As long as we are dealing with moral things, this is absolutely obvious and indisputable: all moral pain, when you know how to take it, shapes your character and leads you straight to ecstasy. But when it comes to the body... It’s true that the doctor himself said ((laughing), the doctor The “doctor” is not an abstraction here, but the person who watches and will watch over Mother up to the end] symbolizes Doubt with a capital D) that if you teach your body to bear pain, it grows more and more enduring and doesn’t get disrupted so fast - that’s a concrete result. People who know how not to be thoroughly upset as soon as they have a pain here or there, who are able to bear quietly and keep their balance, it seems that in their case the body’s capacity to bear disorder without breaking down increases. That’s very important. You remember, in a previous Agenda I asked myself the question from a purely practical and physical point of view, and it does seem to be true. Inwardly, I have been told many a time - told and shown with all sorts of little experiences - that the body can bear far more than people think, provided they don’t add fear or anxiety to the pain; if you can get rid of that mental factor, the body, left to itself, without either fear or fright or anxiety for what will happen - without anguish - can bear a great deal.

The second step is that once the body has decided to bear pain (it really takes the decision to do so), instantly the acuteness, the acute sensation in the pain vanishes. I am speaking on an absolutely material level. And if you have calm (it requires an inner calm, which is another factor), if you have inner calm, then the pain turns into an almost pleasant sensation - not “pleasant” in the ordinary sense of the word, but there comes an almost comfortable impression. Once again, I am speaking on a purely physical, material level.

The last stage: when the cells have faith in the divine Presence and the divine sovereign Will and trust that all is for the good, then ecstasy comes - the cells open up, become luminous and ecstatic. That makes four stages (this aphorism refers to only three). The last one is probably not within everybody’s reach (!) but the first three are quite obvious - I know it works like that. The only point that bothered me (I told you once) is that it isn’t a purely psychological experience and that enduring pain causes wear and tear in the body. But I inquired with the doctor (I casually made him talk), and he told me that if the body is taught very young to bear pain, its capacity to bear increases so much that it can effectively withstand illnesses, which means that the illness doesn’t follow its course, it aborts. That’s precious.

The last experience (which I’ve had these last few days), in which apparently there was a hitch (it wasn’t really one) was a sort of demonstration. I told you what it was, you remember: it’s like a purge of all the vibrations that are false vibrations, that aren’t the pure and simple response to the supreme Influence (all that in the cells still responds to the vibrations of falsehood, either from habit or from the people around or the food taken - fifty thousand things). Then, with an aspiration or a decision, almost a prayer for purification coming from the body, something happens which, naturally, upsets the balance; the imbalance in turn brings about a general discomfort. The form discomfort takes is habitually the same: first, pains and all kinds of sensations I need not describe; if that state goes on developing, if it is allowed to assume its full proportions, it results ... in the past it resulted in a faint. But this time, I followed the process for about two hours from the moment I got up: the struggle to go away. That created a sort of conflict. The consciousness remained very clear - the consciousness of the BODY remained very clear, very quiet, perfectly trusting. So for two hours I was able to follow the process (while going on with all my usual activities, without changing anything), until I felt, or rather was told sufficiently clearly that the Lord wanted my body to be completely immobile for a while so that He might complete His work. But I am not all alone: there are other people here to help me and watch over everything (but I don’t say or explain anything to them, those are things I don’t talk about - I don’t say what...)

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When it was over, I saw that even physically, bodily, there is a strength: the result is an increased strength. A very clearly increased strength.

MOTHER’S AGENDA, 10 August 1963
MOTHER

The Ponder Corner

Depression is always the sign of an acute egoism.

When you feel that it is coming near, tell yourself:
"I am in a state of egotistic illness,
I must cure myself of it."

The Mother
ref. Works of the Mother, vol. 04, p.10

News&Notes 26th July 2014 [557]
WC situation

Dear Aurovilians,

As we all know, the outcome of the Participatory Process for selection of the Working Committee did not receive validation from the community. Following this, a group of community members met together to address:

- Urgency of situation for selecting an Interim Working Committee owing to the visit of the Governing Board in August
- Process of selection of this Interim Working Committee

After the third meeting, no consensus could be reached regarding the next steps, and it was suggested the Auroville Council facilitate a process to arrive at a solution, as was already underway. The Auroville Council invited resource persons from the community to come up with a suitable proposal taking into account the urgency of the situation, the long-term vision and inputs from the community as discussed in the general meetings. On 15th of July, the group of resource persons, upon meeting and discussing, consensually recommended that:

Co-ordinators and Facilitators from AV Council: Matriprasad, Renuka, Auroananda, Sindhuja
Resource persons: Jayamoorthy, Kathir, Bertrand, Isha, Taj, Elvira, Paulette, Dhanapal, Sanjeev and Selvaraj

- The Participatory Process for selection of Working Groups still remains the community approved mode of selection, but needs to be adapted and improved based on recent experience.
- The urgency of the visit of the Governing Board, and the statutory role of the W.C. as per the Foundation Act, will be addressed by requesting the available members of the current Working Committee members to extend their mandate until November, as has been the practice in Auroville in the past while in the process of selecting a new working group.

The Auroville Council invited resource persons from the community and the statutory role of the W.C. as per the Foundation Act, will be addressed by requesting the available members of the current Working Committee members to extend their mandate until November, as has been the practice in Auroville in the past while in the process of selecting a new working group.

Announcement from the Working Committee and the Residents' Service in regards to residents' places of work and residence in Auroville

Following a request from Mr Bala Baskar, Secretary of the Auroville Foundation, we inform you of the following changes:

1/. All Residents of Auroville (Indian, non-Indian, OCI and PIO holders alike) are requested to inform the Residents’ Service whether they are currently living in an Auroville settlement and whether they are working for an activity related to Auroville at least once every 6 months, that is, in January and July or, whenever there is a change of residence or work.

2/. Auroville Residents (especially Youth) who have had a 5 year visa earlier, who may be returning after staying out of India for a long time and now requesting for a 5 year visa to return to Auroville will have to justify the request which can be considered on a case to case basis. The 5 year visa is for permanent residents.

3/. B-Forms: Residents’ Service in collaboration with Entry Service will finalise the list of all those who are residing in Auroville and have not signed the B-Form (age above 18). Then, the Secretary will be requested to include these names in the Register of Residents.

4/. As stated in point No 1, Auroville Residents holding an OCI or a PIO card MUST register themselves with the Residents’ Service and inform about their visits out of Auroville on a regular basis. The OCI/PIO status does not exempt people from keeping the Residents’ Service informed of their whereabouts and activities.

5/. Yearly meeting of every registered residents with the Residents’ Service and the Secretary is required, which will be facilitated by the Working Committee.

6/. 5 year visa will be recommended for residents staying in Auroville a minimum of 9 months per year (exceptions will be considered on a case by case basis). In case a resident stays more than 3 months a year outside of Auroville, a 1 year visa will be recommended.

Thank you,
The Working Committee and the Residents’ Service Team

TDC - L’avenir d’Auroville

TDC - L’avenir d’Auroville has decided to bring the following Building Application to the News & Notes for feedback.

Individual project:

1. Location of SAILER - parking, Administrative area - in combination with and nearby the Foundation parking (map can be obtain in L’avenir Office)

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: 262-3568 or come personally to the Building Application section.
From the Entry Service - N&N No - 557
Dated 26.07.2014

We would like to inform the community that our team decided to recommend the following persons as Aurovilians and Newcomers. We will wait two weeks for Newcomers and one month for Aurovilians from this publication for your feedback before making our final decision.

AUROVILIANS:

Hamish BOYD (Canadian) - Staying at New Creation, working as driver / tour guide at Matrimandir and also working as medical clown training with Future School students.

Fif FERNANDES BOYD (Canadian) - Staying at Newcreation, working as medical clown consultant and laugther yoga therapist under Pichandikulam.

Malliga JANARTHANAN (Indian from Appampattu) - Living at New Creation field, working as teacher at Tamaral.

Anja BAELES (Belgian) - Living at Samasti, doing the administration work at Transition School.

Roeland TRAUFWAEN (Belgian) - Living at Samasti, working as 3D design teacher at Last School.

NEWCOMERS:

Veronique MEILHAC (French) - Staying at Nilatangam, Working as kitchen helper at PTDC.

Xavier MAYSONVAVE (French) - Staying at Nilatangam, working as care taker at Nilatangam and also working as farmer at Soircocor / local food initiative.

Nick KLOTZ (England) - Staying at Auromode, working as mentor and marketing consultant at Bamboo Centre and also marketing consultant at SEDAB.

Teresa ALEMAN (Spanish) - Staying at Quiet, working as massage therapist and pilates teacher at Pitanga and also working as care giver at AV health Services.

