The Ponder Corner

The soul takes birth each time,
and each time a mind, life and body are formed out of the materials of universal Nature,
according to the soul’s past evolution and its need for the future.

Sri Aurobindo
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This pulled me out of the experience and I wondered, “That's strange, who’s thinking like that?” It was one of the personalities (One of Mother’s personalities in terms of work, it’s the one that gives each action its proper place), someone way down below, spontaneously feeling: “But that’s going to change the meditations! What will they be like now?” When I returned and began to look at things with the usual discernment, I told myself that perhaps there actually will be a change.

But truly, EVERYTHING was changed at that moment: something was achieved. It was the perception of Power — the Power that comes from Love (what Love is to the Supreme Consciousness, which has nothing to do with what we usually mean by the word “love”). And it was... it was simple! None of those complications resulting from thought, intellect, understanding — all that was gone, all gone. A formidable Power! And it made me understand one thing, that the state I had been put in (by the Lord of Yoga, in fact) was for obtaining the particular power that comes through an identity with all material things, a power possessed by certain persons — not always yogis, certain mediums, for instance. I saw it with Madame Théon: she would will a thing to come to her instead of going to the thing herself; instead of going to get her sandals when she wanted them, she made the sandals come to her. She did this through a capacity to radiate her matter — she exercised a will over her matter — her central will acted upon matter anywhere, since she WAS THERE. With her, then, I saw this power in a methodical, organized way, not as something accidental or spasmodic (as it is with mediums), but as an organization of Matter. And so... I began to understand: “With this comes the power to put each thing in its place!”... provided one is universal enough.

Well, I have understood. And now I know where I stand. Far from the goal, but at least the way ahead is clear.

And if to this material capacity of identification, of exercising the will, is added that Something which was there during my experience and is truly the expression... I don’t know if it’s the supreme expression, but for the time being it’s certainly the highest I know of. (It’s far superior to pure Knowledge through identity, to knowing the thing because one IS it — it’s infinitely more powerful than that.) it’s something formidable! It has the power to change everything — and how!

One is simply That — one vibration of THAT. (silence)

Since this experience (three or four days ago, five days, I’m not sure), there has been a constant multiplication of FACTS of identification (one is it, and so one DOES it), for all the small things of Matter, the most trivial things in the material world. (Mother gets up)

But it will take a long time. We mustn’t imagine that it will be done in the blink of an eye — I am ready to spend years on it (if it comes quicker, so much the better). But it’s the key. The key.

And when it becomes permanent, people will have to watch out when they’re with me! (Mother laughs)

Satprem: This Power... is it Love?

Mother: Well... yes .... It is the essence of Love. It translates itself into Love. And of course I am not at all speaking of the human, physical quagmire; I am speaking of the most wonderfully beautiful and pure Love imaginable. This Power is the origin of that Love, and it is in the Supreme. (Mother sits at the organ)

And it has always been said that That and That alone could bring the adverse forces to a halt. (Music)
NEW GUIDELINES FOR INTERNATIONAL ARRIVAL

Dear Friends, the Ministry of Health and Family Welfare has updated the guidelines for international arrival. There is now a list of 99 countries for which quarantine is not required if travellers are fully vaccinated with two doses. The list of the countries, defined as category A is available at page 2 and 3 of this link which includes also the new text of the guidelines.

All other formalities before departure will remain the same as indicated in our Covid mass bulletin of 21 October:

1. Before departure passengers should continue to submit a self-declaration form on the online Air Suvidha portal (www.newdelhiairport.in) and upload a negative COVID-19 RT-PCR report made within 72 hours before the scheduled flight with a declaration about its authenticity. They should also give an undertaking on the portal or otherwise to the Ministry of Civil Aviation, Government of India, through the concerned airlines that they would abide by the decision of the appropriate government authority to undergo home quarantine/ self-health monitoring.

2. At the arrival there will be a health screening and one more test, to be followed by a period of home quarantine for 7 days. Then a new RT-PCR test should be done on the 8th day. If negative, the quarantine is over but a further period of 7 days of self-monitoring of one’s own health is required. Self-monitoring of health in the Auroville context means to inform immediately santecoordination@auroville.org.in if any symptoms develop.

These guidelines apply even to vaccinated people except for the exceptions indicated in the next point. Passengers originating from the 99 countries included in the category A list do not need to do a post covid test on arrival and undertake quarantine if fully vaccinated. The vaccination certificate should be uploaded in the Air Suvidha portal before departure.

With regards, The Working Committee (Anu, Arun, Chali (TOS), Hemant, Partha, Sauro, Srimoyi)

APARTMENT FOR HOUSE TRANSFER

Dear Community, six assets is currently available for transfer:

DJAIMA  DJA001  (FAMILY)
DJAIMA  DJA002  (COUPLE/SINGLE)
DJAIMA  DJA003  (COUPLE/SINGLE)
DJAIMA  DJA004  (COUPLE/SINGLE)
DJAIMA  DJA005  (COUPLE/SINGLE)
DJAIMA  DJA006  (COUPLE/SINGLE)

To apply, please click on the new “Houses Available” button in the very right column of the Auronet main page. You will be directed to our Housing Transfer App at https://housing.auroville.org.in

All you need to do is:
• click on the transfer you are interested in,
• view all the details and pictures of the asset for transfer
and if you wish to apply,
• click on the “Apply” button and fill in the online application form.

Once the indicated deadline for applying has passed, you will receive an email from Housing Transfer with the date for the site visit.

