

Auroville NEWS & NOTES

No 1124 - A weekly bulletin for residents of Auroville

7 May 2026



PONDERING

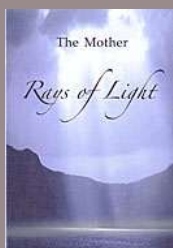
The world will be made better only in proportion as we make ourselves better. The Vedantic truth that the world is only a projection—a function—of our consciousness is as pragmatically true as it is spiritually true. The ills that humanity suffers from—collectively and individually—stem from the errors that lie at the roots of our ignorant nature. We must be cleansed of these evils—individually first of all—if we ever hope to see a clean world outside. A yoga of self-purification is the condition precedent to a yoga of perfection.

But, in the end, a Higher Destiny leans over earth's children and its ways are beyond calculation.

The Mother, 16 August 1967, [Helping Others and the World](#), Words of the Mother II



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

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Web <https://www.sabda.in/>

Printed at Sri Aurobindo Ashram Press, Pondicherry

THE BASES OF YOGA

GRATITUDE

page 59

There is no better way to show one's gratefulness to the Divine than to be quietly happy.

*

The nobility of a being is measured by its capacity of gratitude.

page 60

Physically, materially, upon earth, it is in gratitude that one finds the source of the purest delight.

4 April 1962

FAITHFULNESS

This is faithfulness, to admit and to manifest no other movements but only the movements prompted and guided by the Divine.

*

In the present condition of the world an absolute faithfulness to the Divine has become an indispensable need.

*

Faithfulness is a condition for peace and protection.

5 August 1955

*

Be faithful to the Divine and you will enjoy a constant peace.

page 61

WILL

Will: power of consciousness turned towards effectuation.

*

One must have an unvarying will to acquire what one does not have in one's nature, to know what one does not yet know, to be able to do what one cannot yet do.

One must progress constantly in the light and the peace which come from the absence of personal desire.

*

Even the most beautiful thoughts will not make us progress unless we have a constant will for them to be expressed in us through nobler feelings, more exact sensations and better actions.

18 November 1951



Faithfulness

We can count on You - You never fail us when we need You. - *The Mother*

Quisqualis Indica L., Combretaceae
Rangoon creeper

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



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COMMUNITY NEWS

OBITUARY

FAREWELL CHRISTOPHE



We are deeply saddened to share that Christophe, known to many as CRIPA manager, peacefully left his body on Monday 4th May in France, after facing an aggressive tumor for the past 18 months.

The cremation will take place on Tuesday 12th May at 4:30 pm (France time), 8:00 pm in India.

We warmly invite all friends from Auroville to accompany him in thought during this moment.

With love,
Celine, his partner
Neven, his son
Satyavan and *Kimaya*, his stepchildren
Anne, his very close friend



COMMUNITY SHARING

SUMMER TIMINGS - THE AUROVILLE LIBRARY

Our summer timings begin on
Saturday 2nd May - Tuesday 30th June 2026

Open 9am - 12.30pm Monday to Saturday

Open 4pm - 6.30pm Tues, Thurs & Sat

Wishing everyone a cool summer!



FINANCIAL SERVICE - SATURDAY AFTERNOON CLOSURE

From this week onwards till the end of June, Financial Service will be closed on Saturday afternoons.

Thanks for your understanding
Financial Service team

INFORMATION ON THE SERVICING OF SEPTIC TANKS

Septic tanks function as settlers for biowaste solids in wastewater. They are sealed at the bottom and on the sides and have an overflow



outlet to the next part of a sewage treatment system. The bacterial breakdown of the settled sludge is the first step in sewage treatment.

The settled sludge needs to be removed at regular intervals (to permit continuous settling of solids), that is between a few months and a few years dependent on septic tank size, wastewater volume and number of wastewater generating users. When sludge sediment fills about half the height of the tank, suspended solids get less time to settle and increasingly flow above the sediment into the next treatment modules - where they inhibit subsequent treatment functions.

The operation of sludge removal does not need to empty a septic tank from all wastewater - this would be a waste of work and of costs; it is only meant to remove the sludge sediment. A small mass of sludge left at the bottom of the tank serves as a starter for optimum performance, as it contains the microbiota that decompose the biowaste. -- Please avoid dropping non-biodegradable waste into toilets and drains.

The dry months of the year i.e. the current season till late July is the best time for this service; monsoon times and heavy rains will make it difficult or impossible.

Please call Pour Tous Water Team, who can arrange for the service, at 2622899 or 98436 44308.

In case of questions, please contact ecopro@auroville.org.in.

