The one Godhead secret in all beings, all-pervading, the inner Self of all, presiding over all action, witness, conscious knower and absolute... the One in control over the many who are passive to Nature, fashions one seed in many ways.

_Swetaswatara Upanishad_

One controlling the inner Self of all beings... As the Sun, the eye of the world, is not touched by the external faults of vision, so this inner Self in beings is not touched by the sorrow of the world.

_Katha Upanishad_

The Ponder Corner

We do not create God as a myth of our consciousness, but are instruments for a progressive manifestation of the Divine in the material being. We do not create the gods, his powers, but rather such divinity as we manifest is the partial reflection and the shaping here of eternal godheads. We do not create the higher planes, but are intermediaries by which they reveal their light, power, beauty in whatever form and scope can be given to them by Natureforce on the material plane.

_The Order of the Worlds – Life Divine – Sri Aurobindo_
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In fifty years, the whole world, all the receptive section of humanity (I am not saying intellectual, I am saying receptive), all the receptive section of the world will be embraced—not “embraced”: ABSORBED in the power of Sri Aurobindo’s thought.

Those who already are have the good fortune of being the first ones, that’s all.”

The Mother, Agenda 16 February 1972 (+ 50 years = 2022)

A The Gnostic Being

(continued from last week)

“It is the incompleteness and weakness of the Consciousness-Force manifested in the mental, vital and physical being, its inability to receive or refuse at will, or receiving, to assimilate or harmonize the contacts of the universal Energy cast upon it, that is the cause of pain and suffering. In the material realm Nature starts with an entire insensibility, and it is a notable fact that either a comparative insensibility or a deficient sensibility or, more often, a greater endurance and hardness to suffering is found in the beginnings of life, in the animal, in primitive or less developed man; as the human being grows in evolution, he grows in sensibility and suffers more keenly in mind and life and body. For the growth in consciousness is not sufficiently supported by a growth in force; the body becomes more subtle, more finely capable, but less solidly efficient in its external energy: man has to call in his will, his mental power to dynamise, correct and control his nervous being, force it to the strenuous tasks he demands from his instruments, steel it against suffering and disaster. In the spiritual ascent this power of the consciousness and its will over the instruments, the control of spirit and inner mind over the outer mentality and the nervous being and the body, increases immensely; a tranquil and wide equality of the spirit to all shocks and contacts comes in and becomes the habitual poise, and this can pass from the mind to the vital parts and establish there too an immense and enduring largeness of strength and peace; even in the body this state may form itself and meet inwardly the shocks of grief and pain and all kinds of suffering. Even, a power of willed physical insensibility can intervene or a power of mental separation from all shock and injury can be acquired which shows that the ordinary reactions and the debile submission of the bodily self to the normal habits of response of material Nature are not obligatory or unalterable. Still more significant is the power that comes on the level of spiritual mind or overmind to change the vibrations of pain into vibrations of Ananda: even if this were to go only up to a certain point, it indicates the possibility of an entire reversal of the ordinary rule of the reacting consciousness; it can be associated too with a power of self-protection that turns away the shocks that are more difficult to transmute or to endure. The gnostic evolution at a certain stage must bring about a completeness of this reversal and of this power of self-protection which will fulfill the claim of the body for immunity and serenity of its being and for deliverance from suffering and build in it a power for the total delight of existence. A spiritual Ananda can flow into the body and inundate cell and tissue; a luminous materialization of this higher Ananda could of itself bring about a total transformation of the deficient or adverse sensibilities of physical Nature.

An aspiration, a demand for the supreme and total delight of existence is there secretly in the whole make of our being, but it is disguised by the separation of our parts of nature and their differing urge and obscured by their inability to conceive or seize anything more than a superficial pleasure. In the body consciousness this demand takes shape as a need of bodily happiness, in our life parts as a yearning for life happiness, a keen vibrant response to joy and rapture of many kinds and to all surprise of satisfaction; in the mind it shapes into a ready reception of all forms of mental delight; on a higher level it becomes apparent in the spiritual mind’s call for peace and divine ecstasy. This trend is founded in the truth of the being; for Ananda is the very essence of the Brahman, it is the supreme nature of the omnipresent Reality. The supermind itself in the descending degrees of the manifestation emerges from the Ananda and in the evolutionary ascent merges into the Ananda. It is not, indeed, merged in the sense of being extinguished or abolished but is there inherent in it, indistinguishable from the self of awareness and the self effectuating force of the Bliss of Being. In the involutionary descent as in the evolutionary return supermind is supported by the original Delight of Existence and carries that in it in all its activities as their sustaining essence; for Consciousness, we may say, is its parent power in the Spirit, but Ananda is the spiritual matrix from which it manifests and the maintaining source into which it carries back the soul in its return to the status of the Spirit. A supramental manifestation in its ascent would have as a next sequence and culmination of self-result a manifestation of the Bliss of the Brahman: the evolution of the being of gnosis would be followed by an evolution of the being of bliss; an embodiment of gnostic existence would have as its consequence an embodiment of the beatific existence. Always in the being of gnosis, in the life of the gnosic some power of the Ananda would be there as an inseparable and pervading significance of supramental self-experience. In the liberation of the soul from the Ignorance the first foundation is peace, calm, the silence and quietude of the Eternal and Infinite; but a consummate power and greater formation of the spiritual ascension takes up this peace of liberation into the bliss of a perfect experience and realization of the eternal beatitude; the bliss of the Eternal and Infinite. This Ananda would be inherent in the gnostic consciousness as a universal delight and would grow with the evolution of the gnostic nature.”

(to be continued next week)
Dear All, it is a challenging time for Auroville and for all of us. So many opinions, information and rumors are floating around, and it is very difficult to get a clear picture of anything. The situation is complex, but the main driver of it all is actually a need for compliance and oversight. And it is not something that hits Auroville alone, all of India is going through a strong move into being compliant, with laws, tax, policies and regulations, and it will go on for years to come.

Auroville has been used to a very relaxed way of doing accounting, spending of funds, GST, regulations, etc. And we have created, by organic growth, a very complex organizational setup and governance, which is very difficult to make compliant. We got away with it for many years, even if the previous Governing Board constantly asked for changes and improvements. The introduction of GST, amplified all the problems.

The previous FAMC members all tried what they could, but systemic problems made it hard and time consuming to make changes fast enough.

Arrival of a new Governing Board and Secretary increased the intensity of the situation. They also have to be compliant. The Governing Board and Secretary are basically responsible for all activities of Auroville towards The Ministry of Education and The Indian Government. All assets, financial as well as physical, belong to the Auroville Foundation, and accounts for this as well as proper use, are under the oversight of the Secretary and Governing Board. They are sure they can’t take their responsibility lightly as before, and they demand fast improvements and changes. If you have read the Minutes from last Governing Board meetings, it should be very clear for all. And it is not a coincidence that the first to undergo auditing, in the very large auditing exercise which is under way, was the Foundation Office itself. Everybody is under compliance pressure, Secretary and Governing Board, included.

Trying to resist this compliance pressure is futile and also arrogant, in the sense why we should be allowed to avoid adherence to Indian laws and regulations.

The only way forward is to accept the need for change, and do whatever we can, and accept help, to clean our own house. And it is better that we do it ourselves – by refusing, it will only mean others will come in and do it. Inside Auroville work is done by Aurovilians. The inner governance we want comes by keeping our house, administration and management clean and efficient – then nobody will interfere, not the Secretary nor the Governing Board. But when things fail and collapse, the Governing Board is obliged to interfere, that is why they are called the Governing Board.

This new FAMC’s main task is cleaning and compliance of data, accounts, decisions, and management. It is a huge, most likely an ungrateful task, but of the utmost importance for the survival of Auroville. Time can’t be turned back. So please try to understand the seriousness and support the work that needs to be done.

From Monday, 11 July, onwards for next two weeks, the FAMC team will be ready to meet members of the community in the FAMC office, Archives building, first floor, rear side from 3:30 to 4:30pm every day except Sunday. See you there.

In Her Service, Smiles,
FAMC (Chandresh, Geeta, Jocelyn, Kalya, Sathyarayan and Torkil)

REGARDING THE RECENT SELECTION PROCESS
The RAS neither respected the request of the Auroville Foundation to stop all their processes until the RoR is updated, nor did they respect the established Rules and Guidelines of the RA for selecting working groups.

• The Governing Board’s directive to put all RAS activities on hold until the RoR is complete has been ignored.
• The freshly made selection process went as follows: According to the PWG, we had to have 40 selectors. We sent 400 emails in batches of 100, we made phone calls, sent SMS. Eventually, 41 selectors accepted to be a part of the selection team. For the preparation session (18th of June) only 31 persons showed up, and for the 2 selection days (25th and 26th of June) we had 28 selectors (PWG 2022 Part 3, Ch. 7: “In case any member of the Selection Group resigns or for any other reason is unable to attend the entire process, the work can continue if at least 24 selectors, 6 per group and at least 3 teams remain”).
• 2 selectors suddenly became nominees and selected themselves.
• People have been selected who live less than 5 years in Auroville or who just recently were announced Aurovillian.
• People who own land and guest house in the master plan have been selected or allowed to continue in groups, against the approved guidelines.
• ATDC’s membership is already complete as has been published; ATDC is a committee under the Governing Board. Why did RAS go ahead with the process despite the recent announcement with regards to this?
• Selected people for ATDC have worked with ATDC before. Why have they not offered themselves to actually help ATDC through work? Why have they accepted to be part of an “opposition” ATDC only to compete for decision making roles?
• FAMC’s membership is already complete as has been published; FAMC is a committee under the Governing Board.
• 3 ongoing FAMC members had resigned from FAMC just one week before. It is anyone’s guess why they are back:-) (are they?)
• 3 of the selected WC members have criminal cases pending against them and should therefore naturally have been excluded.
• The Working Committee received their mandate from the RA in a duly held election in January/February 2021 for a term of 3 years. End of April 2022 WC-4 dismissed WC-3 in a valid community process called PWG. The reasons published. They are now a complete 7 member team as stipulated by the PWG and are functioning. 3 interim WC members have in the meantime made the team of 7 complete. The Act says there are only 7 WCom members, not more. Why did RAS painstakingly go through this process? To get into more loggerheads with the Auroville Foundation?
• The Entry Board apparently does not agree to rate members at this point in time, against the prescribed process.
• Most of the selected “members” are part of the group which signed the petition to “stop all development”. This group is known to be working against the present city development. A portion of this group is engaged in “Stand for Auroville Unity” website and social media; they publish anti-city, anti-Foundation and anti-government materials and letters in Auroville, in India, and internationally, even up to the PMO in the name of Auroville ignoring the perspectives of the remaining residents.
• The ‘selection’ results indicate that this minority group of dominant individuals like the status quo of Auroville and wishes to get the working groups again under its control to better block the present city development.
• The RAS, which always emphasized their ‘neutrality’, is happy with their ‘selection process’.

What is the RAS actually celebrating? A faulty selection?

Tine, Aurogreen
REQUEST TO INSTRUCT THE OFFICE OF THE SECRETARY
to refrain from issuing further office orders and and
withdraw the issued office orders

Dear Residents, we share with you the below communica-
tion sent by the Working Committee of the Residents’
Assembly to the Chairman of the Governing Board on the
1 July 2022, which is self-explanatory.

Your Working Committee
Aravinda, Bharathy, Chali, Hemant, Mael, Sauro, Valli

To the Honorable Chairman
of the Governing Board,
Mr. RN Ravi

Respected Chairman, We would like to bring to your no-
tice a far-reaching crisis in the management of the internal
affairs of Auroville that has created a serious impasse by
infringing into the sphere of functioning of the Residents’
Assembly (RA) by the Office of the Secretary in the name of
a not specified ‘Competent Authority’. Tasks and respon-
sibilities such as the appointment of memberships of the
working groups and issuing of office orders, which fall un-
der the purview of the Residents’ Assembly or the Funds
and Asset Management Committee (FAMC) have been
taken over by the Office of the Secretary without justifica-
tion and due consultation.

