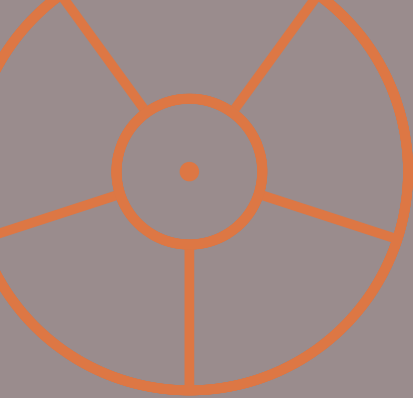




Auroville NEWS & NOTES

No 1129/30 - A weekly bulletin for residents of Auroville

18 June 2026



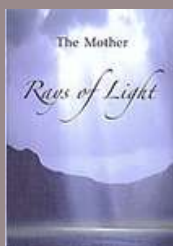
PONDERING

Every day things seem to become worse. In truth we feel more and more disgusted with the old rotting world, and are more and more convinced of the necessity of founding, somewhere out of the well-trodden tracks, a new centre of life in which a new and truer light can be manifested, a new world no more based on selfish competitions and egoistic strife but on general and eager endeavours to promote the welfare, knowledge and progress of all—a society based on spiritual aspiration instead of lust for money and material power.

The Mother, The World Today., Words of the Mother III



RAYS OF LIGHT



First Edition 1997, Fifth Impression 2011

© Sri Aurobindo Ashram Trust, 1997

Published by Sri Aurobindo Ashram Publication Department, Pondicherry, 605002

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

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THE BASES OF YOGA

HARMONY

page 71

Beyond all preferences and limitations, there is a ground of mutual understanding where all can meet and find their harmony: it is the aspiration for a divine consciousness.

24 November 1972

page 72

COLLABORATION

Collaboration does not mean that everybody should do the will of the man who asks for it. True collaboration is a non-egoistic union of all personal efforts to express and realise the Divine's Will.

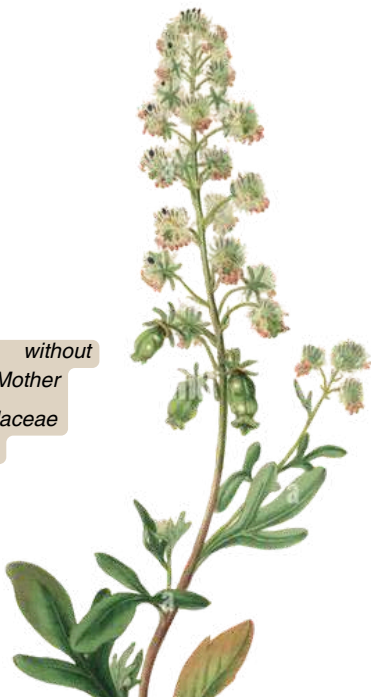
*

Substitute the spirit of rivalry and competition by the goodwill of collaboration and mutual understanding.

Benevolence

Makes life fragrant without attracting attention. - The Mother

Reseda odorata L., *Resedaceae*
Mignonette, Sweet reseda



It is when things are going wrong that it is the best opportunity to show one's goodwill and spirit of true collaboration.

GOODWILL

Good will for all and good will from all is the basis of peace and harmony.

14 August 1969

*

Indeed, the good will hidden in all things reveals itself everywhere to the one who carries good will in his consciousness.

page 73

This is a constructive way of feeling which leads straight to the Future.

BENEVOLENCE

A tireless benevolence, clear-seeing and comprehensive, free from all personal reaction, is the best way to love God and serve Him upon earth.

I mean a benevolence sincere and spontaneous in thought and speech and not a supposed benevolence in acts which is accompanied most often by a dreadful sense of condescending superiority serving chiefly as a platform for human vanity.

FREEDOM

If you have a strong and conscious will and your will is centred around the psychic then you can have a taste of liberty, otherwise you are the slave of all the outside influences.

24 August 1955

*

Freedom does not come from outer circumstances but from inner liberation.

Find your soul, unite with it, let it govern your life and you will *be free*.

31 August 1966

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](https://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
- 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 🌸

CONTENTS



Rays of Light

Guidelines / Quick Guide / Acronyms

Note from the Editors / Table of Contents

WORKING GROUP NEWS

From The Auroville Council

GB/FO GROUPS NEWS

COMMUNITY NEWS

Obituary

Community Sharing

Residents Speak

Food for Thought

Auroville Conversations

French News & Notes

Inner Journey

ANNOUNCEMENTS

Available

Looking For

CULTURAL ANNOUNCEMENTS

Food

For The Bookworm

Poetry

COMMUNITY SERVICES

Essential Services

Health

Matrimandir Access Information

AV Public Bus / Emergency Numbers

WORKING GROUPS NEWS

FROM THE AUROVILLE COUNCIL

HUMAN UNITY REQUIRES RESPECT: AVC NOTE ON HARASSMENT

Auroville was founded as an experiment in human unity, welcoming people of all nations, cultures, and backgrounds to live together in mutual respect. At its core is the principle that every human being deserves dignity, safety, and respect. Harassment of any kind is unacceptable in Auroville, whether through words, actions, intimidation, discrimination, exclusion, abuse of authority, unwanted advances, bullying, threats, or any other harmful behaviour. Such conduct undermines trust and the unity that Auroville aspires to.

Human unity means actively fostering relationships based on goodwill, empathy, and mutual respect. The diversity in Auroville thrives only when everyone feels safe to participate, contribute, and express themselves without fear of humiliation or retaliation. The values that inspired Auroville require ongoing effort to rise above prejudice and division, regardless of nationality, race, religion, gender, age, status, sexual orientation, disability, or identity. Every member or visitor has the right to respect and the responsibility to extend it.