Lucas, EcoPro (2622469)

FO GROUPS NEWS

(not selected by due Residents' Assembly process)

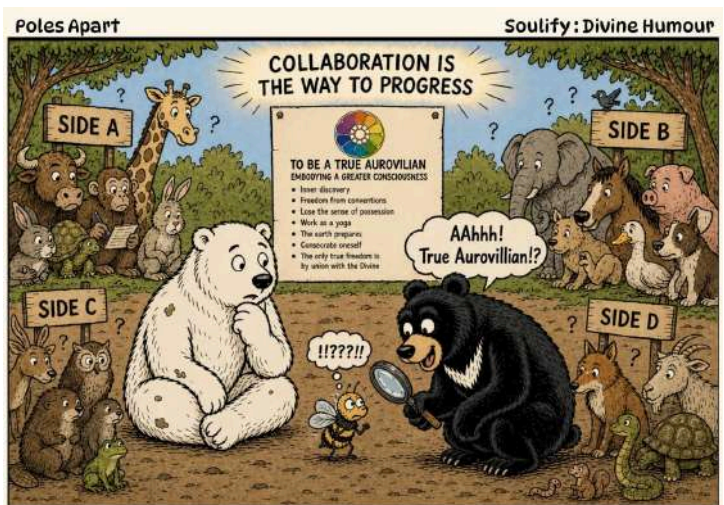
FROM THE FO N&N 1129

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



RESIDENTS SPEAK

POLARISATION, NARRATIVES, AND THE QUIET DRIFT FROM PURPOSE



“POLARISATION, NARRATIVES, AND THE QUIET DRIFT FROM PURPOSE” is not just an article; it is an experiment into an integral inquiry. This is an **open and evolving article**. It is not meant to be complete. It will continue to grow through stories, lived

reflections, and simple, real experiences of encountering and responding to polarisation. Scan the QR code to add to these reflections, allowing the work to remain alive and in movement.

Click on this [link](#) or scan the QR code to contribute to the article.

You are invited to engage in your own creative and constructive way, through stories, reflections, questions, or expressions. This is not a personal narrative alone, but a shared space for collective exploration. At its heart, it asks a simple yet essential question: **What does human unity look like in our daily life?**

The purpose is not to define what is right or wrong, nor to take a position, but to pause, observe, question, and reconnect with the deeper aspiration of unity that holds the essence of Auroville.

Smriti Raj Maskeri, an Auroville resident and a catalyst, *Soulify – Discover the Infinite*, she creates spaces for self-inquiry, collective reflection, and conscious participation among youth, children, and institutions. **This is not an article to be completed and read. It is an Aspiration in Movement!**

VISHVA PURUSHA AND GROUP-SOUL: THE LEVER TO MOTHER'S AUROVILLE



Explaining Auroville, the Mother highlights that the true hierarchy, necessarily spiritual, goes along with living by minimum material needs. As individuals and as a collective, we should introject the Vishva Purusha. According to Sri Aurobindo, in ancient India the Vishva Purusha or Cosmic Being was the foundation of the perfect society based on *chaturvarnya*; the four *varnas* or social classes, all equally necessary, symbolically represented its limbs. The perfected individual was to host within oneself the perfection of each *varna*: the *brahmin*, savant, legislator and spiritual being; the *kshatriya*, warrior and ruler; the *vaishya*, merchant and businessman; the *sudra*, paid labourer and servitor. Furthermore, the perfection of the three *gunas* was requested, but let's stop here.

This was the ruling of a society whose supreme *dharma* was the pursuit of *moksha*, liberation, by all social classes, irrespective of the original *varna*; these, far from being hereditary as in the caste system (a degeneration of *chaturvarnya*), were based on one's natural affinities, *adhikara*. Sri Aurobindo points out that a radical shift happened with the vedantic age, opening the spiritual gates to the masses – in juxtaposition to the vedic age, where the spiritual pursuit was restricted to the three upper *varnas* and excluded the *sudras*, the fourth *varna*. This model society announces Mother's Auroville.

To exit the inchoate mass of drives of a humanity largely infrarational, in "*The Human Cycle*" Sri Aurobindo points out two conditions. First reproduced in the Auroville Gazette by Mother's will:

"Therefore if the spiritual change of which we have been speaking is to be effected, it must unite two conditions which have to be simultaneously satisfied but are most difficult to bring together. There must be the individual and the individuals who are able to see, to develop, to re-create themselves in the image of the Spirit and to communicate both their idea and its power to the mass. And there must be at the same time a mass, a society, a communal mind or at least the constituents of a group-body, the possibility of a group-soul which is capable of receiving and effectively assimilating, ready to follow and effectively arrive, not compelled by its own inherent deficiencies, its defect of preparation to stop on the way or fall back before the decisive change is made. Such a simultaneity has never yet happened, although the appearance of it has sometimes been created by the ardour of a moment. That the combination must happen someday is a certainty..."

This quotation was read to The Mother by a disciple who asked her whether the time has come for the conditions laid down by Sri Aurobindo to be fulfilled. The disciple said that the first condition concerning "the individual and the individuals" had been fulfilled by The Mother and Sri Aurobindo. But what about the second condition of "a mass, a society, a communal mind, or a group-body" capable of receiving and assimilating?