For any questions, please feel free to come and see Venkatesh at Housing Service Office

Thank you, The Housing Service, Venkatesh, Sundar

FROM THE ENTRY SERVICE - ES # 109
Dated: 27-11-2021

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 ANNOUNCED:
• Elisa TUCCI (French) staying in New Community (Certitude) and working at Divine Arts
• Raquel SANCHEZ (Spanish) staying in Sofiia and working at Pitanga & Auroville Language Lab
• Satheeshkumar GAJENDRAN (Indian) staying in New Creation and working at Bread and Chocolate

CHILD OF NEWCOMER:
• Thao DOUMINGE (French) Born on 17/12/2016 (Son of Elisa TUCCI)

NEWCOMER CONFIRMED:
• Gijs VAN DEN BROECK (Belgian)
• Jens TORP (German)
• Rosemarie DEMELLO aka Rose (British)
• Sankarshan KINI aka Shanks (Indian)
• Vincenzo CAFARELLI aka Enzo (Italian)

AUROVILIAN ANNOUNCED:
• Anand RAJARAM (Indian) staying in Humanscapes and working at Help Animals and Elderly care
• Marvin Joya II Panganiban aka Zech (Hong Kong SAR) staying in Saylam and working at Svaram

AUROVILIAN CONFIRMED:
• Donald Mac Pherson ROBERTS aka Don (USA)
• Elham VALI (Iranian)
• Pablo CUESTA (Spanish)

SPOUSE OF AN AUROVILIAN ANNOUNCED:
• Suresh SENGENI (Indian) staying in Aspiration Community (Spouse of Lavanya)

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. An Aurovilian confirmed by the Entry Board is eligible to participate in all community decision-making processes. 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.

Elisa  Raquel  Satheeshkumar

Anand  Marvin

Suresh
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

NEEDED FAMC ADMINISTRATOR / SECRETARY

FAMC urgently needs an Aurovilian or Newcomer who is able to take care of secretarial tasks such as taking meeting minutes, preparing meeting agendas, responding to emails, organizing the FAMC Google Drive, drafting follow-up communications, etc..

What we need from you

- Be present in the FAMC office: Monday – Saturday 9.00am to 12:00pm and 2:00 to 5:00pm
- Ease while communicating verbally and in writing
- Works well under pressure
- Maintain confidentiality on all matters
- Be self motivated and driven. We expect you to be proactive and get the work done.
- Ability to work in a team
- Be accountable: we expect you to organise your work transparently and report on deliverables / outcomes, and take the initiative to ask for help when you need it.
- We expect you to inform the rest of the team in advance of any changes in your work routine. We expect a commitment of at least 6 months after a three month trial period.

Required skills:

- Excellent written and verbal English
- Good computer skills (and able to learn new technology/tools)
- Good work organisation skills (reliability and responsibility)
- Team work
- Other languages a bonus

What can you expect?

- A maintenance.
- The current team will train you on the tasks involved, most of which are recurring, so you will get used to them soon.
- If you need mentoring on specific tasks FAMC and/or secretariat members are available to guide you.
- Growth potential towards higher levels of responsibility

Please contact: famc@auroville.org.in with the subject FAMC SECRETARY along with a motivation letter and a recent CV.

We look forward to hearing from you.

FAMC (members are: Amy B., Angelo S., Jonas S., Lisa T., Marc T., Palani, Ranjith, Stephan H.)

Community News

AUROVILLE MATTERS

CHILD IS BORN

On Monday the 15th November 2021, the early morning rain blessed us with baby girl Neela, born in New Medical Center, Pondicherry. Special thanks to the Morning Star team for their love, support and guidance through this amazing journey.

With Love, Andramanne & Matthieu
From Hermitage

FOR YOUR INFORMATION

TIBETAN DOCTOR TO VISIT

Dear all, this is to inform you, that the Tibetan Doctor and the team based in Chennai Men Tare Khang is visiting us on Friday 26 full day and on Saturday the 27 as half day.

To get an appointment call 0413 2622401 Tibetan Pavilion and ONLY WhatsApp to 8489067332.

The consultation is happening at the Pavilion of Tibetan Culture International Zone.

Submit by Pavilion of Tibetan Culture team

COLLECTIVE PRACTICE DURING BRAHMA MUHURTA

4.00am to 5.15am

To keep the practice alive, we have set an intention for a “harmonious collective aspiration” in silence where a group is physically in their own spaces but inwardly connected with an aspiration to be a better “servitor of the Divine Consciousness.”

While each person freely chooses if they would like to read something or follow any other practice, the suggested daily morning schedule is:

- 4.00am to 5.00am: Silent Concentration/Meditation
- 5.00am to 5.15am: Read few lines from Sri Aurobindo’s Savitri

Whether you are able to do it everyday or once a week, for a few minutes or fully with the group, it’s all fine to get started. What matters is a sincere intention to progress together.

“A harmonious collective aspiration can change the course of circumstances.” – The Mother

After the monsoon is over we intend to come together physically also on Sunday mornings. For now, we have created an email conversation in which we can share our reflections and suggestions. If you would like to join, please send an email to devabhasha@auroville.org.in

With Sincerity and Gratitude, Deven

AUROMODE HIVE OPEN HOUSE

Friday, 26 November, from 10am to 5pm.

Auromode Hive would like to invite you to an Open House. We will have some biscuits and free internet! All are welcome to try out our coworking space free of charge!

- Open from 9am to 5pm on All Days Except Sundays
- Fully Air Conditioned, Clean & Quiet, Professional Coworking Space
- Two Fully-Equipped Conference Rooms with Projector
- Reliable High-Speed Internet Facility
- Colour Printing and Scanning Facilities up to A3 size
- Small Self-Service Kitchen, Restroom & Outdoor Zone
- Easy access to Auromode Guest House, Dining
- 24/7 Power Backup and Security, Parking
- Aquadyn Drinking Water.

