The Mother reiterated during her conversation with Satprem on 29.4.1970 that the object to be accomplished was the change in the physical consciousness, that the change in the physical appearance was a secondary consequence, and that that would be the last thing to change. She said emphatically that the thing that had to be accomplished was accomplished. In her own words:

We think that this, this appearance (Mother points to her body) is ... to the ordinary consciousness it seems to be the most important thing - it's obviously the last thing that will change. And to the ordinary consciousness, it seems to be the last thing that will change because it's the most important: that will be the surest sign. But it's not that at all!... It's not that at all.

The important thing is this change in the CONSCIOUSNESS - which has taken place. All the rest is a consequence. And here, in this material world, it appears the most important to us because it's ... everything is upside down. I don't know how to explain.

For us, when this [the body] is able to visibly be something different from what it is, we'll say, "Ah, now the thing is done." - That's not true: the thing IS DONE. This [the body] is a secondary consequence.

A momentous stage was reached. An irreversible stage was reached. The whole work, the real work of Sri Aurobindo and the Mother, was to open up the consciousness of the cells by fixing the supramental consciousness in the body-consciousness. This work was done; the rest was a secondary consequence. As the Mother said:

It must be 'worked out', as one says, it has to be realised in all details, but the change is DONE - the change is done...The physical is capable of receiving the Superior Light, the Truth, the true consciousness and to manifest it. Again, as the Mother said:

Still one must struggle, one must have patience, courage, will, confidence, - but it is no longer ‘like that’. It is the old thing which tries to cling - hideous! Hideous. But...it is no longer like that...and everything - everything, all circumstances are as catastrophic as they can be: problems, complications, difficulties, everything - everything is dead set against it like that, ferocious beasts, but...it is over. To disappear, it might take centuries, but it is over.

The Mother said it might take centuries to ‘work out’ in all its details; Sri Aurobindo had said that it would take at least three hundred years. But the supramental consciousness imparts to the evolutionary movement an unimaginable acceleration to the process of transformation. It does not stop anywhere; it moves on as rapidly as possible towards the point where the transformation would be instantaneous.

The onward journey of the Mother was towards the total transformation of the body, so that even the residue of the old would undergo the change. In this process, the Mother will make many new discoveries, she will pass through a hell of resistances of the old world, - even after building up in her old body, a new body of awakened cells where there is no ‘life’ and ‘death’ but ‘overlife’. A perilous journey it was - and the reader may, in order to follow this journey, peruse volumes 11, 12 and 13 of the Mother’s Agenda.

“...But it is done...” Victory of Sri Aurobindo and The Mother, chap. IV
Jyoti Madhok and Kireet Joshi

By pain and joy, the bright and tenebrous twins,
The inanimate world perceived its sentient soul,
Else had the Inconscient never suffered change.
Pain is the hammer of the Gods to break
A dead resistance in the mortal's heart,
His slow inertia as of living stone.

Sri Aurobindo - Savitri, p.443
Dear Community,

We were unable to publish monthly reports since October. You will find here a combined report for the months of October and November, 2018.

On 29th and 30th November, 2018, members of the Governing Board, Dr. Prema Nandakumar & Dr. Nirima Oza, visited Auroville to follow-up on the topic of discrimination and related matters, when they met with several individuals and groups. To name a few, they have met with Balu K, Aurovasangaman, Restorative Auroville, Koodam, ex members of TFRC, members of the Study Group (Selection Process), members of the Residents’ Assembly Service (RAS), Moutou, Nandini Service, Boobalan, Ambulance Service, Sumit, Eric, Shankar (Alkiyam), Auroville Council, FAMC, WCom, AVAG, PCG, and other residents. The GB may get back to us (RA) in due time.

We have been informed of various instances of illegal poaching taking place in areas where water harvesting has also been encouraged to provide their inputs and suggestions for improvements. We will continue to keep you informed and in the loop.

1) Committee of the Auroville Council

The WCom has not yet been able to begin the process of reviewing of the AVC mandate. At first this was because we were inundated with work and this matter took a back-seat. Then we found that the community is quite full with ongoing processes such as improvements for the Selection process, the selection of members for the Temporary Feedback Review Committee (TFRC), the approval of the Clearance Panel proposal, the strengthening of the RAS, the selection of interim members for L’Avenir, and finally the process for preparing the Entry Policy 2017. We hope to begin the process of reviewing the mandate of the AVC as soon as possible. We regret any inconvenience caused.

2) Visit of two members of the Governing Board

On 29th and 30th November, 2018, members of the Governing Board, Dr. Prema Nandakumar & Dr. Nirima Oza, visited Auroville to follow-up on the topic of discrimination and related matters, when they met with several individuals and groups. To name a few, they have met with Balu K, Aurovasangaman, Restorative Auroville, Koodam, ex members of TFRC, members of the Study Group (Selection Process), members of the Residents’ Assembly Service (RAS), Moutou, Nandini Service, Boobalan, Ambulance Service, Sumit, Eric, Shankar (Alkiyam), Auroville Council, FAMC, WCom, AVAG, PCG, and other residents. The GB may get back to us (RA) in due time.

3) Highway

The Highway Task Force (HTF) publishes periodic reports on developments regarding this matter. For an update on progress, kindly refer to their latest report in N&N (26th November, 2018 #774).

We continue to closely coordinate with the HTF, and with close cooperation with the Secretariat of the Auroville Foundation, the work goes on. We have also formally communicated to the Auroville Foundation about the constitution of the HTF with the names of the Aurovilians authorized to meet with the external authorities on behalf of Auroville. We wish to thank and acknowledge for the work done until now.

4) Visa

Kindly refer to our previous report for an update on visa matters, N&N (15th October, 2018, #768).

5) Disputed land purchase

A case has been filed by the Office of the Secretary in the High Court at Chennai. We are waiting for the judgment. We will come back to you when we have something substantial to report. As directed by the Governing Board a group has been setup by the Secretary, AvF, to conduct a Departmental Enquiry into the purchase of land R.S No. 426 / 1C2. You will find an update by the Auroville Council, in N&N (3rdDecember, 2018 #775).

6) Revision and improvement of the Entry Policy, 2017

The revision and improvement process is ongoing, jointly with the Auroville Council. The Entry Board, the Entry Secretariat, the Aspiration Team have provided their inputs for improvement based on their experience of the EP 2017. Similarly, some out of the many who have been at the receiving end of the EP, have also been encouraged to provide their inputs and suggestions for improvements. We will continue to keep you informed and in the loop.

7) Mandate of the Auroville Council

This is to remind all Aurovillians, Auroville units and services, that in 2015, the WCom has constituted the Auroville ICC, in accordance to the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act 2013. The Auroville ICC is required to deal with all issues of Sexual Harassment as defined in the Sexual Harassment Act that are brought to its notice, which involve a Resident of Auroville, a Newcomer, a Friend of Auroville, a Volunteer in Auroville, a Student of Auroville, a Guest of Auroville, as well as a person employed by or working for an Auroville trust, an Auroville unit, an Auroville service, any other Auroville legal entity, or individual residing in Auroville. The Auroville ICC is also mandated to deal with issues of sexual harassment occurring in Auroville but not regulated by the Sexual Harassment Act, if such does not contradict any Indian law. All Auroville workplaces, units and services, are to direct any aggrieved to write directly to the ICC: icc@auroville.org.in, Tel: 7693905678.

Membership: The term of three years of members of the ICC as constituted in October 2015, is complete. We thank the team for their diligent work. As of 24th October, 2018, the WCom has renewed the membership for the next three-year term. The members are: Niva Kovshi, Anbu Morris, Paula Murphy, Kathy Walking, Dr. Palani Muthuganapathy, and Dr. Vidyaa Ramkumar (as an external member).

8) Poaching taking place in forests of Auroville

We were unable to publish monthly reports since October. You will find here a combined report for the months of October and November, 2018.

We have been informed of various instances of illegal poaching taking place in areas where water harvesting has also been encouraged to provide their inputs and suggestions for improvements. We will continue to keep you informed and in the loop.

10) Cases of labour dispute / payments issues etc.

Increasingly the WCom has been receiving cases of labour disputes or cases where there are payment issues due to inactivity at the time of hiring labour. We wish to remind all Aurovillians and Auroville units and services to be mindful of related laws and ensure that all employees are well informed of the same before hiring. We recommend you enter into written contracts as a safe-guard, no matter how small the job is.

11) Visits of Ambassadors and Consuls

We urge all those who invite ambassadors and consuls to inform the Working Committee beforehand, as there may be formalities to be observed.

12) General Meeting

We plan to hold a general information meeting by the WCom sometime in end January, 2019. We will inform you of the date in due time.

Ongoing topics:

The Working Committee is also involved in the following topics, which are still ongoing and not yet concluded:

1. Garbage matter
2. Kullapalayam parking
3. Drone usage
4. Filming and photography guidelines
5. Cases of misuse of Auroville name and symbol
6. Beach erosion
7. Sumit / Eric

The Working Committee:
Carel, Hemant, Inge, Mandakini, Partha, Ranjithkumar, Sauro.
**Update from L’Avenir**

Dear Community, It has been very long since we have been in communication with you and we regret that we were unable to do so, because of being extremely challenged with human resources at our office and in our Interface team.

In light of the ongoing selection process for some interim members, we would like to update you about our current status.

Of the 8 members that were selected in October 2017, we would like to report that at present, Interface team of L’Avenir d’Auroville has 3 members - Anita, Pino and Tejaswini. In May, Sindhuja and Aurovici resigned due to their inability to keep their “half time” commitment.

In March, in the aftermath of the 50th-anniversary pressures, Divya informed her decision to step down in the next selection process which was planned for Nov. 2017. In October, Anu resigned due to irresolvable differences with the team.

And now, Inge has resigned due to her personal reasons but will hold office presence till this Dec month end.

Pino has expressed the intention to step down in the upcoming selection process in March 2019. Anita and Tejaswini are committed to continue to the best of their capacities.

We are happy to share that we are actively supported in this by many working groups (like AV Council, FAMC, AV Architects, Gol group, Water group) and by our technical consultants (Claude, Suhasini, Gilles B., David N., to name just a few).

The AV Council and Working Committee, with the support of the RAS, is selecting interim members.

We are looking forward to having on board committed and capable persons to support our important ongoing works like the setting up of Technical Teams for Applications, Evaluation and Monitoring, Zonal Development, Development Priorities, Mobility and Infrastructure planning. We also look towards the new interim members to strengthen and improve our administration and communication. In the meantime, we will be coming back to you very soon with a report of our ongoing initiatives. Warmly, L’Avenir d’Auroville.

**Study Group Report: Interactive Session with the Working Groups**

Dear friends, On Saturday afternoon, the 1st of December, there was an interactive session with the Working Groups held in Unity Pavilion. Hereafter is a short report of this event.

**Why was this event organized?**

- This event was inspired by a desire to raise awareness and increase participation of the community for the upcoming Selection Process (March 2019), in which some members of the 4 major Working Groups will be replaced. The call for nomination has been sent a few days ago by the Resident Assembly Service (RAS) and we hope for an active interest from the community.
- This event was also an occasion to foster interaction and true sharing between Working Group members and the community at large. It was seen as an occasion to come together in a warmer way without the usual formal boundaries between the two.
- Finally, we wanted these interactions and our organization system to be uplifted, by bringing inspiration from the description of the 4 Aspects of the Divine Mother by Sri Aurobindo.