This is exactly what Auroville is for. But Auroville is still far from fulfilling the necessary conditions.

22.12.1971

At the time of the endless debate on the "Divine Anarchy" papers, twenty years ago, I commented:

"The importance of this text from *The Human Cycle*, besides Mother specifying "*This is exactly what Auroville is for*", is that as second condition it stresses the necessity of "*a mass, a society, a communal mind, a group-body*" evolving into a group-soul. This is the next stage: the mass to be uplifted to group-soul, before the final stage of divine anarchy can be envisaged. If we apply this to Auroville, as we should, given Mother's reply, it follows that all efforts have to be made to manifest the group-soul; which today is just a possibility, but has to become tomorrow's reality, as the one preliminary step to the full manifestation of the divine anarchy of the gnostic supramental being and society.

To introduce the concept of group-soul without further delay is an imperative necessity: the 'mass' – the group-soul! – is the missing link of the chain. In this sense whatever concerns our organization and civic life is an essential tool, to be used to progressively induce the necessary changes, until the manifestation of the group-soul becomes a collective necessity, one with the longing of one's being. Unless we take care of the uplifting of the 'mass', the way Sri Aurobindo puts it, there is not even the remotest chance to evolve into the collective divine anarchy Mother wishes for Auroville. Moreover, both Sri Aurobindo and the Mother have made clear over and over again that the supramental transformation necessarily needs what this text expresses, if it has to be fixed for the whole of humanity – instead of some individual and partial transformation as it has been so far happening, leaving the world unchanged.

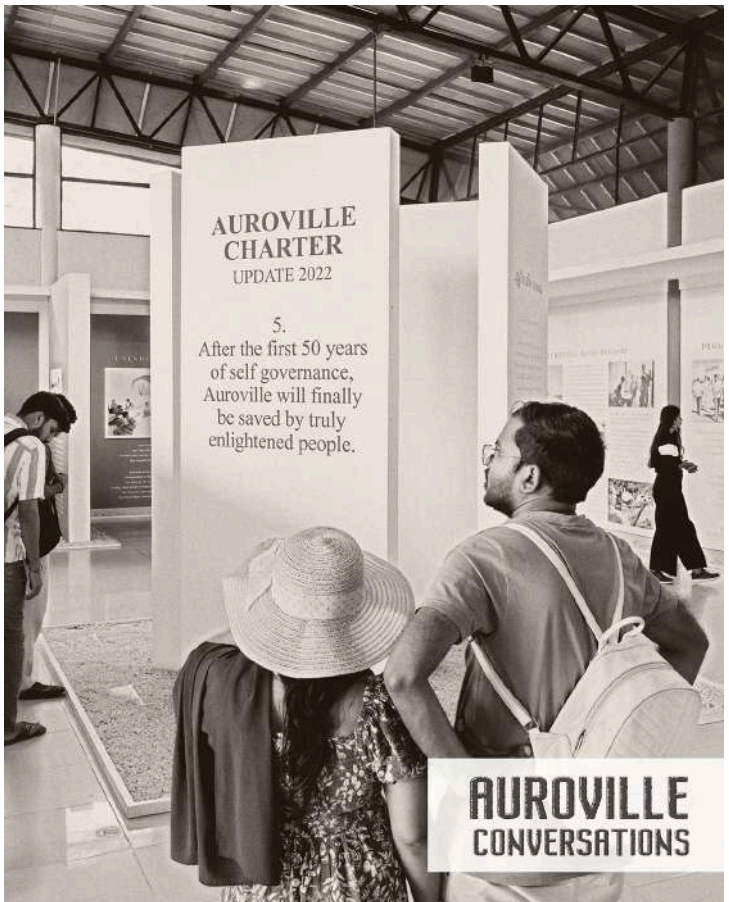
Paulette



FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE

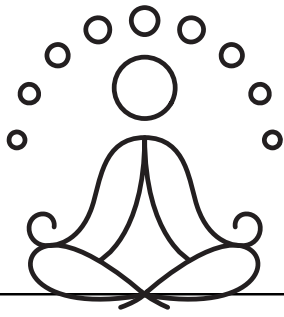


Auro – Traductions

7 Mai 2026

Click on date 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 12th May, 9 am - 12 noon

Focus: The Divine Mother

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR MEDITATIONS AT SUNSET WITH SAVITRI

Every THURSDAY
from 5:30 to 6:00

**Savitri reading -
Summer time is ON**



Savitri, Sri Aurobindo's epic poem, read by Mother to Sunil's music 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.
- **Guests:** <https://www.auroville.org/> at book at the entrance or the card with you.
- **Access by:** Amphitheatre only from 5:15pm. Last entry **Reporting, no later than 5:45pm.** Last entry **Leaving, no later than 6:45pm.**
- **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](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)

ANNOUNCEMENTS

ORACLE CARD READING WITH CHLOÉ

Oracle card *reading*

Intuitive guidance on your present and future.

