school time when the students did not have sports. ...

The Mother was familiar with the ancient occult traditions of the West and was herself well-acquainted with the occult world. Long before Christmas came to be celebrated as the day of the birth of Christ there had been a festival which fell during the same week and was celebrated as the return of the Light to the Earth. It was in

this spirit of remembering the new birth of Light that the Mother celebrated this day.

We don't have much information on how Christmas was celebrated in the 1930s in the Ashram. Maybe it wasn't celebrated at all. However, when children started coming to the Ashram, the organisation of the daily life of the community took a new turn. Mona Pinto, being an Englishwoman, used to bake a special cake for the Mother and send her presents on 25th December after she joined the Ashram, because in her country it was a day of festivities and



gathering of friends and families and also of exchanging of gifts as a symbol of love and affection. In 1944, during the war years, when all of a sudden, there was an influx of children the Mother asked Mona to organise a little celebration for them. The ladies who were working with Mona at Golconde made fancy hats and little presents. Games were organised and these presents were distributed. All this was done in the house opposite the Ashram Library where Mona used to live then with her husband Udar and their daughter Gauri.

The children enjoyed the celebrations so much that it was decided to hold it the following year too. A couple of years later the Pintos shifted to their house on Rue St. Gilles. The first year after they moved, the Christmas celebration was held there, but it was decided right there that from then on the distribution of the presents would be for everyone in the Ashram and that it would be more convenient if it were held at the Playground. For the next ten years or so the Christmas tree was decorated and lit up at the Playground. It was a simple affair, and the young and the old participated in the cheerful mood of the celebration. The Mother herself sat near the tree and distributed the presents.

In those days the Ashram's finances were very limited so the presents which were given to the children were not new toys which were bought. What the children got in their little packets was mostly recycled material. The tennis balls with which the Mother played were afterwards passed on to the other players and when they were completely worn out they were dyed in bright colours and distributed to the children at Christmas. For many years the only things the children got were these brightly coloured balls and a top made at Harpagon, most probably from left-over bits of wood, and a few walnuts. The special presents were the objects people made themselves and offered to the Mother on their birthdays. These beautiful things were sent to Mona to keep in her store and brought out at Christmas and given as presents. Many years later Manoranjan-da would go to Madras and buy little plastic toys. Even though everyone enjoyed this little celebration, the Playground, as it turned out, was not the ideal place. Sometimes it rained and everything had to be hurriedly taken into one of the rooms. At other times there was a strong wind and the decorations on the tree would get blown away.

In 1956 the Theatre Hall was constructed and was at that time the largest covered space of the Ashram, and perhaps it still is. From 1958 the Christmas tree was decorated at the Theatre and the Mother distributed the gifts there. Mona sat next to her, and one by one, handed her the packets to be given. Since then the celebrations have been held there, except for a couple of years in the seventies when the tree was brought to the School. This was because firstly, the Ashram had some financial constraints and secondly, during the Indo-Pak war the Ashram wanted to show its

solidarity with the country and decided to keep things to an austere minimum.

Probably the last time that the Mother came to the Theatre for the Christmas distribution was in 1961. That year she did not sit and distribute the presents but only came and saw the decorations. It seems that that year she only distributed the packets to a few people and left. When the Mother stopped coming to the Theatre the distribution was done by Mona. On many occasions Mona said that had the Mother herself not insisted on this celebration she would not have done any of this planning and packing and counting and sorting, as it meant a lot of work for her and her team all through the year. But she did it with all her enthusiasm and all her cheerfulness because it was for the Mother.

At the beginning Mona would collect little things which she thought could make good presents, as and when she received them, and would keep them separately in a cupboard. Over the years the preparations for the Christmas distributions became more and more organised. As Mona was in charge of this distribution all the preparation and storing of the presents was done in the basement of Golconde, and is still being done there. Several people work all through the year to collect and sort things which eventually go into the packets which are distributed. Some things are made and some things come as donations in kind. Little objects are divided into different lots, depending on which age groups they might be suitable for. Some presents are bought with the money that is donated by well-wishers to the Christmas fund.

From 1959 until 1972 the Mother gave messages for Christmas which were put up on the Ashram notice-board along with a collection of beautiful cards. Those messages are a real indicator of the spirit in which this celebration was done. In all the messages the Mother refers to the day as "Noel" and speaks of the Light, of renewal and peace. Even though all over the world Christmas has become one big shopping season, we in the Ashram have had the privilege of knowing its ancient and occult significance. And it was with this idea of invoking the Light that the Mother had started this tradition in the Ashram.

- <https://www.facebook.com/watch/?v=1772637886805145>
- <https://overmanfoundation.org/photographs-of-the-mother-during-christmas-celebrations/>

[Submitted by Paulette]

SPIRITUAL-SUPRAMENTAL MORPHIC RESONANCE

I posited the following question to one of our Infocomm Assistants Gemini, with follow through elaborations:

Can you make the connection with the Morphic Resonance of Rupert Sheldrake to the similar views of Carl Jung and Sri Aurobindo?

Here, dive in and continue from there:

<https://g.co/gemini/share/00d5ccce23d1>

Addendum:

The Object is Transformation

"There has never been here any real surrender, any giving up of yourself freely and simply into the hands of the Divine Mother. And yet that is the only way to succeed in the Supramental Yoga. To be a Yogi, a Sannyasi, a Tapaswi is not the object here. The object is transformation, and the transformation can only be done by a force infinitely greater than your own; it can only be done by being truly like a child in the hands of [the Divine Mother](#)."

<https://incarnateword.in/cwsa/32/surrender-to-the-mother>

"The world is not an unhappy accident, it is a marvel moving towards its expression."

— Sri Aurobindo



To continue reading, please scan the QR Code to access the links or go to this blogsite and open the post with the same title:

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

Zech

FOOD FOR THOUGHT

**"The way I see it,
if you want the
rainbow, you
gotta put up with
the rain."**

—DOLLY PARTON—

AUROVILLE CONVERSATIONS



Submitted by an Aurovilian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

25 Décembre 2025

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



INNER JOURNEY

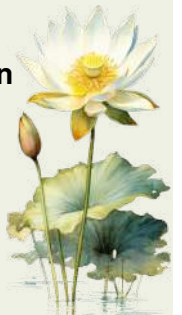
INTRODUCTION TO THE INTEGRAL YOGA OF SRI AUROBINDO AND THE MOTHER

Tuesday 30th December, 9 am - 12 noon
Focus: The Inner Being

Led by Ashesh Joshi

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

All are Welcome



SAVITRI SATSANG WITH NARAD

EVERY TUESDAY, 04:30 - 05:15PM

In this deep exploration of Savitri we will study:

1. The mantric basis of Savitri
2. The importance of iambic pentameter in epic poetry
3. The wealth of definitions in Savitri from Sri Aurobindo and Mother
4. Music and alliteration in Savitri
5. Words defined from the 'Lexicon of the Infinite Mind'
6. The Mother's Words on Savitri

At Savitri Bhavan - Square Hall.

All are welcome to join.