Auroville's commitment to collective progress demands an environment free from harassment, encouraging dialogue and accountability. Harmful behaviour must be addressed with fairness and integrity. Building a respectful community is a shared responsibility, requiring awareness, courage to speak up, and structures that support those harmed and uphold justice, transparency, and care.

The aspiration of Auroville is conscious progress towards harmony, not perfection. Each person and the community must foster a culture of non-negotiable respect, where harassment is neither tolerated nor normalised. Affirming these principles, Auroville reaffirms its founding purpose: to be a living laboratory of human unity, building a more conscious, compassionate, and inclusive future.

Please do not hesitate to contact the Auroville Council at avcouncil@auroville.services if you feel that you are a victim of harassment and need support.

Warmly,

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 1134
Please click [HERE](#) to read the FO groups' news

FO GROUPS NEWS
(not selected by due Residents' Assembly process)
FROM THE FO N&N 1135
Please click [HERE](#) to read the FO groups' news

COMMUNITY NEWS

OBITUARY

**PETER
ANDERSCHITZ
PASSES ON**

This is to inform the community that Peter Anderschitz passed away on the evening of Saturday 13.06.26 at Marika home.





MR. A. DHARUMAN PASSES ON

With deep sorrow, we inform the Auroville community of the passing of Mr. A. Dharuman, who left us peacefully late on the morning of Sunday 14th June 2026.

Mr. Dharuman was one of the early residents of Auroville, having been part of the community since 1968, when the construction of Auroville began. He dedicated more than 50 years of his life to Auroville and

spent his entire working life serving at the Matrimandir. His commitment, sincerity, and contribution to the growth of Auroville will always be remembered with gratitude and respect.

His passing is a great loss to our family and to all who knew him. His wife D.Anjalai and children—D. Murugan, M. Tamilselvi, D. Vadivel, and S. Valli—who were raised in Auroville and have also contributed to serve the community.

We are deeply heartbroken by this loss and pray for his soul to rest in peace. We thank the community for their support, prayers, and remembrance during this difficult time.

With deep prayers,
*D. Anjalai, D. Murugan, M. Tamilselvi,
D. Vadivel and S. Valli.*



COMMUNITY SHARING

FROM LIGHT FOR UNITY CORE GROUP RESPONSE TO THE GB-APPOINTED GROUPS' RECENT ANNOUNCEMENTS

The recent announcements attempt to portray community participation as a threat while ignoring serious concerns regarding the legitimacy, accountability, and expired mandates of the very groups issuing these statements.

We therefore wish to clarify the following:

1. Residents have the right to organize and participate

Nothing in the Auroville Foundation Act, 1988, prohibits residents from meeting, discussing community affairs, forming voluntary groups, engaging with well-wishers, or expressing differing views. Such participation is a natural and essential part of community life and has always been part of Auroville's evolution.

Attempts to portray Light for Unity and other resident initiatives as "illegal" or as parallel governance structures are misleading. Residents do not lose their right to assemble, discuss governance, or raise concerns simply because they disagree with those currently exercising authority.

2. Those questioning the legitimacy of residents should first address questions regarding their own legitimacy

Many of the signatories were not selected through Auroville's long-established Participatory Working Group Selection Process approved by the Residents' Assembly. Instead, they were appointed by the Governing Board. In the case of the 'Working Committee', there is not even a formal appointment. Instead, it is a self-appointed group that has simply been recognized by the past Governing Board and its Secretary.

Furthermore, even if these groups were legitimate, the terms of office of many of them expired long ago, yet they continue to exercise authority ignoring community decision and without renewed community endorsement or a fresh participatory selection process.

3. The Residents' Assembly must remain central

The Auroville Foundation Act clearly envisages a Working Committee of the Residents' Assembly. The authority and legitimacy of such a body ultimately depend upon the confidence and participation of the Residents' Assembly itself.

Residents will recall that in 2022, members of the present 'Working Committee', including Anu Legrand, Arun Selvam, and Parthasarathy Krishnan, were dismissed by over 90% of the participants in a Residents' Assembly community process expressing a clear loss of confidence in these members. The outcome and decision of that process has not been respected, raising serious questions regarding accountability and community self-governance.

4. Serious governance concerns remain unanswered/unresolved

Questions regarding expired mandates, accountability, transparency, and committee functioning continue to remain unanswered.

Particularly concerning is the continued functioning of key bodies such as the FAMC. Important decisions affecting community assets and resources should be taken by properly constituted committees operating with transparency, accountability, adequate participation and collaboration, and proper quorum. Concerns regarding the functioning and composition of such bodies deserve open discussion, not dismissal.

The committees are expected to report monthly on their activities and decisions in writing through the New & Notes. Questions raised publicly by residents should be answered publicly and in writing. Accountability and transparency cannot be replaced by occasional meetings of residents called at random.

5. Accountability is not harassment

The recent announcements accuse residents of spreading misinformation, conducting campaigns against office bearers, and engaging in harassment. We reject this characterization.

Holding office bearers accountable for their actions and decisions is not harassment; it is a legitimate and necessary part of responsible community governance.

Our communications regarding the Town Hall incident of 13 May 2026 were based on events that occurred publicly and were witnessed by numerous residents. Attempting to dismiss these concerns as "misinformation" does not address the issues that many residents witnessed and experienced.