Kindly book a session by
whatsapp with Chloé :
+91 8111 094 202



thank you

An activity under Abhaya, a unit of Artisana Trust, Auroville

What to expect? 😊

The One-on-one Clarity Session, is a precious time for yourself, where cards are put on the tables, and we both make space for your divine guidance to come. This session helps you feel supported, and reconnected to what is serving you best at the moment !

Please contact Chloé by WhatsApp +91 811109 4202 to book a session and for more information 👍

Thank you

THE LIFE DIVINE ON EARTH

Om Namo Bhagavate 🙏

OM Satyatmene Namaha OM Janatmene Namaha OM Brahmanandatmene Namaha

Birth of Satya Yuga Golden-Age in Auroville Universal Township
Auroville Universal Township in Eternal Time, Sri Mahakaleshwar Temple, Irumbai

Presence of four Supramental Mothers Mahalakshmi, Mahasaraswati, Maheswari and Mahakali in Matrimandir

Matrimandir Banyan Tree - The Symbol of Immortality, Presence of Sri Dakshinamurthy, Sri Adhi Guru

The presence of Peepal Tree / Aswatha Tree in Matrimandir as Universal Divine Cosmic Manifestation

Respected Aurovillians and Community Members,

I have started a YouTube channel The Life Divine on Earth to share my spiritual realisation of Individual-Self, Cosmic-Self and Transcendental-Self with Auroville community and to reach out to the Global Community about the Supramental Sadhana of Sri Aurobindo and The Mother in taking forward the Evolution of present Human Race Consciousness into a Divine Race Consciousness as envisaged by Sri Aurobindo and The Mother in the context of Auroville Universal Township. On this auspicious day of Divine Mother's final arrival in Pondicherry 24th April I am sharing with you all my spiritual realisations.

Please [watch, download, subscribe and share](#) with the Global Community.

We invite full time or part time volunteers to work with us in taking forward this work. Our Ancient Rishis have codified their spiritual realisation Prayatakara, Dharana, Manasic Puja basically Inner Yajna to realise the Individual Self, Cosmic/Universal Self and Transcendental Self, the Silent Self / the Silent Parabrahman which would ultimately lead to Supramental Manifestation Upon Earth with the Descend of Seven Suns of the Supermind. I would like to pass on this knowledge for those who would like to take it and transform the world.

The Great Bhrigu Maharishi have realised all the Lights of the Supreme Being thru Sun, the burning Sun is only a physical manifestation of The Supreme Being ParaBrahman but Suksuma Sun contains all the lights of The Supreme Being/ Parabrahman. That's why Sri Krishna Paramathma says in the Gita I am Rishi Bhrigu among Great Rishis.

I have taken a completely new Divine birth Vijnana or Gnosis. So I am changing my name to the present state of consciousness for communication with the human world.

If you have any questions please write to us supramentalsadhana@gmail.com

With Divine Grace,

Sri Ananda Brahma Rishi formerly G Gunadaran (Guna) Aurovillian and Permanent resident since 1997. An Enlightened Being of Auroville Universal Township. Om Namoh Bhagavate 🙏

POETRY & STORY READING & RELAY, BOOKMARK MAKING

Dear community,

I'm staying here in Auroville for the summer, and I would like to offer poetry & story reading & relay, and bookmark-making events at schools, cafes, art & communal spaces, and at your / our homes in and around Auroville.

Open to co-creative ideas and energies, and open to barter, exchange, voluntary and suggested contributions, to make it sustainable.



Anandi Zhang

Email: ourhome@auroville.org.in

Whatsapp: +91 93856 23511

TAI CHI HALL SCHEDULE

16th April - 31st May: **Tuesdays and Thursdays from 7:30 - 8:30am**

Contact: taichi.auroville@gmail.com



JIVA AUROVILLE



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

Regular offers

- Natural Horsemanship & Horse Assisted Therapy : Daily 8 - 10 am, 4 - 6pm
- Sunday JIVA Breathwork: Sundays with Sigrid: 3:30 - 7pm
- Integral Regression Therapy Sessions with Sigrid.

Join our WhatsApp group for all updates ! / WA 96260 06961

contact@auroville-jiva.com

www.auroville-jiva.com Your journey in healing and transformation.

FROM COFFEE IDEAS (FORMER MARC'S CAFE)



- Every Wednesday we are open from 8:00 AM to 8:00 PM.
- Fermentation classes are held every Saturday from 10:00 AM to 12:00 PM, and are also available on demand.
- For coffee learning at CLC, please check the website for specific classes and schedules.
 - <https://coffeeideas.in/product-category/master-classes/>

Thank you!

Coffee Ideas (former Marcs Cafe) Team

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!!!