Narad

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 **TUESDAY**
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, tablets, cell phones, etc. No photos.
- **Guests with Aurocard** wishing to attend must book at <https://bit.ly/savitri-reading> one or two days in advance or the very day before 11am. Please bring your Aurocard with you.
- **Access by Office Gate** for the Amphitheatre only from 5:15pm. Guests are requested to bring along their Aurocards. Last entry for guests at 5:30pm. Access limited for guests to the Amphitheatre.
- **Last exit for guests** at 6:15pm.

Velmurugan for the Access Team

VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,
Kuyilapalayam

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

Please register in advance

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

(Private sessions on request at other timings)

HEALING PRACTICES FOR TRAUMA FROM THE PERSPECTIVE OF INTEGRAL YOGA

WHAT IS TRAUMA?

In the light of Integral Yoga, trauma can be seen as a deep imprint left on our being by experiences that overwhelm our ability to assimilate, integrate, or respond harmoniously. More generally, trauma refers to the physical, psychological, and emotional response to deeply distressing or disturbing events that exceed a person's capacity to cope. It is the lasting impact of experiences that threaten one's safety, identity, or wellbeing, or that fall outside the range of typical human experience.

Causes of Trauma

Life events causing trauma may be personal or collective: sudden shocks, long-term stress, abuse of power or authority, violence of any type (physical, emotional, or psychological), extreme pressure, painful relationships (personal or professional), political abuse, threats, displacement, loss of loved ones, loss of home or work, forced changes, witnessing violence, accidents, illness of oneself or others, diagnosis of a serious disease, and many other situations.

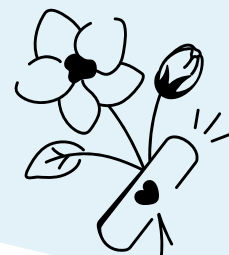
Healing Practices for Trauma from the Perspective of Integral Yoga

There are a few ways, inspired by Integral Yoga, to approach trauma with gentleness and the Mother's presence. These are not quick fixes, but steady movements of consciousness that invite healing and transformation over time.

#9 Shaking Practice For Trauma Release

AStand near (but not touching) a wall for support. Shake the entire body vigorously, making sure that every body part and limb is included in the movement and ensuring regular breathing. It is best to breathe out while shaking, stretching the outbreath as long as possible until the lungs are completely empty. This releases stress, trauma, and anger from the nervous system. Regular practice, morning and evening, can bring noticeable relief.

There will be a healing practice shared each week in the News & Notes. This series is a weekly offering by an Aurovilian therapist, to help people to engage with their personal healing.



ANNOUNCEMENTS

BEFRIENDING DEATH

THURSDAY 1ST JANUARY, LIBRARY, CREATIVITY

Time: 10:45am - 11:45am

Venue: Creativity Library, Creativity community, Auroville (not AV library)

- Open for all.
- No registration / fee.
- Phones on airplane mode.
- No entry after 10:45am.
- Donations welcome.

Hosted by Deepa.

More about Deepa's work- life- travels

<https://tinyurl.com/v9nwba2>



JIVA AUROVILLE



A platform of Aurovilles therapists for therapy, workshops, classes, and professional training.

Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork : Sundays 4:30 - 8pm
- Cosmic Dance Wave Saturdays : 5 - 6:30pm.

Upcoming workshops

- 25, 26, 27 Dec : Online Module Integral Trauma Therapy Introductory Webinar

www.auroville-jiva.com contact@auroville-jiva.com

WA 96260 06961

THE INNERBEING PROJECT: LATEST UPDATES

Over the past month and a half, the InnerBeing Project has met several beautiful individuals and communities throughout the Iberian Peninsula who share the similar ideal as Auroville: fostering a new society that prioritizes Inner Guidance.



Now, we pause for a few days amidst olive trees before taking the ferry to Italy for the second part of our journey.

We've witnessed an uplifting paradox connected to Auroville that reflects a worldwide occurrence, and we'd like to share it with you.

On one hand, there still exists this medieval attitude where a handful of people are leading today's physical Auroville and the physical world in an outdated manner, blind and deaf to the shift of consciousness that is rippling everywhere on Earth.

On the other hand, countless people are recognizing the dead zone of this narrow-minded and egoistic attitude. They're opening their minds and hearts until they connect to their souls, and beginning to build the subtle new Auroville and the subtle new World from a new state of consciousness.

Many of these people that we encountered might not even have heard about Auroville, and yet they carry the true "Aurovilian Spirit" in their behavior.

We believe that a day will come when Auroville will be the whole world, and the whole world will be Auroville, regardless of what name the new humanity gives to Auroville and the world.

To follow our journey, you might like to check out the following:

1. Interviews with other Communities: [The Foundry](#) (EN), [Terra de Luz](#) (EN), [Los Portales](#) (SP & FR)
2. Writings of: [David](#) (EN), [Sacha](#) (FR), [Alfonso](#) (SP)
3. Sacred Couples: [Débora & Emerson](#) (FR)
4. [Blog](#) of the IB Project's journey

If needed use the subtitle function on YouTube, and feel free to share, comment and suggest at innerbeing.world@gmail.com

We wish you in advance a blessed and uplifting start of 2026 🙏

Dan, for the InnerBeing Project Team

SOLITUDE FARM CAFÉ – 20 YEARS OF LIVING FOOD CULTURE



FREE GUIDED FARM TOURS EVERY SATURDAY

For over 20 years, Solitude Farm Café has been a living example of local and traditional food systems in Auroville. Rooted in cultural and nutritional heritage, the café prepares food using a wide diversity of edible weeds, tubers, flowers, leaves, roots, stems, seeds and seasonal vegetables, all grown through natural, non-interventional farming practices.

The food is deeply nutritious and full of distinctive flavour, while also addressing the ecological cost of industrial agriculture—monocropping, long food miles and heavy carbon footprints—by growing and cooking what truly belongs to this land.

Solitude serves breakfast and lunch daily, offers a daily local food thali lunch as an alternative lunch venue, and offers a Lunch Scheme for Aurovillians not on city service maintenance. A small farm shop on site sells Ayurvedic powders, jams, pickles and fresh farm produce.

Free guided farm tours take place every Saturday at 11:30 am, sharing the narrative of natural farming and the reclaiming of cultural nutritional heritage.

We look forward to receiving more Aurovillians at the farm.

Team Solitude Farm Café

98433 19260

solitudepermaculture@gmail.com

THE COLOURS OF NATURE

NEW POPUP/PRODUCT SALE

Looking for Christmas gifts?



100% Natural Dyes

The Colours of Nature

Visit our new Popup at our Production site. All old stock at 50% and an additional 5% off for Aurovillians. Also some new stock and cheaper reject sales.

www.thecoloursofnature.com



The Colours of Nature
Production HQ
Next to Isai Amabalam Annex GH
Auroshipam, Auroville, Tamil Nadu
Contact: colnature@gmail.com

ASHTANGA YOGA CLASSES WITH MONICA

MONDAY TO SATURDAY, PITANGA

Ashtanga Yoga
with Monica Marinoni

KPJAYI Authorised
Level 1 & 2 teacher

Monday - Friday
9am – 11am (self paced)

Saturday
9.40am – 11.10am
(led primary series)

*NO classes on:
Sundays,
New & Full Moon days,
Public holidays*



Ashtanga Yoga, practiced in its correct sequential order, gradually leads the practitioner to rediscovering his or her fullest potential on all levels of human consciousness: physical, psychological, and spiritual. Through the practice of correct breathing (Ujjayi Pranayama), postures (Asanas), and gazing point (Dristi), one gains control of the senses and a deep awareness of oneself. By maintaining this discipline with regularity and devotion, one acquires steadiness of body and mind.

