“When there is a clearly localised illness in the body, what is the best way of opening the physical consciousness to receive the healing Force?”

For this — as for everything else in this domain which may be called the “outposts” of occultism or the threshold of occultism — each one must find his own movement; for what is most effective for each one is the method for which he has been more or less prepared and which is most familiar to him. So it is very difficult to make a general rule. But there is a preparation which may be of a general kind. That is, to accustom the body methodically to understand that it is only the outer expression of a truer and deeper reality and that it is this truer and deeper reality which governs its destiny — though it is not usually aware of it.

One can prepare the body through a series of observations, studies, understandings, by showing it examples, making it understand things as one makes a child understand them, either by observing its own movements — but generally, in this, one is comparatively blind! — or by observing those of others. And in a more general way, this preparation will be based on recognised studies, on clear facts. Like this, for instance: that a certain number of persons, placed in exactly similar circumstances, experience, each one of them, very different effects. One may go even further: in a given set of definite circumstances, there is a certain number of particular, definite individuals, in apparently quite identical conditions, and for some the effects are catastrophic, while others escape without any harm. During the war there was a very large number of such examples for study. In epidemics it is the same thing; in cataclysms of Nature, like tidal waves or earthquakes or cyclones, it is the same thing. The body understands these things if they are shown and explained to it as one explains things to a child: “You see, there was something else that acted there, not only the plain material fact by itself.” And, unless some bad will is there, it understands. This is a preparation. Gradually, if you make use of this understanding, you must, with a methodical work of infusing consciousness into the cells of the body, infuse at the same time the truth of the divine Presence. This work takes time, but, if done methodically and constantly, it produces an effect. So you have prepared the ground.

Suppose that as a result of some illness or other, there is some sort of pain at a precise spot. At that moment all will depend, as I said at the beginning, on the approach most familiar to you. But we can give an example. You are in pain, in great pain; it is hurting very much, you are suffering a lot. First point: do not stress the pain by telling yourself, “Oh, how painful! Oh, this pain is unbearable! Oh, it is being worse and worse, I shall never be able to bear it”, etc., all this sort of thing. The more you go on thinking like this and feeling like this and the more your attention is concentrated on it, the pain increases amazingly. So, the first point: to control yourself sufficiently not to do that. Second point: as I said, it depends on your habits. If you know how to concentrate, to be quiet, and if you can bring into yourself a certain peace, of any kind — it may be a mental peace, it may be a vital peace, it may be a psychic peace; they have different values and qualities, this is an individual question — you try to realise within yourself a state of peace or attempt to enter into a conscious contact with a force of peace. Suppose you succeed more or less completely. Then, if you can draw the peace into yourself and bring it down into the solar plexus — for we are not talking of inner states but of your physical body — and from there direct it very calmly, very slowly I might say, but very persistently, towards the place where the pain is more or less sharp, and fix it there, this is very good. This is not always enough.

But if by widening this movement you can add a sort of mental formation with a little life in it — not just cold, but with a little life in it — that the only reality is the divine Reality, and all the cells of this body are a more or less deformed expression of this divine Reality — there is only one Reality, the Divine, and our body is a more or less deformed expression of this sole Reality - if by my aspiration, my concentration, I can bring into the cells of the body the consciousness of this sole Reality, all disorder must necessarily cease. If you can add to that a movement of complete and trusting surrender to the Grace, then I am sure that within five minutes your suffering will disappear. If you know how to do it. You may try and yet not succeed. But you must know how to try again and again and again, until you do succeed. But if you do those three things at the same time, well, there is no pain which can resist.

That’s all, then.

QUESTIONS AND ANSWERS, 4 July 1956

The Ponder Corner

Awaken the psychic in you,
Let the inner being come out and replace the ego,
Then the latent power also will become effective.
You can then do the work and the service to which you aspire.

Sri Aurobindo
Letters on Himself and the Ashram, p.766
“ACRES FOR AUROVILLE” LAUNCHES ITS YEAR 5 - AND WE THANK YOU!!

Thanks to the support of all of you – Aurovilians, AVI centers, Ashramites, and so many friends worldwide - donations to Acres for Auroville have funded almost 40 new acres of City of Dawn land to date! This encouraging achievement shows that awareness, unity and solidarity work!

A4A launched its new Year 5 on August 14th, and we express our appreciation to Loretta and Vinay - representing the two generational poles of Aurovilians - who inaugurated this new cycle of dynamic action for Auroville’s land – as well as to Slava, Rakhal, Gino, & the Unity Pavilion team for their great collaboration for our Year 5 kick-off!! And we extend a very warm welcome to the members of Auroville’s new Land Board – Banu, Helena, Padmanabhan, and Yuval.

We, the A4A-LFAU land fundraisers, will go on with our non-stop efforts to raise vital resources for the many still-missing plots that are so urgently needed to consolidate Auroville’s land - its body & material base!

On this occasion, we thank KRATU for the generous donation of his works to benefit the land via the ART FOR LAND action. They are available via donations to “Art for Land”, as are the works of the late Ashram artist Usha Patel, kindly donated to the Auroville Foundation by the Sri Aurobindo Ashram. You can see all these beautiful creations – and support Auroville land purchase – at the “Matter & Light” exhibition, at the Unity Pavilion, open daily from 10 am to 4.30 pm, and ongoing until 15 September 2018.

In solidarity,
The ACRES FOR AUROVILLE team

Contact: lfau@auroville.org.in; Tel. (+91)413-2622657
https://land.auroville.org/campaigns/acres/
https://donations.auroville.com
INTRODUCTION

The work of ABS includes coordination of units and Trusts as aspects of the service economy in Auroville. In ABS there are 2 Coordinators, a Core Team (4 members), a Support Team (12 members), and an Advisory Team (15 members).

The work of ABS includes coordination of units and Trusts together with FAMC, and advising AV service activities on how best to function within the financial and economic framework that is Auroville.

ABS has recently been involved with presenting proposals about financing & development of the service economy (with TDC & FAMC), policies about taxes (GST), contributions & budgets, and common standards for AV Municipal Services (with FAMC). ABS is also exploring guidelines for development of the International Zone, with Pavilion coordinators.

The newly-formed Hospitality Trust uses the word ‘Hospitality’ to mean ‘Tourism’. It has been stated that these tourist activities need to be located outside of the City, not impacting AV residents and the internal economy. The word ‘Hospitality’ actually means something having nothing to do with profit.

To realize this will take the support of everyone, including the major AV working groups.

Q & A AND OPEN DISCUSSION - What Can We Do to Support Healthy Services Development?

Below some comments from service managers attending the meeting:

- **Defining Economic Zones:** Ad hoc development has happened over the years, and people point out where others have not followed any guidelines, in order to question the need for policy about boundaries now. Guesthouses are an example of unzoned development, located in AV everywhere.

- **General Sales Tax (GST):** Taxes ought not apply to internal transactions between Aurovilians and Auroville units/services. While official sanctions are pending the services may exercise awareness, and support alternatives.
AV Council Report of May June July 2018

AV Council internal functioning

The Council continued working during the summer even though there were very few members present. Now that the team is regaining full membership we are back on our working rhythm and some of the larger topics are being taken up again.

Work completed or in progress:

- Matrimandir: A member of the AV Council has been following the call for designs of the ‘Garden of the Unexpected’ (GoU) as part of the GoU Observing Committee.
- Land board selection process: The Land Board Selection Committee was constituted and the committee selected the following members for the Land Board from the list of eligible candidates provided by the Temporary Feedback Review Committee (TFRC): Andy, Banumathi, Helena, Padmanaban and Yuval. Sukrit and Kannilappan were continuing members. However, following the recent land purchase issue, three members (Andy, Sukrit and Kannilappan) who were part of the previous group have stepped down.

The resignation of three members has resulted in the present team selecting resource persons as an additional support to the Land Board work. The present LB team is now taking the help of the following resource persons: Deoyani, Fabian, Judith, Jurgen (Palmyra) and Peter CS.

- Mandate and policy reviews:
  - AV Council mandate: As community feedback was received that the AV Council was not the right party to hold the process for reviewing its own mandate, we have handed the process over to the Working Committee, along with our own suggestions for revision.
  - BCC mandate: After final inputs from the BCC and FAMC, the revised BCC mandate was finalized and published to the community.
  - Entry policy: Subgroup members from the AV Council and the Working Committee are looking together with the Entry Board team into suggested amendments to the Entry Policy. A comprehensive process will be pursued in reviewing the policy after its initial year.
  - Green group mandate: Work on the mandate is pending. The FAMC has given its input and detailed input from L’avenir is still awaited.
  - Participatory working group (PWG) amendments: Suggested amendments to the PWG document and selection process was put on hold, due to strong dissent voiced by members of the ‘Tamil Forum’ during the public review session.
  - Individuals declared non-eligible to participate in selection processes: The Council, Wcom and RAS are in the process of defining a framework to address the concerns of individuals who have been previously declared non-eligible according to the Participatory Working Group guidelines, such that they could be again eligible. Work is nearing completion, and a new process will be put to the community for ratification soon.

Other topics:

- Visit to Infinity farm and forest: Members from the Council visited Infinity and recommended a maintenance for this project to BCC.
- Stray dogs: The many complaints regarding disturbance from stray dogs and the alarming increase of stray dogs led to the formation of a pilot project “Help Animals” for 3 months and a larger support group collaborating to look at this issue by the AV Council.

- Appeal of FAMC decision re: Pour Tous Purchasing Service (PTPS): PTPS executives approached the AV Council to register an appeal against an FAMC decision re: PTPS. A revision of the decision by the FAMC made the appeal unnecessary and the request was withdrawn by the executives.
- Sanjana conflict: Conflict between the Sanjana project management team and the architect is awaiting results of a completion survey of the project by L’avenir. Next steps can be taken as soon as the results of the analysis are in hand.

- Code of Conduct (CoC) 2017: The CoC is contested, as internal AV contribution policies are included in this document which previously had been about legal obligations between units and Trusts (and ABS/ABC and FAMC). Service Trust plans to clarify with FAMC about the differences between various kinds of units.
- 33% contributions: The policy of 33% on ‘profits’ came originally from ABC. The entire fixed percentage approach to budgeting (and contributions) does not serve Auroville’s needs, and the CoC goes even further by implying that services make ‘profits’ and need to pay 33%. Service providers do not make ‘profits’.
- Measuring Economics: Auroville is not envisioned as a ‘market economy’. The idea of ‘profits’ (treating each other as a ‘market’) is not appropriate to activities serving the needs of the residents. A truer way to see the health of service activities is needed, not only balance sheets and quantification. Conventional approaches fail short of serving the needs of AV’s aspirations. Many factors make it possible that services exist, these are often not recognized or appreciated. Services need funding and even some surplus income, just to manage a healthy functioning. There isn’t a good understanding about the balance needed between collective & individual support.

One manager tabled a motion to tell FAMC and BCC that essential services – like PTDC - must be supported with maintenance and budgets as and when needed, in order to do the work of serving the needs of the community.

Youthlink proposed a closer collaboration on the theme of AV services, and about serving the needs of the collective through work, and will explore this with ABS as an ongoing project with the youth.

ABS team thanks all who made time to attend, and to others who expressed their regrets that they could not this time, often due to work pressures. Also huge thanks to the staff of Visitors Center for providing a lovely space and helping us all to feel welcome and nourished. :)

ABS team
- **Youth Hive:** The AV Council and the Working Committee are planning to hold a learning session on the processes which have happened in regards to the first site allocated to the Hive Project (Pumphouse) and which didn’t succeed to bring the parties involved to a common understanding and agreement. This is in process.

- **Human Resources:** The AV Council proposal to expand the scope of HRT work did not receive much positive feedback from the concerned groups. As there is still a real need to develop more attention and resources to developing our human resources, the Council subgroup has been reviewing different options for taking this forward without reference to the present HRT work.

- **Growing Auroville’s Economy Sustainably (GAES) Initiative:** A member of the AVC is participating and collaborating with the FAMC and the coordinator/facilitators on this initiative.

- **Space allocation in the Town Hall complex:** A subgroup of the FAMC and the AV Council has taken on internal consultants (Vikram, Suhasini) to review the space allocation in the Town Hall complex so as to optimize the space being used by the various groups. A first meeting with all stakeholders has been called. Work is ongoing.

**The Auroville Council**

(Angelo, Elisa, Enrica, Martin, Matiriprasad, Mita, Sandhya, Selvaraj and Shiviya - Secretary: Sathiya)

### ANNOUNCEMENTS

- **RAD Voting Deadline Postponed to Sept 5**

  Dear Friend,

  This is to inform you that the voting deadline for the current two Emergency Residents’ Assembly Decisions has been extended to Sept 5 to give more members of the community the opportunity to participate in the two resolutions.

  The Residents’ Assembly Service (RAS) will soon send voting emails to all those who have not already voted.

  If you have not received a voting email by Friday Aug 31, please write to the RAS at raservice@auroville.org.in.

  Much love,

  Your RAS Team

- **Call from Entry Service**

  The Entry Service is looking for an Aurovilian or Newcomer office staff member, who has good command of English, basic computer skills and likes working in a team.

  Preferably full time, half time possible as well.

  Maintenance available.

  Please provide résumé, photo, and why you would like to work at the Entry.

  Contact entryservice@auroville.org.in

- **Community interaction with members of the Governing Board**

  **Friday, 7th September, 3 to 5pm**

  at Bhoomika Hall, Bharat Nivas

  Dear community,

  The members of the Governing Board are visiting Auroville from 6th to 9th September, 2018. A community interaction with members of the Board has been arranged for on Friday, 7th September, from 3 to 5pm.

  All are invited.

  Here are the details of the programme:

  **Reflection (3 to 3.45pm)**

  On the threshold of Auroville’s next 50 years, the Working Committee would like to invite reflections by the Board on Auroville present and future, such as:

  - Auroville’s governance, in particular the functioning of the Working Committee;
  - What might be the advice of the members of the Board to the Working Committee towards further growth, towards a core vision to follow, also to be followed while interacting with the Government, do’s and don’ts perhaps;
  - How, according to the members of the Board, is Auroville perceived by Government officials in India, its Central Ministries, and even by foreign governmental entities.