ACTIVITIES AT SERENDIPITY

SERENDIPITY CLASSES

(Ex. Joy Community in front of Center GH)

Center Field, Auroville - 605101, Tamil Nadu, India

Landline: +91 (0)413 350 9950

Mobile/Whatsapp: +91 93856 23342

Email: serendipityauroville@gmail.com

<https://serendipity.auroville.org>

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



REGULAR CLASSES FOR MAY :

Hatha Yoga with Ramesh

- Yoga class with Ramesh ended 30th April will restart at the end of July

Traditional Sanskrit Mantras with Sonia

- 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.

Mandala for Children with Rosalba

- Tuesday from 9 - 11am (prior registration required at +91 90475 69721)

THE MAGIC CIRCLE: A CREATIVE JOURNEY FOR KIDS

Discover the fun of mandalas

Is your child a little explorer of colors and shape? Join our Mandala Art Workshop, where every child creates their own unique world inside a circle!

It is not just coloring; it is an adventure in imagination.

What your child will enjoy:

- Coloring & Creating: Designing beautiful, one of a kind mandalas.
- Finding Focus: A playful way to build concentration and patience.
- Self-Expression: Every circle tells a story. What will you say?

Mandala for adults with Rosalba

- Wednesday from 2:30 - 5 pm (prior registration required at +91 90475 69721)

SOUL, SYMMETRY & STILLNESS

An appointment with yourself for creative mindfulness for the modern seekers.

-TURN YOUR INNER DIALOGUE INTO A VISUAL MASTERPIECE-

Join us for an elegant exploration of the Self.

We invite you to spend a couple of hours mastering the art of Mandala – a timeless tool used for centuries to bring the parts of our being into one harmonious whole.

You will enjoy:

- An introduction to the psychology of the circle
- A guided session in intuitive symbols
- Quiet reflection in a sophisticated, supportive atmosphere.

Come for the art. Stay for the insight.



THERAPIES :

Bach flowers treatment - counseling session with Rosalba

- **By appointment +91 90475 69721**

RETURN TO YOUR ESSENCE

"Health depends on being in harmony with the soul" Dr Edward Bach.

Are you ready to shed the layers that no longer serve you? My counselling sessions combine the wisdom of Bach Flowers with an integral path toward self-awareness. It is more than just a remedy, it is a journey back to who you truly are.

LOOKING FOR

RESPONSIBLE HOUSESITTER

Housesitting Opportunity

- Wanted: responsible housesitter
- Must be tidy and quiet (no parties)
- 2 Aurovillian references, please
- From 2nd June to end of August
- Call: 809-873-6448 in the morning



Miki (Arya)

AVAILABLE

12 VOLT BULBS, HOLDERS AND TABLE FANS

Recently I changed all my lights, and plugs for appliances to 220 volts.

I offer second hand bulbs, holders and 2 fans for free to Aurovillians that still run their house with a 12 volt system, or have battery powered emergency lighting.

If you are interested, contact me by whatsapp or phone, 94896 01312

Greetings,
Shivaya



CULTURAL ANNOUNCEMENTS

FOR THE BOOKWORMS

WEEKLY READINGS OF THE LIFE DIVINE

EVERY FRIDAY, AUROVILLE LIBRARY



Weekly Readings of The Life Divine
with Balvinder, at AUROVILLE LIBRARY

Fridays, 4:30 - 5:30pm

(from 23 January 2026)

All are welcome.

AT CRIPA

WE'RE ON OUR SUMMER BREAK ☀️

We're on our summer break

CRIPA is currently on a summer break. Classes and practice sessions will continue as scheduled on an individual basis. Please note that the space will be fully closed in June for repairs and maintenance.

We look forward to reopening and resuming performances in July.

We're taking a well-earned break 😊

CRIPA will remain open in May for regular classes and individual practice sessions as scheduled.

In June, we'll be fully closed for repairs and maintenance.

We'll reopen in July, and we already have some excellent performances lined up for you!

THEATRE WORKSHOP 🎭

FRIDAYS 15TH, 22ND & 29TH MAY

CRIPA, AUROVILLE
PRESENTS

THEATRE WORKSHOP

STEP IN. SPEAK UP. SHOW UP.


*OWN
the Stage
with Anu*


THEATRE IS NOT
FOR FAINT HEARTED


📅 15, 22, 29
MAY | 🕒 4:00 PM
- 6:00 PM | 📍 CRIPA,
AUROVILLE


👤 FOR ADULTS
NO EXPERIENCE NEEDED. | 📞 TO REGISTER
9769549246

Own the stage with Anu.
For adults, no experience necessary.

 : Fridays 15th, 22nd & 29th May

 : 4 - 6pm

 : Cripa, Auroville

 : to register +91 97695 49246

FOOD



FROM SOLITUDE FARM

1. Farm Basket from Solitude Farm

We grow a beautiful diversity of local food at Solitude Farm — pumpkins, lemons, cucumbers, bananas, sweet potatoes, many kinds of spinach and salads, herbs, and spices. Each week we harvest what the land gives and prepare a fresh farm basket for our community.