6. Auroville belongs to the community, not to a few office bearers

For several years, many residents have witnessed an increasing concentration of authority in the hands of a small group of individuals acting without adequate consultation and often contrary

to the expressed wishes of large sections of the community.

Auroville was built through the dedication, sacrifice, and collective efforts of generations of residents, including many born and raised in Auroville and within its bioregion. It does not belong to any committee, faction, or group of office bearers. It exists for humanity as a whole.

Rather than attacking residents and community initiatives, we call for the restoration of transparent, participatory, and accountable governance in accordance with the spirit of Auroville and the Auroville Foundation Act, 1988.

We remain committed to non-violence, dialogue, transparency, community participation, and the rebuilding of trust and unity within Auroville.

Auroville's future will not be secured through accusations, exclusion, or the concentration of authority. It will be secured through transparency, accountability, lawful governance, respect for the Residents' Assembly, and the active participation of the community.

The Core Group of the Light for Unity



[📝 PETITION RESULTS]

PETITION DEMANDING ANTIM, JOEL, MURIEL, SINDHUJA, AND JOSEPHINE (KALIANANDA) RESIGN FROM THEIR POSTS AND STOP INTERFERING IN AUROVILLE'S ORGANIZATION – MAY 2026

Dear Signatories,

Thank you for your participation in the recent petition, "**Petition demanding Antim, Joel, Muriel, Sindhuja, and Josephine (Kaliananda) resign from their posts and stop interfering in the Auroville organization – May 2026.**"

We received a total of **978 verified signatures (642 Auroville residents and 336 well-wishers)**.

On June 10th, we sent a request to the Auroville Council to take up this matter in their official capacity and to keep us updated on their actions. (The names of the signatories were not disclosed).

Additionally, in connection with this petition, affected persons may report inappropriate incidents occurring since June 2021. Please find a copy of the announcement below.

Sincerely,

On behalf of the petition team

Dear Community,

A form has been created by documentation@auroville.services for members of the Auroville community to confidentially report instances of injustice, misconduct, abuse of power, or unethical behaviour and practices occurring within Auroville since June 2021.

The purpose of this form is to document concerns relating to individuals serving in registered working groups, services, offices, committees, or other positions of responsibility within Auroville.

All submissions will be treated with sensitivity and confidentiality throughout the review process.

Please use the link below to access the form and submit your entries: <https://forms.gle/fkXfX8UdyLzPoAkk8>

Sincerely,
AV Documentation Team

THE RIGHT PATH IS CLOSED FROM 15TH – 21ST JUNE

Dear Community,

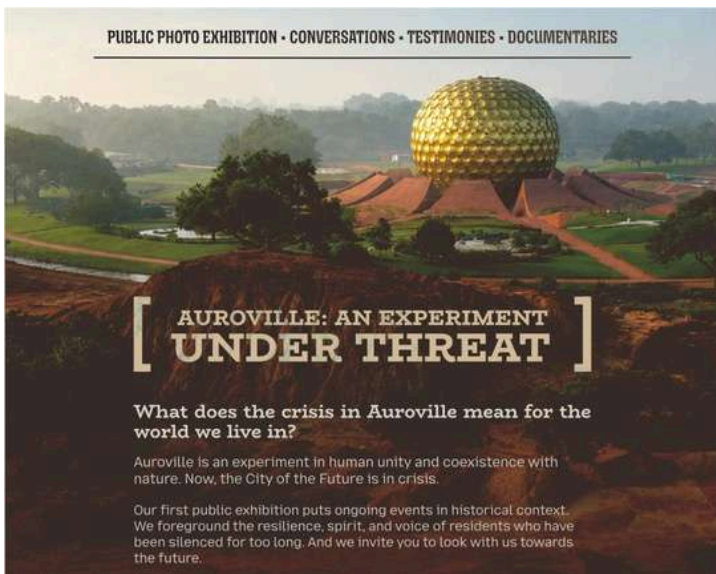
The Right Path Café (Cafeteria) at the Visitor Centre will be closed from Monday, 15th June until Sunday, 21st June due to repair and maintenance work.

The café will reopen on Monday, 22nd June.

We apologize for any inconvenience caused and appreciate your understanding and support while we carry out these improvements.

Management Team
The Right Path Café

AUROVILLE: AN EXPERIMENT UNDER THREAT - A PUBIC EXHIBITION SATURDAY 6TH JUNE, CHENNAI



Please find [here](#) the post-Chennai event press release.



PRESS RELEASE

Chennai Exhibition Draws Massive Public Response Amidst Growing Concerns Over the Future of Auroville

More than 300 gather in Chennai as a Public Exhibition raises questions about the future direction of one of the world's longest-running international experiments in human unity and showcased how a growing number of residents have come together in response to mounting challenges.



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, 6th July.***

A grant application form and budget request table are available on request from 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, 6th July.

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

Pala, Sauro, Tineke, Vani
For Abundance PCG

**FOR YOUNG PEOPLE
LIVING AND WORKING IN
AUROVILLE**



***To interns, young volunteers and professionals in Auroville,
And curious youth of Auroville, this is for you***

Many of you have likely arrived through a particular project, internship, apprenticeship, volunteer programme, or field of work; or as youth of Auroville, are involved today in one or two particular areas of work. Yet Auroville itself is much larger than any single unit, profession, or area of activity.

Alongside your work placement, SAIER would like to invite you into [a complementary learning journey](#) shared with other young people currently living and working in Auroville.

We propose to explore the deeper context from which Auroville emerges.

