

News & Notes

#877 A weekly bulletin for residents of Auroville 3th July 2021



Photo by Lalit Bhati

The Ponder Corner

One must have an unvarying will to acquire what one does not have in one's nature,
to know what one does not yet know, to be able to do what one cannot yet do.

The Mother
Words of The Mother, vol. 14, p. 167

ANNOUNCEMENTS

Natural Impressions:

Ambient live music by Nadaka, Gopika & Keshawa on 3rd July, Saturday evening 5:15 to 6:15 PM. Enjoy this peaceful moment in the Matrimandir Gardens by the Amphitheater

Amphitheater-Matrimandir

Dear all, we are very happy to announce the restart of the weekly Meditation with Savitri – Sri Aurobindo's great mantric poem – read by Mother – to Sunil's music from July 8th – Every THURSDAY at sunset – from 6:00 to 6:30 pm (weather permitting). Enjoy the beautiful open space, an immense sunset and heavenly music in the very Center!

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 not to use cameras, i-pads, cell phones, etc.

Dear Guests and Volunteers, please carry your guest cards with you and note that access is only for the Amphitheatre, from 5.45 pm till the meditation ends around 6.30 pm. Thank you.

Surya and Amphitheatre team



House of Mother's Agenda

The Musty Darkness

Homer too had a sense of humor. He too had made his human exploration, and in a hymn to Demeter, the Great Goddess, he praises the Eleusinian Mysteries thus: "Happy is the one who has had the vision of the mysteries; he will receive the wealth in his dwelling..." (That "wealth" is the Seed, "I am" — or rather "It is.") And he adds: "He who has not taken part in the holy rites will not have an equal destiny, even when he dies and descends to the musty Darkness"(!)

There are evidently several sorts of "darkness"! Sophocles, more respectful, and deeper, spoke of the "dark

foundation". He was perhaps even deeper than the Egyptians who had so wonderfully explored this "necropolis" of the "house of the dead" — and we believe that Dostoevski too, in another way, felt more deeply that "foundation" in his House of the Dead. All of them clearly saw that life after death and the transition of the soul and the power of the soul grow — so slowly. As for our modern "explorers", they have remained in the non-existent "I" and have gone round their own castle, like the knights in armor we see standing stiff on the walls of some French châteaux. They have plumbed the mysteries of the "unconscious". That is what we have called "psy-something", with various conjectures and mysterious "complexes", less beneficent than the Eleusinian Mysteries. With his sense of humor too, Sri Aurobindo spoke of their "psychoanalysis of cosmic Self". But in reality, there is not far to go to explore: all our pathology is out in the streets.

The "musty darkness" is disgorging its mustiness. It is the whole consciousness of the Earth that is coming out in the streets and is beginning to rebel against the senseless fortified castle in which our scientists, our Churches and our psy-somethings try to keep it under lock and padlock.

Our paleontologists may be closer to reality, though they have only seen its skeleton.

There is that primeval Inconscient, there are all those little beasts and the big ones, each coiling its shell of limestone round and round to protect itself from an unknown immensity and defend itself against the adversity of the moment; and when the conditions became stable enough, each went on coiling its shell round and round — such was the "law", till the next adversity. From adversity to adversity, we have come to this human species, which has not done anything different from the polyps and the apes: it has coiled its stable system round and round, and such is the "law", all the more indubitable and unshakable as it is armed with rather terrifying theological and electronic weapons. But this "law" of men is no more real than that of previous species, nor more real than that of our warriors in coat of mail standing against the walls of our châteaux — at the next adversity, we will turn into fossils as well.

Only, our Mental tool has enabled us to observe the recurrence of certain habits of Nature, to entrap them, if we may say so, and to exploit them — and that trap has become our trap. The primeval and mechanical Inconscient has fossilized alive into a still more firm and "effective" Inconscient — for where is consciousness in all this? A clever ape would not have done any better.

*[Nature's] firm and changeless habits aping Law,
Her empire of unconscious deft device*
says Savitri.

We are right in this "horizontal layer", with "something above" and "something below" which we do not know but have mechanized or evangelized with our mental tool. And our universe, seen at the end of our mental spectacles and so thoroughly explored by our technicians, has become

...this senseless whirl

Borne round inert on an immense machine.

It is not a universe, it is a madhouse. Or the product of our musty darkness. But where is the physical reality in all this?