Our basket service brings this richness directly to you. The contents change with the seasons and reflect the living diversity of the farm.

Signing up is simple. You can receive a basket once a week or more often. Longer subscriptions receive a lower rate, and many families choose to sign up for a full year.

This service works best for people who value local food and enjoy taking the time to cook with fresh seasonal ingredients.

For us, this basket service is an act of love for Mother Nature. Its value is not only in profit, but in nutrition, medicine, ecology, community, and culture.

Many people who began with a one-year subscription have continued receiving baskets for years.

And if you receive something unfamiliar — for example banana stem — we are always happy to show you how to prepare and enjoy it.

Contact:

- Phone / WhatsApp: 98433 19260
- Email: Solitudepermaculture@gmail.com

Solitude farm & café | Auroville

2. Lunch at Solitude Farm

At Solitude Farm we have been working with local food, farming and culture for more than 30 years. One of the simplest ways to experience this work is by coming for lunch at the farm.



Our meals are prepared with ingredients grown right here in the food forest — seasonal vegetables, greens, herbs and fruits that reflect the richness of local food traditions. It is fresh food, food whose origins you can recognise, and food that reconnects us with the cultural knowledge of this region. Many of these traditions also resonate with the principles of Ayurveda. In many ways, the meal tells the story of a journey from farm to plate.

For Auroville residents, there is the option to join the Lunch Scheme at exactly the same price as Solar Kitchen. Please contact Nico at Financial Service and he will help you arrange it.

If you have not yet had lunch at Solitude Farm, it is really something you should try at least once. What is happening here is quite unique — bringing together farming, culture, nutrition and ecology through everyday food.

Lunch is served **Monday to Saturday**. Breakfast begins at 9:00 AM, and lunch continues through the afternoon until 3:30 PM.

Every Saturday at 11:30 AM we also host a farm tour. Usually Krishna McKenzie will take people around the farm and share the story of what has been unfolding here over the last three decades — the emergence of a food forest, the reclamation of cultural nutritional heritage, and the many forms of value that local food carries: ecological resilience, climate awareness, nutrition, medicine and culture. When we recognise these shared values — that this land is our Mother Nature and these foods are part of our collective heritage — something deeper emerges. Ultimately, the most beautiful profit of local food is empathy, because it brings people together around a shared understanding of life.

There is also a small shop at the farm where we offer products made here, including herbal powders, dried flowers, and seasonal fruits and vegetables. The nursery also has plants, fruit trees and some vegetables available.

We look forward to welcoming you at Solitude Farm.

With love,
The Solitude Farm Team 🌱

**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

AUROVILLE RADIO



Dear Aurovilians,

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

Last published Podcasts

- ["Mother's Chronicles : Mirra" by Sujata Nahar, Read by Fif - B 1 C 8 - "It's My Habit" \(The Mother\)](#)
- ["Humanity 2.0" by Aviram Rozin with Jazz -A Book Read by Shalev - P 2, C 10: "Veganism" \(Society & Conscious Living\)](#)
- [Une série hebdomadaire de lectures par Gangalakshmi – Ep.536 \(Integral Yoga\)](#)

Upcoming Live Stream

- [LIVE : Music Concert by Lakshmi Santra & Group | Kaviguru Rabindranath Jayanti | Auroville](#)

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

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

Peace and love

Regards,

Sai Priya for Auroville RadioTV

POETRY

MEAN



The world may be mean.
You may not have the means.
In the meantime, meaning gets lost.
Even so, be human-kind.
You know what I mean.

Don't give me
that meaningful look—
for God knows whose sake.

Anandi Z

Light Years Away



O Wanderer,
Gaze, Gaze, Gaze
At the heavenly starry nights
At the wondrous starscapes
Through new eyes of the new Webb
At distant stars, at galaxies adrift,
Light years away.

What mesmerizing wonders you discover
What new revelations illuminate your way!

Any yet do you wonder
What light is it that forever
Reveals the cosmos in a grain of sand
And heaven shimmering in a wild thorn?
That manifests eternity in the blink of an eye
And infinity ripening ever so quietly
In a kernel of corn?

O Wanderer,
What labyrinth are you caught in?
What web ensnares your steps?
What veil must you lift?
What cataract shields your eye--
Your heavenly gift?

You are the seer
Who beholds a multiverse
Far beyond a million light years
And dark days away
Beyond beginnings and ends
Beyond proclamations of truth and lies
Beyond and Beyond
Scattering stars like sparks
Across the infinite night.

Open Your Eyes
And dare to see!

Sehdev Kumar

*No one can whistle a symphony.
It takes a whole orchestra to play it.*

Halford Luccock

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

HOUSING SERVICE

- **Public Timing:** Access without appointment only.
Wednesday 3 - 4:30 pm
- **Phone:** (0413) 2622658
- **General Email:** housing@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 - 7pm
- **Phone:** 0413 2622152

AUROVILLE LIBRARY

Timings:

Our summer timings begin on
Saturday 2nd May - Tuesday 30th June 2026

Open 9am - 12.30pm Monday to Saturday
Open 4pm - 6.30pm Tues, Thurs & Sat

Wishing everyone a cool summer!



