MOTHER’S AGENDA

I have received a letter from a correspondent, who asks a question about suffering. Very well, let’s see. She writes this: “...We must stop encouraging torturers, whether of men or of animals. I am writing to beg you to teach me how to obtain the powers to lessen sufferings in others through concentration of fluid, and how to act by inwardly returning blow for blow to the aggressors, without hatred but implacably...I beg you to help me. Which inner giving, which renunciation is necessary? Who will teach me the force and justice that will enable me to act and not to always let evil triumph? It is too easy to forget, deny, minimize other’s suffering. I can no longer put up with it. I no longer want to shut my eyes and comfort myself till the next time.... What should I undertake?”

When did you get this letter? Two or three days ago.

But did you decide to read it to me yesterday? Because the whole day I was in that frame of mind (not with these words, but in that frame of mind).

For a long time lately, that is, for days and days, there has been a very sharp perception, very intense and clear, that the action of the Force outwardly results in what we call “suffering” because it’s the only kind of vibration capable of pulling Matter out of inertia.

Supreme Peace and Calm were distorted and disfigured into inertia and tamas, and precisely because it was the distortion of true Peace and Calm, there was no reason for it to change! A certain vibration of awakening - of reawakening - was necessary to emerge from that tamas, which was incapable of directly changing from tamas into Peace; something was needed to shake the tamas, and outwardly it resulted in suffering.

I am referring here to physical suffering, because all the other kinds of suffering - vital, mental, emotive suffering - arise from a wrong functioning of the mind, and those... we can easily rank them in the Falsehood, that's all. But physical suffering is to me like a child being beaten, because here in Matter, Falsehood turned into ignorance, which means there is no bad will - there is no bad will in Matter, everything is inertia and ignorance: total ignorance of the Truth, ignorance of the Origin, ignorance of the Possibility, even ignorance of what needs to be done so as not to suffer materially. This ignorance is everywhere in the cells, and only the experience - and the experience of what, in this rudimentary consciousness, is translated as suffering - can awaken, arouse the need to know and be cured, and the aspiration to be transformed.

This has become a certitude because the aspiration has been born in all these cells, and it’s growing more and more intense and is surprised at itself. But they have observed that when something is upset in the functioning (which means that instead of being supple, spontaneous, natural, the functioning becomes a painful effort, a struggle with something), the aspiration, of the call, grows tenfold: it becomes constant. The difficulty is to keep up this state of intensity; generally, it all falls back into, I can’t say “drift,” but it’s a sort of slackening: you take things easy. And it’s only when the inner disorder becomes hard to bear that the intensity grows and becomes permanent. For hours - hours - without flagging, the call, the aspiration, the will to unite with the Divine, to become the Divine, is kept up at its peak - why? Because there was what’s outwardly called a physical disorder, a suffering. Otherwise, when there isn’t any suffering, there is now and then an upsurge, then it flags and falls back; then at some other time, another upsurge... It never ends! It lasts for eternities. If we want things to go fast (fast relatively to the rhythm of our lives), the whiplash is necessary. I am convinced of this, because as soon as you are in your inner being, you treat this with contempt (for yourself). (To be continued)

MOTHER’S AGENDA, 28 September 1966

The Concept of Omkaram (OM)

Omkar is an important spiritual symbol for both Hindus and followers of some other religions, and its printed form in Tamil is known as Omkaram.

It refers to Lord Ganapathy, the elephant-faced God who is considered a remover of obstacles, with “ॐ (A), “ॐ ॐ” (U) in the middle and end of the tail “ॐ ॐ” (M), symbolizing the seed of all creation.

(A) ॐ = ೉ / Paramatma / is the Creator / Brahma / past or beginning
(U) ॐ ॐ = ೉ / Relationship / is the Preserver / Vishnu / present or middle
(M) ॐ ॐ ॐ = ೉ / Jivathama / the Destroyer / Shiva / future or end

The concept of “Om” has been explained by 96 theories. One very brief, subtle meaning is “relationship to life and God.” It is also interpreted as follows:

A ॐ symbolises the first Supreme, Lord Siva
U ॐ ॐ symbolises the Supreme power (Shakthi or Parvathi, wife of Lord Shiva)
M ॐ ॐ ॐ symbolises the awareness and bliss of oneness with the Universe

Citation and image from the New Vaasal Magazine: vaasalmagazine.wordpress.com

Cover: Painting by Muthiah.K on display at “DHII” Exhibition at Bharat Nivas until March 31st 2018

News&Notes 31st March 2018 [743]
GO PAPERLESS for the 50th!

RECEIVE THE NEWS&NOTES by EMAIL weekly!
Subscribe to the google group: “News and Notes subscribers” at this **LINK** or write to newsandnotes@auroville.org.in

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**NEWS&NOTES UPDATE**

**NEWS&NOTES READERS - NEW TOTALS:**
- Email subscribers: 2500
- Online readers at Auroville website: 2000
- Auronet readers: 200
- Paper copies: 350

**PAPER COPIES UPDATE: NEW LIST READY!**
NEW SUBSCRIPTIONS PAUSED until JUNE:
Thank you all for filling your form and sharing your feedback, suggestions and needs. We are going through all and will reply to you as soon as we can!

2/3 paper readers have not re-subscribed for their paper copy, many have switched to soft version only, leaving the resources needed for the paper copies for those who need them, and more time to create a proper soft version for its soon 5000 readers.

It is going to take us a little while to assess and address all requests, get the needed material, and form a new team.

So we will be not take any new subscription for paper copy at least until JUNE 2018.

We will announce here when paper subscriptions open again.

Each subscriber can subscribe to receive the email version, or read online at [http://www.auroville.org/contents/4186](http://www.auroville.org/contents/4186)

A paper copy of the News&Notes will be available at the Graphic Section in Town Hall ready for you to photocopy should you have extra needs for paper copies.

Your support and donations are most welcome towards finding the solution to your needs as readers. An account dedicated to receive donations for a new professional photocopy machine and a delivery vehicle has been created: “252652 - News & Notes Donations”.

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**ANNOUNCEMENTS**

**Fundraising for Land - Be Our Ambassadors**
The Chairman of UNESCO, Asia, on his visit to Auroville for its 50th Birthday recommended: “Secure the land!”
You are invited to connect your network to Facebook [Auroville funding](http://www.auroville.org/contents/4186) and find our new video “Auroville - Empowering the Future”. It’s already gone viral with 3,800 views! Please SHARE the Facebook page - not only click on “like” - so we can have a big snowball effect!
And here’s the dynamic [Auroville Radio clip on the closing concert and fundraising gala](http://www.auroville.org/contents/4186) for the “Art for Land” action.
We thank all the Auroville filmmakers involved in making these 2 videos, and we warmly congratulate the Unity Pavilion team plus Auroville Arts for Art for Land’s outstanding Year 3 - a fabulous showcase for creativity and SUPPORT FOR THE LAND!! And sincere thanks go to the Auroville eateries who donated so much fabulous food for Art for Land’s gala dinner - it was truly a memorable feast!
A reminder - we now provide ongoing land information on 2 websites:

- Funding Auroville is for those newly approaching Auroville - for foundations, organizations, CSR funding through an ecological perspective
- and our Colaap website - [Land.Auroville](http://www.auroville.org/contents/4186) - which remains the contact tool and fund for the extended Auroville family!

The land needs all of us! Be our ambassadors!!

**FROM THE ENTRY SERVICE - N&N # 743**
Dated: 31-03-2018: Our team is happy to recommend the following individuals as Aurovilians and Newcomers, joining Auroville. Prior to Newcomer and Aurovillian status confirmation, for Newcomers two weeks and for Aurovilians one-month window for community feedback. Kindly forward your support or grievances to entryservice@auroville.org.in

**NEWCOMERS ANNOUNCED:**
- Anwar AMINUDIN (Indonesian) Staying in Aspiration and Working at YouthLink.
- Jing (Known as Shola) XU (Chinese) Staying in Pratnha and Working at Quiet Healing Center.
- Vanitha RAMACHANDRAN (Indian) Staying in New Creation and Working at Aikiyam School.

**NEWCOMERS CONFIRMED:**
- Megha Rajesh MEHTA (Indian)
- Arulkumar SANKAR (Indian) Staying in Auromode and Working at To Be Two.
- Mooji LIJON (Korean-OCI) Staying in Realization and Working at Nandanam.
- Ramani IYANNAR (Indian) Staying / Working at Freedom Forest.
- Shaahlini SRINIVASAN (Indian) Staying in Maitreye and Working at Nandanam.
- Svenja HALLEN (German) Staying in Arati and Working at Housing Service.
- Vinoth PANERSELVAM (Indian) Staying in Fraternity and Working at Mantra.
- Thulasingam NARAYANAMOORTHY (Indian) Staying in Martuvam and Working at HERS.

**AUROVILIANS CONFIRMED:**
- Anand RAJAN (Indian)
- Denis CAPDEVILLE (French)
- Jacques ROSIER (French)

**LEFT AV ON THEIR OWN:**
- Michel MUSSIES (Dutch)

**NOTE:** Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORA and meeting with the Secretary of the AVF.

The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST. This is the last step of the Newcomer process where the status of Newcomer Resident is switched to Aurovillian Resident.

**ENTRY SERVICE OPEN TO PUBLIC TIMINGS:**
Mon, Wed, Fri 09:30AM-12:30PM
Mon to Fri (by appointment only) 02:30PM-04:30PM
Yours, The Entry Service

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**Personal Loans**
Dear Community, from time to time the Auroville Council and the Working Committee are being presented with conflicts regarding financial issues such as the failure to repay personal loans and other financial agreements made privately between Aurovilians and other individuals (Aurovillian or not). It is necessary to state that such personal financial agreements are solely the responsibility of the individuals involved and the working groups cannot be held responsible to solve such conflicts. Warmly, Auroville Council & the Working Committee
Road Safety - Speed Breakers

Dear Community, since the removal of all speed breakers on AV roads for the PM's visit, we have observed, and experienced, the increase in speed of both 2 and 4 wheeler traffic, highlighting some serious road safety concerns. There have been a number of complaints of dangerous driving at some critical junctions, schools' crossings and residential areas. Together with the AV Security Service team, we have identified locations where traffic calming measures are needed and are studying solutions that allow for ease of driving while reducing speed. The map with the proposed locations can be found on Aureon. Have a look and share your feedback with us at avenir@auroville.org.in

We will finalise this in the next weeks, with your inputs. In the meantime, we urge everybody to keep your personal safety, and that of others, foremost in your consciousness whilst driving.

Regards, L'avenir d'Auroville and AV Security Service

List of Nominees for the Land Board

Dear Community Member, please find below the list of nominees for the Land Board. You may access the profiles of the nominees online HERE

The feedback period will start on Saturday, 24th March until Saturday, 7th April. You will receive an email from the Residents’ Assembly Service on Saturday, 24th March with feedback form, to notify you of the start of the feedback period. You are kindly requested to provide your feedback using the feedback form, or by writing to raservice@auroville.org.in, or simply pass by the RAS desk on Tuesday and Thursday mornings, between 10am and 12pm, during the feedback period.