**What happened, what was it about?**

The whole idea was to have 4 separate spaces, each named after one of the 4 Aspects of the Divine Mother (Maheshwari, Mahakali, Mahalakshmi and Mahasaraswati). Since each aspect represents specific powers, they offer perspectives to ask questions in a constructive manner. We also had members from the 4 major Working Groups (Working Committee, Auroville Council, FAMC and L’avenir d’Auroville), each Working Group assigned to one of the spaces. This means 4 interactive sessions were happening simultaneously; every 30 minutes, these Working Groups were shifting spaces in order to go through all 4 Aspects. Community members were free to walk silently in and out of each space based on their interest. The whole environment was therefore designed as an open forum, though the intention was that interactions occur through the specific lens of the 4 Powers, with a facilitator for each room to guide the discussions.

In addition to this, we had some basic information about the Working Groups, a Children’s Corner held by YouthLink, as well as Tea & Biscuits for all. The whole event was followed by a Potluck Dinner - a special thank you to all the people and restaurants that offered some food!

**How did it go?**

According to the feedback we received during and after the event, overall it went very well! Even if we were using a new framework, people understood the guidelines pretty quickly and played the game! Interactions were respectful, discussions were for the most part consistent & meaningful, and having small groups instead of one big assembly brought more warmth to the whole picture. Some people found that the 25-minute long sessions were too short, a factor we will definitely take into account; but we also believe that as an initial start, the event played its role in creating interest and participation within the community.

Things could of course have been more in alignment with the goal, and we are looking at how we could improve in the future.

Meanwhile, we thank all the community members - Working Groups included - for their presence!

**What’s next?**

As those who were present would have noticed, the whole event was video-recorded - each space covered by a different camera. We are now working on editing several videos of the event (short and longer ones), that shall be published in the upcoming weeks & months. We hope these videos will also be helpful for the Selection Process itself.

We are now thinking of how we could reproduce this format, on a regular basis, to foster interaction between community members and Working Groups. All suggestions are welcome, and help is needed. Therefore, we invite all interested community members for support and participation! Please contact us at studygroup-email@auroville.org.in.

Meanwhile, if you felt appealed to either join a Working Group or participate at the Selection Process, please contact the Residents Assembly Service (raservice@auroville.org.in) to nominate yourself and/or others!

With gratitude, The Study Group.

**From the Entry Board**

Exactly a year ago, nine Aurovilians accepted to take place in the new-baked Entry Board, so as to try out for one year the functioning of such an entity in the context of the Auroville Entry Policy as approved by the community in 2017. The team worked through an enormous backlog of cases, conducted many sharings and interviews, fine-combed the policy and brainstormed on amendments, - always in a spirit of comradeship, mutual understanding and joy.

Now the time has come that two of us are leaving as they had committed themselves to other services after this one year. They are Joel and Susmita, and we will miss them dearly. Also Rajendren may leave at the end of the year.

Their departure called for a group photo and we happily share it with you. From left to right: Rajendren, Mauna, Susmita, Ram, Alain, Ulli, Veronique, Dheena and Joel. With love! The EB.

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**ANNOUNCEMENTS**

**Road shifting around Matrimandir Fence**

Dear Auroville Community, we are in preparation for a road shifting marking in order to shift outward the existing road around Matrimandir north-west side fence (future lake area). This has been planned in consultation and needs of Auroville Safety & Security Team, Access group, Visitor’s Center and Matrimandir with l'Avenir's agreement.

Increase of road accidents and vandalism are reported since a few years as many visitors are trying to see or take photos of Matrimandir outside the opening time of the Viewing point. Many of them are brought by local autos and taxis.

As shown in the maps, one end of new road will be just after viewing point gate and the other end is just before town hall crossing. This will not interfere with existing communities access. Big trees need not be cut.
The plan now is to have a temporary earth & plant bunding along the side of the new road alignment instead of shifting the entire fence right away.

The new alignment is intended to produce several benefits:
• to provide a safe parking for the office gate entrance without any through traffic causing accidents
• to divert traffic further away from the existing fenced area of the Garden of the Unexpected, especially from the Mahasaraswati (west) Gate, in order to provide more peace and quiet within the gardens and to further reduce opportunities for sight-seeing from outside and resulting traffic problems
• to provide more ground area around a storm well near the west gate for rain water harvesting
• to slow traffic speed and to indicate to drivers that this is not a permanent road but a temporary road
This modified alignment will not have any effect on overall mobility plans, nor on the existing cycle path. In fact, it is itself temporary, since eventually this whole area will be taken up by the Matrimandir Gardens and Lake.

Please share with us your input/suggestion within the next two weeks (mmcommunication@auroville.org.in). We are intending to start the clearing work soon, and will then request Road Service to bring in gravel and start the necessary road formation. Only when the new alignment is complete will we actually effect the diversion (in any case the preparatory work will be visible to all road users so it will not come as a sudden surprise).

Regards,
Auroville Safety Security Team, Visitor’s Center, Access Group & Matrimandir

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**Guidelines for Newcomers and Volunteers regarding filming and photography**

Dear friends,
You will find below the new guidelines for Newcomers and Volunteers regarding filming and photography in Auroville.
The Working Committee and OutreachMedia have worked together on this document.
Kindly share this document with your volunteers, and if you have any questions, please do not hesitate to contact us.
Thank you for your understanding,
OutreachMedia team

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AUROVILLE GUIDELINES FOR NEWCOMERS AND VOLUNTEERS REGARDING FILMING AND PHOTOGRAPHY
December 2018

To all Auroville unit holders / project managers / Aurovilians:

Volunteers - about and responsibilities
If you are receiving a volunteer photographer or filmmaker through Savi to create/develop visual material for your unit, a few guidelines need to be respected:

• Filmmaker:
  1. You are responsible for any filming.
  2. Any request to film in sensitive areas of Auroville should be addressed either directly to the person in charge of the location (e.g. schools) or to OutreachMedia (e.g. drone usage) by the Auroville unit holder / project manager, not by the volunteer.
  3. A clear assignment is given and must be followed by the reference person in the Auroville unit.
  4. A documentary on Auroville in general is not permitted.
  5. The volunteer and the project managers must sign the Volunteer - OutreachMedia agreement: see doc attached.

• Photographer:
  1. You are responsible for the photographer.
  2. The photographs should contain any watermark and the photo editing (e.g. Photoshop) should remain basic.
  3. The copyright rests with the Auroville unit, however the name of the photographer can be mentioned in the publications if necessary.
  4. A selection of the best photographs is to be given to the Auroville image bank located at the Archives building. The photographs will be used by / for Auroville only.

Newcomers - about and responsibilities
• Responsibilities of the Auroville unit / project manager remain the same as for volunteers, as described above.
• Feature film / documentary on Auroville is discouraged during the Newcomer period unless under the supervision of experienced Aurovilians.

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Youth Safety and Wellbeing - Towards a Vibrant Health for our Community!

Let us meet where we are in touch with our aspiration and feel the resonance of unity in diversity!

Dear Community, we invite you, especially youth, teachers, parents and all concerned community members for CAT on Saturday 22nd December at 4.00pm to 6.00pm at Unity Pavilion.

We invite you to a CLARIFICATION SESSION on Saturday 22nd December at 4.00pm to 6.00pm at Unity Pavilion

What is it all about? What is needed? What can I do?
• TFRC
• Clearance Panel
• Selection process

Warmly,
For the Auroville Council: Angelo, Elisa, Enrica, Martin, Matripastrad, Mita df, Sandya, Selvaraj and Shivaya

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**HOW CAN WE HAVE A MEANINGFUL SELECTION PROCESS?**

**INFORMATION EVENT**

For the SELECTION PROCESS of March 2019

We invite you to a CLARIFICATION SESSION on Saturday 22nd December at 4.00pm to 6.00pm at Unity Pavilion

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News&Notes 17 December 2018 [777]
New! Monthly Editorial on Auroville

Dear friends, welcome to our new website! Check out our online editorial: each monthly review consists of a theme-based piece with a collection of articles, videos, photos, etc. The first one, called 'Beginnings', shows a quote from Savitri, a short clip on Newcomers, an article on the Morning Star Birth Center, a short video on the proposed highway and many others. Enjoy! OutreachMedia

THE VOICE of the Community

Dear Community Residents,

The Residents Assembly Service is happy to announce that from this week onwards there will be in our VIBE a corner called the VOICE of the Community.

Why?

Since a while, the Residents Assembly Service receives question/suggestion/complain/feedback from the community regarding our organization/governance. It was felt recently during a conversation that these exchanges should be shared in a transparent way.

How does it function?

During the week, the Residents Assembly Service collects your suggestions/feedback that you would like the community or the groups to know through this platform.

You can send us your concerns via email to raservice@auroville.org.in or drop by at our desk at La Terrace every Tuesday…Your mail will be inserted in the VIBE without changes. Your name can be mentioned or not according to your wish.

PLEASE NOTE that we are asking you to give constructive suggestions therefore if the content of your email is based on accusations or rumors we will hold it and get in touch with you directly in order to clarify the content.

How to access?

By simply opening your VIBE and go to the topic The Voice of the Community and click on the link on the read page. If you don't receive the VIBE please pass by to the Residents Service office to update your email address in the residents list.

Much Love, The RAS team

FROM THE ENTRY SERVICE - N&N # 777

Dated: 17-12-2018

Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville, joining Auroville. Prior to Newcomer, Aurovillian and Friend of Auroville status confirmation, for Newcomers two weeks and for Aurovillians, Returning Aurovillians and Friends of Auroville one-month window for community feedback. Kindly forward your support or grievances to entrieservice@auroville.org.in.

NEWCOMERS ANNOUNCED:

Iyanar SELVARAJ (Indian) Staying in Douceur (Mani/Saroja’s place) and working at Progress Landscaping
Richard PRESLEY (American) Staying and Working at Auroville Earth Institute (AVEI)

NEWCOMERS CONFIRMED:

Sheetal SANGHVI (Indian) Vasantharaj GANDHI (Indian) Castoury KRISHNAMOORTHY (Indian)

AUROVILIANS CONFIRMED:

Michiyo NOGUCHI (Japanese)

YOUTH TURNED 18 CONFIRMED:

Announced in N&N#747. 28-04-2018
Kiran BALDWIN (French) Eurydice Ariane Luce TARPIN (French) Harishkumar SIVACOMAR (Indian) Aloe TORMO MIR (Spanish) Tara Bene REX (German) Nikita Jenina SOEDERLING (Swedish)
Announced in N&N#753 - 02-07-2018
Amarsakshi SIVARAJ (Indian) Aris Miles PRAT (French) Auromira SCHILLING (German)

Aurosakthi SIVARAJ (Indian) Gopirajan MAHALINGAM (Indian) Perceval FAYON (French) Punithan SAMINATHAN (Indian) Ruban MURUGAN (Indian) Shanmugam MOORTHY (Indian)
Announced N&N#757 - 30-07-2018
Aman BABU (Indian) Prachita NAGAPPAN (Indian) Gautham MARTIN (Indian)

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORA 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.

