News & Notes

31st December 2016.............A weekly bulletin for residents of Auroville.............Number 680

Bonne Année

Best Wishes
OF MOTHER’S AGENDA

To Women

And in this momentous, endless, many-sided work, what can be the part of womanhood? It is true that, as soon as great events and works are in question, the custom is to relegate women to a corner with a smile of patronising contempt which means: this is not your business, poor, feeble, futile creatures... And women, submissive, childlike, lazy perhaps, have accepted, at least in many countries, this deplorable state of things. I dare to say that they are wrong. In the life of the future, there shall be no more room for such division, such disequilibrium between the masculine and the feminine. The true relation of the two sexes is an equal footing of mutual help and close collaboration. And from now, we must reassume our veritable position, take again our due place and assert our real importance - that of spiritual former and educator. Indeed, some men, perhaps a little vainglorious of their so-called advantages, may despise the apparent weakness of women (although even this exterior weakness is not quite certain) but: “Do what he may, the superman will have to be born of woman all the same”, someone said very rightly. [...]

No, the way to supermanhood lies in the unfolding of the ever-perfect Spirit. All would change, all would become easy if man could once consent to be spiritualised. The higher perfection of the spiritual life will come by a spontaneous obedience of spiritualised man to the truth of his own realised being, when he has become himself, found his own real nature; but this spontaneity will not be instinctive and subconscient as in the animal, but intuitive and fully, integrally conscient.

Therefore, the individuals who will most help the future of humanity in the new age, will be those who will recognise a spiritual evolution as the destiny and therefore the great need of the human being, an evolution or conversion of the present type of humanity into a spiritualised humanity, even as the animal man has been largely converted into a highly mentalised humanity.

They will be comparatively indifferent to particular belief and form of religion, and leave men to resort to the beliefs and forms to which they are naturally drawn. They will only hold as essential the faith in the spiritual conversion. They will especially not make the mistake of thinking that this change can be effected by machinery and outward institutions; they will know and never forget that it has to be lived out by each man inwardly or it can never be made a reality.

And among these individuals, woman must be the first to realise this great change, as it is her special task to give birth in this world to the first specimens of the new race. And to be able to do this she must, more or less, conceive what will be the practical results of this spiritual conversion. For if it cannot be effected simply by exterior transformations, it can neither be realised without bringing forth such transformations.

These will certainly not be less in the moral and social domains than in the intellectual.

As religious beliefs and cults will become secondary, so also the ethical restrictions or prescriptions, rules of conduct or conventions will lose their importance.

Of course, nothing is more difficult than to draw a picture of what will be the new race; it is an almost unrealisable attempt, and we shall certainly not try to enter into details; for we cannot ask of our mind to grasp with any certainty or accuracy this creation of the supermind, of the spirit.

(To be continued)

WORDS OF LONG AGO

The psychic, the true deep feelings are always satisfied and never ask for anything. The psychic feels my constant presence, is aware of my love and solicitude, and is always peaceful, happy and satisfied.

The Mother

ref. Works of the Mother, vol. 16, p.174

Cover drawing by Emanuele: “the Existence Garden of Matrimandir” - from “Matrimandir, the Treasure of the Flame-Island”
Happy New Year 2017!
Best wishes to all,
From the News&Notes Team
(Sabine, Pascal, Jayamoorthy, Arumugam, and Pradeep)

ANNOUNCEMENTS

Reminder: Safety on New Year’s Eve
Dear Aurovilians, Newcomers, volunteers, guests, friends and visitors,
As the end of the year approaches, we encourage you to usher in the New Year with fraternal and convivial gatherings. We discourage organisation of loud parties on 31st December which will attract unwanted people and create a disturbance in the atmosphere. AVSST members will be patrolling but your collaboration is indispensable to maintain peace and harmony in the Auroville area.
Sincerely, Auroville Safety & Security Team

Policy on Prevention of Sexual Harassment
Dear Community members,
The Auroville Council had published for feedback on November 19th, 2016 (News and Notes 647) the policy which applies to sexual harassment issues in Auroville. After processing the feedback we received, we inform you that the policy is effective from this date of publishing. These issues are dealt by the “Auroville Internal Complaints Committee” (ICC).
For your reference, please find the policy under this link: https://www.auroville.org.in/article/60606
Warmly, the Auroville Council

Ulli’s FAMC membership
Dear Community,
During the 2 weeks of feedback, only 27 people have expressed their opposition to Ulli’s membership in the FAMC. The Av Council and the Working Committee therefore confirm Ulli’s membership in the FAMC. Shortly, we will inform you about the staggered membership. We would like to thank all the feedback givers for expressing their concerns in constructive and respectful manner.
Warmly, Av Council and Wcom.

Pool of Silent Listeners/ Observers
In accordance with the amended version of the “Participatory Working Groups and 3 Day-Selection-Process of their Members” of March 2016 (see paragraph below), the AV Council wishes to announce the creation of a Pool of Silent Listeners / Observers in which the members of the working groups can tap occasionally, for a certain period of time or permanently for support during their meetings:

3) SILENT LISTENERS
A silent listener offers her/his service as a silent observer of the working group in the spirit of a supportive presence of the community, holding a space of unity and harmony.

- Silent listeners are Aurovilians invited to be present during the meetings without participating in the discussion or giving comments/opinions on the topics, neither during nor any time after the meetings. In exceptional cases a non-Aurovilian may act as silent listener in agreement with the Working Group.
- Silent listeners may be invited by Members to give their observations in a manner to be determined by the Working Group. The Working Group can invite 1-2 silent listeners to sit in on their activities/meetings.
- Required features: silent presence, learning, goodwill, restraint, equanimity, confidentiality.

Therefore, we are asking Aurovilians who are interested to serve as Silent Listeners / Observers to contact us if they feel in accordance with the following requirements and conditions: Are you:

- Taking time regularly to concentrate / meditate in silence?
- Able to stay quiet and in silence even when there are people talking around you?
- Deeply connected to the Spirit of Auroville?
- Able to keep confidentiality?

Then you can serve as a Silent Listener. And Auroville needs you.
For a few years the idea of Silent Listeners / Observers attending Group meetings has been brought up and accepted by the community. Yet it seems that this is still more of an idea then a reality and needs to be structured and developed in order to be fully implemented and effective. Silent Listeners / Observers attend meetings in silence and hold the connection to the Spirit by staying connected to it inwardly no matter what is happening in the room. They will be meditating, concentrating or just sitting there quietly. Their state of stillness will contribute to helping participants of meetings keeping their own centeredness. They do not need to know anything about the topics that are being discussed. They do not even need to listen to what is said. They won’t be in the mailing list of the working group they are supporting. Their main work would be to hold the space in harmony and support.
Iris will be the resource person for the pool of silent listeners, please send us an email (avcoffice@auroville.org.in) if you are interested to be one of them.
Warmly, The Auroville Council

The people confirmed as Newcomers were announced previously for community feedback before the Entry process was put on hold.

NEWCOMERS CONFIRMED:
Amarnath THANGARAJ (Indian)
Amuthashwari SHANMUGAM (Indian)
Asha BALASUBRAMANIAN (Indian)
Denis CAPDEVILLE (French)
Rajalakshmi JAYAMOODHY (Indian)
Ramani IYANNAR (Indian)
Saravanan MUNUSAMY (Indian)
Vinoth PANEERSELVAM (Indian)
AUROVILIANS ANNOUNCED:
Nausheen Abdul BARI (Indian from Maharashtra), staying at Maitreye 2, working at Mandala Pottery

AUROVILLE YOUTH TURNED 18:
Karthikeyan KOTHANDARAMAN, staying at Centre Field and studying at Lycee Francais de Pondicherry

AUROVILIANS CONFIRMED:
Dominique JACQUES (French)
Marco SAROLDI (Italian)
Michael GRANSITZKI (German)
Edgar IGLESIAS LOPEZ (Spanish)
Rajendran NARAYANASWAMY (Indian)

FRIENDS OF AUROVILLE:
Fabio MADEO (Italian)

The Entry Service is open to the public Monday, Wednesday, Thursday and Friday from 9:30 to 12:30.
B-Forms and Recommendation letters: on appointment only.
At your service,
The Entry Service team

Holidays List for 2017

Dear Friends,
From the following list of paid holidays you could choose a minimum of 10 DAYS in a year to suit your workers/Unit/Community. But please note that the National Holidays* are mandatory and see that they are included in the choice.

SUGGESTED HOLIDAYS LIST FOR THE YEAR 2017

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<td>25th</td>
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<td>Christmas (optional)</td>
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Above are only our suggestions according to the prevailing conditions & norms. We are open to your suggestions & feedback. * More information will be published next week.

Wishing you all a Prosperous New Year 2017,
Meenakshi, Nolly, Klara, Saravanan and the SEWA Team

O B I T U A R Y

They went ahead in 2016…

In the days around the year-transfer, we affectionately think of those of us who went before us, recognising their work and contribution towards the steadily emerging City of Dawn, and knowing that their footprint will be forever with us.

We remember with love and gratitude:

We here also salute our dear friends Ramanathan, Eric Hughes, Dick Batstone, Mrs Andal, Louise Hansen, Ross Cork, Bomi Homawalla, and Lambert Zirnheld.

We will meet again!
OM~

Dominique

On 25 December our dear and long-term friend and sister Dominique Darr left her body in her Citadines flat at the age of 84, most probably due to diabetic coma.

Dominique, an accomplished photographer living in Paris and close friend of Roger Anger, has been coming to Auroville since the seventies and it is thanks to her that the early years, and their historic moments, will remain with us forever through her superb, often monumental photographs of Auroville’s founding days and of the gradual emerging of the Matrimandir.

Most of us knew Dom as a strong-willed, defiant and independent person with a big warm heart, absolutely dedicated to Auroville and closely connecting with a wide variety of its residents. In the Auroville International world she was an active and much appreciated personage as well. During these last years she has been often staying in Citadines, establishing there its elegant art centre from where she launched last year her book ‘Matrimandir - a hymn to the builders of the future’ depicting most of her photos from 1972 to 2008.

Her photo exhibition on Auroville’s first years, which she currently was busy organising, will take place there in coming February.

After staying at the Crown Road Farewell centre, Dom’s remains were buried in the afternoon on Tuesday 27 December with many attending.

Thank you, Dom, for having been with us and for your priceless photographs that will carry Auroville’s beginnings to future generations.

Jay MA~

News&Notes 31st December 2016 [680] 4
Some Deliberations from the TFRC 2016 -
for Auroville Residents

We warmly thank these community members who sent us feedback and observations. We discovered this process could contribute to clarify dispute and re-establish sound healthy relations. Some of the feedback received pointed to pending issues in our community life. We felt the need for propositions to progress further on topics which are difficult to tackle.

This work has been a demanding and fruitful learning process for our group; we are grateful to have had this opportunity. Here below are some of the points we have been struggling with (as did previous feedback committees) and some pertinent suggestions to consider for the future.

Regarding a Truth and Reconciliation process

- We recommend, as a priority, that work continue on setting up a Truth and Reconciliation process well in advance of the next selection process.
- We recommend that Koodam is available during the feedback review period so that conflicts that seek closure may be resolved.

Regarding the documents called “Material Conditions for Living in Auroville” and “Values Guiding the Collective Life of Auroville”

- These documents should ensure that there is voluntary declaration of conflicts of interest (including participation in private companies, ownership of land within the bioregion, and so on). This is in the interest of transparency in Auroville.
- We suggest that the word ‘disclosure’ is not used in the context of declaration of conflicts of interest because it is not widely understood (ref: Material Conditions for Living in Auroville).
- Clear information has to be made available as to how and to whom this declaration is to be made.

Regarding feedback from the community

- This TFRC recommends that feedback be given to the Study Group for the selection process without the names of the feedback giver. We are not suggesting that anonymous feedback be accepted. Rather, that feedback be presented during the selection process without names of the feedback givers, all of which are kept confidential. As we have seen, giving the name can have a possible negative impact and take a front seat instead of the feedback itself which is primarily meant for the receiver to “work on”.
- We struggled with cases where ‘factual’ information was virtually impossible (what fact to give if someone is “not a team player”). We saw that when too much prompted for facts, concerned feedback givers tended to withdraw valuable observations and constructive feedback. Our suggestion is to recognize that feedback may not be factual and is still acceptable because it is substantiated by personal experience.
- We recognised that the question of ownership of land/property/assets, whether inside or outside of the Master Plan Area of Auroville, is a difficult one, and is a source of potential disharmony within the community and bioregion. A self-declaration form during or before the selection process could help ease the situation.
- We understand that the Study Group and/or other groups and individuals have begun to work on a simple feedback format for feedback givers to fill in. We recommend that this work continue so that a format may be ready in time for use before the next selection process.

Regarding the formation of subsequent Temporary Feedback Review Committees:

- Before finalising and announcing group members, check with the individuals proposed for this work whether they will be available during the entire time period required to complete the work.
- That each TFRC put in place their ethics before they begin.

We decided that anyone who was involved with feedback received (whether they gave it or whether it was about a friend or family member) should step out during discussions about it.

We thank the community for the trust it gave us as well as the opportunity to support the recent selection process.

Angad, Krishna, Mauna, Meenakshi, Rakhal, Surya

A nice gift for the first of the year 2017.

Dear friends,

Since the beginning of 2016, the dynamized bio-water of Aqua Dyn Auroville has attracted new interest among medical researchers, including a Nobel Prize laureate in Medicine (for the discovery of HIV): Professor Luc Montagnier. Professor Montagnier used an Aqua Dyn fountain for performing tests in his laboratory near Paris. After six months of “in vitro” analysis of the DNA of patients affected by HIV, aided by his assistant Jamal Aïssa, he was able to observe notable and encouraging results, which he compiled in a report of eleven pages and its conclusions are as follows (translated here into English from the original in French):

CONCLUSIONS

Our study has shown that the use of Aqua Dyn Auroville water significantly reduced the in vitro generation of low frequency electromagnetic signals in aqueous dilutions of plasma DNA in patients with various chronic diseases. Another technical approach also showed an inhibiting effect of the Aqua Dyn Auroville water on the transduction of the sequence of a bacterial DNA from the recorded electromagnetic signal of this DNA.

These preliminary results obtained in vitro must be confirmed by an “in vivo” clinical study on patients using this water. If this were the case, interesting therapeutic perspectives would open up for Aqua Dyn Auroville water.

Luc Montagnier (November 9, 2016)

It appears that these results can be replicated on other viral diseases. Professor Luc Montagnier is also president of the World Foundation for AIDS Research and Prevention. This first laboratory study will be followed by an “in vivo” clinical study on 30 patients.

We are, of course, very pleased to announce this good news that concerns the well-being and health of all, and would like to thank all those who have supported the research of ADA, its service of collective Fountains. The domestic Melusine Fountains installed in the home of many Aurovilians encouraged us.

A big thank you also to our new partners Patrick and Philip, who helped us get through a difficult financial situation. Thanks again to Christine, Sine, Aurrima and the team of Aqua Dyn, for giving their competence and energy to this new development. **

Wishing all of you a happy New Year, good health, well-being and joy in your heart.

For the Aqua Dyn Auroville team,
Bhagwandas & Maurice

** Visit our new website: www.aquadynauroville.com
Please contact us for more information: aquadyn.av@gmail.com

Georges Blanchet

A year ago, Georges BLANCHET from Vikas, left his body after having written a book in French on Human Unity, a few months before his demise. His family and a few friends have authorized its printing. Georges published his two previous books as part of the “gift economy”. We kept the same attitude and the same small slip with the following information has been inserted in each book:

This book is given for free to all those who may be interested. It will be released by the French Pavilion.
Apart from that, if people wish to participate in the cost of printing, they have the opportunity to do so. An account in the financial service has been opened for that purpose - FS: Printing; No. 251481 France@Auroville.org.in / Phone: 262 20 01
You can make a donation by writing your name on the blue sheet of the F.S. “Auroville maintenance” in the different venues where the book ‘The Way of Unity’ will be distributed: Pavillon de France (Visitor’s Center), PTDC (Solar cooking), LOE (Bharat Nivas) and Aurotraductions (Town Hall).
Submitted by Aurotraductions

Children Activity- Garten project in a friendly home-atmosphere

Starting from the 2nd of January
Dear Aurovilians, Newcomers & guests,
We are opening a space at our home (Petite Ferme) for families & children (from 3 to 6). We start this individual project, since we feel that there is need for some organised activities for our children and that it would be beautiful to have many small places in Auroville with various educational approaches for families to choose among.
We are open daily from 9 to 3:30.
Children can choose free within a structure of different offered activities (such as music, crafts, languages, movement, cooking, theatre, projects etc.) and can play at the playground or garden. We have a team of people helping out on regular basis and some attending for specific activities. In our small group the interaction between children and adults is rather personal.
We expect families wanting to join our “Activity-Garten” project to take thought of our guidelines, based on a free-choice-harmonious education & of our internal rules. Parents are welcome (if there is a wish for that) to be part of our project while offering some specific activity or project.
Unfortunately, we have only limited space, so we are welcoming families to join on a daily basis (for at least 1 month) and not just once in a while.
Thank you very much to our neighbours Monica, Supriya and Giorgio for your understanding. Thanks to our great supporters and helpers Bhaga, Namah, Shankar Ganesh, Rina and Caroline.
Joyfully, Adele, Egle, Ravi, Saroja, Jayasri & team
For further information write to: egle@auroville.org.in

NEW! Green Ride cycle rent

Dear All,
The new Green Ride cycle rent is located at Town Hall camp.
We are now open:
from 9.00 am to 6.30 pm.
We provide cycles for a day and for long period to everyone.
Contact us: 0413-2623302, 9443074825
Green Ride - cycle rent team.

