

Auroville NEWS & NOTES

No 1125 - A weekly bulletin for residents of Auroville

14 May 2026



Town Hall, May 2022

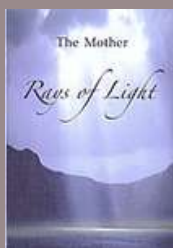
PONDERING

Whosoever has courage can give courage to others,
just as the flame of the candle can light up another.

The Mother, Courage, 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/>

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THE BASES OF YOGA

STEADY EFFORT

page 62

Ambitious plans generally fall flat. It is better to go slow and steady.

*

Remaining steady in our effort and quiet and firm in our determination, we are sure to reach the goal.

26 October 1954

*

It is not because a thing is difficult that one should give it up; on the contrary, the more a thing is difficult the more determined should one be to succeed in it.

1 July 1955

*

Personal effort is indispensable; without it nothing can be done. When the personal effort is sincere the help is always there.

15 October 1972

*

All sincere effort to progress and get rid of dangerous habits is answered and supported by an active help from the Grace but the effort must be *steady* and the aspiration must be *sincere*.

page 63

PERSEVERANCE

Perseverance: the decision to go to the very end.

*

Perseverance is patience in action.



Perseverance

The decision to go to the very end. - *The Mother*

Calendula officinalis L., Compositae.

Ruddles, Common marigold, Scotch marigold,
Pot marigold

It is by *persevering* that one conquers difficulties, not by running away from them. One who perseveres is sure to triumph. Victory goes to the most enduring. Always do your best and the Lord will take care of the results.

1961

ENDURANCE

Endurance is the capacity of bearing without depression.

*

Cheer up, all will be all right, if we know how to last and endure.

page 64

The things we cannot realise today we shall be able to realise tomorrow. The only necessity is to endure.

20 August 1954

PATIENCE

Patience: the capacity to wait steadily for the Realisation to come.

*

With sincerity, make an effort for progress, and with patience, know how to await the result of your effort.

21 October 1951

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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WORKING GROUP NEWS

FROM THE AUROVILLE COUNCIL

AVAILABILITY FOR DIALOGUE AND CONSTRUCTIVE CONFLICT RESOLUTION: AVC NOTE

Dear Community,

Further to our recent note about the importance of goodwill and dialogue in cases of conflict, we would like to share a reminder that the Auroville Council has historically been, and still presently continues, to be available for assistance in cases of conflict amongst Auroville residents.

The kind of assistance that we are able to provide includes, amongst other things and depending on the case: hearing from all involved parties, giving suggestions and recommendations from a neutral perspective, and helping identify practical next steps, in accordance with established internal processes and possible pathways forward.

In a community aspiring to human unity, where diversity is appreciated, we are, however, concerned to hear that some encourage bypassing the above processes and directly enforcing one-sided solutions through authority bodies; thus eliminating any hope of finding a synthesis between seemingly opposite perspectives.

We would like to also request everyone to please keep in mind the importance of working together to resolve our differences and trying new approaches, rather than follow the conventional ones.

Warmly,

The Auroville Council

Divya, Dyuman, Isabelle, Martin, Mouttou, Muni, Ramesh, & Sathiya

FROM THE RA WORKING GROUPS

JOINT STATEMENT OF THE RA WORKING GROUPS

Dear community,

Three joint meetings of representatives of the AV Council, RA FAMC, RA Land Board, RA Working Committee, and one joint meeting with L4U have taken place since the selection process in an open, dynamic and constructive spirit. A space for exploration, collaboration and mutual support is steadily emerging between us. In recent weeks, we have witnessed many signs of the Residents' Assembly stepping forward again with renewed energy, even after four years of crisis.

The L4U movement, the selection process, the many people willing to serve in the newly selected RA working groups, the support around the latest attempt to dismantle the Youth Center, are just some examples. These, to us, show a shared aspiration and initiative to bring an end to the instability, tension, threats and, most of all, the resulting atmosphere of fear that have affected Auroville over the past years.