The Mystery

Since that day of 1982 when I attempted to follow in Sri Aurobindo's and Mother's footsteps, I have been in front of a Mystery. As there has certainly been none for Ages. Often I think of that little seal on its white beach, with its gaze so strangely mute and full. But we are at the other end of that long time. And all is as mysterious and full... of "something", as if we had never learned anything, except a very old long time that throbs in a body, and a question, an immense question. History we know: it has built this body. Philosophy we know: it has added up our miseries and hopes. Life we know. But at the end of all that, we are like eyes closing in on themselves, with that same heartbeat, as if the whole species were living there, mute and full, and suddenly toppling into an incomprehensible body, an incomprehensible law, and the whole future of this species seems to be gazing at itself on a great dangerous and unknown beach. All habits of life are undone, even the habit of dying. It is something else — powerfully something else, incomprehensibly something else. Yet the old human worker we are wants to understand: that is its ultimate task, as it were. There is nothing to convey, except what is here in this body of a million sorrows, which it blindly feels to be the Hope, the Future — the supreme Possibility. It is so impossibly possible that it has to be a new door. But it is barely opening, and onto what?

(to be continued next week)

*Satprem . The Tragedy of the Earth - from Sophocles
to Sri Aurobindo . The Victory Over Matter*

Townhall Speaks

Call for Feedback for the Land Board Nominees

Dear Community, we are happy to inform you that the nomination phase of the Land Board selection process is over. It's now time for us to invite you to share constructive feedback on nominees who stepped forward to serve in the Land Board.

Adhi (Celebration)
Bertrand (Surrender)
Haridass N. (Mukthi Vilas)
Helena (Swayam)
Jayavel (Acceptance)
Kittu (Mukti)
Krishnamoorthy (Celebration)
Muthu E. (Edayanchavadi)
Padmanabhan (Auromodel)
Paul Vincent (Courage)
Raja Narayanasamy (Celebration)
Rameshkumar (Promesse)
Satyakam (Kalpana)
Selvaraj (Aspiration)
Venkat (Surrender)
Vinith (Celebration)
Vivekkumar (Arc-en-Ciel)

How:

Please find the profiles of candidates and fill in a feedback form here: <https://www.ras-auroville.org/land-board-nominations-2021>

Feedback period will run until Sunday, 11th July, 2021

Please note: no unsigned or anonymous feedback will be accepted by the Residents' Assembly Service (RAS). Only factual, either general or directly work related, feedback will be considered.

The RAS then sends the compiled feedback to the Council and Working Committee (Selection of new members of the Land Board, 2021 – <https://bit.ly/2UQdFjl>).

If you have any questions or need assistance, please feel free to contact the Residents' Assembly Service at raservice@auroville.org.in.

Economic Relief Fund for Auroville Units & Services

Dear Community, the MERA team is happy to share that we have a starting grant of approximately 20 lakhs intended to support the fixed costs of Auroville units, services and guesthouses that are impacted by the economic crisis brought on by the Covid-19 pandemic and associated lockdown measures.

A generous, anonymous US-based donor came forward with this intention, and a proposal to double-match all donations raised via an Auroville International USA fundraiser.

We invite all those based in Auroville/India who wish to participate to make a contribution to MERA via the Auroville Unity Fund, and all those based internationally to contribute directly via AVI-USA's [campaign](#).

Funding Criteria: For those units, services and guesthouses who wish to apply, below is more information on the funding criteria.

All of Auroville's income-generating/self-supporting units (whether commercial or service units, or guest houses) are eligible for this relief grant.

Funds will be applicable to cover the fixed costs of units (such as salaries, rent, electricity, internet, accounting charges etc.) As per the donor's request, at least 2/3 of funding received is to be used towards non-Aurovilian human resources (salaries, Employees Provident Fund, Employees State Insurance).

All those who apply (and are eligible i.e are an income-generating commercial or service unit/guest house) will receive support in the form of a grant amount paid in early August. If the total amount requested (from all applicants) exceeds the total amount of funds available, an equal portion of each request will be granted, based on the human resource components of each request.

A report of expenditure and a self-assessment of impact of the grant will be requested of all recipients in 3 months' time (November).

How to Apply: Please fill in an excel form with your monthly fixed costs, reserves and liabilities (you may find the form at MERA's Auroville page, or write to MERA) and send it to mera@auroville.org.in by July 17th latest. We aim to support units over a 3 months period.