Yours, The Entry Service

From Housing Service

Houses available for transfer:

Courage - Vivek’s Apartment: Plinth Area- 84.96 Sq.m. Double storied RCC framed Residential building with Brick walls plastered in cement mortar, RCC flat roof consisting of front verandah, living cum Kitchen Bed room & Toilet with Open Spiral precast stair. Community Sharing for Parking lot.

From Sunship:

STUDIO, 1 BHK (Bedroom, Hall and Kitchen), 2 BHK, 3 BHK Also available: 2 offices at the ground floor in the North block.

From Kalpana Housing Project:

Fully equipped apartments with cupboards, equipped kitchen, bath room, fridge, hob, light, fan, solar back up system. Covered terrace for each apartment. The work for the landscaping has started. Out of 42 apartments few units are available:

STUDIO, 1 BHK (Bedroom, Hall and Kitchen), 2 BHK, 3 BHK

Also available: 2 offices at the ground floor on the North block.

For information and visit contact: satyakam@auroville.org.in

Houses available in housing projects:

- 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)

- Kalpana Housing Project: Near completion

Building Board informs that there is no more grant available for housing extension. Financial assistance is available only for repairs.

Building Applications

Monday 15th December 2018

The following projects are recommended by L’avenir d’Auroville and feedback is now invited from the larger community.

The last date for your feedback is Monday 29th December 2018.

In the Outside Master Plan:

1. Bathroom Extension: Shakila at Aspiration Community

Shakila.auroville@gmail.com. Built up area: 5.17 Sq.m. Project Brief: The existing bathroom doesn’t support our need and if friends or relatives come it is very inconvenient and practical to keep the privacy.

Please note: 1) An NOC (No Objection Certificate) is issued only after evaluation and processing of the community feedback received during the two-week period. 2) Any work should start only with an NOC.

For additional information or feedback, please write to avenir@auroville.org.in, call 0413-2622-170 or come directly to L’avenir d’Auroville office in the Town Hall. The maps and details can be found on Auronet.

Warm regards,

L’avenir d’Auroville team (Anita, Inge, Pino, Tejaswini)
The 4th Issue of Kaleidoscope is out!

The magazine run by Faith group of Deepanam has a lot included in it after the very eventful month of November. As the days go by, we get closer to the day we will have to wave goodbye to our class and teachers as we disperse to our respective high schools. Emotions are running around inconsistently in our heads as we prepare for the bittersweet moment. A few writings about this topic along with a poem that you can relate to, reminisce about or prepare from. Recently people seem to think novels are being replaced with technology. We don’t believe in the same, in fact, on the contrary, we feel that much of our knowledge and perspective is gained from reading. There are so many changes that would occur in one if he/she stops reading. Students brought it upon themselves to convey through the articles, how much we still rely on books. We also make you travel through our thoughts while we entered a challenge to write a book ourselves, and we have gathered a few helpful tips if you get inspired to write one yourself. We are very lucky to be in a place where we get to see people of such different cultures and colors unite and form a beautiful synergy, like in a kaleidoscope. We should be grateful. All of these topics are included in the magazine, in a much more descriptive and comprehensive way alongside the continuation of the comic strip and photo gallery that exhibits the talent in our class. You can find the magazine on https://issuu.com/faithclass/docs/magazine_4

ESSENTIAL SERVICES DECEMBER 2018

Auroville Ambulance: 9442224680 - Pims: 0413-2656271
Auroville Safety & Security Team: Call us 24/7 for emergency or assistance on 9443090107 (save the number in your phone). Contact us on the same number until 10.30pm for booking an escort (latest escort at 11pm). Visit our office (Service Area - Near Gas Bottle service / Telephone Service) from Monday to Friday (9.30am to 12.30pm - 2.30 pm to 4.30pm) and Saturday (9.30am to 12.30pm).
Office: 0413-2623400 (office hours only), email: security@auroville.org.in
Emergency Service of India: 108

Auroville Library. Crown Road: opening hours: from Monday to Saturday 9am to 12:30pm - Afternoons: Monday, Wednesday, Thursday, Friday and Saturday 2pm to 4.30pm - Evenings : Tuesday from 4pm to 6.30pm. Email: avlibrary@kc.auroville.org.in, phone: 0413-2622894

Auroville Library of Things (ALot) is currently housed in a shipping container opposite PTDC. This space is an initiative by earthbus and has been designed to facilitate sharing within the community. The current inventory comprises mainly of tools, toys, kitchenware, travelling and hiking gear. Although, eventually, we want to include all kinds of things that can be incorporated into a library system. Please drop in to donate or borrow things at your convenience or reach us at aloat@auroville.org.in.

Bike/Car repair & servicing: ★ Painting ★ Modification ★ General service ★ Bike renting. Please contact Satya: 9443438287
At Abri workshop (old puncture service) Auroville. We accept Auroville PT account.

AV Pharmacy/Health Center: The Pharmacy is open 8.30am to 5pm daily including Saturdays. The doctor's consultation is the same with a lunch break from 1pm to 2pm, except Saturday up to 1pm only. Phone no 0413-2622123 and 0413-2622018. Email: avhealth@auroville.org.in.

City Transport: Quick "Pick up and Drop" Shuttle Service in Maruti Omni 4-seater people carrier, free of charge for Aurovilians, Newcomers and Guests for trips within the city area, destinations up to Aspiration/Auromodele and Repos/Quiet chargeable with per passenger fares, from Rs.110/- for 1 person/single trip. Phone

Thank you so much, come and join us!
Visitors Centre main gate: 0413-2622611 or to the driver directly 9487650951 daily 9.30 am to 6pm.
Email: visitorcentre@auroville.org.in. Please note that it is not a taxi that can be ordered in advance for an exact time, but will normally reach you within 10/15 minutes and will not wait for you for onward or return trips. If needed it will back to pick you up when called.

AV Cycle Kiosk: Monday to Saturday: 9am to 4.30pm, opposite PTDC/Busstop, in the Prosperity Area. We repair and maintain all types of bicycles, as a community service. Bike parts to full servicing at minimal costs. Free air! Phone: Chris O.: 8940115240

Cycles and children car seat rentals: available at Vehicle Service, Town Hall - Monday to Saturday: 9am to 12.30pm and 2.30pm to 5pm. Contact avvehicledo@auroville.org.in or Phone: 0413-2623302, Mobile: 9443074825.

Auroville Dental Centre - Protection: Opening hours: Mornings - Monday to Saturday 9am to 1pm & Afternoon - Monday to Friday 2pm to 4pm. Telephone: 0413-2622695 or 2622007. Email: aurovildentalcentre@auroville.org.in

EcoService, Kottakara: Palani 9443535172 or Kali 9443090114. eco@service@auroville.org.in

Auroville Electrical Service (AVES): our timings are 08am to 05pm. Located in the Service Area. Contact numbers 2622 132, 94988 68747.

Electric cycles rental, Kinisi e-Mobility, KIM: CSR Office (on 2nd floor). Open 9:00 am-12:30 and 2:00-4:30 pm (Monday to Saturday). Landline: 0413-262 2168/2746. Mobile: 93004 60679/60880. Email: kinisi@avrovile.org.in – http://www.kinisi.in

Entry Service, Town Hall, 1st floor, Multimedia Center: We are open to the public on MORNINGS: Monday, Wednesday, Friday: 9.30am-12.30pm and AFTERNOONS (by appointment only): Monday to Friday from 2.30pm to 4.30pm. B-Forms and Recommendation letters: on appointment only. For more information on joining Auroville: +91 0413-2622070. Email: entrieservice@avrovile.org.in

Forgewell: mobile number: 8903836246. This phone is reachable 24/7.

Financial Service, Town Hall and Aspiration: Monday to Saturday, 9am to 12.30pm and 2pm to 4:30pm.

Free Store: Monday to Saturday: 9am to 12:30pm. Afternoons: Tuesday and Thursday: 2:30pm to 4:30pm. Phone: 0413-2623680 email: freestore@auroville.org.in

CLOSED - Free Store Tailoring Service: Freestore has closed the tailoring section for the community, because the demand became too big for one tailor to handle. We hope there will be a separate tailoring service in Auroville in the near future, which will not be connected to Freestore anymore. We will keep you updated about any changes.

With love, Freestore team

Auroville Bottle Gas Service, Service Area: Near Telephone Service and BSNL Telephone Exchange. Monday to Saturday: 9am and 2pm to 4pm. Phone: 0413-2622452. Email: avgasservice@auroville.org.in

Guest Registration Service: ALL GUESTS in Auroville (including Indian nationals and foreigners as well as friends and family members of Aurovilians) are required by Indian law and Auroville regulations to register within 24 hours of their arrival. In addition, guests are required to register each time they move to a new destination in Auroville. The Auroville Guest Registration Service operates at 3 locations: Visitors Centre - at the far end of the Matrimandir (big white building on the left), opposite Dreamer’s Cafe. All days 9.30am to 12.30pm and 2pm to 5pm / Town Hall - reception area on the 1st floor, Monday to Saturday 9.30am to 12.30pm and 2pm to 5pm. / Aspiration - Financial Service office left side - Monday to Saturday 9am to 12.30pm.

Guest Service above the Solar Kitchen: 1st floor. Opening times Monday to Saturday: 9:30 am to 12:30pm and 2pm to 5pm. Closed on Thursday and Saturday afternoon.

Housing Service, Town Hall: Public timings: Monday to Friday (except Wednesday): 9.30 am - 12.30 pm. By appointment only: Monday to Friday (except Wednesday): 2:30 - 4:30 pm. Saturday 10:30 - 12.30 pm for accounting only. (Wednesday closed for Housing Board meeting) Phone: 0413-2622658. Email: contacts: GENERAL MATTERS: housing@auroville.org.in - REPAIR & MAINTENANCE: housing-repair@auroville.org.in - HOUSE TRANSFERS & EVALUATIONS: housing-transfer@auroville.org.in

Human Resource Team (HRT), Town Hall: Public Hours: Monday, Tuesday, Thursday 10am to 12pm, Friday 3pm to 4.30pm. Phone: 0413-2622312. Email: hrt@auroville.org.in

Insurance, Goodness Insurance Service: For all kinds of insurance information, advices and service. Phone: 9786176917. Email: goodnessinsuranceservice@auroville.org.in

Integral Health, Prayatna: classical homeopathy, transpersonal regression therapy, Gestalt therapy, psychomotoricity for children and adults, trauma remedies, child & women health, hypnotherapy. Email: integralhealth@auroville.org.in. Phone: 0413-2623469 Monday to Saturday 9am to 5pm, preferably on appointment.

Integrated Transport Services (ITS): Electric vehicle rental, shared taxi services, local pick up & drop services, delivery services and vehicle repairs. We are available Monday-Saturday from 9am-5pm, opposite Solar Kitchen. Phone: 0897766644 / 9442566256 / 9840983080. Email: its@avrovile.org.in, http://www.plad.org/. LFAU - Fundraising for Auroville’s land: with its two campaigns ‘Acres for Auroville’ & ‘GreenAcres’ Aaradeep, Mandakini LB, Nadia R., Sgrid, and secretaryJothi. Welcome: 9:30am to 12.30pm at Town Hall, 1st floor. LFAU 0413-2622657. lfaufundraising@auroville.org.in / https://land.auroville.org.

