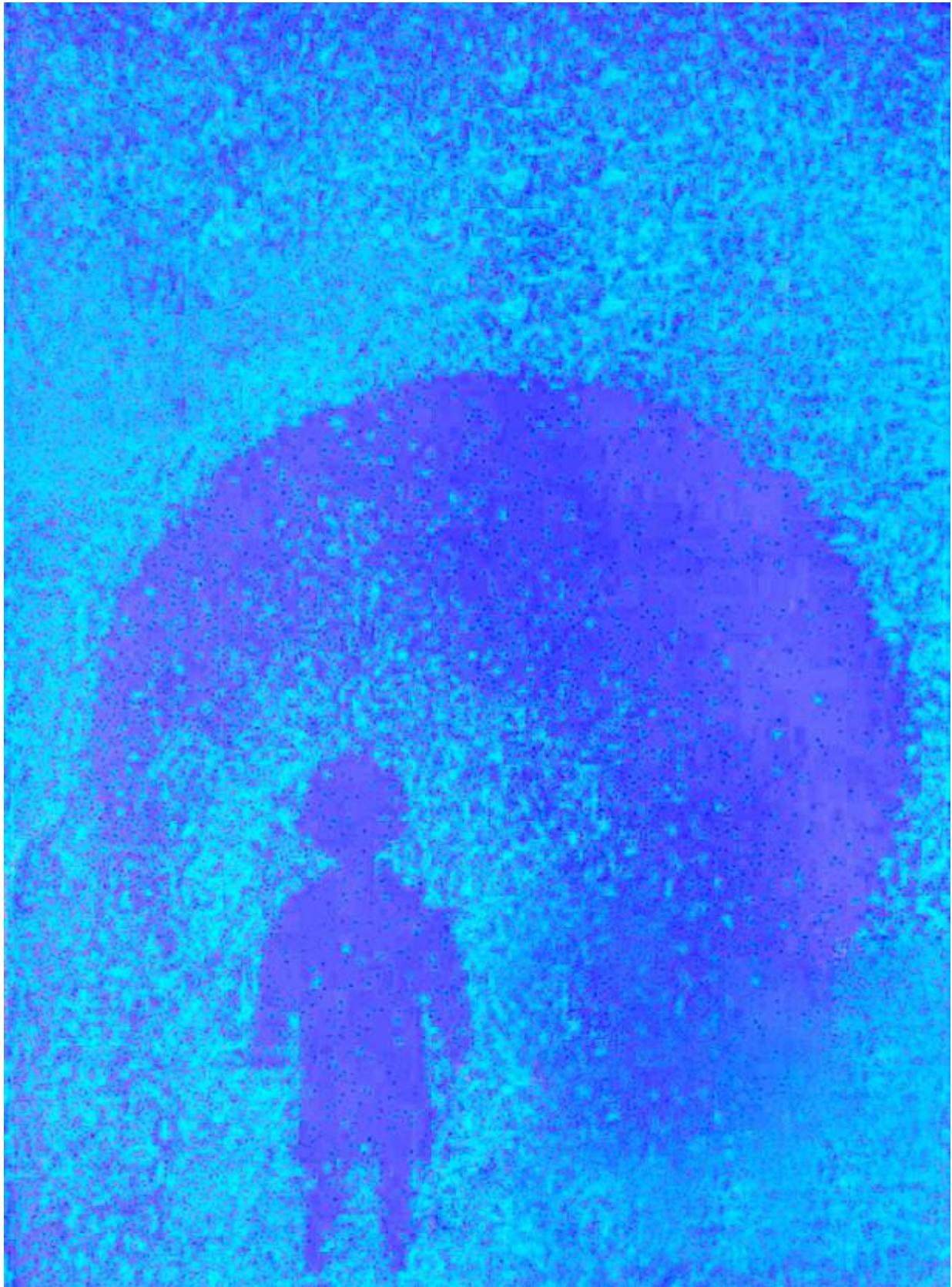


# News & Notes

19th March 2016..... A weekly bulletin for residents of Auroville.....Number 641



# HOUSE OF MOTHER'S AGENDA

## The Liberation of the Spirit

(continued)

But the ego cannot have it, because it is in its very nature separative and because even with regard to ourselves, to our own psychological existence it is a false centre of unity; for it tries to find the unity of our being in an identification with a shifting mental, vital, physical personality, not with the eternal self of our total existence. Only in the spiritual self can we possess the true unity; for there the individual enlarges to his own total being and finds himself one with universal existence and with the transcending Divinity.

All the trouble and suffering of the soul proceeds from this wrong egoistic and separative way of existence. The soul not in possession of its free self-existence, *anatmavan*, because it is limited in its consciousness, is limited in knowledge; and this limited knowledge takes the form of a falsifying knowledge. The struggle to return to a true knowing is imposed upon it, but the ego in the separative mind is satisfied with shows and fragments of knowledge which it pieces together into some false or some imperfect total or governing notion, and this knowledge fails it and has to be abandoned for a fresh pursuit of the one thing to be known. That one thing is the Divine, the Self, the Spirit in whom universal and individual being find at last their right foundation and their right harmonies. Again, because it is limited in force, the ego-prisoned soul is full of many incapacities; wrong knowledge is accompanied by wrong will, wrong tendencies and impulses of the being, and the acute sense of this wrongness is the root of the human consciousness of sin. This deficiency of its nature it tries to set right by standards of conduct which will help it to remove the egoistic consciousness and satisfactions of sin by the egoistic consciousness and self-satisfaction of virtue, the rajasic by the satvic egoism. But the original sin has to be cured, the separation of its being and will from the divine Being and the divine Will; when it returns to unity with the divine Will and Being, it rises beyond sin and virtue to the infinite self-existent purity and the security of its own divine nature. Its incapacities it tries to set right by organising its imperfect knowledge and disciplining its half-enlightened will and force and directing them by some systematic effort of the reason; but the result must always be a limited, uncertain, mutable and stumbling way and standard of capacity in action. Only when it returns again to the large unity of the free spirit, *bhuma*, can the action of its nature move perfectly as the instrument of the infinite Spirit and in the steps of the Right and Truth and Power which belong to the free soul acting from the supreme centre of its existence. Again, because it is limited in the delight of being, it is unable to lay hold on the secure, self-existent perfect bliss of the spirit or the delight, the Ananda of the universe which keeps the world in motion, but is only able to move in a mixed and shifting succession of pleasures and pains, joys and sorrows, or must take refuge in some conscientiousness or neutral indifference. The ego mind cannot do otherwise, and the soul which has externalised itself in ego, is subjected to this unsatisfactory, secondary, imperfect, often perverse, troubled or annulled enjoyment of existence; yet all the time the spiritual and universal Ananda is within, in the self, in the spirit, in its secret unity with God and existence. To cast away the chain of ego and go back to free self, immortal spiritual being is the soul's return to its own eternal divinity.

The will to the imperfect separative being, that wrong Tapas which makes the soul in Nature attempt to individualise itself, to individualise its being, consciousness, force of being, delight of existence in a separative sense, to have these things as its own, in its own right, and not in the right of God and of the universal oneness, is that which brings about this wrong turn and creates the ego. To turn from this original desire is therefore essential, to get back to the will without desire whose whole enjoyment of being and whole will in being is that of a free universal and unifying Ananda. These two things are one, liberation from the will that is of the nature of desire and liberation from the ego, and the oneness which is brought about by the happy loss of the will of desire and the ego, is the essence of Mukti.

THE SYNTHESIS OF YOGA,  
p. IV: The Yoga of Self-Perfection, c. VIII

SRI AUROBINDO



The  
Ponder  
Corner

*Silence is the condition of the being when it listens to the Divine.*

The Mother

ref. The Spiritual Significance of Flowers, p.121

## WORKING GROUPS REPORTS

### Forest Group Meeting of March 4<sup>th</sup>, 2016 - at Baraka

Present: Dave, Fabian, Guy, Segar D., Jan, Kannyappan, Elumalai R., Aeavinda, Jasmin, Marti, Vengadesh G., Boobalan V., Rita, Hans, Shivaraj, Jean, Diego, Mani, Enea, Rishi, Quentin, Jessamijn, Biggie, Eric, Bee, Laurence, David, Dominik, Yuval, Achillies, Edzard (31 people).

1. **David - FAMC update:** Clarification on land purchase, in principle it is acceptable anywhere, including the greenbelt.
  2. **Jasmin - Art for Land:** This event for Aurovilians went very well and raised 2 lakhs from 20 paintings. The paintings are now available online. The film "I cannot give you my forest" filmed in the forests of Odisha, about the lives of the Kondh 'adivasis' and well work a look and is now available.
  3. **Rishi - Forest Management Zoning:** The importance of this topic arose out of the northern greenbelt meeting carried out with Segar. The benefits of zoning forests according to management type are numerous and Rishi is willing to provide a point of contact around this topic. Regular monthly meetings of the northern greenbelt group are planned and these meetings will be used as an opportunity to explore the issue further and to establish a zoning of existing forest lands in the area.
  4. **Quentin - Building Permission:** Quentin who is currently taking care of the management of Revelation would like to build a small dismountable house (approx. 40m<sup>2</sup>) within the 'residential area'. He passed around drawings of the proposed building and described a number of its environmentally sensitive features. There was no objection from the Forest Group (FG) and Quentin was advised to fill in the TDC application form for submission.
  5. **Segar - Land allocation:** After visiting the 3 separate plots (MA 296/7, MA 297/2 & 4, MA 298/1,2,3 & 4) that Segar is proposing to steward, the northern green belt group would like to recommend Segar to steward those plots and will act as the 'uncles' for Segar during the initial stages. It is proposed that the 3 plots will be part of the zoning plan of the area. Segar will cover the cost of fencing from his own resources. In the future Edzard is looking into a 5% allocation from land funds to be allocated for fencing.
  6. **Aravinda - Active Residents Assembly (ARA):** A sub-group of the ARA are currently looking into housing as a general concern for Auroville. They would like to meet with the FG about this. Yuval has been representing the FG in the housing board for two years now. He suggested that the ARA sub-group come to the next FG meeting and ask any questions which they may have.
  7. **Aravinda and Jasmin - Housing:** Aravinda and Jasmin donated 65 cents of land to Auroville which falls within Revelation forest. Since then they have been looking for a plot on which to place a dismountable house which they have already purchased. A number of suggestions were made of forest communities who may be looking for an extra presence.
  8. **Edzard - Hermitage:** Bernd wanted a clarification from the Land Board about the disputed 7 acre plot. Does it indeed have an injunction on it at present or not? In fact the situation is not at all clear right now and it is best to wait for further information.
  9. **David - Second dam:** As mentioned before, Aurodam canyons have been encroached, specifically the 4<sup>th</sup> dam, the 3<sup>rd</sup> dam (partially) and the 2<sup>nd</sup> dam area is threatened. The Land steward, David has been threatened with physical violence. Visitors Centre and Aurodam team are there daily. Something will have to be done about the situation soon. The Land Board will be called in when necessary.
  10. **Mani - half maintenance:** Mani is a new Aurovillian working in Samridhi with Diego and he requested half a maintenance to be able to carry on his work. It was suggested that Diego writes a letter to HRT with the request.
- Next meeting: Azhagu Bhoomi on Friday the 1<sup>st</sup> of April 2016.*

## ANNOUNCEMENTS

### CORRECTION:

#### Bills for the Auroville Health Fund (AVHF)

(This announcement is concerning the AVHF bills only, and not the AVHC bills as previously published by mistake)

This is to inform the community that from April onwards AVHF (Auroville Health Fund) kindly requests all members to submit their bills only into the box at the AVHC reception.

AVHF (Auroville Health Fund) won't receive any more bills in person.

These changes would help the administrative staff of AVHF to work more efficiently and to process bills in a short period of time.

Please contact AVHF in case of questions and doubts via [avhealthfund@auroville.org.in](mailto:avhealthfund@auroville.org.in) or contact us via phone 2622123 to make an appointment.

We thank you for your understanding and cooperation.

Greetings, AVHF (Auroville Health Fund)

### New FAMC mandate & new ES Policy

Dear Community Members,

The Auroville Council would like to remind you of the GM on Thursday 24<sup>th</sup> at 4:30 pm to 6:00 pm at Unity Pavilion. This will be the preparation meeting for the Residents Assembly Decision Making Process on the newly proposed FAMC Mandate and Entry Policy.