For Further Queries contact us:

auromodehive@auroville.org.in
70921 97375  auromode_hive

auromode Hive
Please Follow COVID-19 Regulations

Auromode HIVE Team
DEATH WITH REGARDS
TO SRI AUROBINDO AND MOTHER’S TEACHINGS

Saturday 4 December, 3-5pm, Unity Pavilion

The ‘Let’s Talk About Death’ group of Auroville organises a sharing on Death with regards to the teachings of Sri Aurobindo and Mother.

The gathering will happen Saturday 4 December from 3pm to 5pm, Unity Pavilion and will welcome 3 speakers: Loretta and Paulette, from Auroville, and Matthijs Cornelissen, from the Indian Psychology Institute of Pondicherry.

Each speaker will have a 20-minute time-slot to share her/his personal knowledge and understanding on the subject. Please, take a look at their brief abstract below. Afterward, a QA will follow, allowing a fraternal discussion on how our Guides have envisioned this specific event. Please, kindly note that the gathering will be recorded.

No need to book for this specific event but you can send any request or comment to us by email to quietusauroville@gmail.com.

If you would like to give a donation to help us to cover our regular expenses, our FS account is 106829 Quietus. We thank you in advance, and we hope to see you soon. Take care and stay healthy and open minded.

The ‘Let’s Talk About Death’ group, 
Dan, Fakeera, Julietta, Kalsang, Lisa & Valeria

Through Death Process with Loretta

Loretta’s will show how we can go consciously through the death process. She will talk about Mother’s work of making the whole death process better for mankind and how she was born for this work. Then she will speak about the things Sri Aurobindo and Mother teach about why we die, and what Mother says about how to avoid them. (loretta@ auroville.org.in)

Sri Aurobindo & Mother Summery by Paulette

Paulette will summarize Sri Aurobindo and the Mother describing the process of death and one’s condition at that moment, what happens afterward, the role of the psychic being, and reincarnation. As Sri Aurobindo wrote, one has to begin at the beginning, and that his own path commences where all Yoga ends. This means focusing particularly on the spiritual transformation of Integral Yoga.

(paulette@auroville.org.in)

The Crucial Role Of Physical Death By Matthijs

Matthijs will address the crucial role physical death has played in facilitating not only our biological but also our spiritual evolution. From there he will focus on the need to concentrate first on finding the core of our being which is already immortal, and how we can invite That to influence the rest of our nature, so that it begins to operate more in harmony with the power of immortal Love supporting the world. Till that process is complete, physical death will be inevitable. (matthijs@ipi.org.in)

Thank you very much for your work. 
Dan, on behalf of the LTAD Group

THE AURA NETWORK

Our Auroville Aura Network phone App is now up and running better than ever before. This has taken years and a huge effort from many people but it’s certainly worth it because it is calling the future.

We are moving step by step towards our Auroville ideals.

Visit our latest website to find out all you need to know and download the app if you haven’t already.

Love, Aura Network Team

www.aurannetwork.app

SAVITRI BHAVAN

December 2021

Exhibitions

• Meditations on Savitri, The series of 472 paintings created by the Mother with Huta from 1961-67 is now on display in the picture gallery
• Glimpses of the Mother: Photographs and texts In the Square Hall upto Dec. 15th
• Sri Aurobindo: A life sketch in photographs In the upper corridor

Films: Mondays 4pm

We continue the series of Meditations on Savitri with meditative films of passages from Sri Aurobindo’s epic poem SAVITRI – A Legend and a Symbol, read by the Mother, accompanied by Her own organ music and illustrated with paintings by Huta under the guidance and inspiration of the Mother.

• December 6: Meditations on Savitri, Book 2 – The Book of the Traveller of the Worlds, Canto 7-9-15
• December 13: Meditations on Savitri, Book 3 – The Book of the Divine Mother, Canto 1-4
• December 20: Meditations on Savitri, Book 4 – The Book of Birth and Quest, Canto 1-4
• December 27: Meditations on Savitri, Book 5 – The Book of Love, Canto 1-3

Full Moon Gathering

• Saturday, December 18, 7.15-8.15pm in front of Sri Aurobindo’s statue

Regular Activities

• Sundays 10.30-12 noon: Savitri Study Circle
• Mondays 3-4pm: Psychic Awakening 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: Readings of the Mother’s commentary on Dhammapada
• Saturdays 4.5-15pm: Satsang, led by Ashesh Joshi
• Saturdays 4.30-5.30pm: Mudra-Chi, led by Anandi

Opening Hours

• Exhibitions, Main Building and Office are open Monday to Saturday 9am-5pm
• Library is open Monday to Friday 9am-5pm
• The Digital Library can be accessed on request Monday to Friday 9am-4pm

Everyone is welcome
SUBMIT ARTWORK
CREEVA is planning a new show, hopefully with your work in it called ‘Looking Back on 2021’. It is to open in Savitri Bhavan on December 17 and to close on January 14.

Please let us know how many paintings or sculptures you will enter up to five. Looking forward to hearing from you soon. audrey@auroville.org.in

THE SUN-EYED CHILDREN
A Saga Of Spiritual Adventure Across Space and Time

Joel’s book “The Sun-Eyed Children” will be released on Wednesday 1st December.

It will be available in Paperback at Freeland Bookshop (open from 10h to 13h and 15h to 18h) from Wednesday onwards.