Tahir Kedir HUSSEIN (Ethiopian) - Staying at Africa House, working as manager at Sacred Groves and also working as caretaker at Africa House.

Anatoli DIANCHENKO (Ukraine) - Staying at Auromode guest house, working as maintenance coordinator at Auromode.

Tetiana IEYESEICHYK (Ukraine) - Staying at Auromode Guest house, working as artist at Auromode.

Maria Del Milagro IBANEZ (Spanish) - Staying at Transformation, working as part of the health team at Pitchandikulam.

CHILD OF A NEWCOMER’S:

Eva MEILHAC (French) - born on 09/09/2004, studying at Deepanam.

We have identified a lack of clarity in the communication and confirmation of status, as the announcements done in the News and Notes are for FEEDBACK ONLY, and sometimes, after announcement, there can be either an extension of status, or a decision to stop the process overall. We are adding another section of confirmation to avoid further confusion.

CONFIRMATION OF NEWCOMERS TO AUROVILIANS after announcement in N&N and due consideration of the feedbacks received from residents: Betty FOURSE (French)

We are ready to soon invite you to fill in the B-Form request for meeting with the AV Foundation Secretary for interview and inclusion of yours names in the Register of Residents.

PEOPLE WHO HAVE LEFT AUROVILLE ON THEIR OWN:

Daniel TRULSON (USA) – He stopped his process on his own.

Henrico CHIAVETTI (Italian)

In case the above person wishes to come back to live and work in Auroville, s/he will need to restart his/her newcomer process.

TEAM MEMBERSHIP: The Entry Service is looking for new committed members. Working towards a long term presence, prior experience in communication skills, (relay with communication, human relation, interviews) - Fluent English, skill such as typing minutes, email follow up, listening, understanding and give information on entry at the desk and during interviews.

INFORMATION ON JOINING AUROVILLE

Our office is open to general public on Monday, Wednesday, and Friday from 10 to 12 am and Thursday afternoon from 2 to 3 pm on appointment regarding B-Forms and Recommendation letters. Please notice that the last week of each month we are closed for public. We will use this time for studies, field visits and internal office work.

The Entry Service team (Chitra, Eva, Ishita, Kavitha, Kripa, Muthu, Umberto).

Housing assets available for transfer / new stewardship

Please note: Housing Service receives the names of those interested in a new stewardship for a period of 2 weeks starting from the date of this announcement. Thereafter, names will not be taken, unless a new announcement is made. Please be sure to inform us within the 2-week time period if you would like to be considered for new stewardship.

- Grace community - 1 house - Ground floor + First floor, approximately 191m2 - For family
- Progress community - 1 apartment - Ground Floor - 2 bedrooms, approximately 118m2 - For family
- Praythana community - 1 house - Ground Floor - 2 bedrooms, approximately 97 m2 - For family
- Courage community - 1 flat - 2 bedrooms, approximately 84 m2 - For family
- Sri Ma community - 1 house - Ground Floor + 2 Floors + Store room - approximately 277 m2 - For family

Please note that all housing assets are listed as being suitable for singles, couples or families. As a guideline the Housing Service does not allocate outside of these parameters, e.g. a single individual will not be allocated a family sized housing asset, or vice versa. For details please contact Auroville Housing Service, 2622658, housing@auroville.org.in, or come to the office in Town Hall during posted public hours. For more information please check out in Auronet the icon “Houses Available”.

O B I T U A R Y

Rakesh Tiwari, has passed on...

Rakesh, who joined Auroville in 2002 and worked in different capacities at various places in Auroville till 2008, has passed on to another world last week. It is learnt that sudden death happened due to heart related (Aorata rupture) medical condition. Rakesh, along with his wife, was working with NGOs in Sudan on some UN programme. In Auroville, apart from taking care of Needam Guest House for many years, Rakesh worked in Matrimandir, Aurofuture (previous name of L’avenir d’Auroville). Rakesh, 40, was from Lucknow city in north India. He had many friends in Auroville & he would be known for his very compassionate, friendly nature and simple lifestyle. Around 2008, Rakesh had gone out of Auroville to experience other places & travelled and worked in South America & others places. Sudan was his latest place of work...

Our heartfelt condolences to his family members & prayers for his onward journey.

If anyone wishes to get more information about Rakesh, pl contact Nilesh on nilesh@auroville.org.in with whom Rakesh has been in constant touch. Community will be informed later about the time and place for the meditation for his departed soul.
Notes on principles for planning and development in Auroville [8th July 2014]

By Dr. Doshi, Chairman of L’avenir d’Auroville/Town Development Council

The development of Auroville has undergone through different phases of growth. The first pioneering phase was characterized by the need to re-generate and protect the land. The number of people was limited and therefore there was a sparse scattered organic development. This eventually produced some semi-independent settlement and communities and de-centralized approach to Auroville development. A large part of these developments did not happen in the city area that was somehow preserved for future growth and that is one of the reasons why we have a relevant amount of the population still living outside the master plan area (Auromodele, Fraternity, Aspiration etc.).

Most of the developments were of small scale in nature and large development and public buildings were made in stages, as and when possible, but without a particular relation to the surrounding. Facilitating personal or social-spiritual growth, naturally development came when required in a piecemeal manner.

After the constitution of L’avenir in 2007 a new phase has started towards the city area and to consolidate the development in few specific clusters, especially in two sectors of the residential zone that now host only 20-25 % per cent of the Auroville population. Even then, so far, building permissions have been given in isolation. The Master Plan is a structural document that provides broad zonal regulations and criteria for permitted and not permitted use, but does not define yet the details of the build-able and not build-able area, the plot for development, the density and parameter for each of them. For this reason we are providing a detailed development plan for the area that we aim to develop in the next 5-10 years for approximately 5,000 people. This will enable to have a clear transparent tool for identification of plots and phasing of development. It will allow integrating the development in an overall context attempting to fulfill Mother’s vision of the new city of Dawn.

Therefore when we are bringing the scale of development to another level it is important that we consider the special character of Auroville and the envisaged lifestyles in our planning principles.

Auroville is a unique experiment of building a township for a new humanity and a new society. Auroville is an intentional city. People join because they share an aspiration towards change and a divine Life. It has to become a global role model for the future.

For this reason the growth of Auroville should be in term of quality of people and not only in term of quantity & numbers. We should consider that Auroville is a different city and the development is not driven by market force. Planning is based on human factors and aspirations and a new strategy has to be brought for. Plan is not only placement of buildings and infrastructure. It should be the creation of an environment conducive to a transforming spiritual experience.

Therefore the next phase from 2000 to 5000 people should aim at the creation of a model for inner and social growth that can evolve according to the learning experience of the community.

Water Maintenance Service (Abri)

Dear Brothers & Sisters,

Water Maintenance Service, Abri - would like to inform the community members that Markus from Grace Community joined our team as a technical person.

Water Maintenance Service, Abri - is continuing to provide services for Auroville 6 days per week from 8.30 am to 4.30 pm.

For emergencies we are available on Sundays, holidays and outside normal working hours as well.

We are charging minimum prices for Aurovilians only. Please do not hesitate to contact our office if you are not able to pay the full cost, we’re sure we can find a solution.

Water Maintenance Service, Abri,

Services offered:
- All types of residential & commercial plumbing works.
- Bore well pump replacement and service, maintenance and compression of existing bore wells.
- Water supply.
- Sludge & septic tank, drainage cleaning.
- Generator for rent and new generator purchase.
- Interior & exterior toilet & bathroom plumbing works fittings.
- Drinking water tank cleaning with EM.
- New exploratory bore well drilling, de-silting, flushing & cleaning, maintenance of existing bore wells.
- Steel welding works.
- Lathe work.

Please contact us to the following numbers: 2622899; 984 3644 308.
All payments are received through our F.S. account only.

We thank you for preferring Auroville services; your support is very much appreciated.

At the Service of the Truth,
Shanmugam, Nagappan, Markus, Wazo, Grace (Water Maintenance Service, Abri)

Anonymous Goodwill Conspiracy

The Anonymous Goodwill Conspiracy Channel started at the beginning of 2011. Here are some of the thoughts behind it.

Wealth is not distributed equally in Auroville—or for that matter anywhere in the world. But here, we can take that situation as a chance to promote ‘Goodwill’. Somewhere in my being, I know that ‘Goodwill’ is the only reason, my passport to Auroville—Her Auroville.

I may have a neighbor, who I don’t talk to very much, but I’m aware of a need — let’s say, a fridge that has broken down, or a door or window that needs to be made/repaired etc. I may have the kind of occupation that brings in more money than my neighbor, whose occupation doesn’t really cover extras. So for a couple of seconds I think that I could pay for this particular need. Or at least something towards easing the load of that need. But then, I don’t have enough to do it again next time...And then I drop the thought. Better not.