  **Book Launches and discussion on presenting Auroville (3:45 to 5pm)**

  - Ms. Aster Patel will launch the book *Dear Aurovilians - inspiration from Dr. Karan Singh's Auroville collaboration*.
  - Dr. Karan Singh will release the second issue of the Bharat Nivas journal *Bhavishyate*.
  - Dr. Karan Singh will launch *Chronicling Auroville*, a compilation of articles from the last twelve years of *Auroville Today*.

  As a continuation of the reflection session and together with Auroville Today invitees, an open discussion on the topic “What is the best way of presenting Auroville to the general public?” will take place. The questions are:

  a) What are the challenges of presenting Auroville to the general public?
  b) What kinds of information need to be included?
  c) Should we be willing to talk about the difficulties and failures as well as the achievements?

  With best regards, The Working Committee

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**FROM THE ENTRY SERVICE - N&N # 762**

**Dated: 03-09-2018**

Our team is happy to recommend the following individuals as Aurovilians and Newcomers, joining Auroville. Prior to Newcomer and Aurovilian status confirmation, there is a community feedback window of two weeks for Newcomers and one month for Aurovilians. Kindly forward your support or grievances to entryservice@auroville.org.in.

**NEWCOMERS ANNOUNCED:**

- Divij BHARDWAJ (Indian) staying in Udavi and working at Raman Contraction.
- Eugenie DUMONT (French) staying in Kriya and working at YouthLink.

**NEWCOMERS CONFIRMED:**

- Rekha GANGULY (Indian)

**AUROVILIAN ANNOUNCED:**

- Eve JENKINS (Israeli) staying in Courage and working at Botanical Gardens.

**AUROVILIAN CONFIRMED:**

- Thirumal KANDASAMY (Indian)
  - Vijayan DHANAPANI (Indian)

**RETURNING AUROVILIAN ANNOUNCED:**

- Aurore CORNEC (French) Staying at SveDame and working at Auroville Online Store.

**FRIENDS OF AUROVILLE:**

- Martine DANGUY SEIGNEUR (French)

**NOTE:** Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF.

The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST.

This is the last step of the Newcomer process where the status of Newcomer Resident is switched to Aurovilian Resident.

**ENTRY SERVICE OPEN TO PUBLIC TIMINGS**

- **Monday, Wednesday, Friday 09:30AM-12:30PM**
- **Monday to Friday (by appointment only) 02:30PM-04:30PM**

**Yours, The Entry Service**

**Houses available for transfer:**

- **Auromodel:** Suryanivas: Plinth area of 70.35 Sq.m approximately. Single stoned Load Bearing structure residential building with stabilized earth brick walls outside plastered, Brick vault roofing with Aluminum corrugated sheet covered for front veranda, living cum Kitchen, Bed room & Toilet.
- **Auromodel:** Suryanivas Community: Vaiya’s House, Plinth area of 140.36 Sq.m approximately. Free standing house for family or couple with shared parking shed.
- Gaia Community: Anamika’s House: Plinth Area of 174.51 sq. m approximately. Load Bearing Structure. Plaster both outside and inside, Living Hall, Kitchen, Two Bedrooms, Two Attached Toilet and Veranda.
Re announced
- Adventure Forest: Plinth Area of 121.62 sq. m approximately. Double storied load bearing structure residential house with 1 Bedroom, kitchen, hall and Balcony. Separate Toilet & Bathroom. Store room without roof.
- Windarra Farm- TerraSoul- Sandhya’s House: Plinth Area: 204.53 Sq.m. Double storied RCC framed structure Residential building with Brick walls plastered in cement mortar, RCC flat roof and first floor metal sheet roofing consisting of open verandah, living cum kitchen Bed room & Toilet with Open steel ladder. Community-Shared Parking lot.

(Active participation and involvement in the Farm Community Project is required.)

For more information contact: Housing Service (Town Hall)
Phone: (0413) 2622658 / e-mail: housing@auroville.org.in

◆ Piece of Auroville land available near Edayanchavadi
Land survey number IR 202/7 and 8. Suitable to build two family units. For more information contact housing@auroville.org.in (mention “Edayanchavadi plot” in the subject)

◆ From Sunship: Immediately available: One single unit of 42 Sq.m completely furnished and equipped-kitchen, bathroom and cupboard- with Collective cafeteria, Laundry, technical maintenance and management by Aurovilians!*
* (Contact louis@auroville.org.in for visit and more information)

Housing Project under construction:
Contractor for the finishing work: Auromira / Johi Prasad.
The finishing work at Kalpana is going on well. The South block with 22 apartments is 95 % completed. In parallel the finishing work is going on in the North block and East block. The balcony and staircases railings are in progress. The landscaping work will start soon.
Out of 42 apartments 8 units are still available: Studio: 3 units/ 1 BHK (Bed room, Hall and Kitchen):3 units/ 2 BHK: 1 unit / 3 BHK: 1 Unit. 2 OFFICES are also available at the ground floor in the North block.
New completion date is 15th of Oct. 2018. Satyakam is available by e-mail for any information, and for a request for a site visit. satyakam@auroville.org.in

FOR YOUR INFORMATION

Auroville Art Camp and Festival

A call for artists has been published this month in the News and Notes and posted on Auronet. See call for artists below.
This Art Camp will take place from March 16th till March 23rd. During this week, artists will be asked to produce one piece of Art and to participate to some Public Art events. Interactions with the community will happen during evenings.
We have been blessed so far to be helped and supported by different groups and services of Auroville and hope that this festival will help bringing the community together in the spirit of Mother vision.
Looking forward working and sharing together in love and beauty,
The Auroville art camp team

Auroville Art camp and Festival - Call for Artists and Art Students
Artists and Art students (above 18) are invited to apply before October 15th 2019.
Please send a concept note (note of intent: what you aspire to do during this art camp) together with a photography of an art piece of your choice on the theme: “A new world is possible”* This art piece can be specifically created for the Auroville art camp or could be a piece made in the last two years (fitting with the theme), together with an explanation about your specific choice. We would also like to discover samples of your previous works and know more about you.
Last and not least we want to know about what pulls you to work on this specific subject.
Please apply by email at: aurovilleartcamp@gmail.com
The total weight of your attached documents should not be more than 3 MB.
For more information: www.facebook.com/aurovilleartcamp
We will get back to you if your work has been selected by the end of November. Good luck and looking forward creating a more beautiful world together.
The Auroville art camp team

Journey of Auroville: Baroda Festival

Dear Friends, the Journey of Auroville team is compiling addresses for the invitations to the upcoming Baroda Festival, which will be taking place at the end of September at the Maharaja Sayajirao University and the Sri Aurobindo Nivas in Baroda and the Sri Aurobindo Centre in Vallabh Vidhyanagar (Please see our earlier posting about the event on Auronet and in NN No. 759). If you have the addresses for any individual who should be included among the invitees, please send them to: journeyofauroville@auroville.org.in
On behalf of the Journey of Auroville Team, Ankita, Chali, Frederick, Hilary, Jurgen, Manisha, Nilen, Ravi

POSTINGS

Dreams for Coming Things... Some Paintings on Savitri...
60 oil paintings by Marc Desplanque, Introduction by R.Y. Deshpande Available at SAVITRI BHAVAN.

Organic Jaggery: We are happy to announce that we have harvested our sugarcane and have fresh organic jaggery in stock. It's available at PTDC, Foodlink, Hers, PTPS and Farm Fresh.
Siddhartha Farm team

Artwork of CDs and Tapes: Dear friends, I’d like to say thank you all of you who help the Artwork of CDs and Tapes. If you still have Cassette tapes with you, this will be the last chance to transform them into Upcycling. Please contact Ok/Upcycling studio: 9344002972 or mail me okjeonglee@gmail.com
New Auroville registered Activity - AuroToes:
Hi dear Auroville community! We are opening a new Beauty clinic at Udavi campus, you are all welcome. We providing skin care, Hands & Foot care, Hair care and body care, Threading, Waxing, Pedicure, Manicure, Foot Spa, Facial, Peel-off mask, Body spa, Foot spa, Hair spa, Hair colouring, Make-up, Mehandi, Ear & Nose piercing, also healing massage, heel, Hand & stone healing therapy. Venue: UDAVI school campus, Ph: 0413-2623826 cell No. 9940980621 / email _Aurotoesaurowville@gmail.com

THANK YOU
Thank You! Dear friends, our brother is back from China to India. His health condition is slowly improving. WE ARE SO GRATEFUL to everyone for your prayers and support. THANK YOU!
With lots of love, Deepa and Ramya

KALABHUMI goes Live!
Kalabhum Goes Live thanks everyone who participated, last 25/8, to our 1-year anniversary event which received more than 300 people from our community and surroundings. We want to express special gratitude to all stalls managers, helpers, security, community residents, performers, well-wishers, and professional guest bands Thermal And A Quarter and Grey Shack, who honored us with their presence. Rain blessed us once again, interrupting our event right at its climax! We made the most of it and we’d repeat it, knowing you were all part of it and that moments like this manifest unity through music
Our Kalabhum studio account is (10)5137; kindly donate in case you didn’t that night and you feel like supporting our growth and studio activity. Please get in touch if you have any videos/photos to share (Edo, eddie.grassi@gmail.com).
Looking forward to see you next KGL, last Saturday of the month as usual!

APPEAL
Help for a Parking at Auroville Library
The Auroville Library has requested Road Service to build a paved parking area. The problem is that it is quite expensive and we can only afford building part of it. In order to build the complete parking area, we need some help - some Rs. 30000 are needed. All donations are most welcome. The Auroville Library account is 0306.

WORK OPPORTUNITIES
Hand Embroidery Trainer for AVAL: AVAL, a Social Enterprise run by women with the help of Auroville Village Action Group is looking for an hand embroidery trainer who would be willing to train a small group of women in this skill.
If you are interested and would like to get involved please contact us at avagoffice@auroville.org.in or at 2678871.
Thank you, Angela (for AVAG)

AT ALADIN: looking for dynamic Aurovillian, Newcomer or Volunteer. Skills needed: good English and computer marketing knowledge. To help with management, and structuring plus following of products range (garments, bags, accessories) in an Auroville unit.
Please contact Eric (Aladin unit ABC Trust). (+91)9442646250 eric@auroville.org.in or aladin@auroville.org.in

Isai Ambalam School Needs a Hindi Teacher for Primary Grades: We are looking for a Hindi teacher who has a degree in Hindi. Please contact the school at isaiambalamschool@auroville.org.in, or Sanjeev at sanjeev.ranganathan@gmail.com / 89402 62969, or Kavitha at 89404 34614. Isai Ambalum School Team

Upasana is looking for Office assistant: Skill required:
- Computer skill - Tally, Word and Excel
- Communication skill - Good Reading and writing skills in English and Tamil. Please write to us at office@upasana.in.

HEALTH

A not from Tatiana (dentist)
Dear friends,
I want to inform you that I am in the process of opening a new dental clinic in Auromode and very busy with its organization. Therefore, I temporarily do not receive patients. I am very sorry for inconvenience caused by this.
Hope to open soon in one and half or two months.
With Love,
Tatiana.

MATTRAM
(Facilitating Development & Transformation)
For appointments about Consultation, Counseling and Therapy, Mattram is available daily from 12:00 to 12:30 pm. Call or Email to book appointments. Open to all.
(Mattram is housed at the Former Hall of Mitra Hostel, opposite Town Hall)

Contact: 0(413)-2623551
Email: mattram@auroville.org.in

Daily Free Walk-in Sessions (open to all):
from 9:00 to 10:00 am
with one of the Integral Psychologists

SCHEDULE OF THE TEAM MEMBERS

<table>
<thead>
<tr>
<th>DAY</th>
<th>PSYCHOLOGIST</th>
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<tbody>
<tr>
<td>Monday and Wednesday</td>
<td>Palani</td>
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<tr>
<td>Tuesday and Thursday</td>
<td>Jerry</td>
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<tr>
<td>Friday and Saturday</td>
<td>Aarushi and Amogh</td>
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EVENT

Monday, 27th Sept. 2018

Introduction to “Seven Eyes” - by Jerry

Event Notice:
On the 27th of September, 2018 from 16:00 to 17:30, Jerry from Mattram will be holding a session to introduce the Seven Eyes model.
The title of the talk is Introduction to ‘Seven Eyes’, a tool for psychological and spiritual development.
The talk will be at Mattram (Former Hall of Mitra Youth Hostel). Attendance is open to all audiences looking for a structured approach to self-development and transformation.
Hoping to see you there!

News&Notes 3rd September 2018 [762]
**SEPTEMBER 2018**

**SANTÉ THERAPISTS SCHEDULE**

- Clinic Phone: 0(413)-2622803
- email: sante@auroville.org.in / adminsante@auroville.org.in

Working Hours: 8:45-12:30 & 2:00-4:30 Monday – Saturday

For Aurovilians, Newcomers & registered Guests, Volunteers & Friends of Auroville

For emergencies, contact Auroville Ambulance: Tel: 9442224680 (24x7)

Government Ambulance: Tel: 108 (24x7)

Auroville Ambulance Service has a fully equipped ambulance for all medical emergencies with an Advanced Paramedic on board.

This service should be requested for medical emergency and/or medical transport only.