1. Anan S., Eternity
2. Anbu V., Windbreak Farm
3. Andy, Certitude
4. Auroprem, Shakti Lokha
5. B, International House
6. Balaji, Kottakarai Farm
7. Bertrand, Surrender
8. Boobalan, Djaima
9. Debu, Djaima
10. Diego, Samriddhi
11. Enea, Miracle
12. Eric, Courage
13. Fabian O., Pitchandikulam Forest
14. Gino, Discipline
15. Haridass, HC Staff Quarter
16. Helena, Certitude
17. Igor, Djaima
18. Jayamothi M., La Ferme

Your name is not on the list, please inform us immediately.

Much love, The Residents’ Assembly Service

Paperless!

Dear community members, The Applications team of L’avenir d’Auroville is going ‘paperless’! You are no longer required to submit hard copies at the time of submission of applications. The application format for the moment is a fillable pdf, to be filled using Acrobat and saved as a pdf file. The details and attachments needed are to be sent to us by mail. The forms are available on request at avenir@auroville.org.in.

Please note that for collection of NOC, you will need to submit the final set of application + attachments as hard copies, for our archives. (Please print on both sides of paper wherever possible to save paper).

L’avenir d’Auroville team

CALL FOR PROPOSALS

Each year we receive a small grant from the Government of India (GOI) for carrying out innovative programs in the fields of education and / or culture. We invite those with proposals for such innovative programs, both from those who are part of SAIIER as well as from those not directly linked to SAIIER, to submit an application for the financial year 2018-19. Please write to saier@auroville.org.in to request a proposal form, specifying ‘Research’, ‘Activity’ or ‘Publication’ (includes books, CD’s, educational materials). We request that applications be submitted by 20th April 2018. Thank you and we look forward to receiving your creative and inspiring ideas! The SAIIER Team

FOR YOUR INFORMATION

Houses available for transfer

2. Adventure Forest: Plinth area 155.63 Sq.m approximately. Double storied load bearing structure residential house with 1 Bedroom, kitchen, hall and Balcony. Separate Toilet & Bathroom. Store room without roof.
3. Sukhavathi: Constantino House: Area: 205.7 Sq.m. Double storied building with possibility of making it into two apartments. Ground floor: Two bedrooms, Kitchen, Hall, two toilets, one store room. First floor: Two bedrooms, hall, two toilets, one store room, Balcony.

Contact: Housing Service 2622658 | housing@auroville.org.in

4. Apartment in Citadines 1st floor 100 M2 + terraces / 2 3 BDK, two bedrooms, completely furnished along with individual fridge, gas, UPS, and common facilities such as: cafeteria, laundry, workshop for maintenance of the flats, garage, generator. Citadines is a collective housing experience, managed by a group who help maintain its quality, atmosphere and assure a harmonious mix of people. Contact Louis louis@auroville.org.in for visit and more information

Re announced;

5. Fertile Forest: Turiya’s house: Two residential houses are available. I. Gross Floor: 61.05 Sq.m – Living cum Kitchen, Bed, Toilet. II. Gross Floor: 110.67 Sq.m - Ferrocement and Terracotta tile roof with Living cum Kitchen, Bed, Toilet, Therapy room.

Contact: Housing Service 2622658 | housing@auroville.org.in

7. From Sunship: Immediately available: One single unit of 42 Sq.m completely furnished and equipped-kitchen, bathroom and costume - with Collective cafeteria, Laundry, technical maintenance and management by Aurovilians!! Contact Louis louis@auroville.org.in for visit and more information

Housing Projects under construction:

1. Kalpana Housing Project: Project Holders: Satyakam and Devasmita, Architects: David Atelier / Noel and Supri, Contractor for the finishing work: Auromira / Jothi Prasad. Since 15th January 2018 the finishing work (flooring, painting, wood and plumbing work, false ceiling) has started in full swing. Out of 42 apartments 8 units are still available: 3 units Studio, 3 units 1 BHK, 1 unit 2 BHK, 1 unit 3 BHK. We will be ready by 30th July 2018.

Contact: Satyakam satyakam@auroville.org.in available in the model apartment the third floor of the South Block on the site on: Thur: 3-5:30pm and 3rd Saturday: 10 am to 12.30 pm. Surya is available the second and fourth Saturday.


E-Rickshaw Trial

Dear All, Integrated Transport Service (ITS) has sourced a new e-rickshaw for testing in Auroville. For a 2-3 week free trial period we would like to test the e-rickshaw to see if it meets the transportation requirements of various units in Auroville. We are testing the battery performance, reliability, stability and...
The calligraphy of Omkaram, the Tamil Om
Poetry by Shruti Sundaram
We invite all readers to download the latest issue at the following web address: tinyurl.com/vaasal2, and to look out for the printed issues at selected central locations.

How to Get Vaasal:
We send out each issue of Vaasal free to subscribers by email list, so joining the list is the best way to read it first. To join, please contact tamil@auroville.org.in

Stop Press!
Vaasal Magazine is available at vaasalmagazine.wordpress.com

Help us make Vaasal better!

What are we doing right? What are we doing wrong? Is there any particular subject you would like to read about in Vaasal? Would you or anyone you know like to contribute an article, a drawing, a suggestion? We gratefully request all your thoughts, ideas and feedback to tamil@auroville.org.in

If you enjoy reading Vaasal, please consider a small regular contribution to support our costs (A/c no. 102360).

We would particularly love to hear from anyone with layout and/or graphic design skills. Anbudan (with love only)

PRECISIONS ABOUT THE CERTITUDE-SOLAR KITCHEN ROAD

Now and in the coming weeks, the newly paved road of Certitude-Solar Kitchen may be the subject of discussions and controversies in the community. I have received a few positive comments from Aurovilians about this work and someone wrote: "I wanted to thank you for the magnificent road that you have built between Certitude and Solar Kitchen. This other part of the road may feel differently, but some parts of the road have started to erode. Especially for this reason, I believe that it is necessary to give some background information regarding this work so that the community is properly informed."

First, it is necessary to say that this road was built by the Road Service, following my specifications, with training from me and some support for supervision. I was approached by L’avenir in June 2017 to do a study for a new road starting from the Edyanarchavadi tar road near Reve/Courage to Solar Kitchen, that the Honourable Prime Minister Shri N. Modi may take during his visit to Auroville. This project was supposed to be a replacement of the Certitude road. Only after the study for this new road was finalised, it was discovered in mid-October 2017 that there was a private land at the entrance of this road. I will skip the details of how many times I reworked this study, trying to find a suitable route to bypass this private land... all the work time was being lost and it became impossible to do a proper earth concrete road in time for February (e.g. there was not enough time to prefabricate curbs). Finally, everyone in planning agreed that it was not possible to build this road starting near Reve/Courage. One month later, in Nov. 2017 I was asked by the new L’avenir group to improve the Certitude road and to make it dust free, as the Security of the Prime Minister did not want him to drive on a dirt road, because of dust. Initially I refused to help for this road, explaining that there was not enough time to do a good job. The alternative proposed by the collector was to pave this road with tar. L’avenir and the WC did not want this solution: This road, being on Poramboko land, is not a permanent road on the Master plan and there are certain development related risks if it were to be made into a ‘permanent’ road. They asked me again to do it as they did not have anyone else to ask. Their request was for a dust free road, which would last two years only. I finally accepted, as no one wanted a tar road in Auroville and they led me to believe that this was the only option for a non-tar road in the time required. Even Road Service acknowledged that this road could not be completed with any of the other conventional techniques. I knew that it would be difficult to do a good job, due to the lack of time, and I insisted to make a full scale experiment early Dec. 2017 for a new mechanised system for mixing using a rotavator. However, the work order was given only the 28th Dec., thus prohibiting experimentation beforehand.

Road Service started with some levelling beginning of Jan. 2018 and the main work started on the 8th Jan. I had to improvise on the spot to find a process using the rotavator for mixing soil, cement and lime. This pavement is a development of various research initiatives at the Auroville Earth Institute. We usually experiment long in advanced, and then, only once protocols and mixes have satisfactory results, we implement the research for a permanent application.
This was why I initially declined this request and why I insisted on the testing of early Dec. 2017. As the road had to be opened before the visit of the Prime Minister, every step of this work was rushed. Road Service workers worked really hard, starting at 7 AM and finishing every day between 5.30 and 6.30 PM, and once at ~8.45 PM. I was proud of their work and even concerned for their well-being. The rotavator significantly speeded up the mixing process, but it was difficult to get a homogeneous mix. The top surface of the mix often dried too fast, as we were ramming 25 to 30 m length of road at a time. And because of this required speed to complete the road in time, sometimes the construction team made mistakes. This is the main reason for the erosion which is now happening prematurely. There are occasional potholes and the part which is eroding the most is in front of Dinesh’s restaurant. This stretch erodes so much because we could not cure it properly, as Dinesh started to use it two days after it was done, even though we asked him not to do so. The parts that are eroding can be repaired and this will be done in the coming weeks. We are very sorry for the disturbance that will cause again.

As this road was not supposed to be permanent and as there was a limited budget, I decided to add only 7.25 % cement and 3 % lime to the soil. It is clear that the technique used (stabilised earth concrete rammed with a roller compactor) is not an ideal one for road making. I have known this since the experiment of the stretch towards Deepanam School. However, it was not possible to use the best paving system, Poured Earth Concrete (like that done successfully for the access to the Visitor’s centre) because of time and cost constraints. The road of 788 m long (~3,160 m²) was done in 22 days for a cost of -24.5 Lakhs Rs., thus costing 777 Rs. /m², which is the cheapest and fastest road ever made here. Despite all of constraints and risk, this road making has actually been a very positive collaboration between L’avenir, Road Service and the Auroville Earth Institute. Circumstances were not easy and led to a work quality not as good as I anticipated or hoped. I still feel that most of the road is very hard and behaves well, and this road is dust free. Nevertheless, I regret, under the circumstances that we had to deal with, that it could not be perfect. Satprem, Auroville Earth Institute

**POSTINGS**

### 50th Anniversary Collaborative Film

We would like to invite everyone to participate in a collaborative movie about Auroville’s birthday. The idea is to share the best footage that you have from the anniversary and the related experiences (from November until March) that may be worth showing. OutreachMedia will then edit all the footage together to make a collaborative film by the people. If you are interested please send us your clips via [www.wetransfer.com](http://www.wetransfer.com) to valentina.beatrice.sb@gmail.com

Resolution must be Full HD, up to 1 minute per clip and 1 clip per event maximum. You can send several clips, but please don’t send more than 1Gb per person.