December 1970, midnight. In a deserted Munich suburb, at a dismal bus stop, a young rebel shivers under a driving sleet. His long hair gathers icicles while he ponders: should he burn his bridges and flee impending prison time? As the bus appears out of the swirling mist and stops, he shakes off any lingering self-doubt and steps in.

Little does he know he is embarking on an adventure far more demanding than his free spirit can imagine. It is the start of a journey that will take him half-way round the globe to distant India and the most remote reaches of the Himalayas.

Embracing the life of a spiritual mendicant, he is forced into choices he never knew himself capable of, as he plunges headlong into a Quest that began centuries ago, and may find its conclusion in a far-off, uncharted future.

Only when he confronts the spectre of violent death, will he understand that all his life experiences must be integrated into one rich, all-encompassing Sweep of Existence that stretches infinitely across the ages, in an unstoppable ascent of perpetual evolution.

EXHIBITION: GLIMPSES ON THE HISTORY OF TIBET.
Opening hours: 9am – 12.30pm and 2 to 5pm.

Closed on Sundays and on National Holidays. At Pavilion of Tibetan Culture. Interested schools can make appointments with us. Pavilion of Tibetan Culture International Zone Auroville Phone 0413 2622401 WhatsApp on 8489067332.

SHAKESPEARE’S CLEOPATRA
Looking to House Sit
I’m Shanks, a musician and long term resident of Auroville, and I’m recently announced as a Newcomer. I am unable to find a Newcomer accommodation that fits my needs and am looking for house sitting options as well.

Please email me on chungates@gmail.com or whatsapp/message/call me on 9943310229.

Looking for Some Housekeeping Help
Hi, we just got twin babies and it is a lot of work and we are looking for some help for cooking and taking care of our place. If you know a good Ama who is looking for a full time work pls contact us.

With love, Beber and Vasuki 739700 5978, 638563 5943
**AN APPEAL**

Dear Friends, you may be surprised to get an appeal from me, Iyyanar living in Prayatna in Auroville, since 1982 working in Matrimandir for the last 42 years in the construction, gardens and Matrimandir information.

My wife Suguna is also hailing from Kottaikarai, my native village adjacent to Auroville city. She has been working in the Solar kitchen for the past 24 years. We have two sons; elder son Mohana Priyan 24 years born and brought up in Auroville. Presently working in FTDC. Our younger son Saravijith 17 years, presently is studying in Auroville school (NESS).

Suguna and myself were pushed to borrow heavily from outside money lenders to have a normal delivery of our kids. We had lost our first child. So, we had to go to Chennai hospital for safe delivery of our children. Then followed the higher education of Mohana Priyan; outside school education was needed then as there were no formal schools inside Auroville.

We are part of the Auroville family. We have no other source of income from outside. We have not created any assets outside to fetch any income.

We pledge that we will not borrow from outside money lenders in future. Whatever possible through our voluntary work we will bring more energy to the realization of the Mothers’ work.

We appeal to all of you, to relieve us from the clutches of money lenders and lead a peaceful life to be the servitors of the Mother.

The details of our loan is with the Auroville Council which comes to the tune of Rs. 7,00,000.00 (Rupees seven lakhs) 1, Iyyanar, request you on behalf of our family to relieve us from the pain and pressure and make a monetary contribution to our Financial Assistance A/C: 

The details of our borrowing from outside money lenders on high interest were given to Auroville council and explained to our Financial Service.

Though we received good help and timely financial assistance from Auroville Health fund and Financial service it was insufficient to meet our urgent needs such as boarding, loading, travel and all other expenses linked with our medical treatment at Chennai which was too much for Auroville to take care of at that time.

Now we, the whole family of four are under pressure every day from the outside lenders coming to our door steps and shouting badly. Already I got sick and got admitted in JIPMER recently due to nervous breakdown. I am recovering slowly.

Please help us financially through Auroville’s proper channels and get us out of the threats.

We need peace

How to donate: There is a Special Financial Service Account for the collection of funds for the repayment of the debts: FS # 252823 (Iyyanar family Loan Fund). All repayments are made via bank transfers.

Pray for Divine Love

Suguna, Iyyanar: 9443263930,
MohanaPriyan: 9384774130

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**PROBIOTICS HOUSE TIP SERIES # 33**

**HOW DO PROBIOTICS CLEAN A COUNTERTOP?**

Part Three: Continuous Cleaning

Continuous cleaning! Sounds great, doesn’t it? Who wouldn’t want a product that kept on cleaning for seven days after you first used it! But isn’t that impossible? How does it work?

It goes back to our Consortium Probiotic products being live cultures. We have to be clear about our products using a “living consortium”, and there’s a reason for that. You see, the claims that “probiotic” manufacturers can put on their products are not very well regulated.

Probiotics have two basic modes, alive, like in our products, or as dormant spores. Probiotics go into a dormant state for a variety of reasons, but they all come down to a change in environment that a live cell could not survive. The microbe morphs into an inactive form often called spores. When the spores are put into an environment that is suited for growth and reproduction, they reactivate. Most products that use spores have only one species of probiotic, not ten or more like ours. They are also initially present in far smaller quantities than a liquid product full of living microbes.

Product labeling, however, does not distinguish between the different forms that probiotics can assume. If your product has even traces of dormant spores in it, you are allowed to call it “probiotic”. That’s like tossing a cupful of whisky into a barrel of corn liquor and calling it “Scotch”.

But what’s that got to do with continuous cleaning? It has a lot to do with it, because the probiotics populate cleaned surfaces and continue to live and grow on them for as long as seven days. They keep on making the same postbiotics that cleaned the surface in the first place—biosurfactants, hydrogen peroxide (oxygen bleach) and organic acids. These continue to do what they do, which is loosen dirt and biofilm while making it hard for unwanted microbes to grow and spread.