Other Support available: We take this opportunity to remind all those in an economic situation that makes it challenging to continue to provide Aurovilian Maintenances that these are eligible for Temporary Emergency Maintenances provided by the BCC. Please see the latest TEM guidelines on BCC's Auroville page, and contact bccoffice@auroville.org.in to apply.

We would like to express our gratitude, on behalf of Auroville, to the donor providing the starting grant, AVI-USA coordinating the fundraiser, and all those who will participate.

In community,
Team MERA
(Hemant, Rathinam, Stephan, Suryamayi)
From AVI-USA:



Dear Aurovilians, please share this fundraiser with your friends: <https://aviusa.org/support/ppp/>

With gratitude,
AVI USA

From Auroville Council

Dear Auroville community, In the last few months the new Council has encountered several areas of contention in our organisation. A general lack of clarity and lack of precise mandate create much confusion and wastes massive amounts of time and energy. If we could agree more easily we might progress more readily.

The questions that must be conclusively answered concerns the layers and bodies of our organisation and their relations to each other. Most importantly that we all agree upon these so that we squabble less and are able to focus on our collective work more. It could be argued that refining and harmonising conflicting views is the very work that we are here for, which would then allow a higher consciousness to take hold and lead.

For this purpose, we propose a study forum to harmonise our internal structure, so that we can focus more on the progress of Auroville as a whole rather than our differences and preferences.

The form of the forum is still to be determined but we invite you all to write to us so that we can begin to see how we as a community want to tackle this challenge.

Warm regards,

For Auroville Council,

Balaji, Claudine, Ganesh K. Meenal, Sai Suresh, Suryan, Shivaya, and Shiva

From The Entry Service – Es # 087

Dated: 26-06-2021

(re-announcement due to technical issue)

Our team is happy to recommend the following individuals joining Auroville. Community feedback period for Newcomers, Associates and Friends of Auroville is two weeks and for Youth, Aurovilians, Returning Aurovilians and Spouse/Partner is one month. Kindly forward your support or grievances to entryservice@auroville.org.in.

AUROVILIAN ANNOUNCED:

Balaji SUBBARAJU Olha BONDAR Sriranjani BOOBALAN Vijaya SAMPATH Zhengrong ZHAO



- Balaji SUBBARAJU (USA) staying in Vikas and working at AV Consulting
- Olha BONDAR (aka Olga) (Ukrainian) staying in Humanscape and working at Matrimandir & To be Two
- Sriranjani BOOBALAN (Indian) staying in Djaima and working at Omega
- Vijaya SAMPATH (Indian) staying in Protection and working at Tanto Restaurant & Guest House (Srima)
- Zhengrong ZHAO (aka Lhamo) (Chinese) staying in Humility and working at Joy Community

SPOUSE OF AN AUROVILIAN ANNOUNCED:

- Nithya VELU (Indian) staying in Inspiration (wife of Velu)



Nithya
Velu

From The Entry Service – Es # 088

Dated: 03-07-2021

Our team is happy to recommend the following individuals joining Auroville. Community feedback period for Newcomers, Associates and Friends of Auroville is two weeks and for Youth, Aurovilians, Returning Aurovilians and Spouse/Partner is one month. Kindly forward your support or grievances to entryservice@auroville.org.in.

AUROVILIAN ANNOUNCED:

Angelo FRATTI Audrey BARBALAT Ishay BOT- BOL Ruben BERLANGA RANDALL Sathiya KUMAR



- Angelo FRATTI (French) staying in Kalabhumi and working at Sakura Sushi
- Audrey BARBALAT (French) staying in Sharnga and working at Taboo Boutique & TLC
- Ishay BOTBOL (British) staying in Soffio and working at Perceptiveye & Miniature
- Ruben BERLANGA RANDALL (Mexican) staying in Dana and working at Auroville.Com & AV Radio
- Sathiya KUMAR (Indian) staying in Adventure and working at Pre-creche

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 Aurovillian once his/her name has been confirmed by The Admission Committee (aka the Entry Board) after following due process.

The date of becoming Aurovillian is the date of confirmation. An Aurovillian confirmed by the Entry Board is eligible to participate in all community decision-making processes.

A confirmed Aurovillian 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.

Covid Bulletin 26th June 21

Dear Community, this is to inform you that the Honorable Chief Minister of Tamil Nadu has issued a press release extending the full lockdown until 05-07-2021 at 6-00 am. There are no new relaxations except for public transport that is now allowed between districts with 50 per cent capacity. The translation of the full text of the press release is [available at this link](#).