Thank you! Valentina & Serena - Outreach media team

### Seminars Abroad

- **18th April** Reversing Diabetes & Hypertension and Peas Vs Pills seminars in the month of April. If you know anyone who would benefit, please give them these links to register. There are special rates for registering in advance.
  - Reversing Diabetes & Hypertension - [London](https://www.theotherside.com)
  - Peas Vs Pills - [London](https://www.theotherside.com)

### Help with Exhibition:

Hello, everybody. I am preparing my first solo exhibition at Kalakendra April 13-21 2018. It will be “Ivana’s Art from Auroville” Are you in Auroville April 10-13 and are you willing to help place my paintings on the frames, make a list of paintings, place labels, check all is as it should be for exhibition of starting artists, or lend any support during the days? Ivana [7094344154](tel:7094344154) or ivana.frousouva@yahoo.co.uk

### APPEAL

#### IACC Urgently Needs Help with Puppies

The Auroville animal shelter, IACC, urgently needs helping hands! We have been flooded with puppies that have been dropped in the shelter, and we urgently need some helping hands to support the small team. Please if you have some spare time, a few times a week ideally, contact us on [8637638925](tel:8637638925) (same for WhatsApp). Specifically, the puppies are in need of extra love and care, after being taken away, mostly too early, from their mams. If you can give some support by donating towards their vaccination, that also would be greatly appreciated! Thank you so much for your compassion!

Support for the puppies in form of donations also most welcome at the IACC FS number: 103111. The IACC Team

### THANK YOU

#### Gratitude.

After the first performance of the AUROVILLE HARMONIES, last Saturday in CRIPA, I am full of gratitude. I want to thank all the persons who contributed in one way or another:

- CRIPA, especially Jean-Christophe and Christophe, for welcoming us and organizing the technical part of this concert
- CITADINES - Centre d’Art, for hosting our regular rehearsals
- SANTE, for hosting us for a few rehearsals
- Eva (from Residents’ Service) for helping us to pronounce and understand the difficult lyrics of the Hungarian song (Bolyongas, from Béla Bartók)
- Marco SAROLDI for the poster photography
- And all the people I may have forgotten.

Thank you, wonderful public, for your beautiful response to our singing, you were so warm! And a big, big thanks to the enthusiastic bunch of ladies that are accompanying me in this new adventure. Nothing could have happened without them. Now we will go on, celebrating human unity by singing world polyphonies. So, if each of you could bring back from your mother country some scores of traditional polyphonies - for women’s choir, of course - I will be even more grateful. See you in our next round. Antoine

### HEALTH

#### INTEGRAL HEALTH

Classical Homeopathy, Hypnotherapy Psychomotricity, Child Care

Peter and Sigrid will be out of station all May and June. They give consultations in Classical homeopathy, Sensation Method. They trained with Dr. Sankaran, Mumbai for 20 years. [www.theotherside.com](http://www.theotherside.com)

In this approach a “constitutional remedy” is identified, which then works like a “personal tonic” for holistic health, and can be repeatedly used over decades.

Sigrid gives sessions in transpersonal therapy, inner child work, trauma therapy.

Malar has trained in homeopathy and provides homoeopathic consultations, homeopathic First Aid, providing follow up remedies etc. Malar can visit your women’s group, Service Unit etc. and present the homeopathic first aid and PC remedies. First Aid Kits with 32 remedies are available, description in English, French, German and Tamil are available.

Okoubaka (for soothing effects of pesticides), PC Shock, PC Allergy, PC Diabetes, PC High Bloodpressure etc. are available in our remedy box, along with Harmony and Samata. Just come and take anytime. Benefits are well established - no side effects. Consultations are generally held in English, French, German, and Tamil.

Malar is managing the office, the FirstAidKits and PC remedies on Mondays, Wednesdays, Fridays 9–12:30pm

Contact: integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue.

Integral Health, Prayagtn 04132623669

Sigrid [sigrid@auroville.org.in](mailto:sigrid@auroville.org.in), [www.sigridlindemann.com](http://www.sigridlindemann.com) [www.auroville-holistic.com](http://www.auroville-holistic.com)

Peter [peterh@auroville.org.in](mailto:peterh@auroville.org.in 987698464)

Malar [malar@auroville.org.in](mailto:malar@auroville.org.in 9585012207)
Santé - Auroville Institute for Integral Health

Clinic Phone: 0(413)-2622803
Email: sante@auroville.org.in / adm@sante@auroville.org.in
Working Hours: 8:45-12:30 & 2:00-4:30 Monday – Saturday
for Aurovilians, Newcomers & registered Guests, Volunteers & Friends of Auroville

For emergencies, contact Auroville Ambulance: Tel: 9442224680 (24x7)

Government Ambulance: Tel: 108 (24x7)

Please note: Blood tests and Lab collection Mon-Fri only before 12:00pm.

Santé is closed every Tuesday afternoons for staff meetings

For Appointments, please call Santé reception at 2622803 between 8.45am to 12:30pm and 2pm to 4:30pm.

Santé Therapists’ Schedule for April 2018

<table>
<thead>
<tr>
<th>General Practitioner</th>
<th>Dr. Igor</th>
<th>Mon, Tue, Thu, Fri, Sat</th>
<th>Morning</th>
<th>Also available twice a week for afternoon walk-ins (Rotating schedule)</th>
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<tbody>
<tr>
<td>General Practitioner</td>
<td>Dr. Manoj</td>
<td>Wed, Wed</td>
<td>Morning</td>
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<tr>
<td>Nursing Care</td>
<td>Thilagam/Archana/Ezhil</td>
<td>Mon-Sat Mon, Wed-Sat</td>
<td>Morning</td>
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<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wed, Fri Thu</td>
<td>Morning</td>
<td>Starts April 6th 2018</td>
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<tr>
<td>Medical Shiatsu and Meridian Psychotherapy</td>
<td>Linda- Grace</td>
<td>Tue, Wed, Thu</td>
<td>Morning</td>
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<tr>
<td>Homoeopathy</td>
<td>Michael</td>
<td>Mon, Wed</td>
<td>Afternoon</td>
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<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tue, Fri</td>
<td>Morning</td>
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<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Mon, Tue, Thu</td>
<td>Morning</td>
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<td>Physiotherapy</td>
<td>Osnat</td>
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<tr>
<td>Movement class for pregnant women</td>
<td>Osnat</td>
<td>Wed</td>
<td>Morning (9.00-10.00)</td>
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<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Mon, Wed Thu</td>
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<td>Childbirth Preparation class</td>
<td>Paula</td>
<td>Mon</td>
<td>Afternoon (4.00-6.00)</td>
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<tr>
<td>Women’s Wellness</td>
<td>Paula</td>
<td>Tues (gynaecology) Wed (pregnancy care)</td>
<td>Morning</td>
<td>Until April 25th</td>
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AUROVILLE RADIO / TV

Dear listeners/viewers!
We are happy to share with you all what we managed to capture in past week as a team of AurovilleRadioTV. Please collaborate with us in sharing event details and video clips of events happening in the community of Auroville. We would be happy to hear from you, and also do make use of our services.

Please do follow our updated website which offers a wide range of information with written, audio and video content and stay connected with us for more event updates on our social media sites, Facebook and Twitter.
Website: www.aurovilleradio.org
Facebook: www.facebook.com/auroville.radio
Twitter: AurovilleRadioTV (@AurovilleRadio) | Twitter
From our volunteers we have:
Karthick - Piano concert with Leonardo de Donno
Steve - Finding the Soul - Savitri's Yoga: Part1, Part2
D - What You Don't Know About Leonardo de Donno
rtm - Samarpamam or recital of 50 Veenas, Recital de Piano by Yaroslava

Out of regular programs
Marlenka continues with Synthesis of Yoga by Sri Aurobindo.
Gangalakshmi read her Selections in French of Sri Aurobindo & The Mother.
Here is the news of Tuesday, Thursday, Friday, and Monday Your AurovilleRadioTV Team

WORK OPPORTUNITIES

Project Coordinator: for an intense residential training programme coordination for a period of 6 months (extendable). Candidates should have proven expertise in coordinating programmes, working with government, good command over Tamil preferable, trouble shooting, team work and full time (non-negotiable). A background in outreach or development projects would be preferred. Check out SLI activities in tnavsli.in to learn more about the organization. The offer is open from late May 2018. It is an opportunity to anchor a programme that aims to have a larger impact in the state of Tamil Nadu. Do please write to admin@tnavsli.in for more details. Call Pavithra at SLI during office hours (10 - 5.30) to schedule a meeting - 2622690/2622333
The Meetings in Two Banyans

“Trees Are Full of Love” (Colline from Montana State, USA).

“Nature is Clever” (Jean from France).

“Auroville is Fascinating” (Joan from Cape Town).

We met twice, on March 9 & 10. For me these events were great. I’m a biologist from Siberia, Russia. Two Banyans is now a place of highest ecological conditions and my heart enjoys it in. Of course every place in Auroville is fascinating, every place is equal but some places in the city are more equal than others ones. Colline and Jean cared more than forty years about the forest in Two Banyans. Now this place is very attractive for Joan and for me. Joan already visited Auroville and Two Banyans nine years ago. For her Auroville and Two Banyans are now the special magnats.

Not-ordinary people gathered in not-ordinary place. We spoke about love, cleverness-wisdom and about Auroville’s charm. Very different ways we used before these meetings. Colline’s mother was a leader of the girl scouts and those were the happy years for Colline among the girl scouts - the trekking, bonfires, tents, etc. Her father cared about wildlife in the National Park. But, Jean’s father was a carpenter of high level. He can see any tree and immediately tell what kind of things were possible to receive from this tree. But Jean wants to receive only love, oxygen and biodiversity from all trees.

We reached a consent in the meetings: nature is not for profit and greed of mankind. People are only a part of nature; their goal must be not industry, but biodiversity. The history of Earth has many paradoxes. For example, Buenos Aires means “good air” but now this city has no good air. If somebody wants to find really good air, let them visit Two Banyans!

Boris

When Healing Oneself & the World is Delicious

SHARAN-India: a hidden treasure of Auroville. We all love Nature, at any rate we know we’re part of her, and increasingly we are reminded just how much we depend on her. Our environment, lifestyle, nutrition, health... it’s all interconnected, and wherever we look, the systems are in trouble. Our email boxes keep filling up with petitions, to please save this species and avoid that slaughter, outlaw this cruelty towards animals, say no to GM, and preserve that last refuge of untouched Nature... It can get overwhelming even for the most dedicated, even in the short-term experience becomes too much to bear, and instead of galvanising us into action, leaves us feeling helpless...

