House of Mother’s Agenda

(Then Mother listens to Satprem’s reading of the previous conversation, in which she spoke of the “opacity” of Matter which prevents it from manifesting the Consciousness, and of the “transparent” but somewhat imprecise fluidity.)

Do you have any question?

Yes. An ordinary mind reading this may wonder, “But what’s the advantage of this imprecision?”

There’s no advantage!

It’s quite certain that when the Supramental manifests, it will replace the... (what can we call it?) restricting mental precision - a precision which limits, and therefore partly warps things - by a clarity of vision, another kind of precision that will not restrict. That’s what is being built.

Ultimately, we might say (this is not exactly the thing) that in order to make things precise, the mind limits and separates them; and there is evidently a precision that can come from a more accurate vision, without division or separation. That precision will be that of the supramental vision. Along with the precision, there will come the vision of the RELATIONSHIP between all things, without separating them. But that’s something being prepared. It comes in a flash, for a minute, then things fall back into their old way.

We could say the same thing for the vital: the vital gives an intensity which nothing else seems capable of giving; well, that same intensity exists in the Supramental, but without division. It’s an intensity that doesn’t separate things. I’ve had both experiences, but in a very short-lived manner. Those are things that are just now being worked out.

Soon afterwards

I’ve received questions from T.F.’s class. One of them I started answering.... They’re rather stupid, those questions (Mother hands papers to Satprem).

“How does one become conscious of the physical being?” See that, the physical being! It’s senseless!

You answer: “The near totality of humanity is conscious ONLY of the physical being. Through education, the number of people conscious of their vital and mind goes on increasing. As for the human beings conscious of their psychic being, their number is relatively minimal.”

They’re a bit... they’re very ignorant, these children.

If at least they asked, “How does one awaken the consciousness of the physical being?”

Oh yes, that has a meaning! We could tell them: If that’s what you mean, it’s precisely the goal of physical education. And teaching is an attempt to replace the Consciousness with... (laughing) an inner library!... If I joke too much, they won’t understand anymore!

We can tell them this: The way to really awaken the physical consciousness is physical education. It’s physical education that teaches the cells to be conscious. But to develop the brain, it’s study, observation, intelligent education – especially observation and reasoning. And naturally, for the whole education of the consciousness from the standpoint of character, it’s yoga.

Another question: “Does the central will of the physical being have a particular center in the body?”

The psychic being? The physical being. Physical! It’s senseless!... It’s the brain, that’s all.

Here it’s more interesting: “Can one have the experience of death without dying?”

Surely! You can have the experience in a yogic way, you can even have it materially if... (laughing) if death is brief enough not to give the doctors time to declare you dead!...

They won’t understand!

We can answer “Yes,” quite simply - so as to tell them, “Mind your own business!”

“After death, what is the part of the being that becomes aware that one is dead?”

Any part of the being that lives on becomes aware that the body is no longer there! It depends.

“How can one say with certainty that the physical body is dead?”

Only when it decomposes.

“You said, ‘Decomposition of the cells often starts before death….’ How to control or check the process of disintegration?”

(Mother laughs) By keeping good health! By taking care to preserve the physical equilibrium. Enough!

Mother’s Agenda, 28 September 1968

The world is other than we now think and see,
Our lives a deeper mystery than we have dreamed;
Our minds are starters in the race to God,
Our souls deputed selves of the Supreme.

Sri Aurobindo
ref. Savitri, p.169

Cover drawing by Neeti

News&Notes 14th March 2015 [590]
A Joint Statement by the Organizers in Auroville and the Working Committee about the recent visit of the Chinese Group

Report from the Organizers in Auroville
After the recent visit of a Chinese group and their ‘cultural program’ which took place in Bharat Nivas, the main organiser of the event Balu [Mohanam/Bamboo Centre], was invited to a meeting with the working committee members on 6th March 2015, as well as other people who helped with the organisation: Yuval [a mentor of Bamboo Centre], Jaya [Unity Pavilion], Jyoti [ONE ASIA project]

First, Mr Danny Lau from Hong Kong approached Balu for a venue for a cultural program they would like to present to Auroville. Balu contacted the Unity Pavilion and Bharat Nivas. When he asked Jaya for permission to use the Unity Pavilion and some support, she asked Balu to (1) approach Jyoti as he is very involved with introducing East Asian Cultural activities so he could assist the organisation work and (2) get support/assistance from Chinese Aurovilians or Newcomers. A Chinese newcomer family accepted to help with the organisation of the dinner. Jyoti requested these persons to clarify two points before accepting this task: 1) If they are related to the Oneness University (a spiritual group in Andhra Pradesh), the answer was “No”. 2) If all the same artists on the poster and program are coming to Auroville, the answer was “Yes”. Meanwhile Jyoti requested some Chinese Aurovilians to review the program but no support was offered.

On the rehearsal day [2nd March] Jyoti realised that the proposed program and poster did not correspond to the actual performance. The ‘Chinese Culture’ programme was more a mixture of entertainment and contained some sensitive contents which were removed while some still remained and these were performed in front of the audience on the 3rd evening after the dinner event. Some performance/video contents caused unease in the audience and some people sent complaints to the Working Committee, Bharat Nivas, Unity Pavilion, One Asia, etc…. The dinner went well in spite of the huge influx (1,000 people came instead of the expected 300) This meeting was necessary as many Chinese groups are visiting Auroville since a few years and some rumours are spreading.

In the meeting some points were clarified:

- This group is traveling around the world and performing on their own budget.
- This group funded the whole cost of the Chinese evening event in Auroville.
- This group is not related to the spiritual group in Andhra Pradesh.
- This group is not the one which is attempting to purchase the land in the Auroville area.
- This group is not donating large amount of donation to Balu or other individual Aurovilians.

The following points were agreed as solutions to prevent such problems:

- We request Chinese Aurovilians for their active support to review proposals for such activity in the future.
- We request the major event venues in Auroville to review security measures according to the Indian law and implement the same. We also request to conduct a serious review of future event proposals by a responsible person in each venue.
- We are proposing to form two review groups - Cultural Events and Donations - in order to review such groups when they approach to Auroville units/individuals.

Considerations from the Working Committee:

- Such events should be monitored in the future.
- Any performance proposal from outside, especially when connected with some nation culture, must be supported by the Aurovilians from the same nation who will be able to understand the language and the content of the proposal, its quality, and also how much it fits in the context of Auroville.
- Auroville being a multicultural place is enriched by cultural events. But such high popularity events can attract hundreds of people from outside, and create problems if not organized properly: security, seating capacity, parking, traffic, etc...
- Each venue must ensure that security is guaranteed and that new people are not allowed in when the venue is full.
- Auroville’s environment attracts various groups which sometimes try to benefit from it. We have to be careful and conscious when dealing with large tourist groups and donations.

ANNOUNCEMENTS

TDC / L’avenir d’Auroville - 14th March 2015

The following Site and Building applications 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 / TDC issues an NOC (No Objection Certificate). This happens only once the feedback period is over, the feedback has been evaluated, 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 TDC.

Individual Project
1. Chaitanya Baetens, Center Field, Studio / Atelier plus small living space built up area 55 Sq.m.

Collective Project
Project write-up given by the project holder.
Project Title: Home for Assisted Living
Proposed Site Location: NW of Arka, between Arka and Mahalakshmi Park
Project Holder: Auroville Health Services
Architect: Dorothee
Contact Persons: Manfred for AVHS,
Description: The “Home for Assisted Living” is composed of 3 buildings (ground plus 1 & 2) arranged around an inner courtyard.
8 Senior Apartments with Bathroom and Kitchenette
2 Senior Rooms with Bathroom
Cafeteria and Multipurpose Hall
One flat for a Care Taker
AVHS Office
Multipurpose Room for Day-and Night Care Givers, Treatments and Storage
Hydraulic Lift for easy access to all floors
Wheelchair accessibility in the whole building
Solar Water Heaters and Solar Panels
See details and plans on Auronet

Target Group: For Aurovillian Elders who can no longer care for themselves and/or who wish to live together with other Seniors,

Background: In a survey conducted in 2011/12 there were approx. 200 Aurovillians above the age of 65, and 50 above 75 years old.
Now there are some 360 people above age 65. Many are above 80 and a few 90+.