Please remember to continue to apply all due precautions of wearing masks and maintaining distance when interacting with others and in public spaces/facilities, and regularly washing hands or using sanitizer.

With best wishes to all.

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

L'avenir d'Auroville / Auroville Town Development Council



Auroville
Town
Development
Council

Auroville – Examples of un-
resolved issues 'Elephants in
the room: Dear Friends, a big
Thank you to each one of you

L'avenir d'Auroville

who have participated
in the campaign –
"Elephants in the room". We have received
enormous support with your inputs and it is a
great joy to know the interest we have as an
extended family.



It was exactly 18 days ago that we had sent you this
campaign and we wanted to give enough time for many of
us to take considerable time to fill out the survey.

This campaign will now run for another 2 weeks and
the last date to submit will be 12th July 2021, 5 pm.

A few things to remind:

1. All those who have used printouts, kindly submit at
the same place or leave it at our desk in Townhall or
at the reception of Town Hall – so that we can collect
it for analysis.
2. Please use the " Other comments" section to leave
your comments on any of the survey questions or
even about the whole survey.
3. A Few of you had asked about the background infor-
mation of this survey. You can read [the report of the
Av Retreat here](#) for more details on this.
4. We cannot thank you enough for your support:
through emails, Auronet and the visits to our office
inquiring more on this survey. Please note, we may
not have responded to your comments but you can
be assured that – we are considering each of your
comments as the most valuable inputs. All those who
have shown interest to help us in this survey will be
contacted soon.

Please [click here to fill the form in English](#)

Please [click here to fill the form in Tamil](#)

Sri Aurobindo's 150th Birth Anniversary Update

Dear Community, the last update of 5th March 2021,
(auroville.org.in/article/83867) was about the constitu-
tion of a Core Group for the 150th year events with Anu,
Christine, Hemant, Juergen and Meenakshi. Following this
the group met a number of times to prepare a primary
proposal that was required and a call for participation was
sent out to the community on 4th April 2021. (auroville.org.in/article/84285).

This brought a good participation through a number
of well attended meetings in April until the lockdown put
things on hold for some time. However, as many projects
and ideas were received, a small admin team was formed
from the larger meeting to keep the work going. They are
Aneeta, Ankita, Anu, Devasmita, Megha and Pala for the
time being. More people will be added to this team as
the work proceeds and sub-teams for different projects are
also envisaged. They are requested to update the commu-
nity following this note.

The two teams can be contacted at:

sriurobindo150th-core@auroville.org.in

sriurobindo150th-admin@auroville.org.in

The Working Committee

(Anu, Arun, Chali, Hemant, Partha, Sauro, Srimoyi)

FOR YOUR INFORMATION

Farmer's market on Saturday, 3rd July

Dear community, we are happy to announce that we
would be resuming the farmer's market on Saturday, 3rd
July. It will be held on the ground opposite the Solar Kitch-
en complex between 9:30 to 12:00 am.

We hope it will be a great opportunity to connect with
local produce and the farmers that grow it. The farmers will
be bringing in fresh vegetables, fruits, grains, dairy, eggs
and other processed items. Don't forget to bring your bags
and containers.

We hope you all will be there. We remind you that only
Pour Tous account and Aurocard transactions can be made.

Farm Group Coordination Team

Marc's Cafè will close for summer maintenance

from the 5th July (Monday) to 11th July (Sunday).
Please get your coffee beans and coffee powder before
Sunday.

Our coffees will continue to be available at Dreamer's
cafe, PTDC, PTPS, and our usual outlets. One of our baris-
tas will be at Dreamer's cafe, so you can go there to have
your favourite coffee. Be well and see you on Monday the
12th.

Marc's Cafè store team

Dreamers cafe team resuming it's services

Dreamers cafe in Visitor's Center will be resuming it's
services from 1st July from 8am to 5pm.

We will have a new range of coffee blends including
natural decaf from Colombia. We have varieties of cold
coffees, cold brews and semifreddo desserts to take away.

We are following the Covid 19 protocols. Hope to see
you soon.

From Team Naturellement

Naturellement team is happy to introduce lunch and/
or dinner scheme from the 1st July '21. We will offer most
of our regular dishes and some new on a rotational basis.