Probiotics House Tips - Serial #2 - Glass Cleaning

Today my tip is in the category of what I call the triple “E” (or “E’s“): Eco-friendly - Efficient - Economic
The cleaning of glass: it can be glass surfaces, mirrors, car windshields and rear-view mirrors, porcelain, etc.
Dust and dirt tends to accumulate on glass surfaces of windows and makes them look dull, cloudy. Furthermore, dust particles may contain bacteria, which when touched with bare hands, transfer to us and may cause health problems. Dust particles can also trigger allergies, aggravate asthma and other respiratory problems.
There are a number of glass cleaners on the market which make it so easy to clean in no time at all. In Auroville outlets you find “Mr. Muscle Glass Cleaner” and “Colin Glass Cleaner”.
But are those Eco-friendly and Economic? But do you hear about DEEP IMPACT as a glass cleaner? NO, it is not on TV advertisements, it is not in magazines, it is not in newspapers, it is not on the radio; however, Probiotic Glass Cleaner is the only eco-friendly option we have. You can get it from PTDC and at the Probiotics House in Reve, bringing your own recycled plastic container which you refill as needed... This means no waste to the landfill.
How to clean glass surfaces with DEEP IMPACT?

What You Need
A dirty glass surface: window, glass door, mirror, etc. A squeegee, or a cloth, or newspaper. DEEP IMPACT and water

Instructions
Collect Your Materials - A good dilution recipe is 3 capfuls or 20 ml of DEEP IMPACT in half litre (500 ml) of water. Use the diluted solution within a week for best results. Apply the DEEP IMPACT solution - a spray bottle works best but you could also lightly dip your cloth, or newspaper into a jar of DEEP IMPACT cleaning solution.

Rub to Clean
Begin in a circular pattern to wipe off all the spots. Then, switch to a vertical, and then horizontal stroke until all the liquid has dissipated and you're left with a shiny, streak-free glass surface. A soft cloth can be used to wipe around the edge of the window before and after using a squeegee.

Note: for vinyl windows, I've found that the newsprint leaves a mark on the white frame. Avoid rubbing the window frame with newspaper and stick to the glass.

I’ve heard that since the ink on newspapers is now soy-based, it gives a nice polish at first, but the residue leaves a slightly sticky coating on the glass, and dirt will start to cling to it and accumulate quickly. Unused coffee filters also work really well, plus no ink!

Warning: Never use DEEP IMPACT to clean an LCD, Plasma or LED screen.

Everybody knows by now that all MGEduties and Proklean products are Non Toxic - Non Corrosive - Non Hazardous. DEEP IMPACT is an all-natural cleaner containing powerful Probiotics and antioxidants which break down grease, grime and dirt. Please note: we promote the use of the refill system. We do not use ingredients such as Palm Oil (which destroys the Rain Forest), Parabens, Phthalates, synthetic fragrances and colours, preservatives, Sodium Laureth Sulfate, Phosphates, etc.
And it is Economic: you will be to very surprised just how economic it is. If you buy in Pour Tous a 500 ml bottle of Colin (the blue one), it costs Rs. 73. It’s ready to use, you just apply directly with the spray bottle, as it comes. Once it is empty, you throw away the bottle and buy a new one and so and so. However, DEEP IMPACT is a concentrate! You dilute 3 capfuls (20 ml) in 500 ml of water, and you have spent Rs. 3. Funny, no?
Keep it in mind that you are cleaning your glass in a very polluted way, you are generating waste, damaging your septic system or wastewater treatment plant, and spending more money when you continue to choose to use “Mr. Muscle Glass Cleaner” or “Colin Glass Cleaner”.
Margarita for MGEduties - Probiotics House
[Reve - Auroville. Phone: 0413 - 2623774.]

POSTINGS

Safe, sound and round: baby born!

We are happy to announce that baby Nathan J has arrived on December 22, safe, sound and round. We cannot do without mentioning our deepest gratitude to Paula (midwife), Thilagam (nurse) and Anita (friend indeed!), without whom it would not have been as perfect!
Joyfully, Michael and Sindhuja
Urgent: Wheelchair wheel (Lost)

"On Wednesday evening between Yoga travel and New Creation, one wheel of my wheelchair fell out of my taxi, so it is very difficult for me. If anyone has found it, please contact me at this n°: 763 931 13 83. I am ready to give a reward. Thanks a lot, Christel!"

Aurovelo Cycle Shop

We do NOT rent cycles - At the moment we only have limited time and space for cycle repairs. Please call 2622380 to make an appointment for your cycle service at least a week before you want to bring it. We do services on Monday, Wednesday, and Friday afternoon. Sorry, we don't repair punctures. If you have a flat tire, please visit the Cycle Kiosk (opposite Solar Kitchen / PTDC), or call Puncture Service, Thank You, Aurovelo Cycle Shop, Reve [Monday-Saturday, 9 to 5 - 2622380]

Apologies from VC Cafeteria

We would like to apologise to our customers who came to dinner on Saturday 24th for the delays they faced in being served. We were disorganised and are sorry we were not able to give to all a good service. Sincerely, Cafeteria Team

New Year closing of Solar Kitchen on 1/1

On Sunday 1st of January the Solar Kitchen is closed for lunch. La Terrace is open from 8 am to 8 pm. Happy New Year for all!

Free Store closed on 31/12

The Free Store will be closed on Saturday the 31st of December. We wish you all a beautiful and prosperous New Year 2017!

Auroville International Potters Market

This year the Auroville International Potters Market will be from the 26th of January to the 28th of January, 11 am – 6 pm, at the Visitors Centre. We need help from people who can support us with 2 hours or more of time at the packing station (packing pottery) or at the refreshment station (making tea and coffee for potters).

Contact Ange at <aurovillepottersmarket@gmail.com>

Young People coming to Auroville

I am very touched for the quality of Young Local Tamils Newcomers. I see them working at Youth Link, at U.P.... with me in some Projects. We have to welcome them very warmly. Also our Volunteers, Long-time Guest and Newcomers from India and Abroad, that usually want to become Aurovilians later. We have to be more aware of the Young People coming at this very moment, with all the difficulties that this means for them, and be more open. We need them badly. For me, they bring some energy that has come to Auroville in the 60’s and 70’s., and somehow have been lost over the years. We had better not block this with our fears and lack of trust of what is happening, and in the end that is really Her who decide who is going to be here.

In Her Love and Certitude, Anandi (Realization)

Available

Karizma R (white)
The bike was bought in November 2012. Please contact Vinal: 9843090006.

Super Splendor
9 years old, in very good condition. Contact Arumugam: 8940431717 / 9047212998 - Submitted by News & Notes

A young dog

Dear All, I am trying to save a dog that appeared at Auromede during my house sitting there. He is now sterilized and vaccinated, so no worry about rabies. He is not a breeding dog, just a healthy street dog of India. He is not a puppy anymore but still under 1 year old. He eats everything. If you have a small place and love in your heart for dogs, please call me or e-mail me. Also it would be helpful if you could spread the word around you, thanks. Ivana: 7094344154 / ivana@auroville.org.in

Multi-coloured cat

A multi-coloured cat is looking for a new home. She is 1 year old, sterilised. We cannot keep her because of Asthma. If you are interested please call Kay 9843368410.

Important correction about sterilizations at BarkIndia

Last week, Integrated Animal Care Centre (IACC) published an article on animal sterilisations and adoptions (Page 7, N&N: No. 679 - 24,Dec. 2016) in which we spoke about BarkIndia, an NGO in Morratandal that does stray animal sterilisations. There was some misinformation published that we would like to correct.

Please note that Bark India is a charitable organization with limited funding and they are primarily focused on rescue, care and sterilisation and vaccination of street animals. They cannot work for free and if you contact them for a sterilisation of a STREET DOG, you will be asked to give a donation toward the cost of that operation. Bark India is not intended for privately owned animals.

For further information on the services provided by this charitable organization, please visit their website: www.barkindia.org

IACC apologises for any inconvenience caused by our earlier miscommunication. Please read below a note issued by Mr. Solairajan of Bark India outlining some of the services they offer:

Bark India is a small independent charity running by the private people’s own funds. We didn’t get any grant from Government. We rescue, only street sick/accident animals, which needs immediate medical care. After the rescue we take them to our rescue center and there we provide good health care, food and accommodation. When the animal is survivable, we sterilize and vaccinate them against rabies and then we send the street dogs back to the environment where they came from. The service is ONLY for street dogs, not for privately owned pets. Bark India is NOT having a shelter and we don’t keep any permanent animal.

Our policy is RESCUE, TREATMENT & RELEASE/ADOPTION.

Bark India does not offer any free sterilization to pet or community stray dogs because, we didn’t get any grant from Government and we already spend our own money to help the street sick animals which need immediately medical treatment. Our budget is limited so can’t afford the free sterilization for pet or community stray dogs. Our veterinary doctor is on paid bases and we buy all the medicines from the medical store. So you have to pay the vet fees and the medicines cost for animal which you brought for sterilization. And you have to arrange your own transport to bring the animals for sterilization.

We are here to help the animals WITH YOUR SUPPORT, if you don’t participate we can’t do much service to the animals.

DO YOU REALLY LOVE ANIMALS???
DON’T SAY WORDS ONLY, ACT NOW!!

· IF YOU HAVE VEHICLE, TRANSPORT THE ANIMAL!!!
· IF YOU HAVE TIME, VOLUNTEER!!!
· IF YOU HAVE SPACE, ADOPT/FOSTER!!!
· IF YOU HAVE FUNDS, DONATE!!!

If you see a sick or injured street dog/animal please call immediately and also we have animals for adoption for more info call us 9487007552 or email: barkindia@gmail.com.

-Submitted by Ayesh for IACC
King bed size long Mattress 210 x 160
Quite new mattress (one month used) king bed size long 210 x 160 cm very comfortable. If you would like to look at this please contact Walter at Bamboo Centre. If you are interested please contact Piotr: qualitylife.pl@gmail.com. If you have any questions please do not hesitate to contact us.

Mobile Wi-Fi R2011
From Vodafone (new, only two months used). Contact Jean-Marie (Sidhartha forest): 994 310 6579

Quite new Fun Bajaj with long leg
Quite new Fun Bajaj with long leg (one month used) very quiet and efficient. If you would like to look at this please contact

LOOKING FOR ...

UPS
Looking for a UPS for internet and computer usage. Preferably this model APC BX600CI-IN Back-UPS 600 VA, 230V. Please contact me if you have something similar. Ally: 7639318959 or ally@aurouville.org.in

Fridge, chairs and bed
We are volunteers until the end of March and live in a house with no fridge and only one plastic chair. So we are looking for a fridge to borrow or buy and 2 chairs to borrow. If anyone would have a double bed to lend it would also be great. We are experienced in taking good care of things. 8270404250 also SMS or WhatsApp. Thank You so much, Catherine and Harald

Interested in Esperanto?
We would like to meet people who speak the international language ESPERANTO or those who would like to know more about it! Ewa and Frederic. TEL 91 9488494857 /9488512678

L O S T & F O U N D

Bank Cards (Found): Dear friends, a bunch of credit/debit cards were found in Auroville area, the cards are bearing the name of Mr. RAHUL RAMESH. Please contact Auroville Safety & Security if anyone knows about this person. Mobile: 94430 90107, e-mail: avsecurity@aurouville.org.in Regards, R. Sakthi For AVSS

Found at Unity Pavilion after the Christmas event of 25th December:
- Black cotton mix lady sweater (made in China)
- Plastic bag with children books in Russian
- one earring, silver, light blue stone
- Glasses, color: red inside and black outside, brand: PRADA, made in Italy
- Ethnic necklaces with a black lizard
- Violet water bottle
Please come and collect at Unity Pavilion if it is yours. Thanks, UP team

Doll (Lost): We lost a doll with orange hair & a purple dress…would be so great to get it back. Contact: christin3010@yahoo.de or 9788054260, thanks - Christin M.

A big THANK YOU from Unity Pavilion
Once again Christmas Celebration at Unity Pavilion was a very memorable event. We were just overwhelmed by the whole hearted participation of the community and the spirit of sharing and caring. Dance and music went on into the night, and children and adults enjoyed alike. This year it seems 4 - 500 people attended through the afternoon and evening. We, the Unity Pavilion team, feel blessed to have organized this event.

THANK YOU

Walter at Bamboo Centre. If you are interested please contact Piotr: qualitylife.pl@gmail.com.

Hammock
Beautiful orange purple capoeria style hammock (one month used) very strong and comfortable. If you would like to look at this please contact Walter at Bamboo Centre. If you are interested please contact Piotr: qualitylife.pl@gmail.com. If you have any questions please do not hesitate to contact us.

Tomato seedlings
Dear Community, It’s planting season again and we have many varieties of tomato seedlings available in Samridhi (north) for sale. Our working hours are Monday thru Friday from 9-4. If you are interested to come by and get some, please phone the landline at 262-3103. Shona and Erin

Chappals (Lost): Last night after enjoying an amazing concert by the AV choir at Bharat Nivas my chappals were gone. For the second time this happened and I’m very disappointed to loose again an almost new pair of Havaianas (this time it’s the Slim Gold Flip Flops). So I very much hope, that someone took them by chance only and will return MY shoes which are quite precious for me. Please get in touch with me by phone 9003371994 or by mail stefanie.weinert@gmx.de. Thank you! Steffi

Blue Nylon bag (Lost): with swimming suits, towels and book lost between Pitanga and Main Road on Wednesday 21/12. I would love to have it back. Please phone 9585790491 or taketina@trash-mail.com (Bettina). Thanks!

Cellphone (lost): at Crown Rd on Monday 26.12. at 3 pm. Samsung Galaxy III Mini, black, display glass cracked. I would love to have it back. Paying reward. Please contact me by mail: yoga@annette-schwan.de or call 9443459067. Thank you! Anette

Travel guidebook for Sri Lanka in French
Urgent! Please contact me if you have one to pass on or to lend for a trip to Sri Lanka very soon. Thanks, Poumi 8489752172

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Please come and collect at Unity Pavilion if it is yours. Thanks, UP team

Doll (Lost): We lost a doll with orange hair & a purple dress…would be so great to get it back. Contact: christin3010@yahoo.de or 9788054260, thanks - Christin M.
Thank you Fif, Hamish and Solar Service for the beautiful Christmas village which has added colour and beauty and light to the celebrations; Satyakam for our beautiful outdoor lighting; Rajan for creating our Christmas Fairy Landscape; Paula, Carla and Merry, Jo with the TLC Children, and Mussin for lovely singing and music.

Also we wish to thank all the volunteers who contributed their time towards preparation for many days and help on the day; without you we would not have managed.

Jaya, Shivaya, Kashthuri, Rema, Mario, Tamu, Claudine, Devasmita, Kannan, Chitra, Parvadam

**Ever-Changing Story of the Living Goddess**

Thank you SO much to those of you who donated for printing or pre-ordered the little visual book for adults and children. The book is ready to be printed in the beginning of the New Year in Ashram Press and it still seems rather unbelievable.

Welcome to see some impressions on the campaign site. https://gogetfunding.com/gift-for-the-child-in-each-of-us/

And if you feel called to, thank you for pre-ordering or donating towards the printing and designing costs, on the campaign or via FS acc. Butterfly barn 252424, Book pre-order or donation or both. We still miss about Rs 28.000 to cover all the costs.