The Residents Assembly Decision Making Process will allow you 3 options to choose from:

- 1) Yes
- 2) No
- 3) I support the majority

Time line:

- 1) Thursday March 24<sup>th</sup> 4:30-6:00 pm - General Meeting @ Unity Pavilion
- 2) Saturday April 2<sup>nd</sup> announcement in N&N: Online Decision Making Process starts and will end on Thursday April 14<sup>th</sup>.
- 2) Friday April 15<sup>th</sup> and Saturday April 16<sup>th</sup>: Manual Decision Making Events (Venues will be published)
- 3) Monday April 18<sup>th</sup> the Residents Assembly Service will publish the outcome.

In regard to the new FAMC Mandate

(<https://www.auroville.org.in/article/56338>), we would like to inform you:

- That the mandate presently in use (<https://www.auroville.org.in/article/44125>) was not approved in a Residents Assembly Decision Making Process as a quorum was not reached. The Auroville Council endorsed it following a 2 weeks feedback period during the last trimester of 2015.
- If there is no majority for the newly proposed FAMC mandate, the present mandate will be continued to be used.
- If the community approves the new proposed mandate, the selection process of the members will follow the 'Participatory' system as for the Working Committee and Auroville Council, currently being worked on by the Study Group to customize it to the needs of FAMC. This document, once ready, will be published for feedback.

In regard to the new Entry

Policy (<https://www.auroville.org.in/article/55789>), you will

be asked to approve separately the following sections of the policy:

- 1) How to become an Aurovillian, including Returning Aurovillian, Child of Auroville and the Mentor Pool system
- 2) Status - Auroville Students
- 3) Status - Friends of Auroville
- 4) Status - Relatives/Partners of Auroville
- 5) Status - Associates of Auroville

The aim of the separation is in order to allow for partial approval of the proposed policy, in which case the Auroville Council will take up the task of re-assessing the sections which have not been approved.

If you need any clarification, please write to us at: [avcoffice@auroville.org.in](mailto:avcoffice@auroville.org.in).

Sincerely, *AVCouncil*

## Security Service

Dear community members,

Following the resignation of Ramesh V., Shahar Yaari and Anandamayi Legrand from the Auroville Security Board in March 2015, the AVCouncil and Working Committee have been working on a process to restructure the present security system.

Upon receiving several proposals from individuals, we have worked on synthesizing all of them to make a consolidated proposal. Some of those who sent in the proposals have also stepped up to be part of the new team and to build up the new system.

The key points of change will be:

- 1) AV Security Service will be re-named AV Safety and Security Team (AVSST)
- 2) The AVSST will be composed of 3 segments: the Vision Team, the Coordination team and the Ground Force. 2 members of the Vision Team will be members of the Coordination Team as well, in order to bridge the gap between vision and ground reality.

The full mandate with the description of the roles and duties of each segment will be published in the next News and Notes as well in the Auronet for feedback.

We would like to announce and welcome Carlos, Peter Clarence-Smith, Sam and Srijita as the 4 members of the AVSST. Their role will be, along with the day-to-day management of our security needs, to further strengthen the team with more members and to implement all the proposals that are included in the new mandate.

We take this opportunity to once again thank Ramesh, Shahar and Anandamayi for their dedicated service and contribution to the Security Service, and to wish them all the best for the next endeavors.

Constructive feedback on the above names are welcome; Please write your comments to [avcoffice@auroville.org.in](mailto:avcoffice@auroville.org.in)/ [workingcom@auroville.org.in](mailto:workingcom@auroville.org.in).

Sincerely *AVCouncil and Working Committee*

## Guidelines for Adult Learning Activities (22nd March at SAIER)

The Auroville Council has formed a study group to clarify guidelines for further learning activities in Auroville. Along with members from AVC and WC, this group has worked on guidelines relating to visas for facilitators, tax compliance of workshops and registration of new activity providers. The next step is to better understand the different economic realities pertaining to further learning activities in Auroville, and based on your input, define a sensible set of contribution guidelines.

As this is a delicate and complicated matter with a wide spectrum of operational situations, we would like to explore with you the present ground realities of your operational set-up and its contributions to Auroville.

Here are answers to some frequently asked questions:

### What are "Adult Learning Activities (ALA)"?

We have coined the term ALAs to refer to any classes, courses, workshops, lectures, seminars, conferences, and other learning programs that take place in Auroville.

### What is the objective of the meeting?

A study-group is currently working on guidelines for ALAs in Auroville. Before formulating guidelines regarding "financial contributions", they want to understand the diverse ground realities of ALAs, and seek input & suggestions from all those who are actively working in this sector. We hope that the meeting will result in some concrete suggestions relating to "financial contributions to Auroville".

### Who is this meeting meant for?

This is primarily for those who provide (or intend to provide) ALAs in Auroville. However, it will be helpful if all those who are associated with ALAs attend the meeting. This includes facilitators, venues, guest houses and Working Group members. We have sent over 80 invitations, to those who are associated with ALAs in one way or another.

### I don't charge any fees, why should I attend?

The meeting is not only for those who charge fees, but also for those who don't. The study group needs to understand the ground realities of different ALAs in order to make the guidelines.

### When and where is the meeting?

Tuesday, 22nd March, 9.30am to 12.30 pm, at the SAIER Conference Room.

Regards. *Auroville Council*

## Where are we after one year and how to step fearlessly forward?

Following the Auroville Retreat of March 2015 we have created a safe space grounding many new initiatives that have blossomed in Auroville. Many of these have reconnected our community to our values and rekindled hope. We are now in a strong field of gratitude. We invite you to the following event:

**When: Tuesday 22nd March 2016 from 4:30 to 6:30 pm**

**Where: Unity Pavilion**

**Topic:** A short Power Point presentation, highlighting the successes of 2015 and a Space for designing our Way Forward together!

In light of the coming years, and Auroville's nearing 50th Anniversary, we would like to strengthen these positive initiatives and create the space necessary for channeling a higher energy by holding this collectively as our Way Forward!

Are we ready to come out of our Auroville bubble and open up towards our neighbours and to the world?

The theme of 'Growth' has emerged in various venues and has been suggested as our central theme.

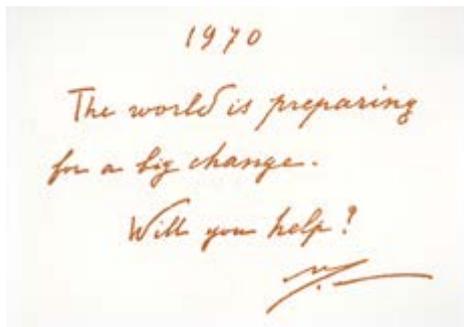
To focus on aspects of reflection and inner growth, and also to focus on growth on levels of population and education by opening up to the world that is preparing for a big change.

Are we ready to help?

*"The greatest service to humanity, the surest foundation for its true progress, happiness and perfection is to prepare or find the way by which the individual and the collective man can transcend the ego and live in its true self, no longer bound to ignorance, incapacity, disharmony and sorrow. It is by the pursuit of the eternal and not by living bound in the slow collective evolution of Nature that we can best assure even that evolutionary, collective, altruistic aim our modern thought and idealism have set before us. But it is in itself a secondary aim; to find, know and possess the Divine existence, consciousness and nature and to live in it for the Divine is our true aim and the one perfection to which we must aspire."* - Sri Aurobindo: Pg 359, Vol 23 - 24, CWSA

### What will our next steps be as a collective?

Together, let us create the space for a Core Team to emerge, of active concerned members. Let us focus on combining our efforts and actions. Let us be re-inspired for the coming years... for a fresh Way Forward.



*"Fear is always a feeling to be rejected, because what you fear is just the thing that is likely to come to you: fear attracts the object of fear."* - Sri Aurobindo: Letters on Yoga

We call each Aurovilian to recognise any fears that maybe inhibiting transformation, and refocus our energy on the dream.

It is an open invitation for all those interested in manifesting the next phase!

Love, Kavitha and Inge from the Vision Task Force

## L'avenir d'Auroville: 19<sup>th</sup> March 2016

The following Site and Building Applications (SA and BA) are announced for feedback from the community for a period of two weeks. The announcement is made for feedback only and does not mean that the project has final approval.

The final approval is given when L'avenir d'Auroville / TDC issues an NOC (No Objection Certificate). This happens only once the feedback period is over, the feedback has been evaluated, a final decision by TDC has been reached and the necessary financial formalities have been completed. It is only after issuing a final building permission that fencing, building or any other activity on the site can start. It has to be noted that site permission is given to reserve the site for a maximum period of two years in order to prepare a project proposal. It does not give any right to fence and clear the site unless, for practical reasons, there is a special permission of the TDC.

### Individual Project

#### Site Application Feedback

- Site application feedback for Anupama Kundoo and Sonali Phadnis, Residential project in Residential Zone Sector 2.

Project writes up given by the project holder.

Project Title: Fullfillment

Proposed Site Location: Residential zone sector 2

Project Holder: Anupama and Sonali

Architect: Anupama and Sonali

Contact Persons: [info@anupamakundoo.com](mailto:info@anupamakundoo.com), [sonali@auroville.org.in](mailto:sonali@auroville.org.in)

Description: Built using specially designed modules of prefabricated ferro-cement hollow block units, these homes can be assembled on the site in 6 days including foundation. The voids created inside the blocks are designed to efficiently accommodate all storage needs of the resident, from clothes

to books to kitchen utensils, even the kitchen sink itself, and other personal belongings so that all furniture becomes redundant. The void of the house can remain empty of furniture, and therefore achieve more space while saving the additional cost and time involved in furnishing homes. Small spaces are often burdened by the way furniture occupies them. On the other hand, the voids that are originally created to give strength to thin ferrocement elements, through their folded form, are ergonomically designed and efficiently sized to accommodate the specific belongings of the owner to make small spaces smart, and using the thick container walls to their full capacity, to be filled by the residents. There is a place for everything in the walls and the space of the room is thereby liberated and empty for the free occupation of the user. A range of window, doors, roof elements and other necessary building components are all produced in ferrocement excluding any complex hardware in their design. The voids in the walls that can be colonised by the user, are emphasised, rather than the walls themselves, through the use of the happy colours.

Plot No: G.S1 6.3

Total Area of the project: site area 3056 sq.m.

Built up Area: 713 sq.m.

Target Group: Aurovilians looking for affordable housing solutions practicing simple living.

Background: In response to the housing needs in Auroville and concerns about affordability, not only in economic but also in environmental terms, these houses are envisioned as speedy and affordable housing units that have low environmental impact, using a combination of sophisticated and low-tech building technology.

Goals/Objectives: In Auroville, the layout and site development of Full Fill Homes are an opportunity to demonstrate how low density developments can still be urban in character, as per the vision of Auroville's city plan.

To create affordable housing solutions due to efficiency and inclusivity while creating the designs which are suitable for all not only the poor.

These homes can be used as immediate shelters necessary in farm house plots in remote areas, disaster relief homes, youth hostels, student housing, as well as guest houses in environmentally sensitive locations. The houses can be dismantled equally simply in a day. Blocks are produced in the backyards of masons' homes to provide them with additional income, rather than in factories, thereby reducing costs while helping local economy.

TDC asks for feedback from the residents of Auroville within two weeks from the date of publication. If anyone wishes to have detailed information, feel free to contact TDC - L'avenir d'Auroville office: 2622-170 or come personally to the Building Application section.

## Houses for transfers

Sangamam / Raji / 38 sqm plinth.

1 living room, kitchen, bath, 1 bedroom above the kitchen and bath.

Agni / Hans / 35 sqm plinth + terrace 5 sqm + 23 sqm plinth

1 living room, 1 bed room / Kitchen and bath in a second structure

Surrender / Jackie & Nellis / 157 sqm plinth

Ground floor / living, bed room, kitchen, toilet

First floor / 2 bedrooms, toilet / covered terrace sit out

Housing Service

## FOR YOUR INFORMATION

### Pass It On

"Pass It On" allows Aurovilians to pass their electricity bill savings, currently paid by Varuna, to non-profit Auroville

activities that are under City Services or the Unity Fund. For units this does not qualify as part of their 33% contribution to City Services.