**Blood tests and Lab collection - Mon-Fri only before 12:00 pm.**

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**For Appointments, call Santé reception at 0413-2622803 from 8.45 to 12:30 and 2:00 to 4:30. Santé is closed every Tuesday afternoons for staff meetings.**

<table>
<thead>
<tr>
<th>Service</th>
<th>Therapist</th>
<th>Days</th>
<th>Time</th>
<th>Availability</th>
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<tbody>
<tr>
<td>Allopathy / General Practitioner</td>
<td>Dr. Manoj</td>
<td>Monday, Wed, Fri, Sat</td>
<td>Morning, Afternoon</td>
<td>7-9th September</td>
</tr>
<tr>
<td>Allopathy / General Practitioner</td>
<td>Dr. Igor</td>
<td>Tuesday, Thu</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>Nursing Care</td>
<td>Thilagam/Archana/Ezhil</td>
<td>Monday-Saturday</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>Acupuncture &amp; Chinese Medicine</td>
<td>Andres</td>
<td>Monday, Wednesday, Fri</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>Ayurveda Medicine</td>
<td>Dr. Bee</td>
<td>Wednesday, Fri</td>
<td>Morning</td>
<td>5/9 – 18/10</td>
</tr>
<tr>
<td>Homoeopathy</td>
<td>Michael</td>
<td>Monday, Wednesday</td>
<td>Afternoon</td>
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<tr>
<td>Homoeopathy</td>
<td>Ingo</td>
<td>Tuesday, Friday</td>
<td>Morning</td>
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<tr>
<td>Hypnotherapy and NLP</td>
<td>Denis</td>
<td>Monday, Wednesday, Wed, Th</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Galina</td>
<td>Monday, Thursday</td>
<td>Morning</td>
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</tr>
<tr>
<td>Medical Shiatsu &amp; Meridian Psychotherapy</td>
<td>Linda Grace</td>
<td>Tuesday-Friday</td>
<td>Morning</td>
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</tr>
<tr>
<td>Midwifery</td>
<td>Paula Murphy</td>
<td>Tuesday, Wednesday</td>
<td>Morning</td>
<td></td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>Osnat</td>
<td>Monday, Friday</td>
<td>Morning</td>
<td>18/9 – 29/9</td>
</tr>
<tr>
<td>Psychotherapy</td>
<td>Juan Andres</td>
<td>Mon, Tues, Thurs, Fri</td>
<td>Morning</td>
<td>8/9 – 5/10</td>
</tr>
<tr>
<td>Childbirth Preparation class</td>
<td>Paula Murphy/ Krishna</td>
<td>Monday</td>
<td>Afternoon (4 - 6pm)</td>
<td></td>
</tr>
</tbody>
</table>
Water Words: On Education and Research in WMS

This is part 9/10 of the introduction to the Water Management Strategy that the Water Group is currently working on. Please visit our website to read the full draft and share your feedback.) In the context of “unending education” within Auroville, education and research in the water sector must move into the everyday lives of Aurovilians and not just be confined to our schools. Fortunately a lot of aspects of water, such as well monitoring, home usage, or rainwater harvesting, lend themselves to individual participation and learning. Raising community awareness around these issues, through publications (like Water Words or our website), demonstrations, theatre performances, festivals or other events, is a crucial component. Such efforts must be made both in Auroville and the bioregion. Finally, the topic of water can be a source of constant research and a tool to facilitate steps toward a more conscious society. Your thoughts?

Water Group (Aditi, Bala, Christian, Dorle, Giulio, Inge-Marie, Jeanne, Meera, Pavneet, Tency, Tom)
Website: www.aurovillewater.in
Facebook: www.facebook.com/aurovillewatergroup

Highways and their Environmental Impact

While Auroville is engaged in preventing the threat of a highway cutting through its land and communities, here is a look at the wider picture.

India has presently over 100,000 kms of national highways. The ambitious Bharatmala programme, aimed at boosting economic growth and employment, foresees building another 35,000km of national highways, including 9,000km of so-called ‘economic corridors’ and 800km of new ‘expressways’, with a majority of them being ‘greenfield’ projects, i.e. built from scratch, on land without prior roads on it. Economic corridors are networks of infrastructure designed to stimulate economic development of an area, often including highways, railroads and ports. Expressways are India’s fastest roads with six or eight lanes, divided by direction and with entrance and exit controlled through slip roads. Currently, India has about 1600 km of such expressways, and the national government plans to increase these ten-fold within five years. While last year 10,000 kms of new national highways were built across the country, which corresponds to 27 kms of new road every day, this year the target has been set at 45 km of new national highways per day. The budget for this has so many zeros that it becomes difficult to grasp; but translated into rupees per Indian citizen, it comes to a staggering Rs. 8000 per person, a quarter of which is in form of an unsecured loan.

While highways are commonly equated with ‘development’, laying these arteries of bitumen and concrete across the landscape brings deep, irreversible and far-reaching changes to life in all its forms. Humans are responsible for the current unprecedented rate of biodiversity loss across the globe, with climate change, pollution, and the loss of suitable living space being the main drivers of extinction, and roads a major cause of habitat loss, fragmentation, and degradation. Worldwide, there are already an estimated 750 million vehicles travelling on ca. 50 million km of public road, and the road network and traffic volumes are still increasing, particularly in China, India, eastern Europe, and Latin America.

The impact of road building on our environment has given rise to the science of Road Ecology, with numerous studies especially in countries that are rich in wildlife and biodiversity. In India, The Ministry of Environment & Forests (MoEF) has published an impressive ‘Environmental Impact Assessment Guidance Manual for Highways’. Brought out in 2010, it presents guidelines for the planning, building, and monitoring of highways and the surrounding environment. (Thanks to our HTF for sharing this document!) Its introduction reads:

‘The environmental impact of highway projects include damage to sensitive eco-systems, soil erosion, changes to drainage pattern and thereby ground water, interference with wild life movement, loss of productive agricultural lands, resettlement of people, disruption of local economic activities, demographic changes and accelerated urbanization... Identification and assessment of potential environmental impact should be an integral part of the project cycle. It should commence early in the planning process to enable a full consideration of alternatives, and to avoid later delays and complications.’

The EIA takes into consideration a wide range of aspects not only in the direct vicinity, but within 15 km of a planned highway. Some of these include: ‘ecology’ the guidelines list forests, mountains, wetlands, mangroves, inland, coastal, marine or underground waters, irrigation tanks, coastal zones, sand dunes, biospheres... areas used by sensitive flora or fauna for breeding, nesting, foraging, resting, over-wintering, migration... and more. It describes changes in water quality, soil profile, noise, light and air pollution, the impact of highways on forests and flora, on wildlife due to fragmentation of habitat and territories, increased poaching, and more. (Did you know that birds and other animals have been shown to be seriously disturbed by noise from highways? not to speak of pollution, the barrier effect etc.) The guidelines include ongoing monitoring (!) of many of these aspects, and propose an array of measures to ‘mitigate’ the damaging impacts. Such mitigation can entail replanting of trees for regeneration of rare and medicinal plants, creating greenbelts on either side of a highway, under- and overpasses for wildlife (though these have shown to have limited effect), but also changes of route to avoid damages to sensitive areas.

What we are witnessing in many situations - from the intensely protested Chennai-Salem highway to the controversial ‘Char Dham project where 900 km of highways are planned to link the sacred pilgrimage sites high up in the Himalayas, and many more - is the tension between the powerful drive to ‘modernise’ India by building roads ‘at breakneck speed’ and an increasing awareness among people living in the affected areas to the essential quality of life and the need of a healthy environment. This tension is starkly evident when a court of law is told by the road promoters that it is ‘not necessary to obtain environmental clearance from the Central government before issuing land acquisition notifications and proceeding to acquire the land’. The National Green Tribunal mostly focuses on mitigating environmental damage caused by new roads, though it has been able to prevent a highway that would have cut right through the heart of the famous Corbett Tiger Reserve in Uttarakhand.

Recently in Mysore, NHAI met with environmentalists and agreed to transplant hundreds of large trees from the side of a widened highway instead of cutting them down.

These are hopeful signs of an increasing awakening and respect for the living and sensitive environment that sustains us, which will hopefully bring a new balance into the making of highways in India and elsewhere in the world.

Dr. Kiran Bedi calls for Alignment with Nature

A report in The Hindu shares an address by Pondy’s Lt. Governor, who is also a friend and supporter of Auroville, at a recent press conference. Here are some extracts:

Natural disasters are a product of the compromise on environmental rules and regulations as well as our fast pace of change. Puducherry Lt. Governor Kiran Bedi said:

Talking about the floods in Kerala, she said that global warming and climate change were not sparing anyone, including the richest part of the world. “Several times, the United States of America had been hit the maximum. Climate change is not sparing anyone, the reason is the increasing population and the stress on natural resources, water, air or land.” In India, with the increase in population, “there is high pressure on land for housing, agriculture, industry, and for
institution building. Environmental rules and regulations have at many places got compromised. Many disasters are a product of this.”

“As administrators, as community leaders, political leaders, we need to be in alignment when it comes to management of the environment. There are expert opinions, we need to respect them.”

Drawing lessons from the Kerala floods, one needed to be very sensitive to environment rules, the former police official said. “It is applicable not only to Kerala, but to everywhere. We cannot compromise on nature, which shows its anger in a very difficult way. We need to manage the pressure on land for housing, agriculture, and industry.”

Pointing out the difficulty in rebuilding of the rain-ravaged society, Ms. Bedi said that around 27,000 government employees in Puducherry had donated a day’s salary for the flood relief in Kerala. “It is not going to be enough. We may need more,” she added.

Call to practise yoga: Delivering the 23rd Foundation Day lecture at the Indian Institute of IM-K, Ms. Bedi advised management students to practice yoga to keep themselves fit. She said she should try to get up early in the morning and soak in the greenery around them. She encouraged the students to build “their foundation” by living each day to the fullest, prepare for the unexpected and be grateful for the present.”

RISE UP FOR THE CLIMATE!

Real climate leadership rises from the grassroots up. Local action is leading the way of a movement that is ending the era of fossil fuels.

Saturday 8th September marks a global day of action: Rise up for the Climate!

Four days before the start of the Global Climate Action Summit in San Francisco, across the world communities will rise up to demand from their local leaders to commit to building a fossil fuel free world, a world that puts people and justice before profits. No more stalling or delays: It is time for a fast, fair transition to 100% renewable energy for all.

On social and other media, people are coming together to comment and share their reasons for still being hopeful, their ability to confront climate change, and why they believe there is still time to turn things around. The approach identifies roots of climate change in local issues, and engages people to take action where they live.

At a time of increasing economic inequality, conflict and forced migration, climate change is massively compounding these hardships and affecting billions of people all over the world.

FOSSIL FREE is a global campaign led by local groups, demanding local communities and institutions to commit to:

* A fast and just transition to 100% renewable energy for all
* No new fossil fuel projects anywhere
* Not a penny more for dirty energy

The last Green Column spoke of the effects of climate change, 2018 being the hottest year ever recorded. But amidst the dire warnings, there are signs of hope. The rise of the fossil fuel divestment movement is one such heartening sign, and with over 900 commitments globally (worth 6 trillion US$), from 20 Danish municipalities to large movements in every continent, it is apparent that more and more people are convinced, ready and committed to investing in a healthier, fossil free future.

Lisbeth & Jasmin (writing), Island, Isabelle avgreencenter@auroville.org.in. This column is also published on Aurone where you are welcome to comment.

Alternative to (Auroville) Eggs

I was standing in line at PTDC the other day, when I overheard someone complaining about how one doesn’t know what goes into the eggs since Auroville eggs are not available now. It is certainly worth thinking about. What goes into eggs when a hen is made to lay a minimum of 250 eggs a year?!? (a normal hen lays 20 to 30 eggs a year). Here is a link to know more https://freefromharm.org/eggfacts/


Eggs help make cakes light, and can be replaced with various alternatives. Here is a substitute for 1 egg - Whisk 1 TBSP ground flax seeds with 2.5 TBSP water. Refrigerate 10 mins. Alternately you can get cakes to rise fabulously with a small amount of baking soda and vinegar/ orange juice. The internet is full of delicious vegan cake recipes that are easy to make. There are even recipes for meringues made with AquaFaba (chickpea water). Here are some more ideas to replace eggs https://sharan-india.org/recipes/egg-replacers/

Eggs are also very high in cholesterol so when you make a compassionate choice you will also be doing your body a favour too!

Dr Nandita Shah (Author of Reversing Diabetes in 21 Days) SHARAN Auroville - Aurelec, 0413 2622637 www.sharan-india.org. See SHARAN “Make the connection” video

Greetings Auroville… Please do collaborate with us in sharing event details and video clips of events happening in the community of Auroville. We would be happy to hear from you, and also for you to make use of our services. Please do follow our updated website which offers a wide range of information with written, audio and video content and stay connected with us for more event updates on our social media sites: Website: aurovilleradio.org, Twitter: AurovilleRadioTV, FB: facebook.com/auroville.radio.

We are happy to share with you all what we managed to capture last week as a team of AurovilleRadio/TV:

From our volunteers: Mary and Gino - Kalabhami Studio Collective Meeting, European Unity Meeting; Gino - Jam at Kalabhami Goes Live, A4A 5th Year; Renu - Kochi Muziris Biennale rtm- Tribal music of Kenya, Anandli on C.A.L.T - house of Latino America Indigenious.

Out of regular programs we have: GangaLakshmi continues with her Selections of The Mother and Sri Aurobindo in French. Marlenka continues with Synthesis of Yoga 59, and Synthesis of Yoga 60.


Your AurovilleRadioTV team

NOTES for NERGEZ

OUR NERGEZ

The day she passed away, at her apartment I found a large coffee table book, “Ageless Mind & Spirit”. What better to describe our Nergez? Arriving at Utility in 1977, she lived her life on her terms. A personal friend of her hatha yoga guru Iyengar, she taught yoga to a legion of Aurovilians in the early days.

And I am certain it was this conditioning that kept her in good health all of her 97 years! Nergez passed into the Light on her own terms too….. as she wanted, … “in a white dress, not a saree; on a bamboo stretcher, not a coffin… that’s too claustrophobic”...