Over the last few weeks, the following orders have been
issued which, as per the Auroville Foundation Act, 1988,
and Auroville Foundation Rules, 1997, are violations and
encroachments of the autonomy of the Residents’ Assembly
and its duty to regulate its internal affairs, day-to-day ac-
tivities and constitute its committees as envisaged in Sec-
tion 19 of the Auroville Foundation Act. This was further
emphasized in a RTI response from the Ministry of Human
Resource Development, Department of Higher Education,
dated 17th February 2020, which is hereby enclosed and
states that “the term of office/governance of the Working
Groups shall be decided by the Residents’ Assembly, ac-
gording to the Auroville Foundation Act, 1988“. (Please
find RTI dt. 17 February 2020 here in this link.)

Working Committee

The Office of the Secretary has endorsed a self-proclaimed
‘Working Committee of the Auroville Foundation’ which
includes four members who were removed from office by
a ‘vote of no confidence’ which was carried out by the
Residents’ Assembly, as well as three new members who
were appointed without any proper process or consultation
with the RA by the Office of the Secretary. It is to be noted
that according to the Auroville Foundation Act, Section 20,
membership and term of office of the Working Committee
is to be decided by the Residents’ Assembly. The Office of
the Secretary has no authority in this matter.

Funds and Assets Management Committee (FAMC)

Six residents of Auroville were appointed as a new FAMC
without involvement of the Residents’ Assembly, giving a
pretext that the Auroville Foundation Rules, 1997, have
been changed. In a recent RTI it is hereby enclose, dated
20 June 2022, it is clearly stated by the Ministry of Educa-
tion, Department of Higher Education, that no rules have
been changed or are intended to be changed. Therefore,
the function of appointing members to the FAMC continues
to rest with the Residents’ Assembly as has been the case
over the past 25 years of existence of the FAMC as a group.
(please find RTI dt. 20 June 2022 here in this link.)

Town Development Council

A team of eight members for the Auroville Town Develop-
ment Council has been appointed, violating the processes
and procedures prescribed in the relevant Standing Order
(SO). As per the SO approved by the Governing Board,
threeteen members are to be nominated by the Residents’
Assembly, one member by the Working Committee and
one member by the Governing Board. The recent nomi-
nations and appointments have been made keeping the

residents of Auroville in total obscurity about the process
followed, without specifying any technical or professional
criteria by which the persons were appointed and without
any information and consultation with the Residents’ As-
sembly as is prescribed in the Standing Order published in
the Gazette of India in June 2011. As of today, the Office
Order constituting the TDC has not been published even if
its members have taken office and are taking questionable
initiatives including demolition of assets without respecting
commitments given by TDC itself a few months ago.

Auroville Archives

The Auroville Archives are an important repository of the
history of Auroville, preserving important documents, au-
dio, photos and videos from the past. This requires very
delicate and knowledgeable hands to deal with the subject
and the materials. Very capable people have handled the
management of this community service for many years. The
Office of the Secretary, without any previous notice or jus-
tification, issued an office order to remove executives with-
out showing any respect and appreciation for the pains-
taking work done over the years. The Auroville Archives
started as a project of Auroville in 1991 and originated
from the vision of the late Major General Krishna Tiwari.
Later on, he handed over the sensitive job to a long-term
Aurovilian whom he trusted to carry on the management of
the project due to his commitment and experience in study-
ing the life of the Mother and the History of Auroville. This
Aurovilian has compiled and edited a full collection of all
the words of the Mother on Auroville. In 2021, the Aurov-
ilian whom he trusted to carry on the management of
the Auroville Archives was dismissed with an Office Order,
without notice and without any explanations.

ACUR / Town Hall

The Auroville Centre for Urban Research (ACUR) also
known as Town Hall, and the contiguous Multimedia Cen-
tre, are the hub of administrative activities of Auroville. The
ACUR management was asked to leave overnight and a
new management team with no prior experience to man-
ge the facilities were appointed. These facilities were
built with a grant of the European Commission and dona-
tions from Aurovilians and Auroville units. The ACUR
management is entrusted to a unit registered under the Service
Trust and the appointment of executives is a prerogative
of the FAMC in coordination with the Working Committee.

Land Board

The Land Board is in charge of land purchase and protec-
tion with an experienced team of people selected by the
Residents’ Assembly. Two members selected by the Resi-
dents’ Assembly and whose term has not yet expired were
asked to leave from one day to the next without giving any
reasons or advance notice.

Sysop and Auronet

The Office of the Secretary has been taking over Sysop (the
auroville.org.in system operators) and Auronet (the internal
discussion platform of Aurovilians and friends of Au-
roville). In the last 20 years, the auroville.org.in email do-
main and Auronet have evolved as community managed
platforms for sharing information. These platforms were
suddenly taken over under the pretext of unsubstantiated
concerns about anti-government and anti-national activi-
ties. The residents of Auroville are committed to and deeply
respectful of the spiritual values of India and are deeply
grateful to Tamil Nadu and Mother India.

The residents of Auroville believe in and cherish the dream
of a Spiritual India and a World Union as envisioned by Sri
Aurobindo. The residents feel deep gratitude to the Prime
Minister Shri Narendra Modi for delivering a message of
support and brotherhood on the 50th Anniversary of Au-
roville. The accusations leveled to take over Sysop and Au-
ronet are unfounded and vulgar in nature, and deeply dis-
respectful of the feelings and commitment of the residents
towards Auroville and Mother India. Read More on Page 25.
SELECTED NEW MEMBERS FOR FIVE WORKING GROUPS

Dear Residents, we share with you our communication sent to the Honorable Chairman of the Governing Board, Mr. RN Ravi, Members of the Governing Board and Secretary to the Governing Board, Dr. Jayanti Ravi on 28th June 2022 regarding the selection of new members for five Working Groups (Working Committee, Auroville Council, Entry Board, TDC and FAMC).

With regards, Your Working Committee
Aravinda, Bharathy, Chali, Hemant, Mael, Sauro, Valli

Respected Chairman and Members of the Governing Board and Madam Secretary,

We would like to inform you that a Residents’ Assembly approved selection process was conducted in the Unity Pavilion on the 25th and 26th of June 2022 to select new members for five Working Groups (Working Committee, Auroville Council, Entry Board, TDC and FAMC).

Below is the membership of the above 5 groups following the RA selection. We have included the ongoing and outgoing members of each group. In addition, each group will be identifying individual Aurovilians to function as resource persons.

The term of office for all new members is from 27th June 2022 for three years, with the exception of the TDC, which is 4 years. Please see below names of new, ongoing and outgoing members:

The Working Committee

Five new members were selected for the Working Committee. (Mandated membership is 7).

- New members: Mr. Aravinda Maheshwari, Ms. Chali Grinnell (second term), Mr. Ilayabharathy Samasundaram, Mr. Mael Shanti Vidal, Mrs. Valli Senthilkumar.
- Ongoing members: Mr. Hemant Lamba, Mr. Sauro Mezzetti
- Outgoing members: Dr. Juergen Axer (Interim), Mr. Gilles Alex GUIGAN (Interim), Ms. Elisa Stephanie Goeta (Interim).

The Auroville Council

Four new members were selected for the Auroville Council. (Mandated membership is 9.)

Entry Board, TDC and FAMC.

We invite all to be united in celebrating and nurturing our Her Dream, in spite of all attempts to undermine, divide or crush the collective body and spirit of Auroville.

We’re also happy to be able to count on Ganesh as a resource person, after having served as member for a full mandate of 3 years.

We wish to be inclusive in our service to the community, beyond opinions and divisions, in the true spirit of the Charter.

Warm regards, for the Auroville Council
Balaji, Claudine, Julia (TOS), Philippe, Samrat, Suryan, Shivaya, Shiva and Svenja

COLLECTIVE MEETING OF THE NEWLY SELECTED WORKING GROUPS OF THE RA

Dear community, on Saturday, 2 July, the five Working Groups for which new members were recently selected through the Residents’ Assembly (RA) approved process met in the Unity Pavilion. Members from the Auroville Council, Entry Board, FAMC of the RA, TDC of the RA and Working Committee of the RA were present, along with members from the Residents’ Assembly Service.

The gathering started with a collective meditation around the Peace Table, followed by a photo session and then a joint meeting. The joint meeting focused on possible ways to streamline the communication flow and interactions between the different working groups, as well as between the working groups and the community. One of the ideas that will be explored with the help of the Residents’ Assembly Service is the organization of a regular ‘Open House’ gathering during which residents could interact directly with members of the working groups.

Members from the five working groups asserted again being at the service of the Residents’ Assembly and the purpose of Auroville. The working groups are mandated by the Residents’ Assembly to carry out tasks and responsibilities on behalf of the collective, and are committed to respecting and promoting Auroville’s common ideals and values, as set out in the Auroville Foundation Act.

The work is being done to foster the manifestation of Mother’s Dream, which is to build a place of mutual respect, inclusivity and real brotherhood, “where all human beings of goodwill who have a sincere aspiration could live freely as citizens of the world and obey one single authority, that of the supreme Truth”. The purpose of Auroville is to realize Human Unity, and we believe this can only be done through a joyful collaboration that celebrates our diversity of opinions, beliefs and backgrounds. Attempts to enforce a narrow perspective and agenda, or to create a new religion, are endangering the core of Auroville.

We are committed to stand for our shared values and for Her Dream, in spite of all attempts to undermine, divide or crush the collective body and spirit of Auroville.

We invite all to be united in celebrating and nurturing our common aspiration, as well as our diversity of approaches.

In community, Your Working Committee
Aravinda, Bharathy, Chali, Hemant, Mael, Sauro, Valli
FROM THE ENTRY SERVICE – ES # 139
Dated: 9-07-2022

The following people have been recommended by the Entry Board to join our community. Please share your feedback within 2 weeks for potential Newcomers, Associates and Friends of Auroville and within 4 weeks for Potential Aurovilians, Returning Aurovilians, Youth and Spouse/Partner of an Aurovilian in writing to entryservice@auroville.org.in. We thank you in advance.

NEWCOMER CONFIRMED:
• Chithra SEERALAN (Indian)
• Nithya VENKATESAN (Indian)
• Purushothaman ELUMALAI (Indian)

AUROVILIAN ANNOUNCED:
• Thuamzading VALTE aka Dingbawi (Indian) staying in Dana Skate Park and working at Samriddhi forest

YOUTH TURNED 18 ANNOUNCED:
• Ramya RAMESH KUMAR (Indian) staying in Promesse and working at Sangeli & Kalpavriksha Farm
• Vikraman BOOMINATHAN (Indian) staying in Aspiration and studying at Talam
• Vishnuvardhan RAMALINGAM (Indian) staying & working in Sustenance Farm

FRIEND OF AUROVILLE ANNOUNCED:
• Daniel GREENBERG (USA)

NOTE: The Newcomer probation year becomes effective only after the NC kit has been returned and should not exceed 18 months from the date of confirmation.

A Newcomer becomes an Aurovilian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovilian is the date of confirmation. A confirmed Aurovilian becomes officially a Resident of Auroville once the individual has filled in and signed the B-Form and his/her name has been entered in the Register of Residents (RoR) maintained by the Auroville Foundation Office (AVF). A Resident of Auroville is eligible to become an executive of a Unit or Service of Auroville and to get an ID card issued by the Auroville Foundation.

A meeting with the Secretary of the AVF will be arranged by the Entry Secretariat according to the availability of the Secretary and not at any personal request.

Yours,
The Entry Service

RESOURCE PEOPLE FOR COUNCIL/CRP3C

Dear Auroville community, the CRP3C (Conflict Resolution Policy section 3 Coordination group), under the Council’s purview, aims to create a more socially-interactive Auroville, where each and all would take care of each and all. Today, the CRP3C is looking for residents of good will who could commit a few hours per day/week to accompany other fellow residents in need.