Building the city of Auroville is an experiment which invites people of very diverse backgrounds to come and work together, and each one's contribution to the whole to be valued. This is a basic necessity, to be able to truthfully say that Auroville is being built. Working towards other aims of Auroville implies that basic living conditions should, eventually, no longer be a matter of continuous concern.

However, we recognise that the pressures and insecurities many of us are facing - housing, maintenance, visas, and more - remain very real. These concerns affect us all. Yet it is important that we overcome fear, remain calm, and maintain proper focus on work to be done, rather than allow this fear to be a tool of coercion in Auroville.

The working groups as selected by the RA are here to serve the community. In addition to our mandated work, we feel that our role during this time includes supporting all Auroville residents in being heard and, where possible, in finding their own ways to respond to the current situation.

Each person's path of action will be different - according to their individual capacity, inner clarity, and external circumstances - and all forms of constructive participation are valid.

There are many ways to show up:

- Offering practical support (such as food, housing, or financial help)
- Supporting the legal initiatives
- Helping others navigate administrative processes
- Assisting with documentation
- Helping coordinate information and resources
- Encouraging any initiative that contributes to Auroville's growth (this can even be as simple as organising cultural events, or anything that manifests Auroville's diversity and strengths)
- Being present as a silent witness to violence and destruction
- Accompanying others to difficult meetings or conversations
- Offering an open ear, empathy, a hug.

Going forward, we would like to be more of a shared point of contact for the community, a place you can come to with questions, concerns, or simply the need to be heard, and where you could find others who are also willing to take action.

We aim to listen, offer guidance where possible, and connect you with the people, resources, or initiatives that may be helpful. Where needed, we can also accompany you in navigating processes or next steps.

We remain available and will do our best to support you with clarity and care.

The RA Working Groups,

- AV Council
 - *Divya, Dyuman, Isabelle, Martin, Muniandi, Mouttou, Ramesh, Sathiya*
- FAMC
 - *Auradha, Danny, Jonah, Krishna, Palani, Ranjithkumar*
- Land Board
 - *Amrit, Anan, Ashok, Lata, Padmanabhan*
- Working Committee
 - *Anita, Elvira, Jayavel, Matthieu, Prashant, Raju, Valli*



FO GROUPS NEWS

(not selected by due Residents' Assembly process)

FROM THE FO N&N 1130

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

COMMUNITY NEWS

OBITUARY

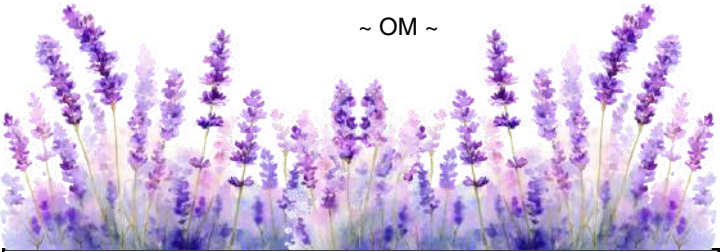
THOMAS ECKELMANN PASSES AWAY



This is to inform the community that Thomas Eckelmann, from Gratitude, passed away late morning of Wednesday 13.05.26 at his residence.

Thomas's mortal remains have been brought to Farewell and will be cremated at the Auroville Cremation Grounds on Saturday 16th May at 4pm.

~ OM ~



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!

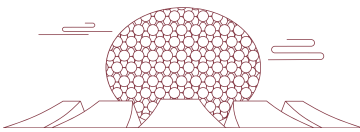


FINANCIAL SERVICE - SATURDAY AFTERNOON CLOSURE

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

Thanks for your understanding
Financial Service team

CLOSURE OF THE MATRIMANDIR INNER CHAMBER MONDAY 18TH MAY - SUNDAY 14TH JUNE



Because of annual maintenance work, the **Matrimandir Inner Chamber** will remain closed for everyone from Monday 18th May 2026 to Sunday 14th June 2026.

We regret the inconvenience caused.

The Matrimandir Inner Chamber will reopen on Monday 15th of June, 2026.

Kindly watch this space for any changes to the reopening date.

The Chamber will be reopened for Aurovilians and Newcomers sooner if it is possible.

The **MATRIMANDIR VIEWING POINT** will remain OPEN as usual from 9 am to 5 pm everyday.