You may choose to give any portion of your savings. This can be a percentage, a fixed amount, or even an amount if a pre-set threshold is crossed (e.g. a person gives only if their electrical consumption exceeds a limit that they set). Currently people are passing on their electricity savings to City Services, Land, and the Scholarship & Education Fund. Other activities can be included. It's up to you.

If you are interested in participating, please contact *Lyle* ([Lyle@auroville.org.in](mailto:Lyle@auroville.org.in)) for details.

## Accessible Public Bus



The first Accessible Public Bus in Auroville and Tamil Nadu was inaugurated on 5<sup>th</sup> March by Dr. Karan Singh.

Presently we are planning how we can use the bus in the best way in order to offer a good service to the community. The original idea is to provide a service for collective transport within the City Area, but it is premature as we need more vehicles and larger community support. In the meantime, since the regular ACT service to Pondy is going to be suspended we feel like starting with a service of connection to Pondy. We will announce very soon a timetable of the trips.

*Susmita Sauro Raju* for *Accessible Auroville*  
([accessibleauroville@auroville.org.in](mailto:accessibleauroville@auroville.org.in))

## Serious Events in the Lives of Aurovilians

There is a written form that has been prepared for Aurovilians to give indications with regard to issues that relate to their own bodies. This is, of course, an optional undertaking, but making such information available to caregivers at the appropriate moment may mean that you will receive precisely the kind of care you want.

An Aurovillian has the right to make decisions about the process and location of dying, as well as about how the body will be handled (cremation or burial). If you have clear indications of how you want this phase of your life to unfold, you need to make them explicit beforehand to all who may be involved in implementing them.

This written form will be kept in strict confidentiality and will be referred to only when needed by family members or designated health caregivers. It can be modified at any time. Not all of the questions need be answered and personal remarks may be added.

A downloadable update of this form is now available on Auronet. Look under "Groups," then "Farewell Matters." Your form may be placed in an envelope with your name on it and dropped off at the new Farewell any morning.

*The Farewell Team*

## Police Check

Dear All,

We got information from the police department regarding the short period until the Tamil Nadu election is complete. The message was that "the passengers traveling in a taxi should not carry cash for more than Rs.20, 000 (Rupees Twenty thousands). In any case, if you are carrying more than the amount mentioned, you should have the proper documents regarding the reason you carry this amount. (i.e. going to purchase machines, houses hold items, etc.). If you fail to produce the necessary documents for carrying such a big amount, the amount will be seized by the authority along with the taxi that you travelled in(hired car). The car can't be taken out from the authority until the Tamil Nadu elections ends (16.05.2016).

Avoid traveling with cars which do not have the Taxi stickers if you hire a taxi from the taxi service. If you drive your own

vehicle, please carry all the vehicle's documents (RC book, Insurance, driving license, pollution certificate).

There will be regular checks on all roads of Tamil Nadu & Pondicherry, till the election date. Therefore, kindly plan your journey accordingly (better to leave a little earlier than you planned).

Aurocabs Taxi service requests all our customers to cooperate with this issue till the elections date.

Regards, *Raju*

## Security Advice

Dear friends,

This is to inform you that during the month of February, 2016, 2 thefts (Courage, Maitreye), 1 attempt theft (Kalpavruksha farm), 2 harassment incidents (near Dana, Gaia forest), 1 attempt harassment incident (near Forecomers), 1 physical assault case (Tibetan Pavilion) and 1 vandalism/trespass case (Auro Orchard), occurred in different areas of Auroville.

We request all Aurovilians/Newcomers/Guests to be more conscious of their valuable belongings and use additional locks for their vehicles and houses to lower the risk of thefts. We recommend that women avoid travelling alone at night, and to store our security numbers in their phones to report any incidents as soon as possible.

Women of all ages and modest dress codes have reported harassment, so be on your guard at all times. Be wary of three boys and do not stop for local men asking for directions. For post-incident support and counselling you may call the Women's help line (open in the morning) at 262-2425 or email AV health services: [avhs@auroville.org.in](mailto:avhs@auroville.org.in).

For escort (for people with bikes/cycles only), call Ramesh.V at 9443090107 / 9443362691. Please note that the guards cannot leave their posts without prior permission from Security management.

If you are leaving town, please inform your neighbours to keep watch over your houses/apartments. Kindly inform your watchman /gurkhas or house-sitters to contact us immediately when there are any people / incidents to be reported.

We recommend all residents and guests to travel in and around Auroville:

- 1) With Xerox copies of your documents only. Leave the originals in your guest house safe.
- 2) Not to carry large amounts of cash or valuables on your person unless absolutely necessary.
- 3) To secure/ tie up your bags properly or to keep bags on your person instead of in cycle baskets.

*AV Security Service (Day & Night Security: 9443090107, 9443362691)*

## Udavi School announces a Teacher Training Program for Post-Secondary Students

With the start of the new school year in June 2016 we will offer a two-year teacher training program for people who wish to become teachers. The program will be a mixture of theory and practice. Students in the program will work alongside experienced teachers in Udavi School but they will have some time allotted each week for reading, discussion, observations and writing.

Each teacher in training will be assigned a mentor to guide and coach him or her throughout their two years in the program. The student teachers will have an opportunity to observe, work with small groups, and eventually lead a class in a variety of classroom settings. Instruction will be offered in four areas of concentration: philosophy; including the philosophy of integral education; child development; special needs and diversity; and methods of teaching in the specific areas of the student's interests.

Qualification for admission to the program includes:  
- a 12th standard diploma or the equivalent

- proficiency with English and some knowledge of Tamil
- a strong interest in understanding and working with children
- two letters of recommendation
- a letter of application describing previous experience with children or classrooms and your reasons for wanting to be a teacher

If you have questions about the program or are interested in applying you can write to: [Davaselvy@auroville.org](mailto:Davaselvy@auroville.org) / or call at: 944 30 35487.  
*Udavi School*

## Youth of Auroville, Heads Up!

Auroville Next-GEN is about to be launched! As part of the efforts of YouthLink to run programs for youth by the youth, we are about to connect, personally, with youth of other Eco-villages/ intentional communities. Would you like to get to know other communities, to introduce other youth to Auroville and its qualities, or to attend international conferences run by youth from all over the world? Would you like to work in a small team, to chaperone visiting youth around Auroville and help to establish exchange programs for AV Youth to other communities around the world? Are you able to spend a few hours a week networking and connecting Auroville to similar realities around the world? **Then come and meet the team at La Terrace (above Solar Kitchen) on Monday March 28th at 4.30.** We will introduce ourselves, and see together how to make this new wave of international youth-led activities.  
*Riccardo, Nikki, Kavitha, Serena for Next-GEN Auroville*  
[www.youthlink.org.in](http://www.youthlink.org.in)

## Create & Connect: Expressive Arts Therapy Symposium

**Pavilion of Tibetan Culture & Sankalpa Art Center, Auroville - February 19-21, 2016**

A program hosted and organized by Aurovilians Krupa Jhaveri and Iyyappan Jayamurthy of Sankalpa (a sub-unit of Thamarai), in collaboration with Prasad Family Foundation and Manahkshetra Foundation. It was a pioneer gathering of almost 40 art therapists, expressive art therapists, counselors, psychologists, teachers and interested individuals from around the world.

The unique gathering included a panel with international and local presenters who have been engaged in a monthly online discussion forum for over a year - including Chennai-native Sangeeta Prasad (Art Therapist, Virginia), Susan Ainlay Anand

(Art Therapist, Mississippi), Jennie Kristel (Expressive Arts Therapist, Vermont), Oihika Chakrabharthi (Art Therapist, Kolkata), Brinda Jacob-Janvrin (Dance Therapist, Bangalore) and Krupa Jhaveri (Art Therapist, Auroville). These facilitators who all have extensive experience working and teaching in India and abroad led a series of experiential-based workshops through various art forms including affirmation dolls, drama therapy, playback theatre, clay and found object sculpture, authentic movement and sound exploration. Our program included transformative and layered experiences for the participants, along with valuable networking in a historic moment for the representatives of these fields finally coming together in person here. We also hosted a Confluence meeting of core art and expressive art therapists working throughout India to form the first Indian Art Therapy Association.

Bill & Livia Vanaver of The Vanaver Caravan from upstate NY brought children from Aikiyam School to help us celebrate and welcome the joy of expression together, and shared interactive song and dance at our community art exchange to inaugurate the Sankalpa Art Center in the International Zone - which included village children and women from Kottakarai and Edyanchavadi in our programs over the last 5 years, participants of the workshop from all across India, Russia and France, volunteers and visitors, Auroville community members and AVI representatives supporting our ongoing work - all dancing, singing and creating art together! Our mobile Art Cart and Sankalpa products supporting our ongoing work were featured throughout the event.

The program was a true manifestation of the Sankalpa vision to facilitate human unity through art, to bridge barriers and equalize opportunities for expression and connection especially between the villages and Auroville, and to become a hub for many future opportunities for insight, growth, healing and exchange through art. Sankalpa continues to follow the guiding words of The Mother's dream: "Beauty in all its artistic forms, painting, sculpture, music, literature, would be equally accessible to all; the ability to share in the joy it brings would be limited only by the capacities of each one and not by social or financial position." The realization of the Sankalpa Art Center is the manifestation of a dream supporting the wider dream and needs of this community, a labor of love and service to those seeking art as a tool for deeper awareness and more expansive connection.

For individual/group art therapy session inquiries or more information, please contact Krupa at [krupa@auroville.org.in](mailto:krupa@auroville.org.in) and visit [sankalpajourneys.com](http://sankalpajourneys.com) and [facebook.com/sankalpajourneys](https://facebook.com/sankalpajourneys).

*Submitted by Krupa Jhaveri*

## POSTINGS

### Baby Born

Hello Auroville people, this is Balu and Nithya from the Azhagu Boomi Forest community. Some good news to share with you is that we had a new baby last week (03-03-2016). The baby name is Vinesh. We are totally happy! *Balu and Nithya*

### Entry Service announcement for the summer

Please note that the Entry Office will be open continuously through the summer. However, during the month of May no new applications will be accepted so that we can catch up with all the previous applications. *The Entry Service*

### Kuilapalayam Postoffice

The Post office right next to Pour Tous is now open from **10 am to 2 pm - Monday to Saturday** for letters and registered letters, **no parcels**. *Lilli*

### Website Recommendation

I often go to [The Better India \(www.thebetterindia.com\)](http://www.thebetterindia.com) and I get only heart-warming and positive news about India. So I recommend you to visit this website and then perhaps subscribe to its newsletter! *Don (Prarthna)*

### Clearance Sale

Up to 75% off - Every year or two, we give our loyal clients an opportunity to purchase our products at a lower price. Our clearance sale features discontinued items in perfect condition, as well as some factory seconds and store returns. The latter have defects that range from the barely noticeable to moderately serious and the discounts vary accordingly. The sale is starting now at La Boutique d' Auroville at the Visitors center and will continue for about a month. Every few days we will be adding new items to the sale, so check back often!  
*Rangoli Team*

## Community Supported Agriculture: Solitude CSA Baskets and Organic Activities

At Solitude we have been running a "CSA" or a fruit and vegetable basket service for about 7 years now. The project has been an exploration in how to provide our community with **nutritious local foods**, not only the typical bananas and cucumbers etc. but also green papaya, banana stem, different spinaches, herbs and in this season even carrots and fennel.

The baskets have truly evolved over the years along with our experience with local food. We are actually growing 80 different crops. CSA participants who have a deeper relation with us benefit the most because we can give them extra veg and fruit that are not so common yet we know they will know how to use it.

We also give **training on how to use products** such as the wonderful green papaya and chicken spinach, how about sugar free, green vegan ice cream or green papaya pesto noodles? You can taste most of the veggies and fruits at Solitude Farm Cafe too. It can be a good introduction.