The residents in need might look for:
• Intellectual entertainment (conversation, playing games, etc)
• Assistance with daily tasks of any kind (errands at PTDC, sport, walks in the forest, etc)
• Specific support for seniors, etc.

Note that the residents in need are not physically challenged, they are not in need of medical assistance.

We are looking for people who:
• Can commit for a given period of time (3 months minimum)
• Have a capacity to listen with empathy
• Are patient and good-willed
• Are reliable, etc.

As this new kind of ‘support’ in Auroville would require a specific set of skills (necessary training could be provided), including time and commitment, it could lead to full or part-time work and support in the form of maintenance can be considered.

If you have time and are interested in this kind of service and work to support community members, please send an email to both avcouncil@auroville.org.in and avcouncil@auroville.services

Thank you for your support for the well-being and growth of our community,
The CRP3C Team and the Auroville Council

REGARDING ACCESS TO AURONET AND EMAIL ACCOUNTS

Dear Community, with the regrettable and seemingly unwarranted take over of our @auroville.org.in email server and the Auronet platform, many of us have subsequently been blocked from using Auronet, have had our email accounts forcibly taken over, or have had our email accounts blocked from communicating with residents who are still using their @auroville.org.in email addresses.

We would very much appreciate having a comprehensive list of all those who have been affected in the last weeks. Therefore if you or any of your friends have been affected by any of the above, please share the details of how you or your friends have been affected by writing to us at avcouncil@auroville.org.in or if for some reason you cannot reach us on either of these email addresses please pass by the town hall 1st floor and inform Sathiya (our secretary), or you could call/WA her +91 90472 40618.

Warm regards, for the Auroville Council
Balaji, Claudine, Julia (TOS), Philippe, Samrat, Suryan, Shivaya, Shiva and Sven
If you desire this transformation, put yourself in the hands of the Mother and her Powers without cavil or resistance. But human nature, bound, egoistic and obscure is inapt to receive these great Presences or to support their mighty action. Only when the Four have founded their harmony and freedom of movement in the transformed mind and life and body, can those other rarer Powers manifest in the earth movement and the supramental action become possible. For when her Personalities are all gathered in her and manifested and their separate working has been turned into a harmonious unity and they rise in her to their supramental godheads, then is the Mother revealed as the supramental Mahashakti and brings pouring down her luminous transcendences from their ineffable ether. Then can human nature change into dynamic divine nature because all the elemental lines of the supramental Truth-consciousness and Truth-force are strung together and the harp of life is fitted for the rhythms of the Eternal.

If you desire this transformation, put yourself in the hands of the Mother and her Powers without cavil or resistance and let her do unhindered her work within you. Three things you must have, consciousness, plasticity, unreserved surrender. For you must be conscious in your mind and soul and heart and life and the very cells of your body, aware of the Mother and her Powers and their working; for although she can and does work in you even in your obscurity and your unconscious parts and moments, it is not the same thing as when you are in an awakened and living communion with her. All your nature must be plastic to her touch,— not questioning as the self-sufficient ignorant mind questions and doubts and disputes and is the enemy of its enlightenment and change; not insisting on its own movements as the vital in man insists and persistently opposes its refractory desires and ill-will to every divine influence; not obstructing and entrenched in incapacity, inertia and tamas as man’s physical consciousness obstructs and clinging to its pleasure in smallness and darkness cries out against each touch that disturbs its soulless routine or its dull sloth or its torpid slumber. The unresolved surrender of your inner and outer being will bring this plasticity into all the parts of your nature; consciousness will awaken everywhere in you by constant openness to the Wisdom and Light, the Force, the Harmony and Beauty, the Perfection that come flowing down from above. Even the body will awake and unite at last its consciousness subliminal no longer to the supramental superconscious Force, feel all her powers permeating from above and below and around it and thrill to a supreme Love and Ananda...."

http://sri-aurobindo.in/workings/sa/25/on_the_mother_sabd_25_e.htm#01

[2] Definition of government, in general: the body of persons that constitutes the governing authority of any formalized organization responsible for the direction and supervision of public affairs.

For the harmonization of individual and collective forces and circumstances, especially to understanding the Supreme Mother that is The Divine Consciousness behind Auroville, please contemplate the entirety of Chapter 6, and the whole book for integrality, as long as needed...

Om Namo Bhagavate
Zech, 2022.06.28

FINDING PEACE IN OUR HEARTS
Saturday, 9 July, 10:15am to 12:30pm
Pavilion of Tibetan Culture

- How do we find peace and stability in the midst of this conflict which is deeply affecting us – physically, emotionally and spiritually?
- How do we find the inner and outer resources to stay healthy and positive?
- How can we find a genuine smile, both for ourselves and for others?
- How do we connect to our own power when events seem beyond our power to influence?

This gathering will be an opportunity to share from our hearts and to hear others share. Our hope is that through authentic sharing and listening, each of us can become more supported, resourced and empowered to sustain our wellbeing in these difficult times.

Date & Time: Saturday July 9th. 10:15am to 12:30pm
Venue: Pavilion of Tibetan Culture

Tom Lane has been working with groups, as a facilitator and participant, for several years. He is a pre-newcomer in Auroville. Peter Lloyd studied and practiced Process Work for nine years before moving to Auroville in 2019 and is an Aurovillian.

Places are limited so pre-booking is advised. E-mail: thomaslane@pm.me

Jasmin for the organizing team, under the umbrella of Confluence initiatives

Community News

AUROVILLE MATTERS

THE REQUIRED HIERARCHY IN THE AUROVILLE OF SRI AUROBINDO AND THE MOTHER

“Mother reads the first part of Chapter 6 of The Mother by Sri Aurobindo. [1]

What is a “hierarchy”?
It is a grouping organized in order of merit. For instance, you have a chief at the center and you may have four persons around him, and around these four, 8, then 12, 24, 36, 48,124, and so on, each with his special mission, his special work, his particular authority, and all referring in an ascending order to the center. That is a hierarchy. In governments [2] they try to form hierarchies, but these are untrue, they are arbitrary and not worth anything. But in all ancient initiations there were hierarchies which were expressions of individual merit — individual powers and merits — having always at their center the representative of the Supreme and the Shakti; sometimes having only the Supreme, depending on the religions. But the groups were always organized in that way, that is, with a growing number of individuals, each one having to refer to the officer immediately above him. For instance, the 124 had to refer to the 48, the 48 had to refer to the 24, the 24 refer to the 12, the 12 to the 8, and so on. That is a hierarchy. The word is used in a very imprecise and vague way. They speak of a hierarchy and think it is the men who govern and have subordinates. But the true hierarchy is an occult hierarchy, and this occult hierarchy had as its purpose the manifesting, the expressing of a more profound hierarchy which is a hierarchy of the invisible worlds.”

Sri Aurobindo and The Mother and Their Children. Questions and Answers. Volume 4, page 391 (and before and beyond)
https://sri-aurobindo.in/workings/ma/04/vol_04_e.pdf

[1] “...But human nature, bound, egoistic and obscure is inapt to receive these great Presences or to support their mighty action. Only when the Four have founded their harmony and freedom of movement in the transformed mind and life and body, can those other rarer Powers manifest in the earth movement and the supramental action become possible. For when her Personalities are all gathered in her and manifested and their separate working has been turned into a harmonious unity and they rise in her to their supramental godheads, then is the Mother revealed as the supramental Mahashakti and brings pouring down her luminous transcendences from their ineffable ether. Then can human nature change into dynamic divine nature because all the elemental lines of the supramental Truth-consciousness and Truth-force are strung together and the harp of life is fitted for the rhythms of the Eternal.

For the harmonization of individual and collective forces and circumstances, especially to understanding the Supreme Mother that is The Divine Consciousness behind Auroville, please contemplate the entirety of Chapter 6, and the whole book for integrality, as long as needed..."
This sad news is spreading among his many Tamil friends how to make Ragi properly. Just a wonderful sweet man. moving by biting his tail. He made me chappals, taught me challenges to his family and his remaining friends in Auroville. Daniel

We salute a long-ago comrade, with our warmest condono -
22 years and stayed always in touch with the City of Dawn. whom were born in India, and lived in Mexico for the last and always willing demeanor. He has 4 children, three of come about with his hands-on skills, practical experience -
make jokes. Besides being involved with planting trees and care of the land, he had become the local cobbler. He was making handsome leather sandals for any and all who needed them, including the villagers who were quite amazed that this vele karan (white man) would stoop to a work that was normally only done by Harijans, the outcasts. Small wonder that the villagers adored Daniel. We couldn’t have had a better ambassador for Auroville in the village of Kottakarai.” “His trips to the village tea stall were essential…” observed another friend of that time. Daniel built a house on the edge of the large grove of silk-cotton trees and made Auroville his home for the next 8 years, enormously helping the Kottakarai community to make sourdough starter, I-pads, cell phones, etc. No Photos. Dear Guests, please carry your Guest Card with you. Access only for the Amphitheatre from 5:45pm. Please be seated by 5:55pm. Thank you,
 Surya & Amphitheatre Team

Daniel

I have such vivid memories of him. I first met Daniel in Silence where he showed me how to make sourdough starter, which I later used to make bread in the Kottakkarai bakery with Larry. He had great penmanship and wrote up a proposal to create an Auroville community that would act as a liaison to the village [Q=6f3=6fQ], in lovely calligraphy. He showed me how to get Morris moving by biting his tail. He made me chappals, taught me how to make Ragi properly. Just a wonderful sweet man. This sad news is spreading among his many Tamil friends

Roy (Aurodam)

TRINI BLANCH

On July 4, 2022, our beloved friend and soul sister Trini Blanch, has left her body, at age 57. She leaves with a suitcase loaded with love, light, constancy and delivery. For AVI Spain she has always been an example and a fundamental pillar for the tenacity of the Centre’s aspiration and dedication to the Divine. She leaves a deep imprint on all of us. We beg Mother to keep her in her lap.

We here share with you the link of her blog ‘La Flama d’Auroville’ https://laflamadaurauroville.blogspot.com/

AWAKENING SPIRIT

MEDITATION WITH SAVITRI READ BY MOTHER TO SUNIL’S MUSIC
6 to 6:30pm, Amphitheatre – Matrimandir
Every Thursday at Sunset.

During the summer the Meditation is with Mother and Sunil’s “New Year Music”, before we restart a cycle of Savitri read by Mother to Sunil’s music.

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 do not use cameras, I-pads, cell phones, etc. No Photos.
• Dear Guests, please carry your Guest Card with you.
• Access only for the Amphitheatre from 5:45pm.
• Please be seated by 5:55pm.

A CALL FOR PEACE AND HARMONY

Every Saturday 7 to 7:30pm

Join us in lighting an oil lamp or candle across Auroville and the country every Saturday. Let us each light an oil lamp or candle at our home entrance doorways and on our balconies from 7 to 7:30pm (switching off all electric lights), and chant Sri Aurobindo’s mantra.

Om Anandmayi, Chaitanyamayi, Satyamayi Parame
I-pads, cell phones, etc. No Photos.

“May the brightness of the light ignite our energies and ensure the ‘victory of good over evil’. May our prayer to The Mother and Sri Aurobindo help us connect to the spirit of Auroville.