LOE, Lab. Of Evolution, Bharat Nivas: LOE Library Open Monday to Saturday: 9am to 12am. Monday to Friday: 2.30pm to 4.30pm. loechu@auroville.org.in.

Matrimandir: The Inner Chamber is open for Aurovilians daily: 6 am to 8.40 am, 11.30 am to 12.30 pm (2 pm on Sunday) and 4.30 pm to 8 pm. Please keep the Chamber neat and tidy. Straighten your mat and put back all extra cushions neatly by the door. Please refrain from rearranging the seating which are reserved for guests. Visitors are open for Aurovilians daily: 4:30 pm to 6 pm. To bring family members and personal friends please book online using this link http://mmbooking.auroville.org.in/ or by calling 0413-2622579 from 10 to 11.30 am any day except Tuesday. Be at the office gate of Matrimandir by 8.40 am on the day of the visit. Please remain within the premises while visiting the visit. Matrimandir is closed to visitors on Tuesday. Aurovilians wanting to bring their children to the Matrimandir are recommended to do so on Tuesdays between 9 am and 11 am.

Mattram, Centre for Psychological Development and Support: Open Walk-in for just sharing without appointment from 9 to 10 am (except Sunday) with professional Integral Psychologists: Palani on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday. Auroville Residents Service: Monday to Saturday 9am to 4.30pm on appointment. For other inquiries, email: mmtramm@auroville.org.in. Phone: 0413-2622351 or mattram@auroville.org.in.

Mattram is situated in Mitra Youth Hostel behind Town Hall.

Music Library, Town Hall: Mon, Wed, Fri, Sat from 9am to 12.30pm and Tues, Thurs, Sat from 2pm to 5.30pm.

Nandini: Email: nandini@nandini.org.in. Open to the Participants only Distribution: (PTDC area): Phone: 0413-2622033: Tuesday to Saturday 9am to 12.30pm / Tuesday & Thursday 2.30pm to 4.30pm / Saturday: (Aurosaar) Phone: 0413-2622527 Tuesday, Thursday & Saturday 9am to 12.30pm / Tuesday, Thursday & Saturday 3pm to 5pm - To avoid plastic bag please bring your own cloth bag.

OutreachMedia Services: The services provided by OutreachMedia include: dealing with all media that come to Auroville for filing, writing, photographing - reporters, journalist and writers. 0413-2622098 or 9498816627. Archives Building - office hours: Monday to Friday: 9.30am to 12.30am. At the weekend and Saturdays by appointment. outreachmedia@auroville.org.in

Puncture service, service area: next to gas bottle service, opposite road service; Monday to Saturday 9am to 4.30pm; phone: 0413-2622741, cell 9442891235.

Auroville Residents Service: open from Monday to Friday morning from 9:30am to 12.30pm. Tuesday, Wednesday and Thursday afternoon (by online appointment only): 2.30pm to 4.30pm. Phone: 0413-2622191 / email: resservice@auroville.org.in

Residents Assembly Service: new landline number: 0413-2623701 (please note it in your agenda). The RAS office (located 1st floor at Town Hall) is open for public from 10am to 12pm from Monday till Friday. We are happy to welcome your questions, suggestions or information. We will do our best to help you in whatever way possible. Thank you for your appreciation. Our email: rasservice@auroville.org.in, Your RAS team

Sante - Auroville Institute for Integral Health: Crown Rd, Near Arka. Working Hours: Monday to Saturday 8:45 to 12:30 & 2 to 4:30. Closed Tuesday afternoon for staff meetings. Call 0413-2622803 for appointment. For other inquiries, email: sante@avrovile.org.in or
visit our website: www.sante.auroville.org.in. Sante is a multidisciplinary health institute offering treatment in many health modalities. Our services include Acupuncture, Anthropological general medicine, Ayurveda, Homoeopathy, Hypnotherapy & Neurolinguistic Programming (NLP), Integrative Psychotherapy, Meridian Psychotherapy, Medical & Therapeutic Shiatsu, Mindfulness & Gynaecology, Ozone Therapy, Physiotherapy, and Wellbeing and Medical Massage. Other clinical services offered are nursing care, out-patient care including basic surgical procedures, lab sample collection, in-patient facilities, medical homecare for those in need, and acute care services. You can find our Sante Therapists’ Monthly Schedule at this link.

Savi: Services for Volunteers and Hosting Units/Services of Auroville, a link between Auroville Projects and long-term Volunteers (minimum 2 months). We offer welcome information, placements opportunities, support with visa procedure and follow-up throughout the volunteers’ stay.

From Monday to Friday from 10am till 12pm. At the Unity Pavilion. For more information call 0413-2622121 or go to Savi website: www.auroville-leasing.net.

TreeCare: Pruning, removing, cabling, bracing and transplanting of trees. Hedge and grass maintenance also available. Call: Jonas: 9159843579 / Anadi: 9655477329 or go to: treecareindia.com / email: office@treecareindia.com

Vehicle Service, Town Hall: Monday to Saturday: 9am to 12.30pm, 2.30pm to 5pm. All types of Insurances, Driving license, Purchase of new vehicles, All RTO works, Rental of bicycles and children car seats also available. avvehicle@auroville.org.in or Phone: 0413-2623302, Mobile: 9443074825.

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

YouthLink, Service: Offering young adults (18-40 yrs) information, education and general support. Priority to Aurovillian, Newcomer, and Bioregional youth. Please make an appointment by email to youthlink@auroville.org.in or whatsapp +91 8778312841.

Electromagnetic Frequencies and their Effect on Life

Auroville’s Building Biologist René explains about the impact of EMF radiation on health, and in particular the prospect of a new wireless technology called 5G.

The natural climate in which humanity has evolved contains a variety of electromagnetic frequencies, which are essential for life on earth. The only such frequencies which we can sense are those that make light. Light is essential for life, as is darkness during the night. There are many more essential frequencies, like Schumann resonances, also called the natural ‘ethereal frequencies of earth’. Even low levels of cosmic radiation (extremely high frequencies) are essential to all life forms on earth. There is of course the geomagnetic field. Science is only at the very beginning of discovering the influence of this power on life.

During the last century, humanity has been continuously adding new frequencies to this spectrum. Electrification, radio and television broadcast and wireless communication has been adding frequencies which are alien to life on earth. Since 1940 the power density of these frequencies is 10^4 up to 10^18 times more than its natural occurrence. Needless to say that the last two decades are responsible for more than 90% of this increase, which is also called ‘ether pollution’. If these numbers were the same for air, water or earth pollution, the world would be unbearable. And when the industry, and most governments that play along with them, get their way with new wireless technologies, this is only the beginning...

So what, why would we worry, we cannot sense these frequencies after all? The problem is that we are slowly getting radiated, and like the proverbial frog in boiling water, we are often not aware of the cumulative influence it has on our physical and mental health. Epidemiologist Samuel Milham found a clear correlation between human death causes and the rate of electrification, using data of a number of states in the US in 1940, a period when the electrification of the US was being rolled out. The conclusion was very clear: The electromagnetic pollution caused by the electricity grid created a climate where there was a significant increase of cancer, heart and vascular diseases, diabetes and suicides.

Before the Second World War, the first radar operators were affected by a disease called ‘radio wave sickness’, in those days considered an officially recognised illness. After the Second World War, especially the western countries completely neglected this illness. Nowadays it is called electro-hypersensitivity (EHS) and is only recognised in a few countries. Meanwhile in 2011, non-ionising radiation was classified by the WHO as a class 2 B carcinogen (‘possible human carcinogen’), but looking at the records of recent studies many scientists say that it needs to be updated to a class 1 carcinogen. To date more than 20’000 peer-reviewed studies have been done on this topic. Some proven health effects of EMF are: increased risk of cancer, reduced fertility, neurotoxic effects, impaired cognition and memory, behavioural issues, hearing loss, headaches, sleep disturbances, oxidative stress, genotoxic effects, endocrine system damage, disruptions to heart function, and more. There is also a considerable number of inconclusive studies which are not surprisingly are mainly those funded by the telecommunication industry.

If you missed the Kinsi presentation

On December 4th, 2018, we presented Kinsi at Unity Pavilion, touching briefly on Kinsis history, research, activities and vision, and summarising the present status and future plans. In case you missed it, here are the links!

Presentation:https://drive.google.com/open?id=1bzqlzczcy_DHZHCy6aDlcx8n5uhFOGp
Video:https://drive.google.com/open?id=1PX07AiiQ0n_vzFCOGYl0d6Aw6cnZQTS

Marlyse (for Kinsi)
first cell phone call was made in August 1995, and around the year 2000, a cell phone call in India was still costing about Rs. 100 per minute, therefore only few people used it and only for a very short time. Around 2006 cell phones became accessible for a large part of the population. This is only 12 years ago. Common use of Wi-Fi is no more than about 6 years old. In this short period nobody can tell what the long-term effects will be. In Nature, birds and insects are most likely the most seriously affected group. Sparrows have always been living among people. They are like canaries in the coal mine, indicating with their health the quality of the environment. Reports from all over the world are showing a drastic decline in the sparrow population during the last twenty years. Bees are disappearing across the world, especially since 2006, for which a variety of reasons has been given. But what is happening now is called Colony Collapse Disorder. The bees can not find their way back to the hive. In case of natural illness or pesticide poisoning, there will always be dead bees around the hive, whereas now they are not there at all. Bees navigate on the natural electromagnetic frequencies. Although many reports give various reasons for the decline of sparrows and bees, there is an undeniable correlation between this decline and the increase of EMF. Currently there is a race going on to roll out the ‘5G’ wireless network as soon as possible. 5G will open a new world with not only more bandwidth, but also high latency, allowing developments like robots, self-driving cars and high density connections to make the ‘internet of things’ (IoT) possible. The technology behind 5G is very different from earlier generations, using different frequencies, different modulation and higher power, while no research on health effects is being done (!). What is not widely acknowledged is that this will result in an unprecedented environmental change on a global scale. The planned density of radio frequency transmitters is impossible to envisage. In addition to millions of 5G base stations on earth and 20,000 new satellites in space, 200 billion transmitting objects, according to estimates, will be part of the Internet of Things by 2020, and one trillion objects a few years later. 5G will result in a massive increase in inescapable, involuntary exposure to wireless radiation.

Last October in a public park in The Hague in the Netherlands, all of a sudden about 150 starlings fell dead out of the trees. Post-mortem of the birds showed no evidence of toxins or viruses; the animals seemed to have been in healthy condition. At the same moment that the starlings died, people noticed ducks and geese behaving oddly, all putting their heads under water, as if wanting to escape from something. Simultaneously, in a nearby location tests where being conducted with a new 5G antenna. Was this a coincidence? Like in so many other scenarios, most people do not want to consider EMF as a cause. Is it possible that a majority is addicted to this technology, and therefore prefer to deny or remain ignorant about the changing electromagnetic climate?

