

# News & Notes

1st November 2014.....A weekly bulletin for residents of Auroville.....Number 571



# HOUSE OF MOTHER'S AGENDA

It is the narrowness and deficiency of consciousness that cause all our troubles, moral and even physical, as well as our impotence and the perpetual tragicomedy of our existence. But the remedy is not to starve the vital, as the moralists would have us do; it is to widen it; not to renounce, but to accept more, always more, and to extend one's consciousness. For such is the very sense of evolution. Basically, the only thing we must renounce is our ignorance and narrowness. When we frantically cling to our small frontal personality, to its put-ons and sticky sentimentality and saintly sorrows, we are not really "human"; we are the laggards of the Stone Age; we *defend our right to sorrow and suffering*.

The seeker will no longer be fooled by the dubious game going on in his surface vital, but for a long time he will keep the habit of responding to the thousands of small biological and emotional vibrations circling around him. The transition takes time, much as the transition from the world-mongering mind to mental silence did, and it is often accompanied by spells of intense fatigue, because our organism loses the habit of renewing its energy at the common superficial source (which soon appears crude and heavy once we have tasted the other type of energy), yet it still lacks the capacity to remain constantly connected to the true source, hence some "gaps." But here again the seeker is helped by the descending Force, which powerfully contributes to establish a new rhythm in him. He even notices, with ever-renewed astonishment, that if he takes but one small step forward, the Help from above will take ten toward him--as if he were expected. It would be quite wrong to believe that the work is only negative, however; naturally the vital likes to think that it is making huge efforts to struggle against itself, which is its skillful way of protecting itself on all fronts, but in practice the seeker does not follow an austere or negative rule; he follows a positive need within his being, because he is truly growing out of yesterday's norms and yesterday's pleasures, which now feel to him like a baby's diet. He is no longer content with all that; he has better things to do, better things to live. This is why it is so difficult to explain the path to one who has never tried it, for he will see only his own current perspective or, rather, the loss of his perspective. Yet if we only knew how each loss of perspective is a step forward, how greatly life changes when we pass from the stage of closed truths to that of open truths--a truth like life itself, too great to be confined within limited perspectives, because it embraces them all and sees the usefulness of each thing at each stage of an infinite development; a truth great enough to deny itself and move endlessly to a higher truth.

Behind this childish, restless, easily exhausted vital, we will find a quiet and powerful vital--what Sri Aurobindo calls *the true vital*--that contains the very essence of the Life Force devoid of its sentimental and painful byproducts. We enter a state of peaceful, spontaneous concentration, like the sea beneath the movement of the waves. This underlying stillness is not a dulling of the nerves, any more than mental silence is a numbing of the brain; it is a basis for action. It is a concentrated power capable of initiating any action, of withstanding any shock, even the most violent and prolonged, without losing its poise. Depending on the degree of our development, all kinds of new capacities can emerge from this vital immobility, but first of all we feel an inexhaustible energy; any fatigue is a sign that we have fallen back into the superficial turmoil. The capacity for work or even physical effort increases tenfold. Food and sleep are no longer the single and all-absorbing source of energy renewal. (The nature of sleep changes, as we will see, and food can be reduced to an hygienic minimum.) Other powers, often considered "miraculous," may also manifest, but they are miracles *with a method*; we will not attempt to discuss them here, as it is better to experience them directly.

SRI AUROBINDO or THE ADVENTURE OF CONSCIOUSNESS,  
chap. VI, Quietening the Vital

SATPREM

*The  
Ponder  
Corner*

*True happiness does not depend on the external circumstances of life.  
One can obtain true happiness and keep it constantly only by discovering one's psychic being  
and uniting with it.*

*The Mother*

*ref. MCW, vol. 16, Some Answers from the Mother, p.289*

## Results of Residents' Assembly Decision Making Process on the 3-day selection process for Working Committee

Dear Friends,  
Please find below the results of the Decision Making Process held on Monday 27th October 2014 regarding the 3-day selection process for the Working Committee. The question asked of the community was:

**Participatory Working Group and 3-day selection process for Working Committee (revised proposal): YES / NO?**

The RAS registered the following responses:

- a) 69% of participants (291) chose YES.
- b) 31% of participants (133) chose NO.
- c) 25 participants abstained (chose neither YES nor NO but submitted the form).