Thank you, Dariya

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**ACCOMMODATIONS AVAILABLE AND NEEDED**

**House-sitting 1:** Hi, my name is Raisa, I am a guest at Auroville looking for accommodation in exchange for my support with your home/pets/garden needs starting from 9th Jan 2017 - 4th March 2017 (possibly a future Aurovillian). For more details contact Raisa: rbreslava@gmail.com

**House-sitting 2:** I am a long-term volunteer. I lived here for 2 and a half years before. I was away for a while but now I'm back for a few months. I am looking for a house-sitting. If this rings a bell, for anyone, please contact me at: sharany.rao@gmail.com. Thank you! And wish you all a year filled with soulful experiences! :) Sharanya

**House-sitting 3:** An Aurovilian is looking for a place to stay for six weeks (1st of February - 15th of March). I am a quiet responsible person occupied with the work in Matrimandir and physical education of the kids. I will appreciate your help. Please contact me: 948-848-32-89, terra@auroville.org.in - Sincerely, Terra

**House-sitting 4:** I am looking for a short term house-sitting opportunity for the last 2 ½ weeks of January. Help appreciated. Will look after dogs, cats and garden. Contact John: 8524 963049 - Thanks

**TAXI SHARING**

To Arvind Eye hospital: To share a taxi to Arvind Eye hospital (Cuddalore road) in the week of 2nd-7th January. Leaving at 6:30 am please contact lisbeth@auroville.org.in - Lisbeth

**January 3rd:** Sandhi is arriving on January 3rd, 8 pm from Germany, and would like to share a taxi from the international airport to Auroville. You can contact Sandhi (please beforehand) via Facebook Sandhi Spiers, or Whatsapp +6282144661612

**January 4th:** Leaving Auroville to Chennai airport at 3.30 am (flight is at 7.15 am). Please contact Helena if you wish to share: 7868075767

**January 6th:** I leave for Chennai airport on the 6th Jan at 1 pm. If you are leaving at a similar time or if you wish to return any time after 5 pm please contact me - SMS 9488438286 or shahnandi@gmail.com. Nandita

**January 6th:** Friday - I will take a taxi to Chennai around 4 pm. If you are interested to share the taxi please get in touch, we can leave a bit earlier if it’s more convenient. The taxi can also pick someone up that evening. Phone: 9443205881 or contact me by email: henrike.prudon@gmail.com - Henrike P.

**January 10th:** Leaving Auroville at 4 am to Chennai Airport. Please call Chiang: 9585785813

**January 11th/12th:** A taxi will go from AV to Chennai Airport around midnight (flight 6.25 am). 2 more persons possible, empty taxi is going back. Please contact Phone 9585790491 or taketina@trash-mail.com (Bettina).

**HEALTH**

**Integral Health**

Classical homeopathy; transpersonal regression therapy; child care

Sigrid and Peter are available for consultations in “Sensation Method”, an internationally practiced advanced classical homeopathy! Sigrid has been teaching this method since 2004 to MDs in Germany and Spain. Malar is certified in homeopathy and offers consultation for homeopathic First Aid and PC remedies.

Camille, professional in “psychomotricité” - occupational therapist, working with children, mainly afternoons and Saturdays, in English and French language. Contact Email: camille@auroville.org.in, mobile: 8098796307

First Aid Kits with 32 homeopathic remedies, and brochure in English, French, Deutsch and Tamil are available again! PC remedies, Information medicine for Diabetes. High Blood pressure and Trauma have shown very effective. We provide 84 PC remedies for Trauma, infectious diseases and chronic diseases. The developer of PC remedies is Dr. Harry van der Zee, an internationally renowned homeopath and friend of Auroville (www.arhf.nl)

“Harmony and Samata” are homeopathic remedies carrying the energies of Mother and Sri Aurobindo. The remedies and information can be obtained free of cost, just pick them up in the remedy box.

Consultations are generally held in English, French and German, and Tamil.

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

You are welcome to contact us at: 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 0413-2623669

-Sigrid sigrid@auroville.org.in , www.sigridlindemann.com
-Peter peterh@auroville.org.in, mobile 9787698464
-Ingo ingo@auroville.org.in, 9489325085
-Malar malar@auroville.org.in, 9585012007

WORK OPPORTUNITIES

Position Vacant: Educational trainer for Eco Femme

Eco Femme is a social enterprise based out of Saracon campus in Auroville. Rising from rural India, reaching women around the world, our mission is to promote and revitalise menstrual practices that are healthy, dignified, affordable and eco-friendly.

To learn more about our work, please visit: www.ecofemme.org

We are trying to recruit an educational facilitator/trainer whose primary role will be to conduct training programs on menstrual health and hygiene to diverse beneficiary groups.

Specifically:
- Adolescent girls: delivering a comprehensive and holistic session on menstruation, largely to girls from rural villages surrounding Auroville.
- Marginalised women: menstrual health education via grassroots NGO's either local or remote
- Training of trainers: As we typically partner with NGO's across the country we rely on someone within these organisations to deliver menstrual education sessions. Training trainers may involve traveling to remote locations within India to deliver training to build organisational capacity to teach others about Menstrual Hygiene Management

- Essential requirements
  - Indian woman who is comfortable to speak about menstruation
  - Strong oral and written language skills in English and ideally Hindi. Tamil would also be an advantage
  - Willingness and confidence to travel alone to conduct trainings across India
  - Some experience working with grassroots organisations
  - Good interpersonal skills and proven ability for good teamwork
  - Flexibility and adaptability to be open to changing circumstances and new challenges
  - Affinity with the Eco Femme mission

- Desirable requirements
  - Master’s degree in social work/development studies or equivalent
  - Keen interest in women’s issues
  - Experience in facilitating or offering trainings especially with a strong experiential/participatory dimension

For more information or to apply, please write to: kathy@ecofemme.org and share your CV.

Eco Femme office
Saracon campus (nr Ganesh bakery), Kottakarai, 605111, Auroville, Tamil Nadu, India
https://www.youtube.com/watch?v=bQhm06ash3w
http://www.facebook.com/ecofemmeindia

- Revaluing menstruation... because life depends on it!

AUROVILLE RADIO

Dear listeners!

Following is an update of Auroville Radio programs from the past few weeks:

- CAT04 - on Economy was covered by our volunteer Steve, CAT03 on Auroville Charter by Romel, Stephen Anurag has recorded in September Accessible Puducherry - Workshop
- General Meeting on Appeal Process, GM on Entry Process, ITDC New Projects recorded by Romel. He also covered Congratulations Earth Institute and, indeed Romel was very productive those past two weeks, amongst other things he also made an interview with Poumi connecting with Cosmos, and has listened at Peace Bells by Vera.
- In the meantime Steve was busy with covering Integral Psychology Perspectives, he has managed to catch the children of Deepanam School at Auroforest Theatre Play, and recorded Integrality Seminar on Poetry

Out of our regular programs:
- Gangalakshmi conveys in French her Selection par Gangalakshmi 105
- and Marlenka continues with Synthesis of Yoga by Sri Aurobindo with Pt1 Chpt2, and Pt1, Chpt 3
- Thursday's and Monday's, and another Monday's news and from the musical edition you can choose to listen to either Just a Touch of Love or Merry Christmas!

Our team wishes you all very Happy New Year 2017!

EATING OUT

AuroAnnam - Bonfire dinners

We are organizing a Bonfire Buffet dinner from 7 pm onwards on 29th, 30th, 31st December.
Veg and non veg available.
Only advance booking - call us at: 8523915031

New Annam Kitchen at Bharat Nivas

Dear friends, South Indian lunch available at ANNAM kitchen (Bharat Nivas) from Monday to Saturday between 12.15 pm to 1.30 pm. For booking please call 8903049770 or E-mail: annam@auroville.org.in, Rs.80 per lunch for Aurovilians & Newcomers, Rs.100 for Guests & Volunteers. All are welcome, Ramesh. V For ANNAM kitchen

News&Notes 31st December 2016 [680]
NEW “Dolce Vita Cafe Bistro” (Joy Community) - opening on January 4th!

In the Italian tradition, the pleasure of having a meal begins with the concept of conviviality associated to it. The spirit of ‘Dolce Vita’ wants to be that of a place where food, people, stories, smiles cross each other and find themselves day after day, yet each time in a different combination. One of those places where people can enjoy a mouth-watering organic meal and connect to and design or nurture feel the green. Dream of how marvellous would it be, if you could have bread accompanied with unique pate’ made with Sicilian sun-dried tomatoes, olives and Joy’s garden basil all together; or gourmet home-made Tagliatelle pasta with Alpine Porcini mushrooms, Parmiggiano Reggiano cheese, Joy’s garden long beans, and maybe an addition of Sud-Tirol Speck ham; or fresh lettuce, ginger and beetroot juice; or delightful shakes made with Massimo & Monica’s goat cheese; or healthy apple, carrot, rucola, and cherry tomato salad from Joy’s garden all dressed of this is accessible if we look for it.

We are located in Center Field (just opposite Center Guest House gate). We’ll open on Thursday 4th of January and we’ll be open every day from 8 am to 4 pm except on Sunday and Wednesday from 8 am to 10 am. We also have our products and other Auroville products as a retail shop, so that you can bring home your own dream food.

For any info, you can call 04132622620 or 9442328120.

Keep your mouth watering for a little longer... and enjoy a super duper Happy New Year!!! :-D

Joy Community Team
Center Field, Auroville, 605101, Tamil Nadu, India
[+91 (0)413 2622584 - www.facebook.com/joyauroville]

GREEN MATTERS

Look Upstream and Downstream: Towards Conscious Consuming

Auroville has some well-working systems in place that allow us to greatly reduce the amount of stuff we buy and consume. While simplicity in living (not bareness) is part of our foundational values and definitely helps the Earth, we can’t help being consumers; part of a system that we know is bound to undergo profound and radical changes in rather near future. Just what will be these changes and how will they take place? Nobody really knows at this stage. Even if we can imagine some basic features of a more sustainable life and society, the details of this transformation remain the unwritten story of the years to come.

With more questions than answers, and resistance to change so starkly visible all around us, it’s easy to feel overwhelmed and powerless. And, it’s all so damn complex. We make plans to go green and promptly hear arguments that electric vehicles and solar panels may in the end be less sustainable than burning the noxious petrol and lignite (note, we don’t support that view!) ... Is there any way to get it right? Sure, there’s no simple solution. Yet as consumers we do have immense power if we use it (much more so than the powerless governments).

Each time we buy something - from a biscuit to a computer or planning a trip - we have options, and it’s up to us to exercise our right to choose. Apart from a bit of interest, and the courage to perhaps do some things differently, what we need most is information, and the good news is that more and more of this is accessible if we look for it.

Buying with a different perspective

Habitually the factors that determine our choices are simple: Price, quality, and design, or name (all that advertising will tell us). Conscious Consuming instead looks at the bigger picture and takes into account the origin and journey of a product, its past and future, ‘upstream and ‘downstream’. As soon as we do that, we step into a lot of learning and discovery! Here are some simple common-sense pointers:

1. **Upstream**: Where does what I buy come from? How do its raw materials and its production affect the environment? Who made it, under what socio-economic conditions? How far and how has it travelled? Where does the profit go? What are the practices and ethics of the companies involved? How much and what packaging does it come with; can this be re-used or cycled?

2. **The product itself**: These are the aspects we’re more familiar with, such as the health impact of a product, its realiability and lifespan, whether it can be upgraded, repaired etc before becoming redundant.

3. **Downstream**: What happens after my product is no longer useful? Can it be passed on, re-used, transformed, and recycled? Does it end up in a landfill, or needs special disposal?

**Information is available!**

More and more research is being shared and information made available as a base for making conscious choices. While the Responsible Consumerism movement is more advanced in Europe and the USA, some efforts - such as the avoidance of the so-called ‘conflict minerals’ in electronics, jewellery etc that have caused untold tragedies in resource-rich war-torn countries - are happening world-wide and entering legislation.

In India, although we don’t see much awareness locally, major newspapers are carrying articles with titles like ‘Ethical Shopping - the need of the hour’. The internet plays a vital role in promoting transparency and better ethics in production and commerce. Need a new laptop computer, and want to know the ecological footprint of your favourite brands, the toxicity of raw materials they use, the sourcing policy of the manufacturers, their human rights records, employment and advertising ethics? There are ever more resources on the net providing many of the answers.

One amazing such site is the UK-based EthicalConsumer.org. A part-subscription site, it offers product guides, reports and ratings for a wide range of consumer goods from household products and appliances, food and drinks, clothing, to electronics, energy, transport and travelling, insurances, banking... and since so many brands are nowadays globally present, many these researches and listings too have global relevance. The site also presents campaigns and boycotts and helps you to start your own! All in all, an extremely interesting and empowering tool, part of a wider development that gives reason to hope for a fairer future. Truly, it’s up to me and you to make a difference through our daily choices!

The Green Center wishes you all a new year filled with peace and true progress!

Looking forward to hearing from you with green updates, and seeing you on the upcoming Sunday walks (mid-Jan to April)!

avgreencenter@auroville.org.in – Jasmin & Lisbeth
The Universe and the Symbol of Sri Aurobindo

The symbol of Sri Aurobindo represents the Universal Existence, Satchitananda. The truths of the Universe expounded by the Vedic Rishis are valid even today for the seekers of the truth, Divine.

Now-a-days the Vedic scholars consider that the secret of the Veda is the secret of the Universe. Since the symbol of Sri Aurobindo represents the Universal Existence, we would learn more about it by properly interpreting the various features of the symbol.

According to the Vedic Rishis the Universe is divided into three parts: Upper White Ocean, Middle Heart Ocean and Lower Dark Ocean. The classification into three parts is done on the basis of the nature of consciousness present in these divisions. In the symbol of Sri Aurobindo the junction of the descending and ascending triangle, indicated by the central square, represents a point in the conscient part of the Universe.

The descending triangle in the symbol represents the manifestation of infinite consciousness in the Universe by Aditi, the divine Mother. She is full of Light (Knowledge) in the beginning, expressing the divine Knowledge and Power. Satyaloka, Chaitanyaloka, Tapoloka and Anandaloka are the initial eternal manifestation of infinite consciousness in the Superconscient part of the Universe. It is followed by the manifestation of Heart Ocean i.e. the mental plane of infinite consciousness in the middle part of the Universe. Then Aditi has created the Subconscient Sea, the vital plane of existence. Her manifestation culminates with the creation of inert inconscient material existence. She has become inexpressive of Light and Power under the veil of inert inconscient Matter. Now, she is called Diti. Aditi and Diti are like the two sides of a coin. As the Self of Satchitananda is involved in all the manifestation of Aditi, her work is called involutionary process of manifestation. The Self is encased in Matter and cannot move in it. The ascending triangle represents the evolutionary process of manifestation followed by Diti. Though she has limited knowledge and power, she could release the Self (Sat), encased in Matter, in the subconscious sea i.e. the vital plane of existence. Here, the Self enjoys a limited freedom; he can move within the vital plane of consciousness. He is imprisoned in it. Then, Diti applies the principle of soul multiplicity i.e. God is one and at the same time many. Diti exploits this situation and evolves the principle of life (Prana) from Matter and uses it along with the principle of matter to give form to the soul. Thus, the vital beings in living matter are created by her. Plants and animals which are all vital beings are created by the vital plane of existence. This is the first step of Diti in the evolutionary process of manifestation.

Creation of man, mental being in living matter, is the Diti’s second step in the evolutionary process of manifestation. She evolves the mental principle involved in Matter and uses it along with the principle of life (Prana) and the principle of Matter to give form to the soul of mind. Thus, men as mental beings inhabit the mental plane of existence. The Self in the mental plane of existence, though enmeshed in it, has a greater freedom of movement. Diti, who has half knowledge and half ignorance, is unable to remove the suffering of mental beings, her children. Man in the Heart Ocean uses mind, a finite thing, meets falsehood and error in his action and is unable to cope up with the trials and tribulations inherent in the universal mental life. Diti aspires to create supramental beings in living bodies. This is her third step in the evolutionary process of manifestation. But, she would take millions and millions of years to accomplish this task.

About ten thousand years ago, the Vedic Rishis confirmed that man could bring down the Truth Consciousness i.e. the Supramental Consciousness to transform the mental life of man into the supramental life, expressing the divine Knowledge, Power and Ananda. Regarding the central square in the symbol, the Mother says that it is the perfect manifestation having at its centre the Avatar of the Supreme-the lotus. The water inside the square represents the multiplicity, creation. Multiplicities mean soul multiplicities. Mental beings in the Middle Heart Ocean in the Universe struggle and suffer, leading a miserable mortal life. Sri Aurobindo, the Avatar, helps those who aspire to lead the supramental life. The divine Knowledge, Power and Ananda, expressed by those mental beings who have been transformed into supramental beings, represent the elements of perfect manifestation in the square which is only a point in the Heart Ocean in the Universe.

