

# Auroville NEWS & NOTES

No 1128 - A weekly bulletin for residents of Auroville

4 June 2026

RA EDITION



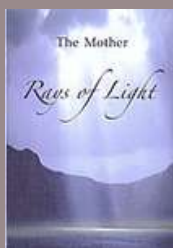
## PONDERING

Generally speaking, man is an animal who takes himself terribly seriously. To know how to smile at oneself in all circumstances, to smile at one's sorrows and disillusion, ambitions and sufferings, indignation and revolt—what a powerful weapon with which to overcome oneself!

*The Mother*, 7 November 1946, [Nobility and Refinement](#), Words of the Mother II



# RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

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## THE BASES OF YOGA

### HAPPINESS

#### page 69

Happiness is as contagious as gloom - and nothing can be more useful than to pass on to people the contagion of a true and deep happiness.

*25 October 1934*

\*

Try to be happy - immediately you will be closer to the Light.

*11 July 1935*

\*

Indeed he is happy who loves the Divine because the Divine is always with him.

*7 March 1937*

\*

Always be good and you will always be happy.

*13 October 1951*

#### page 70

Always remember that on the happiness you give will depend the happiness you get.

*2 June 1963*

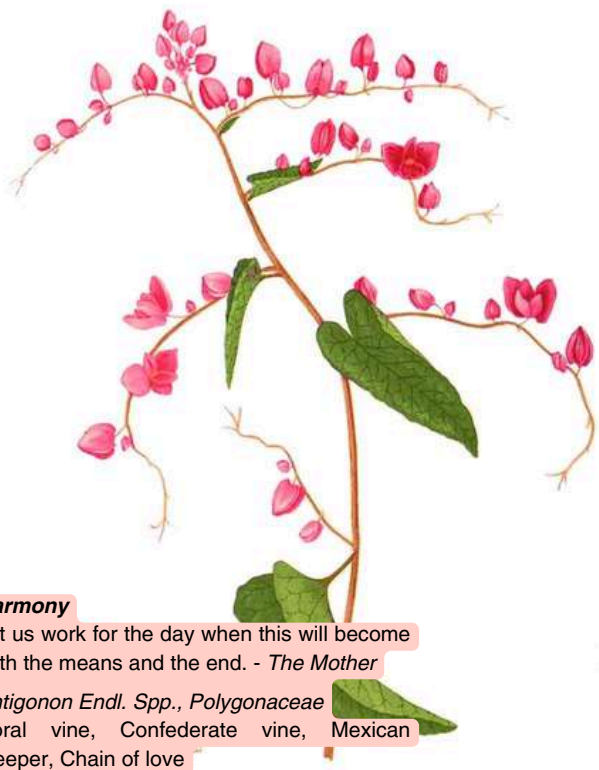
### BALANCE

Sobriety has never done harm to anyone.

\*

The loss of money is of small importance, but the loss of equipoise is a much more important thing.

*20 August 1935*



**Harmony**

Let us work for the day when this will become both the means and the end. - *The Mother*

*Antigonon* Endl. Spp., Polygonaceae  
Coral vine, Confederate vine, Mexican creeper, Chain of love

All mischief comes from a lack of balance.

So, let us keep our balance carefully, always, in all circumstances.

10 August 1954

page 71

HARMONY

Harmony let us strive that the day may come when this will be the means and the end.

\*

Surely we must always want peace and harmony and work for it as much as we can - but for that the best field of action is always within ourselves.

\*

Look for the inner causes of disharmony much more than the outer ones. It is the inside which governs the outside.

4 July 1966

\*

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

April 1970

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

## LIST OF ACRONYMS:

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

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

### **Working groups selected by the Residents' Assembly:**

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

### **GB groups:**

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



## NOTE FROM THE EDITORS



Dear Community,

### **Here is some important information:**

- If you would like to support the RA N&N, please send us an e-mail at [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services).
- Content sent through [@auroville.org.in](https://www.auroville.org.in) mail ID will only reach us if you use this [FORM](#) to submit your content.
- The mail ID to submit content is: [newsandnotes@auroville.services](mailto:newsandnotes@auroville.services)
- Due to limited funding, please understand that we only provide printed copies to **public/shared spaces**.

**Thank you for reading and for your continued support!**

In community,  
The RA Community Edition News & Notes Team 🌸

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# WORKING GROUPS NEWS

## FROM THE AUROVILLE COUNCIL

### MEETING WITH MATRIMANDIR EXECUTIVES: AVC REPORT

The AVC is tasked with regular engagement with various teams, including the MM Team. Several AVC members thus met with the MM executives (Antoine, John, Judith, and Sundar) on May 5<sup>th</sup> 2026.

The team stated that they actively seek to embed Auroville's founding principles into its work. The MM Team's central goal is to complete the Lake project by 2028, coinciding with Auroville's 60<sup>th</sup> anniversary, and plans to construct a new office. The new placement will restrict motorised traffic in the area.

The team's official term, initially set for four years which concluded in March 2026, was later extended to six. Despite a pending extension request (with the GB FAMC), the team remains operational, and due to be bolstered by the Foundation Office with a promised eight newly announced resource persons.