Triggers: AVHS is at present organizing home care for about 11 Aurovillians, some of them 24/7, spread out in 9 different locations. This situation is extremely time and energy consuming for our care givers and if it continues we will not be able to take on any more Aurovilians needing care. Our trained staff is very limited, we depend heavily on volunteers who can usually help out for a limited period of time only.
So, as the number of Seniors in Auroville is increasing, so increases the pressure on the Home Care of AVHS.

Goals/Objectives: In order to make care giving more economical and more effective, AVHS wants to build the "Home for Assisted Living"

Road
Mangalam Radial into the Pony Farm area
The TDC has decided to continue the construction of the Mangalam Radial into the Pony Farm area. This decision has been reached after careful consideration of the feedback received.

OBITUARY

Tony
In the afternoon of Wednesday March 4th, our Aurovillian brother and friend Tony suffered a stroke and passed away at his home in Felicity. He was 73 years old.
Tony, an Israeli architect formally known as Anthony Lawrence Barter, designed distinguished buildings in Israel, Japan and India before joining Auroville 12 years ago. A native of England, he traveled widely and was profoundly influenced by each of the cultures where he lived.
In Auroville, Tony initially started out with the then ‘Aurofuture’ team. His interest, and deep concern, has been largely with the town planning of the city. He was a.o. actively involved in participatory meetings on planning, in the renovation of Pondy’s Park Hotel, worked with an architect team on the master plan for Santé, the new Institute for Integral Health on the Crown Road, and co-designed Maitreyi II.
Tony’s remains were cremated at Auroville’s Farewell funeral grounds in Adventure on Sunday 8 March, with family and friends attending.
Our warmest love and care go out to Ilona, Tony’s wife, and to the children, Leni and Aliya, and Noam and Yonatan, as well as to their close friends David and Achva Stein. OM-

FOR YOUR INFORMATION

Auroville Retreat
Joyful Living (Residential Retreat)- Tue 17th March - Sat 21st March
Do you want to live with joy and ease? Find peace in a hectic life style? Cultivate mindfulness and gratitude? Improve your work life balance? Enhance your health and well-being?
Join life and executive coach Julie for a 5-day Joyful Living experience in Auroville. In a warm and supportive group, we will explore how to make ordinary days extraordinary.
Julie created the exclusive Joyful living program for Auroville retreat participants to cultivate mindfulness and gratitude. The program’s five themes - Waking Up, Mindful Routine, Eat Joyfully, Flow, Unwind - are designed to anchor your days in the things that matter to you and bring joy into your life. For more information & registration please visit www.aurovilleretreat.org or call 0413-2622571, 9843948288, 9815472323

Yoga Foundation- Sat 14th March - Sun 15th March
Are you longing to feel more comfortable in your body, and more energetic through your day?
Do you wish to handle stress and the demands of daily life in a balanced manner, and experience a sense of deep relaxation in the process?
This Retreat will provide you with a foundation in the principles of classical yoga as an integral practice to complement your busy lifestyle. You will be given individual guidance in your practice of postures, breathing techniques,
going organic, since October 2012. The bad news is that the production level it had before the cyclone in 2011. This while good is that for fruit and vegetables, the farm has regained the We would like to share with you a good and a bad news. The

**Energy Saving Lights and Fans with AVES & PTDC**

Auroville Electrical Service (AVES) & Pour-Tous Distribution Centre (PTDC) has a stock of efficient light fixtures from Havells such as LED 5W and 10W and 28W T5 tube lights. You could replace your old light fixtures (Tungsten filament, incandescent, halogen or CFL lamps) with LED lamps, for better energy savings. CFL bulb to LED: up to 50% energy savings Tungsten Filament bulb to LED: up to 91% energy savings Tungsten Halogen bulb to LED: up to 82% energy savings T12 tube light to T5: up to 35% energy savings T8 tube light to T5 tube light: up to 30% energy savings You also have the option of replacing your standard ceiling fans with Super-efficient fans at a purchase price of Rs. 3420/-. Replacing your old 75W Ceiling fans to Super-efficient fans will give you up to 76% energy savings. For purchase options and information, please contact: Ph: 0413 2622 132, 0413-2622 264 / E-mail ID: aves@auroville.org.in

**Security Advice**

Dear friends, This is to inform you that during the month of February, 2015, 4 thefts (Nilathamang, Unity pavilion, Aurodam, New creation), 1 harassment incident (near MM worker’s gate) and 1 accident (near Mango Hill) 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 on a bike and do not stop for local men asking for directions. For post-incident support and counseling you may call the Women's help line (open in the morning) at 262-2425 or email AV health services 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.

To those 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:

- With only Xerox copies of your documents. Leave the originals in your guest house safe.
- Not to carry large amounts of cash or valuables on your person unless absolutely necessary.
- 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)

**Urban Farming at Auroville**

Auroville Consulting is collecting data on current home vegetable garden initiatives in Auroville. This is an attempt to map out the current activity and provide information on how to further incentivize home vegetable gardens in Auroville. If you are a home gardener please contact us on 0413-262-2571, or email: katt.jane@hotmail.com. We would like to set up a time to visit your garden or answer a few short questions on the phone to help us collect this data. We appreciate your support.

**Information for Urban Farming in Auroville**

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**Water conservation**

For busy gardeners, drip irrigation is a great way to save water and time. Drip irrigation conserves supplies of clean water, using 30 to 50 percent less water compared to other methods of watering. Water is delivered directly to the root zone, minimizing the water lost from run-off or evaporation. Using treated/recycled water from your community waste water treatment system is a great way to minimise the use of clean water. It is important to test recycled water to make sure it is safe to use in your vegetable garden, especially on crops that are eaten without being peeled or cooked. You can test your water at: Environmental Monitoring Service, Aubrindavan, Main Building, Auroville - 267-7096/070

**Training or technical support options**

- **Auroville Urban Farming City Centre, Ricky** - 915-905-2112, thejaof@gmail.com
- **Annapurna Farm, Tomas** - 948-969-3801, tomas@auroville.org.in
- **Pebble Garden, Bernard and Deepika**
- **Hydroponics info & help, Akash & Monica** - 262-3042, akasha@auroville.org.in

**Publications**

- **My Pumpkin Roof: an urban gardening manual for beginners,** available from Auroville Consulting - 262-2571
- **Hands with the Earth: describes the elements of food growing and how to harness natural processes,** available from www.buddhagarden.org
- **Heart and Soil: an illustrated guide to the principles of sustainable food growing,** available from www.buddhagarden.org

**Tools**

| Botanical Gardens - 262-3498 |

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**Postings**

**AuroOrchard: good and bad news...**

We would like to share with you a good and a bad news. The good is that for fruit and vegetables, the farm has regained the production level it had before the cyclone in 2011. This while going organic, since October 2012. The bad news is that the egg production, which had already been reduced to allow us to improve the quality, just decreased further, following a serious problem with chicken food. We should return to normal production levels by August or September. More info soon reg. the results of the farm, as well as the eggs!
A Musical Offering
The Glory and Tragedy of Schubert
When I wished to sing of love, it turned to sorrow. And when I wished to sing of sorrow, it was transformed for me into love - Franz Schubert / Please go to Groups-Music Library in Auronet, and read about the final chapter in Franz Schubert’s life - Don for the Music Library

About football story
I bought a Top Glider football from Adidas with my pocket money in December, 3 months ago. A month later it got kicked into the mulu at Transition and got punctured. One nice parent gave money to replace the ball and after adding some more money, my dad and I bought a FIFA in January, again from the same Adidas shop on MG Road. Unfortunately, this ball was taken in mid-Feb. from Utility. It had my name written over it. If someone finds it, please contact me at 2622 003. Currently, I play with my old Top Glider football though it has to be pumped every time - Aditya, age 10, Utility

Apartments available in Sanjana Housing Project
Work is going on in the Sanjana Housing Project between Arati and Sukhavati communities. There are still 8 apartments available. You are welcome to have a look and choose between different sizes. The construction is expected to be completed beginning of 2016. For details please contact: gundolf@auroville.org.in or call 262-3383. Gundolf and Sanjana Management Team

Nature Camp - Seeking Filmmakers
This year, the Nature Camp Team is hoping to create a short film about the Nature Camp experience. But we need help! If you’re interested in shooting footage at any one of the three camps this summer, please get in touch. Or if you’re interested in simply editing and compiling the footage that we collect - this would also be fantastic. Basically we’re seeking someone with film editing skills who would be inspired to create a short 5-minute film on the beauty of the Nature Camp experience. Does this sound like you? Write to us at: naturecamp@auroville.org.in

An appreciation
A jewel of a performance was almost lost in the midst of the cornucopia of Auroville’s birthday celebrations; it was a reading by Norman of an adaptation by Moghan of Satprem’s ‘My Burning Heart’ with music and film shots by Cristo. We have asked the trio to please perform it again for those who missed it the first time, so look out for news of the next performance. Jocelyn and friends - Certitude

TVS Victor
Gear Bike. Contact: 96264 79802 - Submitted by DN Sharma

Various items
Double size rattan bed frame with mattress, custom made wood dining table with 4 stools, built to last a lifetime, TVS Super, well maintained and fast, specialized Mountain bike from the US, with new derailer, brakes, comes with pump, water filter and large wicker baskets. Contact Tia P.: 9787468553.