This will include:

- **Weekly or bi-weekly Exploration of the context and raison d’etre of Auroville, Sri Aurobindo’s and The Mother’s works, and the ancient Indian quest for meaning and purpose of life.**
- **Consolidated information on and strong encouragement of a regular physical education practice during their stay in Auroville.**
- **A weekly moment for reflection, dialogue, and self-assessment among interns from different units and fields of study.**

The intention is to create a space within your work schedule, in which these questions can be explored and the practical work of daily life can be placed within a wider scope.

An [email has been sent to units of Auroville](#) to invite them to explore this possibility. And ensure that if you are interested you will be supported in this exploration.

If this resonates with you, we invite you to fill out [this short form](#).

And we will reach out to you for a first meet next week.

We look forward to meeting you.

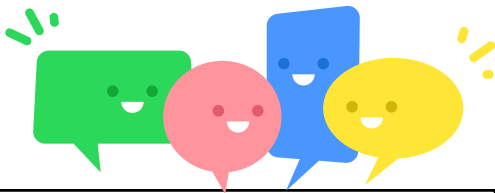
Aurevan
for SAIER



AV HEALTH CENTER CLOSED ON SATURDAY 20TH

The Auroville Health Center will be closed on Saturday 20th June 2026, due to our Staff Tour.

AVHC team



RESIDENTS SPEAK

MOTHER’S PROSPERITY IN 2026

Mother was extremely practical, Sri Aurobindo commented that without her the Ashram would have not even commenced. She determined and watched its organisation down to the least detail; people were prompted to write minute reports and she read them all, commenting and guiding. She did the same with Auroville.

Mother’s Prosperity, whose forms were identical to those submitted by the sadhaks of the Sri Aurobindo Ashram, is perfectly applicable, today, as it was during her years; all we need is to update the 1968 ‘needs’ to today’s needs – preserving the same spirit. But the first thing to set straight is that Mother’s Prosperity does not mean wages/maintenances: I work, thus I am paid; to make it worse, wages/maintenances vary according to the people. Not at all.

“When Auroville meets the individual's needs and requirements, one is expected to offer to Auroville all that he has and can in respect of material possessions” Mother's Admission Form states, clause 5. Mother allotted the Auroville Prosperity EXCLUSIVELY to who:

- 1. Has no other means of subsistence (pensions, flats, lands, heritages, annuities/life annuities, allowances from family or friends, property under any form, profits etc.).**
- 2. Alternatively, has surrounded all he/she had.**

To redirect Auroville's responsibility exclusively to these two categories Mother has highlighted will free automatically a big bulk of money. Adding, of course, as third compulsory requirement a minimum of five hours work a day, Sunday included (six if Sunday is excluded). All this is spelled out in the Admission Form the Mother approved in 1971.

To provide the essential needs of the Auroville residents thus eligible requires a conspicuous sum and Mother instructed Shyam Sunder to be strict, even testing for a couple of months new applicants. On such rigorous basis the Sri Aurobindo Society applied Mother's Prosperity via Shyam Sunder and Prabha Ben, and continued even after her passing.

How does this translate in Auroville – today?

Ashram or Auroville, the application forms for Prosperity were identical, and concerned exclusively the two above-mentioned categories: a) having no other means of support b) having donated everything. The Sri Aurobindo Ashram provides not only food, clothing and toiletries, but also a place to live and the furniture, appliances, transport and all that's necessary to a decent day-to-day living; without extravagances and waste, but also without avarice of resources. Mother wished the same for Auroville.

In the light of the original principle, the FAMC/BCC nowadays should provide:

1. Free accommodation (if people could not pay for it). The number of occupants determines the size: 30 sqm plus common spaces for singles, 75 for a family of four etc. Roger Anger wished mobile partitions, to shrink/enlarge flats according to need.
2. Free maintenance and repair of buildings and assets.
3. Free collective infrastructure.
4. Functional furniture.
5. Food and groceries.
6. Clothing and toiletries.
7. Free services (electricity, solar, water, gas, roads).
8. Transport (non polluting vehicles, no cars).
9. Health insurance, hospitalisation in guards, medicals, therapies and yoga classes.
10. Free education, from kindergarten to college. Paying for the outer fees, if Auroville has not the institution (the Ashram has its own College).
11. Free specialisation/updating courses for adults.
12. Telephone/mobile, internet, laptop/computer (cum accessories and upgrades).
13. Routine appliances (fans, fridges, washing machines, vacuum cleaners, induction/gas stoves etc.).
14. Paying the fee for indispensable documents (passport/identity card, visa, childbirth/death certificate, whatever other paper may be needed).
15. Any equipment or program needed to carry on one's service to Auroville. The 'property' is not transferred to the individual(s) who temporarily uses it, it remains with Auroville.

A cardinal principle of Mother's Prosperity is that everything is provided in kind and reasonably; cash is limited to pocket money/emergencies. This way Auroville would save a tremendous

amount of money, properly channelled to ensure efficiency and fairness. Mother's Prosperity assured the essential needs, but also set quantities and timetables, so that money would be spent only when effectively needed. Applied today, this means that appliances and devices have warranties; new ones should be required only after the warranty has expired.

The two categories eligible for Mother's Prosperity are same as at the Ashram; but one difference is that, here, the Mother did not accept servants or paid workers: they too should be integrated and granted the Auroville Prosperity. With the Mother, their children went to school at par with the Auroville children.



Above all, she made no difference between trustees, executives, architects, planners, doctors, teachers, technicians, programmers, authors, cooks, receptionists, gardeners or whatever job one picks up. Her Prosperity is same for each and all: WILLING SERVITORS OF THE DIVINE CONSCIOUSNESS.