In April 2024, construction on the Lake was paused due to complications with private land and earthmoving – not as a response to a petition from over 450 residents demanding broader community consultation. The MM executives clarified that responsibility for lake construction lies with a separate team (the MM Lake Team), with the regular presence of MM executives.

Auroville foundational ideals imply openness and collective learning. If decision-making, impact assessments and expert reports, or budget are not clearly shared, it creates mistrust and weakens institutional credibility. The MM team states that their report, expected in May, will include all these details.

Some discussions focused on principles of collective decision-making and human unity as outlined in the Auroville Charter, with some differences noted over interpretations. A member of the executive team stated that 'human unity' is only at the end of the Charter, and as such, once the other Charter points are achieved, this point will happen naturally, perhaps inferring that community participation is not relevant for their present work.

The AVC team suggested that searching for a synthesis could be attempted, to arrive at a balance inclusive of successful construction of the lake, as well as environmental awareness and community involvement.

Environmental concerns were raised regarding the use of plastic liners in the lake, which may hinder traditional water recharge methods and impact local ecological restoration efforts, and raise questions regarding sustainability. However, project supporters point to "expert" endorsements about the lake's benefits for water supply and aquifer support.

Socially, the project faces criticism from visitors on social media about its current appearance and accessibility, though the MM executive team maintains that the final result will be beautiful. The possibility of community participation in the beautification of the lake surroundings was discussed, with the suggestion treated positively.

Additionally, an incident was discussed regarding access to the MM Garden for what was perceived as a demonstration, which was resolved after discussion, reflecting ongoing challenges around inclusivity and community engagement.

N.B. This report was sent to the MM executives for feedback, none was received so far. If we have any updates, we will let you know at the earliest.

The Auroville Council

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

## **AVC REBUTTAL TO FO-WORKING GROUPS' LETTER REGARDING LEGALITY OF RA-SELECTED WORKING GROUPS**

Under what section of the Auroville Foundation Act are you questioning the legitimacy of the Working Groups selected by the Residents' Assembly?

Enough is enough. போதும். Ca suffit. अलम्.

The Auroville Council

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

## **AVC NOTE - WHICH COMES FIRST: HUMAN UNITY, URBAN DEVELOPMENT, OR BOTH SIMULTANEOUSLY?**



A recurring question in Auroville concerns the relationship between the material construction of the city and the deeper experiment in human unity. Among many differing views, one often expressed is that the rapid implementation of infrastructure and urban development is the priority, with the belief that the social and spiritual dimensions will follow. Another popular viewpoint is that human unity is not an outcome to be postponed until after construction, but the very foundation upon which any true development must rest.

When development is imposed through force, exclusion, or disregard for large parts of the community, it risks undermining the very experiment Auroville was created to pursue. A city built in the name of unity cannot sustainably emerge through division. Moreover, while slower, participatory processes leave space for multiple approaches and experiments to coexist. By contrast, irreversible interventions (such as large-scale demolition, displacement, or ecologically destructive works) can foreclose possibilities for others while advancing only one vision.

The question is therefore not whether the city should be built, but how its construction can remain aligned with the values of mutual respect, collective experimentation, and human unity that are meant to give Auroville its meaning.

As such, we firmly believe that if human unity is held as an essential value in all we do, the City will be built not only more in alignment with the Mother's vision in its beauty and function, but also more quickly and efficiently.

Warmly,

The Auroville Council

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

## **FO GROUPS NEWS**

**(not selected by due Residents' Assembly process)**

**FROM THE FO N&N 1133**

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



## COMMUNITY NEWS

### COMMUNITY SHARING

#### [📝] UPDATE 3]

#### **PETITION DEMANDING ANTIM, JOEL, MURIEL, SINDHUJA, AND JOSEPHINE (KALIANANDA) RESIGN FROM THEIR POSTS AND STOP INTERFERING IN AUROVILLE ORGANISATION – MAY 2026**

Dear Auroville community and well-wishers,

So far, we have received over **990 signatures** (Auroville residents 656 / well-wishers 334). After verification, we will submit the final count to the Auroville Council with our request to address this crucial matter.

Monday, June 8<sup>th</sup>, will be the final day for signature submissions. Please share the link with your friends and spread the word:

<https://forms.gle/Y4gg8jqNw6wPFKHH8>

Your confidentiality will be maintained throughout the process.

Sincerely,  
*Concerned Residents*

#### **SOLAR KITCHEN CLOSURES FOR ANNUAL TRIP**

Dear Community,

The Solar Kitchen will be closed for its annual trip and will not be serving both lunch and dinner on the following dates:

- **04.06.26, Thursday – Dinner only closed**
- **05.06.26 & 06.06.26 (Friday & Saturday) – Both lunch and dinner closed**

We will resume serving lunch and dinner on Monday, 08.06.26, at the usual times.