Om Shanti Om Shanti Om Shanti
Grace, for Mirra Women’s Group

To The Content
INVOCATION OF ONENESS
Dear friends,
August 15, Sri Aurobindo’s 150th birth anniversary is approaching and at dawn a collective meditation will be held at the Amphitheater as is usual.
This year, as a special prayer, we would like to create Sri Aurobindo’s Symbol with soil from each community of Auroville, to invoke the Oneness that permeates everything and embraces all.
We invite you to bring a handful of soil from your community, ideally in a transparent container with the name of the community clearly marked on it.
Please give your clearly marked container of soil to the watchman on duty at the entrance to Matrimandir. We kindly request that this be done by 31 July.
For the occasion we would also like to make some paper lotuses. In the month of July, every Wednesday starting from the 6th between 5:30pm and 6:30pm at the amphitheater, we will be folding paper in the form of Origami to create the lotuses. All materials will be provided. Everyone is warmly invited to participate in this collective offering, in a quiet and meditative atmosphere.
Looking forward to your participation
Matrimandir Team and Matrimandir Events team

SECRET OF THE VEDA
If the purity, infinity, and strong royalty of Varuna are the grand framework and majestic substance of the divine being, Mitra is its beauty and perfection. Mitra is the harmoniser, Mitra the builder, Mitra the constituent Light, Mitra the god who effects the right unity of which Varuna is the substance and the infinitely self-enlarging periphery. These two Kings are complementary to each other in their nature and their divine works. In them we find and by them we gain harmony in largeness: we see in the Godhead and increase in ourselves purity without defect basing love faultless in wisdom.
• Sign Up for the one or more sessions at: https://lu.ma/veda
In light of Sri Aurobindo’s 150th birth anniversary, we are delighted to invite you to come, join us for a collective study of The Secret of the Vedas at Bharat Nivas.

About Secret of the Veda:
The work from Sri Aurobindo: Secret of the Veda are essays on the Rig Veda and its mystic symbolism, with translations of selected hymns. These writings on and translations of the Rig Veda were published in the monthly review Arya between 1914 and 1920. Most of them appeared there under three headings: The Secret of the Veda, “Selected Hymns” and “Hymns of the Atris”. In August 1914, Sri Aurobindo began to publish The Secret of the Veda in the first issue of the philosophical review Arya.

Series of Secret of the Veda Sessions:
We would be covering discovering Agni, Varuna-Mitra, Indra, Saraswati, The Seven Rivers, Surya-Savitri between 18 June till 13 of August over a series of talks and practice sessions with Manoj and Divyanshi.
• Session 1: 18 June, 9:45 – 11am: The Legend of the Angiras
• Session 2: 2 June, 9:45 – 11am: Discovering Agni
• Session 3: 3 July, 9:45 – 11am: Discovering Varuna-Mitra
• Session 4: 16 July, 9:45 – 11am: Discovering Indra
• Session 5: 30 July, 9:45 – 11am: Discovering Saraswati
• Session 6: 6 July, 9:45 – 11am: Discovering The Seven Rivers
• Session 7: 13 August, 9:45 – 11am: Discovering Surya Savitri
• Sign up for one or more sessions here.
You could also sign up on spot at 9:15am.
It is preferable to attend all sessions.
Contribution: Give from your heart, pay what you like at 252925.
Warmth, Divyanshi and Palak
Purnam Centre of Integrality and Bharat Nivas
Regular Activities

• Sundays 10:30–12noon: Savitri Study Circle
• Mondays 3-4pm: Sri Aurobindo’s Isha Upanishad led by Dr. Jai Singh
• Tuesdays 3-4pm: Yoga and the evolution of man led by Dr. Jai Singh
• Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
• Fridays 3-4pm: Finding of the Soul (in Savitri Book 7 Canto 5) led by Dr. Jai Singh
• Saturdays 3-4pm: Introduction to Integral Yoga, led by Ashesh Joshi
• Saturdays 4-5:15pm: Satsang, led by Ashesh Joshi

Meditations On Savitri, Book 1, Canto 5:
The Yoga Of The King: The Yoga Of The Spirit’s Freedom And Greatness
• Monday, 11 July 2022, 4pm at Savitri Bhavan.
• Duration: 23min.

On the higher planes Aswapati glimpsed divine states of existence and the plan according to which Spirit and Nature work out the Divine Intention in the Cosmos. The whole world must be transformed and become divine. He aspires intensely and dedicates himself to bringing about this tremendous change down to earth.

A Will, a hope immense now seized his heart,/ And to discern the superhuman’s form/ He raised his eyes to unseen spiritual heights,/ Aspiring to bring down a greater world…/ (p.76)

Blessed, he bathes in the waters of a divine Omniscience, Omnipotence and Ecstasy.

A universal light was in his eyes,/ A golden influx flowed through heart and brain;/ A Force came down into his mortal limbs,/ A current from eternal seas of Bliss;/ He felt the invasion and the nameless joy. (p.79)

Then he perceives the secret Nature which uses the power of Mind to rule the borderline between earth and the subtle inner worlds. Nature submits to Aswapati and shows him an image of the entire Creation as a golden ladder linking the highest levels of Spirit and the lowest levels of Matter, allowing the soul to move upwards and downwards between the Spirit’s extremes.

Ascending and descending twixt life’s poles/ The seried kingdoms of the graded Law/ Plunged from the Everlasting into Time…/ Climbed back from Time into undying Self,/ Up a golden ladder carrying the soul,/ Tying with diamond threads the Spirit’s extremes. (p.88)

King Aswapati discovers the last, highest world where all other worlds merge, harmonized and unified by the all-reconciling Wisdom which fulfills the hidden Truths of each of them.

Sunbelts of knowledge, moonbelts of delight/ Stretched out in an ecstasy of widenesses / Beyond our indigent corporeal range. (p.91)

Thereafter, he approaches the calm continents of potency and the beautiful homelands of the subtle worlds and is able to enter and explore them. He crosses into another Space and Time.

A meditative film of Huta’s paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music which can connect us to the Divine Presence within and lead us towards the spiritual truth and the New Consciousness.

In the beginning there is also a short video of Huta speaking about her work with the Mother. Duration: 5min.

• The video Meditations on Savitri can be seen at the Savitri Bhavan website https://savitribhavan.org/meditations-on-savitri-video/

Community Gathering

Potluck and Social Sharing
Let’s have an evening to embrace our UNITY IN DIVERSITY over food this time!

If you are willing to support in any way please write to avcommunitygathering@gmail.com

Dear Auroville family, following the last gathering it’s time for us to get together again. This time over a big community potluck!

Save the date and time:
16 July, Saturday, 5 – 9:30pm
Certitude Sports ground

More details of the event will follow soon.
If you are willing to support in any way please write to avcommunitygathering@gmail.com

With Love, your brothers and sisters
Anand, Auropriya, Aurosugan, Bharathy, Dinagar, Ganesh, Induja, Krishnaraju, Murali, Padmanabhan, Prakash, Raj, Ramanan, Satya, Senthil, Uma, Vadivel, Valli and others

Auroville Library is returning to usual timings.
We are now open:
• Mornings: Monday – Saturday 9am – 12:30pm
• Afternoons: Monday, Wednesday, Thursday, Friday, Saturday 2pm – 4:30pm
• Tuesday: 4pm – 6:30pm

We’d also like to remind people to update their contact information with us if needed, and as always, try to return your books on time:

Thanks, the Auroville Library team
NEWS FROM
AUROVILLE LANGUAGE LAB

Please remember to put your mobile phones on flight mode and switch off all wireless and Bluetooth devices before you enter the lab, since it is a wireless-free space.

Tomatis
There are spaces available for both language & therapeutic programmes!
Please contact 4036922 or email us at tomatis@aurovillelanguagelab.org to schedule your Listening Tests & Consultations.
For more information about the Tomatis program, please have a look at the following links:
- https://www.aurovillelanguagelab.org/tomatis-method.php
- https://www.aurovillelanguagelab.org/tomatis-kids.php
- https://www.youtube.com/watch?v=wnpXpTL3mQ
- https://www.youtube.com/channel/UCeTIG0y-sBMlyy-wZNdZeNg/videos
- https://www.listenwell.com/

Summer Language Courses at ALL
New: Spoken Tamil with Saravanan
Great news for those waiting to join our Beginner Spoken Tamil Course: Saravanan is ready to start a new batch! Saravanan has been running this interactive and practically-oriented course for the past seven years. The class modules are based on a booklet called “Fun with Tamil”, which has been put together with a lot of research and thought. By the end of this course, you would be able to converse in Tamil on day-to-day matters, having achieved a deeper understanding of its sounds, pronouns, conjugations, etc.
- The course will start 15 July 2022. Classes will take place Tuesdays & Fridays, 9:30am to 10:30 am, for 3 months.

New: French with Jean-François
Our long-term volunteer, Jean-François Claude, is ready to start two new courses:
- French Conversation: For those of you who know a bit of French, this is the perfect course to get more fluent, expand your vocabulary, and speak without inhibition in a diverse & fun group! Jean-François would explore a range of topics like food, sports, travel, philosophy, news, literature, and more.
  - The course will start 11 July 2022. Classes will take place Mondays & Thursdays, 2pm to 3pm.
- Beginner French: Exciting news for all those wanting to join a French course but finding themselves too busy through the week! Our Beginner French Course is deliberately planned for Saturdays! The classes are highly interactive and are structured around the “French in Action” modules developed by Professor Pierre Capretz of Yale University.
  - The course will start 16 July 2022. Classes will take place Saturdays, 2:30pm to 4:30pm, for 3 months.

Elementary Italian with Davide
Davide’s Italian Course commenced on 1 April 2022. You are still welcome to join the course in case you know a bit of Italian and would like to hone your language skills. You will be provided with all the support and material from Davide to catch up!
- Classes take place Wednesdays & Fridays, 4pm to 5pm.

German with Verena
Verena’s A1 Beginner German Course is now closed for new registrations.

English Conversation with Ramesh
Our long-term volunteer, Ramesh, is ready to take your English-speaking skills to a new level. Yoga trainer, YouTuber, and Excel expert, Ramesh brings a range of experiences to his classes. Ramesh has started offering English Conversation Classes for students who already know a bit of English. The feedback is excellent. Ramesh prepares his classes painstakingly and covers grammar as well.
- Classes take place Tuesdays & Fridays, 2:30pm to 3:30pm. Enquire now to join!

Tamil Written and Spoken with Murugesan
Our teacher, Murugesan, is ready to start a new Beginner Written & Spoken Tamil Course, as soon as we have a minimum of 4-5 students.
- Classes will take place Tuesdays & Thursdays, 4pm to 5pm, for 3 months.

To join or enquire:
Please fill out our form to join or inquire about any language classes at the Lab! You can drop us an email to info@aurovillelanguagelab.org, or call us at 2623661.
- Please Note: Registration (correct contact details on our database, plus payment/contribution) is important when joining a course with us. Please see our team member at the front desk to ensure this is complete before joining a course, thank you!

Current Schedule of Classes

<table>
<thead>
<tr>
<th>Language</th>
<th>Level</th>
<th>Time</th>
<th>Day(s) of Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Beginner &amp; Pre-Intermediate</td>
<td>10:15am – 11:15am</td>
<td>Tuesday &amp; Thursday</td>
</tr>
<tr>
<td></td>
<td>Beginner &amp; Pre-Intermediate, Group 2</td>
<td>10:15am – 11:15am</td>
<td>Wednesday &amp; Friday</td>
</tr>
<tr>
<td></td>
<td>Pre-Intermediate &amp; Intermediate, Started on 23 May 2022</td>
<td>02:30pm – 03:30pm</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td>French</td>
<td>Beginner, Started on 18 April 2022</td>
<td>03:15pm – 04:15pm</td>
<td>Monday &amp; Thursday</td>
</tr>
<tr>
<td></td>
<td>French Conversation, To start July 2022</td>
<td>02:00pm – 03:00pm</td>
<td>Monday &amp; Thursday</td>
</tr>
<tr>
<td>German</td>
<td>A1 Beginner, Started on 16 June 2022</td>
<td>9am – 10:30am</td>
<td>Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>Hindi</td>
<td>Beginner, Started on 23 April 2022</td>
<td>10:00am – 12:00pm</td>
<td>Saturday</td>
</tr>
<tr>
<td>Tamil</td>
<td>Spoken Beginner, To start July 2022</td>
<td>09:30am – 10:30am</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td></td>
<td>Written &amp; Spoken Beginner, To start July</td>
<td>03:00pm – 04:00pm</td>
<td>Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Beginner, To start July 2022</td>
<td>02:30pm – 03:30pm</td>
<td>Thursday</td>
</tr>
<tr>
<td>Spanish</td>
<td>Beginner-Advanced, Started on 22 March</td>
<td>02:30pm – 03:30pm</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td></td>
<td>Spanish Conversation, Started on 19 April</td>
<td>03:45pm – 05:00pm</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td>Japanese</td>
<td>Beginner-Advanced, Started on 11 March</td>
<td>02:00pm – 04:00pm</td>
<td>Friday</td>
</tr>
<tr>
<td>Italian</td>
<td>Elementary, Started on 1 April 2022</td>
<td>04:00pm – 05:00pm</td>
<td>Wednesday &amp; Friday</td>
</tr>
</tbody>
</table>
To The Content

AYURVEDA HEALTH TIPS
Humid summer – how to avoid the flu

During the summer, the body struggles to keep its inner temperature to a cool 35-36°C when outside temperature can rise well above. It weakens the immune system. Now that the peak heat of the summer is over, thanks to the summer rain that cools down the atmosphere, we notice that days are warm, almost hot but nights can be slightly chilly, especially while sleeping. This is when a bit of humidity and coolness in the air can give sore throat, sneezing, coughing or slight fever.