Many things
Dear Friends in Auroville, I’ll be soon leaving India and Auroville after almost 10 years. I am disposing of many things and furniture: 2 4KVA DB inverters, big Samsung fridge and freezer, LG Washing machine front load, 2 cycles, water filter machine, double and single mattresses, kitchen equipment of all kinds, cane furniture, hangers, bed sheets, clothes, books, Hi-Fi system, high quality multiplugs, etc...I will be doing an open house at Avatar Design’s former office, Ganesh Garden, behind Shakti Community on Saturday 22nd of March. If you want to say goodbye or if you are interested in some of the things for sale or disposal, you can also call me on 9486008371 preferably between 6 and 9 pm - Thanks to all of those who have helped me transform during all those years, to all the wonderful persons I have met here. Melissa

Laptop / Tennis racquets
HP Laptop with bag, excellent condition, config: i5 processor, 360 GB Ram, 1 GB graphic, new battery, 15” creen / 2 tennis racquets, excellent condition. Please call Arun (between 9 am to 4.30 pm) at: 8098005700 / 2622210

Nature lovers
Trek to Gaumukh (Gangotri Glacier): Gangotri Glacier is located in Uttarkashi District, Uttarakhand, India in a region bordering China. This glacier, one of the primary sources of the Ganges, is one of the largest in the Himalayas. Gaumukh is the source of the river Ganga. This trek will provide an opportunity to the nature lovers to experience the wide range of diversity of flora and fauna in the Himalayas.

For Adventure & Nature lovers
The trek is spread over 10 to 15 days. Trek Dates: 15- 20 May. (Preferably we will leave by 15 May) - We will have a meeting with the interested participants on 18th March for the briefing of the trek / Contact Anita at: aneeta@auroville.org.in or 9445100465

Small brief about myself: I was raised in the beautiful small town of Dehradun (Which is now the Capital of Uttarakhand). After finishing my studies I worked with the tribal groups in the Himalayan range of Uttarakhand. This experience has enriched my knowledge of the area. I have undertaken lots of treks in the region; have been to Gaumukh and Yamnotri Glacier beside many other places of wonders in the area. I would love to share this experience with anyone who is interested.

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A motorbike
Hello! I’m looking for a motorbike with electric starter, in good condition and preferably with TN registration……. :) If you wish to sell yours, give me a call on 944 36 17 308 - Sara :)

A cello
Hi everybody, I am looking for somebody who owns a cello! I played for 11 years and stopped when I went to India last August. I miss it a lot and would love to have the possibility to play sometimes for myself. Is there anybody who would allow me to play on their Cello? I am flexible and would of course come to you. My phone number: 9159891765 - Lissy

Magazines and pictures for collage projects
Contact Tia @ 978468553, tialovesart@gmail.com

A gardener
In the Auromodele - Fraternity area. Contact for appointment/interview: Anand - 9944904845

Ipad / laptop
An iPad or small laptop/netbook (English keyboard layout) - Please contact Deepak by phone: 8407903548

2nd-hand motorbike
In good condition, better if registered in TN, thanks for all propositions, contact Marie Noelle: 2622989, 7639128435 / framatim@yahoo.fr

LOST & FOUND

Sweater (Lost): I lost my black fleece sweater - I need it. Thanks, Fanny 894 023 16 13

Canon camera (Lost): Last week, after the Chinese Cultural Event in the S.A. Auditorium, I forgot a Canon camera on a chair (CANON SX260HS). It was inside a black and red camera bag. If anyone found it could kindly contact me at: 9843184485 or 0413 2622343 - Thanks, Ireno

THANK YOU

Paper rolls
To all those that are bringing us the empty toilet paper rolls at Well cafe
MANY MANY THANKS - We especially need those wider ones of 5.5 cm diameter
Thanks again, from the women and team of Well paper

APPEAL

For the Children of Auroville
Dear Aurovilians,
We are really in need of your support to complete the children songs CD project "One day we’ll sing like birds". We have presently Rs 20,000 and are in need of another Rs 25,000 to meet all the costs still involved in the production. Please, if you can help the account number of the Auroville Children Songs project is: 0575.
Thanking you for your collaboration,
Joy, Jivatman, Swaha and others

ACCOMMODATION AVAILABLE AND NEEDED

House-sitting 1
We are a family (Grandmother, daughter and child) looking for a house-sitting from now on till end of July. We are responsible, clean and nice, Hope to hear from you: 7094532951 - Regards, Ljilja, Tamara and Likas.

House-sitting 2
Volunteering at Kenji’s workshop, I’m looking for a house-sitting for my sister and I, from now on till April or May. Thank You, Maleaume: 8940552536

House-sitting 3
I'm Philippe, freshly announced Aurovillian, but still homeless. If you have a house to be taken care of for this summer or longer, you can contact me at: phil@auroville.org.in .

House Sitter 1
We are looking for someone or a couple to house-sit our house in the greenbelt for 3 weeks in April. There are workers to supervise and we have animals. Only non-smokers please. Please email Tine and Toby, Aurogreen: tine@auroville.org.in or call 984398 4181. Thank you!

House Sitter 2
Looking for House-sitter, single person/couple for 2 months in Reve Community, starting mid-April, ending mid-June 2015. Gas usage and Wi-Fi the only expenses to cover for the duration. If interested please contact Greg on: greg@auroville.org.in

TAXI SHARING

March 16th: Arriving at Chennai domestic airport at 10:15 am - ready to share the taxi! Melissa: 9486008371

March 20th: Taxi to Chennai (city) March 20th - Taxi will leave Auroville around 6:30 am. Departure time from Chennai for return to Auroville is (somewhat) flexible. Room for two more riders, one or both ways. If interested, contact: Michael Z.: 262 2865 / 94866 50268.
March 20th: I am looking for people who would like to share a taxi to Chennai airport on the 20th of March (Friday). I would prefer to go in the afternoon, but I am quite flexible. If possible I would like to stop at a special restaurant on the way. You can call me at: 9894534012 or write to me a mail at: mira.kren@gmx.net. Greetings. Mira

March 16th: Leaving Auroville 2.30 am on 16th of March - also looking to share for return journey on 20 March leaving Chennai about 4 pm. Please call Kathy if interested on 9443135005 or email: kathy@aurowilve.org.in

March 20th: Leaving Chennai airport domestic arrival at 06.00 am to Auroville - Contact Elisabetta: 9633901652 - 9047654157

March 22nd: around 9.30 pm to Chennai Airport and back. Contact Juergen: 9443345300

March 25th: A taxi will leave New Creation Wednesday March 25 to Chennai Airport at 2 pm. The same taxi will return empty to Auroville/New Creation after drop (around 5-6 pm) - Call Camille 08606712069 for info.

WORK OPPORTUNITIES

PTW is looking for a Civil Engineer

Dear Friends - Pour Tous Water is looking for an Aurovillian or a Newcomer with Civil Engineering background to take charge of the technical management of the work. He or She will work in constant relation with the field Managers (Nagappam and Shanmugam).

Auto Cad knowledge appreciated / Water management knowledge will of course be a plus
Will update and maintain all the technical files / Will prepare proposals and estimates / Will follow the field work technically.

Maintenance is available

Please contact PTW (Abri): Phone: 91 413-2622899 or +91 9843 644 308 / E-Mail: ptw@aurowilve.org.in

At Aurodesign

Aurodesign in Prayatna is looking for a person to improve Aurodesign.

He / She should be an Aurovillian or Newcomer and has above all to manage new products for interior design.