Love,  
*Solar Kitchen Team*



## **GRANT PROPOSALS 2026 FWE AND SDZ**

Aurovilians are invited to prepare and submit grant proposals for possible funding by Stichting De Zaaier and the Foundation for World Education in the second half of 2026. ***Last date for submission is, Monday, 6<sup>th</sup> July.***

A grant application form and budget request table are available on request from [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in) for this purpose.

**You are encouraged to send in a draft version of your proposal before finalizing the application.**

Following the procedures set up by the Foundation for World Education and Stichting De Zaaier, proposals will be checked to ensure that the grant request falls within their funding criteria and then forwarded to them to be reviewed for selection and grant allocation by their Board members.

Please note that *funds are not available for infrastructure, buildings or transport*. Requests for equipment will be considered if specifically required for the implementation of the project and are not already available in Auroville.

NB Both SDZ and FWE have indicated a preference for the funding of projects and activities for which the maintenance of Aurovilians is either covered by Auroville or from a source other than the grant being requested.

**Please note that if you are submitting a proposal that has anything to do with Auroville or Auroville Outreach schools**, or, students of any individual classes, your proposal is to be reviewed by all concerned School Boards **BEFORE** being submitted. (Please contact any individual schools mentioned in your proposal before submitting it to the School Boards.) It is important that all the relevant bodies (i.e. schools, teachers, school boards, etc.) are aware of your project and support it. In this way, the donors will know that such requests have the support of schools and thereby have a greater impact on the beneficiaries of the project.

**Important to note:** If you have already received funding for a project through Abundance PCG please send in a progress report/status update (if the project is ongoing) or final report (if the project has been completed or all funds have been utilized) before making an application for a new grant.

***Last date for submission is, Monday, 6<sup>th</sup> July.***

For more information, assistance or a grant application form and budget request table, **please write to** [abundance.pcg@auroville.org.in](mailto:abundance.pcg@auroville.org.in)

*Pala, Sauro, Tineke, Vani*  
For Abundance PCG

## **FARM GROUP REPORT 2025-26**

Despite the FAMC not recognising the farm group which has tried to work together for over 30 years, we continue to hold full farmers meetings regularly and with a core group of farmers meeting almost every week. The core group looks at any issues that concern the farms and attempts to continue steering the farm group towards our aspiration of ethical farming and high quality food for Auroville.

The work of the farmers has become even more challenging in the last 3 years due to a deepening divide between the farms and the administration, with many policies being decided in offices without the will to communicate directly with the farmers or understand the ground challenges and realities. The maintenance cuts are still in effect, which has pushed many farmers to either focus only on high

value crops, or limit their investments in the farms impacting overall production. More and more paperwork is being asked of the farms, with hefty accounting fees which have only resulted in bad accounting, inaccurate balance sheets and delayed book-keeping. In general, farms are being pushed to units of production rather than valuing the intrinsic value of food or Auroville's vision of food sustainability. We are aware of our own limitations in organisation as well as production, but administrative support is absent even where farmers want to improve and have shown successful work.

In the face of these challenges, we are grateful to the community members who have consistently supported the farms through their messages, by prioritising Auroville grown food, and coming together in spirit. We believe that the challenges that the Auroville farmers are going through are a part of a general trend in the world, where land, food and even human beings have been commodified, but we are committed to continue our work to find and demonstrate possibilities of how farming in Auroville can overcome these tendencies. Whatever we grow and produce, we attempt to do so in ways that benefit both the natural world as well as the consumers of the food, and hopefully you understand that when you eat Auroville food you are connecting with the land of Auroville in a very special way. Below we present some work that was done in the last financial year.

- **Dairy Group:**

Last year, Auroville farmers produced nearly 75,000 litres (74,876.810) of fresh milk, 10,000 litres of yoghurt (mainly from Annapurna farm), 1,380 kilos of paneer and 1,122 kilos of different varieties of cheese.



The dairy group of Auroville (composed of all dairy farmers of Auroville) have been working for the last decade on collectively developing and adhering to **dairy standards** designed to ensure the ethical care of cows and quality of the milk produced. We are finally at a stage where we are able to stand, with data and peer reviews, for 4 standards: Milk records, Calf health, Fodder, and Medical records. Milk labels on bottles (eventually other dairy products too) will soon carry information on how well the farms comply to these standards as ratings which will be updated monthly. More information on these standards will be made available via posters and a video. We hope to include more standards in the future to continue developing responsible and healthy dairy farming practices and that with these measures, you feel more confident supporting our work.

- **Grain Group:**

Last year, Auroville farmers distributed 22,372 kgs of various grains through AV grains. The community was supplied with 1,5375kg of rice (boiled, complete, red, raw, idly, basmati) 2,281kg of rice flour (complete and red rice) 104kg of pulses (karamani, greengram, ulundu), 327kg peanuts and 4,285kg of millet, some of which comes from organic farmers outside Auroville through AV Grains (mostly varagu with small amounts of tennai and ragi). 344L of peanut oil was produced as well.

- **Vegetables and Fruit Group:**

Last year, Auroville farmers produced 30,323 kgs of vegetables (including root vegetables and leafy greens), 46,702 kgs of fruits, 3,285 kgs of nuts and over 3.5 lakh eggs.