Mother's Auroville is the ideal society, without money, without private property, without private profit, without social classes and status distinction. Everything belongs to all for the wellbeing of all. One in the service to the collective divine, the only hierarchy is spiritual: this is the Auroville consciousness. The ascent to the gnostic society of supramental beings thus commences.

Paulette



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.

NEEDED: A SECRETARY

Most Aurovilians, I suppose, did not watch the video of the “residents” meeting of the 29th of May, as we have all become allergic to this type of stage managed event. Nevertheless, this time, I made the effort to watch some parts of it and here is a report for what it’s worth it.

First of all, I pity you, poor guys slumped in your chairs on the stage. You look terribly bored and grey and half-dead. And above all you look so sad, staring with empty eyes at the void in front of you. Eyes like those of dead fish. I suspect you would like very much to be miles away but what to do, your master has demanded your presence. So you wait on your chair till you have to speak and when you do, it is as if your words were just grey smoke, resembling you, no force, no shakti, no clarity, just a cloud of grey smoke coming out of your sad or angry mouths.

Only the master of ceremonies seems delighted: he struts about the stage as if he owns the place, intoxicated with his own importance and confidently calling out names.

As for the audience, the camera finds it beneath its dignity to show it from time to time. The “willing servitors” remains in the dark in every sense of the word.

A skinny lady explained how all the cases had been won by the Foundation administration. Resembling a little girl reciting a lesson and careful not to skip one line, she listed out the many legal victories for her camp with an air of deep sadness as if enumerating the names of those killed in the war. She was at a loss to understand why after so many resounding victories, some residents, helped by “an unknown person“, are still agitated about this matter, which in her opinion amounts to nothing less than going against the law of India. She informed also the audience that in the absence of a Governing Board, the courts have concluded that the “Competent Authority” was the Secretary - end of story. Adding in a contemptuous tone that residents could advise the GB if they so wished.... And ending with a veiled threat of filing petitions against residents for contempt of court.

The “statutory” member of the Security explained that if there were so many thefts it was because Aurovilians were negligent. Thank you very much.

As for the member of the “statutory” Working Committee he was so perturbed and angry about “Ambaty” and this “Pu - I don’t know even his name”, coming “from outside”, that he had difficulty expressing any coherent thought, except that no one should help those despicable “outsiders”.

It was hard to make head or tails of what the member of FAMC said. He seemed to want to justify the denial of Silver Fund to Aurovilians and the denial of gratuity to green belt workers. I think that he did not know much about either subject, as he claimed that the workers did not get gratuity because they had not submitted the necessary papers, which we all know is a lie. He looked terribly bored to have to explain such obvious things to stupid people. If the speech of his colleagues looked like grey smoke, his own words seemed to come from a fogged-up brain, resembling the thick and highly polluted London smog. Listeners could not help thinking that this eminent “office-bearer” needed a long period of rest.

Finally the Competent Authority appears. Our Lady of the Eternal Smile. Expounding with honeyed words on the city of consciousness. That was a speech replete with the word of “city” at every corner of the sentences. She explained how the Mother had described each and every detail about that “beautiful city”. She was very magnanimous in that that she included herself in the “willing servitors” (I wish all Aurovilians received a salary similar to the one of that eminent willing servitor). Not one sentence was grammatically correct, not one argument was followed to its logical conclusion. It was snippets put side by side in a haphazard way :

“efforts towards stagnation” (I didn’t know one has to make an effort to stagnate!), “we have to get back to work”, and occasional remarks on the generosity of her foundation in giving free electricity and free food to everyone (?). She showered praises on herself, congratulating herself for gigantic strides in various domains, especially in financial accountability which at last appeared on the horizon while there was a total lack thereof previously. A bright future is in wait for us, what with IIT campus offering integral education to young and old. By the way, old Aurovilians should not stay at home, people were reminded sternly, they must come and work as watchmen at Matrimandir.

We need a secretary. We don’t need a guru.

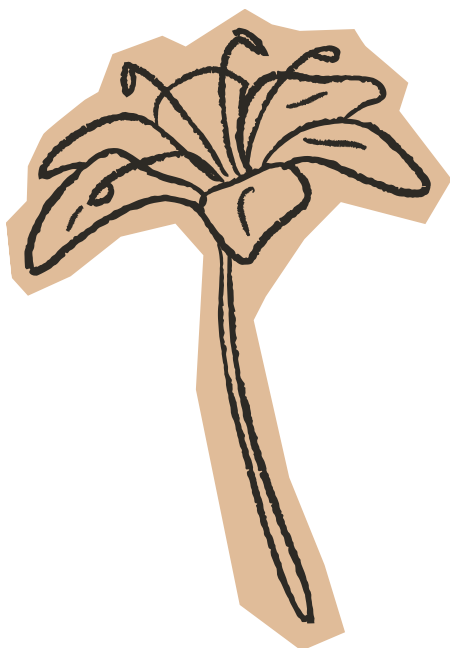
We don’t need a guru. We have already a Guru in case this has not been understood. No one should pretend to replace Her, no one should pretend to explain Her words. And some people should not even speak of Her, this is a pollution and a sacrilege.



We need a secretary who understands the letter and spirit of the Auroville Foundation Act. We need a secretary who understands the role and the importance of the Residents Assembly and of the IAC. We need a secretary literate enough to be able to read that the Act gives the residents the right to choose who is a resident and to select their Working Committee. We need a secretary who understands that the residents are perfectly free to organize their activities.

Aurovilians are repeatedly asked to remember why they have come. I think everybody should remember why they have come, not only the Aurovilians.