Classes with prior registration only. No drop-ins.
Booking with the teacher only:
marinonimonica@gmail.com – QR code

More information:
www.monica-marinoni-ashtangayoga.com
or WhatsApp +39 3917254083



Pitanga Cultural Centre, Samasti, Auroville 605 101 | info@pitanga.in | 0413 - 2622403, 9443902403
A service unit of the Auroville Foundation, Health and Healing Trust branch | GSTIN: 33AAATA00378Y3N

SRI AUROBINDO AND MOTHER'S THOUGHT IN LAST SCHOOL

Sri Aurobindo and Mother's Thought in Last School

Last School is happy to open its doors and welcome all those who are interested in exploring Mother and Sri Aurobindo's works.

If you are interested in being part of this initiative and collective learning exploration please register:

Whatsapp +447515377896 or email misha@auroville.org.in

VOICE SOUND JOURNEY
SATURDAY 3RD JAN, HALL OF LIGHT, CREATIVITY

Voice sound journey

Hall of Light
Creativity community
Saturday, 3rd January 2026
from 9 to 12 pm & 3 to 5 pm

The healing power of the voice lies in its ability to gently shift the inner world. When sound flows through the body, it can create a sense of calm, ease tension, and reconnect the mind with the heart. The vibrations of humming, toning, or simple vocal expression help the body settle, clear emotional heaviness, and restore a feeling of wholeness. Using the voice in this way invites a deeper presence, allowing the body to breathe more freely and the heart to open with renewed clarity.

To register contact Lola WhatsApp 9443069335
Limited number of spots
An Auroville activity under Hospitality trust

HIVE COWORKING SPACE
OPEN HOUSE EVERY FRIDAY, AUROMODE



NEED A PLACE TO WORK?

OPEN HOUSE | **Hive** COWORKING SPACE

FREE ON EVERY FRIDAY

More Info : +91 90 42 75 95 40 | www.auromode.in

Are you looking to work, study, create or simply connect with like-minded professionals in a serene place? Step into Hive and experience the Cosy workspace with super-fast Internet, Coffee -

-All for **FREE** on our Open House.

- Venue: Hive, Auromode
- Time: 9 am - 7 pm
- Visit us at www.auromode.in/hive-coworking for more details on our plans and facilities.
- For inquiries: auromodehive@auroville.org.in / +91 90427 59540 (WA) / +91 70921 97375 (WA) or drop by.

All are Welcome!!!

FREE AI MASTERCLASS FOR ALL
EVERY SATURDAY, HIVE, AUROMODE

AI CLASSES ARE BACK!
Restarting with fresh energy

FREE



- Prompt Engineering
- Generative AI (GenAI)
- AI Development,
- Data Science

• Every Saturday: 10am to 11am
• Location: Hive, Auroville

Registration: RSVP to +91 9886740850
Join us on this journey once again

Hive COWORKING SPACE

Are you looking to transform your future and career with AI? Come Join our **Free AI Masterclass** at Hive Coworking Space facilitated by S M Pandi Subramanian, founder of Enthiram.AI, with over 20 years of pioneering work in AI innovation and solutions.

Open for all, no prior experience needed.

Contact: +91 98867 40850 / auromodehive@auroville.org.in

SUPPORT NEEDED

APPEAL TO SUPPORT THE MULTIMEDIA CENTRE AUDITORIUM - CINEMA PARADISO



Be Part of The Story: Support
Multimedia Center Auditorium – Cinema Paradiso (MMC-CP)

Community cinemas worldwide thrive on support from their audiences. At Cinema Paradiso, our core funding now covers only basic maintenance. We handle everything else ourselves, from fuel to upgrades. Since COVID, operational budgets dried up, costs rose, and fewer events mean less income. Generator expenses once covered outside the budget now fall on us.

To cover ongoing expenses, we set a goal of 8 Auroville units. Three units already contribute ₹3,000/month each, and we are grateful for their support. We now invite 5 more units to join them. Individuals and film lovers are also welcome to contribute as well. Every bit of support helps.

Indian nationals and unit holders in Auroville (from any nation) can donate by setting up recurring or one-time contributions via the Unity Fund at our Financial Service. This ensures your support goes straight to MMC – Cinema Paradiso (FS Account #105106). Direct payments to our FS Account are not considered donations and will incur 18% GST for us. However, if that works better for you, please go ahead. Non-Indian nationals (from within Auroville or elsewhere) are welcome to contribute by contacting AV Unity Fund at Financial Service for guidance.

Your contribution helps keep screenings alive and strengthens community spirit. Be part of the story.

Thanking you
MMC-CP Team

★~ WHERE CURIOSITY FINDS A HOME ~★
AUROVILLE LIBRARY - AVI USA MATCHING CAMPAIGN



Our friends at [Auroville International USA \(AVI USA\)](#) are hosting a special donation matching campaign all through December, which means every donation made to the Auroville Library this month will be **doubled!**

This is a great opportunity to help us continue evolving as a quiet haven for curious minds and shared stories.

With your support, we hope to:

- do much needed building maintenance - new lights, sunshades, painting and leaky roof repairs
- make another step towards expanding the children's reading room - a nurtured dream
- grow our book collection - the wish list is many pages long
- add more guest workstations and better screens.

Your generosity, in any amount, keeps the library vibrant - a place for reading, reflection, concentration, and connection; a welcoming space for inquisitive minds of all ages.



For AVI USA
Donations

With about 6 days left in the month, this is a wonderful moment to join in if you've been thinking of contributing.



For Indian
Donations



Thank you for being part of our community.

The Auroville Library team
(Kathrin, Amy, Ayesha, Devna, Doris, Kalaivani, Vani, Ramani and Vennila)



LOOKING FOR

LOST KEYS

I lost on the road of large door key plus three smaller lock keys.

If found pl contact

Frederick

94864 75457



STOLEN MOTORBIKE



Hero Passion X Pro, Grey color, Registration No. PY 01 CM 0556.

Stolen from Realization community garage, Auroville.

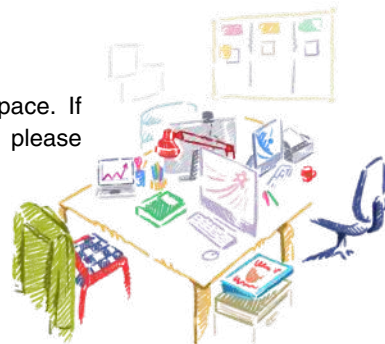
Reward for information leading to recovery.

OFFICE SPACE

I am looking for an office space. If you have a room I can use, please let me know.

Krishna D

98841 20010



TRANSLATORS AND PROOFREADERS

Looking for translators and proofreaders for questions (written in English) on conscious dying.

- **Proofreaders** needed for:

Gujarati, Kashmiri, Kannada, Bengali, Marathi, Sindhi, Tamil, Portuguese, Turkish, Japanese, Spanish, Chinese, English.

- **Translators** needed for

Indian / foreign languages not mentioned above.