There is also a **tour of the farm** to understand more about how the produce is grown and the philosophy behind the initiative. **Saturdays at 11:30 am**

So if you'd like to know more about the CSA, now is a great time, the baskets are awesome and they are creating a wonderful community of people conscious of where their food comes from. Please write me a mail or ring me: 9843319260 - [krishnamckenzie@auroville.org.in](mailto:krishnamckenzie@auroville.org.in)  
Love, *Krishna*

## **A V A I L A B L E**

### Ceiling Fan

Crompton Greaves ceiling fan with two ball bearings for sale. Please call *Mallika* 2622092 - Arati 3 A

### Furniture

Bookcase to sell, height 1.17 m. deep 32 cm, width 90 cm, and small Indian desk (for children), h 42 cm, d 44cm w 56 cm, both teak, bought in Hope. Phone 2622 275 mornings and evenings. *Lilli*

### Man bicycle Hercules

Turbodrive, good condition, please call 8098160340 - *Flore*

### Office space

Dear all, we have a new office place available in papyrus 2nd floor. Sharing with papyrus office. If someone is interested, please contact us. Contact person: *Bruno or Subha* - Contact number: 0413 - 2622129 (from 8.45 am to 12.45 pm)

### Lumix Dmc Tz30

The ideal discreet and light camera to accompany you on your journeys! Interested? 94436 98002. *Biggie*

## **L O O K I N G F O R ...**

A mosquito net: Dear all, if you have an unused mosquito net for a single bed, could you give it to me? [ivana@auroville.org.in](mailto:ivana@auroville.org.in) or 7094344154. Lots of love, *Ivana*

A laptop: Dear friends, I am looking for a Laptop. If someone has a spare one and wants to sell or give it away please let me know since I am in a desperate situation. Phone: 9655933448. Thank you, *Muthu (WEDK)*

Bridge partners: A beginner bridge player is looking for fellow bridge enthusiasts to learn from and play with on a

casual basis. Eager to learn new conventions and play styles. Please get in touch with *Michael* on 8489815425"

Unity pavilion is in need of furniture: a) For the caretaker room: a bed (preferably 1.30m or 1.50m wide), cane or wood / - easy chairs, cane, 2 no. / low table, cane or wood / normal chair, cane or wood  
b) For the Savi office: wooden table, can be with steel frame and maika, or only wood. Also furniture which needs some repair is welcome. Please contact Unity pavilion office, [unitypavilion@auroville.org.in](mailto:unitypavilion@auroville.org.in) / 2623576

## **L O S T & F O U N D**

Camera (lost): I have lost my small black Sony digital camera somewhere in Auroville. There are my family photos on it so I would be incredibly glad to get it back. It was most probably wrapped in a white cloth inside a transparent plastic hard case. If you have any information, please call 7639318742 Thank you! *Jelly*

Cellphone (lost): I lost my cellphone between Townhall and CSR on March 14, 2016. It's a black coloured Motorola G 2<sup>ND</sup>

Gen. - cased in a yellow cover that says "STD, PCO, ISD". If you find it please call on 8871115537 or mail: [anantmairal2@gmail.com](mailto:anantmairal2@gmail.com) - *Anant Mairal* (Gratitude, la maison des jeunes).

Moped Keys (Found): TVS set of 2 keys found in the Green Belt, near Victory on Tuesday morning. Pass by the News & Notes office to collect them.

## **T H A N K Y O U**

### From Auroville Aikido -

We have just finished a very fruitful one month "Aikido Workshop 2016" with our master **André Palméri** - 6th Dan, Makoto Dojo, France. André, and his wife Alexandra (4<sup>th</sup> Dan) have once again helped us a lot in our practice and also with regard to the structure of the **Auroville Budokan**. Both, adults and youngsters, could benefit so much from them and we thank them deeply. We are also very thankful to S.A.I.I.E.R. and the Stichting De Zaaier foundation for their support without which the workshop could not have happen. We continue our regular practice with a slightly modified schedule and again welcome beginners and others. Please see Posters and/or write to [budokan@auroville.org.in](mailto:budokan@auroville.org.in) for more information.

*Cristo, N. Murugan and Surya for the Auroville Budokan*

## A P P E A L

### A new TV set for Dehashakti

Dear Community & Friends.

Dehashakti sports team is looking for a TV, our 9 year old 32inch LCD TV has broken down and we are unable to find a way to fix it as the spares are unavailable. We will be happy to receive any old TV or any contribution to buy a new one which will be about Rs.25, 000. Dehashakti's Auroville Pour Tous Financial Service account no. 2264

As there are many sporting events coming up, starting with Cricket T20 World Cup and later the Olympic Games it is a much needed tool to have for the students to see and get inspired.

Thank you for all your support,

Dehashakti Team

## A C C O M M O D A T I O N S A V A I L A B L E A N D N E E D E D

House sitting1: Hi, my name is Hitesh, Indian nationality. I am in Auroville up to 26 April 2016. I am here with my wife and looking for a accommodation for one month, 26th March to 26 April 2016. I am looking for some accommodation with WiFi. Please contact me at: [kristyhitesh@gmail.com](mailto:kristyhitesh@gmail.com) / 091 8155872501. Thanks, *Hitesh*

House sitting2: Hello, we're a couple who have been volunteering in Auroville for the past 8 months, with a young daughter (attending Nandanam School), looking for house-sitting, long or short term. We will take good care of your house and will be very happy to look after your pets/garden. Please contact *Daniela* on: [danielaboban@hotmail.com](mailto:danielaboban@hotmail.com)

House sitter1: For a house to sit in Arati 1 from April 14th to June 8th. Room with a/c and internet etc. available already

from March 26th onwards. Contact: [amarnath@auroville.org.in](mailto:amarnath@auroville.org.in) + tel. 262 24 92 + 97 873 - 89 103. Thank you! *Amarnath*

House sitter2: House sitting available from May 1st in Auromodele. 1 or 2 people only, Aurovillians or Newcomers. Running costs to be covered. Please contact only after 10:30 am, until 7:30 pm. [marinonimonica@gmail.com](mailto:marinonimonica@gmail.com), 9443085323, 0413.2623332 - *Monica*

House Sitter3: Seeking Aurovillian or Newcomer to house-sit a small single place in Auromodele from May 2016 to the beginning of January 2017. Looking for a super clean responsible woman. Expenses will be discussed when we meet. Contact *Yen* at tel. number: 85 25 01 94 39.

## T A X I S H A R I N G

March 20th: Chennai Airport pick-up of two people on Sunday 20th of March at 3 pm. Let me know if there is any possibility to share one or two ways! *Petra* 8098958679, 2623195

March 20th: to Chennai airport, leaving 10 pm from Center Fild. Contact *Elisabetta* 8524953770

March 21st: Going to Chennai Airport for a 10:30 pm flight - leaving Auroville around 5 pm but am flexible. Can be shared both ways, the return from Chennai to AV would be around 8 or 9 pm. Call *Kerstin* at +917639 4598 21 or email: [kerstin.duell@mail.soasalumni.org](mailto:kerstin.duell@mail.soasalumni.org)

March 21st: For flight arriving 11.30 pm on 21st March at Chennai intl. Share either way possible. Please contact [kathy@auroville.org.in](mailto:kathy@auroville.org.in). Thanks! *Kathy*

March 21st: To Chennai airport, starting from Auroville at 10 pm, starting back around 1am. Welcome to share! Contact: [slava@auroville.org.in](mailto:slava@auroville.org.in), 7598869223 - *Slava*

March 23rd: I will be leaving for Chennai International airport on Wednesday the 23rd around 12 am. My Flight is at 5:45 pm. Please contact [bernalon9@gmail.com](mailto:bernalon9@gmail.com). *Bernard*

March 24th: "Hi, does anyone need a ride to/from the airport on 24th march? A taxi will pick me up at the airport around 8-9 pm to go to Auroville. [adriane.feldman@gmail.com](mailto:adriane.feldman@gmail.com)". Thanks. *Adriane*

March 27th: Leaving from Arati at 10 pm Sunday evening, to Chennai airport. Call *Elisabetta*: 7094206150 or [elise gala@gmail.com](mailto:elise gala@gmail.com)

March 28th: Taxi to Chennai Airport, leaving New Creation on the 28/03, at 11 pm. Call *Norman* 2622284 or mobile: 9585437380

March 29th: to Chennai airport, leaving at 7:30 Ppm from Citadines. Please contact Nadia: [nadia.loury@orange.fr](mailto:nadia.loury@orange.fr) / 948 711 34 99

March 30th: I will take a taxi from Auroville in front of Matrimandir the 30th of March at 7.30am in order to arrive to Chennai Airport, international flights, at 10.30/11.00 am. If you want to share the taxi trip, please contact *Renzo*: +918098218909

April 4th: Monday. I am leaving Arka Guest House at 3.30 am for Chennai Airport. 1-2 seats available. Please contact: [jameslaker@gmail.com](mailto:jameslaker@gmail.com) - *James*.

## W O R K O P P O R T U N I T I E S

### Volunteer for the Auroville Online Store

Are you are interested in an inside view of several Units in Auroville at once? Then we are the right place for you! We are looking for a full time Volunteer, who would like to join our team and support us in marketing, every day business and an upcoming project. Good English skills are required. Interested? Then contact *Luise* at: [networking@auroville.com](mailto:networking@auroville.com), or call: 0413 2622069.

### From the bookshop of Auroville Papers at the Visitors Centre (known as the Wild Seagull)

For about 2 years we were privileged to have the presence of Georges Blanchet at our bookshop. Georges had a deep knowledge of Sri Aurobindo and the Mother, he knew how to advise people about their books, he knew how to answer their

questions about Auroville. Not only he knew how to do this, but he loved this job.  
We sorely miss him.  
The bookshop also misses now the presence of someone who loves books and likes to talk about them to visitors. It misses

the presence of someone who likes answering questions about Auroville. If you love books, if you enjoy talking to visitors and helping them to choose a title, then you are the person we are looking for. Contact us at Auroville Papers (*Luisa or Christine*) 2622122

## HEALTH

### The visit of the Tibetan Doctor

This is to share that the Tibetan Doctor and the crew arrives on Saturday the 26th of March 2016 for their regular monthly visit. There will be no appointment given as before; It is on a first come first serve basis. The consultation is happening at Pavilion of Tibetan Culture.

*Presented by Pavilion of Tibetan Culture. International zone.*

## AUROVILLE RADIO



A quick update on 'what 's up" at the radio. We celebrate the purchase and delivery of our new mixing table, ensuring continued quality and service. The radio studio wouldn't exist, without Julian's dedicated help, (as he brought our previous mixing table as well)- so Thank you Julian!

Our immediate concern now, is to find or forward funds for the radio's permanent place in the new archive building project, (we will need to find the required funds this financial year for the work to move forward in completing the first floor, the construction site is moving along rapidly and it would add expense and inconvenience to build it later. The projected cost of the first floor is one crore of which a portion would be allotted to the radio.

Recently volunteer Rachel helped us with designs for our new website, we are now looking for a person with the skills to build it.

These are the latest programs published by AurovilleRadio this week. All the recordings are available in CD or ready to be copied on your memory stick at the AurovilleRadio premises in Town Hall, opposite the Financial Service.