RESIDENTS SPEAK



MMC-CINEMA PARADISO: A COMMUNITY SPACE IN TRANSITION

Over the past years, MMC-Cinema Paradiso has functioned as a shared community space with a clear mandate, supported by a simple and transparent booking system to ensure fair and consistent access.

Within this, Cinema Paradiso focused on screening culturally diverse films and hosting filmmakers, alongside a wide range of programs by individuals, groups, schools, and institutions.

In FY 2025-26 alone, this included over 350 films across approximately 50 weeks of operation, and more than 900 hours of total use of the venue.

In March, I received a proposal from Laxmanan for extended use of the auditorium, initially proposed for six months and later revised to one week with plans for extension. As with all users, this was taken forward through the standard booking process. Following the only formal meeting held on 8 April, booking rates for multiple use beginning 13 April were shared in line with existing procedures. However, the proposed start date passed without the booking being completed, and no further discussion around payment modalities, other arrangements, or collaborative planning took place.

On 20 April, Ramesh and I went to meet Ms. Latha Sundar to communicate directly. Although we were initially given to understand that she would meet us, we were later informed that she would not be available. On the same day, an office order dated 17 April was received, reassigning my responsibilities at MMC-Cinema Paradiso to a new team.

A functioning, transparent, heavily used, community-oriented cultural space was thus transitioned without meaningful dialogue, completed process, or collaborative resolution.

A transition has now taken place. To ensure continuity, I supported scheduled screenings and programming up to 3 May. Programming and administration are now being carried forward by the new team. Many of the films currently being screened had already formed part of earlier Cinema Paradiso programming over the years, within its carefully curated selections.

MMC-Cinema Paradiso functioned as a community service, maintaining a professional venue for presentations, seminars, and screenings, with emphasis on quality projection, non-commercial cultural exchange, and broad community access. This continuity depended on careful management and financial planning, especially since repairs, upgrades, and replacement of equipment were often not covered through regular budget support. A recent example was the purchase of a new laptop on 17 April through viewer donations and support from AVI-USA following equipment failure.

I remain grateful to the many individuals, schools, filmmakers, and community members who engaged with and supported MMC and Cinema Paradiso over the years. I trust the community will continue to engage with the space thoughtfully, and uphold the standards of quality, openness, transparency, and procedure that allowed MMC-Cinema Paradiso to function meaningfully as a cultural space over time.

Warm regards,
Nina



THE YOGA OF FLOWERS

"Flowers are the moment's representation of things that are themselves eternal" wrote Sri Aurobindo. The Mother pointed out that the flowers' spiritual and occult language is the most direct way to enter into contact with one's psychic being; commenting that flowers and birds are the creatures more easily influenced by the Supermind. This is common knowledge, among the old sadhaks, trained for decades by the Mother to offer and receive flowers according to their spiritual significance.

From 1970 to 1972 the Mother went on classifying them accordingly. She expounded their meaning mainly to the ashramite Richard Pearson, who published the first book; but at the Sri Aurobindo Ashram the sadhana of flowers had commenced in the thirties. In Auroville too this practice is essential, as the fundraising Matrimandir brochure highlights: *"Flowers give an extremely colorful look to the place. They are displayed in twelve gardens surrounding Matrimandir and chosen in accordance to their real significance, to the state of consciousness which they express. Around the banyan tree, the Garden of Unity allows for the coming together of all floral hues."*

A senior Aurovilian commented that flowers highlight the transition into new matter heralded by Supramental Yoga. Flowers are a yogic path *in se*; the message is conveyed by the flowers themselves, the way the Mother instructed the ashramites in a mutual play. Entering into communion with the subtle form of beauty that flowers represent is an easy way to access the psychic being or indwelling Divine. This specific sadhana is even more necessary now that the Mother is no longer in the body: her guidance continues through the inner message of the flowers; if people are able to open, heart and soul, to their inward intimation, letting the psychic being take the lead, without the need of outer intermediaries.