The Green Column appears also on Auronet, where comments are welcome. More detailed information on EMF and 5G, as well as on a dedicated study group in Auroville in the making, can be obtained from René and Mona. The technologies in question are extensively discussed on the internet, including numerous petitions relating to the subject.

For Green Center: Lisbeth, Jasmin, Isabelle, Island, Apple. Contact us via avgreencenter@auroville.org.in.

- **Talkin’ Trash**

  **Want to give your old shoes a second Life?**

  The Eco-Service has been facing a big wave of shoes in the past 2 months. From this, 79 good pairs of shoes have been sorted from perfect condition to minor damage. A big amount has been sent to the Free Store and the rest are waiting at the Eco-Service to be taken by individuals.

  Sending used shoes and chappals to this eco-friendly enterprise called GreenSole, helps not only to decrease the amount of waste which end up in landfill but also to fight social inequality by supporting poor children. GreenSole will recycle any kinds of chappals and shoes over size 5 except with heels or very damaged soles. Shoes and Chappals can be couriered in bulk only to: Greensole, C/O A460 Ram Fashion Exports, MIDC, Mahape, Navi Mumbai- 400710.

  With the tourist season approaching, we ask all guesthouses to have a recycling bin for used chappals and shoes in their premises. It can be sent to GreenSole when full. Similarly, if you are interested in starting a collection point for used footwear, please contact Eco-Service for any information or support you may need!

  Last but not least, before choosing to put your unwanted shoes in the garbage, remember that it may be someone else’s treasure and bring them to the Free Store. Also, please fix your shoes and chappals as many times as possible before buying a new pair!

  *Waste-Free Auroville*

  **RESIST, REPAIR, REUSE, RECYCLE and UPCYCLE!**

- **POSTINGS**

  - **Mirao now in Santé**

    I am now in Santé after two weeks in PIMS. Everything is healing well. I can move my hip and legs again, but I am still no allowed to sit or walk. Visitors are welcome in the afternoon from 4 to 5pm (short visits).

  - **Auroville International Potters’ Market 2019**

    The Auroville International Potters’ Market will take place at the Visitors Centre, January 25-27 2019.

    **We need volunteers... Many Many Volunteers!**

    Would you like to help?

    Email us on aurovillepottersmarket@gmail.com.

  - **Closings of the Main Bharatnivas Gate**

    Dear Friends, Residents and Guesthouse caretakers of Bharatnivas,

    Due to security reasons, it is decided that the Bharatnivas Main Gate will be closed every evening by 8.30 pm when there are no programs. The Campus also will be closed to Visitors from 4.30 pm except when there are late afternoon meetings or events taking place at Bhumika Hall, at Kalakendra or at the Auditorium. For Guests Vehicles, please direct them to use Gate No.2. When and if residents need help in the late evening, you are advised to request the Night Watchman to open the Gate and Insure that it is closed after you enter.

  - **Bharatnivas Admin Group**

  - **Unity Pavilion needs volunteers for Christmas Celebration**

    Unity Pavilion is looking for volunteers to help with preparations for Christmas celebration. The celebration is on Tuesday 25th December 2018, 2.30pm onwards. We need volunteers on 24 December (9am to 4.30pm) for decorating the hall, putting up the tree etc. On 25th we need help with preparation of food in the morning (9.30am to 12 noon) and in the afternoon to coordinate the events (cutting stars with children, helping with refreshments etc.) We invite Aurovilians, Newcomers and volunteers and guests to join us. Please call us on 0413 2623576 or write to us to unitypavilion@auroville.org.in.

  - **Thamarai is looking for your old Christmas decorations to upcycle and reuse**

    We want to decorate our after school for children from Annai Nagar village for Christmas. These celebrations belong to everyone nowadays, it signifies kindness and sharing so we would be glad to benefit from your generousity.

    Please if you can, share your used material and drop it at our office in Auromode, Auroshilpan or call me +9176391 55641, thank you, Ines from Thamarai Team.

  - **Singing with Santa on Christmas Eve with MeDi Clown Academy!**

    Calling for elves and Santa’s helpers to join in the fun of singing carols on Monday, Dec 24, Christmas Eve morning and possible other times. Depending on schedules, we will have one or two quick rehearsals a few days before Santa arrives so we will be prepared.

    Please contact Santa’s assistant: fif@auroville.org.in.

    What’s app: 8098796955
**Joy of Impermanence Project**

We are starting a community incubator in Auroville. Anitya, a land between Sacred Groves and Edayanchavadi, is the first community under this project.

We are a group of 8 Aurovillans/Newcomers working on manifesting an impermanent community there. We try to build most things ourselves, with the help of Aurovillans, Units, and Volunteers. Right now, we just started with few buildings, and we need to develop our gardens and infrastructure to be able to welcome more people to build on the land.

We will need more and more help, especially this month of December. We will need people most of days for specific tasks.

You can come on: Monday, Tuesday, Friday 2-4.30pm. Wednesday 7-10am. Thursday 9-11.30am. Saturday 9am-12pm.

So if you are interested please contact us: joyofimpermanence@gmail.com, Whatsapp/phone +917868085125, facebook page (joy of impermanence).

**Help these stray puppies please**

Dear angels of our AV communities, these puppies are living near Pyramid school building and they are desperately in need of shelter and food. Be caring enough to solve their urgent needs. Often there are a group of stray dogs and puppies around NESS school campus and the innocent students end up feeding them since they look so helpless. Having Kuilapalayam village next door, supplies of these stray dogs are most natural. We need support and preventive measures. Please help! Regards, Madhavi

**APPEAL**

♦ Making a wish…

Hello everyone! My name is Dasha (27), Aurovillian, I plan to go to Europe for the summer (2019) to look for some work/educational opportunities and also to help out an older family friend with some household chores. Financially I am struggling to save up for my travels, some help would be greatly appreciated, it would help me out a great deal, if you want to reach out or contribute here's the information: Dasha@yours.com Account: 252317 Much love, Thank you.

Dasha

**HEALTH**

**Santé Schedule Now Online on our Website**

You can find our Santé Therapists' Monthly Schedule at this [link](https://www.facebook.com/joyauroville). Santé Therapists’ Monthly Schedule Now Online on our Website

**Mattram**

Centre for Psychological Development and Support

Open Walk-in for just sharing without appointment from 9:00 to 10:00 am (except Sunday) with professional Integral Psychologists: Palani on Monday & Wednesday, Jerry on Tuesday, Gopa on Thursday, Chetna on Friday Appointments for Consultation, Counseling and Therapy daily (except Sunday), from 12:00 to 12:30 pm at 0413-2623551 or mattram@auroville.org.in.

Mattram is situated in Mira youth hostel behind Town Hall.

**Reminder**

“Seven Eyes” course will start on Tuesday the 18th of December and will continue on Tuesdays every 14 days from 16.00-17.30 hrs until April next year. Seven Eyes is a practical and profound tool for psychological and spiritual development.

Please register for coming with also a mob. no. at mattram@auroville.org.com or SMS 7639071051.

**EATING OUT**

♦ Restarting the Sunday lunches at Atithi Griha Guest House

BHARAT NIVAS - The Pavilion of India presents:

**Sunday the 23rd of December 2018**

Chinese lunch by Mr. Chun and Team, Certitude

**Between 12:30 and 1:30 PM**

For Aurovillians and Newcomers only.

For reservations, please write to atithigriha@auroville.org.in You can call us at 0413-2622445 any time before 4:00 PM on Friday 21st of Dec. (Contribution for the lunch Rs. 150.)

♦ The Royal Element ice cream parlor is now open in the evenings until 9:00 pm!

Feel free to come enjoy our natural delicious ice creams, sorbets and gelatos. Royal Element is the ice cream parlor located at the Visitor Center. Enjoy natural Auroville produced ice creams, sorbets and gelatos in fresh made waffle cones and cups. Also milkshakes, juices and a large selection of vegan ice cream. Royal Element is open every day from 9:30 am to 9:00 pm. Closes only Wednesday evening, so don’t worry about a thing :)”

♦ Organic Lunch in Joy Community (Center Field)

Monday/Tuesday at 12:45: Italian Food (by Simona)

Saturday at 12.45: Japanese Food (by Emiko)

We are happy to remind about our beautiful mostly organic lunch accompanied with the usual family atmosphere of Joy Community. Ingredients are all fresh (some from our amazing vegetable garden) and depend on the inspiration of the season, garden, and the chef of the day. For Italian food, we’ll have home-made polenta with egg on Tuesday December 18th and home-made tagliatelle with puttanesca sauce (olives and capers) on Monday December 24th. For Japanese food, we’ll have sushi plate on December 22th and tofu hamburger plate on December 29th. By reservation only (1 day in advance). For info and reservation call us at 9487272393 or email us at joycommunity@auroville.org.in. 25 % discount for Aurovillians, New Comers and SAVI registered volunteers and 50 % discount for monthly lunch scheme. Joy Community team :-) www.joyauroville.org, www.facebook.com/joyauroville

♦ PASTA WEEK!

at Well Café (Sve Dame)

from 17 to 22 December

Monday - Farfalle Athena

Tuesday - Spaghetti Veg Bolognese

Wednesday - Green Vegetable pasta

Thursday - Tagliatelle Veg Carbonara

Friday - Fusilli Veg Mushroom

Saturday - Macaron Gorgonzola

For groups and take away please contact us. 0413-2622 219 / wellcafe@auroville.org.in

♦ Well Café Christmas Buffet

Reservations open and required:

wellcafe@auroville.org.in - 0413-2622 219

Monday 24 December 7:30 pm

World food celebration!

**Soups:**

Asian "Orange" - Arabic Green peas

**Salads:**

Vegetable Antipasti - Japanese beetroot salad - Arabic potato salad - Asian salad - Moroccan carrot salad - Israeli Market salad - Raw vegetables salad - Arabic pickles - Cauliflower salad - Eggplant salad - Falafel

**Main course:**

Moroccan Couscous with vegetables stew - Thai curry with white / brown rice - Irishan veg stw with white / brown rice - A.V bread with hummus, labane and tomato salsa

**Drinks:**

Mint juice - Coffee - Herbal tea

**Variety of Desserts:**

Chocolate cake - Hot shalav/Turkish delight - Butter cookies - Options for vegans - Love - Well Café team
Greetings Auroville...

We are happy to share with you all what we managed to capture in past week as a team of Auroville Radio/TV. 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: aurorileradio.org, FB: facebook.com/aurorile.radio, Twitter: AurorileradioTV

From our volunteers for the past week we have:
- Maryliz - Bullet Proof Funk at KGL November
- Aarna’s Techno at KGL November
- Andrea and Wobbi - Auroville Today Celebrates 30 years
- Nadia and Wobbi - Amshan Kumar on Cry Humanity
- Interactive Session with Working Groups
- rtm - Destigmatizing the Society on Sexual Violence with Imogen Butler-Cole / How do we communicate by Alan / Acupressure for Pregnancy by Ulrike / Andrea on 14 years of AurovilleRadioTV
- Ananth Menon on By2Blue / By2 Blues at Adishakti / Interview with Kirti Chandak on the Creative Process / Closing Golden Dawn 50 years Auroville, 50 Births True Miracle of Birth

Out of regular programs we have:
- GangaLakshmi continues with her Selections of The Mother and Sri Aurobindo in French.
- Loretta reads Mothers Q and A 26/12/1956
- Marlenka continues with Synthesis of Yoga 87 and 88

Here are also The News of: Thursday and Monday
- Your AurovilleRadioTV team

To the Friend of my Soul, Paul...