- No prior experience required. Just enthusiasm and interest in this topic

Regards, Deepa,

stigmatad@gmail.com

More about Deepa's work- life- travels

- <https://tinyurl.com/v9nwba2>



TAXI SHARING - SUNDAY 11TH JANUARY



To stay ECO FRIENDLY am very willing to share a taxi from **Auroville to Chennai airport on Sunday 11th January 2026.**

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

Please contact via whatsapp +34685673777 or email: srimaa221@gmail.com

Many thanks, Sunny

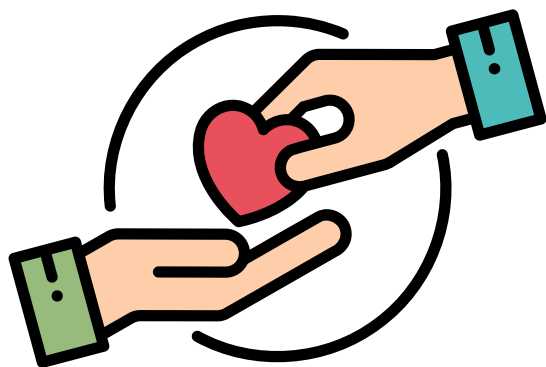
AVAILABLE

BIG WOOLLEN CARPET



approx, measures 3'40 by 2'40.

Joan, joan@auroville.org.in



2 BICYCLES TO GO BY DONATION



These bikes are there to go by donation to one AV project.

Contact by WhatsApp only 96268 86029, Sonja

CULTURAL ANNOUNCEMENTS



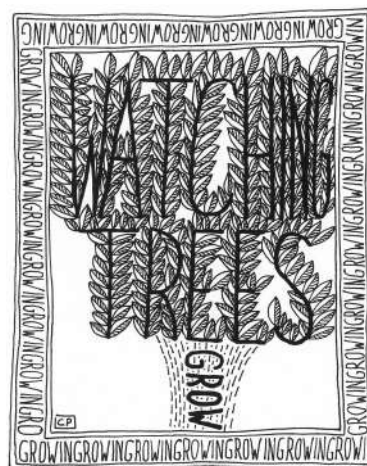
EXHIBITION AT THE AUROVILLE LIBRARY BY CLAUDINE

We are happy to exhibit artworks
by Claudine from Minati.
All are welcome during opening
hours.



WATCHING TREES GROW EXHIBITION

SAT 20TH DEC - SAT 17TH JAN, AUROVILLE LIBRARY



WATCHING TREES GROW EXHIBITION

AT THE AUROVILLE LIBRARY

13 BLACK & WHITE TREE DRAWINGS
INSPIRED BY MADHUBANI
AND THE AUROVILLE FORESTS

ON DISPLAY UNTIL JANUARY 17, 2026

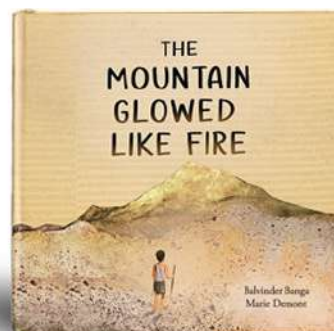
OPENING HOURS:
MORNINGS: MON - SAT 9 a.m. - 12.30 p.m.
AFTERNOONS: 2 p.m. - 4.30 p.m.
EXCEPT TUESDAYS 4 - 6.30 p.m.

CHRISTOPH

THE MOUNTAIN GLOWED LIKE FIRE - EXHIBITION AUROVILLE LIBRARY

THE MOUNTAIN GLOWED LIKE FIRE

Balvinder Banga - Marie Demont



Mornings:

- Mon - Sat: 9am - 12:30pm

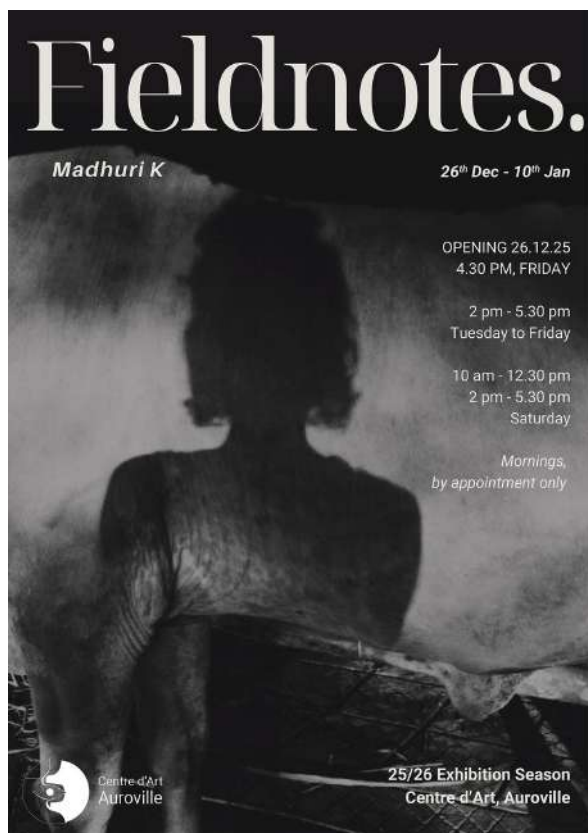
Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tues: 4pm - 6:30pm

DOUBLE EXHIBITION :

- **FIELDNOTES BY MADHURI K.**
- **MARKING LUMINESCENCE BY SAMEER RAO**

FROM 26TH DECEMBER - 10TH JANUARY, CENTRE D'ART



Opening on **Friday 26th December at 4:30pm**

FIELDNOTES by Madhuri K.

The rhythm of the seasons, crop rotation, rice growth, the alternation of day and night, sad or happy events, birth, death.

The abstraction of forms that are not immediately recognizable, a human or animal shoulder, feet, horns, fur, skin, earth, plants, textures, marks in the ground like scars, writing to be deciphered. Shadows and light in stark contrast in these photographs, dominated by an organic, dense, and inhabited black.

Life photographed without hierarchy, without complacency, without codes to decipher. Life on a huge agricultural complex, Annapurna Farm, which feeds 3,000 people every day. A reality in which Madhuri has been living, working, and photographing for the past five years.

The fruit of these years at Annapurna is a book entitled Fieldnotes, part thesis, part logbook, composed of her photographs and texts in chronological order.

This exhibition brings together 30 of the most significant photographs from Fieldnotes, printed on precious silver-colored paper whose luminosity changes depending on the light it receives. The deep blacks serve as counterpoints to the most luminous forms.

Madhuri's work is not descriptive. There are no landscapes, nothing that could identify a particular place. She uses photography as a memory aid, as a means of expression, to mark milestones in her life as a farmer and to tame it. She contrasts the infinity of space and the monotony of a thousand years with a rhythm of vibrant images, charged with an intensity that we perceive without always understanding its nature or significance, which fragment time into moments and moments into meaning.

Through the image of fields, lying hens, or sheaves in backlighting, a complex representation emerges, in which, unbeknownst to the viewer, their own emotions, imagination, and memory are inscribed.

She leaves us with the magic of captured light, cast shadows, the work of faceless hands, the breath of animals and the wind.