Well, what if there is an Anonymous Goodwill Conspiracy that is ready to channel the money anonymously between me and my neighbor or my friend, or someone I have heard about through somebody else. I feel good about giving—really it’s that simple, and it makes me feel good.

Now I begin to look at this very local networking, in which goodwill moves this energy called “money around”. This could work, if we can see that we all live in a state of Grace here, that those who have more have an option to look around and see. Make it your own.

No judgement, no social status nonsense that comes so easily with money. My friend works passionately in a job that doesn’t quite cover small extras needed to make life a little easier around here. My personality allows me to generate money. If I have the ‘freedom’ to give, it becomes something that I could do gladly, naturally.

Technically this is how it works. There are three ways that help can be channelled:

1. Through the Housing Group. I’ve spoken to the Housing Group and gotten a positive response. Anonymous specified donations will be taken on and the work will be done by the HG. So any money that you want to give for any purpose concerning building/plumbing/repairing etc., will be followed through by the HG. The receiver will simply be informed that such an amount has been given for the job at hand, and if it’s OK with him/her, the work will be done.

2. If the gift is simply cash, with a specification/or without, the donor emails me and we meet at a convenient location with an envelope (provided by me). The Anonymous Goodwill Conspiracy envelope is sealed and I then find a volunteer to deliver the envelope.

3. Through account. I have opened an account with Otto [Acc. no. 252090]. For untraceability the donor gives cash to Otto or Rathinam who then put it on the AGC account. Transfers will only be traceable to the Anonymous Goodwill Conspiracy account.

The AGC account No. is 252090.

Importantly, Anonymity has to be respected and protected for this to work. For those who chose to give through the AGC it is important to also respect the process.

Anything we want Auroville to be, is up to us, and it’s the small steps that get us there!

Unspecified donations are not accepted. This is a different kind of giving— it asks of you to look around and see. Make it your own. If you recognize a need...and make the decision to give—yourself!!

Please note: This thing is only meant for those who want to give. I know that there are many needy but this is really not for them. Having been in a position of need, I can say that this doesn’t need to be a permanent state. You are in Auroville—trust a little. I believe with a little goodwill a lot of things can be done.

Victoire à la Douce Mère! Vande Mataram!

For anyone who wants to start giving anonymously, I put myself at your service as of today!

Submitted by Ange

POStINGS

Potter’s Market

Dear Artists of Auroville, we are organizing an International Potter’s Market for the last weekend in January 2015—including the 1st of Feb. The event will take place at the Visitor’s Center Friday, Saturday and Sunday (including the 31st of Jan), and will feature open studio visits. This may be an occasion to have an ‘Open Studio’ event running on one or more of these days. So please get together, and decide which of you would like to open your studio to the public, put them on a map, and put up the map at the Visitor’s Center, so visitors to the Potter’s Market, can also visit some artists of Auroville...Just an idea to be taken up by you! Ange

From Nandini Tailoring section

No order taken from Saturday 26th to Thursday 31st of July. We start again on Saturday 2nd of August. Don’t forget to bring your bag with your new order. Anne and Vidya

Advice on changing your Gas Bottle

Here is a system that would make sure that you get a New and Non-Leaking gas bottle. Step 1: be with the attendant when he chooses your new bottle / Step 2: make sure that the seal is brand new which means it has to be ripped open / Step 3: Once you choose the bottle, ask the attendant to check with a regulator if it is leaking (you will avoid unnecessary trips back and forth from home if you do this) / Step 4: Once you see that the bottle is not leaking and works well with the regulator, ask the attendant to show you the BOTTLE NUMBER (you can also mark the bottle with a piece of chalk you have brought with you) / Step 5: Sign your gas bottle card and give the lady the bottle number you tested...and make sure that it is the same bottle number you are taking home. A concerned resident...

Gas Service Closed for Stock Taking

We will be closed on Thursday, 31st July for Stock Taking. Sorry for any inconveniences...
Taxi fares to go up

Greetings from all the Transport services of Auroville Foundation. We need to inform you that from 1st of August 2014 we are obliged to change some of our prices. From April 2013 to April 2014 the cost of fuel has gone up by Rs 9.82 per liter of Diesel, Oil and other spare parts have gone up by 20%, and so has the cost of labour. Check with us for the new prices, thanks.

Unity transport service: 0413 2623586, 2623587
Auroville transport service: 0413 2622183, 2622400
Maha travels: 0413 2622915, 2622535 / Auro cabs: 0413 2623200, 2623201.

AVAILABLE

Suzuki GZS 125 cc
If interested please contact Aravind at: 9943732809

Honda Unicorn 1
Honda Unicorn 2009 only 16000 km, very well maintained - contact Tency at CSR: 2622168

Honda Unicorn 2
Unicorn motorbike, excellent condition. Call Eran, phone: 09786952732.

Bicycle and Camp bed

Bicycle and Camp bed, 7 months old / For the black-yellow men’s bicycle (1-gear, medium size) & the red camp bed (2mx0.9m) contact Flashizm@yahoo.de. Cheers, Jan

Labrador dog for adoption

I own a white Labrador dog - one year and four months old - and I am looking to give her to someone who can take good care of her. If anyone is looking to adopt a very friendly, cute dog, please call me at: +91-9443383707. Selvam

Organic Cotton

From the Seed to Self-project, organic cotton fabric is now available, from an impeccable value chain source. The cotton is grown by an organic cotton farm collective. The cloth is for sale by the meter in four solid colours: Light and Dark Beige, Light and Dark Blue. Width: 1 meter, Yarn: 100sx2/100, Cost per meter: Rs 380 - Also available: organic men’s boxer shorts, ladies shorts, cushion covers and bags. For inquiries call GIJs (Udumbi): 9943820241

No more power cuts anymore!
U.P.S. = Uninterrupted Power Supply via all kind of rechargeable tubular batteries and Solar U.P.S / Solar Panels. Also purchase of old batteries. Decades of experience. Installation and maintenance, also on Sundays, by Aurovilian Govindaraja (Sangamam Community), Ph.: 94 433 72 418 + 95 858 35 489.

A well-behaved cat

Nanpan is almost one year old. He is a very friendly male, has a great purr, loves people, very responsive to displays of affection, loves to be picked up and held. He’s been neutered and vaccinated. He loves to be indoors, but has shown no interest in the litter box and prefers to “do his business” outside. He has never soiled the house. He would be an excellent companion for the right person (I don’t know how he is around children). He is very wary of dogs. Please call 82205 62039 for more information (Chennai number) - Submitted by Bindu (Prarthna)

LOOKING FOR...

Temporary bike swap...??

Emerging from a complex, well-healing triple leg fracture, I won’t be able to kick-start my Honda Street bike for the coming, say, half year. I therefore would hope to find, from August onward, a light, automatic-start vehicle so that I can at least move around a bit in town. Maybe we could swap bikes? Or can I borrow/rent such an electric bicycle? Pls contact Tency.

Work

Murugabadi S [ B.Com / MBA -(9 yrs of working experience) employed since 2009 with Auroville Water Harvest - CSR] is looking for part time work; Fluent in English / Tally ERP.9 - Contact: +9786473960 / Email: murugabadi@gmail.com - Submitted by Suhasini

Furniture

Hello, I am Krishna. I have been volunteering here in Quiet and Baraka for 1 year. Now we were so lucky to find a wonderful house in Kuilapalayam. It is an empty house and we do need furniture for sitting or any other furniture to lie down (divan like), a small table (tea table), maybe a swing chair. Possibly if someone has a small topload washing machine. Contact Krishna: kay_nag@yahoo.de / Tel: 9943368410

Someone coming from the US

Looking for someone coming from the US to Auroville We need someone to bring educational material from the US for an Auroville School. It is 2 boxes for TLC School that should fit in any normal size suitcase. Please contact Jorinde: 9655024585 / jorindefisch@gmail.com

Part-time gardener

We are looking for a part time gardener. If you know of any please inform Jean and Joy in Dana (tel. 262 2372 / email: joy@auroville.org.in). Thank you, Joy

A german teacher

I would like to do a few hours of spoken German practise over the next 2 weeks before I go to live in Germany. Even 1-2 hours would be appreciated. Please contact Lesley at: 9488 373747 or mail: lesleybra@yahoo.com - Thanks a lot.

THANK YOU

Thank you All for this joyful participation

Parents, teachers and children had a wonderful time in Nandanam learning how to enrich the soil by making beds in a different way with Krishna from Solitude farm. We dug out circular trenches, filled the trenches with twigs and dried branches and covered the same with dried leaves. The loose soil from the trench in the middle of these circles was mixed with compost. Then we planted bottle gourds, lady fingers, tomatoes, bananas and papayas in these beds and watered them. The group energy was terrific and we plan to repeat this activity for our children regularly.