A continuing reality with which farmers have to contend is that Aurovilians do not want to eat vegetables which grow in the Auroville environment like ladies finger, louki, brinjal, long beans etc, but prefer potatoes, carrots, broccoli and tomatoes which need a cooler climate. Despite many efforts over the last 50 years, our community's taste preferences have not acclimated to our physical

reality. This is a problem we need to address as a community if we are to take Auroville's vision of food sustainability seriously.

- **Food system envisioning**

Farmers are only one component of the complex food system of Auroville. Despite the current administration's promises to prioritise food sustainability for Auroville, we are yet to see a single successful initiative while witnessing the dismantling of existing systems



without any viable replacements. For over a year, a group of people including some farmers have been working with different stakeholders of Auroville's food system on improving the interconnectedness between the community, the food and the farmers of Auroville and **envision a different food system** grounded in reality and collaboration as the way forward. If you'd like to know more, please contact [avfoodsystemenvisioning@gmail.com](mailto:avfoodsystemenvisioning@gmail.com).

- **Farm & community festival**

A farm and community festival was organised at Kailash in Feb 2026 by some residents and volunteers to celebrate Auroville's farms, bring community and farms more closely together, raise awareness of the threats to farming and to food security in Auroville and to celebrate solidarity, resilience, and the spirit of Auroville with fresh and processed food from most Auroville farms. We are exploring how these festivals can be organised more regularly. If you are interested in participating, please contact us.

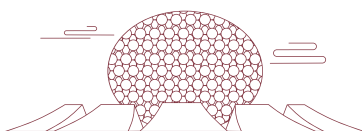
- **Foodlink**

Foodlink was originally created by the Farm Group as an essential link in our food sector, but has not been under our management for over two years now. Our relationship is currently navigating a period of challenge, but we continue to seek practical, collaborative paths forward together in the spirit of Auroville.

As always, we remain open to your feedback and suggestions and welcome you to engage with us on the farm or through conversations on how the community can come together around new ways of looking at food and farming. Contact us at [farmgroup@auroville.org.in](mailto:farmgroup@auroville.org.in) / [aurovillefarmgroup@gmail.com](mailto:aurovillefarmgroup@gmail.com)

## **CLOSURE OF THE MATRIMANDIR INNER CHAMBER**

MONDAY 18<sup>TH</sup> MAY - SUNDAY 14<sup>TH</sup> JUNE



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

We regret the inconvenience caused.

The Matrimandir Inner Chamber will reopen on Monday 15<sup>th</sup> 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.

## 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*



### RESIDENTS SPEAK

#### WE HAD A DREAM - A GRAPHIC NOVEL EPISODE 1 – OPENING

Here is the [PDF](#) of the new episode of We Had A Dream.

You can also find it on  
<https://auroville.love>



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

#### AN OPEN LETTER TO AUROVILLE:

I am writing this as an individual who has lived a life in Auroville.

The development of the city has never been in question, but the way in which it is being built is paramount to its future.

How we plan and how we execute our designs and build matters. Auroville is not a typical city where construction companies simply come in to erect buildings; it is defined by its people and the vibrant mix of culture it brings to the world. We speak often of "human unity," but we must remember that every individual is an integral part of this project.

Reflecting on the events of December 4, 2021, it is clear that two incidents shook Auroville to its core: the destruction of the Youth Centre with heavy machinery, and the subsequent booing during our meeting at the Unity Pavilion. Both incidents should never have occurred. When the foundation made the decision to destroy the Centre, it acted as a catalyst; the community's resulting anger and frustration were expressed loudly in the meetings that followed.

There is currently so much frustration, disappointment, and sadness regarding what could have been one of the most beautiful cities in the world. Now, it is up to our collective thinking and our collective willpower to remedy this situation, to heal, and to restore Auroville to what it was intended to be: a place for human unity.

Or let it slide into touristic hotspot selling trinkets to the searching souls.



*Muniandi Radhakrishna*

## **WHAT LIFE IN THE EARLY GREEN BELT HAS TAUGHT ME: SOLIDARITY!**

The decay of the Auroville constructions, and the paucity of funds, have been raised at two monthly meetings at the Sri Aurobindo Auditorium. As long as the model town does not manifest to inhabit Auroville is challenged by a shaky equilibrium: torrential rain and scorching sun, termites and wandering cows, nature takes revenge. Disrupting the original technique and design, residents rearrange buildings scarred at their own convenience. Roofs leak, endangering structures. Paints crumble. Cherry topping the cake, cars and petrol vehicles are everywhere.

Buildings and public buildings, urban and green arrangements are the mirror of what we are and do. Mother's guidelines and Prosperity are not an abstraction, not ideology fancifully sneaked in between the clouds. *"The selflessness of a tribe"* wrote the early Aurovilian who donated the 34 huts of Aspiration and lived in one. Using for the wellbeing of all every single rupee of Mother's sacred money, this should be the starting point of serving Auroville. Starting from wisely managing the spaces we inhabit and share, where we work and run our civic affairs, with love and respect for divinity in matter, its conscience.