Safe journey my dear. Will think of you every time I make parsi chai at home. Adil (adil@auroville.org.in)
Remembering Nergez

Our much loved and respected elder sister Nergez H. Pesikaka peacefully left this world at the age of 97 on Wednesday August 22 at 10.45am from her flat in the Creativity settlement of Auroville. At her wish, her mortal remains were buried in Auroville’s ‘Adventure’ farewell ground the following afternoon, in the presence of her grand-niece Ms. Parisad and a large group of Aurovilian friends who had gathered to say their last goodbyes.

Nergez joined Auroville in 1977 and became a very active participant in this growing international community. Amongst her many other activities and interests, from November 1994 onwards she became involved in the group meeting weekly to read and study Sri Aurobindo’s mantric epic Savitri. We remember her energetically engaged in planting young trees and shrubs on the land allotted for the Savitri Bhavan project and a few years later taking the lead as the senior member of a group invited to Navsari in Gujarat for the first major fundraising effort for the planned complex.

Once the first building was inaugurated by Sri Aurobindo’s close disciple Dr. Nirodbaran, Nergez was an enthusiastic participant in all the expanding activities which developed as the project grew, until growing weakness began to keep her at home from 2016 onwards. But she continued her custom of reading Savitri daily which she found to be a source of light and inner strength. In October 2016 Nergez asked Shraddhavan to select some lines from Savitri to be read at her funeral. After the ceremony many people asked for them to be shared. Here they are:

Inevitably re-makes, it lives anew:
Forces and lives and beings and ideas
Are taken into the stillness for a while;
There they remodel their purpose and their drift,
Recast their nature and re-form their shape.
Ever they change and changing ever grow,
And passing through a fruitful stage of death
And after long reconstituting sleep
Resume their place in the process of the Gods
Until their work in cosmic Time is done. (p. 294)
A deathbound littleness is not all we are:
Immortal our forgotten vastnesses
Await discovery in our summit selves;
Unmeasured breadths and depths of being are ours. ...
A larger self ... lives within us by ourselves unseen. ...
A treasure of honey in the combs of God,
A Splendour burning in a tenebrous cloak,
It is our glory of the flame of God,
Our golden fountain of the world’s delight,
The shape of our unborn divinity.
It guards for us our fate in depths within
Where sleeps the eternal seed of transient things. (pp. 46-49)

- Submitted by Shraddhavan

Good-Bye Dear Nergez...

She was my first yoga teacher, and she made me learn to do the headstand when I was 6 months pregnant. In spite of my doubts and my fears - she insisted - “you can do it”, and - up I went.

TO YOU, NERGEZ

a dearest MM companion

Your piercing eyes
Your witty thoughts
Your deep inside
Smiling around ...
Always
With us.
Anandi (Realization)

with love and gratitude,

Biggie

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Anandi (Realization)

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Biggie

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NOTES

The Life’s Elixir
“Officials in Delhi wish to cut about 17000 fully grown trees in some parts in the city to make space for building housing colonies” (The Hindu 8 July 2018, p. 15). It is a global war between the stone jungle and the living nature. There are only few positive examples like Auroville: the residents of the city planted millions of trees and transformed a semi-desert landscape into a green oasis. More and more now come the stories like the one of Buenos Aires (“good air” in Spanish). At the beginning this city had a good air indeed because there were only few buildings and a lot of plants. Nowadays Buenos Aires has bad air: the stone jungle is the winner, the plants mostly disappeared.

His Holiness the Dalai Lama first visited Auroville in 1973 and a second time in 1993. He told in 1993: “It was a problem to find shade in Auroville twenty years ago. Now there isn’t this problem”. The trees give not only shade. One of the first architects in Auroville, Helmut from Germany, lived previously in a tree’s crone. Many animals live in a forest - in natural one or in artificial (like in Auroville). The plants produce the biomass and oxygen - the life’s elixir. Our human body consists mainly of oxygen (75%).

In May and July this year two groups of students from Mumbai stayed in Aspiration Guest House, each group for two weeks. In May there were 27 students and in July - eleven. They want to be architects, not ecologists or environmentalists. In future new buildings would appear with their help. But my hope is on the ecovillages where the people care about good soil and about the plants. The global net of the ecovillages started in Findhorn (Scotland). I dream that every ecovillage will be green like Auroville and its air will be full of oxygen - the life’s elixir.

Boris

ACCOMMODATIONS

Needed 1: Hi, I am a peaceful person (woman, Czech/British, painter, lover of animals, Aurovilian) who look for a place for me and a dog. As I am not married, no children and parents, a dog is my family. I thank SAIER for my current place, but it is difficult for me and people around me as there are not dogs allowed. I need a temporary place for 1-2 years, until a more permanent place is ready for me. I am a humble person and I need to have a place to paint and let run around my dog (one of many streets dog of India). Maybe you know me as I had an exhibition at Kalakendra in April. Please do not hesitate to contact me by e-mail

ivana@aurorlot.myturn.com, mobile 7094344154 (it is not always reachable so the best to send a text message). My profile at website: www.auroville.org.in/contents/4480

Needed 2: Dear friends, this is Thamu, I am a long-term Aurovilian. Am doing landscaping. For the past two years I was staying at Unity pavilion as a care-taker. Recently I got married and now we are staying at Youth Camp. We are looking for a house. Contact me at thamu.av@gmail.com or call me 9047663217. Thank you, Thamu, Nazeeem

Needed 3: I am a registered Volunteer and am looking for a house sitting opportunity from Sept onwards. Will take good care of your house. Funds for contribution available. Kindly call me on 9884565069 or email gnatar@gmail.com. Many thanks,

Ganesh

AVAILABLE

Auroville Library of Things (ALot), an initiative by earthhus, at the container opposite PTDC: borrow tools, toys, kitchenware, travelling & hiking gear at your convenience. alot@aurorlot.myturn.com. Now ONLINE! aurolot.myturn.com/library/inventory/browse

For all kinds of Insurance information, advice and Service: call 9786167917 or goodnessinsurance@service@auroville.org.in.

Basil Seedlings: Dear Friends, we have some basil seedlings that are looking for a home. If you have a veg garden or a pot and wish to have some, pass by Joy Guest House from 2:30 to 5 pm (Monday to Fri)… with a bucket to carry them. Joy Team :) 3 sheets of gypsum boards: size: 6 ft. X 3 ft. X 13 mm. They are used usually for false ceiling etc. Contact Diego: 0413-2622398 or aurodliego@auroville.org.in

2-burner gas stove: Dear Aurovilians, please contact me if you are in need of gas stove. Free will contribution. 75986 11990

Paula

TOYS AND CLIMBING EQUIPMENT: Hi, I’m clearing some of my childhood toys such as Nerf guns and Lego since I’m trying to save up. Also I have some climbing equipment (delay device, carabiners, etc.) in good condition. Please contact me for more details. 86755 75288, Jianghao

Cane Armchairs: 2 amazing affectionate arm chairs with a magical charm are awaiting you at Transformation Soham’s abode for free. If you are rich, please contribute generously to the purchase of a flat TV and DVD player. Account 2457. These are very special chairs, they will embrace your bottom with a lot of tact and care, and you will be quickly release from your day-long exhausting labours! Love, ∞hammer

LOOKING FOR...

Construction Waste: to make a road and have access to the farm. If you have any construction waste that you would like to get rid of we will be more than happy to come and pick it up. Thanks! You can contact us via email at siddhartha.farm@auroville.org.in, Siddharta Farm team

Palmyra Seeds: Appeal to dear community, if you have Palmyra trees dropping fruits around your community or work place, please do not throw them away as an act of cleaning. Please pile them up in a corner. I would like to come and collect once a week. Kindly inform me on mano@aurorlot.myturn.com.

Manojkumar, a Palmyra lover.

Graphing calculator: Dear community, I’m looking for a second hand graphing calculator for my daughter. If someone has one lying unused at home, I’m ready to contribute for it. Contact 9787626294 or sunja.fr@gmail.com. Thanks, Sunja

Battery and Water heater: Newcomer family looking for a backup battery and a hot water cylinder for our Newcomer house in Aspiration. Contact Paul at 9385411271.

Extra house work: Lovely Ganga is a reliable and committed person, she loves to cook, garden, clean, take care of your children and pets. She understands and speaks basic English. She is working half time, and looking for one more place to work half time. The timings can be discussed. She has two disabled teenagers, so she needs more work to support them in their physiotherapy etc. Kindly contact her on 9345722459 or me on 9787416417, Love, Megan

LOSE & FOUND

Key: Found at Town Hall: with Mother and Sri Aurobindo’s symbols on keychain. Found on Monday 27/08 on the path in front of Town Hall. Contact News&Notes office 0413-2622133

Bag: Lost on Monday 27/08 in front of Town Hall. Contact News&Notes office 0413-2622133

TAXI SHARING

Auroville service of taxi sharing available with STS at: http://sharedtransport.auroville.org/ (an initiative by earthhus)

September 4th: Leaving to the Airport at 11 pm starting from Arati. Please call 9443849796 if you are interested in sharing the cab.

September 5th: Leaving Auroville at 11pm to Chennai airport. 2 seats available. Contact Elaine at: +91(7094404976, thanks!

September 10th: Starting from Auroville at about 3:15pm to reach Chennai Airport by 6:40pm. Sharing both ways possible. Contact: sergey@aurorlot.myturn.com, +91 94434 90153 (whatsapp).
There are 2 useful online calendars of events in Auroville:

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

Auroville Art Service: artservice.auroville.org/calendar/

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**At Matrimandir**

**AMPHITHEATRE - MATRIMANDIR**

**Meditation with Savitri**
read by Mother to Sunil’s music

Every THURSDAY - 6.00 to 6.30 pm [weather permitting]

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

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please No Photos and do not to use your cell phones, cameras, i-pads, etc.

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

Access only for the Amphitheatre from 5.45 pm

Please be seated by 5.55 pm, no late entry.

Thank you, Amphitheatre Team

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**Invitations**

Sri Aurobindo Centre for Advanced Research (SACAR) invites you all to this Inauguration of its branch:

**AURO VIDYA RETREAT: INAUGURATION**

*By Honorable Dr. Karan Singh*

9th September 2018 @ 9.45am

at Auro Vidya Retreat (Opposite Healing Centre)
Mirambikai Garden, Bommaiayarpalayam Road

Landmarks:
Between Gaia Garden Guest House & Mango Hill Hotel

RSVP: 7639920796, 9994190403, 9443019172
deepshikha1946@gmail.com

All are Welcome
(Submitted by Anandi - Progress)

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**Exhibitions**

**BRAHMANASPATI KSHETRAM**
The Mother and Sri Aurobindo Centre
Edyanchavadi, Auroville

*Exhibition on The Blessing Packets*

Monday, Wednesday, Thursday and Friday
from 3pm - 5:30 pm / until Sept 15th

(group visits on request)

(Rajan: 7639845821 / kshetram2014@auroville.org.in)

**ALL ARE WELCOME**
see Map

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**Bharat Nivas presents, at Kalakendra Gallery**

**Sharing of experiences**

**Weekly Sessions**

Tuesday 4 Sept & Tuesday 11 Sept: 4:30pm
Wednesday 19 Sept & Wednesday 26 Sept: 5:30 to 6.30 pm

by early pioneers of Auroville and Friends of Sri Aurobindo Ashram

Please note the change of day and time:
From mid-September - 3rd week: Wednesday from 5.30 to 6.30 pm at Kalakendra. Hope this change suits everyone.

Also please send a mail to bharatnivas@auroville.org.in if you wish to sign for sharing your stories so we can plan it better in advance: these sharing moments represent important oral Archival material for Auroville’s history.

Thank you, Tapas for Bharatnivas
Seminar on Kaduveli Siddhar
Exploring the local legend of Auroville
Saturday, 8th September 2018 - 10.30am to 12pm
Shiva Temple - Irumbai

A 1-hour seminar in the 7th century Shiva temple exploring the life and Siddhisim of Kaduveli Siddhar. We will explore the local legend that led to desertification in the past and afforestation by Aurovilians, the bioregion named after him. We will study the local causes, the local geography and other aspects that lead to the environmental degradation in the past and how we can prevent such an occurrence once again. We will read the poems written by Kaduveli Siddhar.

Faculty Team
DR. C.Arunan M.A., M.PHIL., PH.D
Balaganesh Sivaprakasam, BE - Yoga Teacher
B. Anandou, M.A., PGDY

Followed by this seminar, we will join hands to clean the temple premise.

For Information; Email: mohanamprogram@auroville.org.in
Phone: 0413 - 2623806
Organized by
Mohanam
Village Heritage centre

Bharat Nivas
Pavilion of India: Auroville

BharatNivas announces new classes in Kathak Dance, Odissi Dance.

1. Ashavari is happy to initiate a series of classes specially to introduce Kathak to children in fun ways. These classes are specially for children.

Kathak is a North Indian classical form which shares roots with Flamenco. Twice weekly classes will be conducted by Ashavari Majumdar, a professional performer and teacher in Bharat Nivas starting from 1st September 2018.

Temporary Venue: Entrance Hall Foyer of the Sri Aurobindo Auditorium. Timings: Saturday 5 to 6pm & Sunday 10 to 11 am.
To register for Kathak Dance, please write to: aashavari@gmail.com

2. Odissi by Agila

Temporary Venue: Entrance Hall Foyer of the Sri Aurobindo Auditorium. Weekly once: Monday: 4:30 to 6:30 pm
Contact: agilakraishna@gmail.com

Cultural Events

TROVADORES:
Music and Poetry in Different Languages
Come and share with us your own poems or the ones you love
Wednesday 5 September - 5:30pm
at Savitri Bhavan

Organised by C.A.L.I. (Casa of Latinoamerica-Indigenous)
For The International Zone - America
Everybody is Welcome

Schedules

Reminder: The monthly schedules and activities of the Auroville Centers can be found on the following websites:
- Joy Activities: www.joyauerivoil.org
- Holistic: www.auroville-holistic.com
- Pitanga: www.auroville.org/content/3185
- Savitri Bhavan: www.savitribhavan.org
- Language Lab: www.aurovillelanaguagelab.org/courses.php
- Auromode Yoga Space: www.auromodeyoga.space
- Verité: www.verite.in
- Ark Wellness Centre: www.auroville.org/content/2886
- Quiet: http://quiethealingcenter.info

Weekly Sessions @ Creativity Community Atelier

- Tuesdays 4.30pm-6.30pm: Creative Art with Dominique. Explore and create your own understanding of known artists and also on Art which will expand your own expression.
- Wednesdays 5pm-7pm: Colour Mediums with A. Sathya. Work with different paint mediums to use in your own expression. Gouache/Watercolors/Colla/etc.
- Wednesdays 10am-12pm: Building Photographic Projects with Marco S. Go beyond the single beautiful photo. Rather tell stories with good images.
- Thursdays 5pm-7pm: Have fun with colors and let the fingers dance with Anoushka. You do not need to be an artist or ever have painted before. Here it is for new experiences where we let the music take over and express freely.
- Fridays 9.30am-10.30am: Learn Calligraphy with Marlenka.
- Sundays 5pm-7pm: Life Drawing with Lakshay. Figure Drawing. Classic way to understand the form, anatomy, perspective, etc.