In this season, Pitta ferments and shows signs of acidity, sourness or strong/foul smell in the body and some kind of bitterness, impatience, frustration, anger in the mind. Vata gets cold and makes the joints more painful, the digestion and bowel movements more irregular, and the mind might be imbibed with anxious thoughts, worries, lack of concentration.

Adding around some reminiscence of covid and we might feel more vulnerable. So we can help ourselves with the following recommendations to avoid any annoyance:

With the food

• Eat only when hungry and when we are, eat the appropriate amount (both hands joined together is the size of the stomach)
• Take a warm, cooked meal with any spices to improve digestion (all spices are good apart from red powder-chilli powder).
• Eat green leafy vegetables, take light dishes made with moong dal, vegetable soups... all pulses and dal are good when cooked with spices (eg: ginger, turmeric, black pepper, cumin, coriander, cinnamon, ajwain, basil, garlic etc).
• For non-vegetarian, eat white meat or small fishes.
• Drink warm water all day long (especially when there’s a sore throat)
• Dinner should be light and taken 2 hours before going to bed
• Give energy to the body with cereals and grains such as: amaranth, barley, cooked oats, granola, rice
• Honey is the best sweetener
• Ghee used for cooking and Sesame and Olive oils for dressings
• Chew some neem leaves

Some immunity enhancers:

• Giloy/Guduchi (Tinospora cordifolia), a very good immune regulator; 1 tsp of powder morning and evening in warm water
• Amalaki (amla): full of vitamin C; consumed fresh if available or in powder
• Turmeric: Anti-inflammatory, can be used for gargling with warm water and a pinch of salt
• Tulsi (Ocimum tenuiflorum/sactum): for the lungs, fresh leaves in warm water
• Ashwagandha (Whitania somnifera): immune regulator and calming the nervous system; 1 tsp morning and evening in milk or warm water
• Ginger – Turmeric – Black pepper powders (Be No1): improves digestion and energy, ½ tsp with warm water or lemon juice + honey once or twice a day
**Live Music Night: Alfa Project**

Visitors Center's Right Path Cafe

**Live Music Nights**

Alfa Project
Sunday July 10, at 7PM

"In high-energy ne-jazz band collective where we speak a language that everyone understands" Sarah Ritter (Arturo Oli, Mental Harmony, John Luj

For visitors from outside Auroville, kindly park your car, then walk or pr of iters. Guests in a painting and walk, to the cafe.

Table reservations
0413-2623187
cafe@i.auroville.org

**The Arts**

**Introducing The Art of Henna**

Henna is a plant from which the light brown ink used is extracted. In learning Mehendi (The Art Of Henna) one can calm down, learn patience, to focus, and to her surprise develop an ability to draw.

For happy play through concentration on Henna meet with POOJA in CREEVA’s Studio in the community of Creativity. Tuesday, Wednesday and Thursday at 11:30 to 12:30.

For questions call Pooja at 9422978173/ 7588707300.

**Sports/Martial Arts**

**The Art of Chi – Stevanovitch’s Method**

Tai Chi Hall in Sharnga Presents

Tai Chi Chuan Intensive

- July 25 to August 13 (Sundays excluded)
- Monday to Saturday, 7.30 – 10.30 am
- Beginners: Chi and Tai Chi basics

Three weeks, three steps through the discovery of the Chi work and the full 24-posture form.

Lead by Marco, Binu and Krishna, the work is essentially directed towards:

- Concentration techniques to stay focused;
- Mastery of the body through breathing and muscular relaxation;
- Improvement of movement through balance and coordination; Learning to mobilize Chi. First perceiving it, then guiding it in one’s body with the use of three factors: will, imagination and muscular activity.

For information and booking, contact Krishna at 0413-2623187

taichi@auroville.org.in

taichi.auroville.org, www.artduchi.com

**The Arts**

**Kalabhum Goes Live!**

**Music Concert**

JULY 9
SATURDAY
7-9PM

**Kalabhum Music Studio, Auroville**

**Jeet Kamra**

**Sufi - Hindi - Soul - Folk**

**Venue**

Kalabhum Music Studio, Auroville

**For Docking**

0413-2623187

**The Oils**

- Tulsi – Cinnamon – Amla – Ginger – Turmeric – Black pepper powders (Be No3): as prevention or in case of cold, cough, flu, feverish state, body ache, ½ tsp with a sip of warm water or lemon juice + honey once a day if it’s preventive, 3 times a day before food if there are symptoms
- Saffron, aloe vera, licorice herbal infusions
- Chyavanprash Avaleha: 1 tsp in the morning with breakfast

**In the activities, help Pitta and Vata to be centred and grounded:**

- Be grounded in the heart or abdomen with Yoga, Pranayama, Meditation, observing the breathing movements in the abdomen, Yoga Nidra, Body Awareness, Qi-Gong, Tai Chi...
- Regular exercise, 30 minutes daily
- Gardening, cultivating, weeding, cooking
- Keep warm, take warm showers, cover your neck from chilled breeze
- Gargling with salty water if sore throat
- Oil pulling with 1 Tbsp of sesame or coconut oil, keep in the mouth for some time, spit it out and rinse the mouth with warm water (can be done early morning or at bedtime after brushing the teeth)
- Nasya: pour 2 drops of sesame oil or Anu Tailam in each nostril
- Fragrances: sandalwood, rose, jasmin

*Let’s be all well, happy and healthy*

*Be at Santé Clinic*

**Let’s be all healthy**

Be at Santé Clinic
WORK OPPORTUNITIES

HR HUB INITIATIVE

HR Hub Initiative is a service which helps individual Aurovilians and Newcomers who are looking for suitable work to find it, and to help Auroville units and services who are looking to fill positions to find the right individuals to step in.

Office Assistant (Half time position)

A team is looking for an office assistant. The work consists in; check & process bills and receipts; Book keeping and Data entry in Tally; Accounting support.

Required skills:
- A degree in Commerce & Knowledge in Tally;
- English – Reading & Writing knowledge must, Spoken Tamil is optional
- Computer skills: Typewriting, MS Excel & Tally 9.2

There is a one month training; Minimum trial period of 3 months, can be extended if the individual has the shown potential and strives to improve. Maintenance available during the trial period. This is a half-time position open for Newcomers or Aurovilians.

Looking for Communication Assistant (Half time and/or Full Time position)

Project that offers online courses is looking to expand their team. Looking to invite a smart and sincere communication assistant to support the overall community building aspect.

Soft skills required such as: love to talk to people; have good communication skills; have good listening; be patient with people; like to help people win; compassion and empathy.

This is a full time /half time opportunity and accordingly an Auroville maintenance will be offered. If you like to work with people and feel fulfilled to see others achieve their goals and dreams then this is the right job for you. Requirement: You must have a laptop and a smartphone; you must be good in writing and speaking English.

Administrative assistant (Half time position)

A Service is looking for a new member to be part of their team.

Required skills: Welcoming and friendly; Office Administrative /organization skills; Self organized, accurate and reliable; Good communication skills (oral and written) and English language proficient; Expert in MS office, MS excel and data analyst; Ability to work in a team. The position is open to Aurovilians and newcomers. Maintenance available after a month of probation.

Teacher assistant (Full time position)

Looking for a full-time facilitator for a mixed age group classroom with 9 & 10 year olds: a self-motivated individual who is capable of managing the classroom independently; good communication; team spirit.

Prerequisites:
- Prior work experience in the field of education combined with an understanding of the Integral Education framework.
- A good command of the English language, and fluency in any other language is welcome.
- Being able to connect with children.
- A minimum commitment of one year.

Please contact us for more information and if you are interested in any of these work opportunities or if you are looking for something else. You can find us at hr_hub@auroville.org.in

HR Initiative Team

HONORARY VOLUNTARY

GAU SEVA AT SADHANA FOREST!

Your heartful service is needed at the Sadhana Forest Gaushala! You are most welcome to join us on any day from 6am onwards, and have a vegan breakfast at 8:45am. Breakfast is offered as a gift, and there is no need for prior booking.

If you would like to contact us: sadhanaforest@aurovile.org.in, WA 8525038274 or call 8122274924.

Looking forward to welcoming you! The Sadhana Forest team, warmly, Shek

LOOKING FOR

Assorted Magazines are Needed

Assorted magazines are needed for collage work at various programs and projects. Please drop off your magazines to either Külai Creative Center in Kulpalayam or at the Mattram office in Mitra youth Hostel. If people are not at either of these locations, please leave them by their door. They will be collected.

Thank you in advance, Tia

Seeking a Translator from English into French

We are searching for a French lady who would like to help Mirajyoti, living in Arka, three times per week for one and half hours, translating works from the Mother and Sri Aurobindo from English into French. The person should be able to type on the computer. If you are interested, please contact 9787626452

Best regards, Mechtild

Returning Aurovilian seeks a House

I’m a returning Aurovilian. I was living here 20 years ago teaching yoga and pranayama at Pitangahall.

I’m looking for house sitting or house sharing from mid July 2022. Please call or WA me on 93425 41163.

Thank you and kind regards, Rosa

AVAILABLE

Black Honda Activa not Available CANCELLED

Black Honda Activa, 7 years old, 125 CC, 22,000Km, is available. Please contact by SMS or WA on 9822609229 or email rishi.damani@gmail.com

Thanks and Regards, Rishi

Lenovo Tab Available

1 month old, Lenovo Tab M10 HD for sale with Robustion trifold case and screen guard. Specs: 10.1 inch, 4 GB, 64 GB, Wi-Fi+LTE, Platinum Grey with Metallic Body and Octa-core Processor, Under Warranty, towards contribution Please contact twisha12@gmail.com

House Sitting Possibility

Large house in Arya, behind New Creation, with a big garden, a sweet dog and 2 cats to be cared for, looking for a house sitter. Perfect for a couple or a woman house sitter.

Please call Suresh on 948750361
Ocean Festival

The Ocean Festival is planned for 12 to 18 July in Bharat Niwas at Auroville. The Ocean Festival Tsunamika’s new venture in saving our Oceans.

“Ocean is my home” – says Tsunamika.

Tsunamika – our tiny traveling doll up-cycled from waste fabric is a living symbol of hope and resilience. Over the years Tsunamika has assumed various avatars as a symbol of resilient ecology. A call to save the oceans, Tsunamika, the doll that is a living symbol of hope has taken the form as the ‘Ocean Goddess’. The need to conserve water and save our oceans must be of utmost urgency as global warming is imminent. Tsunamika rose on a gloomy day, to be the light that we need and thus, she invites you to celebrate the Ocean Festival together. The Ocean Festival in collaboration with Pondicherry Tourism and Auroville is happening on 12 July to 18 July 2022 at Bharat Niwas.