It is difficult for new people to grasp, today, how we went ahead, day in and day out, year in and year out up to the new millennium; how the guidelines and Prosperity Mother devised, spontaneously lived and without waste, made sense, perfectly tailored.

I had no construction problems, the fourteen years I lived in the green belt, in a hut under a keet roof, with oil and kerosene lamps (my daughter drew bulbs cum electrical wires). The first eight years without a bathroom, the toilet was a hole covered by a cement slab along the canyon; when I added a small circular bathroom with an Indian toilet, it was outside, not to alter the poetic sight of my hut. Minimalism simplified everything.

I lived like the pioneers did and like them I turned brave and resourceful: the only way to keep going, in so harsh Auroville. When not even a taxi could I call, the night my child was bitten by a snake and for ten hours lost conscience. I kept repeating Sri Aurobindo's name; I had one homeopathic remedy; a neighbour went around to get black stones, returned with two and one friend. At dawn I cycled to Certitude, calling another friend to carry us on a scooter to the Health Centre to vaccinate her; sandwiching the child, unconscious, between the two of us.

Blanchefleur survived, but afterwards it was my turn. One night I went outside to close the valve of the water tank and a thief and arsonist (he had put fire to the hut of my neighbours), freed after one year in jail, stabbed me four times in the leg. I took homeopathy, a neighbour bandaged me; at sunrise I climbed his motorbike up to the Health Centre and finally, by ambulance, I reached Nallam Clinic. Some time later I nearly died because of typhoid, Govinda nursing me got sick too. I could go on, listing tales of health threats and violence, sorted out with the help of friends and acquaintances, without whom I could have not made it.

Living was so precarious that we had to literally count upon our very selves and closest neighbours. We were our own security, and that of all others as well. Everything was fragile, solidarity was a must. Monitoring the slightest sign of trouble, we fixed it immediately, inventing solutions when we did know and when we didn't. Like installing a metal cylinder with four holes and pipes to equally divide the water the Anusuya windmill pumped, when it pumped.

Promulgating Mother's futuristic town, while living in so demanding conditions, I was respected by my green belter neighbours, who succoured me whenever danger arose. In so challenging set-up, for all of us, I learned what to be an Aurovilian means, by deeds and conscience – not slogans and vapid chattering. What human unity truly is.

The passage from the resilience, endurance, capacity and will to tackle problems right away, for oneself and neighbouring humans – for self-preservation, without delegating the responsibility to others – which characterised the tightly-knitted green belt's communities where I lived was brutal, when in 1999 I moved to the most central part of the residential zone, where nobody seemed to bother, one's private niche was the sole concern.

The Source has dried up. Can we recover the Dream by the tail?

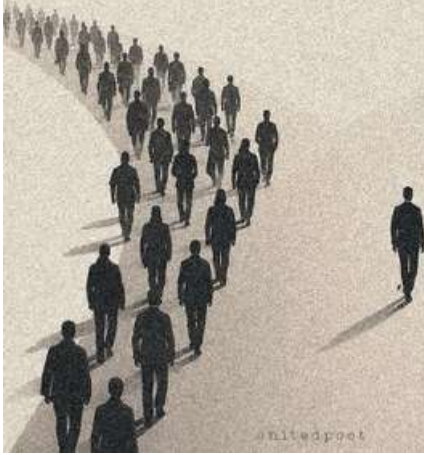
Something was being born, glimpses of the ideal society. No matter what happens, and no matter how difficult, I consider myself privileged for having lived those magnificent years amidst generous people: my teachers on human unity.

*Paulette*

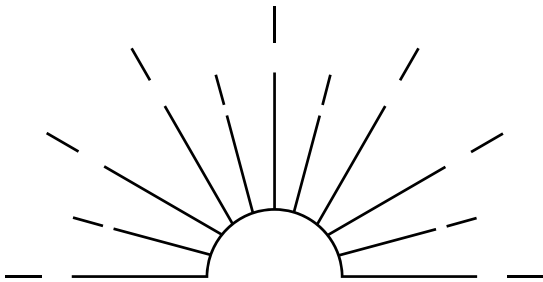


## FOOD FOR THOUGHT

JUST BECAUSE  
IT HAS BEEN  
NORMALISED BY SOCIETY  
IT DOESN'T MEAN  
IT'S RIGHT.