Did we mention that they do that for seven days? Because they do!

What does this mean to you? It means that instead of cleaning a surface everyday or every other day, you can wait three, four days or more and still have a shine on your countertop. Heavy-use surfaces will need to be cleaned more often than that, but even they will be easier to clean each time as there is still action going on at the microscopic level. Low-use surfaces that were cleaned every few days can drop down to once a week, and time is money. You can save both by starting probiotic cleaning with Consortium Probiotics products.

Probiotics House, Guidelma & Margarita

MGEcoduties – Reve.

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**Bed Available**

Bed, 190cm X 110cm, without mattress. Feels like new, beautiful wood and polishing. If you are interested, please contact Stefan Gebert at Stefan.gebert@gmail.com or WA 9650826622

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**Lost Angel Medal**

On Sunday 14/11 around Divyashakti I lost a small angel medal which belonged to my deceased father, mostly a family memory I loved to have to remember him... I would be very happy if someone found it. I am ready to give a reward for that.

With love, Beber, 6385635943

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**HELPFUL HINTS/ADVERTISEMENTS**

**PROBIOTICS HOUSE TIP SERIES # 33**

**HOW DO PROBIOTICS CLEAN A COUNTERTOP?**

Part Three: Continuous Cleaning

Continuous cleaning! Sounds great, doesn’t it? Who wouldn’t want a product that kept on cleaning for seven days after you first used it! But isn’t that impossible? How does it work?

It goes back to our Consortium Probiotic products being live cultures. We have to be clear about our products using a “living consortium”, and there’s a reason for that. You see, the claims that “probiotic” manufacturers can put on their products are not very well regulated.

Probiotics have two basic modes, alive, like in our products, or as dormant spores. Probiotics go into a dormant state for a variety of reasons, but they all come down to a change in environment that a live cell could not survive. The microbe morphs into an inactive form often called spores. When the spores are put into an environment that is suited for growth and reproduction, they reactivate. Most products that use spores have only one species of probiotic, not ten or more like ours. They are also initially present in far smaller quantities than a liquid product full of living microbes.

Product labeling, however, does not distinguish between the different forms that probiotics can assume. If your product has even traces of dormant spores in it, you are allowed to call it “probiotic”. That’s like tossing a cupful of whisky into a barrel of corn liquor and calling it “Scotch”.

But what’s that got to do with continuous cleaning? It has a lot to do with it, because the probiotics populate cleaned surfaces and continue to live and grow on them for as long as seven days. They keep on making the same postbiotics that cleaned the surface in the first place—biosurfactants, hydrogen peroxide (oxygen bleach) and organic acids. These continue to do what they do, which is loosen dirt and biofilm while making it hard for unwanted microbes to grow and spread.

Did we mention that they do that for seven days? Because they do!

What does this mean to you? It means that instead of cleaning a surface everyday or every other day, you can wait three, four days or more and still have a shine on your countertop. Heavy-use surfaces will need to be cleaned more often than that, but even they will be easier to clean each time as there is still action going on at the microscopic level. Low-use surfaces that were cleaned every few days can drop down to once a week, and time is money. You can save both by starting probiotic cleaning with Consortium Probiotics products.

Probiotics House, Guidelma & Margarita

MGEcoduties – Reve.
WORK OPPORTUNITIES

SOLAR KITCHEN SEEKS
INVENTORY/STOCK IN CHARGE PERSONNEL

Looking for an Inventory/stock in-charge personnel to handle stock and develop a comprehensive inventory tracking system to streamline our kitchen needs and costs. The main responsibilities of this position include managing tracking systems and supporting procurement. The successful candidate will offer recommendations to ensure ideal levels of inventory for the kitchen and in stores. Prospective candidates with inventory control experience in edibles are encouraged to apply.

Inventory/stock In-charge responsibilities and duties

• Ensure accurate product inventory for the kitchen.
• Develop an inventory tracking system to streamline our operations.
• Communicate with our procurement in-charge & accountant about current stock and potential issues with orders.
• Conduct daily analyses to forecast potential inventory issues.
• Report on inventory activities and variances.
• Assess new inventory to ensure it is ready to run the kitchen smoothly.
• Develop and implement inventory control procedures and best practices.

Expectations from the candidate

• Knowledge in data entry and basic tally.
• Able to multitask and work independently.
• In-depth understanding of groceries and how to appropriately store them.
• Punctual and Full-time commitment.

Newcomers or Aurovillians are preferred.

Kindly email us if you are interested and have the required skill set at skoffice@auroville.org.in.

Love & Gratitude,
Harishini, Manimaran, Shakthi & Vanitha
Solar Kitchen Team

NEW CREATION LOOKING FOR A KITCHEN MANAGER

Dear Friends, New Creation is a project to help village’s difficult families by helping their children and let them grow in harmony and joy. New Creation wants to be a bridge between Auroville and villages.

We are running a small primary school in a free progress method and we are looking for some volunteers.

We are looking for:

A Kitchen Manager to be in charge of the shopping and the cooking for our school children. Half time work. you will be in charge of a team of 2 people. Long term volunteer or aurovillian are more than welcome. Contribution can be in different way (accommodation, maintenance).

Someone to help also with basic maintenance work in our school and campus (cleaning / fixing / gardening / painting etc.). Timings can be arranged to yours and it can be a half or full time work. We are willing to provide maintenance for this work but volunteers are Welcome

If you are interested, please contact beber at aurochild@auroville.org.in or 6385635943.