Thus, we see that the symbol of Sri Aurobindo illustrates the nature and working of the Universe as held by the Vedic Rishis.

Ref: The Life Divine; The Secret of the Veda; and the Mother on Sri Aurobindo.
Submitted by Somasundaram

External Space

Paintings and Drawings by Balasubramanian K, Candappane L, Gopal J, Soucoumarane A
Kaia Kendra, Gallery Square Circle - 18 December to 31 December 2016

What interested me about this fine show was its diversity: Four artists following their own vision in very different ways.

Candappane is a drawer and a painter of expertly rendered patterns. What was so delightful to me was to recognize the distinct personalities emerging from the cultural symbols adorning the heads that were the subject of much of his work.
My own Auroville

My own Auroville is not hysterically online. It is not necessarily located near the Industrial Zone, and leans preferably towards Savitri. My Auroville speaks spiritual poetry and refuses to become a holiday resort for bourgeois tourists. It wants to remain what it was, is and forever will be: a Great Adventure!

My own Auroville doesn’t want to be invaded by cars, trucks and Incredible India buses parking now every night a few hundred meters from the Matrimandir; but it massively approves Marlyse’s redeeming Electric Vehicle Service project to develop electric transport. My Auroville considers the heaps of garbage punctuating the surrounding villages, beaches and roads as a problem much more important - and complex - than the few dozen unwanted persons who might surreptitiously infiltrate the community.

My own Auroville stands, peaceful and silent under a silver star-studded sky, it sways to the beat of the Mother, lives only to serve Divine Consciousness, and sees no other reason to exist - really none.

My own Auroville is not governed by regularly challenged rigid rules, but by intuition - let’s not regress, let’s drop somewhat all this nebulous bureaucratic paraphernalia, please. Now that many ancient Aurovilians are ready to step down, it is time for those taking over today to bootstrap this courageous turn by uniting their strength, like guardians of a temple, in order to stay the course. My friends, let’s trust and pray for Auroville, the City at the service of Truth.

Jean-Luc (Auromode)

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...

5.30 to 6.00 pm

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 use cameras, i-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you
Access only for the Amphitheatre from 5.15 pm - Please be seated by 5.25 pm.

Thank you, Amphitheatre Team

New Year at the Matrimandir

• 4.30 pm to 9 pm: the Inner Chamber will remain open for concentration for Aurovilians and Newcomers only before the New Year.

• 5 - 6 pm: the Banyan Tree will be lit with candles for silence and meditation.

• 5.15 pm: “In the Deep Quietude of the Heart...” - A musical offering with the Russian Singing Bells to bid farewell to the ending year and welcome the New Year “A fire is burning there, in the deep quietude of the heart. It is the divinity in you - your true being. Hear its voice, follow its dictates.” - The Mother

- All are requested to maintain complete silence under the Banyan Tree and in the Garden of Unity. Guests are requested to carry their Aurocard with them.

• 11 pm to 12.15 am: Matrimandir will remain open for midnight meditation for Aurovilians only. All are requested to be seated in the Inner Chamber by 11.45 pm.

Visitors’ hour for concentration in the Matrimandir as usual in the morning between 9 and 11.30 am as per their respective bookings.

Bonne Année and Happy New Year to All!
EXHIBITIONS

Stained Glass Exhibition

At Citadines Centre d’Art - AUROVILLE
by Robert (Luminosity)

From January 7th to January 21st
14:30 to 18:00
every day except Sunday

OPENING
Saturday January 7th
15:00 to 19:00
Welcome to all

IN V I T A T I O N S

Join us at the Youth Center for this year’s

Nalaikki Fair!

Music, games, goodies, food and fun :) 

Open to all from 10 am to 10 pm on January 7th ( Saturday)

TALKS, SEMINARS

Integrity in All Spheres of Life
Revitalising the lustre of spiritual truth in all life.
A series of 10 sessions as an exploration of 10 aspects of life
in the Light of Sri Aurobindo and the Mother’s words
Every Thursday in the Reading Room at Savitri Bhavan from 5:30 till 7 pm.
For January 5, the theme is Integral Vision of Human Unity.

We will explore the following characteristics of ‘free grouping of a free humanity’: Unity, freedom, living diversity and the common aim and ideal of human perfection.

To register, please email Divyanshi at Divyanshi.0222@gmail.com · No contribution required.
Insight Seminars present a one-day seminar on ‘INTEGRAL YOGA and AUROVILLE’

The seminar presents insights into the Integral Yoga of Sri Aurobindo and its significance for Auroville. It is designed as a structured overview that can serve as a base for further studies and explorations. The highlights are:

- Vision and Aims of Auroville
- Evolution of Consciousness
- Yoga of Matter
- Auroville’s role in the world and in the evolutionary process
- Aspects of individual and collective practice

On 5th January 2017, Thursday
Time: 08:45 to 12:00 hrs. - Lunch break - 14:00 to 17:00 hrs.
Presented by: Ela Thole
Venue: Insight Seminar room, Ground Floor, in the Inside India building - Auroshilpam (behind Auromode).
Register in advance at 2622047 between 09:30 & 12:30 hrs. or 14:00 & 17:00 hrs.
Or mail us at insight@auroville.org.in

Contribution required from guests. Aurovilians and Newcomers are welcome, no contribution required, but please book in advance.

Insight Seminars invites you all for a presentation on
‘Highlights of Tamil Nadu’
an introduction to the cultural and spiritual aspects of:

- Chidambaram
- Thanjavur
- Thiruvannamalai
- Mahabalipuram

On 6th January 2017, Friday at 3 pm
Presented by: Ela Thole
Venue: Insight Seminar room, ground floor, Inside India building, Auroshilpam (behind Auromode)
No registration required, free of charge, please walk in - on time.

The Greek myths in relation with the yoga of Sri Aurobindo
Mondays, from 5:00 till 6:00 pm, House of Mother’s Agenda at Savitri Bhavan
By Claude de Warren
The aim of these talks is to present the deep meaning of the Greek myths. These myths illustrate the spiritual journey up to the point where Sri Aurobindo and the Mother started the yoga of transformation.

The following will be explained:
- Phrixos; Sisyphus and Bellerophon; Prometheus
- Perseus; the first 6 Labours of Heracles
- Jason and the quest of the Golden Fleece; Medea
- Europe; the Minotaur; Daedalus; Theseus
- Genesis; Pontos and his children; the Titans; the Calydon’s boar
- The 12 Olympian gods
- The last 6 Labours of Heracles
- Oedipus; the Theban wars; Orpheus; Dionysus; Ixion
- The Trojan War (Iliad)
- The Odyssey

Monday 9th January: Phrixos; Sisyphus; Bellerophon and the Chimaera; Prometheus
Monday 16th January: Perseus; the first 6 Labours of Heracles
Next subjects will be posted in the News & Notes of the following weeks.
Everyone is welcome!

CULTURAL EVENTS

CRIPA Jazz Night
Sid Jacobs (guitar) & Matt Littlewood (Trio)
Holger Jetter (bass)
Srinath Srinivasan (drums)
January 3rd, 2017 8 pm
In CRIPA, Kalabhumi, Auroville

"Bossa Nova and Rock Concert"
At the Visitors Center
On Sunday, 8th of January, at 8 pm
Bossa Nova from Eliane and Band.
Rock from Amando Israel, Dhani and Suresh

Bharat Nivas presents
Auroville Youth Choir
directed by Nuria Casanova
Time: 7 pm
Date: 11th Jan 2017, Wednesday
Venue: Sri Aurobindo Auditorium, Bharat Nivas

CLASSES, WORKSHOPS

Holiday update from Sankalpa
Happy holidays from Sankalpa! The new year is a time of letting go and setting an intention for the next cycle (sankalpa in Sanskrit). Anyone interested in ritual, art and connection can follow/join our #MySankalpa global practice online on the Sankalpa: Art Journeys FB page and MySankalpa group.
- Please note that Heartbeats - Dance Therapy sessions with Julie are cancelled for upcoming Thursdays (5-6:30 pm), only to resume on January 19th.
- Our affirmation doll kits are available at the Art Cart (Tues/Fri from 4-6pm, Wed from 10am-12pm), which include everything needed to personalize your own affirmation doll and support our ongoing art therapy and community art efforts.
Love, light and color,
Sankalpa team

Introduction to Thomas Gordon’s Parent Effectiveness Training Course
The PET course is designed to teach parents a philosophy and communication skills which will help them improve their relationships with their children and other important people in their lives.
The introduction session provides the opportunity to decide if you wish to commit to the remainder of the course.

The 24 hour course involves 8 sessions of 3 hours each. Each session includes presentation, discussion/sharing, skill building activities and tea break. The course provides a relaxed, honest and trustful space for parents to share whilst learning about a philosophy which is presented through a clear set of communication skills.
Facilitated by Honor
Date: 17th January (Tuesday) 2017
Time: 9 am to 12 Noon
Place: JOY Community Hall
Registration & info: sonialalitadevi@gmail.com, Sonia: 8940288090 / Honor: 9159856148

Kolam Yoga
What is Kolam Yoga? Come find out on Sunday the 1st of January 2017 from 10 am to 12 noon at the Kolangal DD in Douceur community (On your way to Auromodel /behind the AV bakery/ left hand gate DOUCEUR written in blue- second house on your right) In a two-hour interactive introduction to Kolam Yoga free of charge.
Grace Gitadelila will present the new Kolam Yoga one year course that starts on the 10th of January. A small lecture demonstration with a short exposure to the Kolam practice. Followed by examples on how to implement Kolam Yoga in life.
Vocal-Nada-Yoga & Sacred Chanting

Friday January 6th - 9 am to 5 pm
In Creativity Hall of Light

In English and French - To register: 9487544184
Explore and strengthen your Vocal instrument and discover your unique voice. Nada-Yoga: This ancient technique teaches us to feel sound’s vibration in your energetic centers tuning our inner instrument. Helps tone deaf to sing in tune. Sacred Chanting: Mantra, Kirtans and Bajhans. Silencing our mind & Open our heart to the Divine within.

Inner-Work-Workshop

Introduction to the Integral Yoga of Sri Aurobindo and the Mother
3rd January (Tuesday) This week on: ‘The Supermind’
• 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
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 Noon (please be present by 8.50 am for preliminary study)
Led by Ashesh Joshi (Contact: 9489147202, 0413 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

Holistic Presents

-NLP Workshop: Know yourself better and succeed in your life (with NLP tools): 6 & 7 January 2017 - With Christine P. From 9 am to 5 pm
This 2-day workshop will help you to know yourself better, unlock the immense potential within, or achieve a goal, or even clarify where you are now in your own life. Through the way we communicate, we can understand how we see the world, how we analyse it and how we reply to it.
-Yoga workshop: Traditional yoga and meditation to connect with your inner-self: 11 to 15 January 2017 With Christine P. From 8 am to 12 noon.
We will do yoga asanas, breathing exercises, pranayama, and yoga sutra reading (yoga philosophy). And explore the limitations of our body (and mind). The purpose of this 5-day workshop is to help you find more stability in your emotions and more peace inside.
Registration & info: contact@auroville-holistic.com /www.auroville-holistic.com /Christine: 9489805493

Open 5Rhythms Waves

Everybody is welcome - no prerequisites!
Jan. 2nd, 7 - 9:30 pm at Unity Pavilion
Lead by a certified 5Rhythms Teacher. Contributions requested from guests! Contact: 9489601312 or 9597180231 or info@soulrhythms.at - Organised by Unity Pavilion

Hearts in Harmony Retreat

13-15 Jan 2017: Stress and fatigue are the enemies of any relationship. Many couples end up disconnected due to the pressures of modern life. The solution and the way back to love, lies in a process that most couples are unaware of, and/or have not put in place within the relation. In this residential Retreat, couples learn how to blend playfulness into the relationship, with exercises designed to keep the relation both healthy and strong, to start moving forward again. The aim of the Retreat is to create joy, love, passion and intimacy, and set the foundation for a lifetime of togetherness. This is open for a maximum of 5 couples only.
Call 9655696982 or email info@aurovilleretreat.org to register.

4 Days Dance Art workshop

“ARE YOU READY TO PERFORM?”, a Four Days Dance Art workshop led by the master-brothers Suresh and Ramdijet, from the original classical Tanjore Quartet Bharata Natyam master school of dance and music!
The workshop is open for participants from all levels of dance, adults/kids from 10 years old and above, dance lovers, those who want to explore their ability for new movements, rhythm, music, spirituality or curious about the original historical school from which all forms of Bharata Natyam take their source!
Timing: 9:00 am to 1:00 pm - from 9 to 12 January
Venue: CRIPA, Kalabhumi
Advanced registration is required/ Contact us for more info and about the content of the workshop 9677296426 /email to arangart@outlook.com

Tuning to Harmony

With the Russian Singing Bells
Workshop at CRIPA (Kalabhumi)
2nd and 9th January, Monday, 4.30-6.00 pm
Meditation on sound and collective experience of creating music together using the elements of the Integral Yoga practice. The sound of this uniquely tuned bell plates becomes an instrument of exploring the inner dimensions of our being as well as the field of collective harmony and collective intuition.
Led by Vera Joshi.
No registration required (except for groups). Contribution requested from guests.

Classes of Spoken Tamil

We have met 3 times so far; all of us have been hearing the language for many years and are really eager to speak Tamil daily. So if you live in Auroville and you already have an ear for Tamil, join us every Saturday at 2 pm in Solitude (Krishna's house). For any enquiry contact: hhedia@gmail.com.

Connection as Life Energy

Introduction to Nonviolent Communication with L’aura Joy, NVC Certified Trainer
Do you long for more joy, authenticity and depth when connecting with yourself and others?
Do you wonder what gets in the way of connecting and relating the way you truly want?
Jan 7-8 (Sat-Sun) - 9.30 am-5 pm (with lunch break)
A path of Nonviolence (based on Nonviolent Communication, NVC) offers both a deeply-rooted consciousness of oneness, as well as very practical tools to live this more and more in our daily lives. In re-evaluating some of our habitual and conditioned thinking, we see how much of it is life-alienating and based on a culture of scarcity and separation. We’ll learn the skills to be able express ourselves with more clarity and to hear others’ true (and harmless) message, which in turn leads to more connection between us. When we’re connected as human beings, we’re in our natural state of wanting to give and collaborate with others.
More info & register (and for venue info): contact L’aura: joylivinglearning@gmail.com
Limited seats. Registration required. Full participation required (2 full days). [Other upcoming NVC events: joylivinglearning.org]

NVC Deepening

(For Intermediate NVC practitioners only)
Let’s dive deeper… Let’s practice...
Jan 13 (Fri) 9.30am-5pm (with lunch break)
More info & register (and for venue info): contact L’aura: joylivinglearning@gmail.com
Limited seats. Registration required. [Other upcoming NVC events: joylivinglearning.org]
Thai Massage
By Appointment with Helena
Wed/Fri 10.30 am to 12

Prana Vashya Asana Yoga
(for regular Student)
By Helena - Mon/Fri 4.30 to 6 pm

Introduction of Prana Vashya Yoga
Wednesday 4 to 5 pm

Hatha Yoga for Beginners
Wednesday and Friday from 8.30 am to 9.30

Acro Yoga
By Helena
Thursday 4.30 to 6 pm

Traditional Mantra Chanting
By Sonia
Beginners: Thursday 6.15 pm to 7.15
Regular students: Friday 6.15 pm to 7.15

Sanskrit Classes
By Sonia

50 % discount for Savi registered Volunteers. Multiple classes discount available. On donation basis for Aurovilians and New Comers.

Joy Community is located in Center Field, after Nandanam School, next to Center Guest House
For info and reservations, please contact us at: (0413) 262 2584 or (0)9442328120
Email: joycommunity@auroville.org.in https://www.facebook.com/joycommunityguesthouse

Thai Massage is an ancient healing system combining rhythmic acupressure, body rocking and deep assisted stretches to relieve deep muscular tension as it enables more blood to be carried throughout the body. By appointment only.

This practice is a 60 asanas sequence focusing on the development of strength with flexibility. The breath remains the key throughout the series and the practitioner focuses on maintaining in the breath and movement during the whole practice. Drop in.