Ocean Festival is a collective celebration of Fisherwomen, happening on 12 July to 18 July 2022 at Bharat Niwas. The event will be a collective of students and volunteers from all over India, showcasing their designs on the theme ‘The Ocean Festival’, workshops on Upcycling, Knowing your Waste, Reducing your Carbon Footprint and more, Community Activities such as beach cleaning, canopy cleaning, turtle walks, art installations, etc. talks from experts over various topics such as Knowing Oceans and Underwater Diving. Ocean festival is to raise awareness about keeping our Oceans, and a pledge for clean oceans as ‘Ocean Lives, We Live’. Let us create a New narratives around our ocean.

Support Ocean Festival: Contribute to account 0424

About Tsunamika

Tsunamika is a symbol of this commitment towards our ocean, and has been a part of the United Nations Satellite Activity for SDG 14 – clean ocean representing India. Tsunamika has gathered recognition for the work it does, a story book was published in 7 languages and the dolls were sent to Japan in 2011 as a gesture of solidarity during their Tsunami. Tsunamika project has been given President award for “Contribution to Business and society” and It has been featured in UNESCO, NDTV, CNN, BBC, Indian Television Series, currently on United Nations Satellite Activity for SDG 14 as India entry and the State School Board of Tamil Nadu has included it in its curriculum and so has NIFT, Delhi as a case study for Design and Social Responsibility. In 2018 Dr Kiran Bedi, Governor Puducherry launched the “Ocean my home” campaign. So far, over 6 million dolls have traveled to more than 80 countries.

Tsunamika project team
Email: tsunamikadoll@gmail.com
Website: https://www.tsunamika.org/

Uma

Thank you! Abha

Fundraising for Urban Design Studies

Dearest fellow Aurovilians, as part of my university studies, I have been selected to study abroad for a semester. It is an exciting and rare opportunity but it presents some financial constraints. I’ve started a fundraising campaign and would like to request your help.

My name is Bhavya. I grew up in Auroville, and since 2018, I’ve been pursuing a Bachelor’s degree in Urban Design at CEPT University in Ahmedabad, India. I’m passionate to learn about how people behave and interact within public spaces. This rigorous five-year course explores urban environments, guiding students towards innovative and cross-disciplinary solutions to urban challenges faced by cities. My interest in this field is very much tied to the vision of Auroville, and the idea has always been to learn something I could bring back to the community.

For my final semester (February to July 2023), I have been selected from more than 30 peers to study in Milan for six months as part of an exchange program. The program, ‘Urban Planning and Policy Design’, is offered by Politecnico Di Milano, the largest technical university in Italy. It is a Master’s level course that will challenge me, help me broaden my horizons, and immerse me in a rich, cosmopolitan learning environment.

I see this as a beautiful opportunity to learn from practices around the world and bring the knowledge back into a context that I believe really needs young thinkers. I am confident that this experience will further my progress and help me offer more to Auroville.

I am very excited about this! I need to raise INR 5.7 lakh for visa, travel and living expenses.

Could you help me make this dream a reality?

Please consider contributing to this specially created fundraising FS Account 106288. Every contribution is deeply appreciated!

If you’d like to learn more about this opportunity and why I am so thrilled, I’d be more than happy to share more with you. Please email me aurobhavyai@gmail.com.

Thank you! Bhavya
HELP WITH RUNNING COSTS

Dear All, once again, we are requesting the community to help the AV Accessible Public Bus to cover the running cost for the last 3 months. The running cost per month is around forty-six thousand, which includes the diesel, Pondicherry permit and Driver’s Salary. Due to the summer season, we do not have enough passengers to travel and therefore the contribution from the bus user is not sufficient to cover the monthly running expenses.

At one point we were requesting feedback and suggestions on AV Bus schedules. We received a quite good number of feedback and suggestions. Most of the suggestions were to continue with 4 trips a day with small changes on timings for the morning trips and the last evening trip. We are working on it as per the majority requests from the bus users.

Meanwhile, we need Rs.97,349 to pay our last 3 months running expenses. We appreciate everyone who has supported us in the past to cover our running expenses. We request again for help to support our service. Kindly transfer or deposit your donations to our account no. 251675 / AV Accessible Public Bus.

With Gratitude, AV Accessible Public bus team

Raju, Sauro, Susmita
avbus@auroville.org.in, +91 9443074825

SATURDAY SK LUNCH FOR CHILDREN

Dear Parents and students, schools will reopen soon and children will get their daily lunch at school as usual. On Saturday free lunch will be served only at Solar Kitchen dining hall to all the Auroville children. Please note that from the 9th of July, Saturday, tiffins won’t be possible anymore for school children.

With best wishes for the new school year,
Your BCC and Solar Kitchen teams

(Aurosugan, Danny, Enrica, Hans, Mahi, Rathinam, Sacha, Suryamayi, Verena)

FOODS, GOODS AND SERVICES

RIVER’S REMEDY

Scene: PTDC, 3:30pm
Thursday afternoon, June 30.
All fans are beating us with super-hot air at full speed. A few shoppers are dragging their baskets around, listlessly selecting this or that, eyes glazed.
Toddler River arrives, clad in a diaper and a smile. Mamma selects a package of tofu from the refrigerator.
Shoppers’ weary ears catch a new vibration above the roar of fans — murmurs of pure sensory delight. MMMmmmmm, MMMMMmmm.
River is hugging the slab of cold tofu to her bare chest with both chubby arms across it and face instinctively bending to touch it for maximum exposure.
Shoppers’ dull eyes brighten, a contagion of smiles erupts and spreads as River flows through PTDC, experiencing bliss.

AURA NEWS UPDATE

Our Aura phone app network continues to serve but we would like to enhance its great potential.
We have re-opened our Aura Kitchen and weekly Wednesday tea-times. Next Wednesday, 13 July, you are invited for a special meeting at 3pm so we can discuss together our future.
The Aura App is a unique gift given for Auroville to help realize a cashless economy and a more sharing and caring community. We need now to organize a sustainable plan to continue and grow.
If you are not familiar with the Aura please check our website www.auranetwork.app for information and joining.

Tea Wednesday 3pm
Svedam @ Volker’s

Cheers, B

Voices and Notes

DEAR AUROVILLIANS,
I HEAR AND SEE YOUR PROBLEMS

For over 54 years, the Mother, the Divine Power, holds her tongue – raising hands over Auroville.
We all know LOVE is the greatest Force in the World. In a few words we find the “Spectrum” of LOVE.
You will see that these are things that we do every day, everyone can practice in the place where he stands. There are the effects of LOVE in detail, the “Spectrum” of LOVE:
• Patience – LOVE that can suffer for a long time;
• Kindness – LOVE that brings joy;
• Generosity – LOVE that is not envious;
• Humaility – LOVE that does not boast and stands out;
• Decency – LOVE that does not behave impertinently;
• Selflessness – LOVE that does not seek its own advantage;
• Serenity – LOVE is not irritated;
• Innocence – LOVE that does not count evil;
• Sincerity – LOVE that does not rejoice in injustice, but agrees with the truth;
All these effects taken together make up the greatest gift that GOD offers us humans. It becomes apparent that these things for the most part have their space between man and fellow human being and come into play today, so they are not intended for an unknown future.
With the Divine Power into every human being, Auroville will attain his Divine Destiny.

Text about Love: Henry Drummond

LOVE from Rolf – Satprem Aurovilian by Heart!
(ex Petite Ferme)
ACUR: THE TOWN HALL THAT NEVER WAS

Built by architect Anupama, what we call “Town Hall” came to light thanks to Luigi’s relentless efforts, a perfect symbol of the Aurovilians’ capacity to raise funds for major realizations. As the Auroville Council wrote, “…the ACUR building (Auroville Center of Urban Research) was built with a grant from the European Commission under the Asia-Urbs programme, and matching funds provided by Stichting da Zaier (SDZ), through PCG and Land Estate Management (today Land Board) and Financial Services.”

Consecrated to research on contemporary architecture and town planning, ACUR featured a library (top floor) and a conference hall (ground floor); the hall at the entrance hosted the reception along with exhibitions on the appropriate themes. Lalit, an early member of L’Avenir, commissioned and filled up 64 large, new panels with town planning exhibits. Roger Anger, delighted by the exhibitions I displayed on contemporary architecture, wished that I concentrate exclusively on such a task; one of my exhibitions – the first one featuring my photographs, for twenty-nine years I had not left India – stretched throughout all the floors.

Everything seemed set for a rosy future. ACUR was the first building planned in the administrative zone that, opposite to the Park of Unity and its lakes, is reserved to the city’s administrative services since Mother’s years. In a town foreseen for 50,000 inhabitants, no residential buildings or others should intrude there; so an exclusive enclave would also save time and commuting, in a city planned only for pedestrians, cyclists and essential public transport. ACUR was to be flanked by the Town Hall proper: a multi-storey ‘green building’ that Azlan (manufacturing international windmills) was to fund and Anupama would build; the model is still on display at ACUR.

Waiting for the Town Hall proper, an agreement was worked out with Luigi, the founder of ACUR, along the lines the AV Council has described. Luigi was the one in Auroville pioneering green buildings, green roofs, urban horticulture etc.; I will never forget his enthusiasm in showing me the latest discoveries he religiously piled up on his computer (even Srinivasamurti recently commented on this with me). But Luigi, who had a strong civic consciousness, agreed that it was indispensable to accommodate with no further delay most vital services in the administrative zone of Auroville. Thus he offered to partake ACUR, which would host both: the town planning section – as well as the main administrative services indispensable to run the city, waiting for the Town Hall/green building to follow. Instead, a case was mounted against Luigi and Anupama; both were cleared and public apologies followed, but it was too late: Suzlon’s money was no longer available; Anupama left Auroville; Luigi’s health was since then affected and last May he dropped the body.

All these years the ACUR administrators had the bitter task to patch up whatever they could, inventing space and partitions for vital services even now deprived of the legitimate place as by the original plans. What’s left of the administrative zone that, depicted in the Galaxy as a semicircle (the drawing is still visible in the Housing Service office) – has been converted into a residential hub, with flats even enormous (instead of the 30 sqm for singles featured in the Galaxy and the 2001 masterplan), obliterating the compelling functions of the administrative zone?

In such a dire scenario the Town Hall proper, hosting Auroville’s essential services, is still to be built; but where, now? Let’s reflect on our own deeds and find a way, time is over.

Paulette

CHAIRMAN OF THE WALKING COMMITTEE

Did you know that the simple activity of walking has so many powerful benefits?

- Walking can have a beneficial impact on our physical and mental health. It’s free, it has no negative side effects, it can be done almost anywhere, it requires no equipment, and it can keep us mentally sharp.

- Walking helps clear the mind, and it can even help our mood. It can also help relieve everyday stress. It helps decrease depression, and it can center us to the point to help us find solutions to our problems.

- Tension starts to ease as the road stretches out in front of us. I find that walking with bare feet cools me down, and helps me discharge the tension, almost as if I was releasing it into the ground.

- We are fortunate to have plenty of places for walking, away from the traffic and away from the noise. We can walk in the Matrimandir Garden, in our parks and forests, and even on the sidewalks right at the center of Auroville.

- Walking is also a wonderful way to know our city and connect with neighbors. It can promote better communication, reduce behavior problems, and improve academic performance.

So let’s start walking, and we will be helping to make our community healthier. Let’s step out of the door, and rediscover the joys of walking.

With this article I am the founder of the Walking Committee, and since I’m sitting here on a chair as I’m writing this, I appoint myself the Chairman of the Walking Committee. But I can’t be sitting here all day on a chair because otherwise I wouldn’t be walking the talk.

Gino

AUROVILLE RADIO

Dear Aurovilians, please check the latest podcasts of your favourite radio! Stay tuned! Here you can listen to the stream channel (playing 24/7). Here you can see on-air schedules.