When Smile and Joy met to never part again, you came to Auroville.

You wanted to know and to come near All that «What am I».

We are all at the source of the same Consciousness, the same Breath, and most of all the same Love.

During the years 1990-2004, you came to H.O.M.A. at Aspiration, your financial participation permitted us to advance, where we all go. Then you came to Savitri Bhavan, to H.O.M.A. to study Sri Aurobindo’s Savitri.

You practised dentistry with Jacques, restauration with Daniel, but what united us the most were the inner and outer tests which we passed with Sri Kireet Joshi during all his conferences...

You have found our great friends, in books, in life, you loved them, served them... always quite simply with this humility to Be... with Him and Her.

With a profound Joy to have found you in this terrestrial field of Auroville and a deep gratitude for your contribution to the development of House of Mother’s Agenda.

Gangalakshmi H.O.M.A.

Aurocoin -- the Virtual Currency of Auroville

An Aurocoin is the new multi-tonal currency mined with unique blend of “sincerity, truth and love”. The same one works with these three qualities in the day-to-day affairs within Auroville and amongst ourselves, the more Aurocoins are credited into the virtual Banque d’Oro.

Interesting thing is that only Aurovilians will be able to earn these, and thus indeed we are a privileged lot. It cannot be stolen, it cannot be usurped, it cannot be wasted and finally it cannot be faked. And it can only be mined within Auroville.

The beginning of true abundance starts with this new virtual currency. ‘Kannan Casu’ as the local variance would go by. Welcome miners! Chandresh.

Auroville must be governed by the Soul (Part 1)

I sometimes wonder whether the community has not been stricken by some kind of amnesia (Alzheimer?), forgetting the true aims of its creation Mother put in front of us. What are we doing here? Just trying to enjoy our small petty self, seeking pleasure, comfort and ease and disregarding the lofty program which is “The will to consecrate oneself entirely to the Divine.”

Mother said clearly: ‘The (true) Aurovillian does not want to be the slave of his desires’. How many true Aurovilians are we? Desires, greed, ambitions are the well-known enemies of the Soul.

The restless thinking mind also prevents the Soul to emerge in its full glory and power.

So, among other things, to be governed by our Soul we must strive to stop this insane noise polluting the Light of our Heart. We cannot not this tormented, hectic, confused mind, we are not our poor vital cravings with its distressing emotions, we are not this body with which we are so much identified.

‘Who are we?” is the fundamental essential question that each true Aurovillian must put earnestly in front of herself and himself. What is the true aim of life? What all that means? To be born, to crawl for a while on this chaotic, perplexing world and die?

Is that all? In order to know the truth of our being a methodical, perseverant, sincere effort is necessary for a long time. This effort aims at the release and freedom from ignorance and bondage of all kind.

The soul must become the leader of our existence. Every true Aurovillian is supposed to practice with honesty and intensity Integral Yoga as defined for decadennals by Mother and Sri Aurobindo. But here in Auroville it is obvious that we went astray. So, no wonder that the great Satprem, by whom many of us came to settle here, disgusted, lost interest in Auroville.

We seem to prefer the precarious security of our ignorance to the adventure of Consciousness.

As said the Katha Upanishad with an intuitive perfection: “They who dwell in the ignorance, within it, wise in their own wit and deeming themselves very learned men, bewildered are they who wander about stumbling round and round helplessly like blind men led by the blind. The childish wit bewildered and drunken with the illusion of riches cannot open its eyes to see passage to heaven; for he thinks that this world is and there is no other, comes again and again into death’s thraldom.”

This luminous statement applies very well to the Auroville conditioned conditions and of course the world at large. The problem is that Auroville is still a small smoking lamp instead of being the beacon we were supposed to be. No wonder, the Shakti withdrew, we are stagnating since a long time now. (to be continued...). Soham

Welcome

Léa

We are very happy to announce the birth of our daughter Léa: she was born on the 21st November evening, in Sukhavati (at Henri’s place).

We are thankful to all the people who helped us during the pregnancy, until she was born.

Manu(utility) & Aurore (fertile)

Adéo

Baby Born from Julia and Aurel from Shanti community. We are fulfilled with thebirth of our baby boy Adeo Johannes Hassler on 26.11.18. Healthy, happy, following the light together looking forward to be back in Auroville soon...

Accommodations

Available: one COTTAGE for long term, in quiet place in the green belt. Contact Ambré ambre@auroville.org.in.

Needed: Hi, my name is Jeff, I’m a longtime Aurovillian. By the end of December, I will no longer have a place to stay. I need something to tide over until end of the touristic season. Please kindly get in touch if you know of something. Phone 9385704218 or email jeff@auroville.org.in.
**Puppies**: two male puppies still being fed by the mum, were delivered at my place, very good health. Anybody interested, please contact: Dany 9585346787, Mukti community or Animal Care.

**Bicycle**: new Raleigh Single Speed Bike from Aurovelo. Now I moved and I cannot use a bike anymore because the ways are too long. There is still a free service at Aurovelo you can get. Please call me or WhatsApp +91 70942 90587. Bill is included. Simon

**Bed**: twin size strong wooden bed with mattress. If interested contact: hufreesh@aubrov.org.in or call +2623049.

**Various Items**: 1/Canon 550D DSLR Camera (with 2 Batteries, Charger, 16488D Card and Bag). 2/ 2010 Black Baja Avenger Bike (New Tire and Battery). 3/ Redmi 3X Smartphone. 4/ Fujifilm Gimbal for Mobile Photography. Contact: Thamu at thanu.av@gmail.com, 9047663217 or WhatsApp me 8376033292.

**No more power cuts anymore!** U.P.S. = Uninterrupted Power Supply via all kind of rechargeable tubular batteries and Solar U.P.S. / Solar Panels. Also purchase of old batteries. Decades of experience. Installation and maintenance, also on Sundays, by Aurovilian Govindaraja/Sangamam Community. 9443372418

**LOOKING FOR**...

**Job for Siva**: Dear Friends, Siva is one of my students from Udavi School. He has graduated with a B.Com in 2017 and is now looking for work. If anyone needs a bright, young fellow for their office, please contact him. Thanks. Submitted by Jill

Contact Info: SIVA:5 9786408914, sarvansviva0520@gmail.com

**Work or Volunteering**: Dear all, this is Thamu, aurovillian. My wife Nazeem is looking for work or volunteering, she is from Kerala, finished her B.com CA. She is very good in English, Tamil, Hindi, Malayalam. She can do accounting and any other office related administrative work. Thanks a lot for your kind response in advance. Please contact: 9047663217, thanu.av@gmail.com. Thank you, Thamu & Nazeem

**A Kitten**: please call 8098167492 Olga

**Anyone going to Ottawa or Montreal (Canada)**? I cannot mail the usual Christmas package because of the strike’s fallout of the Canadian Posts. At the post offices in Pondy and Auroville nothing is accepted, they told me for an unlimited period. If anyone is going to Ottawa or Montreal, could the person kindly carry for my young grandchildren a few items, which may get small if I wait too long. Someone from my family would pick them up. Thanks and... sad Merry Christmas! Paulette paulette@aubrov.org.in, phone 2622282

**Midi Keyboard / Camera Lenses / Gimbal and more**: Hi guys, I would like to borrow a Midi Keyboard for my online course in music theory. Maybe you have one in your corner? And also other equipment: full format camera lenses, SteadyCam, Gimbal, Drone, a Pantone Formula Solid Color Guide, a place for Mixing and Mastering Sounds. In return I also offer my help (photography, graphic design, video, etc.). Short about me: Julia, Weltwärts Volunteer at EcoPro. Contact: juliamendrok@gmail.com, WhatsApp +49174/6735656.

**Projector**: a unit of AV wants their shutter to be painted and I need to use a projector. I am looking for one to borrow for max a week. Contact: Iwana, 7094344154, iwana@aubrov.org.in

**LOST & FOUND**

**Key lost**: a single key with blue ribbon lost in Town Hall area. If found, please contact Kayesh 9385536430, thanks.

**Phone lost**: Redmi 6 black colour, lost Saturday 8/12 around GP Cafe and 9 Palms. Please let know Gopal in 9 Palms if you have any information+919487036565. Misaki, greenyorgt@gmail.com

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**Blue Bag lost**: with all my personal belongings. Lost on the road from Dana to Fertile on Thursday 6/12 around 9:30am. Small blue backpack. Inside: passport, credit card, phone, etc. Please call (+91)8300015674 or email gerardfgerard@gmail.com. Thank you! Gerard.

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**TAXI SHARING**

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

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**Week’s Happenings**

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 Aurovet
- **Auroville Art Service**: artservice.auroville.org/calendar/

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**AT THE MATRIMANDIR**

**AMPHITHEATRE - MATRIMANDIR**

Meditation with Savitri

read by Mother to Sunil’s music

Every THURSDAY - 5.30 to 6.00 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 5.15 pm

Please be seated by 5.25 pm, no late entry. Thank you. Amphitheatre Team

**OPEN-HOUSE and INVITATIONS**

**Nandanam Kindergarten**

Nandanam Kindergarten invites you to join us for our Open House on Monday 17th December between 11am to 2pm & onTuesday the 18th December between 10am to 2pm

Come and be part of our ever growing family and explore the wonders of our world!!!

The Nandanam Kindergarten Team

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**Deepanam School**

We will have our end of term Open House for all class groups on 18th December between 10:30 and 12:30.

For Grace group, there will be a 10 minutes’ performance from 10:40 am.

All are welcome to join.

Many thanks, Deepanam School

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**Kindergarten**

on Friday 21st of December from 1.30 to 3.30pm and Saturday 22nd from 9am. to 12pm.

You are warmly invited to visit the Kindergarten at Center Field and discover all the crafts and photos of the children age 2+ to 6+.
Chanting of BHAGAVAD GITA
on 18th December from 7 to 10:30 am in Savitri Bhavan

Tuesday 18 December is Gita Jayanti, the anniversary in the Indian calendar of the divine colloquium in Kurukshetra. On this occasion we aspire to chant the Gita in full (700 verses in 18 chapters) that we have been learning since February last year during our morning chanting sessions in Savitri Bhavan. The recitation will start at 7 am and will take about 3.5 hours. All are invited to partake in the atmosphere of the divine song, for as long as they wish, while honouring the energy and the flow of the chanting.

Dakshina Chanting Group
(Arvindaa, Manoj, Meera, Mona, Siddharth and Sushila)

MEETING POINT

Monday 24th and Tuesday 25th December in Unity Pavilion
Dear Newcomers and Pre Newcomers,
You are invited to come and help with preparations for Christmas Celebration from 9.30 am onwards. Just pop in at any time and give a hand! Tuesday afternoon enjoy the Celebration! Love&Gratitude, Palma

Auroville race day 2018

Aurovelo is hosting a cycle race on Sunday 23rd December at 3pm in Certitude

To celebrate 3 decades of cycling!
Be part of Auroville’s cycling legacy, 30km race in and around Auroville everyone is welcome.