Dominique Jacques

A TALK BY SOUMYA SANKAR BOSE

TUESDAY 30TH DEC, MULTIMEDIA ROOM, CENTRE D'ART



Soumya Sankar Bose works with long-term research, family histories, and community engagement. His practice explores subaltern lives in post-Partition India. Working across photography, film, and alternative archives, he builds hybrid narratives from archival fragments and oral histories. These works often become the only remaining traces of erased events and their afterlives. Moving between fiction and reality, his practice opens spaces of memory, desire, vulnerability, and identity.

Bose received the Magnum Foundation Social Justice Fellowship in 2017 for Full Moon on a Dark Night. He was named Hello! India's Emerging Artist of the Year in 2023. In the same year, he received the Louis Roederer Discovery Public Award at Les Rencontres d'Arles for A Discreet Exit through Darkness. From 2024 to 2025, he served as Artistic Chair at The Beaux-Arts Nantes Saint-Nazaire, Le Lieu Unique, the City of Nantes, and the Institut d'Études Avancées, France.

Tuesday 30th December at 5 pm

Centre d'Art Multimedia Room, Citadines

PHOTO CIRCLE

FRI 2ND JANUARY, MULTIMEDIA ROOM, CENTRE D'ART



Photo Circle meets again on **FRIDAY 2nd JANUARY at 5pm** in the **Centre d'Art multimedia room, at Citadines.**

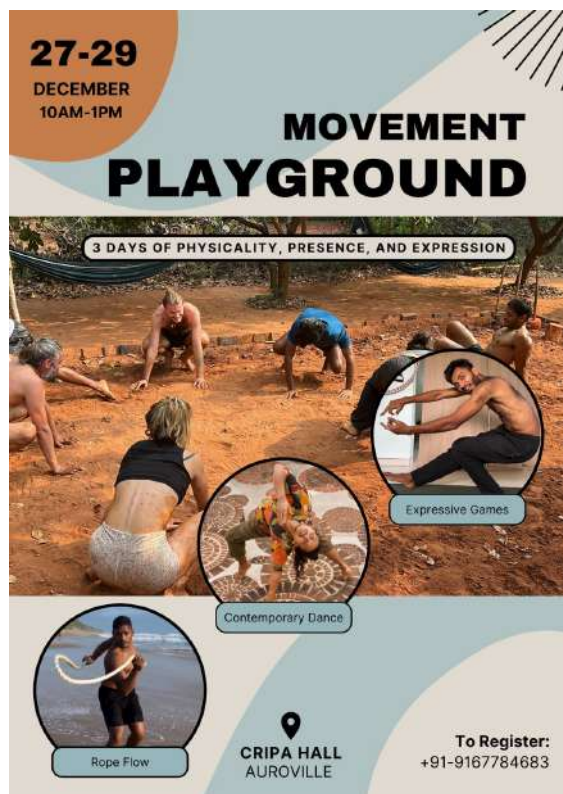
The Photocircle brings together Auroville's photographers and amateurs.

We share our own work, show the work of global photographers we admire, discuss the history of photography, and share techniques. Anybody can bring and screen a small selection of images.

Everybody's welcome

MOVEMENT PLAYGROUND | 3-DAY IMMERSIVE

SATURDAY 27TH – MONDAY 29TH DECEMBER



An immersive movement playground to feel, flow, and express - through three distinct movement experiences each day.

Across 3 days, we journey through:

- Contemporary Dance - working through physicality, awareness, and embodied intelligence
- Rope Flow - a meditative, rhythmic practice to slow down and enter flow states
- Movement Games - playful exploration for expression, connection, and full-bodied embodiment

This space is for you to move beyond technique - into presence, play, and lived experience.

Open to all bodies & movement backgrounds

Come as you are.

Let the body lead.

Let movement become play.

: 27th - 29th December

: 10am - 1pm

: Cripa, Auroville

To register / learn more: +91 91677 84683

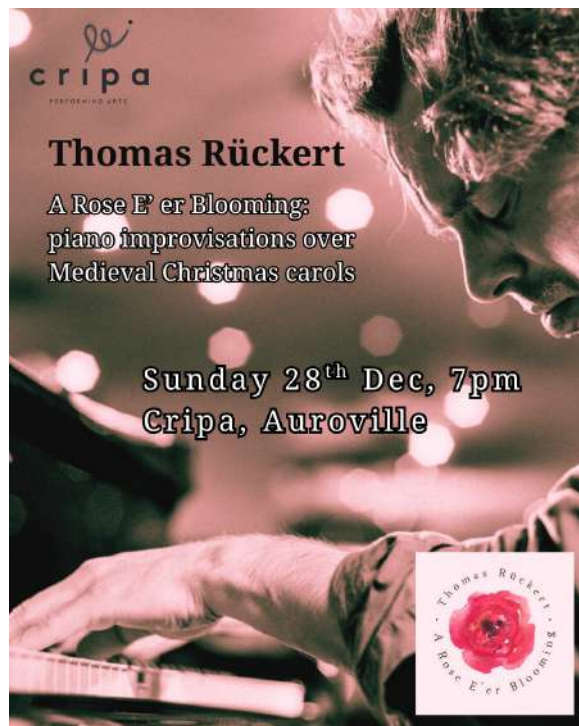
PRESENTING: A ROSE E'ER BLOOMING BY THOMAS RÜCKERT

SUNDAY 28TH DECEMBER

A Rose E'er Blooming is a musical embodiment of prayer. It serves the spirit of medieval sacred german melodies and lyrics with the freedom of improvisation and a well balanced variety of piano and composing techniques.

Thomas Rückert combines the original melodies with musical structures from different genres. In this performance you'll find aspects of jazz, gospel, folk, classical western contrapunct and even Indian and African traditional music.

They blend sweetly with the historic german muse spirit in service of the sacred.



: Sunday 28th December

: 7pm

: Cripa, Auroville

THE VANAVER CARAVAN AND STRAWBERRY HILL FIDDLERS

SATURDAY 3RD JANUARY



The Vanaver Caravan and Strawberry Hill Fiddlers are New York-based nonprofit organizations using live music and dance to promote peace, shared humanity, and youth transformation.

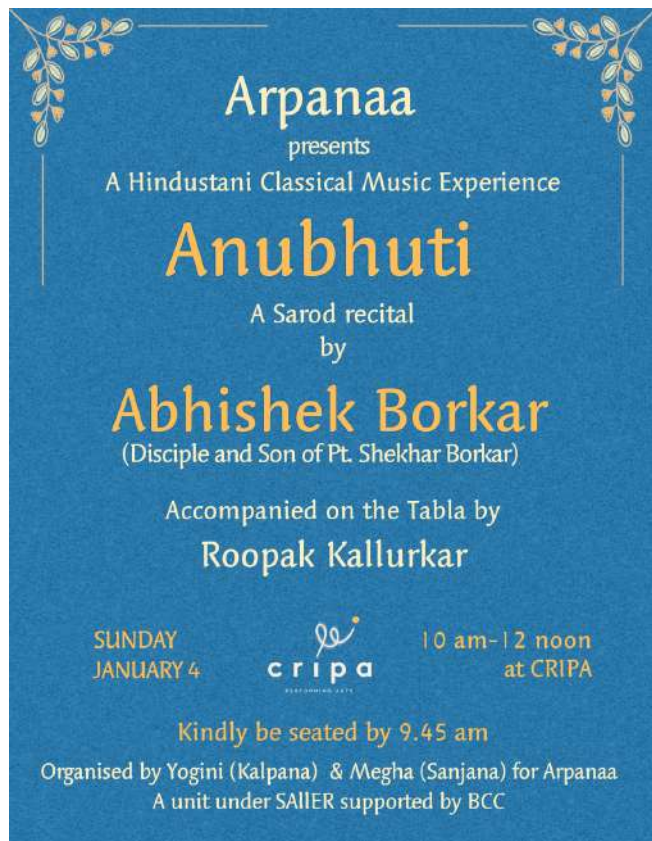
Their performance weaves together music and movement from traditions spanning the Southern Appalachian Mountains to North India.