If you are interested and have some knowledge in interior work and marketing please come and speak with us!

Contact Aurodesign Office - 2623422

HEALTH

Ayurveda Healthy Tip

Amalaki - Amla - Emblica Officinalis

(Available in Baraka: Amla in honey, dry amla, amla confit. Tuesdays and Thursdays 10-10.30 am)

One of the most important fruit in Ayurveda due to its qualities known as Rasayana (rejuvenative) for all 3 Dosha (Vata-Pitta-Kapha).

Rasa (Taste): amla (sour), tikta (bitter), katu (pungent), kashaya (astringent), madhura (sweet)

Guna (Quality): laghu (light), ruksha (dry), sheeta (cooling)

Veerya (Potency): sheeta-atisheeta (refreshing, nourishing)

Vipaka (Post-digestive taste): madhura (sweet)

Karma (action):

- Tridoshahara (pacifies the 3 dosha)
- External use: refrigerant, hair tonic, complexion enhancer
- Internal use:
  - on nervous system: strengthens nervous system and bone marrow, sharpens the sense organs, tonic for the brain, improves memory and pacifies excess of Pitta (irritations, inflammations)
  - on digestive system: improves taste and appetite, reduces acidity, acts in loss of appetite, anorexia, constipation (it is a natural laxative taken in bigger dose), used in liver imbalance, acid peptic diseases
  - on circulatory system: cardiac tonic, it helps in anaemia
  - on respiratory system: reduces Kapha, cough, asthma
  - on reproductive system: strengthens gonads and helps in conception, increases sperm count and motility, reduces uterine debility
  - on urinary system: helps to reduce frequency of urination, useful in diabetic conditions

Famous ayurvedic formulas with Amalaki: Triphala powder, Chyavanprash, Amalaki Rasayana, Dhatriloha

Submitted by Dr Berengere Berieau

Dr Wolf - Dental Centre

We are happy to receive Dr Wolf from Germany, our longtime friend who has been coming regularly to Auroville for almost 20 years for consultations and treatments. Please call the reception (26 22 265 or 26 22 007) for appointments.

Keep smiling!

Jacques and Surya

Aviva’s method for men

Aviva method is a physical exercise system which ensures healthy blood flow in the lower body and regulates the related glands for optimal hormone level. One practicing it can enjoy all the benefits of the healing oxygen, minerals and hormones carried by blood to the body parts in this area. These set of exercises developed specifically for men to bring improvement for prostate problems, to increase fertility, to cease depression, and to regulate bowel movements. It uses elements of folk dances, certain habits of natural communities, wisdom of shepherds and facts stated by Western medicine.

Venue: Arka Hall / Date: 21th of February 2015 / Timings: 9-12am

For more information please contact Zsolti at bogizsolti@gmail.com or 8940695720
Dear Listeners,

Heidrun and Christoph are artists and film-makers who are working with the Radio and are presently making a short film on it. They have also made a documentary on Tsunami reconstruction in five countries in South East Asia which will screened soon in Auroville.

Here is an excerpt from a report by Nyooze.com on the Chennai Festival “Inspired by the natural and spiritual life at the township, Chloe Sanchez’s niche concept of sound installation beckons art enthusiasts at the entrance of the gallery with sounds of the birds and forest. “I have recorded the natural sounds at Auroville through the day and am playing it on loop, it gives an essence of the place and influences the visual senses as you can imagine yourself to be in a forest when you close your eyes” - says the student of experimental music from Paris. Her other work is a radio recording of people which she calls sound portraits, voicing their idea of the idyllic township.

Slowly everything is falling in place as the Radio site and the use and scope of the Media school begins to take form too. We all look forward to Andrea’s return and good health!

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.

Off the Cuff-19 (Performing Arts 06/03/2015)
Wazo and Renu exchange views on the impending summer, water, and other topics. [English, 14 Minutes]

Interview Cyril Dion (Cinema 05/03/2015)
- Demain le film réinvente le monde de demain à partir des solutions qui existent déjà. [French, 11 Minutes]

Culture, Women’s Day, Holi (News from Auroville 05/03/2015)
International Women’s Day will be celebrated on Saturday from 4. [English, 12 Minutes]

Selections par Gangalakshmi-29 (Performing Arts 05/03/2015)
Gangalakshmi reads Mother on Auroville from the Mother’s Agenda 1967. French and English passages. [French, 14 Minutes]

You can listen to all of the programs and more on www.aurovellerradio.org
For more info call 0413-2623331 or email a@aurovellerradio.org

SPORTS

Women's and Children’s Sports & Cultural programs for Auroville & the Bio-Region at New Creation Sports Ground

On 22nd of March 2015.

All are welcome to this open event for all women and children of Auroville and its bio-region at New Creation Sports Ground on:

Sunday 22nd March 2015 from 7:00 am to 6:00 pm.

The day’s program will commence with games in Volleyball, Badminton and Table Tennis followed by athletics events in: 100 meters sprints, relay races and long Jump followed by traditional games like: pallanguzhi etc will be played by women from Kuillapalayam, Kottakarai, Edayanchavadi and Bommayarpalayam.

Health Camps in: Dental, eye and general health screening will be open to all.

Cultural programs by children and Demonstrations on Yoga Asanas, Kalari Payat and Silambam and Cupoera.

The day’s program will conclude with a women Kabaddi exhibition match and prize distribution by Village Panchayat members from Bommayarpalayam, Kottakarai, Edayanchavadi, Kuillpalayam and Auroville members.

All are cordially invited to come and enjoy the day’s program.

For information or queries contact: AVSRC email: avsrc@auroville.org.in or call Jothi #8098262228 or Frederick #9486475457 or Valli #9442786414.

Organized by: Valli, Anitha, Priya, Uma, Shanthi, Sarasu, Viji, Savitri, Fred and Jothi.

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Aurolomics Day

19th of March Thursday 5.15-6.15 pm at

Dehashakti School Sports Complex, Dana

1. Teams Aurolomics events are competitions between houses, the contribution of every member adds or subtracts from the total points chalked up by the team. It is an excellent illustration of the motto “one for all and all for one”.

2. For Athletics we use The Shine Award to provide opportunities for children from the age of 6 upwards to try athletics through fun physical challenges and reward them for their efforts. It promotes an incentive to learn and develop individual athletic skills.

3. Star Awards for individual sportsmanship, self-discipline & commitment throughout the year.

PS:

1. This year each of the 4 Houses (one House about 36 students of mix age: 9years to 16years) will present themselves in a form of a group-performance choreographed by them.

2. Couple of performances in Dance, Gymnastics and Kalaripayat.

3. A team of X-Dehashakti students - now young adults - are putting up a special electronic-photo exhibition of Dehashakti since 2004 onwards.

So please do not miss these unique performances & exhibition. We have kept the time 5.15 pm so that:

- It is cooler and we have more shade then as the performances are outdoors on our Basketball courts.

- You may come by 4 pm to spend time looking at the Photo-Exhibition which is a special treat.

Swimming helpers are really required for next year - or else we may have to stop offering swimming due to shortage of teachers.

Sincerely,

Dehashakti Team (Email: dehashaktisports@auroville.org.in)
**Auroville Bio-Region Volleyball Tournament**

The Kottakarai Sports Club and Udhayam Educational and Cultural Center is pleased to announce its upcoming men's volleyball tournament in Kottakarai. All teams from Auroville and its bio-region are welcome to join us on:

**Saturday, 14 March at 5 pm at Udhayam Educational and Cultural Center**

Matches begin on Saturday evening and will run all day on Sunday, 15 March. This volleyball tournament's aim is to establish goodwill and a fun, friendly relationship through sports, as well as provide lots of entertainment.

For more information, contact Ilango at 9943472297 or Surya at 8940793588.

All are welcome to come and cheer for your favorite team. Hope to see you there!

Thank you!

The Udhayam Team

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**TRAVEL**

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

For ticketing - International and Domestic Flights, Trains, Buses and Tours.

For the convenience of our clients we are open now from 09:00 to 13:00 and again from 13:30 to 19:30

Below are all new offers:

- Srilankan Airlines have special price in combination with German Rail Pass.
- Oman Airways have special offers to Europe.
- Qatar Airways and Emirates have promotional offers to Europe and USA.
- Etihad Airways has announced promo offer's to all their destinations together with partner carriers (Jet airways, Air Berlin and others).
- Kuwait Airways have promotional offers to many European destinations.
- Spicejet is flying to Hubli from Chennai via Bengaluru.