With love and light.
Beber

Voices and Notes

POETIC AND...

Reading and presenting poetry book by Anandi Zhang at Auroville Library, Friday 3 December, 7pm. Come with the heart of a child.

In case of heavy rain, the event will be canceled.

With joyful Gratitude,
Anandi

IN THE FIRST PLACE – THE INDIVIDUAL

In the first place the ego is the individual only in the ignorance; there is a true individual who is not the ego and still has an eternal relation with all other individuals which is not egoistic or self-separative, but of which the essential character is practical mutuality founded in essential.

This mutuality founded in unity is the whole secret of the divine existence in its perfect manifestation; it must be the basis of anything to which we can give the name of a divine life. But, secondly, we see that the whole difficulty and confusion into which the normal reason falls is that we are speaking of a higher and illimitable self-experience founded on divine infinites and yet are applying to it a language formed by this lower and limited experience which founds itself on finite appearances and the separative definitions by which we try to distinguish and classify the phenomena of the material universe.

The Eternal and the Individual
387 Life Divine

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

• Audible Weed Walk – Ep.65 “Rewilding our diet” (Food education)
• Interview with Inderjeet Kaur, a Consultant Midwife from Fernandez Hospital (Women’s health)
• Tamil Epics- ep.11 “சிலப்பதிகாரம்” (Tamil culture)
• The best of what’s still around – ep.34 (Music)
• Happiness, Love and Laughter – ep.117 “Enjoy Each Moment!” (Wellness)
• Une série hebdomadaire de lectures par Gangalakshmi – 373 (Integral Yoga)
• Karpathu Tamil-Ep.7 “சித்தர் பாடல்கள்” (Siddhar Songs) (Tamil culture)

…and more! on www.aurovilleradio.org

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

Peace and Love
Dear community friends and guests, we would like to inform you that on November 23rd our beloved Chinese martial arts master Lhamo has finally restarted her classes and therapies in Serendipity (Ex. Joy Guest House) as follows.

**Qi Gong every Wednesday and Friday**
From 7.30 to 8.45
Qi Gong can be described as a mind-body-spirit practice that improves one’s mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent. Specifically, this form of gentle exercise is composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, synovial and lymph) and building awareness of how the body moves through space. In fact, when you practice and learn qi-gong exercise movement, there are both external and internal movements. There are likely thousands of qi gong styles, schools, traditions, forms, and lineages, each with practical applications and different theories about Qi (“subtle breath” or “vital energy”) and Gong (“skill cultivated through steady practice”). As Lhamo has a very extensive knowledge of many of them, she will explore different styles according to the students. These classes do not require advance registration (drop-in) and they are suitable for beginner to intermediate level students.

**Hypnotherapy on appointment only**
(+91 9385623342)
In modern hypnosis, the emphasis is put on our own relationship to our own creative unconscious. There are many different aspects and parts in our outer and inner life. And there are parts that don’t have a positive appearance. But in hypnosis, we can turn them into positive possibilities and let them teach us how to discover their positive meaning. Lhamo has a very humorous, gentle and sensitive approach to make everyone feel at ease. Her motto is: may we all enjoy our lives with endless creativity.

**Gua Sha (Chinese Detox Scrub) on appointment only**
(+91 9385623342)
This is one of China’s oldest treatments. The practitioner uses a Tool like a flat piece of jade to scrub the skin to help release blocks, stagnant blood, energy and restore a natural flow. When the toxins in the deep layers of the body reach the surface through scraping, they get more easily released from the body. This treatment is also suitable for healthy people to detoxify, to purify and improve the metabolism of the whole body.

**Chinese Infants & small children massage on appointment only**
(+91 9385623342)
A very interesting way of looking at small children’s (0 to 6 years old) health and well being. It is a way to cure infants’ daily problems(cold, digestive functions, fever, cough, etc.) and increase the immune system without medicine. The first mention of children’s massage dates back to 1000 BC. Nowadays, it is very popular in China. It works through very soft massage using different acupressure points than adults. It is an empowering tool for parents to deal with their kids’ daily ailments. It is very effective for newly born babies and suitable for children up to 6 years old.

**Facial acupuncture & massage on appointment only**
(+91 9385623342)
This therapy was founded by Professor Wang Yongzhou. It is based on the connection between the body and the mind and its need for integration. It works on the principle that there is a holographic miniaturization system covering the whole human body, so that the whole body is represented on the face. Very small needles are used solely on the face of the patient, which is a mirror of the whole being. It uses a very interesting and immediate way to assess the changes in the body. The theory and techniques of this facial massage comes from facial acupuncture and it is useful for people who are more sensitive and feel uncomfortable with the needles. Through massaging the face, neck, head and using acupressure, the whole body is treated and supported. Very useful for relaxation, improving sleeping quality, balancing the organs and of course for beauty. Both facial acupuncture and massage are very soothing and gentle, one can quickly enter into a space of deep relaxation and calm consciousness.

**If you need more information**
You can contact us by phone or WA +91 9385623342 or write to serendipity@auroville.org.in. For more information about activities, therapies and events in Joy Community, you can visit our Facebook page. Serendipity (Ex. Joy Guest House) Center Field, Auroville – 605101 Landline: +91 (0)413 2965693 Mobile/WA: +91 9385623342 https://serendipity.aurowille.org https://www.facebook.com/serendipityaurowille

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**CONFIDENCE-BUILDING WORKSHOP**
Whether you’re interested in building up your speaking confidence when speaking in front of others, or you’re a performer/actor interested in developing more stage presence, come join us!