Conversing with flowers should start in childhood and continue for life. The Mother detected the spiritual significance of 890 species; concentrating on flowers may induce that state, or help deterring it if the flower warns against. The Yoga of Flowers is how I commenced, fifty-three years ago, and still remains a major tool of my sadhana. But I have a special relationship with flowers since when I was a child; I grew them, pasted in my herbal book, made watercolor drawings with their botanical name. I took my first photograph, of a tree, at seven.

I first arrived in 1973, two weeks after Mother's passing. I was immediately attracted by the flowers of a small scented tree, *plumeria*, which I had never seen before; I collected them from the ground wherever I went. Little I knew that the Mother had called it "Psychological Perfection"; when I got one hundred forty of them in one day, I passed to *clitoria ternatea* – "Radha Consciousness" – of which I also ignored the significance, I was too new. When a sadhak pointed at Mother's prayer displayed nearby the Ashram's entrance, I understood why that small, wild creeper mesmerised me.

When I felt called by unknown flowers, or disliked them, Parichand (the great sadhak in charge of the Ashram gardens) told me the meaning, which changed according to the colour; Richard also helped, or Auroculture who still lived in Pondy. Thus sadhana went on, guided by the flowers, without ever lamenting the physical absence of the Guru: the flowers spoke. Along with Sri Aurobindo's sonnets, Mother's Prayers and Meditations, all I wished to be...

*

Like us, flowers are individuals with striking features and anomalies, well-defined patterns and personalities; macro photography strips them naked. In my early Auroville years, at the Centre for Indian Culture and at Pitanga I displayed exhibitions of 200 color photographs of flowers – macro-photography too – noting down the significance the Mother gave them in relationship to Yoga. Most printouts were 30" x 40", but some were also 60" x 80".

In all my photographs and exhibitions, the quest is same: the Divine as a flower, a grass, a seed, a bird, an insect, a cow – in the villagers' religious festivals and deities as in the adoring faces of the sadhaks of Integral Yoga. Utterly remote from the values of the philistine age submerging us, my quest is both metaphysical and ontological; but is carried on alongside technology applied to conscious matter, of which I sense the intelligence and indwelling divinity. The message is one: transition from the objective to the subjective age heralding the new world, so much easier to perceive in flowers than in human societies, in harshest times toiling towards an ever-eluding perfection. Perceiving the world through this lens anything else fades away, irrelevant, ready to build Auroville, the crucible of the ideal society. The sole need is the Divine, immanent, transcendent.

Paulette

WE HAD A DREAM - A GRAPHIC NOVEL

A graphic novel on Auroville, India.

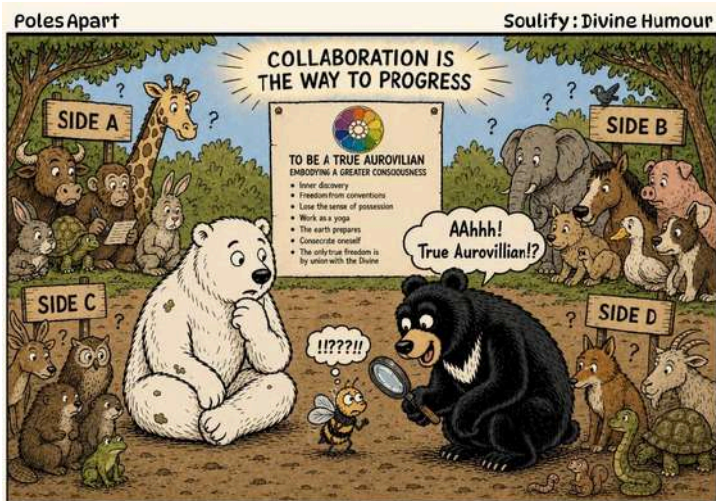
What we lived. What can still be reborn.

<https://auroville.love>



Join the [channel](#) for the next episode.

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.