Can one be an activist and yet stay clear of the negativity and heaviness that almost inevitably seems to come with it? Is it possible to address the causes of what ails us and effectively bring change, in a way that is truly positive, uplifting and energising, without dragging along the burden of the opposite? It is not easy, but I have come across someone right in our midst who for me stands out as a shining example. Most of us are familiar with our Dr. Nandita Shah and have heard of her work, at least with the ‘Peas vs. Pills’ workshops she has regularly offered in Auroville, and perhaps some of her vegan treats. And yet most of us know surprisingly little about it, like me who for years had labelled her in my mind as a ‘Vegan missionary’, rather too far out on the extremity of my comfort zone - not for me, I had decided. The United Nations may have urged humanity to adopt a meat- and dairy-free diet for the last decade, but frankly I loved my curd, and doubted that I would thrive on a vegan regime, definitely not in the long run. It took an ever-increasing and close exposure to the realities of present-day animal farming to finally get me to the point where it was not even a question of choice any more... And that’s what led me to approach Nandita, to whom I owe not only an easy and greatly enjoyable change to a plant-based diet, but a wealth of stimulating learning and new horizons - not to mention meeting one of the most positive people I can think of!

Of course Nandita is not the only one working in this direction, as the vegan movement keeps growing. But what stands out for me is the integrity of her work, and at the same time its combination of solid professionalism and ingenious simplicity, showing how easily we can benefit our own health, the animals around us, and our fragile planet all at the same time! Nandita has created an organisation: ‘SHARAN, Sanctuary for Health and Reconnection to Animals and Nature is an organisation devoted to spreading awareness about holistic health and an ecologically sustainable compassionate lifestyle. We believe that all life on this planet is interconnected. By reconnecting we can heal ourselves and the earth.’

A year ago, Nandita was awarded the President of India’s prestigious ‘Nari Shakti Puraskar’ for her outstanding contributions. (And just a few days ago Deepika of Pebble Garden received that same honour; we hope to dedicate a future Green Column to her work!). Among SHARAN’s primary focuses is working towards a Diabetes-free India. Within a single generation, diabetes in India has risen from 5% to 30% among adults, and few people know that in most cases the condition can be reversed, or at least vastly improved, through a natural diet and lifestyle. A homeopath, social worker and nutritionist, Nandita gives consultations and workshops across India and in the UK, lectures and writes prolifically, gives cooking classes, introductory events, training for medical professionals, and also residential health retreats of up to three weeks - the time considered by behavioural science as needed to change our habitual patterns. So far Nandita and her collaborators have worked with tens of thousands of people in India. The SHARAN website is a rich and lively resource of knowledge and includes delicious recipe collections, e-books downloadable for free, while videos and testimonies make it tempting to sign up for the privilege of a health retreat. Several printed books are available, online or from SHARAN’s Kuilapalayam office (opposite Aurelec), among which ‘Timeless Recipes for Healthy Living’ (a handy primer for natural, plant-based cooking) and Nandita’s ‘Reversing Diabetes in 21 Days’. Grounded in praxis, SHARAN has its own organic (Natuceo) farm in Madhya Pradesh, and hopes one day to have its own residential centre, so that retreats and trainings can be offered on an ongoing basis.

More on sharan-india.org: happy browsing!

For the Auroville Green Center: Jasmin (writing), Lisbeth, Isabelle, Appie and Island. We invite you to share green news from Auroville, the bioregion and the wider world: avgreencenter@auroville.org.in

News&Notes 31st March 2018 [743]
In short, all washable surfaces. Good!! You are saving many bottles finish in the landfill because it is available in refill system and even you are saving storage space in your house, office, or company because again it is only one product that can efficiently perform in the cleaning routine. Economically advantageous, concentrate, ecologically sustainable, our DEEP IMPACT based on Probiotics, uses beneficial microorganisms to replenish good bacteria and in so doing control the bad bacteria through the principle of competitive exclusion. Available for everybody in Probiotics House - Reve and PTDC for the cooperative members. PROBIOTICS HOUSE (Reve - Auroville)
Margarita & Guidelma
www.probiotichouse.com | 94132623774
Open Tuesday to Saturday 9:30 - 11:30 am & 2:00 to 4:30 pm

ELECTROMAGNETIC FREQUENCY (EMF) POLLUTION

Dear Auroville, I just wanted to say a heartfelt thanks to Yatra Arts and the Language Lab for allowing me to facilitate a presentation recently on the subject of the dangers of electromagnetic frequency (EMF) pollution - not just on our health but to our developing consciousness. And I also wanted to thank the wonderful people who attended the Language Lab and for the amazing discussion that ensued.

This is a subject that any health practitioner, teacher, parent and in fact anyone with an aspiration to progress according to Mother and Sri Aurobindo’s teaching should be interested in, and include in their conversations. I’m electromagnetically sensitive and although I’m aware that 5% of the population are now suffering from this functional impairment due to the cumulative effects of the saturation of electromagnetic radiation, to encounter at least 6 people that I know of in such a small community as Auroville was a further confirmation of what’s to come. Plus, Aurovilians may wish to ask the question “Why would a group of people wish to create an EMF free building in Auroville?” (New Language Lab).

Of course there are thousands of peer reviewed studies, documentaries and lectures available on line to collaborate the health dangers of wireless technology, so I won’t add to that here. However, I would like to provide a few bullet points for everyone relating to the consciousness aspect, which I believe is the message Mother wanted me to transmit:

- Mother’s work was on the transformation of the body and the consciousness of the cells.
- She affirmed the importance of peace in the mind, peace in the body and peace in the sensations (emotions) for progress.
- Sri Aurobindo spoke at length about vibrational rhythms and this phenomenon.
- I’m aware that 5% of the population are now suffering from this functional impairment due to the cumulative effects of the saturation of electromagnetic radiation, to encounter at least 6 people that I know of in such a small community as Auroville was a further confirmation of what’s to come. Plus, Aurovilians may wish to ask the question “Why would a group of people wish to create an EMF free building in Auroville?” (New Language Lab).

Available 1: Looking for a reliable, nature and animal loving person (or couple) to look after a house in the greenbelt (Newlands). A dog and a cat will need to be fed and looked after. House sitting period May 7th to August 5th. Possibility to stay longer in part of the house for another 2-3 months. Modest contribution. If this interests you please write to Shivaya shivaya@auroville.org.in, Thanks.

Available 2: I will be travelling from 11th April till 30th April and am looking for a house sitter for my house in Quiet to look after my dog and cat. Its best for a single person and at the very most 2. Please keep in mind that Quiet is on the beach, so its more suitable if you have a vehicle. If you are interested, please write to Dr. Nandita Shah nandita@sharan-india.org or SMS 9848848286.

Available 3: A simple place is available for house sitting in Pony farm from 8th April to 22nd May. Please get in touch with Siddharth at sidjainn@gmail.com | 8531828586

Available 4: House-sitting opportunity starting from April 9th for a couple of months. Ideally for responsible and tidy single person or couple. You would be covering maintenance and doing flower watering. House has Wi-Fi and battery so no problems with power cuts. Community is very friendly. For more info, get in touch with Svenja at Housing department or at 7395865381.

Needed 1: Hello everyone. We are a family from Macedonia: Peter, Sashka, Mila (6), and Kalina (3). Our Newcomer period is over, so we’re looking for house-sitting (long-term preferable). Love & light 9442171420

Needed 2: Dear ones, I am now leaving my beautiful house in transformation for good and it is currently under re-estimate. Leaving on the 30th of May to Austria for a recovery-period of at least 3 months. My RETURN shall greatly DEPEND on an upcoming opportunity of a SUITABLE ACCOMMODATION in the central area of this divine place. It can be simple but in a good condition, being a singer, herbalist and creative nature, I am also open to share with females best. So if a door opens I shall return, otherwise my journey will continue abroad for some more time. Schima, schima-dorit@auroville.org.in, shantih.

Auroville Library of Things (ALoT), an initiative by earth@us, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. alo@auroville.org.in

Hero Electric scooter: Lithium Ion Battery installed 9 months ago. It has a 2-year warranty (with warranty receipt) and generally lasts for at least 3 years / Brand new tube and tyre on both wheels / Good condition of repair and maintenance. Contact: Min | ming@aurolive.org.in | 9195675995 | 9486756071

Handcrafted Mobile: Let’s spiral to light together! Where? At SYVARAK Musical Instruments you can find a “Spiral to Light”, a handcrafted mobile based on the 12 colours of the Mother’s symbol. There are very few left and they are waiting for a sunny and airy place to inspire you further on the discovery of the joyous vibration of colours. Please have a look as I will be leaving soon and will be grateful for needed cash. Greetings, Schima schima-dorit@auroville.org.in

Asus ZenFone 2: ZE551ML: with 4gb ram and 64gb Internal Memory silver color with a circle smart view flip cover and extra SD card 32gb. Just serviced with battery change less than 1 year and newly serviced in Mar 2018. Victor 04132623423
Honda Hornet 160 CBS: Honda Hornet 160cc with CBS (Combi Brake System) bought from Honda showroom in Sept 2016, first owner. Mileage 8000 km. Marine blue color, both disc brakes, electric start, MRF tires. Very good maintenance since the start. Karnataka registration. Serious buyers only. Isis 7094403704 and isisrixpoxages@gmail.com

Drone: An unused ‘Radel Dhruve Nano ZX’ electronic shruthi box (drone) available for half its price in the stores. If interested, email Sangeetoo giriram.sangeetha@gmail.com

Home items and furniture: I’m selling, because of departure: a dining table + 2 benches, a single mattress cushions, a wooden armchair, a kitchen cabinet, a wooden desk, straw mats and cotton rugs, a pair of curtains, multi-sockets power plugs, wooden and plastic hangers, and kitchen utensils. Message me for photos and dimensions. Isis 7094403704 and isisrixpoxages@gmail.com

Telephone (New): Panasonic, original packing. Schima SMS 7639540624 or e-mail schima-dorit@aurowve.org.in

Few Items: UPS ZEB-U725, D-Link Modem Wireless N 300 ADSL2 + Router, Brand New Swimming Suit for Women (sports model, size L). Contact Terrzo terra@aurowve.org.in

LOOKING FOR...

Wellpaper is looking for used magazines: and waste pcs of thick cloth like denim, upholstery; curtains, etc., for making up cycling product. Also we need Indigo Blue cotton cloth pcs (used or waste). If anyone has a stock, please contact 9385744772, send the information to wellpaper@aurowve.org.in, or drop it at Wellpaper & Well Cafe. Thank you. Kind Regards, Dhivya

Work as a Watchman: Kasinathan is looking for work as a watchman. Previously he has worked for Glenn (Steward Anusuya Forest, Gaia Forest) for many years. He stopped work due to an injury. To contact him, please call his son Sundaram (working at Solar Kitchen) on 9858165771. Submitted by Krishna, Anusuya

Massage Table: If you have a massage table that you don’t really use and are ready to lend, exchange or give for contribution, that would be great, I am looking for one! Lison moeglelison@gmail.com or 7094645190

Reading Table, Used Cellphone: I put my old cell phone in the washing machine, and “Synthesis of Yoga - Volume: 3” in Spanish (I did not find it in the ‘Library’). ‘Thank you!’ Umberto cerasoli@gmail.com

Spare charger for MacBook Air: I have received a 2nd hand MacBook Air, but the charger is not working. Penny 9442938514 | penny@aurowve.org.in

Safe & Dry Storage Space: for my furniture and boxes (at least 3m x 3m). So if you have an unused room, you kindly come forward and support this pressing situation? Schima, schima-dorit@aurowve.org.in, shanthi.