Daily Sessions @ CREEVA Open Studio

At Creativity
Monday to Friday, 9:30am to 12:30pm and 1:30pm to 4:30pm
At Kalakendra
Monday to Friday, 10am to 12pm and 1:30pm to 3:30pm

Note: Please BE ON TIME.
It’s a cooperative; please feel free to use the studio’s art materials. It’s free for Aurovilians and Newcomers. The base contribution for Volunteers is Rs.100 and Guests is Rs.200 per session. It’s a non-profit; donate generously for art to flourish.
If you have any questions, feel free to call or email.
Call 0413 2622641 / 9808371145
or email to creeva@auroville.org.in
Exhibitions

Meditations on Savitri
The entire series of 472 paintings, in the picture gallery
Sri Aurobindo: A life sketch in photographs
In the upper corridor
Glimpses of the Mother: photographs and texts
In the Square Hall

Films

Mondays 6:30pm
Sep. 3: INTEGRAL YOGA – Sri Aurobindo & The Mother’s vision of Supramental Consciousness and how Haridas Chaudhuri brought it to the West. Duration: 55min
Sep. 24: Vladimir Yatsenko – On his life and yoga. Duration: 21min

Full Moon Gathering
Monday, Sep.24th - 7.15-8.15pm - in front of Sri Aurobindo’s statue

Regular Activities

Sundays 10.30-12 noon: Savitri Study Circle
Mondays 4.45-6.15pm: Meditations with Hymns of the Rig Veda translated by Sri Aurobindo, led by Nishtha
Tuesdays 9am-12: An Introduction to Integral Yoga workshop, led by Ashesh Joshi
Tuesdays, Fridays, Saturdays 4-5pm: L’Agenda de Mère: listening to recordings with Gangalakshmi
Tuesdays 4.45-5.45pm: Mudra-Chi led by Anandi
Tuesdays 5-6pm: Let us learn Savitri Together (in Tamil) led by Buvana
Tuesdays 5.45-7.15pm: OM Choir
Wednesdays 5-6pm: Essays on the Gita, led by Shraddhavan
Thursdays 4-5pm: The English of Savitri, led by Shraddhavan
Saturdays 5-6.30pm: Satsang led by Ashesh Joshi

Exhibitions, Main Building and Office are open Monday-Saturday 9-5
The Digital Library can be accessed on request Monday-Saturday 9-4
Everyone is welcome

Welcome to join HOLISTIC and our new programs in Intensive Learning, Retreats Therapies and Packages.
Let us teach you how to take care of your health and body and grow in consciousness, happiness and sense of well-being.
Info and registration: www.auroville-holistic.com / contact@auroville-holistic.com

THERAPIES

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>THERAPIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypnotherapy &amp; Transpersonal regression therapy</td>
<td>Sigrid Lindemann</td>
</tr>
<tr>
<td>Health coaching &amp; Personal Development</td>
<td>Christine Pauchard</td>
</tr>
<tr>
<td>Acupressure massage Therapy</td>
<td>Christine Pauchard</td>
</tr>
<tr>
<td>Acupuncture</td>
<td>Andres Lokuta</td>
</tr>
</tbody>
</table>

REGULAR CLASSES
(Registration by mail must be done before drop in)

<table>
<thead>
<tr>
<th>ASHTANGA YOGA - MYSORE STYLE</th>
<th>Monday, Wednesday, Friday, Saturday From 7 am to 8.30 am</th>
<th>With Christine P.</th>
</tr>
</thead>
<tbody>
<tr>
<td>TRADITIONAL HATHA YOGA</td>
<td>Tuesday/Thursday From 5 to 6.30 pm</td>
<td>At Taramangaling - Near Botanical garden</td>
</tr>
</tbody>
</table>

LEARNING ACTIVITIES

Healing Children Symposium 8 & 9 Sept 2018:
With Sigrid Lindemann - A 2-day Symposium of alternative therapy for children in difficulties - be it with diagnoses ADHD, Autism, epilepsy, developmental delay, cerebral palsy, congenital disorders: ataxia, Huntington, behavioural issues.
Therapies
For appointment: Phone 0413-2622606  Mobile 7094104329  treatments@verite.in

<table>
<thead>
<tr>
<th>Chetna</th>
<th>Neurofeedback therapy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa</td>
<td>Etiomedicine</td>
</tr>
<tr>
<td>Mila</td>
<td>Biodynamic Craniosacral therapy</td>
</tr>
<tr>
<td>Tania</td>
<td>Reiki</td>
</tr>
</tbody>
</table>

Yoga & Re-creation Sessions

<table>
<thead>
<tr>
<th>Days</th>
<th>Title</th>
<th>Timings</th>
<th>Facilitator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>Breathwork and Laughing Meditation</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.30 pm</td>
<td>Andres</td>
</tr>
<tr>
<td>Tuesdays</td>
<td>Meditative Hatha Yoga</td>
<td>6.45 to 8 am</td>
<td>Nikhil</td>
</tr>
<tr>
<td></td>
<td>Iyengar Yoga (no class Sep 11)</td>
<td>5 to 6.30 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Voice Movement Sound Bath Journey</td>
<td>5 to 6.30 pm</td>
<td>Balu &amp; Vera</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>Mantra chanting meditation</td>
<td>5 to 6.30 pm</td>
<td>Nikhil</td>
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<tr>
<td></td>
<td>Somatic Exploration (only Sep 5)</td>
<td>5 to 6 pm</td>
<td>Maggie</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms (start 12 Sep)</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td>Thursdays</td>
<td>Iyengar Yoga (no class Sep 13)</td>
<td>5 to 6.30 pm</td>
<td>Olesya</td>
</tr>
<tr>
<td></td>
<td>Voice frequency healing</td>
<td>5 to 6.30 pm</td>
<td>Vera</td>
</tr>
<tr>
<td>Fridays</td>
<td>5 Rhythms</td>
<td>5 to 6.30 pm</td>
<td>Irena</td>
</tr>
<tr>
<td>Saturdays</td>
<td>Yin Yoga</td>
<td>6.45 to 8 am</td>
<td>Anne-Sophie</td>
</tr>
<tr>
<td></td>
<td>5 Rhythms</td>
<td>5 to 6.30 pm</td>
<td>Joke</td>
</tr>
<tr>
<td></td>
<td>Hatha Vinyasa Yoga</td>
<td>5 to 6.30 pm</td>
<td>Andres</td>
</tr>
</tbody>
</table>

Joy Activities
September 2018

<table>
<thead>
<tr>
<th>SESSIONS</th>
<th>Day(s)</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi-gong with Andres</td>
<td>Monday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Monday (starting on the 10th)</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Tuesday (starting on the 11th)</td>
<td>7 to 8.30 pm</td>
</tr>
<tr>
<td>Qi-gong with Andres</td>
<td>Tuesday</td>
<td>5:15 to 6:15 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Wednesday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Wednesday (starting on the 5th)</td>
<td>5 to 6 pm</td>
</tr>
<tr>
<td>Qi-gong with Andres</td>
<td>Thursday</td>
<td>7 to 8:30 am</td>
</tr>
<tr>
<td>Qi-gong with Andres</td>
<td>Thursday</td>
<td>5:15 to 6:15 pm</td>
</tr>
<tr>
<td>Tai Chi with Lhamo</td>
<td>Friday</td>
<td>7 to 8 am</td>
</tr>
<tr>
<td>Laughter Yoga with Nikhil</td>
<td>Saturday</td>
<td>7 to 8.30 am</td>
</tr>
</tbody>
</table>

THERAPIES

| Shiatsu Massage (on Appointment only) | with Sara (944 36 17 308) |
| Reiki (on Appointment only)           | with Marcia (7598260379)  |
| Hypnosis (on Appointment only)        | with Lhamo (9565524237)   |
| Acupuncture (on Appointment only)     | with Lhamo (9565524237)   |

Joy Community is located in Center Field, after Nandanam School, next to Center Guest House
For info and reservations, please contact us at: 9487727393 / Email: joycommunity@auroville.org.in
www.joyauroville.org - www.facebook.com/joyauroville

NEW REGULAR CLASSES at JOY Guest House
Tai Chi Quan with Lhamo: First Class will start on Wednesday 5th September
Tuesday - Thursday and Saturday from 7 to 8:30 am
Monday and Wednesday from 5 to 6 pm.

Lhamo (Zhao Zhengrong), from China, started her Martial Arts journey at age 11, when she went to a Kung fu school in Shaolin and stayed there for 3 years, practising 9 hours a day. She learned from different masters such as Chen Style Tai Chi Quan and Tai Chi Sword, she also learned Wu Style Tai Chi Quan from other Master. She’ll be teaching 24 forms of Tai Chi Quan (which is simple style) for beginners; but according the students level she will start advance lever of Tai Chi Quan as 42 style and Wu Style 37.
All Welcome
PITANGA
Programme for September 2018

**Y O G A  I Y E N G A R**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asanas for women</td>
<td>level 2</td>
<td>Mon</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas for beginner</td>
<td>level 1</td>
<td>Mon</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Pranayama</td>
<td>level 2-3</td>
<td>Tues</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asana- self practice</td>
<td>all levels</td>
<td>Tues (From 18th)</td>
<td>08.00 - 11.00</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Tues (From 18th)</td>
<td>11.00 - 12.00</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas</td>
<td>level 1-2</td>
<td>Wed (Except 12th)</td>
<td>06.30 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Wed (From 12th)</td>
<td>11.00 - 12.30</td>
<td>Angela</td>
</tr>
<tr>
<td>Asanas - active (Regular)</td>
<td>iyengar Practitioners only</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 1</td>
<td>Thurs</td>
<td>07.30 - 09.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas - regular</td>
<td>level 2</td>
<td>Thurs</td>
<td>17.00 - 19.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Fri (Except 14th)</td>
<td>06.30 - 08.00</td>
<td>Olesya</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Fri (From 14th)</td>
<td>07.30 - 08.45</td>
<td>Angela</td>
</tr>
<tr>
<td>Immunity &amp; Hormonal balancing</td>
<td>level 2-3</td>
<td>Sat</td>
<td>07.30 - 09.15</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Sat</td>
<td>09.30 - 11.00</td>
<td>Tatiana</td>
</tr>
<tr>
<td>Asanas</td>
<td>drop in</td>
<td>Sat (From 15th)</td>
<td>16.30 - 18.00</td>
<td>Angela</td>
</tr>
</tbody>
</table>

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

**Y O G A  -  M I X E D  S T Y L E**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga Therapy</td>
<td>drop in - all levels</td>
<td>Mon</td>
<td>08.30 - 10.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas (*) for teenagers</td>
<td>Mon,Wed</td>
<td>16.00 - 17.00</td>
<td>Natascha/Lisbeth</td>
<td></td>
</tr>
<tr>
<td>Yoga - body,breath,mind</td>
<td>drop in - all levels</td>
<td>Mon (until10th)</td>
<td>14.00 - 15.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa flow</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>09.00 - 10.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>17.30 - 18.45</td>
<td>Soyoun</td>
</tr>
<tr>
<td>Yoga Therapy</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>08.30 - 10.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Yoga - Restorative</td>
<td>drop in - all levels</td>
<td>Wed (until 5th)</td>
<td>14.00 - 15.00</td>
<td>Jani</td>
</tr>
<tr>
<td>Vinyasa Flow</td>
<td>drop in - all levels</td>
<td>Wed</td>
<td>17.00 - 18.30</td>
<td>Bebe</td>
</tr>
<tr>
<td>Pregnancy yoga</td>
<td>drop in - all levels</td>
<td>Thurs (until 13th)</td>
<td>14.00 - 15.30</td>
<td>Osnat</td>
</tr>
<tr>
<td>Yoga Therapy</td>
<td>drop in - all levels</td>
<td>Fri</td>
<td>08.30 - 10.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Asanas</td>
<td>for children 7-9 yrs.</td>
<td>Sat</td>
<td>10.00 - 11.00</td>
<td>Gala</td>
</tr>
<tr>
<td>Hatha flow yoga</td>
<td>drop in - all levels</td>
<td>Sat</td>
<td>17.00 - 18.15</td>
<td>Soyoun</td>
</tr>
</tbody>
</table>

**O t h e r  E x e r c i s e s**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Falun Dafa (Qi-Gong)</td>
<td>drop in - all levels</td>
<td>Tues</td>
<td>17.30 - 19.00</td>
<td>Tania</td>
</tr>
<tr>
<td>Pranayama</td>
<td>Regular practitioners</td>
<td>Fri</td>
<td>06.45 - 08.00</td>
<td>Francois/Namrita</td>
</tr>
<tr>
<td>Aviva exercise</td>
<td>drop in - for women</td>
<td>Thurs</td>
<td>16.30 - 17.30</td>
<td>Suriya Gandhi</td>
</tr>
<tr>
<td>Discover energy body</td>
<td>for children, 7-9 yrs.</td>
<td>Sat</td>
<td>11.00 - 12.00</td>
<td>Gala</td>
</tr>
</tbody>
</table>