The second half of the program invites the audience to participate in group dances, celebrating global traditions such as American Square Dance, Italian Tarantella, Irish Ceilidh, Greek Hora, and more.

17 : Saturday 3rd January
 : 5pm
 : Cripa, Auroville

ARPANAA PRESENTS ANUBHUTI ~ HINDUSTANI MUSIC CONCERT

SUNDAY 4TH JANUARY



Arpanaa
presents
A Hindustani Classical Music Experience

Anubhuti

A Sarod recital
by
Abhishek Borkar
(Disciple and Son of Pt. Shekhar Borkar)

Accompanied on the Tabla by
Roopak Kallurkar

SUNDAY
JANUARY 4

cripa
PERFORMING ARTS

10 am - 12 noon
at CRIPA

Kindly be seated by 9.45 am

Organised by Yogini (Kalpana) & Megha (Sanjana) for Arpanaa
A unit under SAILER supported by BCC

Arpanaa presents Anubhuti ~ Hindustani Music Concert, ushering in the New Year on a harmonious note.

Join us for a Sarod concert by Abhishek Borkar, accompanied on tabla by Roopak Kallurkar.

A leading young musician of his generation, Abhishek Borkar who trained under his father, Guru Pt. Shekhar Borkar of the Maihar Senia Gharana - has captivated audiences worldwide with his mastery of sur and laya since his acclaimed debut at age 10. Come immerse yourself in magical morning ragas the perfect start to the New Year.

17 : Sunday 4th January
 : 10:00am – 12:00pm (Kindly be seated by 9:45 am)
 : Cripa, Auroville



FOR THE BOOKWORMS

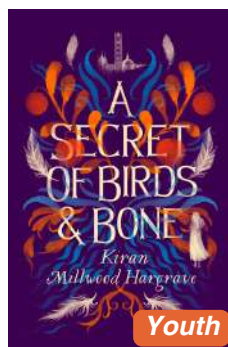
AUROVILLE LIBRARY

New Arrivals!

Dear Friends,

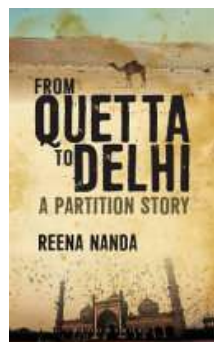
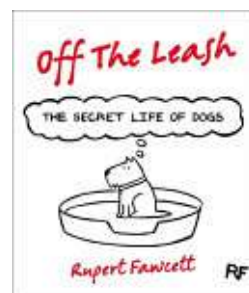
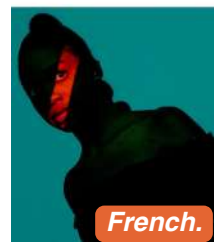
The Auroville Library invites you to come check out our **latest arrivals**.

In addition to books in English, French, Italian and German (see some examples below), we are happy to introduce **new works** from **fellow Aurovilians, Mother, Sri Aurobindo, and disciples**.



NEW!

Gaëlle Bélem
Un monstre est là,
derrière la porte



And we didn't forget the children! There are plenty of fresh reads in the kids' room as well.

The Library also offers an assortment of **jigsaw puzzles** for borrowing. It's a wonderful way to while away wet, windy weekends.

Come visit us!



TIBETAN PAVILION LIBRARY

Dear all,

We have vast collection of books on **Tibetan history, Buddhism, medicine, environment and etc**, and also a section of books on **India, China, Bhutan and spiritual books on Sri Aurobindo and the Mother**.



Our opening hours are:

- Monday, Tuesday Wednesday mornings
- Open from 09:00am to 12:30pm.

All reader's are invited.

We will be closed on the national holidays.

We look forward of seeing you in Tibetan pavilion,

Submitted by Kalsang

On behalf of Pavilion Of Tibetan Culture International zone

FOOD

FOOD FOREST TOUR & SUNDAY BRUNCH

EVERY SUNDAY, LA FERME COMMUNITY



FOOD FOREST TOUR & SUNDAY BRUNCH

Living Foods & Vegan Ice Cream Making

Every Sunday, 9-11 AM

La Ferme Community
(5 min from AV Bakery)

WhatsApp Sarah: 9047421044 www.myfoodforest.in



NEW YEAR'S EVE VEGETARIAN & VEGAN BUFFET

WED 31ST DEC, RIGHT PATH CAFE, VISITORS CENTRE

JOIN US FOR A

New Year's Eve BUFFET

THE RIGHT PATH CAFE
VISITORS CENTRE CAFETERIA, AUROVILLE

VEGAN

INTER-CONTINENTAL

Aurovilians, Newcomers, Volunteers

630/-

VEGETARIAN

ORGANIC FOOD

Children below 12 years

20% OFF

Guests

900/-

DECEMBER 31 6:30-10 PM

For bookings: +91 9043004919, cafeteriavc@aurville.org.in

Date: **Wednesday 31st December**

Time: **6:30 pm – 10:00 pm**

Welcome the New Year with a conscious, hearty and joyful meal.

Join us for an organic intercontinental vegetarian and vegan buffet at the Cafeteria Visitors Centre, Auroville.

Enquiries and bookings:

Email: cafeteriavc@aurville.org.in

WhatsApp: 90430 04919

Pricing:

- Guests: Rs 900/-
- Aurovilians, Newcomers and Volunteers: Rs 630/-
- Children below 12 years: 20% off

Wishing you a happy and nourishing New Year!

- The Right Path Cafe Team

POETRY

Bright laughter, surer than the Sun,
Shatters the last fort of illusions,
Shakes up the being in a half drowse,
Shapes anew the mode that holds
The promise and the play.

Anandi Z

Flower Experience

3/14/03

The precise camellia opening slow her bloom
Petal by petal in loveliness reveals
A hidden delight spun from Deity's loom
To break in man the dull and clouded seals

On eyes that would all Beauty's realms behold
And hearts that yearn to open to new light,
Souls that might both Nature and man enfold
And rise above this narrow constrained sight

To see the world as truly it was made,
A dwelling place of love divinely true
Where one needs neither darkness nor the shade
Protecting ignorance that limits new

Miraculous transcendences to come.
Appearing now at vision's farthest edge
Golden rays suffuse this earthly dome,
Upon the future's bright and shining ridge

Where children with the eyes of God appear
And landscapes long forgotten by the soul,
Of truth that blossoms in a timeless year
The far-receding, ever-nearing goal

Of earth rejoined to streams divine and bliss
Unknown approach through calm of mind,
The spirit rise to suffer Godhead's kiss
And life divine on earth our seeking find.