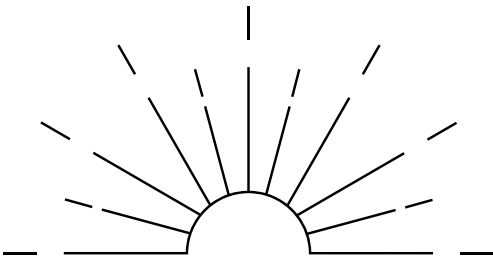
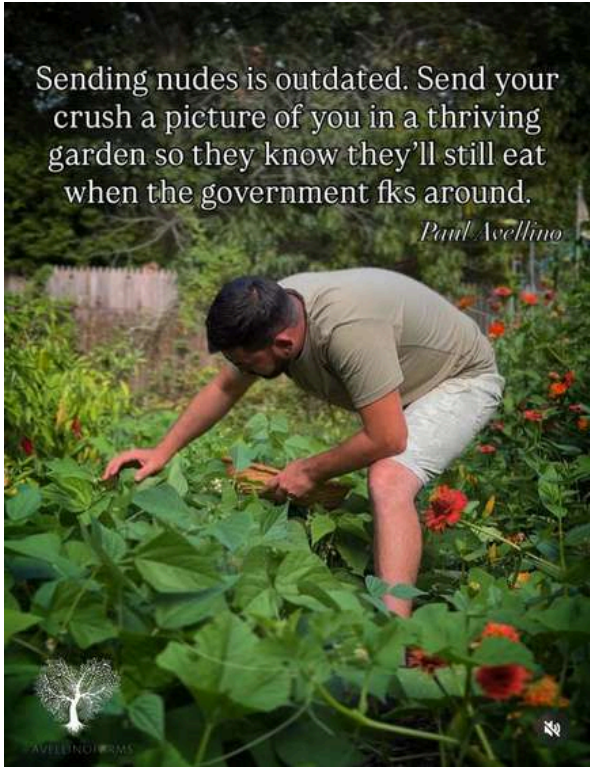
An unwilling servitor of the Competent Authority



FOOD FOR THOUGHT

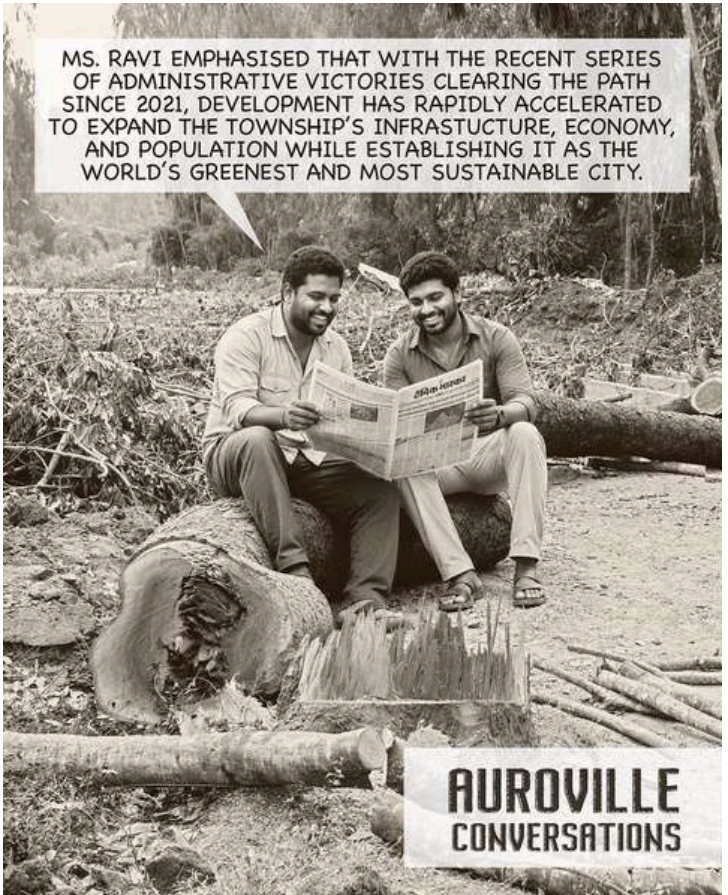
Sending nudes is outdated. Send your crush a picture of you in a thriving garden so they know they'll still eat when the government fks around.

Paul Avellino



AUROVILLE CONVERSATIONS

MS. RAVI EMPHASISED THAT WITH THE RECENT SERIES OF ADMINISTRATIVE VICTORIES CLEARING THE PATH SINCE 2021, DEVELOPMENT HAS RAPIDLY ACCELERATED TO EXPAND THE TOWNSHIP'S INFRASTRUCTURE, ECONOMY, AND POPULATION WHILE ESTABLISHING IT AS THE WORLD'S GREENEST AND MOST SUSTAINABLE CITY.



Submitted by an Aurovilian

FRENCH NEWS & NOTES

NOUVELLES D'AUROVILLE



Auro - Traductions

11 Juin 2026

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



NOUVELLES D'AUROVILLE



Auro - Traductions

18 Juin 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 23rd June, 9 am - 12 noon

Led by Ashesh Joshi

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

All are Welcome



AMPHITHEATRE - MATRIMANDIR

MEDITATIONS AT SUNSET WITH SAVITRI

**Every THURSDAY
from 5:30 to 6:00pm**

(weather permitting)



Savitri, Sri Aurobindo's poem, read by Mother to Sunil's music, is a daily for everyone to concentrate in this beautiful open space in the very center of Auroville.