**D a n c e**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Level</th>
<th>Days</th>
<th>Time</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Odissi Dance (*)</td>
<td>Regular practitioners</td>
<td>Tues</td>
<td>16.00 - 17.15</td>
<td>Rekha</td>
</tr>
</tbody>
</table>

**H e a l t h  C a r e  a t  P i t a n g a**

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

<table>
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<tr>
<th>Therapy</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thai yoga Massage</td>
<td>Juan</td>
</tr>
<tr>
<td>Awakening the Intelligence of the body</td>
<td>Vani</td>
</tr>
<tr>
<td>Foot Reflexology</td>
<td>Lila</td>
</tr>
</tbody>
</table>

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

Pitanga Cultural Centre, Samasti, (0413) 262 2403/2622994 - pitanga@auroville.org.in.
ARKA WELLNESS CENTER & MULTIPURPOSE HALL – SEPTEMBER – 2018

<table>
<thead>
<tr>
<th>TREATMENT</th>
<th>WITH WHOM</th>
<th>WHEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Logic, Soft Massage, Deep Tissue Massage.</td>
<td>Pepe - by appointment 9943410987</td>
<td>Monday to Saturday</td>
</tr>
<tr>
<td>Cranio sacral, Lomi Lomi massage, Bare foot body massage and Thai yoga massage</td>
<td>Silvana- by appointment 9047654157</td>
<td>Monday to Saturday</td>
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<tr>
<td>Yogic Healing and Therapeutic Massage.</td>
<td>Basu - by appointment - 9443997568 or 9843567904</td>
<td>Monday to Friday 8 to 9:30 am &amp; 6:00 to 7:30 pm. Saturday &amp; Sunday any time.</td>
</tr>
<tr>
<td>Holistic Reflexology, Full body massage, Face Massage.</td>
<td>Meha - by appointment 9443635114</td>
<td>Monday to Friday 9:00 am to 5:00 pm.</td>
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<tr>
<td>Acupuncture</td>
<td>Dr. Mohammed Sahel by Appointment - 9994208068</td>
<td>Tuesday , Friday and Saturday.</td>
</tr>
<tr>
<td>Deep Core Intensive Massage</td>
<td>Sumit- by appointment 7839062619</td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Ayurvedic Massage and Birenda Massage.</td>
<td>Ion Condei- by appointment 8903205842</td>
<td>Monday to Friday</td>
</tr>
<tr>
<td>Chinese Fire Cupping and Moxibustion Therapy.</td>
<td>Chun - by appointment 8098900708/chun@auroville.org.in</td>
<td>Monday to Friday- 9am to 5pm</td>
</tr>
<tr>
<td>Holistic Healing and Therapy</td>
<td>Dr. Marlene Dengg - by appointment 8220223869, <a href="mailto:innerspirithealing@icloud.com">innerspirithealing@icloud.com</a></td>
<td>Monday to Saturday.</td>
</tr>
<tr>
<td>Psycho Spiritual Tarot, Deconditioning Self-Inquiry &amp; Innervoice Dialogue;</td>
<td>Antarjotbh - By Appointment 0413-2623767 or Email : <a href="mailto:antarcall@yahoo.fr">antarcall@yahoo.fr</a></td>
<td>Also in French.</td>
</tr>
</tbody>
</table>

BEAUTY PARLOUR

<table>
<thead>
<tr>
<th>TREATMENT</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 9489649626</td>
<td>Monday to Friday</td>
</tr>
</tbody>
</table>

REGULAR CLASSES

<table>
<thead>
<tr>
<th>CLASSES</th>
<th>WITH WHOM</th>
<th>WHEN</th>
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</thead>
<tbody>
<tr>
<td>Acro-yoga</td>
<td>Damien 9047722740</td>
<td>Saturday-Beginners class 8:15 am to 9:45am.</td>
</tr>
</tbody>
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**WALK WITH VILLAGE YOUTH**
Come and Experience Simple Village Life and Culture by walking through the village with village youth for 3 hrs either morning or evening. Prior booking is necessary for preparation. (min. 5 persons)
Day: Every Saturday & Sunday Timing: 09:30 am to 12.30 pm

**VILLAGE SPIRITUAL YATRA**
Learn the forgotten history of Bioregion & Auroville through legend of Irumbai Shiva Temple. Time: 08:00 am to 10.30am and 3.30pm - 5.00pm. Date: Every Monday and Saturday

**SOULFUL EXPERIENCE - Music – Dance – Food**
Feel the touch of your soul through freestyle dancing and traditional drumming with Campfire. Followed with Tamil Dinner.
Day: Every Wednesday Time: 6-8pm

**HATHA YOGA with Bala**
This one hour guided Yoga practice including Pranayama asana and meditation to taste a drop of oneness within you. Regular practices will help you to raise your spiritual dimension. Please come with empty / half stomach. Suitable for age 16 and above
Day: All Mondays / Time: 18:30 to 19:30 / Venue: Mohanam

**COOK LIKE A LOCAL**
Come and learn how to cook delicious tamil cuisine and taste what you have prepared! Morning: 09:30 to 12:30 pm (Every Saturday)

**KOLAM RITUAL**
Let the inner spirit & emotions lead the flow of Kolam and later enjoy a Tamil breakfast after a small trip inside village early in the morning. Day: Every Friday Timing: 06:30 am to 08.30am

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Opening the gates to the villages
Auroville & Kazhuveli Bio-Region Eco Experience Program for September 2018

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Please register for all the programs in advance by contacting: 0413 2623806, 2623394, or Mohanamprogram@auroville.org.in

Please visit: www.mohanam.org

Contributions requested from guests/Volunteers. Volunteer reduction by advance application for specific activities only.

Give Time a Break: Discover Village Life!!
Revised Auroville Accessible Bus Fares

Dear All, we would like to inform the community that we are not able to cover the running expenses of the bus with the present fares. The diesel cost is increasing every day. Presently we are collecting Rs.50 per ride and this calculation was done in December 2016, when the diesel cost was between Rs.52 to 56. Now the fuel cost is Rs.71 and increasing every day. To maintain the vehicle and to provide daily service to the community, we have decided to increase the fares to Rs.60 per ride from 01.09.2018.

If you would like to support the community collective transport, please give your donations to our account, 251675 / Accessible Auroville Bus. Thank you, Accessible Auroville Bus team

Email: avbus@auroville.org.in / Contact: (+91)9443074825

REGULAR EVENTS

Note from the editors

The Regular Events column is printed once a month, sent weekly via pdf through our mailing list, and published online for anyone to access at: auroville.org/content/4187

Guest-houses are kindly requested to put this section up on their notice boards for their guests. 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

AYYA Auroville Youth Activities: a brand new website presenting 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 activity to the website, kindly send your contact details (sport, name, phone number, email) to youthactivities@auroville.org.in.

AcroYoga for Beginners: Saturday 8:15 to 9:45 am at Arka - Partner flow: asana and stretching with a partner - Inversions: basic flying with partners. Damien 90 47 72 27 40.

African Pavilion’s regular events: Every Thursday enjoy the drumming circle together with African dinner from 6 pm till 9 pm. We drum together - no musical training necessary! For families, children, teens, adults...for everyone! • Joyful stress release / • Unifying team building

Active meditation / Empowerment through rhythm Location: African Pavilion, near Visitor Centre. Contact: 9047024711 africa@auroville.org.in. Fixed Contribution is requested for building the Pavilion, thanks!

Ashtanga Yoga- Mysore Style: with Christine Pauchaud. Monday, Wednesday, Friday, Saturday - from 7 to 8.30 am - at Taramangalang - Near Botanical garden. Registration by mail must be done before drop in: contact@auroville-hotline.com

Auroville Aikido at Auroville Budokan (Dehashakti): We have restarted our Martial Art practice with a new class for Beginners & all levels on Wednesday evening 6.30 to 7.30 pm with Murugan; Mixed levels on Saturday morning 6.30 to 7.30 am with Murugan/Surya; Advanced (morning classes) with Murugan on Tuesday & Thursday 6.00 to 7.15 am; Women & young girls (from 15) Sunday morning 8.30 to 9.45 am. Please be at the Dojo/Budokan 10-15 min. before the class starts. Welcome to watch a class before you join. Beginners may wear long loose pants & t-shirt with sleeves for the start (no tight fitting please) then a white “keikogi” will be required -we have some. For all activities at the AV Budokan: Health Fund or private insurance necessary - Reasonable contribution for the dojo is required. For Children classes and more info, please write to budokan@auroville.org.in or contact Surya: 0413-2623-811 or 9655-485487; Murugan: 9952-812843.

Aikido with Sep (Tanseiikai group): Practice of Aikido at the Auroville Budokan under the guidance of Sep Overlaet, 6th Dan Tokyo Aikikai. Hours of practice: Tuesdays and Thursdays from 7pm. to 8:30pm. Minimum age is 15. For further information contact Sep: overlaet@gmail.com / 8498753053.

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

Astrology, its holistic approach: Astralology Chart by Uma Giménez. You are welcome to call and fix an appointment at 0413-2623080 or 9444397972 (Surrender). The reading can be held in English, Spanish, French and Italian.

Astrology, Vedic: Readings in traditional Vedic Astrology to address any issue or area of life where you need more clarity. A single session lasts 60 to 75 minutes, so please plan accordingly. Study sessions are also possible. See http://www.althingvedicind/ for details. Contact Vikram on 9843948288 or at vikram@auroville.org.in

Auroville Discovery Visits: Dear Auroville guests and visitors, a possibility for you to explore and discover Auroville on a deeper level, the practical life, activities, projects, architecture, education, farming, craft and more. During a morning time, or more if you need, you’ll follow Veronique who speaks French and English, with your electric bicycle (best ever) around Auroville. Veronique lives and works in Auroville since 2001. For information please contact Veronique J. on +91488512678 (Whatsapp too) or email veronique@auroville.org.in

Bach Flower Sessions: With Rosalba, at Baraka. Monday, Tuesday, Friday and Saturday afternoons. Advance appointments by calling 9787702844 or email to rosalba@auroville.org.in.

Bach Flower Healing Session: Bach flower essences gently help to achieve harmony and balance to all aspects of your being. For appointment call Sitara 9751798408 or email: tara@auroville.org.in

Brahmanaspati Kshetram: The Mother and Sri Aurobindo Centre is launching regular activities: Every Thursday meditation 6:00-6:30 pm - Every first Sunday of the month reading circle from 5:30 pm led by Bhuvana Sundari in Tamil and English (for directions kindly consult Google maps at this link: here)

Blessed Souls: Every Tuesdays from 6-7 pm. We invite all of you to open your heart to the Divine learning and singing all together Bajhans and Kirtans. Musicians are welcome with their instruments. Hamsini & Shakti 9487544184, at Creativity.

Board Game Evening: Every FRIDAY from 6 pm onwards at Le Zéphyr in Visitors Centre. We have many games but feel free to bring along yours.

Body Care in Auromode: Facial treatment - cleaning, scrubbing, massage, moisturizing mask, rejuvenating mask, deep cooling massage. Exotic SPA: - Scrub, Wraps (chocolate, Tropicana). All materials used made from natural and organic products. Body Treatment - Cup massage. For more information contact Swetlana +919344639707

Breathwork and Laughing Meditation: We do group laughter yoga exercises which are like games played by children to connect with each other and importantly to yourself in a fun/playful way via laughter and breathing. It stillness and absurdity to laugh at mundane things makes it interesting and points in direction to take life less seriously than we usually do... with Nikhil at Veérít on Mondays from 5 to 6.30 pm. Contact: 0413-2622 045 or 709404329.

Buddha Garden Farm Tour: with audio companion is now available every morning starting 10.00am and 11.30am. Please come to the Farm Office near the entrance to get your device and a map. If you would like to download the audio companion onto your smartphone beforehand please contact prsya@auroville.org.in

Capeoria (Group Ginja Saroba): Classes open to all levels, led by Prof. Samudra da India and his students.

- ADULT CLASSES >> Monday: 5.15 PM - SAWCHU (Bharat Nivas) | Tuesday & Thursday: 6.00 PM - Deepanam School | Saturday: 4.30 PM - Dehashakti Gymnasium. Free trial class every first Thursday of the month.

- KIDS CLASSES >> Monday & Friday: 1.15 PM - Deepanam School - Contact us prior bringing a new kid.

- OPEN RODA (Capeoria Circle) >> First Friday of each month 5.30PM - Visitor Center - Open to all!!!

Contact: info@ginja-saroba.com | www.ginja-saroba.com | 9488328435

Chess Events: Warmly welcome to Thursday’s chess evenings at 6pm in Zen+ Art Centre in Acceptance - white gate on the right. More info: 09449035375, matej@auroville.org.in. Matej
Eco Femme welcomes you on every Thursday from 10.30 am to 11.30 am for a small talk about our work, sustainable menstrual products and menstruation experiences. You will also learn about the history of reusables and why making the switch is so important. You will also learn more about the history of menstrual products and menstruation experiences.

Saracon campus, near Ganesh bakery, just before Windarra. Contact: info@ecofemme.org

5 Rhythms with Irena at Vérté on Fridays from 5 - 6.30 pm: Dance meditation & creative expression (Gabriel Roth's method). Move into new fluid, fresh energy and enjoy a simple way to de-stress, connect to yourself and others, and put a smile on your face. Dancers/movers of all ages are welcome! Contact: 0413 - 2622 045 or 7094104329.

Family constellation workshop with Moghan: Creativity Hall of Light Saturdays (9am to 6pm) on these dates: 2018: 18 Aug - 8 Sept - 13 Oct - 10 Nov - 8 Dec And 2019: 12 Jan - 9 Feb - 9 March. Contact Moghan: 9751110486 / moghan@ecofemme.org.in

Feminine dance for all women in Cripa, Kalabhumi on Tuesdays at 4pm. An ancient sacred art for communication, healing, transformation and to facilitate birthing. We 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. Wear comfortable dance clothes. galit@auroville.org.in

5 Rhythms with Joke Van Hove at Vérté on Saturday 5-6.30 pm: Dance meditation & creative expression (Gabriel Roth's method). Move into new fluid, fresh energy and enjoy a simple way to de-stress, connect to yourself and others, and put a smile on your face. Dancers/movers of all ages are welcome! Contact: 0413 - 2622 045 or 7094104329.