### Community Supports Participatory Working Group and 3-day selection process for Working Committee

The RAS registers that the community supports the Participatory Working Group and 3-day selection process for Working Committee (revised proposal).

This process will now be used to select the next Working Committee.

The Auroville Council, the RAS and the Study Group have published further information on this process elsewhere in this issue of the News & Notes. For more information, please don't hesitate to email the RAS at [raservice@auroville.org.in](mailto:raservice@auroville.org.in)

Kind regards, *Your RAS Team*

## Auroville Council and RAS: New Land Board

Dear community members,  
Following the last General Meeting on the formation of a new consolidated Land Board, a 'resource group' consisting of Fabienne, Tom, Andy, Sanjeev and Sukrit, was formed to select the members of this new Land Board. This resource group have completed their task successfully and well within our deadline of November 15, 2014.

The names of the members for the new Land Board as nominated by this group are:

*Alain Grandcolas (Road Service)*  
*Jothi Prasad Rajan (Road Service)*

*Divya (Auroville Unity Fund)*  
*Sandeep (Telephone Service)*  
*Gerard Marechal (Editing work)*

During the process of selecting these members, the resource group felt that 5 members are sufficient to fulfil the organizational task that is ahead of them; if more members are felt needed later, the new members will have to go through a community process to become part of the new Land Board. The proposed members were selected based on their integrity and excellent managerial skills.

The task of this new Land Board, as envisioned by the resource group, would be to organize and manage the different areas of work related to the land of Auroville, and to define a structure that ensures the efficient functioning of this important domain of Auroville. A spiral working structure with this Land Board at the centre as co-ordinators is the vision, rather than a pyramidal structure that indicates a hierarchy within the working of all land related groups.

These members will be the pioneers to launch a more co-ordinated and focused effort into purchasing and managing land for Auroville; needless to say, land is our primary concern to be addressed, for the physical manifestation of Her city.

The Auroville Council invites feedback on the proposed names from the community at large. Kindly send your appreciation or concerns to [raservice@auroville.org.in](mailto:raservice@auroville.org.in) before Monday the 3rd of November, 10 am.

### **A General Meeting will be held on this topic on Monday the 3rd of November at 4:30 pm at Unity Pavilion.**

This meeting is to focus on answering questions, and for the resource group to share their experience of this process of selecting these members. All are welcome!

As a reminder, if we, the Residents' Assembly, do not have a Land Board in place by the 15th of November, the Governing Board will have a Land Board in place shortly afterward.

We request the community to keep in mind the urgency of the matter at hand and to keep a collaborative spirit as the highest guidance for this essential and challenging task ahead of us.

We take this opportunity to thank the resource group for their sincerity and dedication in the work that they undertook!

Sincerely, *Auroville Council and RAS*

## ANNOUNCEMENTS

### Meeting to plan for road litter and regional waste problem

Everyone has noticed the increase in litter and waste dumps along Auroville main roads and in and around local villages. With consumption and population growth rates on the rise, this problem is probably only going to get worse.

**We, the AV solid waste management task force, are calling a meeting to plan for how to deal with this mounting problem.**

Please come -- if you are interested in contributing time, energy, or funds towards a solution. Please don't come just to share your experience of the problem, or to tell others how to solve it. This is a meeting to discuss practical steps moving forward, and to pool resources towards a workable solution.

**The meeting will take place Thursday, November 6th, 4-6 pm in the Eco Pro Conference room (Aurosarjan complex).**

Hope to see you there,  
Solid Waste Management Task Force

### Contribution towards House Tax bill for 2013-14

#### Direct debit from your AVMF Account

Dear Friends,  
Auroville Unity Fund has paid in advance the house tax bill for 2013-2014 to the various local Panchayats. As you are surely aware house tax is one of their main forms of revenue and it is a statutory requirement that it is paid.