Tel: 2622078, 2622604, 2623030, travelshop@auroville.org.in, domestic@inside-india.com, doulat@inside-india.com

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**GREEN MATTERS**

The Auroville Center organizes the Sunday walks to Farms and Forests, see the posters and the announcements on Auronet and the News and Notes.

**Sunday 15th of March 3.30- 6.00 pm Pebblegarden Forest with Deepika and Bernard**

Phone: 75984 94148

Route description (takes 1/2 hour from Solar Kitchen) - Past Hope and Auro orchard. Cut to the right across the National Highway, to Tindivanam, Take the road to Tiruchitrambalam/ Kootroad past the flower and bamboo sellers. Pebble garden is about 500 meter after the Palmyra Sports ground/Aurobrindavan gate on the left side of the road. Brown metal gate with yellow Auroville symbol. There will be someone at the gate waiting from 3.15 pm onwards

**Sunday 22nd March Auro orchard with Christian: 10 am - 2 pm with potluck** (more details in next week's N&N)

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"Just Imagine...."

To answer the question - “Where do we go from here?” - We have to know where we want to go and what we want to be. It is important to create the picture of our destination in our mind. So “Just Imagine....” - know that is how we create.

It is a good exercise to do for yourself - “Just imagine a world....” - write it down, feel it, embrace it with every cell in your body. Have fun with it.

Just imagine a world where there is no conflict - no selfish competition - only loving cooperation. Imagine a world free of pollution, free of want, free of disease, free of disaster. Imagine a world populated with smiling, laughing, happy, joyous people - all radiantly healthy, all abundantly supplied, all loved and loving.

Get the feel of such a world, and put yourself right in the middle of it. Think of yourself as filled with life and energy and vitality, with a body that is strong and vibrant. See yourself surrounded with abundance and enjoying true prosperity. See yourself doing what you love and loving what you do, unbound and free. See yourself with the capacity to embrace and love and serve every single man and woman and child on this planet, regardless of who they are or what they have done - and feel that unconditional love radiating from you to all, and returning from all to you. And then see everyone in the world as you have seen yourself in the ideal.

So be it....and so it is!

Love,

Ricardo
Dreams

I dream of a world in which love is the answer to every question, the response to every situation, the experience in every moment.
I dream of a world in which life and that which supports life is the highest value, receives the highest honour and has its highest expression.
I dream of a world in which freedom becomes the highest expression of life, in which no-one who claims to love another seeks to restrict another, and in which all are allowed to express the glory of their being, in measures full and true.
I dream of a world in which equal opportunity is granted to all, equal resources are available to all and equal dignity is accorded to all, so that all may experience equally the unequalled wonder of life.
I dream of a world in which judgement is never again visited by one upon another, in which conditions are never again laid down, before love is offered and in which fear is never again seen as a means of respect.
I dream of a world in which differences do not produce divisions, individual expression does not produce separation and the greatness of the whole is reflected in the greatness of its parts.
I dream of a world in which there is always enough, in which the simple gift of sharing leads to that awareness and creates it, and in which every action supports it.
I dream of a world in which suffering is never again ignored, in which intolerance is never again expressed and in which hatred is never again experienced by anyone.
I dream of a world in which ego is relinquished, in which superiority is abolished and in which ignorance is eliminated from everyone’s reality, reduced to the illusion that it is.
I dream of a world in which mistakes lead not to shame, regret leads not to guilt and judgement leads not to condemnation.
I dream of these things and more, I choose them and dream them into being.
With the might of my dreams I end the nightmare of my reality.
I can choose this or I can choose the illusion.
There are those who see things as they are and say “Why?”
and there are those who dream of things that never were and say “Why not”-- What do you say?

Gi

For your calendar

AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri - read by Mother to Sunil’s music
Every Thursday at sunset

We follow the sun and the timing changes with the season...
From March onward: 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 pm
Please be seated by 5.55 pm, no late entry. Thank you.
Amphitheatre Team

INVITATIONS

FARMER’S MARKET AND COMMUNITY FESTIVAL
SATURDAYS AT THE YOUTH CENTER (10:30 am - 2:30 pm)
For the winter season, the Farmer’s Market at the YC will now be held on a weekly basis - every Saturday
Love and light, The Localicous Auroville Team

Auroville Tamil Heritage

Auroville Tamil Heritage Centre organizes a workshop for creative writers in Children’s literature (Tamil) in collaboration with Sahitya Akademi, New Delhi, on 14th and 15th of March 2015, guided by a team of experts and authors of short stories, plays and songs for children. Instead of the regular Auroville Annual Children’s Book Fair, we dedicate this year’s resources to create quality books in Tamil for children.
All are cordially invited to grace the occasion of the Inaugural Function of the creative writers’ workshop.

Inaugural Function
Venue:-Ilaignarkal Education Centre
Day:-Saturday 14th March 2015 / Time:-9.30 to 11 am
Co-ordinators
Dr. C. Sethupathy; R. Meenakshi & Team / Sahitya Akademi; Tamil Heritage Centre / Tamil Advisory Committee; Auroville.
Inauguration of “Maitreye II” Housing Project

On 15th March 2015, Sunday, at 9:30 am, in Maitreye site (end of paved road after Prayatna).

The much awaited and needed Housing Project “Maitreye II”, which has been built with the financial support of the Government of India, is now finalized. It will soon welcome, in its 27 apartments, new residents (singles, couples and families) for temporary housing accommodation (primarily newcomers).

And for the special occasion of the Inauguration this Sunday we will have the esteemed presence of the Chairman of Auroville Foundation, Dr. Karan Singh, and the members of the Governing Board.

All Aurovilians, Newcomers, Friends, Guests, are warmly invited to share with us the beginning of this new housing facility for Auroville.

May Auroville grow and flourish beautifully! May one day all get the house they need!

The Housing Service/Board

The Teachers Center invites you

To a presentation by Lucas Dengel on “Soil & Health - insights of environmental health”

Some of the topics are:
- Soil and its relationship to chemical elements and nutrients;
- Soil and food;
- Criteria for healthy food;
- Soil development in gardening and farming;
- Chemical farming vs. organic farming;
- Soil life;
- Dirt and health - a concept of ecological hygiene.

This is the first gathering in a series on “the Manifestation of the Dream - Physical Education”.

The aim is to enrich our own knowledge and to create a space for sharing on different aspects of Integral Education.

We will end together by enjoying healthy Auroville grown organic snacks, raw food and others.

When: Saturday 21st of March at 3pm to 5pm, we request all to please be on time.
Where: The Conference Hall, SAIIER
Welcome!

POETRY JAM an open mic for open hearts

The stage for fresh & lively poetry readers/performers calls YOU to express your innate creativity. Writers, readers, beat-boxers, rappers, singers, actors, as well as panellists, musicians and technicians are welcome to come join us at Sacred Grove on the 16th at 5 pm to plan the details of the event taking place on the 28th of March.

Come articulate your inherent and unique imaginative blend of creativity within a non-ego based platform for exercising an authentic rhetoric expression.

Have ±10min to shine in your particular way, presenting one or more of your own or favorite texts, and collect color points from audience or panellists - a prize awaits each of you for being either Enlightening, Comic, Just Awesome, Romantic, Thrilling, Epic, Dramatic, Dumbfounding, Tragic, or Eye Opening.

The concept is to provide a non-competitive space for creative uprising “talents” to receive inspiring feedback in a setting where audience as well as participants can experience a culturally entertaining and fun event. The audience will only be told by the end of the evening which of the texts performed were original or not (should no-one have recognized them). On stage no instruments/props are allowed, only a microphone (if needed) and possibly a chair/podium/note stand. A number of random persons in the audience will be given a rainbow colored fan on which they can indicate their personal evaluation of the reading/performance.

A panel of masked (at first) experts, professor/publisher/maybe celebrity will give their color coded ratings and possibly some tips, advice or personal comments.

Before each reading the reader will have to choose between whose evaluation will count, audience or expert. Inspired by each reading a band of musicians will thereafter be jamming in the background during the interval to the next reading. Color points are collected and then all category winners get a fruit jam prize and the overall winner, as well as the overall loser will win a coaching course.