Flamenco: by Lola at Cripa. Every WEDNESDAY - IMMEDIATELY: 2.30 to 3.30pm - BEGINNER: 3.30 to 4.30pm. WELCOME!!

French classes at Savitri Bhavan, House of Mother's Agenda: French classes at House of Mother's Agenda, every Monday 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 9443632774. All relevant information about the after effects of food on your body for e.g. allergies, intolerance, chronic pathology. Homeopathic Immunopharmacology is available.

Hairdresser/Hairstylist: Hi my name is Ladina. I offer haircutting, hairstyling, highlights at my home salon Monday through Saturday for the ladies. Private home service also available. For appointments please contact 9787337465.

Hatha Vinyasa Yoga with Andrez on Mondays and Saturdays from 5 to 6.30 pm. “The practice guides the student to a tension-free state of radiant health achieved through the postures (Asanas), breathing (Pranayama), Meditation (Dhyana), Concentration (Dharana), activation of the energetic centers (Chakras), and Relaxation techniques. As a result, the flow of Prana (Vital Life Force) is unblocked throughout the Nadis (energy meridians). Balance is restored in the physical, mental, emotional, intuitive and psychic being. Through constant practice contentment (santō), equanimity (śamatha), conscious health, connection and well-being will be established in daily life”. Contact: 0413 - 2622 045 or 7094104329.

Hatha Yoga classes by request at Auromode Yoga Space: English or French, mornings or evenings, from Monday to Saturday, book at least 24 hours in advance. Contact our teacher Laure: +91 8300 94 1041 or huyslaure@gmail.com.

Hip hop for school kids with Kani at New Creation dance studio Mondays and Wednesdays from 7-8pm

Hindi & English Class: Learn to speak, read and write Hindi at New Creation every Saturday at 4pm. Contact Shiv: 9110810224 at Reach for the Stars. shiv.godi007@gmail.com.

HOLISTIC regular sessions: See more details and the up-coming intensives: www.auroville-holistic.com. For the following sessions, book at contact@auroville-holistic.com.

Introduction to Auroville and Integral Yoga, in FRENCH: Mondays at 4:30pm and Saturdays at 3pm, at the French Pavilion (Opposite Visitors Center). Christine Pauchard gives an introduction on Auroville, followed by an introduction to Integral Yoga, and a meditation of 20-30 minutes as an immediate application. All French speakers are welcome. No advance registration required, just come on time!

IMPROV: Improvisation Theatre or IMPROV, is a form of live theatre where most, if not all, is created the moment it is performed. Our 1.5-hour IMPROV sessions will give you a taste of what IMPROV is all about, and teach you some cool personal and performance skills that will build confidence and self-esteem to make a great impression, awaken and express creativity, develop quick-thinking &amp; active listening skills. Date and venue: Every Friday at 4.30 pm at SAWCJU. Contact: Ema (9943970834) or Elke (9486520868).
Japanese Tea Ceremony: available on request - Please contact ithaswayami@auroville.org.in or at 0413-2622192.

Kalarippayattu Classes: New classes of Kalarippayattu have started in the new ASPIRATION KSHETRA KALARI at Aspiration Sports ground. Contact numbers: 9042009290 / 9585153355
- Kalar Class for Beginners:
  Morning classes 6.30 – 7.30 Monday, Wednesday, Friday
  Evening classes 5.00 – 6.00 Tuesday, Thursday, Saturday
- Kalar Class for advanced people:
  Morning classes 6.30 – 7.30 Tuesday, Thursday, Saturday

Kids dance in New creation: Monday 3-4 pm and Wednesday 10.30-11.30 am Thank you! Ulrike Urvasi

Kino Auroville: Kino is a film making movement that advocates the production of short-films on little to no budget, using small crews, and non-competitive collaboration. There are Kino Groups around the world. Kino Auroville is the only one in India. We invite anyone who has made a film in the last month, between 30 seconds and 6 minutes to come and screen it. We meet every first Saturday of the month at 10am at the MMC/CP (MultiMedia Center / Cinema Paradiso) at the Town Hall. Some of the films made can be found at this link: vimeo.com/groups/kinoaurovilemonthly

Co-Tea Yoga: sessions at Kolangal DD in Doucerre: Weekly 3 early Evening sessions: 17:00 to 18:30. Tuesday = Hips & Spine mobilization; Thursday = Strength & Flexibility stabilization; Saturday = Cardio & Endurance motivation. A Co-Tea Hatha Yoga session starts with the Breath that leads into progressive structures from simple to more complex postures, these are repeated to allow the subler energies to be activated like a wave through the body. Like in Dance the journeying from shape and form becomes the focus. The entire session is guided. Visualisation and soft music, assist in creating support and inspiration to go deeper inside. Ending with relaxation or meditation to benefit from alignment shifts and intentions made. If you like Yoga and Dance this form of Yoga is definitely for you! Information & Registration call 0413-2623446.

Sangha: 演讲: An opportunity to explore your understanding of Buddhism in an informal and open venue. Please come and share your understanding. At New Kino on the second Monday of the month. Contact Kino headquarters at 0413-2624519.

Leela, the Game of the Self Knowledge (a 2000 years old game!): Come and play the Game of your Life! Sundays, 9:30 am to 12.30 (above 15 years old), in SVEDAME, at the Butterfly Barn. English, Spanish, French or Russian. For more information, contact Ulrike: ulrikeauroville@gmail.com, and an English speaking Russian volunteer is kindly asked. Please call before to confirm your coming, thank you.
Contact: VeroniqueJ. 9485512678. For more info visit www.leelatethegame.blogspot.in

Mandala Practice: Wednesdays 2:30 to 5 pm, with Rosalba, exploring mandala's practice in the greenbelt of Auroville. Since the beginning of the Human Life, people from all over the world are connected with special shapes; the Mandalas are part of them. Carl Jung, long time is required for the student.
Contact: 0413-2622405 or 7094104329.

Mantra Chanting Meditation: A spiritual practice where we chant/sing mantras filled with Love/Devotion towards divine energy, like om namah shivaya, maa kaali chants and repeat same in a group aimed to quiet the mind and develop focus and concentration - OM, the great assenting Word. Please contact me for all details: 9787702844 or rosalba@auroville.org.in. See more on facebook: www.facebook.com/rosalba.auroville/

Meditation for Peace and Healing: Join us from 5:00 to 5:45pm every Thursday around 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.

Meditative Hatha Yoga: Asanas (Postures) and Pranayama (breathing exercises), Sivananda Style to improve blood circulation and flexibility. Vinyasa Flow (slow and meditative class) with breaks and shavasana (relaxation after each posture) ideal for beginners and old people - with Nikki at Vérité on Tuesdays from 6.45 to 8 am. Contact: 0413-2622045 or 7094104329.

MMA (Mixed Martial Arts) and Self-Defence for Women: READY TO COME BACK IN SHAPE? Let’s start again to practice MMA. Every Monday and Wednesday 5:30 to 7 pm at Dehashakti Gym. Cut your nails, be punctual and dress in sportswear. I can’t accept more than 13 students, maybe a contribution is a must. Free for Aurovilians and Newcomers (by the way donation are welcome if you want to roll on a new natami), otherwise contribution is expected. Account number: 251884 Contact Giacomo: 9487140778 / giacomoauroville@gmail.com. Check our page on FB: Auroville Mixed Martial Arts. Love, Giacomo.

Mudra-Chi Workshop: A body Prayer in a Tai-Chi Form. Every Tuesday at 6:45 pm. At Sivananda Bhavan. Facilitator: Hartmut. For further information or Special Classes, contact Hartmut: 0899490767 / hartmut@auroville.org.in

Nada Yoga Class: Tuesdays 1:30pm-3pm. At Creativity Hall of Light. Access inner consciousness through sound. This ancient Indian science links music to spiritual growth through vibrational sound. Use musical scales inside energetic centres to deepen auditory and kinaesthetic awareness. And free emotional blockages. This technique also help you to Silence the TUNE. Hatha Nada Yoga is a powerful meditative tool to deepen meditation between conscious states, enhance inner peace and contentment. Register with Hamsini at 9487544184.

New Colors: The NEW COLORS children's center is in Edavanchayaville, and offers free homework help for students from grades 1-9 from Monday to Friday between 5 to 7 pm (not on rainy days). THE MOTHER KinderGARTEN in NEW COLORS is for ages 2-7, open from Monday to Friday: with morning activity 8:30 to 1pm or afternoon activity from 1pm to 3pm or full day activity 8:30 am to 3pm. It is suitable for short or long term for Aurovilians & Newcomers and Guests. For registration and for further details contact Renana 9865444472 / motherkindergarten@gmail.com or newcolors2002@gmail.com


Odissi Dance Classes: If anyone (who is staying in Auroville long-term) is interested in dedicatedly learning Odissi dance as a beginner & is willing to commit to be regular to classes, please contact odissidadanceclass@gmail.com

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

Pavilion of Tibetan Culture (International Zone): Tibetan Dinners are ON again! The Wednesday Dinners from 7 pm onwards at Pavilion of Tibetan Culture have RESTARTED. We request everyone to register in advance for the dinner by calling 0413-26224201 or 8984907332 or send an e-mail to: Kalsang@auroville.org.in. All are welcome.

NEW! Piano classes: available from 15th of September onwards with Hartmut (under the umbrella of SAIIER). For children and adults. Classic, Jazz and the Art of Improvisation. A regular access to a private or public piano, keyboard or synthesizer is required for the student. Please write to: Hartmut von Lieres at vonlieres@gmx.de, Warmly, Hartmut.

Pilates with Savitri at New Creation dance studio. Time: Mondays from 5-6pm (intermediate), Tuesdays (intermediate) and Saturdays (basic) from 7.30 to 8:30am.

Pilates with Teresa: cancelled until further notice. teresa@auroville.org.in
Potluck: “UNITY POTLUCK: - Hello dear family, every Friday evening, I would like to invite you for a Unity Potluck. The idea is a sharing dinner, meeting new people and different tastes, and so on. Each Friday maximum 10 people are invited to participate according to registration & place. You are welcome with love and light. For contact and question: Liranorea@gmail.com, phone: +5184907561214. Uncle

Pregnancy, Birth, Conception, Parenting. Offering space and time to share and grow during this special time of life. Knowledge, Trust, Awareness in body and breath, Empowering. Proposing Thursday mornings 7.30-8.30am and evenings from 5-6pm. Prior registration required. Please contact us for more information or different timings. Place: Sanjana behind Arati. Ulrike Urvasi 9442062949 (sms, whatapp), ulrikeurtvai@auroville.org.in

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: (0413)262 37 67 or email: antarcallies@yahoo.fr

Psychosynthesis Counselling and Bach Flowers with Stefania on appointment - Contact: Stefania joy Scofield, email info@aurowlive.org.in or call Stefania at 9468636442.

Qi Gong classes with Andres: Monday-Wednesday and Friday from 7am-8am, Tuesday and Thursday from 5 to 6 pm, at Joy GH. The closest translation of Qi - Gong into English would be Power Management.” “Swinging” Qi Gong for beginners, is one of the ways to resolve old patterns of psycho-corporal movement into new experience. It increases general well-being, especially if done as a regular practice with right attitude and joy to learn something new for yourself from the experience practicing in the group. Andres is a Practicing Traditional Acupuncturist for 18 years, he will show some exercises that will help 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 a benefit on the 3 levels: Physical, Energetical and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help releasing sciatica pain (“Ichissa” in German). To book your appointment, please call Isha at: (0413) 2622192 or ishawayam@aurowlive.org.in.

Sirtash Massage: with Saro (9443617308) @ JOY GH Hall; Shirts helps remove the blockages by re-aligning meridian points, which balances the qi and eases the body and mind. For appointment email joycommunity@aurowlive.org.in.

Skyworks: Tree Climbing Workshops: CREATIONSAL. You want the experience with 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 are welcome. ADVANCE BOOKING is required 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 & appointments call Satya@ 8300752549

Solitude Farm activities: Weekly farm tour: Saturdays 11:30 a.m.

Somatics Movement: with Maggie at Vérité - last and only weekly class for the month of September will be on Wed 5 September from 5 - 6 pm. Classes will then resume first week of December 2018. Contact: 0413 - 2622 045 or 7094104329.

Sound Bath - Unity Journey: ON PAUSE. Restarting soon! Sound Massage and Bath With Tibetan Singing Bowls and Solar Gong: Lying on a mat with bowls of different pitches, sound energy flows right through your cells forming a beautiful OM harmonic cocoon of peace, melting away tightness and discomfort while tuning you up to its flow. Grounding and calming, the powerful mystic gong and bronze bowls take us deep inside into our true home….. Info & booking for guests: Antarjyoti, tel: (0413)262 37 67. Mail: antarcallies@yahoo.fr

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 a benefit on the 3 levels: Physical, Energetical and Mental. This exploration based on the concepts of Chinese Medicine will help you reconnect with your organs and holistic being. In case of emergency I may help releasing sciatica pain (“Ichissa” in German). To book your appointment, please call Iska at: (0413) 2622192 or ishawayam@aurowlive.org.in.

South Indian Classical Dance (Bhratnatyam): Bhratnatyam 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.Caveri: 7598260379.