We ask all residents to pay their contributions - based on the size and type of accommodation each one of us is occupying, to help to cover the collective house tax bill. Since it's a lot of work to send a separate bill to each household, we are proposing to debit directly your AVMF account from 1st November 2014, as had been done the previous year.

If you have any questions or suggestions, please contact: *Rathinam, Kumar.K or Guna.A*, Town Hall 2622455, 2622879. Email: [aurovillefund@auroville.org.in](mailto:aurovillefund@auroville.org.in)

Thank you,  
*Auroville Unity Fund*

## From AVC on Participatory Working Group proposal / 3-day selection process for WC

Dear family members,

In our RA decision making event on Monday 27th October, the community voted YES to the revised "Participatory Working Group proposal and the 3-day selection process for the Working Committee".

Big thanks to all of you for participating!

To select the new Working Committee, your participation is still more essential, so that we get the diversity and all the capacity to select the best with the needed expertise and anchoring in the community at large.

The RAS and AVC invite you to nominate up to 5 community members, including yourself, whom you feel capable for this important work.

This process of nomination / self -nomination will be open till Saturday 8th November, 2014, 5 pm.

Please send the names to the raservice@[auroville.org.in](http://www.auroville.org.in).

The mandates and job descriptions for the Working Committee and Auroville Council can be found here (<http://www.auroville.org.in/page/mandate-auroville-council-2004>) (<http://www.auroville.org.in/page/mandate-working-committee-2004>)

In the final selection, 7 members/coordinators for the Working Committee and 2 replacement members for the Auroville Council (the AVC is already functioning as a Participatory Working Group), will be chosen.

All nominated names of those who agree to participate will be published for feedback, and all feedback received will be processed by the temporary "Feedback Review Committee consisting of Meenakshi, Bridget, Renu, Raman, Vinodhini, Margarita and Alan.

The 3-day selection process is planned for the end of November 2014 and all participants/nominees are de facto the selection committee.

A detailed time-line for the full process, including the dates for the 3-days selection process, will be published online and in the following *News and Notes*.

Sincerely yours,

*Auroville Council, RAS and Study Group*

## FROM THE ENTRY SERVICE - N&N NO- 571 dated 01.11.2014

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

### AUROVILIANS:

Walter Van ASSCHE (Belgian) - Staying at the Bamboo Centre, Working as a teacher, designer, technical manager and caretaker at the Bamboo Centre.

Elena STEPANOVA (Russian) - Staying at Aspiration, working as Osteopath at Pitanga.

Charlotte (Charly) HESTIN (French) - Staying at Mir, working as a teaching assistant at the Kindergarten.

### RETURNING AUROVILIAN:-

Divya LIESER (French) - Staying at Kalabhumi, working as a helper/coolie at Evergreen.

### NEWCOMERS:

Genevieve HIRSCHLER (French) - Staying at Citadyn, working as a psychotherapist at Citadyn and also responsible for the research team for CIHRU.

Jeremy Wakefield ROSKE (USA) - Staying at Existence, working as a designer and a fabricator at Light Fish, and as a forester/gardener at Mahakali park / Existence, as well as teaching Capoeira.

Sarah Aline KUNDIG (Switzerland) - Staying at La Ferme, working as a cook and kitchen organiser at Solitude Cafe.

Sudhagar PERUMAL (Indian from Appirampattu) - Staying at Citadyn, working as site supervisor and field worker at La Maison des Jeunes.

Olivier Olae LOYER (Canadian) - Staying at Quiet, working as a Social Enterprise advisor for Unlimited Tamil Nadu (under the Auroville Village Action Trust).

Ravindra SOLANKI (Indian from Gujarat) - Staying at Vikas, working as part of the access team and the cleaning team at Matrimandir.

Martin John LITTLEWOOD (British) - Staying at Samriddhi, working as quality consultant at Aureka and as a member of the support group at Aikyiam School as well as being the Auroville representative for AVI UK.

Dany LITTLEWOOD (French) - Staying at Samriddhi, working at the information desk at the Visitor's Centre.