This is a shorter class of one hour where Helena will give an introduction to the practice of Prana Vashya Yoga: mainly directed for those that wish to continue in the same school of Yoga.

The Beginners class will be focused on simple yoga asana; dedicated to those that are approaching yoga for the first time.

Acro Yoga is a dynamic partner practice that blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. This practice cultivates trust, playfulness and community through movement. Drop in.

Chanting Sanskrit Mantras is performing an ancient prayer. Through the harmonic rhythm, repetition, and participation in the chant, the mind gains clarity, the ability to concentrate increases and a person becomes more tranquil. Through daily chanting the mind gains qualities which are essential for students of Yoga and Spiritual Scriptures. The specific pitches and rules of intonation and syllabic length will be learned in the classes in the traditional way.

Sanskrit is the key to enter into the wide world of Indian Traditional Culture. The Sacred Scriptures as well the Secular Scriptures are found to be written in Sanskrit language, thus a fundamental knowledge for students of Yoga and Spiritual Scriptures.

 benefits of Antigym® practice:
- improved mobility and muscle tone;
- decreased stress and muscular tension in back, neck, shoulders, etc.
- improved ease of movement and coordination;
- your movements and your breathing regain their natural volume;
- you discover the pleasure of living in a body that is autonomous and free.

For more info, visit www.antigymnastique.com
Francesca started practising Antigym in 2007 as a new approach to body awareness; after receiving her formation, she became a certified Antigym practitioner in 2010 and has been teaching it ever since.

- Watsu® Basic with Gianni De Stefani
  9 - 10 January 2017 (2 days)
  8.45 AM - 6.30 PM (16 hours)

Watsu is an aquatic bodywork modality given in a warm water pool (ideally 35°C).
**Programme for January 2017**

<table>
<thead>
<tr>
<th>Yoga</th>
<th>Iyengar</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas</td>
<td>level 1</td>
<td>Mon</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asanas</td>
<td>level 2</td>
<td>Mon</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asana- open practice</td>
<td>all levels</td>
<td>Tues</td>
<td>07.00 - 10.00</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Tues</td>
<td>11.00 - 12.00</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Tues</td>
<td>15.30 - 17.00</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Pranayama</td>
<td>level 2</td>
<td>Tues</td>
<td>17.30 - 19.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asanas for women</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>07.30 - 09.00</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Asanas for the spine</td>
<td>drop in</td>
<td>Wed</td>
<td>11.00 - 12.30</td>
<td>Angela</td>
<td></td>
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<tr>
<td>Asanas hormonal balance</td>
<td>level 3</td>
<td>Wed</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asanas for women</td>
<td>level 2</td>
<td>Thurs</td>
<td>07.30 - 09.15</td>
<td>Tatiana</td>
<td></td>
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<tr>
<td>Asanas</td>
<td>drop in beginners</td>
<td>Thurs</td>
<td>08.00 - 09.30</td>
<td>Chloe</td>
<td></td>
</tr>
<tr>
<td>Asanas restorative</td>
<td>drop in</td>
<td>Thurs</td>
<td>15.30 - 16.30</td>
<td>Chloe</td>
<td></td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Thurs</td>
<td>16.30 - 18.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asanas for women</td>
<td>drop in - all levels</td>
<td>Fri</td>
<td>07.30 - 08.45</td>
<td>Angela</td>
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<tr>
<td>Asanas hormonal balance</td>
<td>level 3</td>
<td>Fri</td>
<td>09.00 - 11.00</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asanas</td>
<td>for children 9-12 yrs</td>
<td>Fri</td>
<td>16.00 - 17.00</td>
<td>Angela</td>
<td></td>
</tr>
<tr>
<td>Asana- open practice</td>
<td>level 2-3</td>
<td>Sat</td>
<td>07.30 - 09.30</td>
<td>Tatiana</td>
<td></td>
</tr>
<tr>
<td>Asana</td>
<td>drop in beginners regular student</td>
<td>Sat</td>
<td>11.00 - 12.30</td>
<td>Tatiana</td>
<td></td>
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<tr>
<td>Asanas for the spine</td>
<td>drop in</td>
<td>Sat</td>
<td>16.30 - 18.00</td>
<td>Angela</td>
<td></td>
</tr>
</tbody>
</table>

Note: For Iyengar classes, please come to a drop in class first and talk to the teacher about appropriate level.

**Yoga - mixed style**

| Yoga Therapy | drop in | Mon, Wed, Fri | 08.30 - 10.00 | Gala |
| Vinyasa Flow | drop in - restorative | Mon | 10.00 - 11.30 | Bebe |
| Yoga class | drop in - in Frenc | Mon (from 23rd) | 10.30 - 12.00 | Sylvie |
| Asanas (*) | for teenagers | Mon, Wed | 16.00 - 17.00 | Natacha/Bebe |
| Vinyasa Flow | drop in - beginners | Tues | 09.00 - 10.30 | Bebe |
| Vinyasa Flow | drop in - all levels | Weds | 16.30 - 18.00 | Bebe |
| Svastha yoga | drop in - all levels | Weds | 17.00 - 18.00 | Jani |
| Svastha yoga | drop in - all levels | Fri | 10.30 - 11.30 | Jani |
| Yoga Nidra | drop in - in French | Fri (from 20th) | 16.00 - 17.30 | Sylvie |
| Vinyasa Flow | drop in - all levels | Fri | 18.00 - 19.30 | Bebe |
| Asanas | for children 7-9 yrs. | Sat | 10.00 - 11.00 | Gala |

**Other Exercises**

| Kick Boxing | drop in - all levels | Thurs | 18.00 - 19.30 | Antonello |
| Aviva exercise | drop in - for women | Thurs | 16.30 - 17.30 | SuriyaG |
| Discover energy body | for children, 7-9 yrs. | Sat | 11.00 - 12.00 | Gala |

**Dance**

| Odissi Dance (*) | Regular practitioners | Tues | 16.00 - 17.15 | Rekha |
| Odissi Dance (*) | Regular practitioners | Fri | 16.00 - 17.15 | Kanchana |

**Health Care at Pitanga**

For the following therapies & treatments please book your appointment on phone, 2622403/2622994

| Ayurvedic Massage | with Ion, Kumar | Thai yoga Massage with Bebe, Mar |
| Biocodage | with Nadia | Thai yoga Massage with Juan, Kumar |
| Holistic Healing | with Marlene | Physiotherapy with Osnat |
| Reflexology | with Allison | Releasing through Awareness with Rosa |
| Journey through the memory of the body with Vani | Yoga therapy in French with Sylvie |

Combines “QuantumTouch, Reiki and acupressure” with Julia

Pitanga will be closed on Monday 16th of Jan for Pongal and Thursday 26th of Jan for Republic day

Note: (*) Denotes classes for those willing to commit for a minimum of 3 months

New classes at Pitanga

**Svastha Yoga class with Jani**

Svastha Yoga, a holistic non-standardized yoga practice and teaching methodology as taught by Sri T Krishnamacharya. Gentle classes linking body, breath and mind that are accessible to a broad spectrum of students and adapted to individual needs and abilities.

Jani is a long-standing student of AG Mohan and Indra Mohan, Svastha Yoga and Ayurveda Chennai, who are direct disciples of Sri T Krishnamacharya. She continues to study and teach under their guidance.
SAVITRI BHAVAN - January 2017

Exhibitions
In the Picture Gallery
Meditations on Savitri Books Four to Seven
Paintings made by Huta with the Mother’s guidance and help.
In the upper corridor
Sri Aurobindo: a life-sketch in photographs
In the Square Hall
Glimpses of the Mother: photographs and texts

Films
Mondays 6.30pm
January 2: AUROVILLE - the City the Earth Needs
The film points out about the purpose of creation of Auroville. Duration: 40min.
January 9: Interview with Shri Kireet Joshi in 2013
Shri Kireet Joshi shares his experiences of regular meetings with The Mother. Duration: 43min.
January 16: On AUROVILLE
Dr. Alok Pandey speaks about the creation of Auroville.
An interview by Narad (Richard Eggenberger). Duration: 53min.
January 23: Life After Life
The film is based on a research of out of body experiences by Dr. Raymond A. Moody
Film made by Peter Shockey. Duration: 59min.
January 30: Meditations on Savitri - Book 2: The Traveller of the Worlds -
Canto 1-4: Film by Manohar of Huta’s paintings illustrating passages from Savitri read by The Mother and accompanied by her own organ music. Duration: 46min.

Regular activities
Sundays 10.30–12 noon: Savitri Study Circle
Mondays, Wednesdays, Fridays 7-8 am: Chanting Sanskrit Hymns in the Hall
Mondays, Tuesdays 3-4 pm: Yoga and the Evolution of Man, led by Dr. Jai Singh
Tuesdays: 9-12 noon: Introduction to Integral Yoga led by Ashesh Joshi

Tuesdays, Fridays, and Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi

Tuesdays: 5-6pm: Let us learn Savitri together led by Buvana
Tuesdays 5.45-7.15pm: OM Choir (see details below)

Wednesdays 5.30-6.30 pm: Reading The Life Divine, led by Shraddhavan
Fridays 3-4 pm: Exploring the Bhagavad Gita, led by Dr. Jai Singh
Fridays 5.30-7.00pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nishtha

Saturdays 5-6.30 pm: Satsang led by Ashesh Joshi

Two New Study Groups
The English of Savitri led by Shraddhavan
will start again from the beginning of the poem on Thursdays 4-5pm from January 19 onwards

The Greek myths in relation with the yoga of Sri Aurobindo
Led by Claude de Warren

Mondays 5-6 pm in House of Mother’s Agenda at Savitri Bhavan from January 9 onwards

OM Choir
In 1961 the Mother gave the adesh to Narad to bring down a new music. She said that one must go far above words and bring down the pure Music. Mother told us to sit in a circle and have no preconceptions as to what we would sing but to be silent and let the music descend in us. The OM Choir aspires to bring down the New Music for the New World in a collective body. We sing only OM, the creative and effectuating Word, after starting with warming-up and voice exercises by Narad.

Full Moon Gathering
Thursday 12, 7.15-8.15 pm in front of Sri Aurobindo’s statue
The Library and Digital Library are now located in the Main Building
The Reading Room is open Monday to Friday from 9 - 4.30
The Digital Library can be accessed on request Monday to Friday 9 - 12.30
Exhibitions, Main Building and Office are open Monday to Saturday 9-5

Everyone is welcome
Bamboo Centre Training Program for January – 2017

Auroville Bamboo Centre runs many workshops throughout the year for visitors who book and pay for the courses. We do have various conditions that we hope you’ll understand and agree to.

The importance of Bamboo as an Eco-friendly raw material capable of meeting many needs and is gaining global acceptance among many people. Being a natural gift to mankind, bamboo is very popular due to its multipurpose use, fast growth, easy propagation, soil binding properties and short gestation period. Each program will consist of learning inputs: theory, instruction, demonstration, and practical work.

The Auroville Bamboo Centre offers training to individuals and groups in:

- **Bamboo & Rammed Earth Workshop**
  2nd to 12th of January (10 days)

- **Hands on Craft Creative Workshop: Bamboo Jewelry**
  Every Thursday, Friday & Saturday of December - 9.30am to 12.30 pm - HANDS ON EXPERIENCE ON BAMBOO JEWELLERY

- **Bamboo Toys**
  Every Thursday, Friday & Saturday of October - 9.30 am to 12.30 pm - HANDS ON EXPERIENCE ON BAMBOO TOYS

- **Bamboo Musical Instruments**
  Every Thursday, Friday & Saturday of December - 9.30pm - HANDS ON EXPERIENCE ON BAMBOO MUSICAL INSTRUMENTS

Flexible training dates offered to groups
Contact: 0413-2623806, 2623394
bambooworkshop@auroville.org.in
www.aurovillebamboocentre.org
Contributions requested from guests/Volunteers, Volunteer reduction by advance application only.

Auroville & Kaluveli Bio-Region Experience Program for January 2017

**OPENING THE GATES TO THE VILLAGE**

**Feel** **Taste** **Hear** **Discover** **Experience**

**Village Tour**
Saturday 07/01, Saturday 21/01, Saturday 28/01
Meeting Point is the Lively Boutique, Kotakkarai plaza at 9.30 am (please bring your bike)
Come and enjoy the authentic village experience and celebrate cultural heritage!

**Cook like a local (Traditional) with local women**
Saturdays: 07/01, 21/01, 28/01,
Learn to make delicious local dishes and learn
Meeting Point is the Lively Boutique, Kotakkarai plaza at 9.30 am (please bring your bike). We will finish around 1:00 pm

**Cultural & Spiritual Experience**
Irumbai Legend Shiva temple Visit
Time: 11am to 12.30pm & 3.30pm - 5.00pm (Please bring your own vehicle)
Date: Special days Every Monday & Saturday but we will take whole week

**Marbling & Lampshade Hands on Experience**
Come and learn, and take one lampshade with you made out of paper
Timing: Every Thursday & Saturday from 02.00 pm to 04.30 pm

**Kolam Village Walk**
Spiritual and lively village experience for Women’s empowerment.
Timing: Every Friday from 6.00am to 7.30am

**Kolam Workshop**
Spiritual and lively village experience for Women’s empowerment.
Timing: Every Saturday from 11.00am to 12.30pm

**Thiruvakarai Wood Fossil**
An excursion into the park contains petrified woodfossils approximately 20 million years old, scattered throughout the park, which covers about 247 acres (100 ha).
Date: Every Friday, Time: 10am

**Auromandalam Kaluveli region weekend camping with local youth**
Date: Every Saturday
Time: 3pm till 12.30pm
Meeting point: 2.45pm at Lively Boutique, Kotakkarai Plaza.

- Begin in Perumukkal Mountain (Setup the tents on the top of mountain)
- Sunset meditation
- Bonfire with light music
- Stay in the mountain
- Take shower in the lake
- Discover the village of Munnur with ancient temple (Pottery Village)
- Visit a traditional family of potters who will demonstrate their craft
- Visit Salt landscape, Prawn farm, Wind turbine, Mangrove forest and Sand Dune
- Finish the day on the ocean side and meditate while the sun sets over the magnificent Kaluveli landscape.

Tour will only take place once a minimum of 5 bookings has been received. Transportation will be arranged according to the number of people.

**Coconut Fronds Weaving**
Come and learn how to weave Coconut fronds, the ancient art of weaving
Timing: Every Friday
from 9.00am to 10.30am

Please register for all the programs in advance by contacting: 0413 2623806, 2623394, or Mohanamprogram@auroville.org.in
Please visit: www.mohanam.org or www.harmonyvillagepromenade.weebly.com

Contributions requested from guests/Volunteers, Volunteer reduction by advance application only.