For more details call Gi: 8949239984 or Mara 9843167224
Contact us by mail: avpoetryjam@gmail.com (especially performers!)
And check out: https://www.facebook.com/pages/Poetry-Jam/1073837899364932?ref=bookmarks


Auroville Town Development Council invites all Aurovilians and Newcomers for a two-day seminar on Responsible Energy Management 23-24th May 2015 at Unity Pavilion.

Participants will be introduced to energy conservation, efficiency and energy auditing practice as well as solar PV basics (site and system assessment, system design, maintenance etc.) - The seminar timings are 9:30 am - 4:30 pm.

Full program attendance is required. No prior knowledge is required. The program will be facilitated by Auroville Consulting and Sunlit Future. If you are interested please drop an email to info@agpworkshops.com.
EXHIBITIONS

Pioneers of the New World
The Matrimandir Construction Site a photographic exhibition by Paulette has been extended until March 23rd

TALKS, SEMINARS

Sri Aurobindo Centre for Advanced Research, Pondicherry

Organises
“Living Within” Study Camp
April 10th -12th 2015 / Venue: SACAR
Themes from “The Life Divine”
1. Why stop desiring?
2. God being All-Good, who created pain and evil?
3. Do you believe in Rebirth?
Speaker: Dr. Ananda Reddy

For Registration please contact: sacarstudycamps@gmail.com / 9443019172, 9994190403
Full-camp fee: Rs. 2,500 per head, including stay and food
Submitted by Anandi (Progress)

The French Pavilion & the CIRHU present

“The Kabbalah and the Language of the Cells”
An exceptional documentary (Filmed during the congress on the quantum physics in Reims in November, 2013)
By Daniel Souffir - Author of “ABC de la Kabbale"
In French with English subtitles

Properly understood, the Kabbalah sacred science explains the universe while acting on it. It is thus not only the synthesis of the physical and metaphysical worlds, but it provides us with the instructions for using it.
For an hour, Daniel Souffir speak of our cells with simplicity and intelligence, with the heart and makes this complicated field understandable.

Saturday, 14th March 2015 at 5:00 pm at Cinema Paradiso, Town Hall

The Eternity Game

Yoga as Play
An introduction by Franz
Savitri Bhavan
Friday 20 March from 5 pm to 6 pm

Interactive talk on Comic Books at Kala Kendra, Bharat Nivas
Karan Vir, ceo and founder of Vimanika Comics, a pioneer in revival and repackaging of Indian Mythological characters in new age comic books in 21st century scenario will be delivering a short talk at Kala Kendra in an interactive session.

Topics
> Contemporary Comic book Industry in India
> Revival of Mythological characters in 21st Century

Date: 14th March, Saturday / Time: 6 to 6 30 pm.
Venue: AV room, Kala Kendra, Bharat Nivas
Open and free for all!
Details: Gaurav, 9787897947

In the interest of peace
Invites you to the viewing of

“The perfect symphony”
A talk by international peace ambassador Prem Rawat (Honolulu, Hawaii, Sept. 2014)

“Making the choice of clarity is a daily challenge for everyone, but one that is very rewarding”
At Unity Pavilion on Tuesday 24th at 7 pm - Duration: 65 minutes
CULTURAL EVENTS

Students of Nandita Di
Present

Barkha Song of the rains
Songs of the Rains based on Indian Ragas
Saturday, 21 March 2015 at 7.30 pm
Pitanga Cultural Centre, Samasti (0413) 2622403
Accompanied on the Tabla by Debasish Dass (Pintoo Da)

"From Music to Silence"
Concert with Christa Eschmann
Sunday, March 22nd at 17:30 pm
Pitanga Cultural Centre, Samasti (0413) 2622403
Johann Sebastian Bach Partita a¬minor Sarabande ¬ Allegro
Vanraj Bhatia Sangit Raat (Night Music) for flute
Christa Eschmann evocation for spiral drum, storm drum, tubalophone and voice
Christa Eschmann is a musician and writer who teaches flute at the university of Hildesheim/Germany. In 2012 she gave a classical flute concert in Pondicherry with Richard. Beside flute, she will play various instruments, one of them especially developed for her by the workshop of Svaram.
The theme of this concert is "from music to silence" and as it is a meditative concert doors will close at 17.30 pm sharp.

LORD BYRON'S LOVE LETTER
Dear community,

Anandamay, Elke, Jeff, Rena and I are happy to present you "Lord Byron's Love Letter", a funny short play by Tennessee Williams.
The idea of working on a short play comes from the consideration that many Aurovilians have a great love for the theater and often ask for learning some acting tools to better their ability on the stage. Working on short plays allows actors to have an experience that reconciles fun with learning because they can take more time to enjoy exploring scenes and characters. On the contrary working on plays lasting three acts usually put the actors under pressure and in a hurry to reach a result. By focusing on a well-written play of about 20 pages the experience comes out to be altogether amusing and educational.

Synopsis
Two shabby-genteel dowagers profess connections with the famous English poet in an attempt to cheat New Orleans tourists during the Mardi Gras.

When & Where:
Friday the 20th of March in Sacred Grove - 8 pm sharp (tea and samosas at 7.30)
Saturday the 21st of March at Le Zephyr - 8 pm sharp
Sunday 22nd of March at Kalabumy amphitheater - 5.30 sharp (tea and cookies at 5 pm)

We will be pleased to bring this performance to any other communities that will require us to do it.

Francesca

CLASSES, WORKSHOPS

Free Classical Yoga classes
Every Wednesday and Saturday in Mitra (Close to Town-Hall).
From 5 to 6 pm.
Come and learn how to keep your mind connected with your breath and body movement.
Contact Enrique: 8098865957

News&Notes 14th March 2015 [590]
Create and Transform

Art Therapy Weekend - March 21 and 22, 9 am -5 pm
Location: Center Guest house
Rejuvenate your creative juices, relax, self-reflect, express and discover your inner SELF. Through specific Transformational art experiences including drawing, painting, collage, mixed media, doll making, puppetry, storytelling, journaling and sharing.
Registration in advance is required. Cost includes all materials and lunch.
Tia Pleiman, MA is an Art therapist with 25 years of experiences within a variety of educational settings and works with adults using Art Therapy as a wellness practice. Creating Art Transforms lives. For resume/cv and further information, visit www.createandtransform.org - To Register: contact Tia at 9874685533, tidovesart@gmail.com

Inner Work Workshop
Introduction to the Integral Yoga of Sri Aurobindo and the Mother
17th March (Tuesday)
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: 'Synthesis of Yoga'
These Workshops are conducted every Tuesday, 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

Nanda yoga classes
With Hansini in Creativity Community.
Starting from Monday 9 March.
Monday 1pm to 3:30pm
Tuesday 9 am to 12am
Wednesday 9 am to 12am
Thursday 1pm to 3:30pm
Friday 1pm to 3:00pm
Nada Yoga or the Yoga of sound teaches us to perceive sounds in different parts of the body that are connected to the central energetic channel that is in the spine. These ancient Yoga techniques re-align the energy flow and gives peace and a quiet serenity. In addition, to these techniques, you can learn to sing well, even if you sing completely wrong. Hansini has taught it for 5 years.
Contact Hansini ph: 698234894

Building Community Workshop
Practical experimenting with tools of creative communication
Facilitated by members of the Global Ecovillage Network - Judith Goldblatt, cofounder of Schlosstempelhof, Germany, and Ina Welpann, forum leader at ZEGG community, Germany.
Starting on Friday the 20th at 19.30 for 2 hours plus the next 2 full days, Saturday and Sunday. 9 to 5 o’clock.
At the Tibetan Pavilion
Registration: ambre@auroville.org.in, 9489325088
This workshop is on donation

Wellpaper Workshop 18/03 Wednesday
You are invited for a 3 hour introductory workshop to create art and products from waste (mainly recycled newspaper).

Bowls colling - Introductory workshop
The WELL Women will introduce how to create beautiful bowls, containers or accessories made of flattened and coiled newspaper sticks. Most likely you will end up with more than one item. The workshops are instructed by WELL women from the villages around Auroville. These women are very well practiced. These women have teaching experience in and out of AV.
Contribution: Rs.500 for guests. All the workshops have a minimum of 6 participants registered.
We will meet at ‘Ganesh Bakery’ at 09:15 to bring you to our workshop in Kottakkarai.
If you would like to join us please email us to: wellpaper@auroville.org.in or call 0413-2622219.