#### **The Best of Blue Note no10 (Music 15/03/2016)**

10th edition of The Best of the Blue Note. -[English, 37 Minutes]

#### **Celebrating Womanhood (Music 15/03/2016)**

Auroville Sisters - Vera, Shakti, Swaha along with Shank performed at Sve-Dame past Sautrday; -[English, 54 Minutes]

#### **Selections par Gangalakshmi-75 (The Path 14/03/2016)**

Selections par Gangalakshmi-75. Cette semaine; -[French, 29 Minutes]

#### **Selections par Gangalakshmi-74 (The Path 14/03/2016)**

Selections par Gangalakshmi-74. Cette semaine; -[French, 21 Minutes]

#### **Peace, Refugees, Dragon, Lilith (News from Auroville 14/03/2016)**

Interesting week ahead of us with a bit of business, dragon sculpture, peace for refugees, AV Sisters, Lilith. -[English, 11 Minutes]

#### **Savitri, B. 2, C. 2, Part 2 (Sri Aurobindo 13/03/2016)**

The King is in the "subtle physical". We learn how our material plane receives from this plane and from higher planes. -[English, 20 Minutes]

#### **Tracks of the Unicorn (Performing Arts 12/03/2016)**

The Unicorn Collective offers promenade performance "The Tracks of the Unicorn" at Mahalakshmi Park. -[English, 46 Minutes]

#### **Off the Cuff-61 (Performing Arts 11/03/2016)**

Student life in Holland, not participating in events, sustainability and health, Mango trees flower. -[English, 8 Minutes]

#### **The Integral Paradigm- Day 3 (Integral Education 11/03/2016)**

A recording of presentations on the final day of 'The Integral Paradigm of Knowledge' Seminar at Unity Pavilion -[English, 249 Minutes]

#### **Ceremony to unite all America (Culture 10/03/2016)**

Ceremony to unite all America Auroville -[English, 26 Minutes]

#### **David and the Water Goliath (Water 10/03/2016)**

You can listen to all of the programs and more on [www.aurovillerradio.org](http://www.aurovillerradio.org). For more info call 0413-2623331 or email [radio@auroville.org.in](mailto:radio@auroville.org.in)

David Stein tells us what has been done in terms of securing water in our area and what still needs to be done. -[English, 16 Minutes]

#### **How to build the future? (short) (Housing 10/03/2016)**

The Sacred Groves Project initiated a really controversial debate about future construction and living in Auroville. -[English, 23 Minutes]

#### **Homage to Saint Tyagaraja (Music 10/03/2016)**

Tyagaraja Aradhana at the Pavilion of India, Auroville. Musical homage to Saint Tyagaraja -[Tamil, 113 Minutes]

#### **Rod: Critical Thinking is needed (Social Development 10/03/2016)**

Rod talks on; Ideology, Growth, Statistics, Working Groups and the urgent need for critical thinking in Auroville. -[English, 52 Minutes]

#### **The Rime of the Ancient Mariner (Music 10/03/2016)**

Holger Jetter delivers an electrifying improvisation of Samuel Coleridge's poem 'The Ancient Mariner', 1798 -[English, 81 Minutes]

#### **Concert by Ladislav Brozman (Music 10/03/2016)**

A Classical Concert by Ladislav Brozman- a concluding part of The Integral Paradigm of Knowledge seminar -[English, 39 Minutes]

#### **Promenade Performance, Women (News from Auroville 10/03/2016)**

Featuring Kaeridwyn and Sarah inviting us to the Tracks of the Unicorn , a Promenade Performance 11th, 12th -[English, 17 Minutes]

#### **Upcycling; Marc, Orly and Ok (Ecology Awareness 09/03/2016)**

Marc, Ok and Orly are passionate about re-using waste and open our eyes and minds to new ideas. -[English, 16 Minutes]

#### **UN INTERNATIONAL WOMEN'S DAY (International Programs 10/03/2016)**

UN INTERNATIONAL WOMEN'S DAY Celebrations at AUROVILLE -[English, 14 Minutes]

## TRAVEL

### Latest News from the Travel Shop - Inside India located in Auroshilpam

We are open from 09:00 to 13:00 and from 13:30 to 17:00  
Latest Offers from Airlines:  
Emirates has special fares to Europe & USA ticketing up to 31 March  
Oman Air has special 1 month and 4 months fares to Europe  
Qatar Airways has promotional offers to Europe  
Etihad & Jet Airways has special offers to Europe  
Kuwait Airways has special fares to Europe  
Note - Most of the airlines offers are valid up to 31st march to purchase a ticket.

Insurance: We strongly recommend availing of a Travel Insurance for all foreign travels.  
Hotel- International and Domestic hotels can be booked through us at discounted rates.  
International Flight Tickets / International Hotel booking - 04132622078, [travelshop@auroville.org.in](mailto:travelshop@auroville.org.in), Domestic Flight Tickets / Trains / Bus / Travel Insurance - 04132622604 / 2623030, [domestic@inside-india.com](mailto:domestic@inside-india.com), [doulat@inside-india.com](mailto:doulat@inside-india.com) / Tours and Domestic Hotel booking - 0413 - 2622047, [insideindia@auroville.org.in](mailto:insideindia@auroville.org.in)

## EATING OUT

### TLC Dewdrop Inn now open regularly

The Learning Community (TLC) would like to invite you to drop in to our community tea shop "Dewdrop Inn", open every Thursday afternoon between 2-4pm.  
This is a project run by the children of TLC so... do drop in... for delicious bakes, teas, juices, lassi prepared by the students themselves ... relax for a while as you play a card/board-game, sip your tea and nibble your cookie!  
Looking forward to seeing you there on Thursdays! TLC's base-camp is situated just before the gate of Dana community...  
Much love, *the learning community*

### Naturellement Closed on 22nd March

Dear community, we would like to inform you that Naturellement and Garden Cafe will be closed on Tuesday 22nd March. *Naturellement and Garden Cafe Team*

### Friday dinner resumes with Namgyal and Kalsang.

We will be resuming Friday dinner from Friday the March 18th 2016.  
We request you to reserve your table in advance: 9943388873.  
Email [Kalsang@auroville.org](mailto:Kalsang@auroville.org)  
Our Friday dinner is to raise funds for our future house for which the construction is happening in International Zone of Auroville. Thank you for your support! *Namgyal And Kalsang*

### Sunday Chill At Auroannam

In this Sunday Chill edition, Arnab Bose from Pondicherry will bless our humble kitchen with his culinary prowess. A trained chef by profession and a hotelier, he is here to arouse those unfulfilled taste buds of yours. C'ya!

## GREEN MATTERS

### Building: When 'alternative' is bound to go mainstream



When a large and prestigious building company declares that '*construction is one of the least sustainable industries in the world*', something interesting is

happening. What is behind this rather bold statement from within the industry?

The answer becomes obvious by looking at any public report on the environmental impact of the building industry. The above quote is from a study by the UK-based construction company Willmott-Dixon. Its figures, dating from 2010, haven't substantially changed since then: Construction industry - buildings and roads - uses about 60% of all extracted resources worldwide, both non-renewable and renewable. Building construction alone consumes 45-50% of all energy and 50% of fresh water; it is responsible for half the world's greenhouse gas emissions and ozone depletion, for 40% of drinking water pollution, and (indirectly) for half of the destruction of coral reefs and a quarter of the loss of rainforests. Moreover, building and demolition activities generate between a third and half of all landfill waste. Or concretely, the area of Delhi creates 5000 tons of building and renovation waste every single day!

Auroville architect Manu recently shared a series of slides he himself took to document the impact of the building industry on once-pristine landscapes, in his native Kerala and elsewhere. He showed how rivers are dredged for sand and mountains are mined to make concrete. 'In Bombay all the hills are gone; Delhi has lost most of its rich forests. Kerala's biggest river, Bharatapura, once revered as a perennial river with an immense catchment area, is now only flowing for four months a year. Lakes, wetlands and agricultural fields get

filled with construction waste... Commercial construction is merciless - It would devour anything in its way to make profit.' He explained how developers control large tracts of marshy areas around many of India's cities. 'These marshlands can be bought very cheaply; they are then filled with construction waste, developed and sold for very high prices; it's a large racket. The bypass road we see on the way from Auroville into Pondy is a typical example: It is built on paddy fields and with the recent floods, all that area was under water.'

'As an architect', he explains, 'I feel very guilty drawing that line and specifying 'cement, steel and glass', because every line has an impact, and we don't know whom it's going to hurt, which river or hill is going to die, which tribal person is going to lose their livelihood, because aluminium - bauxite, as is iron ore - is a major killer of tribal lands.' This popular material also releases high amounts of toxic and greenhouse gases - over 9 tons of CO<sup>2</sup> per ton of aluminium, with steel at 4, iron at 1.5 and cement at 0.9 tons.

The good news is that *If we were to switch from industrial materials to using natural materials, we would make a huge impact on the planet*, especially with regard to global warming. 'A conventional small house releases up to 2.9 tons of CO<sup>2</sup> per year. If you choose the right natural materials, you are fossilising Carbon, i.e. preventing the release of the element which would happen by burning or rotting (methane being a potent greenhouse gas), following the forest's natural balance of carbon going in and out. You can effectively build your house as a Carbon Bank, helping to reverse global warming. From this standpoint, we need not look at construction as a destructive practice but as the single greatest opportunity for anyone to restore the planet's health and wellbeing.'

This has been Manu's leading quest: 'What can we do to *create a new model of housing, for the sake of the planet*, something that is really a tribute to all the efforts that are happening to fight climate change? - Unfortunately, he adds, 'ecologically mindful construction methods are still not mainstream. All these efforts are still seen as 'alternative'; we need to move beyond protests and do something as a model that one could implement globally...'

Manu is not alone in his dedication. All over the world, experiments are being made, not just 'greening' (and sometimes greenwashing) conventional approaches but serious innovation and profound re-thinking of housing and lifestyles in tune with the future. From waste-based Earthships that look like designer homes, eight-story office buildings made from wood, multi-level cob houses, the revival of ancient natural techniques combined with innumerable novel technologies, a world of experimentation is happening on small and on large scale, with sustainability and more harmonious living as its leading quest. The past still has force... but it can only be a matter of time before we will look back to our monstrous concrete cities drowning in toxicity as a dinosaur phase of human habitat.

It may be no surprise that as so often, Auroville reflects much the same tensions as elsewhere on the planet. When the AVIs during their recent visit enquired about sustainable building practices in Auroville, they had to find their own answers. Yet as a city created for experimentation, as a bridge into the future, with an exceptional freedom given to us by our founders, here is a task we cannot fail. Auroville has since its beginning had a multitude of sustainable, natural, experimental buildings of all kinds. Many of them have stood the test of time; others have served as stepping stones of learning. *This huge wealth of experience waits to be collected* into some sort of inclusive knowledge base, where it can be accessed, studied, put to use, and continuously updated, as an open resource for all. **Does anyone know if this has ever been done or attempted? Is any of you who read this enthusiastic to take it on, solo or in collaboration? Please contact the Green Center!**

One obvious starting point could be Sacred Groves, in itself a research institution with multiple experimentation going on at any time, including collaborations with universities and institutes, and some 450 students and volunteers having passed through to date. In short overview, clusters of homes - with the first prototypes nearing completion - are built from natural and recycled building materials, primarily earth which is available on site, recycled wood and earth-crete. Sacred Groves will produce, and already produces, all its power (through wind, solar, and recycled cooking oil generator back-up), with a planned internal smart grid and EMF pollution-free homes. Harvesting and re-using all its water, and growing much of its food, the community will be carbon-positive and close to zero-waste; its homes, co-designed with the users, will foster (without imposing) human connection, and will be highly

affordable, at about half the conventional Auroville rate. Everyone is invited to visit on spot and experience directly, Saturdays being open days, and to explore more online via the [website \[sacredgroves.in\]](http://website.sacredgroves.in) and social media [[facebook.com/sacredgroves.auroville](https://facebook.com/sacredgroves.auroville)].

While Sacred Groves is blazing trails for sustainable community living, *other green and low-budget buildings are being pioneered elsewhere in Auroville*. A new and hopeful wind is definitely blowing and deserves all our support. The scope of this column is way too small to do justice to all that's happening, hence the call for creating a shared knowledge base!

For AV Green Center - [avgreencenter@auroville.org.in](mailto:avgreencenter@auroville.org.in) - Jasmin, Lisbeth & Bridget

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For the Sunday walks in March, after successful walks to Pebble Garden and Pichandikulam, we continue with walks in Samridhi Forest and Fertile Forest

**Sunday walk Farms & Forests** Sunday 20th March Samridhi Forest 7.30 am with Biggie and Diego, tel 2622398

Directions: from Solar Kitchen 30 min cycling

Take the greenbelt road ;past Town hall main entrance it is the next crossing to the right, follow past Youth Center and Transition on your right , TLC on your left , past Dana on your right , follow the road past Rajeswari College , here take a right (around the college compound) then left , straight till you reach the Samridhi gate.

From Kuilapalayam side; take a left past Aurelec and Dana at the crossing take the Green belt road to the left , follow the road till the collage then left again (and same as above )

Sunday 27th of March Fertile Forest with Jan and Jana 4 pm  
Details & Directions in the next *News and Notes* on Auronet and the posters on AV's noticeboards

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### We are in season of abundance!



As seen at Foodlink this week: Various types of leafy greens, two kinds of ladyfingers, sweet potatoes (including purple ones), long beans, cluster beans, snake gourds, loki, pumpkin, capsicum, carrots, chow chow and potatoes (the last 3 from the Nilgiris), bananas, chickoo, papaya and watermelon. And plenty of tomatoes (coming into season now), cucumber and coconut - all delicious, fresh and organically grown! Please bring your own containers for farm fresh milk!