- **Reminder to all:** The Park of Unity is a place for silence, meditation, and inner work and is to be used only as such. We request everyone: please do not use cameras, tablets, cell phones.
- **Guests:** From this month onwards, up to next September, SAVITRI READING timings are now from 6:00 to 6:30pm. Get the book at <https://oil.in> in advance or the card with you.
- **Access:** Reporting, no later than 5:45pm. Leaving, no later than 6:45pm. Centre only from 5:15pm. Last entry for guests to the Amphitheatre.
- **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](#)). The first video is an animation, "[Sri Aurobindo's Teaching](#)", 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 8th 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



ANNOUNCEMENTS

THE IDEA KITCHEN:

WHERE DO YOU GO WHEN YOU'RE NOT A CUSTOMER?

Lots of new fancy spaces are opening around us. But many of them aren't built for the locals who are a part of keeping this community alive, the people who live and work here.

Across Auroville and its surrounding villages, we see more and more beautiful, fancy spaces opening up. But do we also notice that many of these spaces are inaccessible to a lot of common folks?

We don't have an answer to making every space accessible to everyone.

But we do have the energy to build spaces that are.

Welcome to The Idea Kitchen.

Every week, we host a taco night with food, music, and games. Anyone can come, eat, and enjoy.

There is no fixed price. Instead, contributions are generosity-based.

If you are able to contribute, it helps us cover food, setup, and other basic costs. If you are able to contribute more, it helps keep the space accessible to those who cannot contribute.

Our intention is not to generate large profits, but to generate something much more valuable: **community**.

In a time when many spaces are becoming increasingly commercial, this is an experiment in accessibility, trust, and community.

If you believe spaces like this matter, we invite you to become a monthly supporter of this initiative.

Every donation, regardless of size, helps sustain this vision.

To support

Please fill out the form linked below or stop by the YouthLink office:
<https://forms.gle/TyeFfHjrcHTzJNa87>

With gratitude,
YouthLink Team

TACO NIGHTS EVERY FRIDAY



 **Fridays • 7 PM**

 **YouthLink**

Guests from outside Auroville,
Please register via Link in Bio (Limited Seats)



Join us for an evening of tacos, music, games.

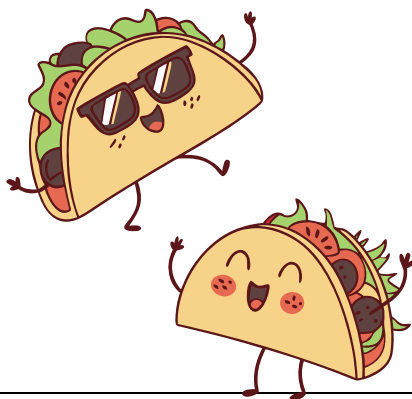
- **Every Friday**
- **7:00 PM onwards**
- **YouthLink**

No fixed price, contributions are based on generosity.

Guests from outside Auroville:

Please register in advance (limited seats)

<https://forms.gle/ynRSrnWzh9Uym4Ri9>



AVAILABLE

500G HONDASHI POWDER



Anyone wants to share some excellent non-veg Hondashi powder with me? I have a half kg extra!

- Mauna, WA 94431 68323

LOOKING FOR

SOUGHT: WORK THAT SEEKS ME BACK

Work always found me in Auroville, rather than the other way around. In April, an office order found me instead, removing me from my responsibilities at MMC-Cinema Paradiso after twenty years. I have duly filled the HRS form to access a few months of bridging fund, and have been advised to find something soon, or else.

The Work: Work at MMC-CP was, by any reasonable measure, a two-in-one. Keeping a community venue functional, booked, technically sound, and financially prepared for the inevitable large repairs, while simultaneously curating films, which if done properly is a 24x7 occupation with little budget and no off switch. Add weekly announcements, finance tracking, budgeting, and reporting. To my knowledge, it is the only non-emergency service in Auroville that ran with just 2 official off days per year, zero expenditure on holidays or social expenses, and still delivered 360+ films and 900+ hours of programming per year. That is not nothing.

The Beginning: The Beginning: It really began with Marco, who envisioned it, and me. Anand came daily from the first screening in

2004 for over 1.5 years without any maintenance support. Laxmanan helped with handyman work and logistics in those early years. It ran on goodwill and some inexplicable magic. Over the years people joined, contributed, and collaborated, and the network of filmmakers that began in my university days expanded. My role grew as we learned, streamlined, and regularized, though my maintenance came from elsewhere. I was formally added to MMC for maintenance only around 2018. Luckily, Ramesh had already joined the team. Post-Covid, as we transitioned to a trust, the work expanded further. We managed, and more than that, we sailed.

What I Left Behind: When the office order arrived in April, MMC-CP had an adequate running budget, an expensive sound system replaced (Rs. 5 lakhs+) through an AVI-USA donation, a new projector (Rs. 5 lakhs) and laptop (Rs. 74K) purchased from funds we had set aside, Rs. 6 lakhs+ still in reserve for further equipment work that is always expensive, and a recurring donation stream generously pledged by the community that more than replaced the monthly budget we had lost. It was a community theatre. It was supported and held by the community.

What I Also Bring: Turning to the other side of the experience ledger, I am an ecologist and wildlifer by training, MS with Dr. Rauf Ali (you may remember him fondly), and PhD from the USA, with expertise in forest and natural habitat assessments. I also hold a PDC (permaculture), with training in organic horticulture and experience in community gardens. More relevantly, I have substantial experience in the development sector including development banks, that enables me to take up project and program evaluation, grant review, monitoring, management, and advisory roles.