Thank you All for this joyful participation.

Nandanam Team

News&Notes 26th July 2014 [557]
Africa House

Dear friends!

Africa House, Pavilion of African Culture in International Zone would like to thank all of You who participated at the graceful event of Nelson Mandela Day, with which we joined celebrations all over the planet at the occasion of Nelson's birthday with screening of "A Long Walk to Freedom". Special thanks goes to all those who joyful volunteer - cooks Coco and Rasika, helpers Clapton, Peter, serving and cleaning team Nadia, Amelia, Peter, Clapton, …

**ACCOMMODATIONS AVAILABLE AND NEEDED**

**House-sitting 1**

Looking for Housing for September!

I am a visual artist who runs a rural project for Art and Holistic Development in Senegal West Africa called Portes et Passages du Retour. I will be traveling to Auroville during the entire month of September to attend classes at the Auroville Earth Institute following the collapse of an Earth building we erected on our land in 2009. I am also traveling to learn more about Auroville and how it has developed as we work towards similar goals as concerns the advancement of spiritual values, alternative education, creativity and agricultural development. I will be traveling with my 11 year old daughter and am looking for a very low cost housing situation for us during this time. I would appreciate it if anyone interested in housing us, would also like to learn about what we do and could share more about Auroville as well.

For more information please contact Jaya at the Unity Pavilion phone 2623576, or Muhsana directly <muhsaali@gmail.com>.

**House-sitting 2**

My new flat in Swayam will be ready only at the end of the year and until then, I am in desperate need of a room/flat/house, whatever, shared or alone. I am ready to take care of any house and pets if necessary. Please help me.

Thank you!! Devayani (Italian), contact number: 9943179614

**House-sitting 3**

Dear Aurovilians, my name is Makhno. I’m a 35 years old French man. Serious and responsible, I worked for international NGO in Africa as food security project coordinator. I’m coming back to Auroville in order to develop an educational and environmental project. For that, I’m looking for a house-sitting, even for a short term, from the beginning of August.

Thanks in advance for any information at: makhnosabet@gmail.com - Submitted by Veronique Jobard

**TAXI SHARING**

**August 1st:** We are coming back to AV on Friday, Aug 1st, arriving at Chennai Airport in the morning. We are a family of three with a good bunch of luggage, so sharing is available outbound AV only (late 31st of July or early morning).

Contact Nils: nils.lalleike@gmail.com

**July 31st:** Would you like to share a taxi to Chennai with the two of us? We are leaving for the Chennai Central Rail Station at 4 pm (We can leave 1 - 2 hours earlier if necessary). Thank you, James

**WORK OPPORTUNITIES**

At Repos Beach

Looking for Full-time volunteer at Repos beach, food and accommodation provided.

For more information contact: 9787099955

Repos Beach management, Auroville.

At the Telephone Service

AVTS is looking for a suitable person to man the Help Desk. The candidate needs to be:

- Fluent in English and Tamil (spoken and written)
- Available to man the TS Help Desk, attend telephone calls and deal with AVlians, field staff and BSNL Exchange.

- Proficient with Windows, MS Office, email and other software.
- Available to work full time (0900H to 1730H), Mon to Sat.
- Able to maintain records and reports.
- Open and enthusiastic to learning new skills
- A team player who cheerfully takes on responsibility.
- Efficient with good time management skills.

Aurovilians preferred.

If you are interested or know a suitable person please email telephoneservice@auroville.org.in or call: 2622364

**EATING OUT**

**Pizza at Farm Fresh**

Dear All,

Come to Farm Fresh and try our new delicious & healthy pizza!

From 26/7/2014 (Saturday) on, we will be serving original Italian pizza, made with sourdough imported from the south of Italy. This amazing sourdough culture was started in 1860 by our friend’s great-great-great grandmother and has been living ever since. Our unique sourdough recipe makes pizza crust more easily digestible by breaking down the gluten into amino acids, and is absolutely delicious too!

We have pizzas with a variety of great toppings. Please come enjoy.

Soon we will start door delivery within Auroville - Call us to order @ 0413 - 2622996

With warm regards, Farmfresh Team
**HEALTH**

**Integral Health**

Classical homeopathy  hypnotherapy  midwifery  child care  coaching

**Summertime:** Vani, Ingo and Peter are back end of July. Manuela will return beginning of September, Lisa and Nora plan to return to the clinic in October.

**Training in homeopathy for beginners:** We are starting a new introductory course – basics and self-study with all the materials provided. Skills required: spoken English, basic biology - medical background.

**Presentation on Simple homeopathy: PC remedies and FirstAid remedies on Wednesday 4.30 pm. at Integral Health**

**PC remedies** for Diabetes, High blood pressure and Trauma have shown very effective. We have 84 PC , they are available free of cost directly through Malar, best to pass by at office times Monday, Wednesday, Friday 9-12 am.

“Harmony and Samata” are homeopathic remedies carrying the energies of Mother and SriAurobindo. The remedies can be obtained free of cost in different potencies, and can be picked up in C 200 and 1M potency any time in the remedy box of Integral Health. For all purposes please email to harmonysamata@gmail.com

**Manuela** is offering professional midwifery and hypnotherapy. Vani is offering Counselling: Using Life Coaching, Mediation, visualization, imagination techniques. Journey to the memory of the body: Unblocking trauma memories in the body, emotional blockages and belief systems. 

**Rosalba** offers treatment with Bach flowers Consultations are generally held in English, French and German, with Sigrid in Tamil as well, and Manuela speaks Dutch and Italian, Lisa and Rosalba Italian, Lisa Portuguese, Vani French and English

**Malar** is managing the office, mailing of remedies, the FirstAidKits and PC remedies on Mondays, Wednesdays, Fridays 9-12 am.

You are welcome to contact us at: [integralhealth@auroville.org.in](mailto:integralhealth@auroville.org.in) to enquire about the most suitable approach for your health or psychological issue. Please make an appointment beforehand via Integral Health, Prayatna 2623669.

**Sigrid** sigrid@auroville.org.in, Peter peterh@auroville.org.in – mobile 9787698464, Ingo ingo@auroville.org.in 9489325085

Lisa 9585172729, Malar malar@auroville.org.in 9585012007, Manuela manuela.auroville@gmail.com 8098900471, Rosalba 9787702844, Vani vani@auroville.org.in 94 888 18 072

More information is available on our website [http://www.auroville.org/health/integral_health.htm](http://www.auroville.org/health/integral_health.htm)

**Tibetan Doctor**

Dear friends,

This is to inform you that the visit of the Tibetan doctor and his crew are in Auroville on Saturday the 26th of July 2014. For your appointment call Namgyal or Kalsang @ 0413 2622401 or 8498067332. The consultation is happening at the Pavilion of Tibetan culture in the International Zone. You are requested to come from the main gate of the Pavilion.

Tibetan medical products, Tibetan prayer flags, incenses and others stuffs are available too. Visiting hours are from 9 am till 12 pm and 2 to 5 pm.

**Pavilion of Tibetan culture team.**

**GREEN MATTERS**

**GM food sneaking onto our plates...and how to avoid it**

Can you imagine that, while evidence is piling up day by day on the damaging effects of genetically modified food for human health, farming, and the future of life on the planet, most of us eat GM food regularly without knowing? How is this possible - and more importantly, what can we do to avoid or at least limit GM foods on our plate?

**GM foods in India - what is happening?**

A brief background: In the 12 years since Bt cotton was introduced in India, the battle around GMOs has been fierce. Despite the failure of GM crops to bring any lasting advantage to agriculture - and the suicide of about three hundred thousand farmers who could not see a way out of crippling debts - and growing resistance from all sides, the central government has promoted the technology. (India is not alone, as governments on all continents are under the influence of the multinationals’ lobby in multiple ways, facing sanctions from the World Trade Organisation if they don’t lift their bans, being forced into so-called free-trade agreements imposing GMOs, while universities and scientific institutions all over are losing their integrity to ‘sponsored research’.)

Intense public pressure has so far succeeded in preventing GM food from being commercially grown in India, and previously permitted field trials had been put on hold. But just in the last couple of weeks, the new government has authorised 30 field trials. These include rice, wheat, sugarcane, corn, chickpeas, mustard, brinjal, and other important food crops. A petition against this is now before the Supreme Court.