The classes are really beneficial for those interested in building their confidence, whether for ordinary, professional life or performance.

If you struggle with stage fright, a fear of public speaking, performance anxiety or social anxiety please join us. We will be exploring how to be our authentic true selves in a social setting; practicing being who we are, instead of trying to be who we think we need to be.

In these workshops we will explore what it means to be sincere to ourselves in public and how this can help us to connect to our own individuality, to others and to audiences. A lot of emphasis in this workshop will be about embracing our vulnerability, instead of hiding it. When we are sincere and we drop our guard, we communicate in a way that truly connects to others.

These classes will combine a mix of improvisational games, public speaking techniques, theatre exercises, movement and mindfulness practices.

Oh and expect lots of PLAY J

Book a place please Whatsapp Mike on +447515377896 or email michaelssokolin@gmail.com

FAMILY CONSTELLATION WORKSHOP
Saturday 4 of December, 9am to 6pm, Creativity Hall Of Light, contact: Moghan@Auroville.org.in, 9751110486
Thank You, Moghan

OM CHOIR & SATSANG BY NARAD
Each Tuesday at 5.30pm in the Unity Pavilion
The OM Choir meets each Tuesday at 5.30pm in the Unity Pavilion.
After the OM Choir at 7.00pm there is a Satsang gathering with Narad at the home of Uma and William in Kalpana (E1-2B above the parking area)

Thank You, William

HOLISTIC UNIT – HEALING & CONSCIOUSNESS

Deep Yoga-Meditation & Stress Management
4th & 5th December 2021
Let’s Do It! Relieve you from stress-related problems and realize peace and tranquility.
Organized by Holistic, a health care unit of Auroville. This workshop is conducted By our Yoga Teacher Christine Pauchard & Mradul Jain
Registration: we have limited seats for the workshop. You need to register for the workshop & make the payment upfront. For registrations & more information, please contact +91 9489805493 or contact@auroville-holistic.com
Timings:
• Saturday 8.00 to 12.30 AM & 3.00 to 4.30 Pm
• Sunday 8.00 to 12.00 & 2.30 to 4.00 PM,
https://www.auroville-holistic.com

Reiki Healing Sessions With Mradul Jain

Now Scientific meditation with Sound healing and AMI (discovering your hidden potential) sessions have restarted
Contact www.auroville-holistic.com
contact@auroville-holistic.com
Mob/WA +91 9489805493

Yoga & Re-creation Sessions (Drop-in)

<table>
<thead>
<tr>
<th>Days</th>
<th>Title of the Sessions</th>
<th>Timings</th>
<th>Presenters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Yoga Asana Create Some Space</td>
<td>5-6.15pm</td>
<td>Sheida</td>
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<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title of the Intensive</th>
<th>Timings</th>
<th>Presenters</th>
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</thead>
<tbody>
<tr>
<td>Sat, 11 Dec</td>
<td>Freedom from Fear</td>
<td>2-4.30pm</td>
<td>Dr. Sehdev</td>
</tr>
<tr>
<td>Sat, 18 Dec</td>
<td>Yoga of Forgiveness</td>
<td>2-4.30pm</td>
<td>Dr. Sehdev</td>
</tr>
<tr>
<td>Fri, 24 Dec</td>
<td>Seven Steps to Freedom</td>
<td>2-4.30pm</td>
<td>Dr. Sehdev</td>
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Therapies

<table>
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<tr>
<th>Therapist Name</th>
<th>Title of the Therapies</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lalita</td>
<td>Holistic Head and Face Massage</td>
<td>By appointment only</td>
</tr>
<tr>
<td>Mohammed</td>
<td>Acupuncture</td>
<td>By appointment only</td>
</tr>
<tr>
<td>Susan</td>
<td>Heart-Centered Resilience</td>
<td>By appointment only</td>
</tr>
</tbody>
</table>

JIVA
your journey in healing and transformation

Transforming trauma 27 & 28 November
How to identify trauma and posttraumatic stress disorder?
How to recover a person’s full potential, energy and zest for life – and even integrate the wisdom of it all?
2 day workshop with theory and interactive exercises, A toolbox of techniques to apply in your therapeutic work. The workshop is designed for therapists of body and mind, psychologists, and all who work with trauma.
Facilitator: Sigrid Lindemann, international faculty in integral regression therapy, sensation method homeopathy, trauma therapy in Auroville for 20 years
Time: 9 – 4.30pm.
Venue: Sharnga Guesthouse Yogahall
Info and registration Sigrid:
contact@auroville-jiva.com
WA 09626006961
www.auroville-jiva.com
www.sharngaguesthouse.in
New Language Courses!

**Beginner Tamil for kids with Murugesan**

Murugesan is going to teach a new Tamil class for children in the age group of around 8 years. This 3-month course will take place every Friday, from 04.15pm to 05.15pm, starting from 3rd December 2021.

The course will feature:
- Alphabets, numbers & seasons
- Two letter words, three letter words, etc...
- Grammar will be taught with an emphasis on practical usage
- Teacher will use also flashcards specific for children

So contact us immediately to join!

**Beginner Written & Spoken Tamil, with Murugesan**

Murugesan is ready to start a new Beginner Written & Spoken Tamil in November.

This 3 months course will feature:
- Alphabets, numbers & seasons
- Two letter words, three letter words, etc...
- Exploration of the difference between spoken & written Tamil through books & videos
- Developing listening & reading skills with Tamil audio songs with lyrics
- Grammar will be taught with an emphasis on practical usage

This course will take place Mondays & Thursdays, 4.30pm to 5.30pm

If you want to join, we still have a few spaces available!