Feel like helping out with the event?
Contact aurovelo@gmail.com
Please check on Aurovelo’s Facebook for details
for more information: website: www.aurovelo.com

Last chance to register for the December:
3 Days Basic Cycle Mechanics Course at Aurovelo
19th, 20th & 21st DECEMBER
(lunch and snacks included)
Details here: aurovelo.com/the-aurovelo-basic-3-day-cycle-mechanics-course/
Register at aurovelo.com/contact/

Centre dArt Citadines presents

THIS IS NOT A PHOTO II
Tuesday, December 18th, from 5 to 6.30 pm
A Talk by Marco S
A brief journey through the Contemporary Photography of the XXI Century.
Centre d’Art Citadines, Auroville - 0413 2622699

© Auroville Foundation

News&Notes 17 December 2018 [777]
Ceremonies of Lives
Photo exhibition
by Eve Jenkins
Opening December 10th Monday
till December 24th Monday 2018
opening timings except Sunday:
8am - 12.00pm and 2pm - 6pm

Life is a celebration, there are moments that we know how to celebrate but there are moments that we pass as difficult, full of sorrow and pain, feel of hurt and anguish. But they all are ceremonies; through these ceremonies we evolve, to create something out of us.

Life is a tribute too. It’s a tribute to those realities where celebration takes place, the celebration has many dimensions, some we do enjoy but some we pass through anguish. Why? If life is celebration than why sorrow? Pain? Anguish? Worries? Because we fail to see our role in this divine world. We mere seek something what we have dreamed of, with knowing that dreams interconnect us, the dreams units us.

Individuals tend to see dreams as their own but that’s not the case entirely, each dream connects with many people around us, it interacts, engages, and develops. Dreams may look very selfish but they are not as they have the source to engage with nature, where we are characters of current reality.
The Auroville Theatre Group presents

A MIDSUMMER NIGHT’S DREAM
by William Shakespeare
December 20, 21 and 22, 2018 at 8:00 pm
Bharat Nivas, Sri Aurobindo Auditorium

Shakespeare’s riotous comedy of LOVE, meddling parents, a magical forest, LOVE, confusion, chaos, fairies, LOVE, marriage, love juice, transforming flowers and... LOVE.

With:
Swar, Parshathy, Gokul, Rahul, Lata, Ra, Edwin, Hema Shanlea, Kinaret Lali, Liz, T. Sathish, Ratan, Pritha Lilly, Champa Sahana, Venkatesan Nishanth AND ...
Umair, Vatsha, Anurag, Karthik, Naveen, Sethupathy, Aman.

Original Music by Hartmut von Lieres
Lighting Design by Sugumar Shanmugam
Asst. Director Rupam Mishra
Set Design by Swar
Sound by Suresh
Costume Designs by Upasana Design Studio (Manju and friends) and Fairy Costumes by Shiva Sharifi
Asses Head by Renana and Rupam
Stage Manager, Aman
Directed by Jill
In Association with the AV Art Service

We invite you all to our

FOOD FESTIVAL
which will be held on
Saturday 22 December
from noon to 9pm
@ African Pavilion

There will be live bands, DJs, art, games, and most of all... fabulous flavourful FOOD!
Bring the kids and let’s eat and play together.

PS: We still need HELP! Free lunch and dinner on the day of the festival, and free entry into eating competitions for all those who help us:)

With gratitude
African Pavilion Team
(contact: Elen. elenesemhar@gmail.com, +91 7904143719)

SCHEDULES

AT CREEVA

CREEVA’s Studio in Kala Kendra
For both events, please reserve a place:
9972954371 or 9962442490

• Exploring landscapes in watercolour
  December 26 and 27 from 9am to 12pm
  Indoors and Outdoors with Sathya
  All materials provided. Fixed contribution required.

• Behind the scenes
  December 28 from 9am to 12pm and 2 to 5pm
  and December 29, from 9am to 12pm
  With Thais and Julian. Come and explore what it takes to make a movie. Bring some cinematic awareness into your eyes. You will never watch movies the same way again.
  Fixed contribution required

CREEVA’s Studio in Creativity

• Expressing your inner through colours
  With Helgard, Wednesdays 5-7pm (starts 18th December)
  Welcome back to my class for adults! I welcome my experienced student as well and any interested peoples who want to express their inner through colours. (no need to have experience with painting!) We work in silence, to find our first colours. I will guide you a bit and let you go, to enjoy the here and now!!! It’s the process where we experience our self-and-share. PLEASE COME IN TIME BECAUSE WE WANT TO BE UNDISTURBED IN SILENCE FOR CONNECTING TO OUR SELF
  Please make reservation: 0413-2622427, 9486534326 (no connection at home) helgard@auroville.org.in

HEINRICH KW
piano recital
Erik SATIE : Two Gnossiennes
Philip GLASS: The Hours

Saturday 22
December 2018
7:30 pm
CRIPA

News&Notes 17 December 2018 [777]
**YOUNG & YOGI Workshop**
From 17 to 26 December 2018 with Christine Pauchard
Youth face constant pressure in their life, such as get a job, manage relationships, and deal with numerous other problems. With Young YOGI, they can equip themselves with yoga and meditation.

For Youth “Nothing is impossible” as they say! Let's see how these Young YOGIS are using yoga as a tool to overcome life's challenges. Young YOGI is a powerful tool.

**Why Practice Yoga and Meditation:**
Enhanced concentration/ Quicker decision-making/ Relaxation/ Inner peace/ High confidence/ More focus/ Increased strength (physical & mental)

Contact Christine: Mob & WhatsApp: 91-9489805493
contact@auroville-holistic.com, www.auroville-holistic.com

**“Explore your Mind!”**
3-day workshop in Hypnotherapy 27-29 December at Sharnga Guesthouse Yogahall.

“The answers you seek never come when the mind is busy, they only come when it is still”

What is hypnosis? How do right and left brain function practically? How do conscious and subconscious interact? Explore the depths of your mind and relax! Meditate with ease!

Expand your therapeutic toolbox! Apply Selfhypnosis. Workshop combining experiential learning and “Theory of the Mind” Certified course from EKAA. www.ekaa.co.in

Day 1: 4 - 7 pm, Intro, Theory of the Mind and Selfhypnosis.
Day 2 & 3: 9am - 5.30pm, Theory and Practice of Hypnotherapy techniques.

**Info meeting:** December 23 from 5 to 5.30 pm. at Sharnga Guesthouse Terrace

Trainer Sigrid Lindemann. Certified Faculty in Hypnotherapy, integral Regressiontherapy and Classical homeopathy, Germany and Auroville. Register with Sigrid sigrid@auroville-holistic.com and 9626006961, 0413 2623888.


**CRAETIVITY HALL OF LIGHT**
**New! Hathya Yoga in Sivananda style with Nausheen**
Monday and Thursday 7 to 8.15 am

The practice is open to all -beginners and advanced students. Sequence is of pranayama, surya namaskars and 12 postures practice followed by relaxation. This sequence is to ground and establish a relaxation within the body so the energies are harmonized. Contact 9487833736.

**Other Regular Events in Creativity**
Chanting with Hamsini, Wednesday from 5 to 6pm
Chi work with Hans, Tuesday from 4.15 to 5.45pm
Vinyasa flow yoga with Bebe, Thursday from 5 to 6.30pm
Hatha flow Yoga with So Youn, Friday from 5.30 to 6.50pm

**AT QUIET HEALING CENTER**
For appointments and registration, please contact the reception at 2622329, 9488084966

**Somatic Movement with Maggie**
Friday 21 & Saturday 22 December 2018, 9.30am - 5pm

Somatics is a system of slow, mindful movement. It improves the function of the nervous system, creating more ease and freedom within ourselves.

Somatics teaches us to recognize and release holding patterns, resulting from pain, injury, stress or habituated posture, and enhances any kind of exercise such as yoga, dance, sport or just moving through life.

You will also learn a daily practice in order to maintain better flexibility, coordination, balance and wellness, resulting in a decrease of aches commonly attributed to stress, injury and ageing.

**WOGA (Yoga in Water) with Dariya**
Saturday 22 & Sunday 23 December 2018 (9am - 5pm)

Woga is based on yoga poses and stretches modified for warm water.

Thanks to the decrease of gravity, water gives ease to the yoga movements, unblocks articulations, lengthens and melts muscles, removes negative tensions, and prevents stress, insomnia and anxiety. Sessions include breathing, warm-up exercises, a series of poses, and a relaxation period.

Focus of Woga 1 is Asanas in water (standing, at the wall, floating and under water); besides asanas, the focus of Woga 2 is pranayama and meditation.

No previous experience required and also no need to know how to swim!

**Watsu & OBA Basic with Dariya & Daniel**
Monday 24 - Saturday 29 December 2018 (1pm-6pm)

Watsu & OBA are aquatic bodywork modalities given in a warm water pool. Watsu Basic introduces movements and body mechanics to float someone on the surface; OBA Basic introduces and offers a unique underwater experience (with nose clip).

In this workshop, you will learn and practice basic techniques and qualities of being (grounding, presence, stillness, flow, attention) to hold and move someone in water. You will experience floating other people and being floated, while creating a space for deep relaxation and nurturing body, mind and spirit.

No previous experience required and also no need to know how to swim!

**AT VERITE**

Please contact Vérité to register for the following intensives:
0413 2622045/ 2622606, 7094104329 or programming@verite.in

**INTENSIVES IN VERITE:** (Registration required)

**PRANAYAMA: Breath of Life**
part 1: 3 days intensive - with Ananda
Thursday, Friday & Saturday, 20, 21 & 22 December - from 9 am to 4.30 pm
Prana is the breath of universal life energy. Breathing and energy flow mostly happens unconsciously as part of survival process. By becoming conscious and attentive to prana – and enhancing and directing its flow through the pranayama practices – we can rejuvenate the body-mind-energy, enhance sensitivity and perception, expand inner awareness, and open the door to higher states of consciousness. In this part 1 training, welcome to learn, practice and experience:

- Unique preparatory exercises for whole body & spine.
- Basic and Advanced pranayama practices.
- Experiential, Scientific & Meditative process for essence of self.

Ananda has been exploring yoga, meditation, mysticism, and energy work for more than 24 years, and has studied and practiced healing modalities for over 10 years. He is professionally trained with international certifications in Watsu, Aqua wellness, Foot Reflexology, Hypnotherapy, Pranic Healing, Alchemy of Touch - Rebalancing.

**ASANAS: Relation to Emotions and Organs with Andres**
Saturday, 22 December - from 9.30 am to 12.30 pm

Come to understand the relation between emotions and organs, and the beneficial effect of asanas on organs. Emotions should flow constantly; when an emotion is blocked, this causes tension somewhere in the body. If this persists, inner organs will start to suffer. Asanas are a powerful tool to restore the natural flow.

Andres is a certified Yoga teacher and also a Thai Yoga Massage therapist from the Sunshine Massage School and Therapy Thai Massage School, Thailand.
Dear Friends, a reminder that there will be no Tai Chi and Qi-Gong classes at Joy Hall from the 15th till the 22nd December. Warmly, Joy Team • 91 (9487277393.