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**Signs of hope**

Fortunately, the state governments can refuse permission for GM trials. About half of the Indian states have so far done so, including Kerala, Tamil Nadu (recently reaffirmed), Karnataka, Madhya Pradesh, Orissa, Bihar, Chhattisgarh, West Bengal and Rajasthan. States allowing trials are mainly Punjab, Maharashtra, Haryana and Gujarat.

The most encouraging development is that all over India, including Tamil Nadu, farmers are organising themselves in their thousands to reclaim their freedom and right to grow their crops naturally, healthily and sustainably. A hopeful and increasing groundswell, their efforts not only benefit us as consumers but deserve and need every possible support.

**GM foods on our shelves, and what to do?**

Even while GM foods are not (yet!) commercially grown in India, there is little control on imports, and the existing labelling law is inefficient. So we simply do not know what we eat, unless we consistently choose organic foods. Greenpeace India has twice published a ‘Safe Food Guide’ listing the large processed-food companies by their stance on GM food - those that have a clear no-GMO policy, as well as those that openly support GMOs or simply refuse to answer. These guides, which can be found on the internet, were compiled in 2008 & 2010 and hence not fully dependable; but it is no surprise to find on their ‘red list’ companies like Nestle, Kellogg, Amul, Safal/Mother Dairy, AgroTech, Cargill India, Britannia, Godrej and others (some of their products are sold under different brand names). Better faring were Cadbury, Heinz, Kohinoor, ITC, LT, Ruchi and others, while Dabur, Vippy and KRBL were rated ‘green’ for their active stance to keep India’s foods

**Pavilion of Tibetan culture team.**
It is just for you!
The path that I walk,
The way I usually talk,
All things may seem weird,
Something strange, something unique.
One who watches me, may become crazy,
One who catches me, may become wise,
I stand on my own feet,
Steady and strong singing my own song.

Here, there, everywhere,
I have wandered to find myself,
This, that, everything,
I have approached to discover my soul.
Finally, I lost nothing,
Initially, I gained something,
Gradually, I understood my stand,
Generally, I say, 'I am' misunderstood!

Submitted by Jyothi Manikandan
Peace and Unity

Words of Peace and unity offered at the United Nations in 1966 by Tamil seer Sri Chandrasekhara Saraswathi

Please serve with friendship, and conquer all the hearts,
Please think that others are like you,
Please forsake war forever; please forsake competition forever,
Please forsake force to get someone else's property,
For Mother Earth yields all our desires,
And God our father is most merciful,
Practice restraint, be generous and be compassionate to all the people of this world.
Let all the people live with bliss,
Maithreem Bhajatha, Akhila Hruth Jethreem,
Atmavateva paraan api pashyatha
Yuddham thyajatha, Spardhaam Tyajata, thyajatha Pareshwa
akrama aakramanam
Jananeep Prthivee Kaamaduqhaastey
JanaKo Deva: Sakala Dayaalu
Daamyata Datta Dayathvam Janathaah
Sreyo Bhooyaath Sakala Janaanaam
Sreyo Bhooyaath Sakala Janaanaam
Sreyo Bhooyaath Sakala Janaanaam

Words of peace and unity by The Mother regarding Auroville:

Peace through human unity:
Unity must be realised through the union of the many.
Each one is part of the unity; each one is indispensable to the whole.
Quarrels are altogether contrary to the spirit of Auroville.
You see only your side of the question, but if you want to widen your consciousness it would be better to look from all sides impartially.
I disapprove totally of violence. Each act of violence is a step back on the path leading to the goal to which we aspire.
The true spirit of Auroville is collaboration and must be more and more so. True collaboration paves the way to divinity.
“Peace”. The foremost thing must be Peace. Whatever you do must be by peaceful means.
Calm, Peace, Tranquillity always, and always to speak as little as possible and to act only when it is necessary. To avoid unconsciousness as much as possible.

Words of Unity and Oneness by our scriptures:
“Ayam njah paro veti gananaa laghuchetasaam / Udaaracharitaam tu vasudhaiva kutumbakam”
The thought that one person is related to me and another is not is that of the narrow-minded. For the broadminded, however, the whole world is one family. (Hitopadesha: 1.3.71)

The same concept is to be found in Tamil Purananuru poem as “Yaadhum oore Yaavarum Keelir” (every place my country, every human my kin) which means: ‘every country is my own and all the people are my kinsmen.

Every village is my village and every person is from my kin.
Like a lot of things in life good and bad cannot be attributed to others...they come from within us.
Likewise, agony and relief of agony come without any external triggers...from within us.
Death is not unheard of or new. It unnecessary to rejoice that life is sweet or complain in anger that life is bitter.
Like rafts drifting along in the rapids of a great river, dashing over the rocks after a downpour (from skies resounding with thunder and lightning), our lives, no matter how dear, follows its own course.
We know this from the vision of wise seers who can see.
So, we are neither awestruck by the great nor do we belittle the ‘not so great’
Kaniyan Poongundran, Purananuru - 192 (Sangam poetry 300-BC - 300-AD)

Submitted by R. Meenakshi with Prayers for Unity

Open letter to the motorized sound polluters of the night

I hope you'll understand that I can't start this message in a polite way, addressing you as “dear person”, because I don't want to hide my present feelings towards you. Yes, I'm not happy at all having to wake up many times during the night with the terrifying noise of your motorbike, running at maximum speed and purposefully with a noise amplifying device or something similar.

I don't know if you are youngsters and think that's "cool" to blow away any restriction to your driving fever, but one thing I know: you are acting in the most unconscious way in a city that is supposed to give some indications of the quest for consciousness, peace and consideration for others.

But don't think that I blame you: I blame ourselves, the grown up people of Auroville, who misunderstand freedom with looseness and lack of discipline, allowing many acts like these which don't correspond to the pursuit of a better collective living, a better way to affirm our mutual understanding.

So, you are excused. But, please, stop it.
Jivatman, Transformation
AMPHITHEATRE - MATRIMANDIR
Welcome to the Thursday weekly meditation
Listening to Mother’s reading of Savitri on Sunil’s music
Timing still from 6 pm to 6.30 pm
Let’s enjoy the beautiful open space under the vast sky, the special light of the setting sun
and heavenly music in the very center of Auroville!
(Dear Guests, please carry your Guest Card - please no photos there.
Access only for the Amphitheatre from 5.45 pm to 6.30 p.m. Thank you!)
Amphitheatre Team

INVITATIONS

You are cordially invited
To a lecture by Dr.Karan Singh on
“THE LAST MESSAGE OF SRI AUROBINDO”
On Saturday the 2nd of August 2014 at 5.30 pm
In the ‘Ashram Theatre’, Rue Suffren, Puducherry

On this occasion two books authored by Dr.Karan Singh will also be released:
‘TRIVENI’
Essays, poems & novel
Published by Shubhi Publications, Gurgaon

‘Meetings with REMARKABLE WOMEN’
Published by Palimpsest Publishers, New Delhi

The function will be presided over by Prof.Manoj Das
N.Bala Baskar [Auroville Foundation]
Matri Prasad [Sri Aurobindo Ashram]

Transportation has been arranged: two buses will leave Solar Kitchen at 4.30 pm on Saturday, August 02 to reach the Ashram Theatre before 5.30 pm

Come join us at ART CHAKRA

Hey Auroville Volunteers!
What you up to 10:30 am, Sunday the 3rd of August?
Come join us at ART CHAKRA

Art Chakra is an interactive space for all the volunteers of Auroville to express their artistic side in an informal and non-judgemental environment. Whatever be your medium of artistic expression- photography, painting, short films, sculpting, singing, performing arts, storytelling etc., you can share it all with your fellow volunteers, here at Art Chakra. One need not necessarily be a professional artist or an art student to participate in Art Chakra. Of course, it would also provide a great networking opportunity for skill-exchange and to initiate participatory art projects.

So, come participate..and open your Art Chakra.

Registration: The participants who wish to share their works must register beforehand through email. We have a limited number of slots of 10 min each for each session of ART CHAKRA.
Venue: AV Room, Kala Kendra, Bharat Nivas | Time: 10:30 am-12:30 pm, Sunday, 3rd of August
Entry: Free and open for all
For more details: Dr. Gaurav Chhabra, Email: medimedia@gmail.com, or SMS to 9787897947

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Aha Kindergarten Permaculture Garden

Dear Community,

We invite you to join us at Aha Kindergarten on Saturday 26th July to create a permaculture garden with Krishna (Solitude) from 3 pm to 5 pm. It is part of our effort to become self-sustainable and also link nutrition with education. It would be a great help if community joins in our effort to grow and promote our own local food. Please bring any gardening tools you have.