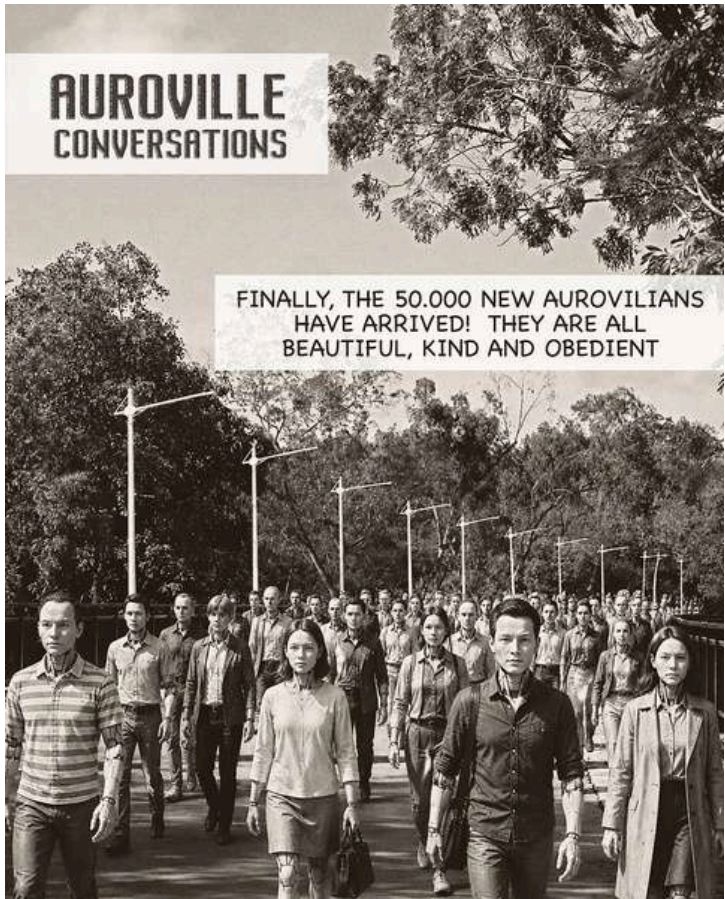
<https://www.instagram.com/unitedpoet/>



## AUROVILLE CONVERSATIONS

**AUROVILLE  
CONVERSATIONS**

FINALLY, THE 50.000 NEW AUROVILIANS  
HAVE ARRIVED! THEY ARE ALL  
BEAUTIFUL, KIND AND OBEDIENT



*Submitted by an Aurovilian*

## FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

4 Juin 2026

Click on date or scan the QR code to read the **French News&Notes**.



## INNER JOURNEY

### 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. **From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm.**
- **Guests:** <https://bit.ly/3v8v8v8> book at advance or the card with you.
- **Access:** **Reporting, no later than 5:45pm.** **Leaving, no later than 6:45pm.**
- **Last exit for guests** at 6:15pm.

*Velmurugan for the Access Team*

## INTEGRAL CONSCIOUSNESS - NEW YOUTUBE CHANNEL



Artistic insights can be a powerful tool to explore the deeper concepts of spirituality.

'Integral Consciousness', a YouTube channel is launched to introduce Sri Aurobindo's vision artistically (Youtube handle, [@integralconsciousness](https://www.youtube.com/@integralconsciousness)). The first video is an animation, "[Sri Aurobindo's Teaching](https://www.youtube.com/watch?v=...)", and presents a letter by the Lord. Sri Aurobindo wrote it to a disciple in 1934. It briefly outlines his vision.

The video is available in 4K (2160p). Subtitles are available in over 24 languages and soon various language Audios will be available as well. The text of this video with all its translations is available on the website: <https://integralyoga-auroville.com/> The following videos will cover Sri Aurobindo's philosophy, insights on life and guidance on the practice of his yoga.

*Ashesh Joshi*

## VIBRATIONAL SOUND BATH

SOUL NURTURING MEDITATIVE EXPERIENCE WITH THE ORIGINAL RUSSIAN SINGING BELLS

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

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

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

At Mirabelle Education Center, Auromodele,  
Kuyilapalayam

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

**Please register in advance**

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

(Private sessions on request at other timings)

## YOUR OWN VISUAL JOURNAL OF SAVITRI, VISITOR CENTRE

JUNE, PROJECTION ROOM, VISITOR CENTRE



A Visual Journal of Savitri

- Beginning : Starting from June 8<sup>th</sup> 2026 (Monday)
- Mondays, Wednesdays & Fridays | 6:00 pm – 7:00 pm
- For June month
- Venue : Projection Room, Visitor Centre

A quiet evening space to encounter Savitri through reflection and creative expression.

At the end of the day, after work, study, or daily activities, participants are invited to gather for an hour of quiet reflection. During each session, one page from Savitri by Sri Aurobindo will be projected onto the screen. Participants are invited to spend time with the text and respond through a personal creative process. Text (one page) will be projected on projector screen for one session.

The intention is not to study, analyse, or illustrate Savitri, but to experience it through creation. Over time, each participant develops a personal journal — a unique record of their evolving relationship with the text through images, symbols, colours, words, textures, reflections, and creative discoveries.

Intention is of no highlight of facilitator or participant but an individual experience of Savitri to community as a form of reflection, in their own expression

No teaching

No guiding

No pressure of performance or comparison of skills

But journey of togetherness in experiencing Savitri individually.

No drawing or artistic skills are required. There is no correct interpretation and no expected outcome.

While the space is available for up to one hour, participants are welcome to stay for as little or as long as they wish. Whether you spend 15 minutes, 30 minutes, or the full hour, the invitation is simply to enter into a creative dialogue with the page.