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/>

HEALTH

SANTÉ SERVICES IN 2026

Santé

Working Hours:

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

Tests and Sample collection:

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

No sample collection on Saturday

For emergencies, contact:

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

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

Appointment

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

Doctor Consultation with Dr. Joseph, Dr. Pavan & Dr. Sana Monday to Saturday	Nurse Care - Thilagam, Ezhil, Archana & Sandhya: Daily: no appointment needed
Ayurveda with Dr. Berengere: Mon / Tues / Wed / Fri	Homeopathy with Michael: Monday / Wednesday / Saturday
Physiotherapy & Massage with Galina: Monday to Friday	Physiotherapy with Arun: Monday to Friday
Midwifery & GYN Care with Paula: Monday & Wednesday	Integrative Psychotherapy with Juan Andres: Monday to Friday
Holistic Therapy with Louis Patric: Monday to Friday	Soundbed Session with Sandhya / Thilagam: Monday to Saturday

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.

HEALTH CENTER - KUILAPALAYAM

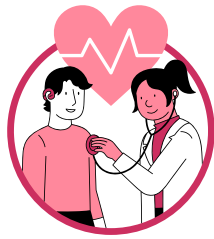
Contact: 0413 291 0005

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

TIME TO SUMMERNATE AYURVEDA HEALTHY TIPS



According to Ayurveda, the qualities of summer are hot, sharp, and penetrating. That's why our *pitta dosha* - the subtle fire that controls metabolism and transformation - can cause us to overheat. The sun saps the energy from the body, from the plants and the earth, increasing heat and dryness.

Pitta needs to be looked after to maintain a good energy, mental clarity, joyfulness, good digestion and blood circulation, a beautiful glow on the skin and a sound sleep.

When Pitta is out of balance it will give skin problems, hot flashes, exhaustion, indigestion or loose stool. Emotionally, excess Pitta manifests through irritation, short-temper, impatience, judgement/criticism, perfectionism...

Before Pitta reaches uncontrollable heights, remain cool, calm and pamper the liver:

With the food: As Agni (digestive fire) weakens, it is better to eat light, unctuous (slightly oily), cooling food such as salads and juices.

- Favorable taste: Bitter taste, Sweet taste (to take moderately in case of diabetes and high triglycerides). Salty taste should be taken reasonably
- Drink water stored in earthen pot
- Raw food/salads are taken at lunch mainly
- Proteins: mungdal, chickpeas, beans, sprouts, nuts and seeds, non-veg: white meat, fish, seashell, dairies for breakfast or lunch, eggs
- Cereals for energy: jasmine rice, barley, red rice, millet (fermented ragi)
- Vegetables: pumpkin, bittergourd, bottlegourd, snakegourd, ashgourd, cucumber (taken separately), salads, green leafy vegetables, broccoli, cabbage, celery, carrots, drumstick (moringa), zucchini, plantain
- Fruits: amla, pomegranate, banana, ramphala, chiku, papaya, apple, grape, date, watermelon and melon (to be taken separately), coconut
- Beverages: buttermilk, sweet lassi, coconut water, mint, lemongrass, cardamom, chamomile, nannari (sarsaparilla), amla juice, watermelon juice, vegetable juice, cucumber milk (blend ½ cup of peeled cucumber in 1 cup of milk - cow or other veg milk - with a pinch of sugar), electrolyte (1 lemon juice + 1tsp of sugar + 1 pinch salt in a glass of water),
- Lipids: ghee, olive or sunflower or coconut oil
- Spices: cumin, coriander, black pepper, turmeric, fennel seeds, fresh aromatic herbs (dill, coriander, fennel, mint, parsley, saffron).

Avoid:

- Pungent and sour tastes (especially for people who are Pitta dominant)
- Pitta increasing items: chillies, fermented food (apart from idli and dosai), deep-fried, sour buttermilk or curd, red meat, alcohol (strong liquor, red wine), coffee ...
- Drinking beverages coming from the fridge or freezer during meals
- Ice-cream at the end of a meal (best to be taken when the digestion is finished, around 4pm).