A week would look like this (not necessarily in this order);

Day 1 – Pasta dish

Day 2 – AV complete rice and a Curry (Thai or Indian)

Day 3 – Large bowl of raw food on a bed of rice/quinoa
(Yogi/Power bowl)

Day 4 – Oven dish such as spinach/vegetable pie

Day 5 – Soup and waffles/fruit pie

Day 6 – Legumes dish (beans/peas)

Rs. 3500 for a full month, normally 26-27 weekdays
(Rs.135/day). Rs.1800 for half a month.

We will do our best to accommodate special dietary
needs. Like always we avoid the use of refined oils; instead
we use our homemade ghee, extra virgin olive oil and cold
pressed coconut/peanut oil.

For those of you interested to join the club and/
or to have more info, please write an email to
naturellement.org.in or phone us on 2622034/2623267

Launch of Auro Deniz

We are happy to announce the launch of the website of our unit Auro Deniz.

Auro Deniz is an e-commerce store, built to support the artisans of Auroville bio-region, especially women artisans.

One small tip for everyone to remember: we are in a very unique city, which exists only in this location of the planet. We are all here for a certain purpose, I am discovering my purpose in Auroville and I am working towards it. I want every one of us, especially the youth of Auroville, to really start thinking about this, in which way would the city need you and how would you be part of this wonderful journey of Auroville.

Let's stay "United" and take Auroville forward.

For more information regarding Auro Deniz, please call or WhatsApp us to +917639810621 or send an email to aurodeniz@auroville.org.in

Those who wish can contribute to this initiative in any form, please do get in touch with us. We do need support in different areas.

Please go through the links given below:

YouTube: <https://youtu.be/wLV9-8lJws8>

Website: <https://aurodeniz.com/>

Instagram

https://www.instagram.com/p/CPKvX7eFBcU/?utm_medium=copy_link

Facebook: <https://www.facebook.com/auro.deniz>

Thank you,
Arun from Auro Deniz Team

OBITUARY



This is to inform the community that Aurovillian **Durai Munusamy** passed away on Saturday, 26th June at the age of 55 near his house in Agni. Durai had been with us since '92 and worked at Savitri Bhavan as garden supervisor.

Thanking Durai for having been with us, our warmest condolences and strength go out to his wife Uma Lakshmi and their children Lithika and Rohith.

~OM

AVAILABLE

Didgeridoo etc...

Didgeridoo,

Stroller for a toddler,

Fab India chest for storage.

Contact Prem Shakti on WhatsApp 9489244823

Furniture and kitchen appliances

All new furniture and kitchen appliances. Since I am moving into a house-sitting arrangement I want to sell this stuff that I have used only for ten months.

Marjan WhatsApp number: +98 921 6574705

Furniture

Nolly's furniture and artifacts are for sale. If you are interested, please contact Tineke: (tineke@auroville.org.in), 2622216 or 9443469330

Honda Activa Scooty

2006 model, in running condition. Please contact nk@auroville.org.in or Naren@8870089187

LOOKING FOR

House sitting opportunities

Auroville Language Lab has some long-term volunteers looking for long-term house-sitting opportunities. They are all very responsible people who will take care of your house, pets, garden, etc, with commitment. The Lab will stand guarantee for them. Both short-term & long-term house-sitting opportunities are welcome.

Also, if you have any possibility of an independent room with an attached bathroom and a small kitchenette, or know anyone who does, please let us know. Contributions are, of course, possible.

Email: info@aurovillelanguagelab.org, phone: 2623661



Auroville Radio

Your favourite radio with more programmes this week! Stay tuned!

[Here you can listen](#) to the stream channel (playing 24/7).

[Here you can see](#) on-air schedules.



Last published podcasts:

[Savitri, B. X, C. II, Part 1](#) (Integral Yoga)

[Marlenka's Weekly Offering – ep.25](#) (Integral Yoga)

[Soul Tracks – The Mayfly Sessions, ep. 8 "My 1980s, Part 1"](#) (Music)

[Edible Weed Walk – ep.47 "Culinary confidence w/ weedy greens Part 1: the precursors"](#) (Food education)

[Une série hebdomadaire de lectures par Gangalaxhmi – 356](#) (Integral Yoga)

...and more! on www.aurovillerradio.org

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

July poetry

Rain in the night

soft alive

the bells sound

everywhere

perfumed starts

in the morning.

Invitation: you can translate into another language, change words, do something else...