Give Time a Break: Discover Village Life!
**Vérité - January 2017:**

Phone: 0413 2622045 - Website: [www.verite.in](http://www.verite.in) - Email: [programming@verite.in](mailto:programming@verite.in) - Mobile: 7094104329

### Therapies - January 2017

For appointment: Phone 0413-2622606 Mobile 7094104329 [treatments@verite.in](mailto:treatments@verite.in)

<table>
<thead>
<tr>
<th>Facilitator</th>
<th>Therapies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andres Acosta</td>
<td>Traditional Thai Yoga Massage</td>
</tr>
<tr>
<td>Andres Lokuta</td>
<td>Chiropractic Adjustment and Energy Alignment with Acupuncture</td>
</tr>
<tr>
<td>Bebe</td>
<td>Chi Nei Tsang (Abdominal Massage)</td>
</tr>
<tr>
<td>Chetna</td>
<td>Neurofeedback Therapy</td>
</tr>
<tr>
<td>Christine</td>
<td>Neurolinguistic Programming &amp; Coaching Personal Development Session</td>
</tr>
<tr>
<td>Mar</td>
<td>Thai Yoga Massage</td>
</tr>
<tr>
<td>Mila</td>
<td>Craniosacral Therapy</td>
</tr>
<tr>
<td>Mugifumi</td>
<td>Seitai (Japanese traditional therapy)</td>
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</tbody>
</table>

### Classes - January 2017

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Iyengar Yoga</td>
<td>6.45 to 8 am</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Dance Offering</td>
<td>5 to 7 pm</td>
<td>Dariya</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Hatha Vinyasa Yoga (starts 10 Jan)</td>
<td>6.45 to 8 am</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Sivananda Yoga (starts 17 Jan)</td>
<td>9 to 10.30 am</td>
<td>Mimi</td>
</tr>
<tr>
<td></td>
<td>Iyengar Yoga</td>
<td>5 to 6.30 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Surya Soul - Spirit</td>
<td>5 to 6.30 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Iyengar Yoga</td>
<td>6.45 to 8 am</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Open Heart - Space Meditation (no class 12 Jan)</td>
<td>3 to 4.30 pm</td>
<td>Samrat</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga (starts 11 Jan)</td>
<td>5 to 6.30 pm</td>
<td>Andres</td>
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<tr>
<td></td>
<td>Somatic Explorations</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Hatha Vinyasa Yoga (starts 12 Jan)</td>
<td>6.45 to 8 am</td>
<td>Andres</td>
</tr>
<tr>
<td></td>
<td>Pranayama (only 5, 26 Jan)</td>
<td>6.45 to 8 am</td>
<td>Ananda</td>
</tr>
<tr>
<td></td>
<td>Sivananda Yoga (starts 12 Jan)</td>
<td>9 to 10.30 am</td>
<td>Mimi</td>
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<td></td>
<td>Pranayama</td>
<td>5.15 to 6.15 pm</td>
<td>Olesya</td>
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<td></td>
<td>Antigymnastique</td>
<td>5 to 6.30 pm</td>
<td>Francesca</td>
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<tr>
<td>Fridays</td>
<td>Iyengar Yoga</td>
<td>6.45 to 8 am</td>
<td>Olesya</td>
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<tr>
<td></td>
<td>Pilates</td>
<td>4 to 5 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td></td>
<td>Heart Energy Meditations</td>
<td>5 to 6 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td></td>
<td>Surya Soul - Soma</td>
<td>5.15 to 6.15 pm</td>
<td>Philippe</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Hatha Yoga Flow</td>
<td>6.45 to 8 am</td>
<td>Bebe</td>
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<tr>
<td></td>
<td>Iyengar Yoga</td>
<td>5 to 6 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Surya Soul - Spirit</td>
<td>5 to 6.30 pm</td>
<td>Philippe</td>
</tr>
</tbody>
</table>

### Workshops - January 2017

<table>
<thead>
<tr>
<th>Day &amp; Date</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri &amp; Sat, 6 &amp; 7 Jan</td>
<td>Pranayama Training (for all levels)</td>
<td>9 am to 4.30 pm</td>
<td>Ananda</td>
</tr>
<tr>
<td>Mon, 9 Jan</td>
<td>Somatics - an Introduction</td>
<td>9.30 am to 12.30 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td>Sat, 14 Jan</td>
<td>Fate or Choice (Family Constellations)</td>
<td>9 am to 4.45 pm</td>
<td>Yuval</td>
</tr>
<tr>
<td>Sat, 14 Jan</td>
<td>Consciousness as Medicine</td>
<td>9 am to 12.30 pm</td>
<td>Yogesh</td>
</tr>
<tr>
<td>Fri &amp; Sat, 27 &amp; 28 Jan</td>
<td>Yoga and Acupressure</td>
<td>9 am to 4.30 pm</td>
<td>Bebe and Andres</td>
</tr>
</tbody>
</table>

Please note: To support the work of the presenters and staff, we ask all participants to please come in time for all classes and workshops Contributions requested from guests/volunteers (volunteer reduction by advance application only)

**ARKA WELLNESS CENTER - JANUARY 2017**

Phone: 0413-2623799 / Website: [www.arka.org.in](http://www.arka.org.in)

**Internet facility is available in Arka: Monday to Saturday; 9:00 am to 4:30 pm**

### THERAPIES

<table>
<thead>
<tr>
<th>WHAT WE PROPOSE</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranio sacral, Lomi Lomi massage &amp; Bare foot body massage.</td>
<td>SILVANA by appointment 9047654157</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Body Logic, Soft Massage And Deep Tissue Massage</td>
<td>PEPE by appointment 9943410987</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage, Face Massage,</td>
<td>MEHA by appointment 9443635114</td>
<td>Monday to Saturday</td>
</tr>
</tbody>
</table>
Chinese Fire Cupping and Moxibustion Therapy | CHUN - by appointment 8098900708 | Monday to Friday
Yogic Healing Therapeutic Massage | BASU - by appointment 9443997568 or 9843567904 | Monday to Friday 8 to 9:30 am & 6:00 to 7:30 pm. Saturday & Sunday any time.
Deep core intensive massage | SUMIT by appointment 07839062169 | Monday to Saturday
Acupuncture | Dr.Mohammed Sahel - by Appointment - 9994208068 | Tuesday , Friday And Saturday
Psycho Spiritual Tarot, Deconditioning Self-Inquiry & Innervoice Dialogue | ANTARJOTHI - By appointment 0413-2623767 or Email : antarcalli@yahoo.fr | In English and also in French

**ARIA - BEAUTY PARLOR**

<table>
<thead>
<tr>
<th>WHAT WE PROPOSE</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna &amp; hair coloring.</td>
<td>MEHA by appointment 9443635114</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Hair Dressing</td>
<td>ONGKIE by appointment 9843930178</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Hair Dressing</td>
<td>MIMI by appointment-9489694626</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Hair dressing</td>
<td>YUVAL by appointment 763921546</td>
<td>Monday to Friday</td>
</tr>
</tbody>
</table>

**ARIA - REGULAR CLASSES**

<table>
<thead>
<tr>
<th>WHAT WE PROPOSE</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pilates Classes</td>
<td>TERESA - 7867998952</td>
<td>Tues, Wed, Thurs, Fri &amp; Saturday</td>
</tr>
<tr>
<td>Acro-yoga</td>
<td>DAMIEN - 9047722740</td>
<td>Saturday-Beginners class 8:15 am to 9:45am. Wednesday-Intermediate class at 4:00pm to 5:15 pm</td>
</tr>
<tr>
<td>Hatha yoga classes</td>
<td>BRIONY - 0704556011</td>
<td>Monday &amp; Wednesday at 8:00 am to 9:30 am. Thursday at5:00 pm to 6:00 pm.</td>
</tr>
<tr>
<td>Svastha yoga classes</td>
<td>JANI - 8531021586</td>
<td>Tuesday-5:00 to 6:00 pm. Friday-9:00 to 10:00 am.</td>
</tr>
</tbody>
</table>

**REGULAR EVENTS IN JANUARY**

- **Note from the editors**
  - The Regular Events column is published once a month.
  - Guest-houses are kindly requested to put this page up on their notice boards.
  - Kindly inform us of any changes/cancellation of your event, or if you want your regular event to be added to the listing

- **Online Auroville Events Calendar**
  - (no need to log in for guests! - just scroll down the page)
  - The schedule of events for the week can be accessed by all, including Guests and Visitors, on the Auronet login page: www.auroville.org.in

- **AcroYoga Class**: at Joy Community GH Hall, Centre Field. Thursday 4:30 to 6 pm. Contact 04132622584. Discount for Savi Registered Volunteers; donation for Aurovilians and Newcomers.

- **AcroYoga for Beginners**: Saturdays 8:15 to 9:45 am at Arka. - Partner flow: warming up with asanas and stretching with a partner - Inversions: flying and playing with partners. Damien 90 47 72 27 40

- **African Drumming Sessions**: The African Pavilion Team is happy to announce a series of drumming sessions that will take place every Thursday from 7 pm till 9 pm in the African Pavilion to fund raise the ongoing construction. Help support the project by joining the drumming circle around an inspiring fire. Enjoy the beat!

- **Aikido classes at the Auroville Budokan (Dehashakti): Beginners**: Monday and Wednesday evening 6.00 to 7.00 pm and Saturday morning 6.30 to 7.30 am (mixed levels). Advanced (morning classes): Tuesday - Thursday 6.00 to 7.30 am and mixed levels on Saturday 6.30 to 7.30 am. Please be at the Dojo/Budokan at least 15 min. before the class starts. Beginners may wear long loose pants & t-shirt with sleeves for the start (no tight fitting please), then a white “keikogi” will be required. Health Fund or private insurance necessary - Reasonable contribution required for the Dojo. For Children classes and more general info, please write to budokan@auroville.org.in or contact Surya: 0413-2623813 or 9655.4834.87 Our webpage: budokan.auroville.org/

- **Alcoholics Anonymous**: meeting (open) every Saturday 6pm, Centre Guesthouse (Merriam Hill Centre). Contact: Ingrid 9443843976 or Shankar 9442010573.

- **Argentine Tango**: Mondays: Beginners’ class 6.00pm to 7.00pm and intermediates 7 to 8 pm (!) New Creation Sports Resource Center, Kulilapalamay. Wednesdays: Practica (tango dance space open to all) 7.30pm @ Sawchu, Bharat Nivas. Fridays: ‘An hour to study’ 8.00pm @ Naturellement. For milongas or further information please contact: tango@auroville.org.in Bring socks or dance shoes.

- **Art & Yoga** with Asha: **Mondays, 5-6:30 pm**, **Sankalpa Art Center** (behind Pavilion of Tibetan Culture, International Zone). Explore breath, movement and energy in your body, while deepening self-awareness, balance and intuition. Our tools of understanding include the chakras, the Mother’s 12 qualities, colors, mandalas and sound. Asha (Aurovilian from Spain) weaves the wisdom of 35 years of healing and balancing practices into her offering. Her training and experience include Hatha yoga, Pranayama, Vinyasa, Tai Chi, and Qi-Yo Yoga, Naturopathy, Hypnotherapy, and Acupuncture Massage.

- **Astrology, its holistic approach**: Astrological Chart by Uma Giménez. You are welcome to call and fix an appointment at 0413-2623080 or 9443697972 (Surrender). The reading can be held in English, Spanish, French and Italian.

- **Authentic Tamil culture**: Meena, a Tamil Aurovilian, offers courses every Sunday morning to explore the beauty of the authentic Tamil Culture. **Meeting point**: **Courage Gate**. The course can be tailored to your choice including: 1. Cooking lessons, 2. How to make kolam, 3. How to wear a sari, 4. Henna design on hands and feet, 5. How to make flower garlands 6. Tailoring. If you are interested, please call Meena to talk about the details of your class and fix the time. During the day call: 9787702180, after 5 pm you may use the landline: 0413 2623263.

- **AVYA Auroville Youth Activities**: a brand new website presenting the regular Youth Activities available in Auroville: youthactivities.auroville.org.in. The primary goal is to provide the Auroville community (especially children/parents), with an organized and simple overview to become aware of the Activities
available in Auroville, for the AV Youth. If you wish to add your
to the website, kindly send your contact details (sport, name, phone number, email) to
youthactivities@auroville.org.in.

Buddha Garden Activities: 1) Introductory tour: every Monday at 10.00 am until lunch time. For further details contact Priya: priya@auroville.org.in. 2) Demonstration vegetable garden: at the back of the Visitors Centre. Come and help us every Tuesday 4.30 - 5.30 pm. Meet at the Visitor's Centre back entrance at 4.30 pm and ask for Spirios (8531919324). 3) Adventures in Cooking and Eating: every Thursday at Buddha Garden, starting at 10.30 am and finishing with lunch. For further details contact Sivakala 9585975292

Capoeira (Ginga Saroba Group): Join our Capoeira family! Classes open to all levels, led by Prof. Samuka da India and his students ● ADULTS -> Monday: 5.15 PM - Bharat Nivas (Sawchu) | Tuesday & Thursday: 6.00 PM - Deepanam | Wednesday & Friday: 7.00 AM - Town Hall (Plaza) ● KIDS -> Monday & Friday: 1.15 PM - Deepanam School - Contact us prior bringing a new kid ● CONTACT -> 9488328435 (Prof. Samuka) | info@ginga-saroba.com | www.ginga-saroba.com

Capoeira (Grupo Gingado Capoeira): Monday 6-7:30 pm @ Bamboo Land (Near Imagination) / Friday 6-7:30 pm @ New Creation dance studio / Saturday 11am-12:30pm Music Class @ Bamboo Land (near Imagination). Classes led by Instructor Camaleao (Jeremy) with over 20 years of Capoeira experience. Axe! For more info visit: www.gingadocapoeira.in / info@gingadocapoeira.in / 9489322615.

Chinese fire cupping / Moxibustion Therapy: Fire cupping (火罐) and Moxibustion (艾灸) are both ancient therapies based on TCM theory. They can remove one’s blockage and accumulated toxin from deep inside the body as well as improving your immune system, effective in acute and chronic internal organ disorders such as pain, stiffness, fever, chill, cough, wheeze, nausea and vomiting etc... By appointment only: Chun - 80989-00708 / chun@auroville.org.in

Clay classes for children and adults: with Saraswati and Anna. Please mail to aurokatsrusa@gmail.com for details. Regards Saraswati 9787571633

Community Permaculture Gardens: We meet every Wednesday at 3:30 to 5 pm at the Town Hall permaculture site to manage the gardens and to learn more about permaculture and local food. (9843931926)

Creativity – Life Drawing Circle: Time: Tuesdays, 5.30pm to 7.30pm. Venue: Creativity Atelier. Creativity Community: Fees: None, FREE. All are welcome to immerse themselves in our intense and inspiring session of life drawing. The idea is to explore one's creative self in a friendly and fun environment. This is not an instruction based class. A model and basic drawing materials will be arranged for.

It is free, but we seek your generous donation to maintain the well-endowed studio and sustain the enriching experience. We also welcome those who would like to model for our artists. For more information or to book yourself, please contact Lakshay on 9810052574. Cheers!

Dance Fitness: classes have started again in New Creation with Elodie. Tuesday and Friday from 5pm until 6pm. If you want to have fun and be active see you there!

Dance Offering: Listening-Allowing-Unfolding-Celebrating-Offering. Welcome to weekly gatherings. To listen deeply to your body, allow life to express itself uniquely and unfold through movement, to celebrate together and offer the fruits of our practices. Free-authentic dance and contact improvisation. MONDAYS, 5 - 7 pm, in Verité.

Eco Femme open session: Eco Femme welcomes you on every Wednesdays from 10 am to 11am for a small talk about our work, sustainable menstrual products and menstruation experiences. Contact number: 9487179556

Feminine dance for all women; in Cripa, Kalabhum: Tuesdays at 4pm. An additional class is held by Priscila on Fridays at 7:15 am. Feminine Dance has historically been a mystical art, a dynamic method to experience the energies of the Universe. We will create an opportunity to reconnect joyfully to our body, reawaken the flow of feminine energy, move to the living pulse of life and have fun in the loving presence of other women. Bring comfortable dance clothes. A flowing skirt and hip scarf are recommended. galit@auroville.org.in

Flamenco In Cripa Every Wednesday: From 3:15 to 4:45 pm. We will practice the flamenco position and attitude for dancing, the movements of hands, arms, body, legs and foot. We will listen to flamenco music to understand the roots of this dance. We will create a flamenco choreography. Come and enjoy with us, Flamenco team.

Foot reflexology: A massage that applies pressure to the feet with the thumb, fingers, and hand techniques. Approx. 60 min. Call 9843948288 or email vilkram@auroville.org.in for an appointment.

French classes at Savitri Bhavan, House of Mother’s Agenda: French classes at House of Mother’s Agenda, every Monday and Friday from 5 pm to 6 pm.

From the Food Lab: Horizon. (In front of Sve-dame). Mon., Tues., Thurs. 4.00 to 6.00pm. Call Lorenzo before coming at 09443362274. All relevant information after the effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic immunopharmacology is available.

Heartbeats - Dance Therapy with Julie. (Resumes Jan 19th) Thursdays from 5-6:30 pm, Sankalpa Art Center (behind Pavilion of Tibetan Culture, International Zone). Come explore your inner rhythm and move to the beat of your heart. Be guided through movements and music that will bare your soul while letting go of dancing to impress, instead dancing to express. Julie facilitates private coaching and dance therapy sessions, workshops and retreats across the world, combining her strategy consulting background with a passion for yoga, dance and meditation.

Hiphop classes: New in New Creation Dance Studio! By Vijay, for young students from 8-18 years Tuesdays from 6-7pm. Saturdays from 4-5pm.

Improvisation Theatre Workshop: Every 1st THURSDAY of the month, in French, 4:30pm in LILALOKA (opposite new Last School building) – and EVERY FRIDAY in English, 4.30pm at SAWCHU (Bharat Nivas). - For all and everybody! Contact: Véronique: 948 85 12 678 - Emanuelle: 994 39 70 834. We share a lot of improv's exercises and collective games. Please come and have fun together!