Routine to favour:

- Avoid direct sun contact specially between 11am and 4pm, and protect from the heat by keeping a humid towel/cap on the head
- A nap of half an hour after lunch is allowed
- Body massage with coconut oil – if there's no time every day to apply oil on the body, then massage ears, hands and feet + pour 4-5 drops of coconut oil on the fontanelle
- Bath with cool water and apply a paste of sandalwood on the face, heart and lower abdomen (these are the 3 main parts that should remain fresh to maintain the coolness in the whole body); foot bath in the evening with vetiver roots, rose water or hibiscus flowers
- Swimming, aquagym, any water activities. Qi-Gong, Tai Chi, light running: max 30 minutes early morning or late evening; walks in green environment, forest
- Soft yoga, pranayama (Sheetali, Sheetakari, ida nadi inhalation-left nostril inhalation), meditation with Gayatri mantra
- Walk under the moonlight, full moon bath
- Wear loose and comfortable cotton or linen clothes (white, blue, green, gray colours)
- Cooling jewellery: sandalwood beads, jade, pearl, amethyst crystals, moonstone, silver, aquamarine
- To refresh the ambiance use lemon or orange peel, jasmine flowers, lavender, wet cloth hanging at the open window, vetiver curtains.

Cooling plants for the summer:

- **Amalaki – Amla:** refrigerant and full of Vitamin C, rejuvenating fruit
- **Aloe vera:** rejuvenates blood and tissues
- **Aegle Marmelos – Bael fruit:** make juice from the pulp and decoction with leaves, it calms body and mind. It is slightly laxative, do not take during pregnancy
- **Coriander:** seeds soaked in water for urinary infections, kidney weakness
- **Red Hibiscus:** leaves and flowers for shampoo and conditioner; flowers for herbal tea
- **Manduka parni – Centella asiatica** leaves: rejuvenating and tonic for brain and nerves
- **Pudina – Mint** leaves: herbal tea or dishes
- **Radha consciousness – Clitoria Terneata** flowers: herbal tea or juice
- **Sarsaparilla – Nannari** syrup: soothing and cooling
- **Shataavari – Asparagus racemosus:** cooling, calming Pitta, very good for Vata women to harmonize hormones
- **Vetiver** roots: for bathing
- **Yashtimadhu – Licorice:** to refresh the body and to calm irritation, inflammation or ulcer in the digestive tract.

Wishing you a beautiful summer

Be @ Santé Clinic

PS: all these recommendations are more elaborated in my book "Take care of yourself with Ayurveda", available at Maroma in Aspiration, the bookshop of Visitor Centre and Auroville Press Publishers in Aspiration



MATRIMANDIR ACCESS INFORMATION

IMPORTANT ANNOUNCEMENT REGARDING THE
CHANGE IN TIMINGS EFFECTIVE FROM 1 FEB 2026.

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 (maximum 3) 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 Thursday evenings: Guests holding only Aurocards wishing to attend should book by filling in the form at <https://bit.ly/savitri-reading> 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**:
 - Every day, 4:30pm - 6:00pm.
 - Volunteers are requested to come and get their revised passes between 10:00 am to 10:30 am from the Matrimandir office with prior booking at matrimandir@auroville.org.in
 - **It is obligatory for the volunteers and pass holders to carry the pass with them.**
- **The Inner Chamber is open to Aurovilians wishing to accompany a maximum of 3 close family members and friends no more than once in two weeks, with booking 3 to 5 days in advance to mmconcentration@auroville.org.in:**

Any day except Tuesday & Sunday,	<u>8:00 am - 8:25 am</u>
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
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- 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
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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
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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

Auroville TO PONDICHERRY

	Trip 1	Trip 2	Trip 3
Svaram Musical Center	7:00	8:50	14:50
Vérité Guest House - Junction	7:02	8:52	14:52
Town Hall - Main Parking	7:06	8:56	14:56
Solar Kitchen (Ex Round About)	7:10	9:00	15:00
Certitude Entrance	7:12	9:02	15:02
New Creation Road	7:17	9:07	15:07
SBI Bank—Kuilapalayam	7:19	9:09	15:09
ECR Junction—Aroma Guest House	7:23	9:14	15:14
Quiet Healing Center—Junction	7:26	9:17	15:17
Lotus Hotel—S.V Patel Salai	7:36	9:30	15:30
Ashram Road Junction	7:38	9:33	15:33
Ashram Dining Hall	7:40	9:35	15:35

Pondicherry TO AUROVILLE

	Trip 1	Trip 2	Trip 3
Ashram Dining Hall	8:00	12:15	18:10
Ashram Road Junction	8:02	12:17	18:12
Lotus Hotel—S.V Patel Salai	8:07	12:22	18:17
Quiet Healing Center—Junction	8:17	12:32	18:27
ECR Junction—Aroma Guest House	8:20	12:35	18:30
SBI Bank—Kuilapalayam	8:25	12:40	18:35
New Creation Road	8:27	12:42	18:37
Certitude	8:32	12:47	18:42
Solar Kitchen (Ex Round About)	8:34	12:50	18:44
Town Hall - Main Parking	8:38	12:54	18:48
Vérité Guest House - Junction	8:42	12:58	18:52
Svaram Musical Center	8:45	13:00	18:55

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

Auroville Vehicle Service
Town Hall, Auroville, 0413 2623302



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

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

EMERGENCY NUMBERS



Ambulance (24/7):

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

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

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

Vandrevala Foundation +91 99996 66555

India Emergency Response Service (24/7): 108