At the service of the community - *Foodlink* (behind PTDC and Free Store), daily open 9 am - 3 pm.



## "The New Child" (illustrated by this week's blue cover)

The new child  
on the ancient beach  
awakes

his blue shadow  
suddenly unveils  
a whole Eternity  
of light .

El niño nuevo  
sobre la playa vieja  
despierta

y su silueta azul  
recrea de repente  
toda una Eternidad  
de luz.

*Anandi (Realization)*

## True Aspiration Story Feb.29<sup>th</sup> (Part 1)

29<sup>th</sup> February, 2016 Questions

(a) "...60 years after the first manifestation of the Supramental Consciousness our present is full of threats and opportunities, could it be the time for a major shift with more conscious support from us?

(b) Can we contribute to open the future together? "

Answer for these questions is a definitive yes, but how to make the "major shift with more conscious support" and how to "contribute to open the future together" can be worked out only by knowing why it is so and what the real issue behind it is.

A simple answer is that for the last four decades we are all accustomed to function in a certain way and have not yet felt a real need to come out of it and function in a new way, a new "supramental" (!) way. The real issue behind it is acquiring receptivity to the new Consciousness that would help us function so.

This was the issue which Sri Aurobindo considered right from the beginning. Only when we grasp and understand this issue will we be able to arrive at a clear answer to the questions put for 29<sup>th</sup>. For this we need to create the inner conditions under which one can receive and express the new consciousness of the supramental manifestation. It would be helpful first to understand how in the first place the task of reaching and receiving the Supramental Consciousness was managed and what Sri Aurobindo did for it.

This is a highly thrilling and interesting event to narrate. In Alipore jail Swami Vivekananda came in Sri Aurobindo's meditation and taught him in detail about the plane of Intuition and made him see the supramental plane from there. He also indicated that it is the thing that he should strive for, not moksha (liberation). After coming to Pondy Sri Aurobindo needed to find a way or process to reach the Supermind at will and then to bring it down. A programme of action, Sapta Chathustaya, the Seven Tetrads or Quartets of Becoming, was revealed to him in his meditation. Each Tetrad had four aspects in it which the aspirant needed to acquire. The Tetrads were: (1) Equality; (2) Shakti or Power; (3) Supramental Knowledge; (4) Body; (5) Work or Divine Action; (6) Brahman or Living in the Vastness of Brahmic Unity; and (7) Siddhi or complete Realisation. Explanation of the role of these Quartets that follows is an utmost simplification for understanding Saptha Chathushtaya easily. ("Yoga of Self-Perfection", of THE SYNTHESIS OF YOGA explains it in detail.)

The supramental consciousness contained infinite dynamic potential and its inherent infinite Knowledge and infinite Force. To receive it and allow it to work, the consciousness of the aspirant needs to acquire perfect equality, so that it is poised in tremendous peace. The Equality Tetrad is a plan of action for it. Then the consciousness should acquire the capacity to hold the immense power of the supramental Force by perfecting the consciousness so that it can hold and use the power for the work to its maximum capacity. Shakti or Power Tetrad is the plan for it. Supramental Knowledge Tetrad is the plan for receiving the supramental consciousness and then to realise first its cognition or knowledge potentials. Body Tetrad is the plan for realising and bringing out the potentials of the body through the action of the supramental consciousness on it. Work or Divine Action Tetrad is the action plan for divine action in the world. Brahmic Unity (living in its Vastness) Tetrad was to enable one to act like this based in Brahman Consciousness all the time. Siddhi or Yoga Tetrad is to realise the Divine Life on earth. ("Seven Quartets of Becoming" by Debshish Banarjee).

(To be continued next week)

Subash, Isai Ambalam School

## To the Lord

If the inner hermit with his flame always travelled alone,

If we burnt the habits and tastes which displayed till now our finished past,

If remembering the coming Future we tore out the old chimeras

Where in this ocean of intense fire or in this blue sky all is the same immense Journey with Thee,

We now know that exposed to numberless lives we even unknowingly fulfil the promise of this imperceptible past with this earthly body which is the parchment to read the legend written and told by Thee.

Thy white Light awakened us, it is our common signature.

This is our memory found again in the depth of this sun, it is She, our winged soul, which reunited all our lives, the Only one since the first.

Thou have inscribed Thy sweet Peace in the cave of our breast, Thou art this mighty fire which revived our soul, where these solar seeds disperse in the midst of this rolling ocean.

With the triple key of Knowledge, Works and Love Thou openest for us all the locks of the Spirit, where all thirsts are quenched.

With my profound joyful surrender

GangaLakshmi (House of Mother's Agenda, Savitri Bhavan)

# For your calendar



## AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri read by Mother to Sunil's music

Every Thursday at sunset

From 6.00 to 6.30 pm (weather permitting)

Enjoy the beautiful open space, an immense sunset, heavenly music in the very center of Auroville!

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such.

We request everyone: please do not to use cameras, I-pads, cell phones, etc.

Dear Guests, please carry your Guest Card with you - No photos there.

**Access only for the Amphitheatre from 5.45 to 6.30 pm.**

Please be seated by 5.55 pm

Amphitheatre Team

## INVITATIONS

### BHAVISHYATE

Sri Aurobindo Center of Studies  
India and the World  
Bharat Nivas

Timings: 5:00 - 6:30 pm every Tuesday in the new building by the side of the Sri Aurobindo Auditorium, first floor.  
A Study Group has been recently initiated by Mona on  
**INDIA: past, present and future challenges**

Shri BalaBaskar, IAS (retd), former secretary of Auroville Foundation, Toine and Ram Subramanian, have anchored some of the sessions on:

Indian Administrative Services (IAS) - Its origin, training and relevance today  
Economic growth and poverty - The Indian experience  
Historiography of Tamil Nadu - An alternative viewpoint  
Food & Agriculture - Can India remain self-supporting in food?  
Energy and development Paradigms in India

These are informal discussions (Dialogues) and everyone is welcome to participate.  
Different Aurovilians and experts from outside will be invited to anchor the sessions as per the topic.

Those interested please send a mail to [mona@auroville.org.in](mailto:mona@auroville.org.in) to be included in the mailing list for announcements on the next topics.

### L' Agenda Di Mere In Italiano Per Soli Newcomers E Turisti

Reading Meditation: Mother's Agenda in Italian only  
Gruppo di lettura in Italiano con Jannnaka

i Mercoledì 23 e 30 Marzo, 6 Maggio (ultimo), ore 17 a Luminosity  
Le fotocopie dei passi proposti sono pronte gratuitamente.  
Prenotatele con un messaggio al 948.762.96.48 oppure a [lestellenoi@gmail.com](mailto:lestellenoi@gmail.com)



### Pitchandikulam Forest

*How to spend the summer with Ayurveda Health Tips and local herbs*  
Saturday 26<sup>th</sup> March 2016 (10 to 12:30 and 14:30 to 16:00)

How to keep Body and Mind cool and fresh during the summer?  
What are the changes occurring in the body? Any specific ailments?  
Which local plants and vegetables to use during this season?  
Which medicinal plants support the health during the heat?

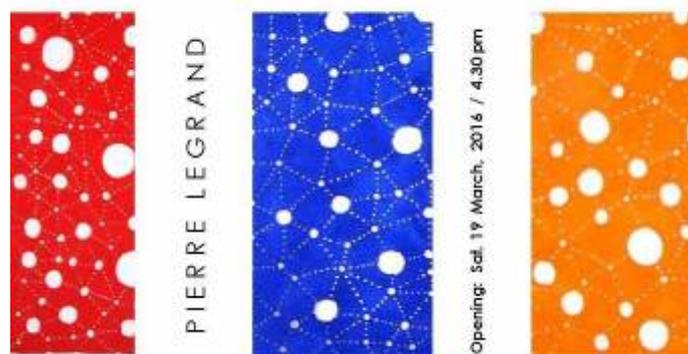
The afternoon will be dedicated to various herbal preparations/recipes and cooling/refreshing techniques

**Venue: Ecodome in Pitchandikulam**

For registration, please SMS *Berengere* (Bee) on 9489505691

## EXHIBITIONS

### POROSITY /// POROCITY



CENTRED'ART - CITADINES / AUROVILLE // 19 to 26 MARCH / 2.30 - 5.30 pm

## URBAN FARMING PROJECT

"Dear Community, you are all invited to visit an exhibition about the Urban Farming project and the greening of the city centre. Ideas of Permaculture, Synergistic Agriculture and pictures of our activities will be shared along some of the food we have produced. Outside the Financial Service in the main Town hall (ACUR).

Warm thanks from the Urban Farming Team"

Sincerely, *Luigi, Riccardo & the Urban Farming Team*



## KOREAN BUDDHIST TEMPLE PHOTO EXHIBITION

Photos by Venerable Deokjo Sunim  
Buddhist Abbot at the Bullilam Hermitage in Songgwangsa Temple in Korea

Venue: Pavilion of Tibetan Culture  
19- 31 March - 9:00 am to 4:30 pm  
Sunday 10 am - 1 pm, closed on National holidays  
Inauguration Saturday 19 March 5:00 to-5:30 pm  
Tea & Talk Saturday 19 March 5:30 to-6:30 pm  
Gratitude Dinner Tuesday 22 March at 6:30 pm, sharp

For reservations write to: [koreanpavilion@auroville.org.in](mailto:koreanpavilion@auroville.org.in) or sms@ 9487644182 till 21 March, 12 pm.  
Aurovilian: Rs 250, Guest: Rs 350. Limited space: first 50 reservations only. Please arrive on time!  
To raise awareness of the food collaboration in creativity with the products of Auroville and bioregion into Korean home meal.

*Presented by the Korean Pavilion*

## TALKS, SEMINARS



Dear Friends,  
We would like to invite you to a very special lecture

### "Civil Engineer in the land of the Pharaohs"

Saturday 19<sup>th</sup> of March 2016, at 2.30 pm

Since 1998 our friend Pierre Veillat is member of the archeological crew of the site Bubasteion near the pyramid Saqqara (king Djozer, 2600 BC). A good number of tombs from the New Empire (XVIII and XIX dynasty - apprx 1300 BC) have been discovered in the past 20 years.

On Saturday Pierre will give us a glimpse into the daily camp life which can be quite rough and requires a good portion of perseverance and patience, and the ability to deal with many deceptions. But through Pierre's passion we will also learn the joy about magnificent discoveries.

## GLOBAL ZEITGEIST DAY

Global Movements: Relevance for Auroville and India

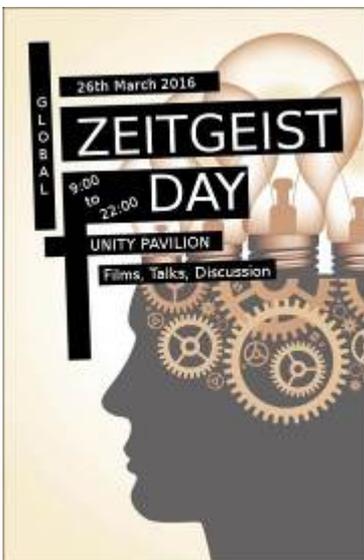
26<sup>th</sup> March 2016  
9am to 10pm  
Unity Pavilion

*Films, talks, Discussion and Dinner*

A simple dinner will be catered in for this event,  
blue sheet contribution optional but welcome to cover organizational costs.

Looking forward to sharing and being inspired together!