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

### CONFIRMATION OF NEWCOMER STATUS:

Robert L'HEUREUX (Canadian)

Kalivarathan(Kali) VEERASATHIVEL (Indian from Edyanchavadi)

### CONFIRMATION OF RETURNING AUROVILIAN STATUS:

Aurore MABILAT (German)

### NOTE:

Dear Newcomers,

The Entry Service team would like to inform you of the new timings designated specifically for you to either collect or submit the Newcomer kit. Please pass by our office in the Town hall during these hours only: Wednesday & Friday at 2 pm to 4 pm. We look forward to seeing you.

*The Entry Service Team*

### TEAM MEMBERSHIP:

Kavitha - We would like to inform the community that Kavitha has finished her term as a member of the Entry Service team. We thank Kavitha for her valuable input into the team. We will miss you!

**The Entry Service is looking for new committed members.**

Working towards a long term presence in the team we are looking for additional members with prior experience of office work or of conducting interviews. Excellent communication skills as well as human relations skills. Fluent English, able to type up minutes, undertake email follow up. Excellent listening skills and ability to give clear information on entry process at the desk and during interviews.

### INFORMATION ON JOINING AUROVILLE

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

We will use this time for studies, field visits and internal office work.

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

## Coordination for Informal Education Activities

The Auroville Council has been made aware of various issues and concerns related to the wide range of activities that fall under the heading of "informal education" or "adult learning" opportunities in Auroville.

The concerns can be framed by three questions:

- Are these activities aligned with the spirit of Auroville?
- Is the content related to the development/well-being of Auroville?
- How are the many practical and economic issues being handled?

The Council subgroup in charge of this topic has had some preliminary discussions with representatives of various groups who are involved in informal education, resulting in a consensus that Auroville's needs would be served by the creation of a group that will focus on the coordination and development of any necessary guidelines for these activities.

Please note: This relates to all kinds of workshops, courses, training, educational visits & other related programmes & guest houses would also be included to be part of guideline formulation and implementation processes.

This is an invitation to anyone who would like to participate in this discussion. You can either submit a written statement with your input and/or ask to be included on the mailing list to receive announcements regarding future meetings and meeting notes. All concerned persons should write to [eduforum@aurville.org.in](mailto:eduforum@aurville.org.in) Copy to [avcoffice@aurville.org.in](mailto:avcoffice@aurville.org.in). Please use the title "Coordination for Informal Education Activities" in all correspondence.

Auroville Council subgroup (Matriprasad, Véronique, Surya)



**FRANCE** == AVI France, having had a close relationship with the UNESCO headquarters in Paris throughout the years, has been collaborating in the preparations for the now official installation at the UNESCO premises of the bronze Sri Aurobindo statue, cast in Calcutta (and similar to the statue at Savitri Bhavan). The massive sculpture found a prominent place overlooking the Garden of Peace, directly adjacent to one of the main entrances (Séjour Hall 125, avenue de Suffren) of the enormous three-winged UNESCO building complex.

### Inauguration of Sri Aurobindo statue @ Paris, 21 October

Nadia Loury, current president of AVI France writes about the event: *On Tuesday, 21 October, the installation of the statue of Sri Aurobindo in the gardens drew about 150 people in the*

*lobby of the UNESCO building, in the presence of Dr Karan Singh, member of the UNESCO Executive Board and chairman of the Auroville Foundation, Ms Irina Bokova, UNESCO's Director-General, and Ms Ruchira Kamboj, Ambassador, Permanent Delegate of India in UNESCO. In her speech, Ms Bokova called the placement of the statue a recognition of the immense spiritual work for humankind done by Sri Aurobindo. She mentioned that Sri Aurobindo's vision is at the origin of the Auroville project, and that his vision continues to inspire and educate the world. "He represents that which is most precious in India, as did Swami Vivekenanda whose birth anniversary was celebrated last year." The inauguration of the statue is also an occasion to pay tribute to India, that enormous country, and the main thread that brings us together today is the conviction that peace can only come about when based on wisdom, as the crises we are experiencing are not only economical, but moral and ethical. His message is that of India.*