You can send your poetry to the News and Notes for publishing or send to anandi7@auroville.org.in



CLASSES AND WORKSHOPS

Being Happier

9th July (Friday), 10th July (Sat) & 11th July (Sunday)
6:15 to 7:15 pm

Is it futile like trying to be taller? Or is it possible to be happier? Science says "Yes. It is possible to be happier in the current situations and circumstances"; validating the ancient wisdom.

A happy life goes beyond pleasures and positive emotions. It includes satisfying work, fulfilling relationships, meaningful aspirations and accomplishments. This webinar introduces you to the science of being happier and it's utility in our everyday lives. It is a non-religious event, with emphasis on 'how to be happier' that explores exercises of proven efficacy. Practicing the easy-to-do exercises boosts your wellbeing.

9 July: Science of happiness and experiencing more positive emotions

10 July: Happiness in work and relationships

11 July: Meaningful aspirations and accomplishment

In the spirit of Auroville, this event is open to all and free. No registration is required. Please do share with others who may be interested.

Please join the webinar in time and attend all the sessions to be happier.

Zoom Link to join

<https://zoom.us/j/96772640551?pwd=ajEzajR1SDMwUkF4Z1IRNmIwZGtJdz09>

Meeting ID: 938 7162 9287

Passcode: wellth

About the facilitator: JV Avadhanulu has been facilitating workshops in the area of wellbeing since 2008. More than 10,000 people have attended the events facilitated by him in India and abroad.

For more: www.wellth.org.in

Integral regression therapy Webinar and Seminar

Intro Webinar: 6 July 2021 10 – 12 noon

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

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

An in-depths training through a series of webinars this theory of this deeply healing approach is transmitted.

Therapists wishing to integrate this approach in their psychotherapeutic or body-mind – healing work need to come for in-person sessions, for four 3 day workshops to Auroville, to practice facilitating the 2hrs therapy sessions, and their own personal transformation.

Sigrid Lindemann is integrating her extensive 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

WA 9626006961

Holotropic Breathwork

30, 31 July & 1 Aug 2021

"When we enter a holotropic state with the intention of healing and self-discovery, it invites a kind of inner radar that scans our unconscious and brings to consciousness that material to which we most need to attend and heal." S. Grof. Intense breathing technique brings about this "Holotropic state" bringing in an increase in life energy.

Participants are guided and work in pairs in this experience based workshop.

Presenter: Fr Thomas Kurianthanam, trained in the US, and representing Grof Transpersonal Training (GTT) in India and Sri Lanka. Thomas Kurianthanam has been offering holotropic breathwork retreats and workshops since 2016, mostly in India, but also in Sri Lanka, South Africa, Kenya and US. About 1200 people have participated in his workshops and retreats. Since Covid started he has been giving only individual sessions.

All info and registration : Contact@auroville-jiva.com

WA 9626006961

REGULAR ACTIVITIES

PITANGA

Programme for July-2021

Advance registration required: Yoga Iyengar

Tatiana class will be resume on 15th July (Schedule will be ready by next Monday and call Pitanga reception and get Tatiana schedule details), Register your name in advance from 5th of July.

Yoga - Mixed Style				
Yoga Therapy	Drop in – all levels	Mon, Wed, Fri	8.30 – 10.00am	Gala
Other Exercises				
Self Shiatsu	Drop in French & English	Mon (from 5th)	4.15 – 5.30 pm	Patricia
Self Shiatsu	Regular Practitioners	Wed (from 28th)	5.15 – 6.45pm	Patricia
Aviva exercise	Drop in, for women	Thurs	4.30 – 5.30pm	Suriya Gandhi
Pranayama	Regular Practitioners	Fri	6.45 – 8.00am	Francois/ Namrita
Feldenkrais	Drop in	Fri	5.15 – 6.45 Pm	Shari

Health Care at Pitanga

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

- **Thai yoga massage, Chi Nei Tsang** - with Juan
- **Ayurvedic & Birinda Massage** - with Kumar

Note: Please bring your own yoga mat and piece of cloth to cover the yoga props and if you have your own yoga belt please bring it.

There are limited places. First come, first served. Please register in advance.

Teenyoga class will start from mid of August only.

Pitanga Cultural Centre, Samasti,
(0413) 262 2403- pitanga@auroville.org.in

News from Auroville Language Lab
IN-PERSON CLASSES START AGAIN!!

We are happy to announce that in-person classes will start again at the Lab, as long as everyone follows the SOPs regarding washing hands, writing their names & contact info in the Covid tracking register, taking temperature, using the sanitiser, wearing masks in the public areas, & social distancing.