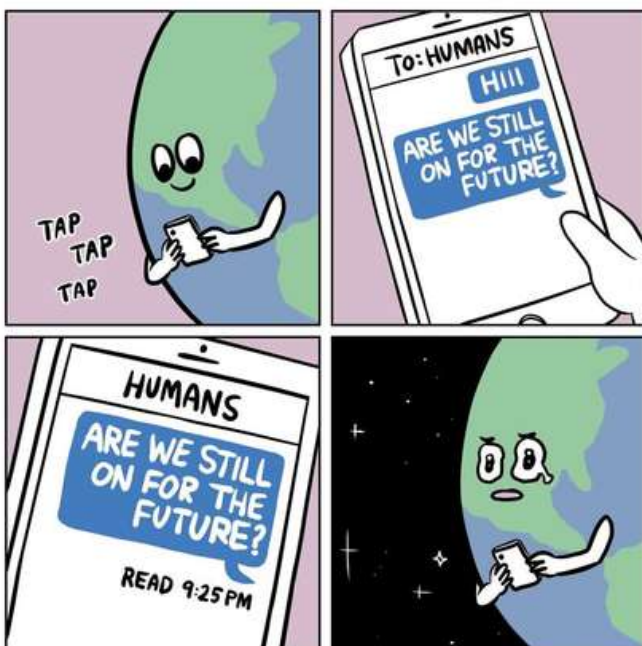
Click on this [link](#) or scan the QR code to contribute to the article.

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?**

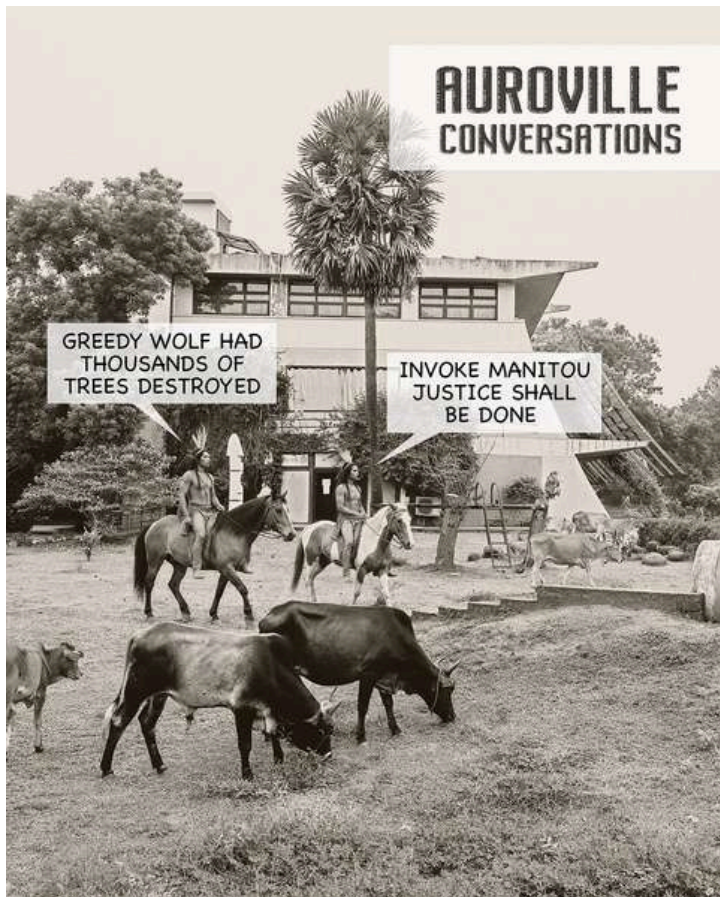
The purpose is not to define what is right or wrong, nor to take a position, but to pause, observe, question, and reconnect with the deeper aspiration of unity that holds the essence of Auroville.

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!**

FOOD FOR THOUGHT



AUROVILLE CONVERSATIONS



Submitted by an Aurovillian



FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro – Traductions

14 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 19th May, 9 am - 12 noon

Focus: The Supermind

Led by Ashesh Joshi

Place: Mirabelle Education Centre, Auromodele

Ph/WhatsApp: 94891 47202 (Please register)

All are Welcome



AUROVILLE CULINARY EXPERIENCES - ACE

A NEW UNIT OF AUROVILLE, APPROVED UNDER FAMC

ACE is a culinary knowledge initiative based in Auroville.

Many people in and around Auroville carry deep cooking knowledge - from regional traditions, family practice, and years of lived experience. ACE wants to create a space where that knowledge can be shared with others who genuinely want to learn.