See you there,  
Warmly, *Jerry & YouthLink*



## The Systemic Approach

A conference in French only  
By Veronique and Joel ("Incubators of change and solutions")  
Sunday 20<sup>th</sup> of March, 2:30 to 3:30pm  
At the new French Pavilion (near Visitor Centre)



## A POEM FOR REFUGEES

On **March 21st**, we will join the World Poetry Movement with "A Poem for Refugees."  
We will have a gathering at the **Unity Pavilion, at 6 pm**,  
With poets, musicians, and friends to send peace, force and love  
to all the People that have to abandon their Mother Land because of the wars in the World

*Thank you for joining us!*

*"Les Baladantes" and "Trovadores"*

## AUROVILLE CHOIRS IN CONCERT

**THE PEACEMAKERS** by Karl Jenkins  
Auroville Choir, Youth Choir and Instrumental Ensemble  
Presenting a selection of songs extolling Peace

**Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> of March,**  
**At 8.00 pm at Bharat Nivas Auditorium**

*Tickets will be available from Saturday 19<sup>th</sup> of March via 2 channels:*

- *With Divya at the Solar Kitchen every day from 12 to 12.30*
- *Online @ Eventbrite, please search for 'Peacemakers' or find the link on the AuroNet*

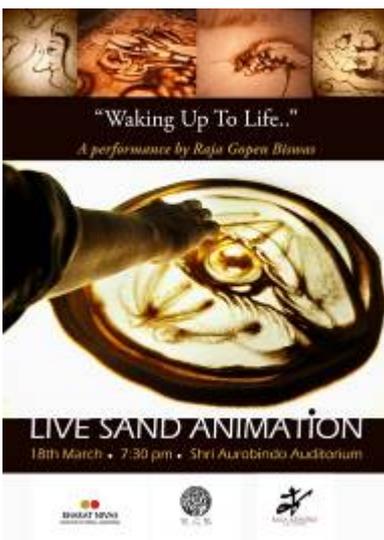
*Please keep in mind that the number of tickets is limited,  
therefore we beseech you to not take more tickets than you need.*



## BHAKTI POETRY IN MUSIC AND DANCE

**Thursday 24 March 2016, 5:30 pm**  
South Indian Flute: Gordon Korstange  
Hindustani Slide Guitar: Joel Eisenkramer  
Dancer: Madhumita Padnaik

This concert combines Bhakti poetry and Indian music and dance  
to elaborate powerful and moving lyrics depicting the love of Radha for the god Krishna  
—a love whose intensity and range of emotions trace the course of all true love between man and woman  
and between human and divine. Intermingling physical and metaphysical imagery, the spiritual yearning  
for the divine is articulated in the passionate language of intense sensual desire for an irresistible but ultimately unpossessable lover,  
thus touching a resonant chord in our humanity.



Kala Kendra - Center for Arts, Bharat Nivas - The Pavilion of India  
In association with AuroFilm  
Present

## "WAKING UP TO LIFE"

A Sand Animation  
A live performance by Raja Gopen Biswas

**On Friday the 18<sup>th</sup> of March, 2016 at 7:30 pm**  
**In Sri Aurobindo Auditorium, Bharat Nivas**

**Duration: 12 Minutes (Before the start of the Movie "ANKUR")**

# TAMIL FOLK THEATRE

Invitation to all!

Saturday 19th March 2016

Ilaignarkal Education Centre open air ground (North of Matrimandir)

7 pm to 7.45 pm evening show (A tea stall will be kept opened)

Theru koothu is Tamil Nadu folk theatre. Our land is one of ancient temples, classical dances, palm trees, rituals and a very ancient language. Theru koothu has a long tradition and superb dramatic form which has faded into the classical background; the folk drama has existed for centuries, it was performed on a stage 14 feet square at street level. Spectators sit on three sides, the fourth is reserved for the musicians (background music group normally sits on a wooden bench). In most traditional dance and drama the characters are introduced from behind a hand held curtain, the songs fit the temperament of the characters.

Theru koothu is mostly played by men only: they dance vigorously to suit the powerful drumming. Theru koothu with its gilded ornaments, heavy make-up creates a special atmosphere with native music, dialogue and background instrumental music with pipes and drums. The actors are farmers, labourers, fishermen, watchmen and /or anybody from the community. They have to feel the theme to enjoy themselves.

Theru koothu has a dramatic form which has power in its operatic songs. It reveals theatrical shrewdness in the character of kattiyanakaran. Theru koothu has existed in our region for centuries but is slowly disappearing. But now Mohanam Cultural Centre, Auroville is providing space & training for young students to dedicate themselves for the revival of the folk theatre.

You are invited to witness the performance of young trainees presenting a scene from the great Mahabharata in Tamil.

*Please come and enjoy the folk theatre and encourage the youth!*

## CLASSES, WORKSHOPS

### "THE GOLDEN DAY 29 February - The Day of the Lord"

Under the auspices of the Tamil Heritage Centre and Arulvazhi Training Centre a workshop will be held.

Date and Day: 27th March 2016, Sunday

Timings: 9.30 am to 5 pm

Venue: Sri Aurobindo Word Centre for Human Unity circle (SAWCHU), Bharat Nivas

Keynote address: Sri T. Rajagopalan

Proceedings will be in Tamil and English.

Delegates from Tamil Nadu/ Puducherry /Auroville are participating. Observers are welcome.

Organizing Team, Auroville-Tamil Nadu workshop

Contact No.: 9176600308, 9442934306

### LIVING YOUR LOCAL FOOD!

A four-week workshop exploring preparation of Local Food at Solitude Organic Farm Cafe with Sarah Kundig. Saturday 26th March

There is a wealth of vegetables, fruits, salads, herbs and spinaches that are overlooked in our daily diet either because we don't know about them or we don't know how to prepare them. We want to show you how to enrich your diet both in taste and nutritional value by discovering these foods and the many exciting ways to use them; you are also reducing food miles and building community along the way.

This workshop will span 4 weeks. Each week we will have an afternoon workshop from 3 to 4:30 pm. After the workshop participants can take home a basket of fresh fruit and vegetable to put into practice what has been learnt.

This workshop will also look at how to start our own gardens although the focus will mainly be on cooking.

Workshop Starts: Saturday 26th March

Please confirm your participation:  
[krishnamckenzie@auroville.org.in](mailto:krishnamckenzie@auroville.org.in)

### COUPLES RETREAT - HEARTS IN HARMONY, 15-17 APRIL

Stress and fatigue are the enemies of any relationship. Many couples end up disconnected due to the pressures of modern life. The solution and the way back to love, lies in a process that most couples are unaware of, and/or have not put in place within the relation. In this Residential Retreat, couples learn how to blend playfulness into the relationship, with

exercises designed to keep the relation both healthy and strong, to start moving forward again.

The aim of the Retreat is to create joy, love, passion and intimacy, and set the foundation for a lifetime of togetherness. This is open for a maximum of 5 committed couples only.

To register please call: 9843948288, or email: [info@aurovilleretreat.org](mailto:info@aurovilleretreat.org).

For more info, please visit: <http://aurovilleretreat.org/retreat.php?subj=67>.

Thank you! Allison Lu for Auroville Retreat

### EXPLORING THE SUBTLE PHYSICAL BODY

An invitation ONLY for those Aurovilians/Newcomers who have joined previously some ATB experience, and commit for the whole period of 21 days. Every day one and a half hour of Awareness through the Body, developing our perception of the Subtle Physical Body.

From 2nd to 22<sup>nd</sup> of April

If you are interested to know more about it, or to join us please come on Saturday 19th. March at 8.30 am at Transition School ATB Hall, and you will know how it will go and we will agree about timings and other logistics. To register please write to: [rosa@auroville.org.in](mailto:rosa@auroville.org.in), and kindly let me know what is your previous experience in ATB.

*"It is a subtle body and yet almost visible. In density something like the vibrations that you see around a very hot object, it emanates from the physical body and closely covers it. All communications with the exterior world are made through this medium"* - The Mother

### HULA-HOOP DANCE

Thursday, 24th March (10:30-12 pm). Eluciole Circus (located at Miracle)

Contact: 9787332791, [eluciolecircus@gmail.com](mailto:eluciolecircus@gmail.com)

Learn to use the hula-hoop as an extension of your body. Whether you are a beginner or advanced hula hooper; this workshop will challenge you to find your own flow while incorporating both on and off body hula-hoop techniques. All levels welcome, hula-hoops will be provided

### CREATE YOUR VISION BOARD

Creative collage workshop (More info in last week's N&N)

In Sve-Dame, Butterfly Barn, Saturday 19. March at 2.30-5.30pm & Sunday 20. March at 3-5 pm.

Please register! 9786658967 or [dariya@auroville.org.in](mailto:dariya@auroville.org.in)

## TETRA PAK FURNITURE

We will start Tetra Pak's furniture workshops in Udavi School (second building on the left after the entrance cow gate).

- **March Saturday 19th and Saturday 26th from 9.30 to 12.30**
- **April Saturday 2nd and Saturday 9th from 9.30 to 12.30**

Please SMS Marc 9442006807 to register or call for more information.

*Upcycling Studio Auroville*

## LIGHT BODY - SOUND BODY

### **Research through Practice and Study**

In group and individual work we will explore States of Consciousness - Frequencies of Energy - Grades of Matter.

As we exercise and experience our body, movement and dance, breath, voice and sound, music, stillness and silence, we discover the unity of consciousness-energy-matter that naturally arises within our psychic depth and spiritual height.

We are SUN-LOTUS-JEWEL, luminosity-intensity-density in manifold oneness

**Unity Pavilion, Sun 27. Morning Session 9.30-12.30, Evening Integration 4.30- 7 pm**

Co-facilitated by Aurelio and Mikael, who have both over 3 decades of experience in dance-polarity-sound therapy and counselling.

For info and registration please call 04132622220 or write to [svaram@auroville.org.in](mailto:svaram@auroville.org.in)

## NONVIOLENT COMMUNICATION - PRACTICE GROUP

All welcome, beginners and advanced practitioners!

**Wednesdays, March 30, April 6, 13, 20 and 27 - 4.30-6.30 pm**

Please call and register (for more information and venue) - L'aura: 9442788016 / [joylivinglearning@gmail.com](mailto:joylivinglearning@gmail.com)

## NONVIOLENT COMMUNICATION - DEEPENING WORKSHOPS

For intermediate and advanced practitioners ONLY.

**Sun, April 3 - 9.30 am-5 pm, with lunch break**

Please call and register (for more information and venue).

L'aura: 9442788016 / [joylivinglearning@gmail.com](mailto:joylivinglearning@gmail.com)

## CONNECTION AS LIFE ENERGY

Introduction to Nonviolent Communication

With L'aura Joy, CNVC Certified Trainer

Do you long for more joy, authenticity and depth when connecting with yourself and others?

Do you wonder what gets in the way of connecting and relating the way you truly want?

**April 9-10 (Sat-Sun) - 9.30am-5pm (with lunch break)**

More info & register (and for venue info) contact L'aura: [joylivinglearning@gmail.com](mailto:joylivinglearning@gmail.com), 9442788016

"A path of Nonviolence (based on Nonviolent Communication, NVC) offers both a deeply-rooted consciousness of oneness, as well as very practical tools to live this more and more in our daily lives. In re-evaluating some of our habitual and conditioned thinking, we see how much of it is life-alienating and based on a culture of scarcity and separation. We'll learn the skills to be able express ourselves with more clarity and to hear others' true (and harmless) message, which in turn leads to more connection between us. When we're connected as human beings, we're in our natural state of wanting to give and collaborate with others."

## REIKI LEVEL 1

**Reiki level 1 will be held on Saturday 26th and Sunday 27th of March.** From 10 am to 4 pm. Certificate programme.

For details send sms to Betty on 8098074351 or send email to [betty@auroville.org.in](mailto:betty@auroville.org.in). (Traditional Reiki of Dr Mikao Usui). Limited places.

## LEC Cooking Class: Cook with Locally Grown Vegetables

The next session this season will be on **March 19 (Saturday) in Life Education Centre (LEC) at 10:30 am.**

There will be demonstrations of two interesting ingredients - the first one is chutney using a local wild herb called pirandai. It is a wonder herb that has been used for ages among the local population for treating digestive problems. Along with ginger, the herb is a potent medicine to cleanse the intestines and induce appetite. It is also extremely tasty. The second demonstration will be a dessert called Thirupullani payasam using rice and coconut milk as the main ingredients. The payasam has a legend associated with it that will be narrated during the session! Don't miss!

Come watch the demonstrations and be inspired to cook with local vegetables, millets, and legumes. Copies of recipes will be made available during the class. The bi-monthly cooking sessions are offered by Buvanasundari.