Leela, the Game of the Self Knowledge (a 2000 years old game!): Come and play the Game of your Life! Sundays, 9.30am to 12.30 (above 15 years old), in SVEDAME, at the Butterfly Barn. English, Spanish, French, Italian, German and Russian versions all available. Contribution kindly asked. Always better to call before to confirm, please contact: Veronique J. 948 85 12 678 www.leelathegame.blogspot.in

Life Coaching: Using awareness, visualization & imagination techniques, life coaching is very useful in period of changes and doubts in order to get in contact with your intuitive self and find the creative and dynamic thread of your life again. For appointment contact Pitanga: 2622403 or Vani: 9488818072/ vani@auroville.org.in / Reiki and Reflexology courses possible on request

Lilaloka Open Day: Every Wednesday from 4 to 6 pm, Lilaloka offers an open day for kids, adults and whoever wants to know more about the project and what's happening. There will be activities organized like Landscaping, Fairy gardens, Labyrinth... You can also simply sit and enjoy the atmosphere, talk, read about Lilaloka... Looking forward to see you :-)! Lilaloka's team - (see updates on Facebook)

Mandala & Meditation: Daily practice from 4:30 to 5 pm, at Art Cart (VC) on Tuesdays/Fridays, Sankalpa Art Center on Mondays/Wednesdays/Thursdays. A simple co-creation and contemplation practice, bringing awareness within community through metaphor of an impermanent artform. Open to all.

Meditation for Peace and Healing: Join us from 5:00 to 5:45pm every Thursday around the Peace Table at the Unity Pavilion to build and hold a Collective Space for Healing and Peace. Please offer your Presence to help in this collective experiment, whether you need healing yourself or simply want to support others in their healing and well-being.

Mixed Martial Arts: We train together in MMA and Grappling (Brazilian Jiu Jitsu and Sambo), Venue: Dehashakti Gymnasium.
When: Every Monday, 5:30 to 7:00 pm. Starting from the age of 15, I can teach only 13 persons per lesson, so be regular and punctual. No zip, no jewelry, not dirty or sweaty clothes. Short nails. Clean feet. Please stay at home if you are sick / you have open wounds or infections or skin diseases. Aurovilians and newcomers: free contribution; fees apply for Volunteers and Guests. See you in the fray, Contact Giacomo: 9487304778 giacomocasanova@auroville.org.in

Nada Yoga: Tuesdays 2 to 4pm - In Creativity hall of light. Nada Yoga or Yoga of Sound teaches us to perceive sounds in different parts of the body that are connected to the central energetic channel. These ancient Yoga techniques re-align the energy flow and give peace and quiet serenity. In addition to these techniques, during the classes we will also learn many devotional songs. Contact Anshini: 9487544184. She has been a perpetual student of Nada Yoga for 14 years and has been teaching it for 5 years.


Odissi & Semi-Classic Bollywood Dance Class With Tejas: Private Dance Classes at the Shakti Dance School in Felicity. Learn grace, discipline, and the beautiful temple dance of east India. +91-8489747222, tejas@shaktidancetroupe.com

OM Choir: “The voice that chants is the creator Fire./The symbolled OM, the great assenting Word” Every Tuesday at Savitri Bhavan, 5:45/6:00pm and at the OM Choir in the Ashram School, opposite the Ashram Entrance, Pondicherry, Fridays at 7:00pm.

Pitchandikulam Forest - Nature Walks: Fridays at 4 pm. In January, only on Jan 20th and 27th. Led by our resident wildlife expert, Dr. Bubesh Guptha, we walk through Pitchandikulam Forest to identify birds, insects and other wildlife, and to talk about birding habits and their environment. We invite you to come and enjoy this unique forest sanctuary! Meeting place: At the bike parking place inside Pitchandikulam Forest. Please do not bring larger vehicles inside the forest gate. The walk will start promptly at 4 pm. If you have binoculars, please bring them, but this is not essential. The walk will last for about an hour. Free for all; registration is required as numbers are limited. To register, please email: pitchandikulam.outreach@auroville.org.in or call 8489818523.

Donations to help us continue our work are warmly welcomed.

Pilates with Savitri: at New Creation Dance Studio on Mondays at 5pm, basic level on Tuesdays at 7.30am, intermediate level on Saturdays at 7.30 am, intermediate level.

Pilates with Teresa: At Arka. TUESDAY 7.45 and 10am - WEDNESDAY 5.30pm - THURSDAY 7.45am and 10am - FRIDAY 5.30pm - SATURDAY 10am. Teresa 7867998952

“Prana Vashya” Asana Yoga: at Joy Community Guesthouse Hall, Center Field. Every Monday, Wednesday & Friday 4.30 to 6 pm. Contact: 0413-2622584/9442238120. This practice is a sixty asana sequence focusing on the development of strength with flexibility. The breath remains the key for practice throughout the series and the practitioner focuses on maintaining continuity in the breath and movements during the whole practice. Drop in class, fixed contribution for locals (50% discount for under 30 with ID proof), free donation for AVs, NCS & long-term volunteers (with SAVI registration proof).

Pregnancy Classes: We hold a space for pregnant mothers to share information and work on reflecting on pregnancy and moving from emotional blockages, getting advice to overcome difficulties, fears & doubts about birth and bringing more joy into the birthing journey. Time and place will be determined by mutual availability of the pregnant mothers and Ally. For more information please contact: ally@auroville.org.in, Allissor

Psycho-spiritual work, tarot and other sessions: To bring more clarity and freedom on life issues where there was confusion and entanglement in order to allow new steps in life. Tarot, deconditioning self-inquiry, “inner personalities” discovery and balancing, guided meditation and other tools...by Antarjyoti in English or French, tel(land): 0413-262 37 67 or email: antarcall@yahoo.fr

Réception Francophone: Tous les mardis de 17:00 à 18:30 à La Terrasse, en haut de la Cuisine Solaire, Ananda et Michiko sont à la disposition des visiteurs francophones qui voudraient poser des questions sur Auroville. Les Aurovilians et Newcomers francophones peuvent aussi participer.

Restorative Circles (RC): workshops, practice groups, calling a life Circle, and other questions. Contact Laura: 9442788016, restorative@auroville.org.in, jovilivinglearning@gmail.com, www.facebook.com/RestorativeAuroville

Salsa in CRIPA: Salsa dance class led by Vijay, followed by practice time. Every Tuesday 6pm-7:30pm. At CRIPA in Kalabhumi. Open to all: Aurovilians, Volunteers, Newcomers, and Guests! (on condition)

Sankaipa Art Cart (parked on the Visitor’s Center stage, next to cafetera) Tuesdays and Fridays from 4-6 pm, Wednesdays from 10 am-12 pm. An open and welcoming space for creative expression and connection through various media, for all ages and no art experience necessary.

Sanskrit Mantras: at Joy Community GH Hall, Centre Field. Drop in classes on Thursday at 6:15 to 7:15pm; and Regular Classes on Friday from 6:15 to 7:15pm. Chanting Mantra is performing an ancient prayer. Through the harmonic rhythm, repetition and participation in the chant, the mind gains clarity, the ability to concentrate increases and a person becomes more tranquil. Through daily chanting the mind gains qualities which are essential for students of Yoga & Spiritual Scriptures. The specific pitches and rules of intonation and syllabic length will be learned in these classes in the traditional way.

Satsang: a sharing for spiritual upliftment; Savitri Bhavan, Saturdays 5-6:30 pm

Sketchers’ Club: outdoor sketching event every Saturday, each time at a new location in and around Auroville, from 4 pm until sundown. The main purpose of starting this club is to enjoy the activity with fellow sketchers to observe and draw the location. If you enjoy the idea of being in the open, record the reality as you see it, you’re welcome to join us! Note: This is not a teaching session. Bring your own preferred drawing medium, sketchpad… and whatever you need to enjoy! Love, Lokshoy / 9810025774.

Skyworks: Tree Climbing Workshops: RECREATIONAL. You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome. ADVANCED You want to learn the ropes and get off the ground. During class we teach both the double and single ropes techniques plus demonstrate many of the new climbing devices available. You will learn to install the ropes in the trees, tie and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders. For conditions/appointment call Satyaji 8531033545

Solitude Farm activities:
- Community garden at Town Hall - Meet at the gardens near Cinema Paradiso on Wednesdays at 3:30 pm
- Permaculture workshop to learn various methods of natural farming - Saturdays 9am (please book ahead, call Shachi 98200 92126)
- Weekly farm tour with Krishna - Saturdays 11:30am
- Cooking workshop to learn how to use local, traditional ingredients and their nutritional benefits - Saturdays 3pm
- Volunteers welcome! Drop by to visit or call Shachi 98200 92126

Somatic Explorations with Maggie - every Wednesday from 5-6pm in Vértél Hall. A gentle, easy and effective way to gain more ease in the body, better posture, flexibility, coordination, wellness, and balance, resulting in a decrease of the aches and pains commonly attributed to stress, injury and aging. Open to all, for further info call 94866 23465

Sound Bath - Unity Journey: Take a shower of soothing waves & vibrations. Every Wednesday 5.30- 6.30 pm in Unity Pavilion. Aurelio & team will create and share an experiential space of deep relaxation through a basic tuning process and an exposure to the soothing waves and vibrations of pure acoustic instruments. Gongs,
belts, chimes, strings and diverse new & archaic sound sources will invite listeners to a sound journey through inner landscapes and synesthetic contemplation towards a Unity experience. Contact 0413-2622220. - svaram@aurville.org.in - www.svaram.org

Sound Therapy and Exploration in the Body for Self-Healing: Harmonizing and restoring healing sessions through the magic of the sounds from a specially designed sound bed and other music instruments that enhance the self-healing powers of your being...The aim is to put you in a state of relaxation which enables you to see or feel yourself deeply according to your own awareness. In addition to the sound journey, you will be guided through your body to explore new dimensions which has an action and will affect the 3 levels: Physical, Energetical and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnection with the Being. Of emergency I may help releasing sciatica pain ("Ichsias" in German). To book your appointment, please call Isha at: (0413) 2622192 / (+91) 99433 05092

South Indian Classical Dance (Bharatnatyam): Bharatnatyam dance classes offer by Bharatnatyam Dance classes offered for beginners. Weekly twice. The classes are offered for children and adults. If you are interested please contact me after 4pm on my mobile S.Caver:7598368514

Spanish Tertulia: A gathering for cultural exchange, every Friday from 4pm to 6pm at La Terrace. We welcome anyone interested in Spanish culture and those who practice colloquial language.

Spiritual coaching with Sitaru: tools: Bach flowers, mandala and affirmation work, spontaneous writing, hypnosis, meditation, visualization and yoga. For appointment contact Sitaru 9751798408 tara@aurville.org.in

Spontaneous Singing with Antoine: Creativity - Hall of Light Every Wednesday, 5 pm - 6:30 pm. Max 10 people - Please come on time 8940740529.

Svastha Yoga in Arka: Svastha Yoga, a holistic non-standardized yoga practice & teaching methodology as taught by Sri T Krishnamacharya. Gentle classes accessible to a broad spectrum of students, adapted to individual needs & abilities. Jani is a long-standing student of AG Mohan & Indra Mohan, Svastha Yoga & Ayurveda Chennai. Tuesday: 5:00 - 6:00 pm and Friday: 9:00 - 10:00 am / Individual classes also available. Contact details: C Jani / Cell: 8531-021586 / Email: cjani4@gmail.com

Tamil Literary Classes and Craft Lessons: Ilaignarkal Education Center organizes Tamil Literary Classes every Thursday evening 5 pm - 6 pm. Regular attendance is appreciated. Lectures by professors in Tamil Literature, History and Culture are opened to students, adapted to individual needs & abilities. Contact us to organize classes according to your schedule. Phone No: (0413) 2623 773. Email: tamil@aurville.org.in, R. Meenakshi ( Ilaignarkal Education Centre)

Tai Chi Hall @ Sharnga: Monday 7.30am-9am Chi and 24-form; Tuesday 7.30am-8.30am 24 form; Wednesday 7.30am-8.30 am 127 form; Thursday 7.30am-8.30am 108 form; Friday 7.30am-8.30am 108 form; Saturday 7.30am-8.30am 127 form. Please note: NO regular classes from January 12 to January 18.

Tea Gathering: Experience and learn the East Asian way of drinking tea - The art of sharing jasmin tea through a cup of tea with your friends will change your perspective towards tea - Every Saturday 2 pm to 5 pm. Booking is required. Approx. 1 hour for each session, please choose your time slot. Book at: 7688259180 / 04132622192 / 04132623918 / francesco@gelatofactory.in, Venue: Gelato Factory main Auroville road (near Auroville Bakery and Farm Fresh), Kulapalayam [www.artfood.org]

Thai Yoga Massage: Joy Community GH Hall, Centre Field. Wednesday and Friday from 10:30am to 12. Thai Massage is an ancient healing system combining rhythmic acupressure, body rocking and deep assisted stretches to relieve muscular tension and more energy to be carried throughout the body. (the receiver wears loose comfortable clothing and lies on a firm mattress on the floor) Call Joy GH at 04132622584 or 9442328120 or email joycommunity@aurville.org.in for appointment.

Tibetan Dinner and Dance: On Wednesday at the Pavilion of Tibetan Culture – International Zone. We would like to relate these Wednesday happenings with our concept of celebrating White Wednesday. Advance reservation needed for the lunch and for the dinner. For more information call Namgay or Kalsang at Pavilion of Tibetan Culture. Phone number 0413-2622401 or email kalsang@aurville.org.in.

Ultimate Frisbee: Monday, Wednesday and Saturday at the Gaia Sports Field 4.30 pm to sundown (turn left before Gaia community gate). Helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; with patience & teamwork and Spirit of the Game. Bring running shoes if you have them. Contact avultimate@aurville.org.in with any questions or just come ready to play!

Up Cycling Studio: Make your LFA cushion at Up cycling Studio. You will Up cycle PVC and have one cushion free. Every Saturday, from 10:00 am, Up cycling studio will conduct workshops for the composting of Cushion. If you need more detail, please contact OK: 9344002972 or email okjeonglee@gmail.com. Call for info about new workshops happening!

Vedic Astrology: Chart reading and interpretation. Call 9843948288 or email vikram@aurville.org.in for an appointment.

Veena Musical Classes: As one of India's most ancient string instruments, the veena's origin can be traced back to the ancient yazh, which was similar to the Grecian harp. Bharata, in his Natya Shastra, explains the theory of the 22 strings in an octave with the help of two experimental veena's.Kaanchi Kaama Kodi Aasthna Vithvaan Thiru Ravi (Ravi for short) conducts regular veena musical classes for everyone at Yatra Arts Foundation, near New Creation sports ground. Come and learn an ancient art form in pleasant and friendly surroundings. Who: Everyone! Children & Adults. When: Every Friday evening from 5pm to 7pm. Contact: 0413- 2623071 / 9786772209

Vocal coaching and Sacred Chanting: We will explore and learn how to develop your vocal instrument. The second part of the class will be dedicated to : learning Mantras, Kirtans and Bajhans. (devotional and peace songs). Mondays From 2pm to 4pm at Creativity at hall of light. Contact Hansini 9487554418.

Women Temple: In Sve-dame, Butterfly Barn - next one is on Wednesday, 11 January - (door opens at 6.45 & we start together on time!). In the temple group we explore, worship and celebrate our feminine power through meditation, movement, touch, introspection, beauty and wisdom of sisterhood. The space we create together and the exercises help us towards soulful connections - we meet behind our personal stories. Welcome to bring a friend and a flower or two! (no registration needed). Please park outside the community gate!

Women's Circles: Every NEW MOON we gather to honor sacred menstruation in atmosphere of RED TENT: 29th Jan, 28th Feb, 29th March, 28th April and 28th May 2017 and on FULL MOON to connect to your fullest potential: 13th Jan, 11th Feb, 13th March, 11th Apr, 11th May 2017 at 7:15-9:30pm in Terra Soul in Windarra farm. Please park in front of Windarra farm and follow the candle light. For more details and registration call Prem Shakti 9489244823.

Yoga classes - traditional style: Classes will restart from 3rd January at sharnga GH (yoga hall) with Christine P. on Monday/ Tuesday/ Thursday from 4:30 to 6 pm. Guest can drop in. For Auckland and New Zealand registration must be done by mail previously. Registration & info: contact@aurville-holistic.com, Christine: 9489805493 / www.aurville-holistic.com

Youth Entertainment Program presents the YEPweek: a program especially designed for guest kids, to enjoy their stay, and discover Auroville. We will take them from place to place, where the kids will participate in various activities facilitated by Aurovilians. This program (Monday to Friday, 8:30 am to 12:30 pm) offers a good balance between various creative activities and free playing time. Joyfully, Yep Team (+91-9626565134)

The Youth Center Pizza Nights are on Fire! And so is the fire in your wood oven, so when Saturday evening 7:00 pm comes around, get your chappals on and kick your bike to life (or jump on your cycle), follow your nose and you’ll end up at the right place! We have pizzaiolos rolling out doughs by the second and a precisely highly trained group of hands sprinkling the pizzas with all kinds of toppings and tasty Auroville cheeses. And lots more, so see you there!
ACCESSIBLE AUROVILLE PUBLIC BUS – JANUARY 2017

We remind you that the bus is Accessible to All, it means that everybody will be able to use it. People who have no physical problems, wheelchair users, mothers with buggies, people with temporary or permanently reduced mobility included. The differently able residents and guests who want to use the bus must call us one day or one hour in advance and they will be picked up at their communities.