Last published podcasts

- Soul Tracks – Se. 4 Ep. 2 The New Romantics (Music)
- Audible Weed Walk – Ep.86 “The journey and the celebration in the rain: Ratha Yatra” (Food Education)
- Savitri, B. I, C. II, Part 2 (Integral Yoga)
- Une série hebdomadaire de lectures par Gangalakshmi – 402 (Integral Yoga)
- The Life of Sri Aurobindo in Tamil -Ep.22 (Sri Aurobindo) ஸ்ரீ ஆரூப்பிந்து பெங்கல்காலம்
- Tamil Express – lesson 16 (Tamil Language)

...and more! on www.aurovilleradio.org
Please help us to relocate the radio! Donate to F.A. number 251369

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

Peace and Love
AUROVILLE POETRY

THE STING THAT SPURS
To savor soma
We brave bees and beings
That might sting
Ouch! Ouch! Ouch!
Wow! Wow! Wow!
Aha! Hahaha...
We cry
Out of pain and joy
Saluting the sting
That spurs us
To reverse direction
To find honey within
With joyful Gratitude, Ananfi Zhang

CLASSES, WORKSHOPS & HEALING ARTS

SHIATSU BEGINNER’S WORKSHOP
especially for parent and child

Shiatsu, studying Shiatsu is a beautiful and often life-changing way to learn about our own bodies, their functioning and energies – flowing for example in the 12 meridians originating in Traditional Chinese Medicine. This knowledge helps pave the road to health and well-being while deeply understanding what it means to be touched and to touch.

Historically Japanese, the roots of Shiatsu can be traced to something deep inside each and everyone of us which stands for a complete harmony with life as well as for an awareness of our power and the ‘Human Potential’. This Shiatsu Workshop offers you first experiences in conscious Perception, inner Sensing and guided Touch in connection with the 12 classical meridians, which we will dive into, exploring them in the basic positions they are contacted in.

On completion of this 3 weekends seminar, (the first weekend can be attended separately) you will be equipped with the knowledge for a simple Shiatsu Massage Setting among friends and family.

This seminar, which we feel honored to share at Budokan, can be your first step in a three years training in Shiatsu Therapy. This time around we welcome especially parents and kids for the training (i.e. one parent with his/her kid (above 10yrs)).

Another chance for this 3-weekends course is coming up towards the end of this year.

Prior registration required. We are looking forward to hear questions, wishes, aspirations from you.

The Workshop Timings are:
• Fridays and Saturdays:
  ◦ 15/ 16 July,
  ◦ 29/ 30 July
  ◦ 12/ 13 August 2022,
• Fridays 10am – 4pm,
• Saturdays 10:30am – 4pm

Contribution required.

Please contact Ulrike Urvasi at mothersworkforthemotherswork@gmail.com

VERITÉ INTENSIVE
Ph. +91413 2622045, 2622606,
Mob. +91 7867805812
programming@verite.in,
treatments@verite.in, www.verite.in

Explore Your “Bodies” (Koshas) Through The Practice Of Yoga with Sabrina
• Saturday, 16 July, from 10am to 12pm

In this workshop, you will be guided to experience your different “bodies” (physical, vital, mental, intuitive and bliss), called Panchakosha in Yoga. Becoming aware of our bodies helps bring more clarity about what is happening within us in our daily lives, and enhances our yoga practice. As attention is strengthened, and awareness expanded, better understanding and self-management can occur. A beautiful session, open to everyone.

Freedom From Fear with Dr. Sehdev
• Saturday, 16 July, from 2 to 4:30pm

Fear has an apocalyptic power; it can sap all energy, and make everything inert and lifeless.
- Fear of Losing Face
- Fear of Loneliness
- Fear of Love & Intimacy
- Fear of Failure

How can one live with full intensity and with all ebbs and tides, without knowing what fears freeze the mighty river of one’s life?

VIBRATIONAL SOUND BATH
Relax – Retune – Recharge

Experience deep meditation, tranquility and self-healing invoked by harmonious resonating sounds of the unique musical instrument from Russia. Silent listening to the play of resonances induces a state of quietness in the mind, peace in the heart and happy relaxation in the body. Base tones of the Russian Singing bells create space for deep psychological experience and help to reset the whole system to its original equilibrium, bringing the sense of completeness, centering and integration. Led by Vera and Ashesh Joshi, 15 years of experience in Auroville and internationally. Duration 1h30. Sunday to Friday 3pm, Saturday 2pm. Individual, family and group sessions on request at other timings. Limited number of participants. Kindly book in advance: ph/WA 9489147202, 9486247202

Warm regards, Vera

Em-Body Music

“Em-Body Music” integral exploration works through chanting, conscious touch, micro, circular and flowing movements, massage and body wrapping along meridians and acupoints.

It relieves and dissolves stress, pain and dis-eases; re-invigorates, rejuvenates and empowers the whole being. It helps us to glide into a musical flow, align with universal vibrations that connect us, perceive, co-create and enjoy musical rhythms sans reason.:-)

Venue: Hall of Light, Creativity
Time: 5.6pm every Friday
Starting: Friday 15 July, 2022
Facilitator: Anand Zhang
Whatsapp: + 91 9838623511
Contribution recommended.
Integral regression therapy training

Integral regression therapy and energy work based on Sri Aurobindo and The Mothers integral Yoga, integrating trauma therapy, past life regression therapy, inner child work, NLP, and a client centric approach.

Typically, integral regression therapy addresses unexplainable pains, traumata from accidents or early childhood, questions about past lives, life purpose or restricting behaviour patterns.

Sigrid: An in-depths training through a series of webinars the theory of this deeply healing approach is transmitted. Therapists wishing to integrate this approach in their psychotherapeutic or body-mind – healing work shall come for presence sessions, for four 3 day workshops to Auroville, to practice facilitating the 2hrs therapy sessions, and their own personal transformation.

• The 7 Module training in Integral Regression Therapy starts End July with Modul 1 Reliving and transforming

Sigrid Lindemann is integrating her large professional background in this focussed approach to transforming deep, longstanding issues towards an evolving consciousness and purpose of life. Sigrid is a transpersonal regression therapist, trainer in hypnotherapy and teacher of advanced classical homeopathy, with her background in Integral Yoga, living over 20 years in Auroville, Pondicherry.

All info: Sigrid contact@auroville-jiva.com, WA9626006961

Natural Horsemanship

• Individual and group sessions ongoingly

Mirrabelle offers webinars, classes and workshops in Natural Horsemanship. Natural Horsemanship focuses on body language of horse and human, which is universal, by effectively using intention and centered presence to communicate clearly, with purpose, and without violence. This is the key to building a vocabulary with the horse, your partner. Experience yourself beyond words! 7 horses and ponies of all sizes and temperaments are curious to know you!

Natural horsemanship improves your self confidence, your trust, your skills in nonverbal communication – and it’s just fun time to BE with a sensitive, naturally trained horse! Mirrabelle lives with horses since she is 3 years young. Past 10 years she fulfills her life’s dream to bring children, adults and horses together in a healing way, in Auroville, Sharrnga Guesthouse. Mirrabelle has studied human and horse psychology, and offers consultancy on all aspects of horse care – hoofs, nutrition, psychology, care, riding and therapy!

Contact: WA 9626565134, contact@auroville-jiva.com

Exploring Past Lives Webinar

• 12, 13, 14 July, at 7 – 8:30pm, with Sigrid

We invite you to explore the topic of Past Lives in the light of Sri Aurobindo and The Mothers Philosophy, and share the value of Past Lives therapy in psychotherapy and energy work.

In this short introduction you will gather an insight into the hidden source of some your present day beliefs, psychological movements and even inexplicable bodily pains as well as glimpses on transforming these.

Sigrid Lindemann introduces “Exploring Past Lives “ as an element of Integral Regression Therapy, a deeply transforming modality integrating Inner Child Work, Past Life Therapy, Trauma therapy and Energy Work on the bases of the philosophy of Integral Yoga. Sigrid has developed Integral Regression Therapy, integrating her therapeutic experience of past 20 years.

Webinar contact@auroville-jiva.com WA 09626006961

YEP We do offer adventure camps with kids programs, https://www.facebook.com/YEPAV parallel with wellness and healing sessions for parents: forest walks, camp fire, visits to various activities in Auroville, Yoga and TaiChi, art sessions, bird watching, etc! WA 09626565134

• We offer transformational practices addressing all issues of body, mind, emotion and soul, for conscious evolution. Acupuncture, Shiatsu, QiGong, TaiJiQuan, Energy work, Fasting Natural Horsemanship, Horse Assisted Therapy, Medical Clowning, Yoga Nidra, Gentle Birth & Pregnancy, Integral Regression Therapy, Trauma Therapy, Advanced Classical Homeopathy Systemic Constellation & Family Constellation

QUIET HEALING CENTER

www.quiethealingcenter.info/quiet@auroville.org.in
+91 413 2622329/+91 9488084966, 9488079871

Woga (Yoga in Water) Classes with Maggie

• Monday 11 & 25 July, 4– 5:30pm

Yoga in water is based on classic yoga poses and stretches, modified for standing in pool water, which is waist-to-chest high. Classes are structured like their yoga equivalents on land: breathing, warm-up exercises, a series of poses, and a relaxation period. The difference is that you are in a warm water pool (35°C).

The substantial decrease of gravity in warm water allows greater ease of movement, unblocks articulations, lengthens & melts muscles, and removes negative tensions, thereby preventing stress, insomnia and anxiety.

No previous experience required (also no need to be able to swim)!
To The Content

CINEMA

AVFF2022 – THURSDAY AT CINEMA PARADISO
Thursday, July 14, Cinema Paradiso, Town Hall, 8pm
There will be a public screening of a feature film from the Auroville Film Festival 2022.

BODY AND SOUL (À CORPS PERDUS)
2020, France, Documentary, French, 1hr 14 min
PE is the only school subject that has different grading scales for girls and boys. Zoé, 22, is a university student preparing to become a sports teacher. She realizes that she has a central role to play in combating gender inequality, which is often learned by default in childhood. She addresses her ideals directly on the sports fields, as her views are shaped by seeing the bodies of sportswomen in the heat of action, doing somersaults, tackles and scrums.

Director, Writer: Magali Chapelan
Producer: Docks Films

AUROFILM
Reminder:
• Friday 8, 8pm, “FLEE” Animated film By Jonas Poher Rasmussen – Denmark, 2021 At Multi Media Centre Auditorium (MWC, Town Hall)
• “Cine-Master-Class” around and with the screening of Russian film: “Cold Summer Of 1953” at Aurofilm/ Kalabhoomi, Saturday 9, at 5pm.

Friday 15 July, 8:00 Pm (At MMC):
“The Last Picture Show”
Directed by Peter BOGDANOVITCH – USA, 1971
With: Jeff Bridges, Timothy Bottoms, Ben Johnson, Cybill Shepherd, Cloris Leachman
Synopsis: In 1951 in a bleak and isolated North Texas town that is slowly dying, both culturally and economically, the story follows one year in the life of two best friends, Sonny and Duane, as they discover life, cinema, American football, girls, odd jobs, boredom, etc. against a backdrop of music of that time. In the hands of lesser talents, the subject matter of unimportant people doing unimportant things might have yielded a boring story. But the film’s script is poetic, the direction is skillful, the B&W cinematography is artistic, the casting is perfect, and the performances are superlative… A classic of the “New Hollywood” movement!
Original English version with Eng. Subtitles. Duration 1h58’

ECO FILM CLUB
Every Friday at Sadhana Forest
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
21:15 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!
The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 8525038274.
**Note: Families and children are welcome! Dinner for children will be served at 19:00:)

Friday 15 July
Compassion is the Answer
2018 / 45 Minutes / VPRO
Compassion is the answer, according to George Monbiot. How do we overcome increasing alienation, loneliness and ecological calamity? Compassion is the answer. George Monbiot is convinced that a new story is needed to free society from the overpowering efficiency thinking. The influential British thinker George Monbiot has answers on how to get out of this mess: Compassion. We must reinvent our relationship to nature, fellow human beings, community, politics, and especially to ourselves.