Love and Light, Aha Team
Many thanks and regards,
Greg Haylle-Dick, Courage and Aha Communities (894-0498038)

Concentration - An Invitation from Last School

Last School has relocated. It is now settling slowly into its new home (between Kalabhumi and Future School). Please join us (in the presence of Auroville’s eldest) for a Concentration and Invocation on: Monday 28th July at 11.00 am

Are especially welcome all those who experienced learning or teaching in the many years since 1985.
Last School Team

Sunday activity at Repos

Nice Morning
Beach volleyball: between surrounding village team (Court open to public on request)

Evening
Music : Jode’s Story.
Jode never thought to commercialise his songs. Most of his songs have a story behind it. He wrote them either to appreciate someone, either to thank someone. Did he know that someday this uncommon gesture will be appreciated by other people also?
Come listen to Jode’s Story through his songs!
Open stage and dance floor
This week speciality at Nice Kitchen
Sea Food !
Enjoy calamari, prawn and other sea side delicacies along with nice music!
Available during the weekend: Acupuncture Dr. Mohamed Sahel Ansari (Practicing in ARKA)
Available everyday: Tanto Pizza
To be informed about our activities Like our facebook page: Repos’ Nice Kitchen
Have a wonderful weekend !!
Repos Management Committee, Auroville

EXHIBITIONS

Gallery Square Circle - Kala Kendra

Presents
Ragas for Coltrane & Cage
An exhibition of paintings by Juergen Puetz
26 July - 17 August, 2014
Opening on: Saturday 26th of July, 2014 at 4.30 pm
At Gallery Square Circle - Kala Kendra - Bharat Nivas, Pavilion of India
All are welcome
CULTURAL EVENTS

Visit of Jan V. Vanek and Estelle Koluda from 30th July to 17th August 2014, Auroville.

Monday, 4th August: Music workshop at Udavi School, only for students.
Tuesday, 5th August: Music workshop at Transition School, only for students.
Wednesday/Thursday, 6&7 August: Music workshop at Thiruvanamalai.
Friday, 8th August: Visit in Auroville.
Saturday, 9th August: concert, 8 PM, CRIPA, Kalabhumi, Auroville.
Sunday, 10th August: Hall of Harmony, Sri Aurobindo Ashram School, Pondicherry.
Tuesday, 12th August: Unity Pavilion: at 7.30pm: musical interactive dialogue with musicians from Auroville.
Wednesday 13th August: Visit in Auroville.
Thursday/Friday 14-15th August: Visit to Podicherry.
Saturday, 16th August: Concert at 8.30 pm, Restaurant Satsanga, Pondicherry.
Sunday, 17th August: Departure for France.

Host: Francis MALAN - International travel is contributed by Francis MALAN. Further voluntary contribution is welcome from all - in kind or cash to cover the local costs of accommodation, food, transport, sound/lights and usage of public halls from all to share part of the expenses incurred in Auroville. Please send it to AC No: 252124 specify: For musicians.
Collaborators: Pavilion of France, Francine FINK, Mathew, Aurelio and Tapas. Those who wish to experience an exceptional musical adventure are invited to note in their agenda when the full program will be published in the following issue of News & Notes.
For more information, please contact Francis MALAN: 7598146288 OR 2622290/ Tapas BHAT: 9442121315.

Short introduction:

Jan V. VANEK: "Jan V. Vanek, a born self-taught musician and true globe-trotter Jazzman. From every corner of the world he does not return without bringing back new sounds with him. He is a guitarist of great talent, a composer, and interpreter and can play any musical instruments. He is a great listener and observer of music from all cultures. Jan V. Vanek leaves behind a memorable experience for those who have met him and heard his music. Each time one hears him, it is beyond all appearances, a person of flamboyant virtuosity, always eager to communicate. Music inhabits his entire being and his presence makes us feel as if he has more things to offer. A rare musician who can take us beyond all boundaries into deep meditations." - Didier VALLET, contrabassist and ex Director of “l’ONJ” and of “la Scène Nationale de Montbeliard”, France.

Jan V Vanek has met several great artists during the course of his personal musical journey: Pierre Richard, Didier Levallet, Valérie Duchateau, Jean-Claude Michel, Amma in Kerala. He has performed all over the world, solo or accompanied by some of his faithful musicians: in addition he has played in several international guitar festivals such as in Prague, in Tahiti, in Jazz festivals such as Nice, Cluny, Rhino Jazz, Nevers, Porrentruy, many tours in Japan, China and in central Europe etc...

Estelle KOLUDA: Conservatoire de musique de Mulhouse -1989, France, Gold Medalist in Violin. Professor of violin from 1991 up to 2002. When she meets Jan V. Vanek, she abandons everything to work with him as a violinist and performed wherever invited with him. She has performed with Jan in all parts of France and in Tahiti also. She is a born genius. Music embodies her wherever she performs.
Singing & Dancing Circle around the fire in Yatra

Joyful songs from all over the world
From Hari Om to Halleluja!

Keyboard and drums
Antje, Diana, Osiva, Rani and friends

Monday, 28th of July 7.30 pm

Yatra Arts Foundation (Gallery) · Near New Creation Sports Ground

Cultural Performance in Yatra

Inauguration of Art-Exhibition

Short films
Happy Children - Priyadarshini · Yatra Srinivassan
Full Stop - Raghu J · Semmozhi · Yatra Srinivassan
Veena music - Priyadarshini
Classical Bharat Natyam Dance - Yatra Children
Clown theater - Diana from Germany and Yatra Children
Singing & drumming & dancing
Antje, Diana, Osiva, Rani and friends

Tuesday, 29th of July at 6.00 pm

Yatra Arts Foundation (Gallery) · Near New Creation Sports Ground

CLASSES, WORKSHOPS

Vérité- Ankur Yoga Class Discontinued

Please note that Yoga and Meditation with Ankur has been cancelled. (It had been scheduled for Tuesday, Thursday and Saturday from 6.45 - 8 am and Monday & Friday from 5 - 6.15 pm). Our apologies for any inconvenience.

Tango Workshop with Vivek

Friday 25th July: 8-9 pm Intermediates at Naturellement
Saturday 26th July: 3-5 pm Intermediates at Arka / 8:30 pm onwards Milonga at Naturellement
Sunday 27th July: 10:30 am-12:30 pm Beginners at New Creation / 5:30-7:30 pm Intermediates at Arka

Awareness through the Body ATB

A two-day introductory workshop with Amir on Saturday the 9th and Sunday the 10th August at the ATB hall in Transition school, Auroville. From 9 am to 5 pm daily.

ATB
This program has been implemented in Auroville schools since 1992, by Aloka Marti and Joan Sala. Over the years they have adapted, added to and incorporated knowledge acquired from a wide variety of disciplines, into a coherent, sequential curriculum. All this, based on their personal experience following the integral education and the spiritual path of integral yoga of the Mother and Sri Aurobindo.

“Whatever you may want to do in life, one thing is absolutely indispensable and at the basis of everything, the capacity of concentrating the attention. If you are able to gather together the rays of attention and consciousness on one point and maintain this concentration with a persistent will, nothing can resist it.” - The Mother

ATB aims to assist individuals in developing their capacity for attention, concentration and relaxation, in refining their senses and in cultivating observation (the ability to notice what one is experiencing). We hope to provide tools and a space to enhance introspection so that we may become aware of the different planes that form our being and have the possibility to enter into contact with our deeper self. All the activities, within their particular focus, work towards that goal. The exercises and games are creative and often fun.

For more information visit the ATB website: http://awarenessthroughthebody.com/
To sign up: mail me at tamaramir@auroville.org.in or feel free to contact me.
Locally grown vegetables

Food is a wonderful medicine—all of us know this and are aware of it. The general idea that all of us have, is that the proper and balanced intake helps the body to be healthy. But for a disease-free body, the excretion (of the waste and toxins produced during digestion) is extremely important. South Indian cuisine has included vegetables which enhance this criterion.

One such vegetable is the ‘banana stem’. This vegetable is full of fibre and water. The fibre makes the bowel movement smooth, increases the quantity of the waste to move easily from the large intestine and the water contents dissolve stones (of kidneys, pancreas, etc...).

One of our Aurovillian staff, who is an expert in local South Indian cuisine, will demonstrate some of these recipes of locally grown vegetables in the coming months.

The first session will be on 2nd August 2014 (Saturday) at 10.30 am, at Life Education Centre, opposite Isaiambalam School.

The aim of these classes is to make you confident enough to prepare by yourself for your consumption at home. Allowing us to become aware of and using locally grown vegetables, the optimal use of mild spices and oil with good cooking techniques, will enhance the taste and savour, besides helping in avoiding spending money on imported vegetables.

Looking forward to see you there, where we will see, learn, do and ask questions!