LEC is located opposite Isaiambalam School in Kotakkarai.  
*Life Education Centre team*

## **SCHEDULES**

**WORKSHOPS IN VÉRITÉ:** (24 hour advanced registration required)

- **LIVING FROM THE HEART with Julie**

**Wednesday, 23 March - 9.15 am to 12.30 pm**

Are you at a cross roads in your life? Do you want to figure out the path you're meant to walk on, and walk it? In this dynamic and interactive workshop with certified life coach Julie, you will get more insight into how to align your life to your dreams. You will connect to the answers within and learn how to work with your inner critic.

*JULIE is a Certified Life Coach from the Coaches Training Institute in London. She combines her extensive coaching, yoga and business consulting experience to facilitate clients finding insight and purpose.*

- **MERIDIANS & YOGA with Yaor**

**Friday, 25 March - from 9 am to 12.30 pm**

The term "meridians" comes from Traditional Chinese Medicine (TCM) and describes the energetic channels that move and flow inside the body. TCM discovered 12 main meridians that are responsible for the circulation of qi (life energy or prana). People often carry blockages in one or more meridian, which can result in pain, problems, and disease. The purpose of this workshop is to open the meridian channels.

Part one (1 hour): you will learn about the functions of the meridians and five elements theory. Part two (2.5 hours) - You will learn a series of meridian exercises and yoga asanas (standing, sitting, prone and supine) which are easy to practice at home on a daily basis. Kids age 10 and above are also welcome!

*YAOR is in Auroville as a Savi volunteer. He has completed a 2 year senior diploma in Zen Shiatsu therapy and Traditional Chinese Medicine, and has studied Hatha Yoga with Surinder Singh.*

- FATE OR CHOICE? (FAMILY) CONSTELLATIONS with Yuval

Friday and Saturday, 25 & 26 March - from 9 am to 4.45 pm

In our lives hidden dynamics can unconsciously create our fate. To become aware of them, we can bring back choice by applying (family) constellation techniques.

YUVAL is a life & business coach.

- SPECIAL 5 DAY RETREAT : Zen Shiatsu and Meridian Do-In - with Yaor

Monday to Friday, 28 March to 1 April - from 9 am to 4.15 pm

Plus Meridians and Yoga sessions: Tuesday to Friday - 6.45 to 8.15 am

Please contact Vérité to register for the above workshops: 0413 2622045, 7094104329 or [programming@verite.in](mailto:programming@verite.in) - Contributions requested from guests/volunteers (volunteer reduction by advance application only)

Shiatsu, a Japanese therapy, uses manual pressure to release energetic blocks that can cause pain and disease. Shiatsu restores energy flow throughout the body and enhances relaxation and flexibility. Each morning will begin with meridian exercises to open our energetic channels. We will learn Shiatsu by both feeling (receiving) and doing (giving). By the end of the retreat, participants will have learned a daily practice routine and be able to give a basic Shiatsu treatment. We will work on pairs on mattresses on the floor; please dress in comfortable, modest clothes (preferably white or light-colored).

YAOR is in Auroville as a Savi volunteer. He has completed a 2 year senior diploma in Zen Shiatsu therapy and Traditional Chinese Medicine, and has studied Hatha Yoga with Surinder Singh.

## FILMS



CINEMA - Bharat Nivas - AUDITORIUM

There will be no film show on Friday 25.



## THE ECO FILM CLUB

Sadhana Forest, March 25th, Friday

### Schedule of Events:

16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour

16:30 Tour of Sadhana Forest

18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

18:30 Eco Film Club begins with "previews" of short Sadhana Forest films

20:00 Dinner is served

21:30 Free bus from Sadhana Forest back to Solar Kitchen

Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film you are welcome to join us for a free 100% vegan organic dinner!!

### THE SALT OF THE EARTH

2014, 110 minutes, English, Directed by Juliano Ribeiro Salgado, Wim Wenders

For the last 40 years, the photographer Sebastião Salgado has been travelling through the continents, in the footsteps of an ever-changing humanity. He has witnessed some of the major events of our recent history; international conflicts, starvation and exodus. He is now embarking on the discovery of pristine territories, of wild fauna and flora, and of grandiose landscapes as part of a huge photographic project which is a tribute to the planet's beauty.

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 2677682 or 2677683 or [sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in).

## VISITOR CENTER MOVIE SHOW

24th March Thursday 8 pm

### THE WALK (2015)

Genre: Biography/Drama/Adventure - Dur: 2 hrs / Language: English/Subtitle: English / Rated: PG 13

Dir: [Robert Zemeckis](#) / Cast: [Joseph Gordon-Levitt](#), [Charlotte Le Bon](#), [Guillaume Baillargeon](#)

Storyline: In 1974, high-wire artist Philippe Petit recruits a team of people to help him realize his dream - to walk the immense void between the World Trade Center towers.

25th March Friday 8 pm

### PAWN SACRIFICE (2015)

Genre :Drama/Biography - Dur: 1:55 min / Language: English/Subtitle: English / Rated: PG 13

Dir: [Edward Zwick](#) / Cast: [Tobey Maguire](#), [Liev Schreiber](#), [Peter Sarsgaard](#)

Storyline: Set during the Cold War, American chess prodigy Bobby Fischer finds himself caught between two superpowers and his own struggles as he challenges the Soviet Empire

## THE FRENCH PAVILION PRESENTS

Saturday, March 19, 2016, 5:00 pm

Cinema Paradiso (Town hall)

A film in French only, without subtitles:

«De la psychologie à la spiritualité »

(From psychology to spirituality)



Thierry Janssen  
filmed by Jean Yves  
Ahmed

For more than a century, psychology helped us to live better. However, too much psychology

reinforces our sense of individuality and can therefore accentuate the widespread individualism prevailing in our societies. We use 'personal development' and coaching to improve our performance. To 'have' and to 'do' seems more important than to 'be'. Thierry Janssen advocates a return to spirituality.

## AT SAVITRI BHAVAN

Monday, 21<sup>st</sup> of March 2016 at 6:30 pm

"ON THE MOTHER - INCARNATIONS' PURPOSE"

M. P. Pandit speaks about the past incarnations of Sri Aurobindo and The Mother and he elaborates about the specific purpose of avatars to incarnate.

The Mother's purpose for this incarnation was to establish on earth Love - Divine Love for the Earth and men. "For ever love, O beautiful slave of God!" (Savitri, p.702). The video-talk is from 25<sup>th</sup> of March 1990. Duration: 30min.



# Cinema Paradiso

Multimedia Center (MMC) Auditorium  
Film program 21 March 2016 to 27 March 2016

## Indian - Monday 21 March, 8:00 pm:

### • TAMASHA (Spectacle)

India, 2015, Writer-Director Imtiaz Ali w/ Deepika Padukone, Ranbir Kapoor, Piyush Mishra, and others, Comedy-Romance, 139mins, Hindi-English w/ English subtitles, Rated: PG-13 (U/A).

The film depicts the journey of an individual who perhaps has lost her/his edge in trying to conform to societal norms. Here, a young man, Ved and a woman called Tara bored by their respective monotonous lives in the corporate world takes a vacation independently to Corsica where they happen to meet. Keeping their true identities a secret they foster a deep friendship and love for each other. Their vacation ends and they return - but accidentally meet again. Will they be able to acknowledge and embrace their inner selves?

## Italian - Tuesday 22 March, 8:00 pm:

### • LA RAGAZZA CON LA VALIGIA ( Girl with a Suitcase )

Italy, 1961, Dir. Valerio Zurlini w/Claudia Cardinale, Jacques Perrin, and others, Comedy-Drama, 122 mins, Italian w/English subtitles, Rated: G

Lorenzo, who's 16 and born to a wealthy family in Parma, tries to make things right toward a showgirl, Aida, whom his older brother has mistreated. In extending kindness and standing up for her, he comes of age. But, is there anything he can do that will alter Aida's situation or her prospects?

## Cultural - Wednesday 23 March, 8:00 pm:

### • BLACK & WHITE: Four Jiri Kylian's Ballets

Germany, 2012, Dir. Hans Hulscher w/ Fiona Lummis, Nancy Euvierink, Stefan Zeromski and others, ballet, 85 mins, Rated: NR

Here is a collection of four dance works, Wings of wax, Falling angels, Six dances and Petite mort, choreographed by Jiri Kylian, and danced by the very accomplished artists of Nederland's Dans Theater. The ballets expressed the diversity and creativity of Kylian's well known talent. These works are a combination of inventive modern movements, fluid and harmonious, mixed with a few elements of classical ballet.

## Nordic - Thursday 24 March, 8:00 pm:

### • STOCKHOLM ÖSTRA (Stockholm East)

Sweden, 2011, Dir. Simon Kaijser w/ Mikael Persbrandt, Iben Hjejle, Henrik Norlén, and others, Drama, 102mins, Swedish w/ English subtitles, Rated: NR.

Johan and Anna are two strangers, bound together by a common tragedy. When they accidentally meet at the railway station connecting the capital Stockholm with the idyllic suburbs where they both live, they unexpectedly embark on a dangerous journey of passion and lies.

## International - Saturday 26 March, 8:00 pm:

### • MONSTER'S BALL

USA, 2001, Dir. Marc Foster, w/Billy Bob Thornton, Halle Berry, Taylor Simpson, and others, Drama, 111 mins, English w/ English subtitles, Rated: PG 13

A lifetime of change can happen in a single moment. Set in the Southern United States, 'Monster's Ball' is a tale of a racist white man, Hank, who falls in love with a black woman named Leticia. Ironically Hank is a prison guard working on Death Row who executed Leticia's husband. Hank and Leticia's interracial

affair leads to confusion and new ideas for the two unlikely lovers.

## Children's Film - Sunday 27 March, 4:30 pm:

### • JAMES AND THE GIANT PEACH

UK-USA, 1996, Fantasy-Animation, Dir. Henry Selick w/ Paul Terry, Joanna Lumley, Pete Postlethwaite, and others, 79mins, English w/English subtitles, Rated U

An orphan, with terrible aunts for guardians, befriends human like insects who live inside a giant peach, and take the boy on a journey to New York City.

## HENRY-GEORGES CLOUZOT Film Festival @ Ciné-Club

Touted as the "French Alfred Hitchcock," Henri-Georges Clouzot was known as much for his turbulent personal life as for his contributions to modern cinema. Drawing the ire of both the Vichy press and the resistance movement of occupied France for his grim drama "The Raven" (1943), branded as a collaborator Clouzot was banned from filmmaking for life after France's liberation. The sentence was reduced to two years with support of the likes of Jean-Paul Sartre. This allowed the writer-director to stage a comeback with a string of well-received projects. His masterpieces came in the next decade with the tale of suspense, "Wages of Fear" (1952), thriller "Diabolique" (1955), and a psychological drama starring Brigitte Bardot, "The Truth" (1960).

## Ciné-Club - Sunday 27 March, 8:00 pm:

### • L'ASSASSIN HABITE AU 21(The Murderer Lives at 21)

France, 1942, Dir. Henry-Georges Clouzot w/Pierre Fresnay, Suzy Delair and others, Comedy-Thriller, 84mins, French w/English subtitles, Rated: PG

Inspector Wenceslas Vorobechik is assigned the case of a serial killer who leaves a calling card with the name 'Monsieur Durand' on his victims. Wens' mistress, Mila Malou, a struggling actress, attempts to help Wens to find the criminal. Wens finds that Durand is a tenant in a certain boarding house #21 where Wens decides to rent a room in the guise of a Protestant minister. At last suspects are arrested and jailed, but then another Durand murder occurs. Mila and Wens discover the true identity of the killer but in the meantime Wens is captured. Then?

Rating codes we often use are from Motion Picture Association of America (MPAA): G=General Audiences, PG=Parental guidance suggested, PG-13=Parents strongly cautioned, R=Restricted (equivalent to Indian rating: A i.e. for Adults), NR=Film Not rated, Rating awaited, or Rating not available.

*Kindly do not bring food, drinks, snacks, munchies or your pets into the auditorium.*

*As a courtesy to the fellow viewers please be sweet and stop chatting after the film starts.*

For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).

*We appreciate your continued support. Please make a contribution to "Cinema Paradiso" account (#105106) at the Financial Service. Thanking You, MMC/CP Group Account# 105106, [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)*

## Important information about News & Notes (Absolute deadline for submissions or cancellations: Wednesday 11 am)

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 the *N&N* email address (below).

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