**Total Beginner English**

We will start a Total Beginner English course for 3 months.

This is for people who absolutely do not know how to read, write or speak English at all. We know there are several people, especially women, in Auroville, in that situation. The students of the previous pre-Covid lockdown group were very happy with their progress. A new group is starting, so, if you know anyone who could benefit, of any nationality, please ask them to contact the Lab ASAP. Priority will be given to Aurovilians, Newcomers, Family of Aurovilians, & Auroville Employees.

To join, or inquire about

Please fill out our form at http://register.aurovillelanguagelab.org/ to join, or inquire about, any language classes at the Lab! As well as drop us an email or call!

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!

**Tomatis**

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=wnpXprTI3m0
- https://www.youtube.com/channel/UCeTIG0y-sBM-lyywZNdZcAng/videos
- https://www.listenwell.com/

New requests can be sent by email to Tomatis@aurovillelanguagelab.org.

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<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>Complete Beginners!</td>
<td>To be determined! Inquiries Welcome!</td>
<td></td>
</tr>
<tr>
<td>Beginner &amp; Pre-Intermediate</td>
<td>10.00am – 11.00am</td>
<td>Tuesday &amp; Thursday</td>
<td></td>
</tr>
<tr>
<td>Beginner &amp; Pre-Intermediate Group 2</td>
<td>10.00am – 11.00am</td>
<td>Wednesday &amp; Friday</td>
<td></td>
</tr>
<tr>
<td>Intermediate</td>
<td>02.30pm – 03.30pm</td>
<td>Wednesday &amp; Friday</td>
<td></td>
</tr>
<tr>
<td>Intermediate/ Advanced</td>
<td>New cycle in December! Inquiries Welcome!</td>
<td></td>
<td></td>
</tr>
<tr>
<td>French</td>
<td>Beginner</td>
<td>To be determined! Inquiries Welcome!</td>
<td></td>
</tr>
<tr>
<td>German</td>
<td>A1.1 Beginner</td>
<td>Cycle completed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>A1.1 Beginner Online</td>
<td>07.30am – 08.30am</td>
<td>Tuesday, Wednesday &amp; Thursday</td>
</tr>
<tr>
<td>Hindi</td>
<td>Beginner (on hold)</td>
<td>10.00am – 11.00am</td>
<td>Wednesday &amp; Friday</td>
</tr>
<tr>
<td>Tamil</td>
<td>New Batch Spoken Beginner</td>
<td>09.30am – 10.30am</td>
<td>Tuesday &amp; Friday</td>
</tr>
<tr>
<td></td>
<td>Written &amp; Spoken Beginner To Start Inquiries Welcome!</td>
<td>04.30pm – 05.30pm</td>
<td>Monday &amp; Thursday</td>
</tr>
<tr>
<td>Spanish</td>
<td>Beginner</td>
<td>02.30pm – 03.30pm</td>
<td>Tuesday &amp; Friday</td>
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<tr>
<td></td>
<td>Intermediate</td>
<td>03.30pm – 05.00pm</td>
<td>Monday &amp; Friday</td>
</tr>
<tr>
<td></td>
<td>Conversation</td>
<td>02.00pm – 03.00pm</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Japanese</td>
<td>NEW Beginner</td>
<td>10.00am – 12pm</td>
<td>Saturday</td>
</tr>
</tbody>
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The Language Lab’s Opening Hours

Monday – Friday:
- 9.00am – 12.00pm & 2.00pm – 5.00pm.

Saturday:
- 9:00am to 12:00pm.

Location: International Zone, after Unity Pavilion & Pump House.

Phone: (0413) 2623 661, 4036920/22.

Email: info@aurovillelanguagelab.org
Aswapati sees the constricted world of the LITTLE LIFE as an unhappy corner in eternity. Wanting to understand its secret more deeply he tries to discern the Power that has created it and to grasp the creative Idea which has brought it into existence. He plunges his powerful gaze of consciousness through the mist of obscurity which surrounds it. As if lit up by a searchlight, a multitude of tiny primitive entities appear moving about before his eyes: elves, imps, goblins, genii and others, half-animal, half-god in their appearance and their nature. Their work only seems to spoil, deform and pervert, and they amuse themselves in the process. Wherever there is narrowness, chaos and obscurity, these petty beings cast their influence. They lurk in the unconscious and half-conscious parts of man and lead him astray.

The earth is not a closed system: it is open to the action of Powers from other worlds, and it is a field of Evolution and Progress. On Earth all powers have to move through strife and struggle towards an eventual Harmony and Perfection. The way is long and leads through belts of Inconscience, Ignorance and Ill-will. But the Divine inhabits every corner of his universe and leads its movement and assures its eventual success and fulfillment in Freedom and Light.

Leaving the realms of the Little Life, Aswapati moves on through the astral chaos, a dark and hostile region in which the only sure Light to be found is the flame of his own Spirit. Moving with his light through the hostile region, he comes towards the realm of GREATER LIFE.

Aswapati sees that this realm of Greater Life inspires our vaster hopes, and its forces have made landings on our globe. All that we seek for is prefigured there.

All powers of Life towards their godhead tend… (p.185) / Our souls are dragged as with a hidden leash, / Carried from birth to birth, from world to world,… (p.197)

Aswapati sees all the great achievements of the Life Power realised there, a universe of truths and myths. But he also sees that Reality is hidden from her, she lacks eternity and misses the infinite. This Greater Life does not provide what he is seeking: a Power which can enable life on earth to become divine.

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 can lead us towards 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.
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.

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:

- 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, 0413-262-213

To The Content