LOST & FOUND

Bike key (Lost): Single key on ring with ceramic red/black striped hanger on Tuesday 27th, at the Town Hall backside parking lot. Contact Mauna 9443168323 THX!

Electrical Bike Key (Lost): a while back in Town Hall area. Single key with leather keychain branded "AMPERE". Please bring it back to News & Notes Office in Town Hall.

School Bag (Lost): Hi, my name is Kamil. I study at Transition School. I lost my black “Barcelona FC” school bag in Certitude on the 19th of March. If you found it, please call my mother Alice at 9442395774 as soon as possible. I have all my books and sports shoes inside. Thank you very much. Hope to hear from you soon.

TAXI SHARING

Auroville service of taxi sharing available with STS at: sharedtransport.aurowve.org (an initiative by earthus)

March 30th: departing Auroville at 3pm for Chennai Airport (International Departure). 1 person going, taxi coming back empty. Please contact Sandhi at 7708244830

April 1st: Taxi leaving Auroville around 1am on April 1st for a pick-up at Chennai Airport at about 4am. Sharing both ways possible.

Contact Sabine at +917986775818 (WhatsApp ok) or lasabine@aurowve.org.in, thanks!

April 3rd: Picking one person at Chennai airport at 8 am. Ulrich ulrich@aurowve.org.in

April 5th: Both ways. Picking one person at Chennai airport at 11 am. Mona (Yantra) mona@aurowve.org.in, 04132622900 or 9443377168 (WhatsApp)

April 5th: departing Auroville at 7:30pm for Chennai Airport (International Departure). Pick up close to REPOS - behind My Market. 1 person going, taxi coming back empty. Please contact Bernard at 9047436802 or bernonal9@gmail.com

April 7th: departing Auroville at 3:30am for Chennai Airport (International Departure). 1 person going, taxi coming back empty. Please contact Elise at 04132622943 or elisegala@gmail.com

April 12th: departing Auroville at 5am for Chennai Airport (International Departure), 1 person going. Sharing both ways possible. Thanks Sibyile 8940567857 sigapro@web.de

April 12th/13th: Taxi leaving Auroville around 11:30pm on April 12th for a drop-off at Chennai Airport on April 13th at about 2:30am. Sharing both ways possible. Contact Sabine at +917986775818 (whatsapp ok) or lasabine@aurowve.org.in, thanks!

INVITATIONS

AMPHITHEATRE - MATRIMANDIR Meditation with Savitri read by Mother to Sunil’s music Every THURSDAY - 6.00 to 6.30 pm [weather permitting] Enjoy the beautiful open space, an immense sunset, heavenly music 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 No Photos and do not use your cell phones, cameras, i-pads, etc. Dear Guests, please carry your Guest Card with you - No photos there.

Access only for the Amphitheatre from 5.45 pm Please be seated by 5:55 pm, no late entry. Thank you. Amphitheatre Team

Bansuri and Blue Moon Saturday, 3rd March 2018 - 6:20pm Strains of flute with the rising blue moon An offering by Nadaprem on Saturday, 31.3.2018, at 6.20 pm, in the Matrimandir Amphitheatre.

Entrance by the Office Gate from 5.45 pm. Guests are requested to bring along their guest cards. Aum!

LAST SATURDAY MARKET AT YO OF THE SEASON

Saturday Market is happening one last time at the Youth Center This Saturday 31st of March from 10am (followed by a Reggie Festival starting at 12pm) till 2pm, with fresh and local products, food live music, cool stalls and games

See you there!
YOUTH CHOIR
in
concert
FRIDAY 30TH, SATURDAY 31ST MARCH
8:00 pm CRIPA
All are most welcome
EXHIBITIONS

LAST DAY! SATURDAY 31 MARCH

“DHI” at Kalakendra Art Gallery - until 31 March
From 9 to 5pm - Artists selected from and outside Auroville will exhibit their works: painting, art installation and movement Art. Artists will be available daily to interact with the audience throughout the week.
- “Line of Goodwill” at Unity Pavilion until March 31
- “Beginning to build the Matrimandir” at Unity Pavilion-Hall of Peace - until March 31
- “History of Blessing Packets” at BRAHMANASPATI KSHETRAM
The Mother Sri Aurobindo Centre Edayanchavadi until 31 March. Daily open between 4 pm - 6 pm, Monday to Saturday. For location, type “Brahmanaspati Kshetram” on Google map. A person will guide you to the exhibition from the entrance of Solar Kitchen every Tuesday and Friday at 4 pm.
- “Matrimandir to 17/11/73 & Inner Chamber” - Until 31 March, 9am - 5pm - Unity Pavilion. Exhibition by Loretta. Building Matrimandir from bare earth to the minute Mother left - the land, the people, the workers’ camp, the workers and Matrimandir. & Creating the Inside of the Inner Chamber - rare photographs, Aurovilians’ memories and Mother’s instructions.

Exhibition Reminders:
- “Auroville, India, The Earth”: Photo Exhibition curated by Olivier BAROT, until 14 April 2018, at Sri Aurobindo Centre for Studies, India and the World, Bharat Nivas. Opening Hours: 9 to 5 pm.
- Kokedera - Moss Temple, Kyoto: at Pitanga, until 5 April. Opening Timings Except Sunday 9:00 - 12:30 / 13:30 - 18:00 [Vernissage Sat. 24th from 5pm]

Kokedera (Moss Temple), Kyoto - Review
Suzuki said: “Before Zen, men are men and mountains are mountains.”
Like many beautiful things, it all started with a dream. When she was 10 years old, Aurovillian Monna Maier read a haiku about the Kokedera (Moss Temple) in Kyoto, Japan. Since then, she always thought that if there was a place in the world where unicorns, fairies and elves would exist, this is where it would be.” In 2016, she went to the place of this childhood dream and though she did not see any unicorns, her moments there were as close to a fairy tale as could be.

This tango teacher and podiatrist, who studied neither art nor photography, is exhibiting 26 photographs that expose the Zen feeling of this place. “People have a misconception of what a Zen garden is,” says Monna. “Zen gardens are wild and not manicured. The western world sees Zen as being a domination of nature when it is actually a devotion to nature. Mother Earth is supposed to be enriched by humans and not controlled.”

Zen is about the harmony of all things and this is manifested in the temple’s moss garden, one of the most impressive in the world. The access is difficult and requires booking an appointment two weeks in advance and giving one hour of time to one of the following temple activities: chanting, meditation or sutra writing. Like the Zen monks who used to meditate before they put brush to paper, an attempt is made to guide the visitor into an experience of mental peace and self-discipline. The excellence of the photographs exhibited is a reflection of what the Kokedera monks work so hard at achieving - beauty at its highest level. Through the eye, the mind is allowed to traverse a world where reality and illusion intermingle. The photos are like diving into the green world of moss, with subtle nuances in the delicate contrast of colour and misty light. The images include a reflection of blue sky over water bodies, long trunks of trees with exquisite shades of red and bluish-grey colours given by the different fungi, a close-up of pink mushrooms on a bed of pale green moss and the juxtaposition of ferns and greens.

Monna succeeded in her intent to reproduce and to share the fairytale moments of her landscapes. One of her next projects will be to photograph the Kamogawa river (the river of ducks). Bathing in the gracefulness of this exhibition will reinforce the thought that the highest expression of the divine is really through beauty. *Chana Corrine Devor for AVArtService*

CULTURAL EVENTS

Rules, Fools, Reggae!
A Boombastic Production
March 31st 10am-11pm
This weekend, the first Reggae Festival in Auroville invites you for a groovy day at the Youth Center. Events include: The Last Farmers’ Market of the Season, live bands, food & games for all. *Jah Jah Bless, the United Youth Center Festival Rastafari*

An Ode to Auroville
Saturday, 7th April 2018 from 8 to 9:15pm at CRIPA, Auroville
On the occasion of its Golden Jubilee, an offering of Hindustani Classical and Light Classical (vocal) pieces of a group of singers from Sri Aurobindo Ashram. Organised by ARPANAA, Geeta Creativity & Mona Yantra. arpanaa@auroville.org.in

**CALI: Casa de LatinoAmérica & the World**
Saturday March 31st 6pm:
“The Liberator” - Film on Bolívar (Spanish-English Version).
Video Room - Visitors Center, with Questions and Answers at the end.
Sunday April 1st at 6pm: “Trovadores”.
Poetry and Music. Bring a poem to share.
Video Room - Visitors Center.
We will also have Argentine Empanadas with CALI-Cafe at the V.C. Cafeteria.
ENJOY!

BALI
Dear Friends, Announcing the world premiere of Adishakti’s new production, “Bali”, written and directed by Nimmy Raphel with Vinay Kumar in the title role, at Adishakti on 7th April, 2018, 7pm.
You are cordially invited to attend, along with your friends and family. Hope you can mark it. Adishakti Team

SCHEDULES

AT Verite
NEW Dancing as Love: A women’s dance circle with Divyanshi on Fridays from 5-6:30 PM at Verite. Welcome to weekly gatherings in April. “Dancing as Love” is the beauty in movement as a medium of worship and an expression of love for the Divine. Come join to dance to express the deep love in your Heart, letting go of dancing to impress. Using belly dance and semi-classical Indian dance as our pallet, each of us shall paint the unique ray of light and love through our body movements on the canvas of a song - letting it touch our life as well as letting our lives become a window to entering the song. You’ll rise in energy, emotions and bodily health, and be full of a renewed love for the essence of life! No dance experience needed. Wear comfortable clothes. For more info: divyanshi.0222@gmail.com
Somatic Movement with Maggie
Saturday 7 - Sunday 8 April 2018 9.30 AM - 5.00 PM
Quiet Healing Center 04132622329 9488084966
Somatics is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves. Somatics teaches us to recognise and release holding patterns, resulting from pain, injury, stress or habituated posture, and enhances any kind of exercise such as yoga, dance, sport or just moving through life. You will also learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches commonly attributed to stress, injury and ageing.

Aqua Yoga: Watsu & OBA Basic
April 9-14th 1pm-6:30pm
Quiet Healing Center 04132622329 9488084966
Watsu & OBA are aquatic bodywork modalities given in a warm water pool. Watsu Basic introduces movements and body mechanics to float someone on the surface; OBA Intro introduces and offers a unique underwater experience (with nose clip). Practicing basic techniques and qualities, you will experience floating people and being floated, on the surface and under water, creating a space for deep relaxation and nurturing body, mind and spirit. No previous experience required!