For those who would like to contribute more to support the Accessible Auroville Public Bus here is the account number 251675 - With Gratitude, AV Bus Team (- Email contact: avbus@auroville.org.in)

**F I L M S**

CINEMA - Bharat Nivas - AUDITORIUM

(Film starts at 7:45 pm SHARP!)

- Reminder: Friday 30 DECEMBER “HUGO” by Martin Scorsese, USA, UK, 2011 - preceded by short film “ASMAD”.

- Friday 6 JANUARY - 7:45 PM (sharp!)

"LA REVOLUTION FRANCAISE - THE FRENCH REVOLUTION"

(THE YEARS OF HOPE)

Directed by Robert Enrico, France, Italy, Germany... - 1989

**With:** Klaus Maria Brandauer, Andrzej Seweryn, Jean-François Balmer, François Cluzet, Peter Ustinov, Jane Seymour, ...

**Synopsis:** This film regroups the events from 1789 until August 10, 1792 when the King Louis XVI lost all his authority and was put in prison. Danton and Robespierre envision and organize the events: the taking of La Bastille, the Pledge at the Jeu de Paume, the Human Rights Declaration, the birth of the French national anthem, La Marseillaise... So many events that marked the Années Lumière (the Bright Years or Years of Hope) from 1789 to 1792, between fury and blood, rebellion and freedom... The film was produced in 1989 to accompany the celebrations of the bicentenary of the French Revolution. The wonderful Hymn to Freedom (Lyrics and music by G. Delerue) at the end credits is sung by Jessye Norman - do not leave before hearing it...

Original French version with English subtitles
- Duration 2h.45”

**L’HOMME APRÈS L’HOMME**

A powerful introduction to Sri Aurobindo's and Mother’s evolutionary Action

2 filmed interviews with Satprem and Sujata:

“Le Chemin vers l’Intérieur - The Way toward the Within” - 1981 - 30mins

"L’Homme après l’homme - Man after man” - 1981 - 1h00

Both films will be shown in the original French version with English subtitles.

Every Monday from 02/01 to 27/02/2017 at 4:30 pm
At Cinema Paradiso (MMC Auditorium) - Town hall

**WEEKLY INDIAN FILM**

KADAMBARI

Time: 7:45 pm
Date: 5th Jan 2017, Thursday
Venue: Bhavishyate, Bharat Nivas
Director: Suman Ghosh
Duration: 1hr27 min

This is a biopic of Kadambari Devi, the sister-in-law of Rabindranath Tagore, and daughter-in-law of Debendranath Tagore. She inspired young Rabindranath in composing many of his poems and songs. The director captured these details, and specially the relationship between Kadambari and Rabindranath in this film.

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THE ECO FILM CLUB

Sadhana Forest, January 6th Friday.

Schedule of Events:
16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour
16:30 Tour of Sadhana Forest
18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club
18:30 Eco Film Club begins with "previews" of short Sadhana Forest films

20:00 Dinner is served
21:30 Free bus from Sadhana Forest back to Solar Kitchen
Before the movie, at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film you are welcome to join us for a free 100% vegan organic dinner!!

A Simpler Way: Crisis as Opportunity
78mins / English / 2016 / Directed by Jordan Osmond and Samuel Alexander
A documentary that takes us to Gippsland, Australia, where residents have fully embraced the notion of a simpler existence far from the maddening crowds and stress-inducing cityscapes. Part of a 12-month experiment known as The Simpler Way Project, the inhabitants of this community all share a common commitment to social change and environmental preservation. Throughout the year the group build tiny houses, plant veggie gardens, practice simple living, and discover the challenges of living in community. The film features interviews with David Holmgren (co-originator of permaculture), Nicole Foss (The Automatic Earth), Helena Norberg-Hodge (Local Futures), Ted Trainer (Simplicity Institute), and many more.

(Reminder: Friday- December 30th- Sound City)

**The News&Notes is available for all to download from the Auroville website at [http://www.auroville.org/contents/186**

**Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm)**

The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material: Material (no pdf files, please) may be sent (in English only) to the N&N email address (below)

No poster (unless special order for a full page) - please send the photo and text separately for the event.

NB: Messages with large attachments (more than 1 MB) will not reach our inbox.

Please try your best to send your announcements, reports, film schedules whenever they are ready.

The Tuesday deadline (5pm) 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 and reports need to reach us by Tuesday noon.

Visiting hours: Mondays, Tuesdays 9am to 11.45am and 1pm to 3pm; No visitors on Wednesday.

Soft Version: We encourage you to ask us for a soft version of News&Notes to be sent directly to your own email address. First, it saves trees, petrol, money (Rs 20,000 monthly are spent on purchasing paper only), and labor (more than 900 copies are printed every week). Secondly, we send your soft copy as a PDF file (with full colors and clickable links) on Thursday latest, so 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 0413-2622133 if you want to give it a try.

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: 0413-2622133, email: newsandnotes@auroville.org.in

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**AT SAVITRI BHAVAN**

Monday, 2nd of January 2017 at 6:30 pm
“AUROVILLE - THE CITY THE EARTH NEEDS”

Sri Aurobindo writes in the ‘Life Divine’: “At present mankind is undergoing an evolutionary crisis in which is concealed a choice of its destiny.” And the crisis is so big now and so obvious with the pollution, the corruption, the collapse of banks. And the question is: How do we deal with it? What can we do about it?

The answer and the key is within, a change of consciousness, a change to a new being. We have to become something else. Auroville is the place on Earth dedicated to this transformation. Aurovilians are speaking about how they are living the call.

An important orientation for Auroville is The Mother’s “Dream”:

“There should be somewhere upon earth, a place that no nation could claim as its sole property, a place where all human beings of goodwill, sincere in their aspiration, could live freely as citizens of the world, obeying one single authority, that of the supreme Truth; a place of peace, concord, harmony, where all the fighting instincts of man would be used exclusively to conquer the causes of his suffering and misery....”

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at (0413) 2677682 or 2677683 or sadhanaforest@auroville.org.in / Or visit us online: http://sadhanaforest.org / https://facebook.com/sadhanaforest

The film was produced for Educational Purpose in 2014. Duration: 40min

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**The News&Notes is available for all to download from the Auroville website at [http://www.auroville.org/contents/186**
Indian - Monday 2 January, 8:00 pm:
- **AE DIL HAI MUSHKIL (This Heart is Complicated)**
  India, 2016, Writer-Dir. Karan Johar w/Ashwarya Rai Bachchan, Ranbir Kapoor, Anushka Sharma, and others, Drama, 158 mins, Hindi w/ English subtitles, Rated: NR (R)

Ayan Sanger meets Alizeh Khan at a party. Each already have other partners - with whom they soon break up - but only remain 'friends' with each other. However, Ayan finds a soul mate in Alizeh - but the feeling is not reciprocated. Ayan moves on and has a relationship with Saba a poet, a divorcee, and single independent woman several years older. Being with Saba Ayan realizes Alizeh’s value in his life, irrespective of their relationship status. While both Bollywood and Hollywood, in their own ways, traditionally enshrine monogamous relations as their ideal, this film uniquely deals with promiscuity in the lifestyles of the young. A first in Indian mainstream film. A worthwhile watch for its effort to bring in diversity of themes.

German - Tuesday 3 January, 8:00 pm:
- **HONIG IM KOPF (Head full of Honey)**
  Germany, 2014, Dir. Til Schweiger & Lars Gmeihling w/Pasquale Aleardi, Marco Boriero, Alexa Brunme, and others, Comedy-Family, 139 mins, German w/ English subtitles, Rated: NR Before Tilda's parents can put her beloved grandfather in an old people's home due to his progressing Alzheimer disease, she takes him on one last adventure that subliminally threatens to tear her family apart.

Interesting - Wednesday 4 January, 8:00 pm:
- **THE VIENNA WERKUNDSDIETLUNG (Forms in Relation to Life)**
  Austria, 2014, Dir. Heidrun Holzfeind w/Elsabeth Gaiser, Angelika Grasmuck, Raimund Heinz, and others, Documentary, 60mins, German w/ English subtitles, Rated: NR

In his text “Harmony in the art of building” published in 1932 Oskar Strnad speaks of ‘the harmony between nature and geometric forms’. About 80yrs back 32 Austrian and international architects were invited by Josef Frank to build one and two family homes for this model housing estate in Vienna’s 13th district. The aim was to create comfortable and cost-efficient housing within minimal space, as an alternative to the superblock structures the city built at the time. The majority of the houses were rented through the affordable housing program by the city of Vienna. The film looks at the project 80yrs later - what ideas were fulfilled and which ones failed, how the residents have adapted the houses to their own needs, how they deal with the minimal living space. It is a loose collection of the various characters, stories and lives in the estate. Film director of the film will be present in person for a brief Q&A at the end.

French - Thursday 5 January, 8:00 pm:
- **CHOCOLAT (Chocolat)**
  France, 2016, Dir. Roschdy Zem w/ Omar Sy, James Thierrée, and others, Drama-Biography, 120 mins, French WITH ENGLISH SUBTITLES, Rated: G

From circus to theater, from anonymity to fame, the incredible destiny of Chocolate, the clown, first black artist on the small screen, is explored. The duo he is forming with Tooti will be an immense success. This film tells the amazing story.

International - Saturday 7 January, 8:00 pm:
- **A BIGGER SPLASH**
  Italy, 2015, Dir. Luca Guadagnino, w/ Tilda Swinton, Matthias Schoenaerts, Ralph Fiennes, 125 min., Drama-Thriller, English-Italian w/ English subtitles, Rated: R

Rock legend Marianne Lane is recuperating on the volcanic island of Pantelleria with her partner Paul when iconoclast record producer and old flame Harry unexpectedly arrives with his daughter Penelope and interrupts their holiday, bringing with him an A-bomb blast of delirious nostalgia from which there can be no rescue. A Bigger Splash is a sensuous portrait of laughter, desire, and rock and roll detonating into danger for everyone involved, under the Mediterranean sun.

Children's Film - Sunday 8 January, 4:30pm
- **ALICE THROUGH THE LOOKING GLASS**
  USA, 2016, Dir. James Bobin, w/ Johnny Depp, Mia Wasikowska, Helena Bonham Carter and others, Fantasy, 113mins, English w/ English subtitles, Rated: PG

Alice returns to the whimsical world of Wonderland and travels back in time to help the Mad Hatter.

FRANCOIS TRUFFAULT Film Festival @ Ciné-Club

One of the defining films of the French New Wave, it displays many of the characteristic traits of the movement. Written by Truffaut and Marcel Moussy, the films are about Antoine Doinel, a misunderstood adolescent in Paris who is considered to be a troublemaker by his parents and teachers. Filmed on location in Paris and Honfleur, it is a series of five films in which Jean-Pierre Léaud plays the semi-autobiographical character.

Ciné-Club - Sunday 8 January, 8:00 pm:
- **LES 400 COUPS (The 400 Blows)**
  France, 1959, Dir. Francois Truffaut w/Jean-Pierre Léaud, Albert Remy, Claire Maurier and others, Drama-Crime, 99mins, French w/English subtitles, Rated: PG

One of the most intensely touching stories ever made about a young adolescent. Inspired by director’s own early life, it shows a resourceful boy growing up in Paris and apparently dashing headlong into a life of crime. From the introductory sequence, which takes the viewer in an automobile through middle-class quarters of Paris in the shadow of the Eiffel Tower, while a curiously rollicking yet plaintive musical score plays on, one gets an impression of being personally involved as an observer, if not participant, in the small joys and sorrows of the boy.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. **We appreciate your continued support. Pl make a contribution to “Cinema Paradiso” account (#105106) at the Financial Service.**

Thanking You,
MMC/CP Group
Account# 105106, mmcauditorium@auroville.org.in

Auroville Emergency Contact Numbers - Save them in your phone now!
- Auroville Safety and Security Team: 9443090107 - 9443362691 (Email: avsecurity@auroville.org.in)
- Ambulance: Auroville: 9442224680 - Pims: 0413-2656271
- Farewell: mobile number: 8903836246. reachable 24/7.

Cinema Paradiso
Multimedia Center (MMC) Auditorium

Film program 2 January 2017 to 8 January 2017
CRIPA JAZZ NIGHT

Sid Jacobs - guitar
& Matt Littlewood trio
Holger Jetter - bass
Srinath Srinivasan - drums

January 3rd, 2017
8 p.m.
in
Cripa, Kalabhumii, Auroville
Bharat Nivas
Pavilion of India, Auroville

presents

Odissi Dance Performance
by Kanchana and her students

at 8:00 pm

on Wednesday
4th Jan, 2017

Sri Aurobindo Auditorium

Odissi, originating in Orissa, is one of many forms of Indian classical dance. It differentiates itself from other forms through its lyrical quality and its Tribhanga (a posture that can be seen adorning the temples of India.)

This show will by students of Kanchana. Kanchana is a young Tamil woman who has grown up in Auroville. Her journey in dance began as a child and continued in Nrityagram, a well-reputed dance school in Bangalore. To be able to pursue dance studies, she had to go against social and familial pressures. She went on to become an accomplished Odissi dancer, performing in India and the U.S. She has been teaching Odissi since 20 years, offering all that she has learned to youth from Auroville and its surrounding villages. She has worked on many performances with her students- among which were big dance-drama productions such as the Ramayana in 2008, Krishna under the Kadamba tree in 2011 and Shyaam in 2013.

Some of her students - Kokila, Devavathi, Jayashree and Babbita (her student since 8 years); and Smiti and Shrishti (her student since 12 years) - will be presenting some pieces from the traditional repertoire of Odissi.

We invite you all to share this evening of dance.

contact: 0413 2622914 (bharatnivas@auroville.org.in)
2017 is Auroville’s 49th year.

Just one more year and she will be 50, the resounding Golden Jubilee of the City of Dawn!

We thank everyone for their goodwill and support for the on-going land consolidation campaigns in 2016. We will continue our dynamic efforts in the coming year for the urgently-needed, still-missing Master Plan plots.

Thanks to the generosity of benefactors, we are happy to distribute a beautiful “Made in Auroville” New Year’s card, with Sri Aurobindo’s translation of a verse from the Upanishad, and a 2017 calendar.

We thank Aurovilians Aravinda, Jasmin, Lisbeth, Giorgio, and Tine who have made this card possible, and the Sri Aurobindo Ashram for its warm cooperation!

The card is distributed with the print edition of this News & Notes issue, and in e-form along with the email version.

If you haven’t received one, or wish to have more for spreading the message, they are available and waiting for you at the LFAU desk, Town Hall, First Floor.

Together, let’s strive to give Auroville a precious gift for its 50th birthday: the unified material base for a beautiful and harmonious City of Dawn.

Wishing you a happy & luminous New Year,

Lands for Auroville Unified (LFAU) & its two land campaigns,

Acres for Auroville (A4A) & GreenAcres

We invite you to share your ideas for growing our action at: lfau@auroville.org.in
Remember to visit our dedicated site for latest news and information: www.colaap.org

All donations for lands for Auroville can be sent via Auroville Unity Fund, Town Hall, Auroville TN 605101 India or via www.auroville.com/donations/ - Information: www.colaap.org - Contact: lfau@auroville.org.in

Photos by Aurovilians Lisbeth Nusselein (cover) and Giorgio Molinari (inside)
असतो मा सद्गमयः
तमसो मा ज्योतिर्गमयः
मृत्योऽमृतं गमयः
ॐ शान्ति: शान्ति: शान्ति: ||

From the non-being to true being,
from the darkness to the Light,
from death to Immortality.
Om. Peace! Peace! Peace!

Brihadaranyaka Upanishad

तेधार्थूः

So be it.

May the New Year 2017 bring us closer to the Truth Creation upon earth!

With appreciation for your goodwill for Auroville,
Lands for Auroville Unified (LFAU) and its two campaigns Acres for Auroville and GreenAcres