Narad

Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program: 29th December 2025 - 4th January 2026



Cinema Paradiso programs at the MMC warmly welcome the community. Doors open 15 minutes before showtime and close once the film begins, so please arrive on time. For everyone's enjoyment, kindly avoid crossing in front of the screen or using mobile phones when lights are off. Food and beverages are not permitted inside the hall.

INDIAN - MONDAY 29 DECEMBER, 8:00 PM:

• HI NANNA (HI DAD)

India, 2023, Writer-Director: Shouryuv w/ Nani, Mrunal Thakur, Kiara Khanna, and others, Drama-Family, 155mins, Telugu w/ English subtitles, Rated: NR (PG)

When love hides in secrets, hope finds a way. Viraj lovingly raises Mahi, a child battling cystic fibrosis. His stories of her absent mother draw Varsha into their lives, transforming grief into hope. A moving tale of love, healing, and second chances, it captivated audiences and earned multiple awards.

POTPOURRI - TUESDAY 30 DECEMBER, 8:00 PM:

• IRONIYA SUDBY, ILI S LEGKIM PAROM! (THE IRONY OF FATE, OR ENJOY YOUR BATH!)

Soviet Union, 1976, Writer-Director: Eldar Ryazanov w/ Andrey Myagkov, Marbura Brylska, Yuriy Yakovlev, and others, Comedy-Drama, 192mins, Russian w/ English subtitles, Rated: NR (G)

Zhenya's drunken mix-up lands him in Nadya's apartment in Leningrad, identical to his own in Moscow. As Ippolit, Nadya's fiancé, fumes over the intrusion, sparks fly between Zhenya and Nadya. What begins as a farcical mistake evolves into a heartfelt New Year's tale of chance, love, and destiny.

WEDNESDAY 31 DECEMBER & THURSDAY 1 JANUARY :

• NO FILM SCHEDULED : HAPPY HOLIDAYS



Cinema Paradiso brings films nearly every day, pausing only two. Your support keeps this tradition alive. Every contribution counts! Please consider recurring gifts to MMC-CP (105106) via the Unity Fund.

INTERNATIONAL FILM - SATURDAY 3 JANUARY, 8:00 PM:

• À LA BELLE ÉTOILE (SUGAR AND STARS)

France, 2023, Dir. Sébastien Tulard w/ Riadh Belaïche, Loubna Abidar, Marwan Amesker, and others, Biography-Drama, 110mins, French-English w/ English subtitles, Rated: NR

This film is being brought to you in collaboration with Alliance Française. From foster homes to Michelin-starred kitchens, Yazid Ichemrahen's true-life journey is a testament to resilience. Fueled by his passion for pastry, he battles hardship and prejudice to rise as a world champion, blending grit, artistry, and ambition to prove that even broken beginnings can lead to dazzling triumphs. With this, in Rilke's words, "we welcome the new year, full of things that have never been."

CHILDREN'S MATINEE - SUNDAY 4 JANUARY, 4:00 PM:

• WINNIE THE POOH: A VERY MERRY POOH YEAR

USA-France-Taiwan-S.Korea, 2002, Dir Gary Katona-Jamie Mitchell Ed Wexler w/ Jim Cummings, Peter Cullen, John Fiedler and others, Holiday-Animation, 65mins, English w/ English subtitles, Rated: G
Pooh and Piglet rush to fix a missing Christmas wish, while Rabbit's New Year plans cause silly mix-ups. With Tigger's bounce, Eeyore's sighs, and Christopher Robin's help, the friends learn that the best gift is being together. *A holiday of honey, hope, and hugs.*

CLASSIC WORLD CINEMA @ CINÉ-CLUB

CINÉ-CLUB SUNDAY 4 JANUARY, 8:00 PM:

• SEVEN YEARS IN TIBET

USA, 1997, Dir. Jean-Jaques Annaud, w/ Brad Pitt, David Thewlis and others, Biography-Drama, 136mins, English-Tibetan w/ English subtitles, Rated: PG-13.

Heinrich Harrer is an Austrian mountaineer who is forced to be a hero for the Nazi propaganda. He leaves Austria in 1939 to climb a mountain in the Himalayas. Through a series of circumstances, he and fellow climber Peter Aufschnaiter become the only two foreigners in the Tibetan Holy City of Lhasa. There, Heinrich's life changes forever as he becomes a close confidant to the Dalai Lama.



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 Auditorium, kindly email us at mmcauditorium@auroville.org.in.

Support MMC-CP: Every Contribution Counts: Like cultural spaces worldwide, MMC-CP relies on local financial support to thrive. If you value the films and programming we offer, consider a one-time or recurring donation via the Unity Fund to Account #105106.

If you have an innovative fundraising idea and are willing to take it forward, we'd love to hear from you. Email and share your proposal and let us know how you'd like to be involved.

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

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

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

GAS BOTTLE SERVICE

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

WATER SERVICE

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

ECO SERVICE (WASTE COLLECTION/MANAGEMENT)

- **Timings:** Monday to Saturday, 8:30am - 12:30pm, and 1:30pm - 4:30pm
- **Phone:** 63796 69034
- **Email:** ecoservice@auroville.org.in

POUR TOUS DISTRIBUTION CENTRE (PTDC)

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

POUR TOUS PURCHASING SERVICE (PTPS)

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

AUROVILLE LIBRARY

Timings:

Mornings:

- Monday to Saturday : 9am - 12:30pm

Afternoons:

- Mon, Wed, Thurs, Fri & Sat: 2pm - 4:30pm
- Tuesday : 4pm - 6:30pm

Children's Storytime! All ages welcome!

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

- **Phone :** 0413 2622 894

- **Email:** avlib@auroville.org.in

- **Website:** <http://library.auroville.org.in/>



“

*The World is my country,
all mankind are my
brethren, and to do good is
my religion.*

”

Thomas Paine

HEALTH

SANTÉ SERVICES IN DECEMBER 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.

Doctor Consultation with Dr. Joseph, Dr. Pavan Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Mon / Tues / Wed / Fri	Integrative Psychotherapy with Juan Andres: Monday to Friday
Physiotherapy & Massage with Galina: Monday to Friday	Homeopathy with Michael: Monday / Wednesday / Saturday
Midwifery & GYN Care with Paula: Monday & Wednesday	Soundbed Session with Sandhya / Thilagam: Monday to Saturday
Holistic Therapy with Louis Patrick: Monday to Friday	Bio-Well Assessment (Evaluation of your well- being) with Helena – inquiry email adminsante@auroville.org.in

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.

Welcoming **Louis Patrick**: Holistic Balance & Energy Work

Sante is delighted to expand our offerings with the introduction of **Louis Patrick** and his unique approach to Holistic Therapy.

Louis aims to restore deep balance within the body's energy and physiological systems. His sessions integrate precise ancient modalities, such as Acupuncture, with a highly **intuitive approach to energy work**. This combination helps address the root cause of imbalances, promoting profound healing and well-being.