Life Education Centre team

Inner-Work-Workshop

Introduction to the Integral Yoga of Sri Aurobindo and the Mother - 30th July (Wednesday)

Overview with multimedia presentation / Questions and Answers / Practice in Daily Life / Complimentary Concentration Exercises / Creative Arts, Interactive Games / Life of Sri Aurobindo and the Mother / Introduction to the Reference Books

Focus this week on: ‘Self-Mastery’

These Workshops are conducted every Wednesday, each week with a different focus. Study, play and creativity go hand in hand with various inner exercises.

Place: Savitri Bhavan / Time: 9 am to 12.00 Noon (pl be present by 8.55 am)

Led by Ashesh Joshi - Contact: 9489147202, 2622922

No Registration required (except for groups) - Fees: Voluntary Contribution

All are welcome

For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-auroville.com

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SCHEDULES

NEWS FROM AUROVILLE LANGUAGE LAB
NEW SCHEDULE OF CLASSES - 26th July 2014

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<td>All Levels</td>
<td>By Appointment (Open)</td>
<td>Monday to Friday</td>
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<td>TAMIL</td>
<td>Beginners</td>
<td>04.00 - 05.00pm</td>
<td>Tuesday to Wednesday to Friday</td>
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<td>Intermediate</td>
<td>11.00 - 12.00pm</td>
<td>Monday to Wednesday to Friday</td>
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<td>SPANISH</td>
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<td>05.00 - 06.00pm</td>
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The Language Lab is open Monday - Friday 9:00am - 6:00pm /
Location: Shakti Community, next to the Pyramids, on Last School Campus
Phone: 2623 661, 9585207962 Email all@auroville.org.in
**Some Essential Services**

**Some Auroville Acronyms:** ABC Auroville Board of Commerce; ABS Auroville Board of Services; AVC Auroville Council; BCC Budget Coordination Committee; FAMC Funds and Assets Management Committee; FS Financial Service; HRT Human Resource Team; LCC Land Consolidation Committee; LMFT Land Management Task Force; LRM Land and Resources Management; PTDC Pour Tous Distribution Centre; WC Working Committee

[Kindly let us know of any changes in opening/closing hours for the service. Eds]

**Auroville Ambulance:** 9442224680

**Auroville Library, Crown Road:** May and June opening hours:
- Monday - 9:00 to 12:30 and 14:00 to 16:30
- Tuesday; Wednesday; Friday and Saturday - 9:00 to 12:30.

**AvHC:** This is to inform you that due to popular demand, from 3rd June onwards, we are extending our Doctors’ consultation hours from 8.30 to 1pm and 2 to 5.30 pm daily except Saturday which remains a half day. The Pharmacy will maintain its present timings (8 am to 5 pm). Av HC

**City Transport:** Pick up and Drop Shuttle Service, per passenger fares. Phone Visitors Centre 262-2611 or 9487650951 daily 9.30am-6.00pm and Fri-Sat-Sun evenings up to 9.30pm (10.00pm for return trips).

**Day/Night Guard:** Auroville Security: Please call Ramesh.V at 9443090107/9443362691 in case of emergency or if you need an escort (for people with bikes/cycles only) or assistance. You can also contact us at avsecurity@auroville.org.in

**Eco Service, Kottakarai:** Jayamurthy - 904 701 5812 / Gillian - 9442067481, email: ecoservice@auroville.org.in / Auralice - 763-965-5954

**Entry Service, Multimedia Center:** 1st floor, Town hall Complex: Mondays, Wednesdays, and Fridays: 10.00am to 12.00pm for enquiries/applications. Tuesdays: 2:00 to 3:30pm. B Form filling for newly resident Aurovilians and youth turning 18.

**Financial Service, Town Hall and Aspiration:** Mon to Sat, 9 to 12.30 and 3 to 4.30pm

**Free allopathic medical treatment** by Dr. Amarnath in Arati One. Tel.: 262 24 92; email: amarnath@auroville.org.in

**Free Store:** We will be open every morning except for Thursdays. We will not be open in the afternoons. Mon-Sat 9am - 12.30pm (closed Thurs)

**Free Store Tailoring Service:** Repair work will be received only from 1st to 15th of every month. Timings will be same as Free Store.

**Auroville Gas Service, Service Area:** Near Tele Service and BSNL Telephone Exchange. Monday to Saturday: 9 to 1 and 2 to 4 pm

**Guest Service Solar Kitchen:** 1st floor. Open every morning (including Sunday) from 9.30 to 12.30. Afternoon from 1pm to 4pm (except Sunday)

**Housing Service, Town Hall:** Public hours are Monday & Friday from 2:30 to 4:30pm, and Tuesday, Thursday, Saturday 9:00 to 11:30am. No public hours on Wednesday.

**Integral Health:** Classical homeopathy, hypnotherapy, midwifery, counselling, Shiatsu, energy work / integralhealth@auroville.org.in - 2623669 / Mon-Sat 9 am - 5 pm, preferably on appointment.

**Kailash Clinic, Kailash:** Call 2622803 for an appointment during morning hours from 8.30am to 12.30pm

**LOE, Lab. Of Evolution, Bharat Nivas:** Mon to Sat 9am-12 noon.

**Matrimandir:** The Inner Chamber is open for Aurovilians daily
- Monday - 06.00am to 08.45am. 11.30 am to 12.30pm (02.00 pm on Sunday)
- 04.30 pm to 08.00pm

Please keep the Chamber neat and tidy. Straighten your mat and put back all extra cushions neatly by the door. Please refrain from rearranging the cushions which are laid out for you.

To bring family members and personal friends please book by calling 2622579 from 9.30 to 11.30 am any day except Tuesday. Be at the office gate of Matrimandir by 8.45am on the day of the visit.

Please remain with your guests throughout the visit.

Matrimandir is closed to visitors on Tuesday.

Aurovilians wanting to bring their children to the Matrimandir are recommended to do so on Tuesdays between 9 am and 11.15am.

**Midwifery care in Auroville:** 24/7 for emergencies and birth, pregnancy consultations and preparing for natural gentle birth. Consultations for breastfeeding and post-natal care by appointment phone 8098900471.Manuela

**Music library, Town Hall:** Mon, Wed, Fri, Sat from 9 to 12.30 and Tues, Thurs, Sat from 2 to 5:30pm.

**Nandini Tailor section:** (Auroshilpam): Open to public on Tuesday, Thursday, Saturday full day. No new order taken last week of the month.

**OutreachMedia Services:** The services provided by OutreachMedia include: dealing with all media that come to Auroville for filming, writing, photographing - reporters, journalist and writers. 2622-098 or 9443602194 or 9952463904 Or Robert at 8940 568 305.Multi-Media Centre. Office hours: Monday-Friday: 9.30am to 12.30pm. Afternoons and Saturdays by appointment.

**Puncture service, service area:** Next to gas bottle service, opposite road service; Monday to Saturday 9am to 4:30pm; phone 2622741, cell 9442891235.

**Auroville Residents Service timings:** Please note that the Auroville Residents Service office will be open from Monday to Friday morning’s from 9:00 am to 12.00 pm and afternoon Tuesday and Thursday from 2:30 to 4:30.

Thank you, Residents Service Team

**Savi:** facilitates voluntary services and internships in Units & activities of Auroville; clarifying your needs of long term volunteers, helping with visa, and following-up these external resources to make their stay mutually beneficial. Opening hours in Unity Pavilion for visits, waiver forms signing and welcome Monday to Friday 10 12am. Phone 262 2121 - email study@auroville.org.in

**Skyworks:** Tree pruning, removal of hazardous trees and branches over fragile structures, power line cleaning. SatYajji 958 516 58 82

**Vehicle Service, Town Hall:** Monday - Friday - 09.00am - 12.30 pm, 02.00pm - 4.30pm. Saturday: 09.00am - 12.30pm

**Video library, Town Hall:** Mon, Wed, Fri, Sat from 10 am to 1 pm and Tues, Thurs, Sat from 3 to 6pm.

**Women's Helpline** - For women needing assistance after an incident of violence on Auroville roads. Please call 262 2425 (mornings) or email avhs@auroville.org.in

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victims as the backbone of a hypercritical investigation into the “Blackfish,” uses the tragic tale of a single whale and his human
Gabriela Cowperthwaite’s delicately lacerating documentary, Unapologetically designed both to inform and influence,
Cowperthwaite

Documentary - 83 minutes, 2013. Directed by Gabriela
From Sadhana forest: 21:30
From Sadhana forest: 21:30
Free bus service to the eco film club / departure solar kitchen: 18:00 and return from Sadhana forest: 21:30

ACT overview of services

EARLY TRIP (daily except Tuesday) - This service is conditional to MM being open to visitors. Usually not running on rainy days (enquiries: 2622235)
7:45 AM from Transport Service near Certitude Corner, opposite the Gas Service
12:00 Noon from Pondy rue St Louis (beach end of J.N. Street) opposite the Ashram playground

MORNING TRIP
Tuesday - Thursday - Saturday
9:00 AM from Matrimandir Office Gate Parking
12:00 Noon from Pondy Manakula Vinayagar Street (Ganesh Temple Street)

AFTERNOON TRIP
Monday - Wednesday
Please note: In case the ACT bus is not available as per the timetable please be on the lookout for a replacement by an Auroville Jeep or Van, we will ensure that a small white and orange sign is visible on the replacement vehicle.