Participants are welcome to explore any creative medium, including:

- Sketching and drawing
- Visual journaling
- Abstract imagery and symbols
- Poetry and reflective writing
- Words and calligraphy
- Collage and mixed media
- Simple craft-based responses
- Any other form of visual or creative expression inspired by the text.

You are welcome to work in silence or listen to your own music through headphones while creating.

Please bring your own materials and creative tools. For those who may not have materials readily available, a small selection of sketchbooks, colours, and basic art supplies will be available for purchase.

No prior knowledge of Savitri is needed.

- Open to ages 13 and above.
- Free and open to the community.
- No registration or continuity required
- Feel to walk in at 6 pm
- And any number of days ..

One page at a time, one evening at a time, a personal journey unfolds alongside the pages of Savitri.

*Kumud*

The Postman  
75928 05013

*“New words are needed to express new ideas, new forms are necessary to manifest new forces.”*

*The Mother*

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

**Tuesday 9<sup>th</sup> June, 9 am - 12 noon**

Led by Ashesh Joshi

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

All are Welcome



## **ANNOUNCEMENTS**

### **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](mailto:contact@auroville-jiva.com)

[www.auroville-jiva.com](http://www.auroville-jiva.com) Your journey in healing and transformation.

# 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](mailto: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 30<sup>th</sup> 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

### TAXI SHARE - TUESDAY 9<sup>TH</sup> JUNE

Dear Community,

I aim to take a taxi to Chennai Airport (MAA) on **Tuesday 9<sup>th</sup> June at 1830h (06:30pm)** from Realization community.

To share the cost, and for some company, anyone wanna share this taxi with me?

Let me know! :)

Devna, [danjummy@gmail.com](mailto:danjummy@gmail.com)



## LOST

### KEY

Lost single key on chain with carved, wooden kingfisher.

Contact WA 75986 11950



## CULTURAL ANNOUNCEMENTS

### SUMMER SINGING WITH SHALINI

8<sup>TH</sup> - 30<sup>TH</sup> JUNE



### *summer singing*

*learning the language of music  
through vocal and embodied exploration*

*june 8 - 30 | mon, tue, thu, fri*

*7PM pitch mapping*

*7.30 PM: main exploration*

*inquiries:*

*[shalini.voicework@gmail.com](mailto:shalini.voicework@gmail.com)*

This June, I'm offering a small singing space in the evenings, once the sun goes down.

We'll explore musical phrases through repetition and variation, to grow in musical clarity and sensitivity, with the whole self involved. The work will be slow, relational, playful, and embodied.

There will also be a foundational session for those needing extra support with matching pitch.

- **June 8th – 30th | Monday, Tuesday, Thursday, Friday**
- 7PM ~ foundational pitch mapping
- 7.30PM ~ main exploration

Partial participation is welcome, and there are different ways to contribute.

Message or email me if you'd like to join, or to explore whether this space is right for you ☀️

## AT CRIPA

**WE'RE ON OUR SUMMER BREAK 🌞**



We're taking a well-earned break 😊

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!



## FOR THE BOOKWORMS

**WISDOM  
POETRY  
CIRCLE**  
EVERY  
TUESDAY,  
AUROVILLE  
LIBRARY

**WISDOM  
POETRY  
CIRCLE**

EVERY  
**TUESDAY**  
6.30 - 7.30 PM

- . Guided exploration of wisdom poetry
- . Read your favorite spiritual poems
- . Discussion & Reflection
- . Guided Meditation

FACILITATED BY DEB 7678208825

**Every Tuesday 6:30 to 7:30pm @ Auroville Library**

It feels good to be back in Auroville and I couldn't resist re-initiating the wisdom reading circle. From Auroville Library it all started for me. And now we are gearing again to bring back the wisdom study sessions. This time in a way that will combine curiosity and encouragement, conceptualisation and meditation.

Yes, I am talking about **Poetry!**

Join us for an evening of inspiration, life wisdom and community sharing. Bring your favourite spiritual poems and share with us. Let's freely share, read, meditate, discuss and evolve with meaningful clarity and transformation.

We need "soulful poetry" more than ever now. For any queries and session details, please contact Deb 7678208825. Hope to see many of you.

Love and Peace, *Debashish*



## **SILENT READING CLUB**

SUN 7<sup>TH</sup> JUNE, VÉRITÉ INTEGRAL LEARNING CENTRE

PONDY READS  
invites you to our



# **Silent Reading Club**

Bring any book you want  
and read with us in silent  
companionship.  
ENTRY FREE



**Date: 7<sup>th</sup> June, Sunday Age: 18+ Time: 3:00 - 5:00 PM**

VENUE: VÉRITÉ CAFE, VÉRITÉ INTEGRAL LEARNING CENTRE,  
AUROVILLE, KOTTAKARAI, TAMIL NADU - 605 111.

 [programming@verite.in](mailto:programming@verite.in)

 +91 9363624083

## POETRY

A Bridge

25.11.2024

There is a bridge that we must cross  
And though it may take many years,  
Leaving behind all former lives,  
The karma of forgotten ways  
And days of ignorant innocence.  
The call has come, we must respond  
Or lose the opportunity  
To look into the eyes of God.