Sessions are small, hands-on, and informal. Usually 6 to 8 people. Participants cook together, eat together, and learn by doing.

ACE is not a cooking school. There is no demonstration, no passive watching. Just people cooking and sharing knowledge around a common table.

Share your culinary wisdom with others.

If you cook, you can share.



Authentic Culinary
Experiences

AUROVILLE · INDIA

You do not need a certificate or degree in culinary science.

Open to all cooking enthusiasts around Auroville and Puducherry who have some culinary wisdom to share with others!

You might be:

A home cook, a chef, a baker, a fermenter or someone who cooks from a regional or international tradition.

We take care of the space, the setup, the coordination.
You focus on cooking and sharing.

Cooking is something we learn by doing.

Often from someone standing next to us.

Many people carry this knowledge.

At home.

In small kitchens.

In quiet ways.

ACE is a place, where this can be shared.

Manu Bahuguna

culinary.experiences@auroville.org.in

+91 8279300821

Authentic Culinary Experiences
A unit of Auroville

ACE KITCHEN GATHERINGS

Creativity, Auroville

As part of its preparatory phase, ACE will begin hosting small, informal kitchen gatherings at the ACE Kitchen in Creativity.

These are not formal workshops or cooking classes. They are shared kitchen sessions where small groups come together to cook, exchange food knowledge, and eat together.

Sessions may be led by:

- Experienced home cooks
- Traditional knowledge holders
- Bakers and fermentation practitioners
- Anyone sharing food they know well

Others will be more open - a group of people cooking something together and seeing where it goes.

Most gatherings will be small, usually 6 to 8 people. Participants will contribute towards ingredients and basic kitchen expenses.

Over the coming months, these gatherings will help ACE connect with prospective mentors and workshop facilitators as we prepare for more structured programs planned for later in 2026.

We are also open to hosting sessions in people's own kitchens or suitable community spaces.

To participate, cook with us, suggest a theme, or explore hosting a session, please get in touch.

Manu Bahuguna & Sacha Elder

Authentic Culinary Experiences - A Unit of Auroville

culinary_experiences@auroville.org.in

+91 82793 00821

ANOTHER WELCOME SOAKING RAIN!

ANOTHER RAIN, ANOTHER WALK!

LET'S FORAGE AGAIN

EDIBLE WEED WALK, SATURDAY 16TH MAY



Join us for an exclusive Edible Weed Walk in Auroville.

When: Saturday 16th May 2026

Time: 7:30 am - 8:30 am (max 8:45 am)

Where: Accessible area within Auroville

(Final location shared with registered participants on Friday)

The Details:

- **Limit:** Only 5 pairs (10 people total)
- **Cost:** ₹800 for two
- **Note:** Single registration possible if you have the book with colored insert (₹300).

Secure your spot:

- **WhatsApp:** 98409 36907
- **Email:** edibleweedwalk@gmail.com
- *(Send your names and the number of participants for the QR code)*

JIVA AUROVILLE



A platform of Auroville's 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.

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



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

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

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



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

Flower Watercolor with Rosalba (prior registration required at +91 90475 69721)

- Wednesday 10am - 12pm

Let's explore through watercolor and reconnect with the soul and unique qualities of flowers.

Uncover the properties , character, personality and healing power of every flower that calls your attention.

Let's learn together how to use them

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 :

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.

Bach flowers treatment - counseling session with Rosalba
• By appointment +91 90475 69721

RETURN TO YOUR ESSENCE

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.

"Health depends on being in harmony with the soul"

Dr Edward Bach.

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)

LOST

KEY

Lost single key on chain with carved, wooden kingfisher.