All trips are paying trips and ACT welcomes your contribution everyday on every trip. ACT maintains its voluntary contribution policy aligned with Auroville’s utopia, ideals and aims. At present it is YOUR contribution ALONE which keeps the service afloat. Travel passes are available from Financial Service (Town Hall & Aspiration) and Guest Service (above the Solar Kitchen). For more information contact ACT (0413) 2622962 or act@auroville.org.in

F I L M S

CINEMA - Bharat Nivas - AUDITORIUM
FRIDAY1 AUGUST- 7:30 PM (Film show starting at 7.45 sharp)
DREAMS (“YUME”)
Directed by Akira KUROSAWA - Japan, 1990 / With: Akira Terao as “I” in The Tunnel, Chishu Ryu as “Old Man” in Water mills, Martin Scorcese as “Vincent van Gogh” in Crows, Mitsuko Baishô, Toshie Negishi
Synopsis: A collection of 8 tales based upon the actual dreams of director Akira Kurosawa at different stages of his life. They express his fears (war, the nuclear weapon and industry, pollution and destruction of nature and the planet) but also his passions (painting, with Van Gogh featuring an unrecognizable Martin Scorcese as the painter, nature, especially the trees, fairies and other fantastic characters.) They include: Sunshine Through The Rain, The Peach Orchard, The Blizzard, The Tunnel, Crows, Mount Fuji in Red, The Weeping Demon and Watermills in the Daio Wasabi Farm. Original Japanese version with English subtitles, Color, Duration: th.54 min.

“The Eco Film Club
SADHANA FOREST, AUGUST 1 FRIDAY at 7 pm
BLACKFISH
Documentary - 83 minutes, 2013. Directed by Gabriela Cowperthwaite
Unapologetically designed both to inform and influence, Gabriela Cowperthwaite’s delicately lacerating documentary, “Blackfish,” uses the tragic tale of a single whale and his human victims as the backbone of a hypercritical investigation into the marine-park giant SeaWorld Entertainment. The movie examines the practice of keeping wild animals in captivity for entertainment and the many consequences of it.
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!
Free bus service to the tour of Sadhana forest and the eco film club / departure solar kitchen: 16:00 and return from Sadhana forest: 21:30 / free bus service to the eco film club / departure solar kitchen: 18:00 and return from Sadhana forest: 21:30

Visitors’ Center Movie Show
Dear Community,
I am happy to inform you that with a new set-up at the Multimedia Hall the movie shows at the Visitor Center resumes again from the 1st of August. The days are the same as before Friday and Saturday 8 pm.
All are welcome to enjoy an evening of variety of movies on the weekend.
Thank you, Suresh

AUGUST 1ST FRIDAY 8 pm
GRAVITY (2013)
Genre: Sci-Fi / Drama / Rated:PG13 / Language: English / Subtitle: English
Dir:Alfonso Cuarón / Cast:Sandra Bullock,George Clooney,Ed Harris (Voice) and Amy Warren
Storyline: Dr. Ryan Stone (Sandra Bullock) is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalsky (George Clooney) in command of his last flight before retiring. But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone - tethered to nothing but each other and spiralling out into the blackness.

AUGUST 2ND SATURDAY 8 pm
WINTERS TALE (2014)
Genre: Drama/ Fantasy/Romance / Rated:PG13 / Language: English / Subtitle: English
Dir:Akiva Goldsman / Cast:Colin Farrell,Matt Bomer,Lucy Griffiths and Russel Crowe
Storyline: New York City is subsumed in arctic winds, dark nights, and white lights, its life unfolds, for it is an extraordinary hive of the imagination, the greatest house ever built, and nothing exists that can check its vitality. One night in winter, Peter Lake (Colin Farrell), orphan and master-mechanic, attempts to rob a fortress-like mansion on the Upper West Side. Though he thinks the house is empty, the daughter of the house is home. Thus begins the love between Peter, a middle-aged Irish burglar, and Beverly Penn (Jessica Brown Findlay), a young girl, who is dying.

At Savitri Bhavan
MONDAY, 28TH OF JULY 2014, AT 6:15 pm
“MEDITATIONS ON SAVITRI - BOOK 7: THE BOOK OF YOGA”
Cantos 1- 7: “The Joy of Union: the Ordeal of the Foreknowledge of Death and the Heart’s Grief and Pain”, “The
Consciousness”.

“The Discovery of the Cosmic Spirit and the Cosmic Nirvana and the Discovery of the All-Negating Absolute” and “Countries”, “The Triple Soul-Forces”, “The Finding of the Soul”, “Parable of the Search for the Soul”, “The Entry into the Inner her eyes on affection. In a flash, her life changes forever as Gangoo sets importantly, her pet-plants that she nurtured with mother-like few houses, interacts with her friend Malan, and most importantly, the political battles, pitting rich against poor and Hindu

As a courtesy to the other 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 / We appreciate your continued support.
Thanking You, MMC/CP Group - Account# 105106, mmcauditorium@auroville.org.in

A film by Manohar of Huta’s paintings illustrating passages from Savitri read by The Mother and accompanied with her own organ music. Duration: 86 min. We supply photocopies from the “Savitri” texts read by the Mother, so that the texts could be followed when watching the film.

Parable of the Search for the Soul”, “The Entry into the Inner Countries”, “The Triple Soul-Forces”, “The Finding of the Soul”, “Nirvana and the Discovery of the All-Negating Absolute” and “The Discovery of the Cosmic Spirit and the Cosmic Consciousness”.

Cinema Paradiso
Multimedia Center (MMC) Auditorium
Film programme 28 July 2014 to 3 August 2014

Kindly do not bringing food, drinks, snacks, munchies or your pets into the auditorium

Indian - Monday 28 July, 8.00 pm:
- GANGOOBAI

India, 2013, Writer-Dir. Priya Krishnaswamy w/ Sarita Joshi, Purab Kohli, Mita Vasisth, and others, Drama-Family, 110mins, Hindi-Marathi w/ English subtitles, Rated: NR (G) Gangoo is a maid who lives in the picturesque hill-station, Matheran, on the outskirts of Mumbai. Widowed early and childless, she leads a simple life doing domestic chores in a few houses, interacts with her friend Malan, and most importantly, her pet-plants that she nurtured with mother-like affection. In a flash, her life changes forever as Gangoo sets her eyes on memsaab's daughter's exquisite designer gara sari (Parsi sari embroidered with flowers and birds). She decides to purchase a sari like that at any cost! Don’t Miss the adventures of Gangoobai towards her goal!

Italian - Tuesday 29 July, 8:00 pm:
- GIORNI E NUVOLE (Days and Clouds)

Italy, 2007, Dir. Silvio Soldini w/ Margherita Buy, Antonio Albanese, Drama, 118 mins, Italian w/English subtitles, Rated: G Manager Michele lost his job but didn't tell his self-absorbed wife Eve, who finished her art history story and resumes work in restoration. Michele ponders whether to accept quickly a less lucrative job or hope for a better one. Meanwhile he puts their house on sale, regardless of her ingrate wagring.

Cultural - Wednesday 30 July, 8.00 pm:
- MOZART: THE MAGIC FLUTE

USA, 2006, Dir. Julie Taymor w/ The New York Metropolitan Opera Orchestra, Chorus and Ballet, conductor James Levine. Live performance, 112 mins, English w/ English subtitles, Rated: NR. This very fresh, imaginative staging brings this extraordinary Mozart masterpiece to life. The costuming is very colorful and very original. It’s rare to find an opera production blessed with such inventiveness and joy. Young and old will be delighted.

Spanish - Thursday 31 July, 8.00 pm:
- TAMBIÉN LA LLUVIA (Even the Rain)

Spain, 2010, Dir. Icíar Bollaín, w/ Gael García Bernal, Luis Tosar, Karra Elejalde, and others, Drama-Political, 103 mins, Spanish w/ English subtitles. Rated: NR. In this beautiful film a director and his crew shoot a controversial film about Christopher Columbus in Bolivia, while local people rise up against plans to privatize the water supply. The trouble is that one of the local actors playing an important role in the film is a leading activist in the protest movement.

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

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