SUCCESSIONS - the self-help group for successful dreaming

Saturdays 2:30-4 pm at Creativity Hall of light
The idea of SUCCESSIONS is relatively simple, each participant gets 5-15min (depending on the number of people attending) to describe the status/progress of their personal challenge/s regarding whatever it is they would like to change in their lives, primarily anything about themselves or also in reference to their own personal project/job. Thereafter each of the other attendants can, if they like, give feedback and suggestions (with a clear focus on the positive) similarly limited to 5-15min. A mediator is nominated at every session so as to try ensuring that each voice is heard equally and to avoid too much interruption or speaking out of turn.
Important is that everybody sticks to making assessments and avoids being judgmental, each individual trying not to take anything that has been said personally but as a contribution from an external more distant part of oneself.
Besides the basic structural guidelines the groups’ participants decide for themselves in all other regards. Some possible themes could be: Dynamic sharing - Pollination of ideas - Synchronomous Enoholics - Habit Management - Envisioning - AHA Effect.
Call Gj: 8940230984 or Simon: 8940568712 for details.

Family Constellation Workshops with Shanti
March 18th and 25th, two Wednesdays - 4 p.m. - 6 p.m. (16:00 -18:00)
Creativity Community in the Hall of Light (under the left archway)
Family Constellation is systemic work that brings awareness to hidden dynamics in families -- sometimes over generations. Both living and dead members are represented. Setting up a constellation for someone who has a painful issue/difficulty in life can facilitate an energy shift -- freeing them to live without the burden they carried.
In the workshop -- after an introduction of Family Constellation work for those new to it -- one person will be chosen to set up her/his constellation in the space. Some people will stand as “representatives” in the constellation; others will participate as “watchers” who also hold the space. All people present can receive healing or insight as the work often resonates with your own family.
Shanti studied Family Constellation work from 1999 - 2008, including attending several international trainings in Germany with Bert Hellinger and his colleagues.
Info and registration: shanti@auroville.org.in. Home phone: (0413) 2623 314. (People can also just come, but register if possible.) Please come on time. Minimal contribution for guests and volunteers.
**Hula Hooping Workshop**

With Amanda, professional Hula Hooper from the USA

"Hula hooping is a pleasurable and rhythmic cardio exercise which tones the muscles while massaging internal organs and muscles. In addition to improving your mental and physical health, it is also a practice that invites more play, dance, and ultimately joy into your life."

Come and enjoy a multilevel workshop exploring hula hoop fitness, dance, and play!*

Please wear yoga type clothing.

**In March every Friday - 9am to 11am**

**At Eluciole circus - Miracle Community**

Space is limited, so please make prior reservations.

Contact Amanda at: Amo72@wildcats.unh.edu

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**Circus class**

Every Monday with Romain Timmers

Acrobatic, aerial, balancing work, juggling...

Please wear yoga type clothing.

**From 4 pm to 6 pm at Eluciole circus - Miracle community**

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**SCHEDULES**

**Language Lab**

We are happy to welcome **PRAVEEN SAPRA** from Delhi, who will start teaching Hindi with us. Praveen will offer a short two-week "Fast Track Basic Hindi Conversation class" once a month. The aim is to give learners enough Hindi conversation skills to be able to visit North India: travel, catch trains and buses, buy tickets, ask for directions, book hotels, order food, and get around, etc. 

The first batch will start on Monday March 16. The class will be three times a week, for an hour: Mondays, Wednesdays and Fridays from 5-6pm. We will repeat this two-week class every month. Many Aurovilians and Guests travel in North India, so this class is an "enabling" class! Of course, if it gives people enough of a flavour to incite a deeper interest to really learn Hindi, including reading and writing, we will be very happy, and Praveen will be available to offer that too.

He is happy to teach Hindi for all levels. Many of our old students of Hindi are welcome to come back and deepen their Hindi studies; just contact us! Individual tutoring at the Lab is also a possibility. So if you are planning to travel up North, to escape to Himalayan climes this summer, or simply want to start learning Hindi, come!

We are also happy to welcome a Turkish researcher, **DIDEM DAGKIRAN**, whose research background is in Critical Thinking in Language Learning, and who is interested to study the language-culture-cognition relation. She would like to collect language samples of specific language use about time, place, pronouns, proverbs, and daily communication.

She would like to "exchange views and perhaps find underlying common ground can be pointed out and the perception of future readers of this study could be challenged towards other possibilities of understanding the dynamics of these." What better place than Auroville for such a study? We'd like to invite people from different nationalities and mother-tongues to a fun exchange of ideas on the topic.

Don't contact us if interested, and we will announce a date as soon as it is fixed.

Send an email to 'All@auroville.org.in' or call 0413-2623661.

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**Films**

**CINEMA - Bharat Nivas - AUDITORIUM**

**FRIDAY 20 MARCH - 7:30 PM (Film show starting at 7.45 sharp)**

**"LES MISERABLES"**

Directed by **Billie AUGUST** - USA, 1998

Stars: Liam Neeson, Geoffrey Rush, Uma Thurman

*Synopsis*: Twice winner of Cannes’ Golden Palm, Swedish filmmaker Billie August directed this Rafael Yglesias adaptation of the 1862 classic by Victor Hugo. The story is about Jean Valjean, a Frenchman released after having been imprisoned for stealing bread and who must flee a police officer named Javert. The pursuit consumes both men’s lives, and soon Valjean finds himself in the midst of great people’s revolts in France.

**Original version in English with English Subtitles - Duration: 2h.14’**

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**SADHANA FOREST, MARCH 20TH, FRIDAY AT 19:00**

**FAT, SICK AND NEARLY DEAD**

2010 - 97 min. Directed by Joe Cross & Kurt Engafehr, USA

**English**

An inspiring film that follows the 60-day journey of Australian Joe Cross across the United States as he follows a juice fast to regain his health under the care of Dr. Joel Fuhrman. Following his fast and the adoption of a plant-based diet, Cross lost 100 pounds and was able to discontinue all medications.

Fat, Sick, and Nearly Dead won the Turning Point Award and shared the Audience Choice Award - Documentary Film at the 2010 Sonoma International Film Festival.

Make sure to join us for this week so you can better enjoy Fat, Sick and Nearly Dead 2 the following week.
Woman Series - Monday 16 March, 8:00 pm:
- **BIG EYES**
  USA-Canada, 2014, Dir. Tim Burton w/ Amy Adams, Christoph Waltz, Krysten Ritter, and others, Biography, 106mins, English-French-Italian w/ Spanish subtitles, Rated: PG-13
It is a true story of awakening of the painter Margaret Keane. In the 1950s and early 60s her paintings revolutionized the commercialization and accessibility of popular art with the characteristic paintings of waifs with big eyes. However, the credit for the paintings was appropriated by her husband Walter Keane. The film tells the story of how she got into such a situation and the personal and legal battles she fought to take back her life, creativity and credits. Must see!

Woman Series - Tuesday 17 March, 8:00 pm:
- **DARK GIRLS**
- **LAKSHMI and ME**
  Dark Girls - USA, 2011, Dir. D. Channsin Berry & Bill Duke, Documentary, 72mins, English, Rated: NR: The film explores the deep-seated biases and attitudes about skin color, particularly dark-skinned women, outside of and within the African-American community. Though set in the USA the film resonates with prejudices with skin color that people especially women faces in India and elsewhere. Lakshmi and Me - India, 2007, Dir. Nishta Jain, Documentary, 59mins, English, Rated: NR: Film brought to you by MMC/CP and German Pavilion. “What sin did I commit to be born a woman?” Lakshmi wonders aloud. A 21-year-old housemaid in Mumbai, she works ten hours a day, seven days a week. One of her employers is the film-maker, who begins to explore their relationship on camera. As the filmmaker is drawn deeper into Lakshmi’s life, she is forced to question many of the things she takes for granted. Director Nishta Jain will be present for screening and Q&A session for yet another film on Friday 20th March @5pm. Do not miss either film!