AT QUIET

Family Constellation Workshop: with Moghan
Saturday 7th of April 9am to 6pm
Contact: moghan@auromore.org.in / 975110486

Vocal & Nada Yoga
Thursday 5th & Friday 6th April - 9 - 5 pm
Italian Maestro Wisdom & Yogic Approach: discover & develop the energy and physical parts of the body involved in vocal sound production. Learn to use these parts through vocal practice and sound healing circle to consciously create and strengthen your unique Inner Musical instrument. Nada Yoga/Access Inner Consciousness Through Sound. Ancient Nada Yoga links music to spiritual growth through vibrational sound. Use musical scales inside energetic centres to deepen auditory and kinesthetic awareness. Use Indian Raga to free emotional blockages.

These techniques help you to sing in tune. Nada Yoga is a powerful meditative tool to deepen movement between consciousness states, enhance inner peace and contentment. Sacred Chants Help to quiet the mind & open the heart to the Divine Within.
No need of any previous experience, Bring a small mirror with you. To register call Hamsini 9487544184/ 04132622823

NEWS FROM AUROVILLE LANGUAGE LAB

News classes!
A new Spanish class for Beginners, will start on 3rd April for one month. This will be every Tuesday and Thursday from 4 to 5pm. An intensive daily morning course is also possible. Interested students contact the Lab.

A new French Conversation Class will also start on 3rd April. The class involves conversation to practice your speaking, your pronunciation, and to extend your vocabulary! We will work with articles coming from French newspapers, French news websites, etc. Some French basics are required to register in this class. This class will take place on Tuesdays and Fridays from 8.30 to 9.30 AM. Venez nombreux! A bientôt!

Malcolm continues teaching English classes from 5 pm to 6 pm: The Pre-Intermediate class is on Mondays and Wednesdays, and the Beginners class is on Tuesdays and Thursdays.

Italian for beginners is still open and everyone interested can apply.

Italian mother tongue classes with Chiara will be on Thursdays, from 4 to 6pm instead of Saturdays. (The Lab is now closed on Saturday afternoons).

For more information, timings and dates, please contact Language Lab.

We are looking for people from different parts of India and around the world to make audio recordings in their mother tongues. So if you have a good voice and you would like to contribute, please contact us. Recordings are for half an hour each and could be every morning from 9-10am.

The Language Lab is open
Monday - Friday 9am - 12pm and 2 - 6pm, Saturday 9am to 12pm.
Location: International Zone, beyond the Unity Pavilion.
Phone: 2623661, 6380042388
Email: info@aurovillelanguagelab.org

AUROVILLE LANGUAGE LAB - NEW SCHEDULE OF CLASSES -April - 2018

<table>
<thead>
<tr>
<th>LANGUAGE</th>
<th>CLASS/LEVEL</th>
<th>TIMING</th>
<th>DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGLISH</td>
<td>Beginners</td>
<td>05.00 - 6.00pm</td>
<td>Tuesday / Thursday</td>
</tr>
<tr>
<td></td>
<td>Pre-Intermediate</td>
<td>05.00 - 6.00pm</td>
<td>Monday / Wednesday</td>
</tr>
<tr>
<td></td>
<td>Conversation Class</td>
<td>8.30 - 9.30 am</td>
<td>Tuesday / Friday</td>
</tr>
<tr>
<td></td>
<td>Pre-Intermediate</td>
<td>5.00 - 6.00 pm</td>
<td>Wednesday /Friday</td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>4.30 - 5.30 pm</td>
<td>Tuesday / Thursday</td>
</tr>
<tr>
<td>ITALIAN</td>
<td>Beginners</td>
<td>05.00 - 6.00pm</td>
<td>Monday / Wednesday</td>
</tr>
<tr>
<td></td>
<td>Mother Tongue Project</td>
<td>04.00 - 06.00pm</td>
<td>Thursday</td>
</tr>
<tr>
<td>SPANISH</td>
<td>Pre-Intermediate</td>
<td>04.00 - 05.30pm</td>
<td>Wednesday</td>
</tr>
<tr>
<td></td>
<td>11.30 - 01.00pm</td>
<td>Saturday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beginners</td>
<td>10.00 - 11.00am</td>
<td>Tuesday</td>
</tr>
<tr>
<td></td>
<td>01.00 - 02.00pm</td>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate</td>
<td>11.00 - 12.00pm</td>
<td>Tuesday</td>
</tr>
<tr>
<td></td>
<td>02.00 - 03.00pm</td>
<td>Thursday</td>
<td></td>
</tr>
</tbody>
</table>
**ARKA WELLNESS CENTER & MULTIPURPOSE HALL - APRIL– 2018**

### TREATMENTS & THERAPIES

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM (BY APPOINTMENT ONLY)</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Logic, Soft Massage, Deep Tissue Massage.</td>
<td>Pepe - 9943410987</td>
<td>Mon-Sat</td>
</tr>
<tr>
<td>Cranio sacral, Lomi Lomi massage, Bare foot body massage and Thai yoga massage</td>
<td>Silvana- 9047654157</td>
<td>Mon-Sat</td>
</tr>
<tr>
<td>Yogic Healing and Therapeutic Massage.</td>
<td>Basu - 9443997568</td>
<td>9843567904</td>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage, Face Massage.</td>
<td>Meha- 9443635114</td>
<td>Mon-Sat</td>
</tr>
<tr>
<td>Deep Core Intensive Massage</td>
<td>Sumit- 7839062619</td>
<td>Mon-Sat</td>
</tr>
<tr>
<td>Acupuncture.</td>
<td>Dr. Mohammed Sahel - 9994208068</td>
<td>Tue , Fri &amp; Sat</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Inner voice Dialogue.</td>
<td>Antarjothi - 0413623767</td>
<td><a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a></td>
</tr>
<tr>
<td>Holistic Healing and Therapy</td>
<td>Dr. Marlene Dengg - 822032869</td>
<td><a href="mailto:innerspirithealing@icloud.com">innerspirithealing@icloud.com</a></td>
</tr>
</tbody>
</table>

### BEAUTY PARLOUR

- Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna & hair coloring. Meha - 9443635114 Mon-Sat
- Hair Dressing Ongkie - 9843930178 Mon-Fri
- Hair Dressing Mimi - 9489694626 Mon-Fri

### REGULAR CLASSES

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acro-yoga</td>
<td>Damien - 9047722740</td>
<td>Saturday-Beginners class 8:15 am to 9:45am.</td>
</tr>
<tr>
<td>Pilates Classes</td>
<td>Teresa - 786798952 / Ane - 9442009221</td>
<td>Tues, Thurs and Friday.</td>
</tr>
<tr>
<td>Hormonal Yoga For Women</td>
<td>Brigitte - 944283980</td>
<td>Wed &amp; Fri 7:30am-8:30am (Until April 19)</td>
</tr>
</tbody>
</table>

### VERITE - April Programs

Phone - +91 413 2622045, 2622606 / Mobile - 70941404329
Email - programming@verite.in
www.verite.in

**Sessions**

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Mantra Chanting</td>
<td>5 to 6:30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Dance Offering</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>5 Rhythms ( no class 24 April)</td>
<td>5 to 6.30 pm</td>
<td>Joke</td>
</tr>
<tr>
<td></td>
<td>Iyengar Yoga</td>
<td>5 to 6.15 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Aligned Vinyasa Yoga</td>
<td>6.45 to 8 am</td>
<td>Suryamayi</td>
</tr>
<tr>
<td></td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td></td>
<td>Open Heart Space Meditation</td>
<td>5 to 6.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Iyengar Yoga</td>
<td>5 to 6.15 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Yoga of Knowledge</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td>Fridays</td>
<td>Iyengar Yoga</td>
<td>6.45 to 8 am</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Yin Yang Yoga</td>
<td>5 to 6.30 pm</td>
<td>Sophie</td>
</tr>
<tr>
<td></td>
<td>Dancing as Love</td>
<td>5 to 6.30 pm</td>
<td>Divyanshi</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Meditative Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Inner Dance (until 14 April)</td>
<td>5 to 6.30 pm</td>
<td>Yoffi</td>
</tr>
<tr>
<td></td>
<td>Aligned Vinyasa Yoga</td>
<td>5 to 6.30 pm</td>
<td>Suryamayi</td>
</tr>
</tbody>
</table>

**Intensives**

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat, 21 April</td>
<td>Fate or Choice (Family Constellations)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
</tbody>
</table>

**Therapies**

For appointment: Phone 0413-2622045  Mobile 70941404329 treatments@verite.in

- Andres Traditional Thai Yoga Massage (available until 14 April)
- Lisa Etiomedic
- Mila Craniosacral Therapy (available from 15 April)
Savitri Bhavan
April 2018

Exhibitions
In the upper corridor
Sri Aurobindo: A life sketch in photographs
In the Square Hall
Glimpses of the Mother: photographs and texts

Films
Mondays at 6:30pm
April 4: Journey of the Universe. The epic story of Cosmic, Earth and Human transformation. Duration: 57min.
April 9: Conscious – Filling up our higher evolutionary potential. Film by Alan Baiss and Joseh Garcia from 2017. Duration: 66min.
April 16: The Silent Self. A video talk by Shradhavan on Sri Aurobindo’s first major spiritual experience. Duration: 74min.
April 23: Four Great Aspects of the Mother – Maheswari, Mahakali, Mahalakshmi and Mahasaraswati. 24 April 1920 was The Mother’s final arrival in Pondicherry to work with Sri Aurobindo towards a life divine on Earth. Duration: 52min.