CINEMA
Indian – Monday 11 July, 8:00 pm:
BADHAAI DO (Felicitations due)
India, 2022, Dir. Harshvardhan Kulkarni w/ Rajkumar Rao, Bhumi Pednekar, Gulshan Devaiah, and others, Crime-Comedy, 147mins, Hindi w/ English subtitles, Rated: NR (R)
Shardul Thakur and Sumi are closet gay and lesbian respectively, under pressure from their families to get married. Shardul is a police officer and Sumi a teacher. They meet when Sumi comes to the station to register a complaint against a blackmailer, a man who had posed as a lesbian in a dating app and threatened to expose her after she went out on a date with him. Shardul proposes that they get married to get their families off their backs, only to realize marriage is only the beginning. The families now want them to have children.

Potpourri – Tuesday 12 July, 8:00 pm:
RARE BEASTS
UK, 2019, Dir. Billie Piper w/ Billie Piper, Leo Bill, Kerry Fox, and others, Comedy-Drama, 87 mins, English w/ English subtitles, Rated: R
An anti rom-com about Mandy, a nihilistic young writer and single mother who, while navigating her dysfunctional family and misogynistic workplace, falls for charming traditionalist Pete, who searches for a restored male identity.

Interesting – Wednesday 13 July, 8:00 pm:
SEED: THE UNTOLD STORY
USA, 2016, Dir. Jon Betz & Taggart Siegel w/ Vandana Shiva, Andrew Kimbrell, Jane Goodall, and others, Documentary, 94mins, English-Hindi-Spanish, Rated: PG
In the last century, 94% of our seed varieties have disappeared. As chemical companies try to control, farmers, scientists, lawyers, and indigenous seed keepers fight to defend the future of our food. ‘A must-see for all! The film was shared with us by the directors for eco-film fest 2019. It is time to revisit this awesome film.

AVFF 2022 – Thursday 14 July, 8:00 pm:
À CORPS PERDUS (Body and Soul)
France, 2020, Dir. Magali Chapelan w/ Zoé Tela, Clémence Pillot, Alexis Muller, and others, Documentary, 74 mins, French w/ English subtitles, Rated: NR (G)
Physical Education is the only school subject that has different grading scales for girls and boys. Zoé, 22, is a university student preparing to become a sports teacher. Seeing the bodies of sportswomen doing somersaults, tackles and scrums, she realizes she has a central role to play in combating gender inequality, which is often learned in childhood.

International – Saturday, 16 July, 8:00 pm:
C’MON C’MON
USA, 2021, Dir. Mike Mills w/ Joaquin Phoenix, Gaby Hoffmann, Woody Norman, and others, Drama, 109 mins, English / English subtitles, Rated: R
Johnny is an emotionally stunted and softspoken radio journalist who travels the country interviewing a variety of kids about their thoughts concerning their world and their future. Then Johnny’s saddled with caring for his young nephew Jesse. Jesse brings a new perspective and, as they travel from state to state, effectively turns the emotional tables on Johnny.

Children’s Matinee – Sunday, 17 July, 4:30 pm:
KIKI’S DELIVERY SERVICE
Japan, 1989, Dir. Hayao Miyazaki w/ Kirsten Dunst, Mina Takayama, Rei Sakuma, and others, Animation-Adventure, 103 mins, English, Rated: G
13-year-old witch Kiki moves to a seaside town with her talking cat, Jiji, to spend a year alone, in accordance with the tradition for witches in training. After learning to control her broomstick, Kiki sets up a flying courier service and soon becomes a fixture in the community– until she begins questioning herself and loses her magic abilities.

Andrzej Wajda Film Festival @ Ciné-Club
Sunday 17 July, 8:00 pm:
KATYN
Poland, 2007, Dir. Andrzej Wajda w/ Andrzej Chyra, Maja Ostaszewska, and others, History-War, 118 mins, Polish w/ English subtitles, Rated: NR (PG-13)
The film follows the story of four Polish families whose lives are torn apart when, at the outset of WWII, a great number of Polish soldiers fall into the hands of Soviet troops and later brutally become victims of Stalinism. The film also underlines the complicated circumstances of Poland’s position both in the war and after.

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 donate to “Cinema Paradiso” (account #105106) or set up for a monthly contribution. We need it now more than ever.

Thanking You,
MMC/CP Group Account# 105106, mmcauditorium@auroville.org.in
Auroville TO PONDICHERY

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Pondicherry TO AUROVILLE

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- Monthly Rs.550 (Aurovilians & New comers)
- Rs.100 one way for Aurovillian & New comers
- Rs.150 one way for Guest

**EMERGENCY SERVICES**

- **Ambulance (24/7):**
  - Auroville – 9442224680
  - PIMS – 0413 2656271

- **Security (24/7):**
  - Auroville Safety & Security Team – 9443090107
  - Auroville Police Station – 0413 2677318
  - Kottakuppam Police Station – 0413 2236148
  - Vanur Fire Station – 0413 2677368

- **Health**
  - Health Center – 0413 2622123
  - Sante – 0413 2622803 / 0413 2623937
  - Farewell – 8903836246

- **Mental health 24/7 support:**
  - Mattram – 9487746051

**India Emergency Response Service (24/7)**
- 108

**IMPORTANT INFORMATION ABOUT NEWS & NOTES**

**Hard deadline for submissions or cancellations: Tuesday 3pm**

The content of News & Notes is 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.

**How to submit material:**

- Max size of the published poster is 9cm x 9cm independently of the size you sent. The bigger posters will be reduced.
- Please AVOID CAPS letters
- Material (no pdf files, please) may be sent in English only to newsandnotes@auroville.org.in.
- Articles for the Notes section should ideally be no longer than 500 words.
- Please do not send submissions and inquiries as a “Reply” to the digital subscription mail. There is no guarantee that anyone will see communications sent this way.
- Please try your best to send your announcements, reports, film schedules whenever they are ready. Any modifications of submitted News items must be sent to the editors before Tuesday 3pm.
- We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.

**Visiting hours: call or email for appointment.**

**Disclaimer:** The views expressed on these pages are those of their respective authors or work groups and do not represent the position of the editors or of the community as a whole. The News & Notes serves as a channel for the publication of material coming from trusted sources within Auroville. The editors cannot be held accountable for any alleged misinformation given or offence caused. In case of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

News & Notes, Media Centre, Town Hall, NewsAndNotes@auroville.org.in, 0413-262-2133
REQUEST TO INSTRUCT THE OFFICE OF THE SECRETARY
to refrain from issuing further office orders and and
withdraw the issued office orders
(continued from Page 6)

Outreach Media
Attempts to encroach into the internal affairs of the Residents’ Assembly began on 7 December 2021 with the takeover of the media interface of the Residents’ Assembly called Auroville Outreach Media. This service of the Residents’ Assembly was managed by a long-term Aurovilian since 2005 till she was unceremoniously asked, without giving any prior notice or reasons, to leave as an executive and forced to vacate the office in the Archives building with immediate effect. This was done by the new executives appointed by the Office of the Secretary without any consultation with the FAMC or Working Committee.

All of the above is an encroachment on the space provided to the Residents’ Assembly by the Auroville Foundation Act and the rules to manage its internal organization and affairs. It is extremely disturbing that in some cases the justification of these actions have been given with the claim of ‘ownership’ of the property by the Auroville Foundation, which is against the Charter of Auroville and is furthermore totally unjustified, as the Residents’ Assembly and its committees are legally part of the Foundation and therefore share the responsibility of the management of its assets. A general impression has now been given that a systematic attack has been unleashed to disempower the residents and throttle the internal organization into authoritative submission. Infringement on the internal organs and systems of functioning of the Residents’ Assembly is pushing towards an increasing dysfunctionality in the day-to-day functioning of Auroville.

The atmosphere created by these actions is one of deep dismay and betrayal among the residents. It is therefore a matter of grave concern, as it may lead to an administrative and legal paralysis of Auroville because most residents feel that they are not heard and are considered irrelevant.

We request you to instruct the Office of the Secretary to refrain from issuing further office orders and withdraw the above office orders which are encroaching on the space and functions of the Residents’ Assembly and its legitimate Committees. An early response and action in these matters will go a long way to re-establish the scheme and intention of the Auroville Foundation Act and restore confidence and trust amongst Aurovilians and the interface with the Government that had been built over the years.

Sincerely, the Working Committee of the Residents’ Assembly of the Auroville Foundation
Aravinda Maheshwari, Chali Grinnell, Hemant Lamba, Ilayabarathy Somasundaram, Mael Shanti Vidal, Sauro Mezzetti, Valli Senthilkumar

SELECTED NEW MEMBERS FOR FIVE WORKING GROUPS
(continued from Page 7)

The Auroville Council
Four new members were selected for the Auroville Council. (Mandated membership is 9.)

• New members: Ms. Julia Christina Pullen, Mr. Philippe Marcel Charles May, Mr. Samrat Das, Ms. Svenja Capdeville Hallen.

• Ongoing members: Mr. Balaji Sundaravainayam, Ms. Claudine Berthe Blancard, Ms. Ruth Elisabeth Hauser (Shivaya), Mr. Sivanandam Sinivasan (Shiva), Mr. Suryan Stettner.

• Ongoing members: Mr. Kaliappan Ganesh, Ms. Meenal Kusale (resigned), Ms. Suresh Ravi (resigned), Mr. Denis Jacques Marie Capdeville (resigned).

The FAMC
Four new members were selected for the FAMC. (Mandated membership is 9.)

• New members: Mr. Bobby Patel, Mr. Danny Mercuei, Ms. Elodie Jane Desrousseaux, Ms. Mita Radhakrishnan.

• Ongoing members: Ms. Amy Bassett, Mr. Palani Mani, Mr. Ranjithkumar Ramamurthy.

• Ongoing members: Mr. Angelo Jacob Solerno, Ms. Jonas Lukas Suchanek, Ms. Lisa Thole, Mr. Stephan Matthias Himmer, Mr. Marcos Torno Altimira, Mr. Patchaiappan Sathyamoorthy (resigned).

ATDC (Auroville Town Development Council)
Ten new members were selected for the ATDC. (Mandated membership is 13, plus one member to be appointed by the Working Committee and one member to be appointed by the Governing Board)

• New members: Mr. Allan Lawson Bennett, Mr. Anan Skoles, Ms. Divya Saraswati Lieser, Ms. Dorothea Heller (Dorle), Mr. Fabian Ostner, Ms. Island, Bernard Lesure, Ms. Swarna Iyer (Lata), Mrs. Meera Nadarajan, Ms. Natasha Storey, Mr. Gerard Georges Jean Gablier (Tom)

• Ongoing members: None

• Ongoing members: Mr. Anbu Velayutham, Mr. Debabrata Sahoo (resigned), Ms. Elaine Catherine Phillips (resigned), Mr. Lakshay Dharan (resigned), Mr. Saravanan Mahalingam (resigned), Mr. Sreevasta Govindoss Ramesh Babu (resigned), Mr. Tobias Stephanus Neu man, Ms. Vidhya Angurajan (resigned),

The Entry Board
One new member was selected for the Entry Board. (Mandated membership is 9.)

• New members: Ms. Aurore Mabilat

• Ongoing members: Mr. Alain Pascal Sigrist, Mr. Dheenathayalan Chinnaiyen, Mrs. Jayanthi Padmanabhan, Mr. Lackshmanan Krishnan, Mr. Marco Zaccanti (Matirprasad), Ms. Matilde Mirhernandez, Mr. Rama Narayana Eppilipatro, Ms. Aruoswadha Ntoine.

• Ongoing members: Ms. Sophie Hauser ep. Baldwin.

In light of the above and according to the provisions in the Auroville Foundation Act upholding the authority of the Residents’ Assembly to establish such committees as it may consider necessary, we request you to cancel the recent office orders issued for the FAMC and TDC.

Sincerely,
The Working Committee of the Residents’ Assembly of the Auroville Foundation
Aravinda Maheshwari, Chali Grinnell, Hemant Lamba, Ilayabarathy Somasundaram, Mael Shanti Vidal, Sauro Mezzetti, Valli Senthilkumar