An Overview of What's To Come:

Two new French groups will start with Chris: a new Beginners class & an Intermediate class (for all who were part of the previous batches).

English & Spanish classes will start again. Levels to be determined.

The Tamil classes which were online will now meet in-person at the Lab, & a new group may also be a possibility.

Please bear with us while we organise our days & timings, (see our Schedule to view what courses/levels we have to offer currently)!

Feel welcome to inquire for courses that interest you; we look forward to hearing from you!

ALL: Schedule Of Online Classes As Of 29.06.2021

Language	Level	Time	Day
German (Started 14th Jun)	A1.1 Beginner	04:30 Pm – 06:00 Pm	Mon & Wed

ALL: Schedule Of Classes As Of 29.06.2021

Language	Level	Time	Day(S) Of Classes
English	Beginner & Pre-Intermediate	To be determined!	
	Intermediate		
	Intermediate/Advanced		
French	Beginner	09:30 am – 10:30 am	Tues & Thur
	Intermediate	11:00 am – 12:00 pm	Tues & Thur
	Workbook Sessions	To be decided by students.	Mon - Fri
German	A1.1	Please See Online Schedule!	
Hindi	Beginner	To be determined!	
	Intermediate/Advanced		
Tamil	Beginner/Intermediate	To be determined!	
	Beginner (previously on-line group)		
Spanish	Beginner	To be determined!	
	Intermediate		
	Advanced		

The Language Lab is open:

Monday – Friday:

9:00 am - 12:00 pm & 2:00 pm – 5:00 pm,

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

Location:

International Zone, after Unity Pavilion & Pump House.

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

Email: info@aurovillelanguage.org

Quiet Healing Center

Auroville 605 104, Tamil Nadu, India

www.quiethealingcenter.info / quiet@auroville.org.in

+91 413 2622329 / +91 9488084966 (mobile)



Regular Offerings From July 2021

Therapeutic Treatments	Therapists
Acupuncture	Linda
Aquatic Bodywork (Watsu® / Oba® / Liquid Flow)	Daniel, Friederike, Guido
Ayurvedic Massage	Marcia, Kumar
Birenda Massage	Kumar
Body Psychotherapy	Marcia
Foot Massage / Reflexology	Sheida
Homeopathy	Michael Z.
Individual Meditation Sessions	Samrat
Kahuna Massage	Anwar
Physiotherapy (Pt)	Jussi
Thai Yoga Massage	Sheida

JIVA – your journey in healing and transformation



Jiva is a growing collaborative of highly experienced therapists living in Auroville.

Therapy, Workshops, Retreats , Courses and Classes

We offer transformational practices addressing all issues of body, mind, emotion. and soul for conscious evolution

Acupuncture, Shiatsu, Qi Gong, Taiji Chuan, Energy work, Fasting

Natural Horsemanship, Horse assisted Therapy, Vedic Astrology, Medical Clowning, Yoga Nidra, Gentle birth and Pregnancy, Integral Regression Therapy, trauma therapy, advanced classical homeopathy

www.auroville-jiva.com, Whatsapp 9626006961

contact@auroville-jiva.com

Facebook <https://www.facebook.com/groups/1025676841155617>

Sunday regular offerings in Sri Ma with Egle

- 6 AM every Sunday "Rapid Hands" Chi gong at the beach – Fast or Rapid chi gong is part of TAO physical practice. It allows in the shortest period of time to significantly strengthen and heal the body & prepare it for marshal ChiGong.
- 8:30 AM, Sundays, "Stillness of Mind and Body" @ Sri Ma, Yoga room above Spa
You will be guided deeper into your own self/stillness, through energy work, in a meditative state. It's an opportunity to experience how altering the subtle and having mastery over it, can transform your life! The stillness is achieved, when the energy flow is proper, which brings a greater alignment of the physical, emotional and mental bodies. Understanding/experiencing oneself as an energy being
- 10 AM @ Sri Ma - an informal gathering around the topics of reducing the diet, fasting, detox, breatharianism, energy cultivation, meeting like-minded people, sharing, support, Q&A

Detox and Establish Deeper connection to Oneself 2 days weekend retreats on regular basis

Explore the power of fasting on lemon water to cleanse the body and experience more clarity & shift in your energy levels & awareness.

Duration: 5-6 hours a day. Small groups and/or individual sessions (in-person and/or online).