Woman Series - Wednesday 18 March, 8:00 pm:
- **HALF THE SKY - I**
  USA, Dir. Maro Chermayeff w/ George Clooney, Meg Ryan, Nicolas Kristof, and others, PBS Documentary, 114mins, English-Khmer-Urdu-Vietnamese-Other Languages w/ English subtitle (for non-English portions), Rated:NR (PG-13)
Rated as one of the best documentary films made, this two-part series based on a ground-breaking book by the same name, is a passionate call-to-arms, urging us not only to bear witness to the plight of the world’s women, but to help to transform their oppression into opportunity. Believing that our future is in the hands of women, filmed around the world, it documents the atrocities while focusing on stories that resonate with prejudices with skin color that people especially women faces in India and elsewhere. An elegant, emotional chronicle of a teacher’s unwavering commitment to her students, her profession, and her sense of morality. Set in a remote, rural island community and spanning decades of Japanese history, from 1928 through World War II and beyond, the film takes a simultaneously sober and sentimental look at the epic themes of aging, war, and death, all from the lovingly intimate perspective of Hisako Oshi, as she watches her pupils grow and deal with life’s harsh realities. This is one of Japan’s most popular and enduring classics.

Woman Series - Thursday 19 March, 8:00 pm:
- **FRANCES HA**
  USA, 2012, Writer-Dir. Noah Baumbach w/ Greta Gerwig, Mickey Sumner, Adam Driver, and others, Comedy-Drama, English w/ English subtitles, 86mins, Rated: R
Frances lives in New York, but she doesn’t really have an apartment. Frances is an apprentice for a dance company, but she’s not really a dancer. Frances has a best friend named Sophie, but they aren’t really speaking anymore. Frances throws herself headlong into her dreams, even as their possible reality dwindles. Frances wants so much more than she has but lives her life with unaccountable joy and lightness. We appreciate your continued support: monthly or occasionally through blue-sheets (Aurovilians/Newcomers) or Aurocard reader (Guests). You can also make a contribution to “Cinema Paradiso” account at the Financial Service.
VISITOR CENTER MOVIE SHOW

26th Thursday March 8 pm
INTO THE WOODS (2014)
Genre: Musical/Adventure/Fantasy / Rated: PG13 / Dur:2hrs 05min / Language: English/Subtitle: English
Dir: Rob Marshall / Cast: Anna Kendrick, Meryl Streep, Chris Pine
Storyline: A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree.

27th Friday March 8 pm
SELMA (2014)
Genre: Biography/Drama / Rated: Above 18 / Dur: 2hrs 08min / Language: English/Subtitle: English
Dir: Ava DuVernay / Cast: David Oyelowo, Carmen Ejogo, Tim Roth
Storyline: A chronicle of Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.

AT SAVITRI BHAVAN
Monday, 16th of March 2015, at 6:30 pm
“SRI AUROBINDO and HIS DREAMS FOR THE FUTURE OF MANKIND”
The film is about the message from Sri Aurobindo on India’s Independence Day, the 15th August 1947 and his five dreams:
1) A Revolutionary Movement which would create a free and united India. India is free, but the partition must go and unity must and will be achieved, for it is necessary for the greatness of India’s future;
2) The Resurgence of Asia...towards Asia’s great role in the progress of human civilisation;
3) A World Union...for a nobler and brighter life for all mankind;
4) The Spiritual Gift of India to the World...of her spiritual knowledge and her means for the spiritualisation of life to the whole race;
5) A new Step of Evolution...to a higher and larger consciousness.

CINEMA PARADISO & GERMAN PAVILION PRESENTS

Nishtha Jain’s

Gulabi Gang
Norway-India-Denmark, 2012, Documentary, Hindi w/ subtitles in English

Enter the badlands of Bundelkhand in central India and you have entered a place of desolation, dust and despair. This film follows the Gulabi Gang, an unusual group of rural women led by the charismatic Sampat Pal. They travel long distances to fight for the rights of women and Dalits. They often encounter resistance, apathy and corruption, even ridicule. Sometimes whole villages connive against them to protect the perpetrators of violence. The film pulls us into the center of these blazing conflicts and uncovers a complex story about the nature of power itself.

SELECTED AWARDS
Public Liberties and Human Rights Award, Al Jazeera Film Festival, 2014
Best Film (Social Issues) National Film Awards, India 2014
Best Director, International feature length documentary, MIFF, Mumbai 2014
Amnesty International Human Rights Award, Tri-Continental Film Festival, South Africa, 2013
Best Documentary, Kortfilmfestivalen, Norway, 2012
Best Documentary, Dubai International Film Festival, 2012

About the Film Maker: Nishtha Jain is an independent filmmaker living in Mumbai. She graduated from the Jamia Mass Communication Research Centre, New Delhi and specialized in film direction at the Film and Television Institute of India, Pune. Her films have been shown extensively in international film festivals, have won several prestigious awards, and have been broadcast on international TV and regularly shown in schools and colleges in India and abroad.

Venue: MMC Auditorium/ Cinema Paradiso
Date: Friday, 20 March 2015
Time: 5 pm (Please be seated by 4:45pm)
Duration: 96 minutes, followed by Q&A

Nishtha Jain’s film “Lakshmi and Me” will be screened on Tuesday 17th March ’15 @8pm. Film-maker will take questions for both films on Friday.
After screening - DVDs of films by Nishtha Jain will be available for sale
SOLITUDE FARM CAFÉ PRESENTS
LIVE MUSIC AND LOCAL FOOD
A Meeting of Nordic Hymns and the Carnatic Tradition
A vocal performance by Danish singer Hanne Marie le Fevre and
Carnatic singer Mahesh Vinayakram

Hanne and Mahesh met fortuitously during a musical encounter and discovered the symbiosis of Nordic folk music and Carnatic swaram. Together they will share with us their adventure of the meeting between these two ancient cultures.

Hanne Marie le Fevre was educated at Royal Academy of Music and is now working as a freelance singer, mainly performing baroque and contemporary music.

Mahesh Vinayakram son of ghatam legendary Padmabhushan T.H.Vikku Vinayakram, today is one of the leading artists in the field of Carnatic and world music.

Wednesday, 18th March, 7pm
Together with a fusion dinner from Solitude Organic Farm Café
NO RESERVATION NEEDED
FOR FURTHER INFORMATION PLEASE CALL KRISHNA - 9843319260

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; LMTF 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: opening hours - 9:00 to 12:30 and 14:00 to 16:30 from Monday to Saturday
AvHC: The Pharmacy is open 8.30 to 5 pm daily including Saturdays. The doctor’s consultation is the same, except Saturday up to 1pm only.
City Transport: Quick “Pick up and Drop” Shuttle Service in Maruti Omni 4-seater van, with per passenger fares, from Rs.60/- for 1 person single trip inside the city area, destinations up to Aspiration/Auromodele and Repos/Quiet. Phone Visitors Centre main gate 262-2611 or to the driver directly 94876-50951 daily 9.30am-6.00pm and Fri-Sat-Sun evenings up to 9.30pm (10.00pm for return trips). Please note that it is not a taxi that will wait for you for onward or return trips, but if needed will come back to pick you up again when called.
Crisis Intervention: Call Christian 763 949 3183 (Service offered until 1 March 2015)
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
Auroville Dental Centre: Protection / Telephone: (0143) 2622265 or 2622007 / email: aurodentalcentre@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. Thursdays: 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 Store: Monday to Friday: 9:00 to 12:30 pm. Tuesday and Thursday: 2:30 to 4:30 pm

News&Notes 14th March 2015 [590]
**Disclaimer:**

In the event of any dispute, the Auroville Council may be consulted and publishing of disputed material suspended.

**Trusted Sources:**

The editors cannot be held accountable for any alleged misinformation given or offence caused.

**Articles for the Notes section**

Should ideally be no longer than 500 words. All articles need to reach us by Tuesday noon.

**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.

**The Wednesday deadline (11am) is absolute as the News is given to the printers by Wednesday 2 pm.**

Any modifications of the submitted News items have to be sent to the editors before Wednesday.

We regret not being able to attend to visitors on Wednesdays due to work pressure.

**Articles for the Notes section**

Should ideally be no longer than 500 words. All articles need to reach us by Tuesday noon.

**Soft Version:**

We encourage you to ask us for a soft version of News & Notes send directly on your own mail. First, it saves trees, cost of paper (Rs 12,000 monthly are spent only on purchasing paper) and labor cost (900 copies are printed every week). Second we send your soft copy as a PDF file (Same formatting as the printing version with colored pictures) on Thursday morning and you can get information earlier than the printing version which is delivered only on Friday and Saturday. Don't hesitate to mail: newsandnotes@auroville.org.in or to phone 2622133.

**Disclaimer:**

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

**News & Notes, Media Centre, Town Hall. Phone: 2622133, email: newsandnotes@auroville.org.in**