**AT TERRA SOUL**

Terrasoul in Windarra Sunspace
Fundraising for Terrasoul Farm Project

For Registration and Information: Sivacoumar: 9486365103, sivacoumar@auromode.org.in
Juan: 9443434182, tottree@auromode.org.in

**New: Thai Reflexology Massage**

With Santiago Nieto: On Appointment only: 87549 58120
Thai foot massage techniques detoxify and purify the body, relieve stress and tension, boost the immune system, decrease fatigue, improve good health and mental serenity, and restore balance. Santi received his training, knowledge and certification at the Thai Yoga Massage School in Bangkok. Following the Thai foot massage tradition, pressure is applied to specific areas of the soles of the feet. In turn, a reflex reaction occurs in another part of the body, which is stimulated.

**Introduction Thai Yoga massage**

(Ayurvedic Body Work)

16th of December 2018, 9am-12pm and 2pm-5pm

**Thai Yoga massage on-going classes**

starting from 20th of December 2018

Principals, foundations & dynamics

**Meditation Yoga and Qi Gong**

starting from 20th of December 2018

**Treatments:** Ayurvedic Massage, Thai Yoga Massage

**AT AUROMODE YOGA SPACE**

- Subtle-physical awareness through Yoga Nidra: 3 practice group. With Egle

On December 22nd from 2 to 4 pm at Auromode Yoga Space Yoga Nidra is an ancient and for human beings at many levels useful technique. It relaxes the body-mind system, improves the quality of sleep and reduces its time. Yoga Nidra is also called “the deepest meditation possible”. Regular practice, done at any day or night hour, can be used to deepen the awareness reaching even the delta state (as the newest scientific research has shown). In that deep state one is able to perceive areas of more subtle existence, making use of the newest scientific research and its time. Life of Sri Aurobindo and the Mother

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

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

**Herbal Food workshop**

Saturday 22 December 2018 - 9am to 1pm
In Pitchandikulam Forest
Pitchandikulam Forest welcomes you to our herbal food workshop with our traditional health specialist Ms. Parvathi. The workshop will start with a forest walk to identify and collect edible herbs and to learn how to cook different recipes, to enjoy eating them and to learn their health benefits.

**Session details:**

- Registration
- Introduction to Pitchandikulam Forest and about Traditional food practices.
- Forest walk: Edible herbal plants identification/collection
- Practical - Herbal food cooking session and eat
- Discussion - about recipes and Herbs/clarification/ how to establish herbal kitchen garden
- Conclusion session
- Feedback session

Fixed contribution required. Note: Limited 20 people only
Email: pitchandikulam.outreach@auromode.org.in

**Collective Painting Experiences with Louis**

at Hibiscus Art Village project
Well Studio Cafe at Swe Dame
Every Sunday from 23 December
10am to 5pm (12pm -1pm lunch break/potluck)

Contribution for the materials expected if used, or feel free to bring along your own materials and colours and everything that can make art come alive! Open for all age groups.

For more information contact hibiscusav@gmail.com • 91 8098565426 Louis, Follow us on Facebook @hibiscusAV
Create yourself through Art 🌺
**FILMS**

**AT SAVITRI BHAVAN**

Monday, December 17, 2018 at 6:30pm.

**PICTURES OF SRI AUROBINDO’S POEMS - Part 2**

Duration: 41min. A meditative film by Manohar illustrated with paintings by Huta. The poems are read by Huta and accompanied with music by Sunil. Huta said about this work that she did the paintings according to Mother’s inspiration and instructions, and added: “in fact, from time to time she corrected my paintings and never forgot to explain to me in detail the colour scheme.” The Mother saw all the paintings of Sri Aurobindo’s poems and also approved Huta’s recitations of them.

From Sri Aurobindo’s poem “A God’s Labour” Huta reads:

I have gathered my dreams in a silver air / Between the gold and the blue / .And wrapped them softly and left them there, / My jewelled dreams of you.

**CINEMA PARADISO**

Multimedia Center (MMC) Auditorium

**Film program 17 to 23 December 2018**

Indian - Monday 17 December, 8:00 pm:

- **MERKU THODARI** (Western Chats)

India, 2018, Dir. Leninbhargavi w/ Anthony, Gayatri Krishna, Abu Valayamkulam, Drama, 122mins, Tamil-Malayalam w/ English subtitles, Rated: NR (G)

In this wonderfully depicted story Rangasamy, a laborer living on the borders of Kerala and Tamil Nadu just like other, hard-working people of the area, buys a small garden at a spice plantation. He yearns to own a piece of land and earn a living by farming. After years of struggle, his dream finally comes true when Chacko, a local politician helps him buy the land, however, he soon faces tougher challenges dealing with corrupt and wealthy politicians. In its visually stunning portrayal the film subtly delivers its message – how development also leads to the destruction of a way of life and a community.

German - Tuesday 18 December, 8:00 pm:

- **ALKI ALKI** (Alky Alky)

Germany 2015, Dir. Axel Ransisch w/ Helko Pinkowski, Peter Trabner, Christina Grosse, and others, Drama-Comedy, 102 mins, German w/ English subtitles, Rated: NR.

A man’s addiction to alcohol accompanies him through every aspect of his life: Tobias’ best friend “Bottle” is never far from his side, since their youth. However, their alcoholic friendship is doing more harm than good to Tobias, who slowly realizes he should separate to focus on his family and career. But it is long too late. Tobias cannot get rid of the bottle. So the murderous spiral continues.

Cultural - Wednesday 19 December, 8:00 pm:

- **HAMLET: Peter Brook theatre**

France, 2001, Dir. Peter Brook w/ Adrian Lester as Hamlet, Drama-Theater, 130 mins, English w/ French subtitles, Rated: NR

This performance presents a Hamlet as you probably had never seen; with an international group of actors in a minimalist scenery. Brook says: “This adaptation seeks to prune away the inessential, for beneath the surface lies a myth”; this is what the film explores. The quiet, meditative look at the character, allows us to explore him deeper than a more flamboyant portrayal. It is an amazing interpretation of all facets of this complex character, troubled, reviled, powerful – presented with great sensitivity by an excellent cast. This marks the end of our regular Cultural Films screening. Our heartfelt thanks to Vidyia for organizing this for all of us so long. We wish her well.

Favorites - Thursday 20 December, 8:00 pm:

- **BEASTS OF THE SOUTHERN WILD**

USA, 2012, Dir. Benh Zeitlin w/Quvenzhane Wallis, Dwight Henry, Levy Easterly, and others, Drama-Fantasy, 93mins, English w/ English subtitles, Rated: PG-13

Wink and his 6ys old daughter Hushpuppy live in the Bathtub, a southern community. The water’s been rising since the last big storm. Wink’s getting sick and Hushpuppy knows that he won’t be there forever. She’s telling herself a story; a story that of a girl called Hushpuppy and her daddy and her momma, who went missing. It’s about the unreal, beautiful, poverty, the rising water, and aurochs (giant hairy pig monsters). This tale depicts Americas beset by climate change, poverty and class segregation. Could this be post-Katrina Louisiana or the end of the world? It doesn’t matter. An intriguing film. One of our all-time favorites.

International - Saturday 22 December, 8:00 pm:

- **MY BLUEBERRY NIGHTS**

HONG KONG-CHINA-FRANCE-USA, 2007, Dir. Kar-Wai Wong w/ Nora Jones, Jude Law, Natalie Portman, and others, Drama-Romance, English w/ English subtitles, 95 mins, Rated: PG 13

After a rough break-up, Elizabeth sets out on a journey across America, leaving behind a life of memories, a dream and a soulful new friend; a cafe owner- all while in search of something to mend her broken heart. Waitingress her way through the country, she befriends others whose yearnings are greater than hers. Through these individuals, Elizabeth witnesses the true depths of loneliness and emptiness, and understand that her own journey is part of a greater exploration within herself.

Children’s Film - Sunday 23 December, 4:30pm

- **IT’S A WONDERFUL LIFE**

USA, 1946, Dir: Frank Capra, w/ James Stewart, Donna Reed, Lionel Barrymore and others, Drama, 130mins, English w/English subtitles, Rated: PG

An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

**ADVENTURE MOVIES @ Ciné-Club**

Ciné-Club - Sunday 23 December, 8:00 pm:

- **LOST HORIZON**

USA, 1937, Dir. Frank Capra w/ Ronald Coleman, Jane Wyatt, and others, Adventure- Drama, 132mins, English w/English subtitles, Rated: NR

British diplomat Robert Conway and a small group of civilians’ crash land in the Himalayas, and are rescued by the people of the mysterious, Eden-like valley of Shangri-la. Protected by the mountains from the world outside, where the clouds of World War II are gathering, Shangri-la provides a seductive escape for the world-weary Conway.

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

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. Pl make a donation to “Cinema Paradiso” (account #105106) at the Financial Service or send a check payable to “Cinema Paradiso” to Ciné-Club, auditorium, Auroville, India 605123.

**THE ECO FILM CLUB**

Sadhana Forest, December 21, Friday

Schedule of Events:

**4:00 pm:** Free bus from Solar Kitchen to Sadhana Forest for the Tour

**4:30 pm:** Tour of Sadhana Forest

**6:00 pm:** Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

**6:30 pm:** Eco Film Club begins with “previews” of short Sadhana Forest films

**8:00 pm:** Dinner is served

**9:30 pm:** Free bus from Sadhana Forest back to Solar Kitchen

Before the movie, at exactly 4:30pm you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work! After the film, you are welcome to join us for a free 100% vegan organic dinner!

**Note:** Families and children are welcome! Dinner for children will be served at 7pm :)
FRIDAY 21 DECEMBER - 8:00 PM
“Before Sunrise”
Directed by: Richard Linklater - USA, 1995
Stars: Ethan Hawke, Julie Delpy
Synopsis: American tourist Jesse and French student Celine meet by chance on the train from Budapest to Vienna. Sensing that they are developing a connection, Jesse asks Celine to spend the day with him in Vienna, and she agrees. So they pass the time before his scheduled flight the next morning together. How do two perfect strangers connect so intimately over the course of a single day? What is that special thing that bonds two people so strongly? As their bond turns to love, what will happen to them the next morning when Jesse flies away?

Important information about News & Notes (Absolute deadline for submissions or cancellations: Tuesday 5pm)
The contents of News & Notes are a reflection of the growth process of this community towards its ideals of harmony, goodwill, discipline and truth. Editing of submissions, mainly for reasons of space and clarity, is done according to an established policy.

How to submit material: Material (no pdf files, please) may be sent (in English only) to the N&N email address (below). Please try your best to send your announcements, reports, film schedules whenever they are ready.

The Tuesday deadline (5pm) is absolute
Any modifications of the submitted News items have to be sent to the editors before Tuesday 5pm.

We regret not being able to attend to visitors on Wednesdays and Thursdays due to work pressure.
Articles for the Notes section should ideally be no longer than 500 words. All articles and reports need to reach us by Tuesday noon.

Visiting hours: 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

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Original English version with English subtitles
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** THE NEWS&NOTES IS AVAILABLE FOR ALL TO DOWNLOAD **

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