What I Am Looking For: Full maintenance, ideally flexible hours, independence, and work that is needed and that needs me. Available from 1 August. The arrangements, however, need to start soon.

If something comes to mind, I am easy to find.

Warm regards,
Nina

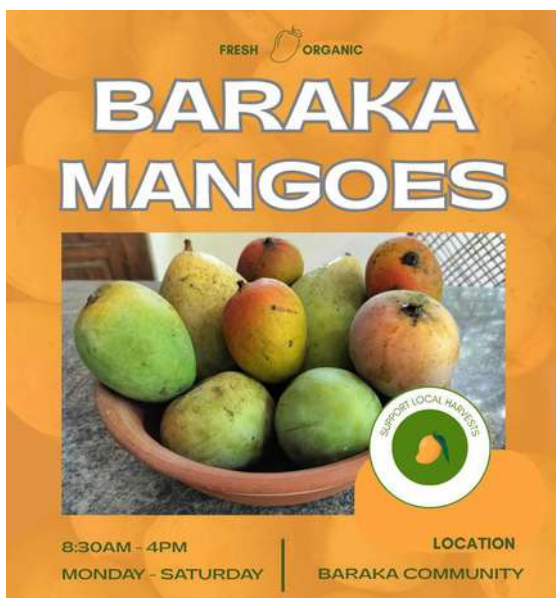


CULTURAL ANNOUNCEMENTS



FOOD

MANGOES AVAILABLE AT BARAKA



Mango season has started at Baraka. Please pass by to get some.

We also have spicy pickles and soon mango jam.

With abundance,
Baraka

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



FOR THE BOOKWORMS

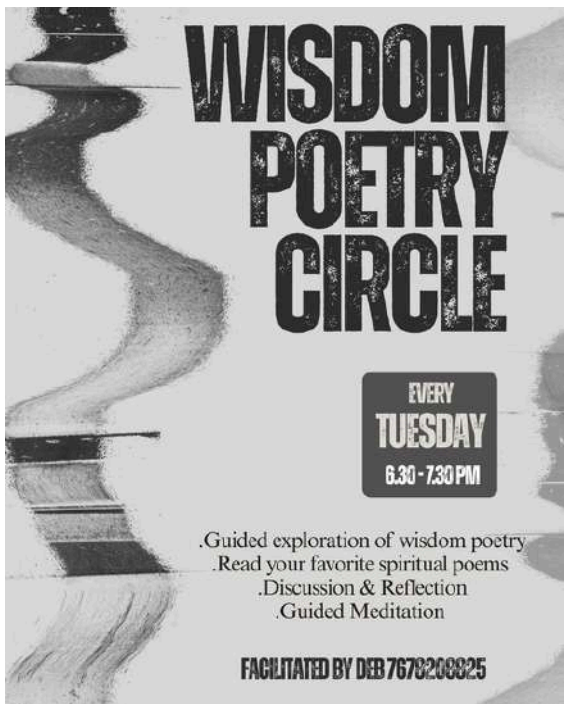
STORYTIME AT THE AUROVILLE LIBRARY EVERY SATURDAY MORNING

Children of all ages (and adults) are welcome!

Every **Saturday**,
10 - 11am,
Auroville Library.



WISDOM POETRY CIRCLE EVERY TUESDAY, AUROVILLE LIBRARY



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*

Particular

I scoop a particular moment
from the stream of time,
paying close attention
to still the racing horses
so this special moment
does not slip away
like all previous ones.

Perhaps, when it does,
without a particular sign,
I will exhale a longish sigh,
stretching yet another moment,
stealing the sense of eternity
one more time.

Anandi

MUSE

God enacts and indulges
in a game called
S'amuse.

He torments Himself
over the elusive face
of His Muse.

He goes on a tortuous journey
and one fine day
finds US in M ... E.

He's enormously
a-mazed and a-mused,
but... not yet satisfied.

He makes us all
drill and drain our brains
to dis-cover the aim
of His game.

Whoever fails
gets freaked
and fried.

Tout va très bien.
Juste S'amuse.

Anandi

A Bearer of Human Unity

3.12.2024

Fill the heart with gratitude,
Allow no coming of the rude
Events that taint and mar the being,
Allow the growth of inner seeing,
The love to enfold humanity,
To be a channel of Her bliss,
Let nothing in me be amiss
As a bearer of human unity.

Narad

This Seed, This Me



Who has planted this seed, this Me? To
be a reed? Or a rose?
Full of unknown intoxicating fragrances?
Or shadowed by nameless woes?

Where would this seed lie—
In a wild forest, in unruly wild ways?
Or, in a well-nurtured garden
Forever trimmed, forever maimed.

O my Gardner, O my Keeper,
Be warned—
With all its high walls
and impenetrable fences
The eternal serpent
May still coil around my roots
And some ancient vows and promises
May never cease to gnaw
at my fragile petals.

Yet, I see behind the thick clouds
In the distant sky
A stream of stray scintillating rays From
some unknown far-off moon So quietly
nourishing my muddy muck, And some
wandering glow worms Momentarily
stopping to dance with me.

All, to break the mundane shell
Of Nothingness
And to burst it open,
To bake the seed—
The Being
To reveal all its colours and its hues
Its mysterious textures,
Its unknown fragrances
And its eternal destiny—
Its Me.

Sehdev Kumar

*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

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

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

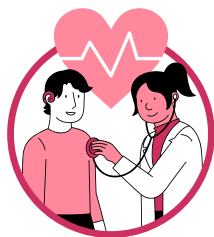
Contact: 0413 291 0005

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