Contact WA 75986 11950



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

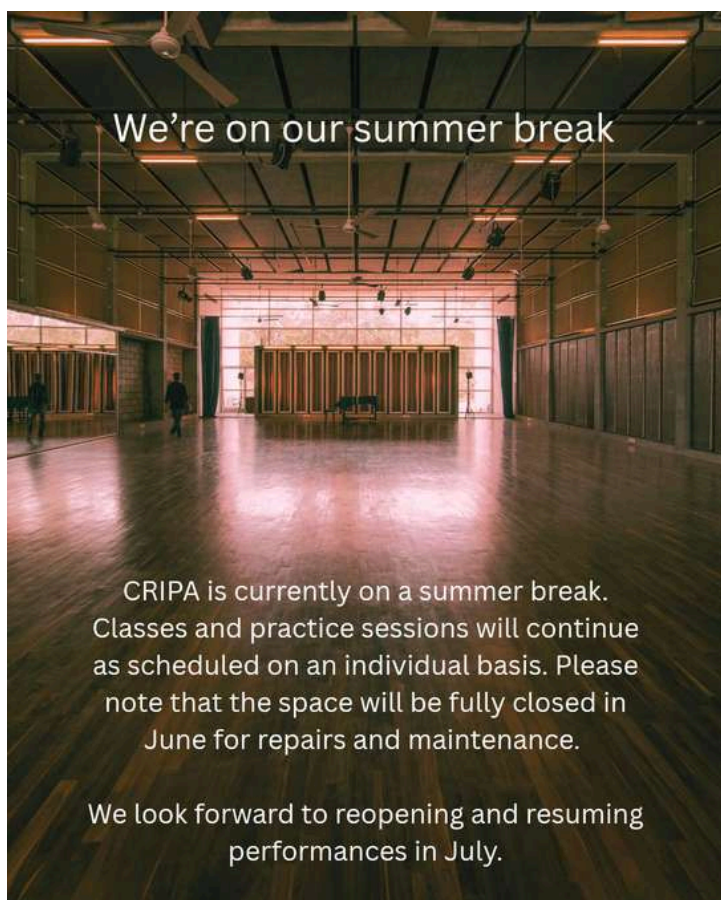
Greetings,
Shivaya



CULTURAL ANNOUNCEMENTS

AT CRIPA

WE'RE ON OUR SUMMER BREAK ☀️



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

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


POETRY


 God catches me
in a breather moment
from my busyness
and sends someone
to the table—
 a doer now speaks
of him or herself



 God makes sure
what I see and hear
is all myself


 Alright, I get it—
all merits Yours,
all follies mine.
 D'accord?

 If this still does not settle,
bring one more, each day,
to the table.

 I know how insistent
You are

 I'm already
in Your hands

 Scold me,
mould me,
 fold me,
unfold me,
as You please

 Meow, miew, wow...

Womb of Creation

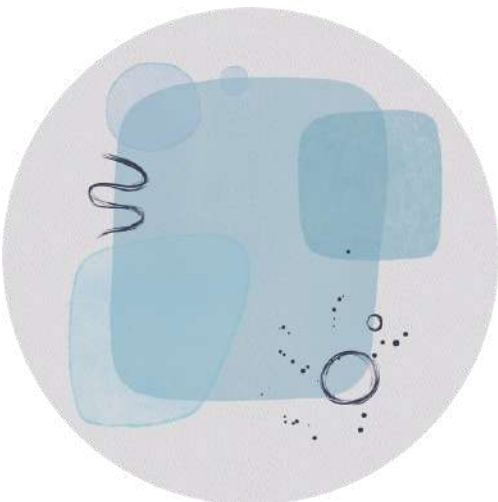


O Mother
Where did I come from?
Where had this seed lain
Before it was planted?
From what ocean
Had the rain of fertility risen?
Who had walked out of the sea
To put his foot on the earth?
Where did I come from
O Mother
Speak to me!

Whoever remembers what it was like
being in the womb?
The first flutter of their heart
The first peak at the womb?

When a seed blossoms into a flower
And a flower into a strawberry
Who does not see the womb?
When dark clouds rumble in the sky
Laden with rain
When Pasha climbs the steep hills
With her udders full of milk
When Mary holds the crying child
In her arms and gives her breast to him
I know then
That I am in the womb
The womb is everywhere
The womb is the Universe!

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

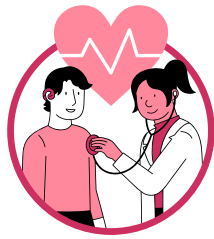
Contact: 0413 291 0005

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

- 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
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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