Content of the weekend retreat

- Physical cleansing through fasting.
- Individual energy work (activation of subtle body).
- Learning techniques to facilitate energy flow which brings proper emotional flow.
- Exploring/experiencing the 'stillness/beingness'.
- Understanding/Experiencing oneself as an energy being.
- Guided meditations.
- Fast chi gong
- Yoga nidra.

THE LAST MOMENT

Auroville Child Development School- New Creation (Sandosham Team) is looking for :

1) A TEACHER to look after children of primary age. Tamil language and English essential. This structure accommodates children with difficult living conditions and sometimes have complicated behaviors.

Skills needed: patience, communication (NVC), educational, athletic and art and craft.

Full time, maintenance available.

2) RESPONSIBLE FOR THE SCHOOL KITCHEN (menus, organization, stocks, purchases ...) for the preparation of about fifty meals per day. Tamil language and English essential. Full time, maintenance available.

3) VOLUNTEER TO STRUCTURE AND ORGANIZE THE KINDERGARDEN. Tamil language and English essential. Half time or full time, no maintenance, but scheduled for the current year or next year.

4) VOLUNTEER TO ORGANIZE ARTS AND CRAFT workshops in the afternoons. No maintenance, but possibility to be accommodated and fed. Tamil language and English essential.)

Please contact sandoshanteam@gmail.com
or Veronique +919488512678

Looking For Strong Soprano, Mezzo And Tenor Or Baritone

Dear singers, I am looking for strong soprano, mezzo and tenor or baritone (one or another) for the project "Sri Aurobindo sonnets on music".

It requires to read notes and be able to commit some time for this. One has to have experience to sing in harmonies and to be able to practice. Also will be great to download MuseScore applications (3 or 2) for better working alone and communication with others.

Please contact me 0413 2623627, 6380948930
Shakti, Samasti



OPENING OF THE INNER CHAMBER FOR AUROVILIANS AND NEWCOMERS

It is proposed to open the Inner Chamber of Matrimandir on a very limited basis for Aurovilians and Newcomers only. The Inner Chamber will be open from 6 am to 8 am and 4.30 pm to 6 pm daily

To comply with Government Regulations and conditions required by the Working Committee, access will have to be very limited and strict protocols will have to be followed.

- Only a very limited number of people will be allowed in the Chamber at any one time.
- At the entrance to the Park of Unity, masks will have to be worn, the hands sanitized and the temperature taken. The name of each person will be recorded, with community, contact details and temperature.
- At the Pillar, all bags and cell phones will have to be deposited in the bag room or at the Petals. Everyone is strongly recommended not to bring any personal belongings at all. Everyone is also requested to come in freshly laundered clothing.
- Hands will again have to be sanitized.
- Masks will have to be worn all the time in Matrimandir even during concentration.
- Arrangements for putting on the socks will be supervised so people do not sit in the same places used by others.
- A limited number of places will be laid out in the Inner Chamber and after one use the mat will be folded over the cushion and not used again that session.
- Anyone needing to cough or sneeze will have to leave the Chamber and the building immediately.

Given all the above strict conditions, if you would like to come to the Inner Chamber for concentration, please inform Matrimandir Access team at mmconcentration@auroville.org.in

(Note; You will first get the public auto-response regarding closure, but this is for visitors who write to this address. The email of all Aurovilians will be answered in any case.)

Please give your Name and Community and which mornings/afternoons and what time you would like to come and how long you would like to sit.

As the number of places is very limited you will be informed by email of the date/s and time/s when you can come. Every effort will be made to meet your request/s.

Unfortunately it will not be possible to just drop-in unannounced.

You are reminded that the Park of Unity is open from 6 am to 8am and 4.30 to 6.30 pm every day

Matrimandir Executives and Access Team

**Hard deadline for submissions or cancellations: Tuesday 5pm
FOR THE ISSUE to be published that SATURDAY
(though the digital version generally goes out on Thursday)**

The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy. **How to submit material:** Material (no pdf files, please) may be sent (in English only) to: newsandnotes@auroville.org.in.

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 5pm. Please do your best to submit copy that is ready for printing (i.e. Word shows you typos, extra spaces, punctuation errors, etc – don't make us do all the work!).

We regret not being able to attend to visitors on Tuesdays, Wednesdays & Thurs AM due to work pressure.

Articles for the Notes section should ideally be no longer than 500 words.

Visiting hours: Hit or Miss. Call first 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