Regular Activities
Sundays 10.30–12 noon: Savitri Study Circle
Mondays & Tuesdays 3-4pm: Going Deep Within, led by Dr. Jai Singh
Tuesdays 9-12 noon: Introduction to Integral Yoga, led by Ashesh Joshi
Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
Tuesdays 4.45-5.45pm: ‘Mudra Chi’ led by Anandi
Tuesdays 5-6pm: Let us learn Savitri Together, led by Buvana in Tamil
Tuesdays 5.45-7.15pm: OM Choir
Wednesdays 5-6pm: Essays on the Gita, led by Shradhavan
Thursdays 4-5pm: The English of Savitri, led by Shradhavan
Fridays 3-4pm: Exploring the Bhagvad Gita, led by Dr. Jai Singh
Fridays 5.30-7.00pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nishtha
Saturdays 5-6.30 pm: Satsang, led by Ashesh Joshi

Full Moon Gathering
Sun, March 29 7.15-8.15pm in front of Sri Aurobindo’s statue
Exhibitions, Main Building and Office are open Monday to Saturday 9-5
The Digital Library can be accessed on request Monday-Saturday 9am-4pm
Everyone is welcome

Joy Activities - April

<table>
<thead>
<tr>
<th>Sessions</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prana Vashya Yoga with Helena</td>
<td>Monday 4 to 5:30pm</td>
</tr>
<tr>
<td>Relationship based Communication with Sirish</td>
<td>Tuesday 9 to 4:30pm (with Lunch Break)</td>
</tr>
<tr>
<td>Awareness Through the Body (ATB) with Stefania (No class on the 10th of April)</td>
<td>Tuesday 5 to 6:30 pm</td>
</tr>
<tr>
<td>Heart Beat Dance with Julie (last class the 11th of April)</td>
<td>Wednesday 5 to 7 pm</td>
</tr>
<tr>
<td>Acro Yoga with Helena</td>
<td>Thursday 4 to 5:30pm</td>
</tr>
<tr>
<td>Mantra Chanting (beginners) with Sonia</td>
<td>Thursday 6:15 to 7:15 pm</td>
</tr>
<tr>
<td>Prana Vashya Yoga with Helena</td>
<td>Friday 4 to 5:30pm</td>
</tr>
<tr>
<td>Mantra Chanting (advanced) with Sonia</td>
<td>Friday 6:15 to 7:15 pm</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil</td>
<td>Saturday 4 to 5 pm</td>
</tr>
<tr>
<td>Mindfulness Meditation with Gijs (Jazz)</td>
<td>Saturday 5:15 to 6:15 pm</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Therapies</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shiatsu Massage (on Appointment only) with Sara (9443617308) or Simona (9489511648)</td>
<td></td>
</tr>
<tr>
<td>Reiki (on Appointment only) with Marcia (7598260379)</td>
<td></td>
</tr>
<tr>
<td>Bach Flowers &amp; Counselling (on Appointment only) with Stefania (9486363442)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunches</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Every Saturday: Japanese Lunch at 12:45 (by reservation only)</td>
<td>9487272393 or e-mail <a href="mailto:joycommunity@auroville.org.in">joycommunity@auroville.org.in</a></td>
</tr>
<tr>
<td>50 % discount for Savi registered Volunteers and people under 30. On donation basis for Aurovilians and New Comers. Joy Community is located in Center Field, after Nandanam School, next to Center Guest House. For info and reservations, please contact us at: 9487272393 <a href="mailto:joycommunity@auroville.org.in">joycommunity@auroville.org.in</a> facebook.com/joycommunityguesthouse</td>
<td></td>
</tr>
</tbody>
</table>
PITANGA - Programme for April 2018

**Yoga - Iyengar**

<table>
<thead>
<tr>
<th>Āsana</th>
<th>Days</th>
<th>Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Āsanas</td>
<td>Mon (until 9th)</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas</td>
<td>Mon (until 9th)</td>
<td>16.30 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsana- self practice</td>
<td>Tues (until 10th)</td>
<td>07.00 - 10.00</td>
<td>Angiola</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Tues (until 10th)</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas</td>
<td>Tues (until 10th)</td>
<td>11.00 - 12.00</td>
<td>Angiola</td>
</tr>
<tr>
<td>Āsanas</td>
<td>Tues (until 10th)</td>
<td>16.30 - 18.00</td>
<td>Nadiya</td>
</tr>
<tr>
<td>Āsanas for women</td>
<td>Wed (until 11th)</td>
<td>07.30 - 09.00</td>
<td>Nadiya</td>
</tr>
<tr>
<td>Āsanas for the spine</td>
<td>Wed (until 11th)</td>
<td>11.00 - 12.30</td>
<td>Angiola</td>
</tr>
<tr>
<td>Āsanas hormonal balance</td>
<td>Wed (until 11th)</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas for women</td>
<td>Thurs (until 12th)</td>
<td>07.30 - 09.15</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas for the spine</td>
<td>Thurs (until 12th)</td>
<td>09.15 - 10.45</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas restorative</td>
<td>Thurs (until 12th)</td>
<td>15.00 - 16.00</td>
<td>Nadiya</td>
</tr>
<tr>
<td>Āsanas</td>
<td>Fri (until 6th)</td>
<td>07.30 - 08.45</td>
<td>Angiola</td>
</tr>
<tr>
<td>Āsanas hormonal balance</td>
<td>Fri (until 13th)</td>
<td>09.00 - 11.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsana- self practice</td>
<td>Sat (until 14th)</td>
<td>07.30 - 09.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas for the spine</td>
<td>Sat (until 14th)</td>
<td>09.45 - 11.15</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Āsanas for the spine</td>
<td>Sat (until 7th)</td>
<td>16.30 - 18.00</td>
<td>Angiola</td>
</tr>
</tbody>
</table>

**Other Exercises**

- **Aviva exercise**
  - drop in - beginners: Tues 09.00 - 10.30 Bebe
  - drop in - all levels: Weds 17.00 - 18.30 Bebe
  - drop in - all levels: Weds 17.00 - 18.00 Jani
  - drop in - all levels: Fri 10.30 - 11.30 Jani

- **Svastha yoga**
  - drop in - all levels: Sat 10.00 - 11.00 Gala

**Dance**

- **Odissi Dance (*)**
  - Regular practitioners: Tues 16.00 - 17.15 Rekha

**Health Care at Pitanga**

For the following therapies & treatments please book your appointment on phone, 2622403/2622994

- **Thai yoga Massage**
  - with Mar: Awakening the intelligence of the body with Vani
- **Foot Reflexology**
  - with Lila: Journey through the memory of the body with Vani
- **Life Coaching**
  - with Vani: Releasing through Awareness with Rosa
- **Readings in Vedic Astrology with Vikram**

Note: (*) Denotes classes for those willing to commit for a minimum of 3 months

**ACCESSIBLE AUROVILLE PUBLIC BUS - April 2018**

**Pondy Trips** (summary. See full schedule on Auroville Website (HERE) or on Auronet(THERE))

The usual stops are served along the way: Matrimandir office gate, Solar kitchen, Certitude, Kuirapalayam, New Creation Junction, Kuirapalayam(SBI Bank), (Former) Last School, Quiet, Lotus Hotel

**Morning Trips:**
- Dep. 8.30 am - Vénitée
- Arr. 9.05 am - Ashram Dining Hall
- Dep. 12.00 pm - Ashram Dining Hall
- Arr. 12.45 pm - Vénitée

**Afternoon Trips:**
- Arr. 4.20 pm - Vénitée
- Arr. 5.05 pm - Ashram Dining Hall
- Arr. 8.10 pm - Ashram Dining Hall
- Arr. 8.55 pm - Vénitée

**Short afternoon Trips:**
- Dep. 2.50 pm - Vénitée
- Arr. 3.35 pm - Ashram Dining Hall
- Dep. 6.00 pm - Ashram Dining Hall
- Arr. 6.45 pm - Vénitée

**Srima Beach (Tanto Far Beach) – Sunday Trips** (summary. See full schedule on Auronet)

The usual stops are served along the way:

- Matrimandir office gate, Solar kitchen, Certitude, Kuirapalayam (New Creation Junction), Kuirapalayam(SBI Bank), (Former) Last School

**Morning Trips:**
- Dep. 9.00 am - Vénitée
- Dep. 11.30 am - Vénitée
- Dep. 2.30 pm - Vénitée
- Dep. 3.30 pm - Vénitée
- Dep. 9.30 am - SRI Ma
- Arr. 12.00 pm - SRI Ma
- Dep. 3.00 pm - SRI Ma
- Arr. 4.00 pm - SRI Ma
- Dep. 10.00 am - Vénitée
- Arr. 12.30 pm - Vénitée
- Arr. 3.30 pm - Vénitée
- Arr. 6.00 pm - Vénitée

We are looking forward for feedback from you all. Write to us at: avbus@auroville.org.in

News&Notes 31st March 2018 [743]
OTHER EVENTS

Inner-Work-Workshop: Introduction to the Integral Yoga of Sri Aurobindo and the Mother. Place: Savitri Bhavan - Time: 9 am to 12 Noon. (For those who are new to Yoga, from 8.45 to 9 am there will be a brief presentation on Yoga and Spirituality.) 3rd April (Tuesday) - Focus this week on: 'The Supermind'. These Workshops are conducted each week on Tuesday, each week one different focus. Study, play and creativity go hand in hand with various inner exercises: • Overview with multimedia presentation / • Questions and Answers / • Practice in Daily Life / • Complimentary Concentration Exercises / • Creative Arts, Interactive Games / • Life of Sri Aurobindo and the Mother / • Introduction to the • Introduction to the *Integral Yoga Books. Led by Ashesh Joshi (Contact: 9489147202, 0413 2622922). No Registration required (except for groups). Fees: Voluntary Contribution. All are welcome. For details on the Integral Yoga and upcoming workshops: visit www.integralyoga-auroville.com

Free Psychological Counselling: Leni Varghese from Coimbatore is volunteering in Auroville for some months to practice English conversation. She is a professional counsellor and offers her counselling free to Aurovilians and guests to practice meaningful conversation which will help both parties - to solve psychological difficulties for the patient and to improve English speaking fluency for the counsellor. Kindly contact her by phone 9677496455 or e-mail grace@agpworkshops.com to arrange time and place.

Dance & Drawing Goddesses, at the Kolangal DD in D studio in Douceur community. In the month of April Grace gift and joy to all Auroville. Four times four mornings from Monday, Tuesday, Wednesday and Thursday starting at 9:30 sharp to 12:00 noon a two-and-a-half-hour immersion into one of the four aspects of the Universal Mother revealing herself to you in her Goddess appearance's as Maheswari, Mahakali, Mahalaksmi and Mahasaraswati. Wisdom/ Strength/ Beauty and Knowledge. These four Universal qualities are also embedded in Tamil Kolam culture and find expression in many gestures of life. We will Dance them and Draw their Kolam charm. All Mondays 2nd- 9th- 16th and 23rd of April are dedicated to Maheswari / All Tuesdays 3d- 12th- 19th and 24th of April are dedicated to Mahakali/ All Wednesdays 5th- 13th- 20th and 25th of April are dedicated to Mahalaksmi / All Thursdays 5th- 14th- 21st and 26th of April are dedicated to Mahasaraswati. Attend to one series of four aspects of all four mornings in a row! Example 2-3-4-5 April, or take one aspect from every of the four weeks' week? Attendance of all four aspects in the sequence given is highly recommended. Grace bases her work in researching these qualities within us, in our gestures, in our belief systems and how these bind us to our identities, yet enables us to cross borders to finding resonance within others. Within you and me. She developed tools from the Tamil Kolam that act like a physical and visual non-verbal language. The Kolam assists her work and draws out these four guiding forces within our self-awareness. Her aspiration is to become more active participatory in life with our soul force and creative powers. Become or attain being Wise, Strong, Beautiful and Knowing on all levels of consciousness. Grace Gitadelia; certified therapist in non-verbal/remedial communication, integral artist, teacher, dancer, choreographer, and Kolam Yoga practitioner. A monetary contribution is expected from every one to cover all expenses made in order to host you this includes a spiral bound work manual to take with you. Therefore, prior registration is required! Registration: Grace alligere@agpworkshops.com, 04132632446