Spontaneous Singing: is back on! Enjoy the pleasure of singing and discovering your own voice without any goals or prerequisite. Be spontaneous and enjoy what happens when your voice encounters another voice. Let us create together an intangible and magical music. Every Wednesday, 5:00 to 6:30 pm at Creativity - Hall of Light. Max. 12 people. Antoine - 8940740529 / antoine@aurowlive.org.in

Stop Smoking, Not Why But How! PAUSED

Tai Chi Hall @ Sharna: Classes restarted Sept 1st. Monday & Tuesday 7.30-8.30 Chi, Monday & Tuesday 8.30 - 9.30 24-form, Wednesday & Saturday 7.30-8.30 127-form, Thursday & Friday 7.30-8.30 108-form. tachi@aurowlive.org.in

Tango - Beginners Dance Class: Argentine Tango Dancing class for beginners is offered at Joy Guesthouse every MONDAY 7pm to 9pm. (NO CLASS ON AUGUST 13th). No partner is necessary. Please bring socks or dance shoes. More info: Jorge@aurowlive.org.in

Tango - “Practica”: practice space held for all tango dance levels on Wednesday 7:30-9pm at SAWCHU hall, at the entrance of Bharat Nivas.

Tao of Tea: With Isha: Discover Yourself through the sharing of this particular tea ceremony. It will change your awareness towards tea and coffee. Only organic tea will be used. (non-coffee tea available on request) All are welcome.

- every day available, venue: Swayam. Advance booking required. Approx. 1 hour per each session. Book at: 0413-2622192 / ishawayam@aurowlive.org.in
- Also available every Thursday afternoon at Unity Pavilion-Hall of Peace: 2 to 3pm and 3:30 to 4:30pm. Advance Booking is required: call with the Unity Pavilion, 0413-2623576 or unitypavilion@aurowlive.org.in.
Therapies with Vani:

1. Awakening the intelligence of the body: Discovering your Self-healing power and natural intelligence of the body. Experiencing the Presence within by quietening the thought process and contacting the body. Fusion of deep guided relaxation, visualisation, panic healing, acupressure and foot and cranial reflexology.

2. Journey to the memory of the body: Journey through the trauma memories, emotional blockages and belief systems in order to release and heal these traumas, by getting aware and deprogramming these past believe systems put in place in the past, which keep you living a very joyous life in the present. Fusion of Hladina Method, Hypnotherapy, Self-Inquiries.

3. Life Coaching: Using awareness, visualization & imagination techniques. Life coaching is very useful in period of changes and new projects in order to get in contact with your intuitive self and find the creative & dynamic aspect of your life.

4. Reiki and Reflexology:
   An activity for kids (6 years old and above) and adults, organised by Spirit & Nature. The World Game encourages spontaneity, trust in oneself and being in the flow of the moment. An opportunity to be creative, to be able to express our own individuality and our unique, living soul. For info www.spiritandnature.org/ or appointment spiritandnature@aurowville.org.in

Voice Movement Sound Bath Journey:

with Olesya at Vérité on Fridays. Join Olesya in these sessions that will enhance your knowledge of sound healing and chakra awareness. You will be guided on a vocal journey in which you will learn to utilize your unique frequency to call forth & bring out the light within you & others. Based on the belief that we are the creators & observers of our own lives, and we can change the reality around us by changing the reality within us, you will learn simple, effective ways of using the voice for:

- Healing oneself & others on a cellular level - Reconnecting with the inner being - Awakening, cleansing & grounding using one’s own personal mantra.

Contact: 0413 - 2622 045 or 7094104329

Volleyball at Dehashakti: Mondays 5-6.30pm.
We are looking for more people would like to join us for some fun volleyball matches at the Dehashakti sports ground. Just come by.

NEW: Warm Water Sessions for Pregnant Women:

in Quiet Healing Center’s warm water pool. Every Wednesday morning from July 25, 9.30am till 10.30am. You are invited to experience the weightless, relaxing and connecting benefits of movement and floating in warm water. You can come with your partner and/or yourself. For further enquiries, please contact 9943247326 or R. Meenakshi (ilaignark@auroville.org.in).
These Workshops are conducted every Tuesday, each week with a different focus. Study, play and creativity go hand in hand with various inner exercises. 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-aurville.com.

◆ Origami Workshop is BACK!

Bharat Nivas collaboration in conjunction with Japanese Pavilion invites you to participate in the next “Let’s enjoy ORIGAMI” on Friday 7th September, 2:30 to 3:30pm at Bharat Nivas office, under the Auditorium - after you enter Auditorium building from outside, please proceed to the steps down on your right side. Then on your right is the office we use.

This year, 13th September will be celebrated as Ganesh Puja in India, so in this workshop let's try to make our own adorable paper Origami Ganesh!

Bookings not needed, all are welcome!

Contact: Tomoko or Emiko on letsonjoyorigami@gmail.com

◆ Family Constellations Workshop With Moghen

Saturday & Sept - 9 am to 6 pm at Creativity Hall of Light Please contact mohghani@aurville.org.in or 9731110486.

AT SAVITRI BHAVAN

Monday, September 3, 2018 at 6:30pm. Duration: 55min.

INTEGRAL YOGA - Sri Aurobindo & The Mother's vision of Supramental Consciousness and how Haridas Chaudhuri brought it to the West

Haridas Chaudhuri was the first person to write a Ph.D. dissertation on The Life Divine; later Sri Aurobindo approved of him being sent as a representative of the Integral Yoga to USA. In 1951 the ‘American Academy of Asian Studies’ and the ‘Cultural Integration Fellowship’ (CIF) were founded in California. In 1968 Haridas Chaudhuri launched ‘The California Institute of Integral Studies’ (CIIS), a private, non-profit university which maintains strong ties with Auroville. Alan Watts and Haridas Chaudhuri established those institutions as meeting places for counter-cultural movements and connecting the cultural traditions of the East and West. In the film we hear and see Haridas Chaudhuri speaking about the Renaissance of India and at this time sharing insights about Sri Aurobindo's revolutionary work and his spiritual experiences. Debashish Banerjee then speaks about the Mother and her spiritual collaboration with Sri Aurobindo in Pondicherry, explaining that her spiritual capacity makes it possible for everybody and anybody to receive Sri Aurobindo's Integral Yoga. The film is a beautiful documentary about the deep desire for change in the sixties and the search for a new evolutionary consciousness which brought the Yoga Psychology of the East together with Western Psychology on the basis of Sri Aurobindo's work and philosophy.

SPECIAL SCREENING at MMC

PEACE SYMPHONY

Wednesday, 5th Sept 2018 - 4:30 PM (Duration: 90 mins)

At the MMC cinema, Town Hall.

Johannes Jansson (Friend and family member of Aurovilians) will show a video on his recent composition, “PEACE SYMPHONY”, using the text of the famous Nobel Peace Prize winner 2011 Mrs. Tawakkol Karman, a journalist and freedom fighter of Yemen, a major voice of democracy in Europe in June 1974, where the inner creative process continued.

For the Auroville celebration of the millennium, he had composed ‘New Year Music 2000’ for the Auroville adults and children choir and orchestra. (more info at www.johannesjansson.eu) ALL ARE WELCOME - Submitted by Tapas

FRIDAY 7 SEPTEMBER - 7.45 PM


Synopsis: Music documentary telling the story of four men who made music together as “Indian Ocean” in Delhi, in a contemporary India where commercial concerns are overriding. For more than 15 years, the group has uniquely created, converting folk songs (Karib’s couplets and such other poetry) into vibrant, moving fusion music. “Indian Ocean” was one of the most significant Indian bands, doing path-breaking, timeless work outside the mainstream, quietly and with great integrity. The viewers go with their music in three ways: in concert with all their stage finery, at a casual performance in their own neighborhood, and raw improvisations from their rehearsal room. The documentary was shot in 2006 and edited in 2007/8. It made history in 2010 by becoming the first documentary film in the history of Indian cinema to release nationally in theatres. With thanks to Jaideep Varma. You may remember that Susmit Sen and his actual band came and gave us a great concert at Bharat Nivas a few months ago! (with many songs of Indian Ocean.) This film was announced for last week but could not be screened here it is!

Original English and Hindi version with Eng. Subtitles - Dur.: 1h.55'

CINEMA PARADISO Multimedia Center (MMC) Auditorium

Film program 3 to 9 September 2018

Black Mirror is a British science fiction anthology television series created by Charlie Brooker, with Brooker and Annabel Jones serving as the programme showrunners. It examines modern society, particularly with regard to the unanticipated consequences of new technologies. Episodes are standalone, usually set in an alternative present or the near future, often with a dark and satirical tone, though some are more experimental and lighter.

‘If technology is a drug - and it does feel like a drug - then what, precisely, are the side effects? This area - between delight and discomfort - is where Black Mirror, my new drama series, is set. The ‘black mirror’ of the title is the one you’ll find on every wall, on every desk, in the palm of every hand: the ‘black mirror’ of the programme showrunners. It examines modern society, particularly with regard to the unanticipated consequences of new technologies. Episodes are standalone, usually set in an alternative present or the near future, often with a dark and satirical tone, though some are more experimental and lighter.

Black Mirror - Monday 3 September, 8:00 pm:

- NOSE Divine

U.K., Dir: Joe Wright, w/ Bryce Dallas Howard, Alice Eve, Cherry Jones and others, Sci-Fi-Thriller, 63mins, English w/English subtitles, Rated: R

A woman desperate to boost her social media score hits the jackpot when she's invited to a swanky wedding, but the trip doesn't go as planned.

- WHITE CHRISTMAS

U.K., Dir: Carl Tibbetts, w/ Jon Hamm, Rafe Spall, Gona Chaplin and others, Sci-Fi-Thriller, 69mins, English w/English subtitles, Rated: R

Three interconnected tales of technology run amok during the Christmas season are told by two men at a remote outpost in a frozen wilderness.

Black Mirror - Tuesday 4 September, 8:00 pm:

- HATED IN THE NATION

U.K., James Hawes, w/ Kelly Macdonald, Faye Marsay, Benedict Wong and others, Sci-Fi-Thriller, 89mins, English w/English subtitles, Rated: R

Three interconnected tales of technology run amok during the Christmas season are told by two men at a remote outpost in a frozen wilderness.

- USS CALLİSTER

U.K., Dir: Toby Haynes, w/ Jesse Plemons, Cristin Milioti, Jimmi Simpson and others, Sci-Fi-Thriller, 76mins, English w/English subtitles, Rated: R

A woman wakes up on a Star Trek-esque ship where the crew praise their all-knowing and fearless captain.

Regular Events - News&Notes 3rd of September 2018 [762] 25
Black Mirror - Wednesday 5 September, 8:00 pm:
• HANG THE DJ
U.K., Dir: Tim Van Patten, w/ Georgina Campbell, Joe Cole, Gina Bramhill and others, Sci-Fi-Thriller, 51mins, English w/English subtitles, Rated: R - Paired up by a dating program that puts an expiration date on all relationships, Frank and Amy soon begin to question the system’s logic.

• BE RIGHT BACK
U.K., Dir: Owen Harris, w/ Hayley Atwell, Domhnall Gleeson, Claire Keelan and others, Sci-Fi-Thriller, 48mins, English w/English subtitles, Rated: R - After learning about a new service that lets people stay in touch with the deceased, a lonely, grieving Martha reconnects with her late lover.

Black Mirror - Thursday 6 September, 8:00 pm:
• FIFTEEN MILLION MERITS
U.K., Dir: Euros Lyn, w/ Daniel Kaluuya, Jessica Brown Findlay, Rupert Everett and others, Sci-Fi-Thriller, 51mins, English w/English subtitles, Rated: R - In a world where people’s lives consist of riding exercise bikes to gain credits, Bing tries to help a woman get on to a singing competition show.

• THE ENTIRE HISTORY OF YOU
U.K., Dir: Jesse Armstrong, w/ Toby Kebbell, Jodie Whittaker, Tom Cullen and others, Sci-Fi-Thriller, 49mins, English w/English subtitles, Rated: PG - In the near future, everyone has access to a memory implant that records everything they do, see and hear - a sort of Sky Plus (Digital Video Recorder) for the brain. You need never forget a face again - but is that always a good thing?

International - Saturday 8 September, 8:00 pm:
• THE LOST CITY OF Z
USA, 2016, Dir: James Gray, w/ Charlie Hunnam, Robert Pattinson, Sienna Miller, Adventure-Biography-Drama, 141 mins, English-Portuguese-Tupi w/English subtitles, Rated: PG - The incredible true story of British explorer Percy Fawcett, who journeys into the Amazon at the dawn of the 20th century and discovers evidence of a previously unknown, advanced civilization that may have once inhabited the region. Despite being ridiculed by the scientific establishment, who regard indigenous populations as “savages,” the determined Fawcett is supported by his devoted wife, son and aide de camp returns time and again to his beloved jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925.

Children’s Film - Sunday 9 September, 4:30pm
• PADDINGTON 2
UK, 2017, Dir: Paul King w/ Ben Whishaw, Hugh Grant, Hugh Bonneville and others, Comedy, 103mins, English w/English subtitles, Rated: PG - Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy’s 100th birthday, only for the gift to be stolen.

INGMAR BERGMAN FILM FESTIVAL@CINELUB
As part of the global celebrations of the centenary of world-renowned Swedish filmmaker Ingmar Bergman CineClub will screen some of his early works at cinema paradiso. Bergman was widely considered one of the greatest directors in motion picture history. For much of the second half of the 20th century, he stood with directors like Federico Fellini and Akira Kurosawa at the pinnacle of serious filmmaking. One of the most important motifs in the artistic director’s work, the questioning on faith and emotions, poured serious mental enquires and profound philosophic thoughts into his images and footages, pushing the audience to ponder over the situations the modern people are facing in his self-reflection.

HD Ciné-Club Sunday 9 Sep. 8pm
• VISKNINGAR OCH ROP (CRIES AND WHISPERS)
Sweden,1973, Dir. Ingmar Bergman w/ Harriet Andersson, Liv Ullmann, Karl Sylvan, Ingrid Thulin and others,Drama,91min, Swedish w/English subtitles, Rated: NR - A reflection of the growth process:

Front Cover by Emanuele: “Papui and The Needle of Light” by Savitri

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 Nah! email address (below).

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: On appointment only.

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.