HEALTH CENTER - KUILAPALAYAM

Contact: 0413 291 0005

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

AYURVEDIC RECOMMENDATIONS FOR WINTER



We are now at the peak of *Visarga Kala*, when the moon has more influence in the Northern Hemisphere and provides calming, soothing energy. The cold outside urges us to turn inwards, and this prevents the *doshas* from being over-stimulated by external factors and situations. In this "cocooning" atmosphere, *Kapha* and *Agni* contribute to protect us from the cold. Through a digestive fire (*Agni*) that becomes stronger and asks for more nourishing food and bigger portions, we are strengthening and reinforcing our immunity, nourishing well the body tissues for the year to come. The three constitutions (*prakruti*) experience their *Kapha* increasing with the adipose tissue to protect from the cold: less for *Vata* people, moderate for *Pitta* people and more for *Kapha* people.

In the energy, there's a feeling of coming back to the warmth of our inner place. If this energy is imbalanced, it may give a sense of emptiness in the heart, dullness in the mind or feeling depressed or lonely (these are *Vata* or *Kapha* imbalances).

During winter, we are going to assist the body to regenerate by keeping a strong digestive fire (*Agni*) – in the abdomen for an optimum nutrient assimilation, in the mind for clarity and in the heart for joy and kindness.

GENERAL GUIDELINES IN THE FOOD:

"The dishes that can be consumed during this season are meat soup topped with ghee, meat of healthy animals, beverages prepared with molasses and rice flour, pastries prepared using wheat, rice flour, black gram, sugarcane juice and milk products which are delicious and nourishing, fresh rice, gingelly oil and bone marrow" from the book Ashtanga Hrdaya, Sutrasthana, Chapter 3 Rtucharya, Sloka 11-14

- Sweet, sour and salty tastes are best for this season
- Eat warm, cooked food spiced up with: ginger, pepper, turmeric, cumin, clove, asafoetida, mustard seed, ajwain, cinnamon, fennel seed, fenugreek seed, onion, garlic
- Proteins: Mungdal, black gram (Maasha) beans, chickpeas, lentils, white meat, egg, mutton (meat soup), nuts and seeds, spirulina, hemp seeds
- Vegetables: green leaves, carrot, beet, eggplant, cauliflower, broccoli, bitter-snake-bottlegourd, moringa (drumstick), chow-chow
- Sweet = Cereals: millets, wheat, barley, rice, oats
- Sweet = fruits: apple, banana, chiku, papaya, passion fruit, pomegranate, grape, guava, pear, rosella, all citrus preferably sweet

- Ghee or sesame oil, olive, sunflower, apple cider vinegar
- Beverages: herbal masala teas, hot water, with honey or jaggery, sugarcane juice, golden milk with turmeric

TO AVOID:

- Cheese, yogurt, curd, lassi at dinner (they should be eaten at breakfast or lunch)
- Cold beverages, ice-cream
- Raw vegetables and food that is heavy and difficult to digest (deep fried, etc.)

HEALTHY ROUTINE FOR WINTER:

- Main principle: stabilize, centre, nurture and recharge
- Sleep longer
- Keep a regular rhythm (with meals and bedtime)
- Massage with sesame oil + apply heat to let the oil penetrate
- Hot shower or bath, Foot bath with warm salty water
- Keep the body warm with cotton, wool, silk, leather
- Physical exercise: 30 minutes daily of stimulating Yoga, Pranayama, Meditation-concentration, Qi-Gong, Toning...
- Nasya: put 1 drop of Anu Tailam in each nostril at bedtime or in the morning if the nose is congested

TO AVOID:

- Prolonged fasting
- Humid and cold air, wind, fan
- Long hours at the computer
- Stay awake late at night

SOME AYURVEDIC PLANTS OR PREPARATIONS FOR WINTER:

- For a better digestion: ginger, cinnamon, pippali (long pepper), Be No1 (ginger, turmeric, black pepper) or Trikatu (for *Kapha*), Hingwashtak churna (for *Vata*), Avipatikar churna (for *Pitta*), taken after a meal with a little bit of honey
- For cold, cough and respiratory infections: tulsi, karpuravalli (*Coleus amboinicus*), Be No3 (ginger, turmeric, black pepper, tulsi, amla, cinnamon), Sitopaladi churna, Talispatradi churna
- For inflammation, joint pain: turmeric, Be No4 (ginger, turmeric, fenugreek), Dashamoolarishtam
- For energy and vitality: Chyavanprash

Wishing you a nurturing and loving winter,
Be @ Sante Clinic



MATRIMANDIR ACCESS INFORMATION

Access to the Park of Unity

- The Matrimandir, the Petals, the Lotus Pond and the Banyan Tree are areas of silence
- The Park of Unity is open to Aurovilians and registered Newcomers daily, 6am - 7:30pm.
- Aurovilians may bring close family and friends to the Gardens only daily, 9am - 3:30pm.
- Aurovilians bringing children under the age of 10 to visit the Gardens may do so only after 11:30am except Tuesday when they can come from 9am to 11am.**
- Aurovilians wishing to bring close family to the Gardens at any other time should inform mmconcentration@auroville.org.in before 11am on the day of the proposed visit.
- Registered Volunteers and Donors require a pass to enter the Park of Unity. Timings will be indicated on the pass..
- Published events in the Park of Unity are open to Aurovilians, registered Newcomers, Volunteers, Pass holders and Guests. Guests should bring their Aurocards.
- Savitri Readings on Tuesday evenings: Guests holding only Aurocards wishing to attend should book by filling in the [form](#) one or two days in advance.
- Visits to the Park of Unity and Inner Chamber should not be included in the program of any conference or workshop. Participants should be directed to the Viewing Point.

Access to the Inner Chamber of the Matrimandir for Aurovilians, Newcomers, and registered Volunteers

The Matrimandir is a place for silent individual concentration

- The Inner Chamber is open to Aurovilians and registered Newcomers:
 - Monday – Saturday 6:00 am - 8:00 am
4:30 pm - 7:30 pm
 - Sunday 6:00 am - 12:00 pm
4:30 pm - 7:30 pm
- The Inner Chamber is open to **registered Volunteers**:
 - Wednesday - Monday 8:00 am - 8:35 am
Arrival at 7:45am at the Office Gate.
- The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family and friends, no more than once in two weeks, with booking 3 to 5 days in advance at mmconcentration@auroville.org.in:**
 - Any day except Tuesday & Sunday
8:00 am - 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 - 11:00 am
- Auroville units can bring their staff to the Inner Chamber with a prior booking at mmconcentration@auroville.org.in:
 - Tuesday 8:00 am - 8:30 am

Petals of the Matrimandir

- The Petals are open to Aurovilians, registered Newcomers, and Pass holders
 - Daily 7:00 am - 8:00 am
5:00 pm - 6:00 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 charge. 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.

Starting from the Visitors Centre.
Daily, 9:00 am - 5:30 pm

The Inner Chamber of the Matrimandir 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, or to go to the website: auroville.org

- 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.

Security

Please note that it is not permitted to

- Swim in any of the ponds, the channel and the Lake except the Children's ponds in the Garden of Youthfulness
- Throw pebbles into the ponds and fountains
- Pick flowers in the Gardens
- Climb to the very top of the Petals.

Parents, please supervise your children at all times.

Bags, cameras and cell phones should be left in the lockers or the Access office.

Please no photography, videos or drones without prior permission. For permission, please write to matrimandir@auroville.org.in.

Antoine for Matrimandir Executives Team



ACCESSIBLE AUROVILLE PUBLIC BUS
avbus@auroville.org.in / +91 94430 74825

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