Sacred Geometry with help of Stencils at the Kolangal DD in Douceur. Grace Gitadelia would love to share every Friday morning during the month of April from 9:30 to 12:00 noon the opportunity to come and explore creating amazing worlds of the sacred. Lisa, Grace her mother and founder of De Kolam school for Art therapists in the making, created beautiful sacred geometric stencils that we will learn to make use of with varying media color pencils, markers, pens, and acrylics, crayons etc. The two and half hour session will be guided in a three phase structure: 1: Exploration 2: Deepening and 3: Structuring with a short evaluation sharing related to our inner realm of perception and beingness. To register and inquire contact: Grace: 04132623446 alligere@agpworkshops.com

Nonviolent Communication Practice Group for April 4 Wednesdays (April 4, 11, 18, 25) 4.30-6.30pm Pre-requisite: for those who have some NVC background. Everyone welcome! Contact: Laura 9442788016, joylivinglearning@gmail.com

Sustainable Habitats Workshop: Auroville Green Practices is organizing a 4-day workshop titled ‘Sustainable Habitats’ scheduled from 10th - 13th April 2018. This workshop is aimed at deepening the understanding of a sustainably integrated approach to planning, designing and building of human habitats. A series of interactive workshops and site visits based on the broad themes of planning and design, green building material, energy management, integrated water management, waste management and landscaping will be offered. Concessional fees (to cover food expenses) for Aurovilians working in this field are being offered. Full program attendance is required. If you are interested to attend please send an email to: info@agpworkshops.com. For more details, please visit: www.agpworkshops.com

Let’s, Enjoy ORIGAMI! Friday 6th April 2:30pm–4pm at Annam Kitchen (behind Kala Kendra, Bharat Nivas) - in case of rain we will have different venue, so please come anyway! Beautiful spring peaks in April as if nature is singing in delight in Japan. In this workshop, we will make Tulip (with leaf) and Butterfly to celebrate it. Bookings not needed, all are welcome! Tomoko or Emiko for the Japanese Pavilion: letsenjoyorigami@gmail.com.

FILMS

THE ECO FILM CLUB Sadhana Forest, April 6th, Friday Schedule of Events: 16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour / 16:30 Tour of Sadhana Forest / 18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club / 18:30 Eco Film Club begins with “previews” of short Sadhana Forest films / 20:00 Dinner is served / 21:30 Free bus from Sadhana Forest back to Solar Kitchen. Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner! **Note: Families and children are welcome! Dinner for children will be served at 19:00 :) Singapore: Biophilic City: 44 Minutes / English / 2012 / Directed by Linda Blagg. The film outlines the characteristics of an emerging new planning paradigm called biophilic urbanism by detailing a case study of Singapore, which, over a number of years, has demonstrated how high density does not have to mean reduced quality. (Reminder: 30/03: The Great Culling: Our Water) The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683, or sadhanaforest@auroville.org.in, Visit us online sadhanaforest.org / facebook.com/sadhanaforest

DOCUMENTARY NIGHTS at UP Thursday on April 5 2018 at 8 pm at the Unity Pavilion This week we will be screening ‘The Serpent and the Lotus’ the third of the four-part series ‘Inner Worlds, Outer Worlds’ where we will be delving the evolutionary energy an individual has in-built in one’s system to be seen, acknowledged and handled to bloom. Come, be part! :)
News & Notes 31st March 2018 [743]

AUROFILM CINEMA
Friday 30 MARCH 7:45pm: FOR THE LAST TIME AT THE VISITOR’S CENTRE - VIDEO ROOM (More info below) - “ABHIJAN” (THE EXPEDITION), by Satyajit Ray, India

– NEW VENUE: AT CINEMA PARADISO:
Dear Film lovers, with Summer time coming, our time is up at the Visitor’s Centre Video Room. We thank the V.C. team for their warm welcoming these past months. The Sri Aurobindo Auditorium is closed again for further upgrading and Aurofilm cannot go back there yet. But we are happy to say that the Multi Media Centre (MMC) team welcomes us for our regular Friday film shows in the Town Hall from Friday April 6th onwards and until further notice.

Friday 6 APRIL at 7.45 pm at CINEMA PARADISO
“Henri Langlois: The Phantom of the Cinematheque” (original title: LE FANTOME DE L’HOTEL LANGLOIS) by Jacques THIAT - France, 2003. This rich documentation explores the life of Henri Langlois, the first film archivist, who dedicated his life to collecting movies from all over the world and preserving them for future generations. Henri Langlois has been described in many ways -- as a “disorderly genius,” “the Man of Cinema”, a “glutton,” one who “belongs to that disappearing race of free men” and much more -- and French documentaire Jacques Richard has made a film big and grand enough to accommodate his outsized subject... Dur. 2h18’

AT SAVITRI BHAVAN
Monday, April 4 2018 at 6:30pm. Duration: 57min.
JOURNEY OF THE UNIVERSE: The Epic Story of Cosmic, Earth and Human Transformation. We are invited by the evolutionary philosopher Brian Thomas Swinme and Mary Evelyn Tucker on a cosmic adventure through the sacred sites of the Greek island of Samos where Pythagoras lived, celebrating scientific discoveries, recognizing the complexity of nature and our human challenges. Over 14 billion years, hydrogen gas has evolved into animal and human bodies and now human consciousness is changing the earth. A film from 2011.

CINEMA PARADISO
Multimedia Center (MMC) Auditorium
Film program 2 to 8 April 2018

Indian - Monday 2 April, 8:00 pm:
- Thondimuthalum Dhriaskshiyum (The Mainour And The Eye-witness)
  India, 2017, Dir: Dileesh Pothan w/ Fahadh Faasil, Suraj Venjaramoodu, Nimisha Sajayan, and others, Crime-Thriller, 135mins, Malayalam w/ English subtitles, Rated: U (PG)
  This much acclaimed film belongs to the rare genre of black comedy in India. In the story Prasad and Sreeja from Vaikom elope to Kasaragod after getting married against the wish of their families. Things do not work out well and financially they struggle. One day, while travelling on a bus, a thief tries to snatch Sreeja's gold chain. The commotion that ensued landed all the parties in the police station. With its gritty realism, relatable characters, and good - this film is a must see!

German - Tuesday 3 April, 8:00 pm:
- DER JUNGE KARL MARX (The young Karl Marx)
  Germany-France-Belgium, 2017, Dir. Raoul Peck, Writers Pascal Bonitzer, Raoul Peck, w/ August Diehl, Stefan Konarske, Vicki Krieps, and others, Drama-Biography, 118mins, German-French-English w/ English subtitles, Rated: NR
  They meet in 1844 Paris, Karl Marx, the young exiled, dissident journalist, his wife Jenny and Friedrich Engels, the dandy and rich industrialist's son. Engel's view on the British working class provides the last piece of the puzzle to Marx's new vision of the world. Together, between censorship and the police's repression, riots and political upheavals, they will lead the labor movement during its development into a modern era.

Cultural- Wednesday 4 April, 8:00 pm:
- PAUL TAYLOR DANCE COMPANY IN PARIS
  France, 2012, Dir. Andy Sommer, w/ dancers from Paul Taylor Company, 66mins, English w/French subtitles, Rated: NR
  Paul Taylor, among the last living members of the second generation of America's modern dance artists, is widely considered to be one of the foremost American choreographers of the 20th century. This program, presented by Paul Taylor himself, is comprised of two ballets: Brandenburg, set to Bach's Brandenburg Concertos, and Beloved Renegade, set to Poulenc's Gloria and inspired by the life and work of Walt Whitman. Together these two dances make for a completely delightful hour of great dance.

Russian - Thursday 6 April, 8:00 pm:
  When Sir Charles Baskerville is found dead in his country house, Dr James Mortimer asks Sherlock Holmes for help to save Sir Henry Baskerville, the only known heir, from the curse that haunts the Baskerville family, a curse that turns around an almost mythical dog.

International - Saturday 7 April, 8:00 pm:
- LUCKY
  USA, 2017, Dir: John Carroll Lynch, w/ Harry Dean Stanton, David Lynch, Ron Livingston and others, Comedy-Drama, 88mins, English-Spanish w/ English subtitles, Rated: NR
  In this meditation on morality, loneliness, spirituality, and human connection we follow the sprawling journey of a 90-year-old hermit and the quirky characters that inhabit his off the map desert town. Having out lived and out smocked all of his contemporaries, the fiercely independent Lucky finds himself at the precipice of life, thrust into a journey of self-exploration, leading towards that which is so often unattainable: enlightenment.

Children’s Film - Sunday 8 April, 4:30pm
- FERDINAND
  USA, 2017, Dir: Caros Saldana, w/ John Cena, Kate McKinnon, Bobby Cannavale and others, Animation, 108mins, English w/English subtitles, Rated: PG
  After Ferdinand, a bull with a big heart, is mistaken for a dangerous beast, he is captured and torn from his home. Determined to return to his family, he rallies a misfit team on the ultimate adventure.

ANDZREJ WAJDA FILM FESTIVAL/CINECLUB
Andrzej Wajda was a Polish film and theatre director considered one of the world’s most renowned filmmakers whose works chronicled his native country’s political and social evolution and dealt with the myths of Polish national identity offering insightful analyses of the universal element of the Polish experience - the struggle to maintain dignity under the most trying circumstances. Four of his films have been nominated for the Academy Award for Best Foreign Language Film. In 1990, Andrzej Wajda was honoured by the European Film Awards for his lifetime achievement, only the third director to be so honoured, after Federico Fellini and Ingmar Bergman.

HD Ciné-Club Sunday 8 April, 8pm
- POPOLI I DIAMET (Ashes and diamonds)
  Poland, 1956, Dir. Andrzej Wajda w/ Zbigniew Cybulski, Ewa Krzyzewkska, and others. Drama-Romance-War,104min, Polish w/English subtitles, Rated: NR
  During the German occupation noble, bourgeois and worker's partisan groups lived in peace with another. On the first day of freedom they start to fight each other. Their fights is wear then is is worn to the war. Once a young soldier in the right-wing Nationalist Army, Mariusz is a young soldier in the right-wing Nationalist Army and is ordered, at the conclusion of the war, to assassinate the newly arrived communist district secretary, he bungles the murder, killing two bystanders. Told to try again, he is hopelessly riven between the demands of conscience and the struggle to maintain dignity under the most trying circumstances. Four of his films have been nominated for the Academy Award for Best Foreign Language Film. In 1990, Andrzej Wajda was honoured by the European Film Awards for his lifetime achievement, only the third director to be so honoured, after Federico Fellini and Ingmar Bergman.

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available. For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl make a contribution to “Cinema Paradiso” account (#105106) at the Financial Service or set up for monthly contributions. Thanking You, MMC/CP Group

Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm)
The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

Articles for the Notes section should ideally be no longer than 500 words. All articles are read by the editors or set up for monthly contributions.

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