Narad



"Humility" grows  
In between two slabs.

Grass roots  
Go under.

The wind will carry  
Some of its seeds  
Elsewhere.

Some soils  
Might be richer,  
Or poorer still.

Does it matter  
For humble seeds  
That simply sprout  
And spring up  
Here and there,  
Everywhere?

Some offsprings  
Will stay, still,  
Somewhere.

See where you land  
Your steps  
And gazes.

\* "Humility" is the name that Mother gave  
to a grass.



Anandi

## Wings of Wax

O Icarus,  
Fly to the Sun  
If you must—

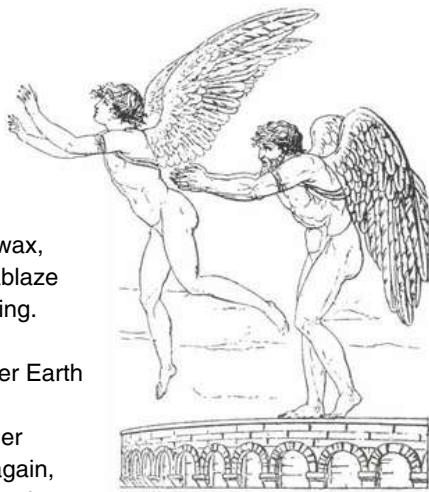
But remember  
These are wings of wax,  
And you are forever ablaze  
With the fire of longing.

An eternal child of Mother Earth  
You are  
Winged with wonder  
Born again, and yet again,  
From the smouldering ashes  
Of an eternal fire—  
Hidden here  
Down under  
In Earth's black beating heart.

What new labyrinth  
Might you enter?  
What new Father  
May come to your rescue?

What new wings  
Dare you discover  
To embrace the Sun  
Here  
Down Under  
In the ever-rising mists  
On the moist Earth?

O Icarus—  
The Sun, the Earth, the Sea  
the Labyrinth, the Minotaur,  
All await your answer  
Your next swirl.



Daedalus et Icare (d'après un tableau de Charles Paul Landry, 1760-1826).

**Sehdev Kumar**



## CINEMA

### PARADISO SCHEDULE PAUSE ...

Dear Community,

Once the long time executive was removed from her role with Cinema Paradiso around a month ago, we no longer receive their schedule to publish.

Please bear with us as we find a way to restart sharing their showings!

**\* Thank you for your patience and support. \***

*RA Community Edition News & Notes Editor*

*In an individual, selfishness uglifies  
the soul; for the human species,  
selfishness is extinction.*

David Mitchell, *Cloud Atlas*

## COMMUNITY SERVICES

### ESSENTIAL SERVICES

#### **AUROVILLE'S FINANCIAL SERVICES (AVFS)**

- **Timings:** Monday to Saturday, 9am - 12:30pm, and 3pm - 4:30pm
- **Phone:** 0413 2622171
- **Email:** [financialservice@auroville.org.in](mailto:financialservice@auroville.org.in)

#### **HOUSING SERVICE**

- **Public Timing:** Monday to Friday, 09:30am - 12:30pm / 02:30pm - 04:30pm. Saturday, 09:30am - 12:30pm
- **Phone:** 0413 2622658
- **General Email:** [housing@auroville.org.in](mailto: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](mailto:aves@auroville.org.in)

#### **GAS BOTTLE SERVICE**

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

#### **WATER SERVICE**

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

#### **ECO SERVICE (WASTE COLLECTION/MANAGEMENT)**

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

#### **POUR TOUS DISTRIBUTION CENTRE (PTDC)**

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

#### **POUR TOUS PURCHASING SERVICE (PTPS)**

- **Timings:** Monday to Saturday, 8:30 am - 7pm
- **Phone:** 0413 2622152

## AUROVILLE LIBRARY

### Timings:

- Our summer timings begin on  
Saturday 2<sup>nd</sup> May - Tuesday 30<sup>th</sup> 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](mailto:avlib@auroville.org.in)
- **Website**: <http://library.auroville.org.in/>

## HEALTH

### SANTÉ SERVICES IN 2026



#### Working Hours:

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

#### Tests and Sample collection:

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

No sample collection on Saturday

#### For emergencies, contact:

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

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

#### Appointment

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

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

**Bio-Well Assessment** (Evaluation of your well-being) with  
Helena – inquiry email [adminsante@auroville.org.in](mailto: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

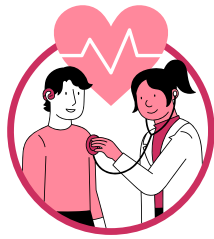
**Contact:** 0413 291 0005

### 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](mailto: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@aurville.org.in](mailto:mmconcentration@aurville.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@aurville.org.in](mailto:matrimandir@aurville.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@aurville.org.in](mailto:mmconcentration@aurville.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@aurville.org.in](mailto:mmconcentration@aurville.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: [aurville.org](http://aurville.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@aurville.org.in](mailto:matrimandir@aurville.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**