*Dr. Karan Singh then took the floor, retracing the life of the philosopher, revolutionary and visionary, and suggested that Yoga be added to the 'UNESCO list of the Intangible Cultural Heritage of Humanity'. He ended his speech by reciting the beautiful 'Who' poem by Sri Aurobindo.*

Among the public were, apart from UNESCO dignitaries, many members of AVI France, Gilles Lachaud of the French Pavilion, Jose Luis of AVI Spain, Aurovilians Francine, Anne H. and Marti, as well as 'old-timers' Robert and Gap Aarsse (the latter's large stylized portraits of Sri Aurobindo formed a graceful background to it all). Copies of the AVI book were given to the speakers, and Nadia and Mandakini had a chance to communicate with Dr Karan Singh who highly encouraged the *Acres for Auroville* land campaign and insisted with ardour on a French Pavilion "Why has it still not been built?" And "there should be a European Pavilion representing the different countries!"

(José Luis of AVI Spain made a compilation clip of the event [www.youtube.com/watch?v=HyFkgPosMjA](http://www.youtube.com/watch?v=HyFkgPosMjA))

### Café Auroville @ Paris, 25 October

AVI France's 'Café Auroville' gatherings were initiated about 2 years ago and one was held in Auroville last winter. In Paris there are about three a year, and each time the theme is different. Focus of the Café on 25 October, held at the Atelier Fil Rouge, was an introduction to Auroville with as center piece Olivier & Christine's recent film, 'Auroville, the City the Earth needs'. There were about 40 people of all ages; 15% in the age group 20-30, and about 20% had never been to Auroville. Familiar faces included Marti, Chloé, Anne H., and Hashi who participated in the lively discussions afterwards. The next Café will be on 29 November with a film interview of Kireet Joshi plus the presentation of the new-to-be Auroville International France website.

*For all AVI matters, please refer to Vani via [vani@aurville.org.in](mailto:vani@aurville.org.in)*

*This column is maintained by [mauna@aurville.org.in](mailto:mauna@aurville.org.in)*

## POSTINGS

### Vegan Essences

Vegan Essences will take a short break in production (vegan cheeses, hummus and chocolate mousse) in the beginning of November.

Dr Nandita Shah

### Health Centre Pharmacy

Dear Community,

This is just a reminder that the Health Centre Pharmacy is stocking Allopathic, Homeopathic and Ayurvedic medications, as also Veterinary medicines. Please note that any medication not presently in stock and required by a patient can be ordered. The Pharmacy provides a willing service to all.

## AVAILABLE

### Maini Electric Cars

For Sale by Matrimandir: Maini Electric Cars (Feri 14 seaters) - Two vehicles, four years old. Contact to see the vehicles: Mr. Logonathan or Mr. Manimaran - phone: 2622153 / Last date for receiving sealed tenders is 15 November 2014 (This ad is also placed in the local Tamil papers).

### Battery/UPS/bed and gas stove

One tubular battery 12V/100 AH( used for less than one year ) and UPS 12V/800 VA(Sukam)/ a sugarcane bed/ gas stove. Please contact: [eunkyongnim@gmail.com](mailto:eunkyongnim@gmail.com) or call 9443085072 - Thanks, Love, *Eunkyong*

### A ladies cycle

Hi, we have a Swedish large ladies cycle (3 gears) with aluminum frame and coaster brakes. It also has a front shopping basket. It has been used a few times and it is as good as new. Price is Rs 18,000 (negotiable). The cycle is presently at Aurovelo. If you are interested call at: 2623189, 9840851286. Cheers, *Vikram and Maya (Gaia)*

### Aluminium work

Hi, I'm doing aluminium work, windows for sliding doors, main door and partitions. I do all kind of aluminium work. If you are interested, please call *Anand* at: 9865623504

### Cycle Rockrider 5.0

Excellent condition, rarely used, black color. Contact *Darpan* (0992-538-7391)

### Laptop- Dell Inspiron 15r

1 yr old excellent condition, 4th Gen Intel core i5, 15.6" display, THIN, 1 TB HDD, 1.5GB Graphics, 4GB RAM. Laptop sleeve and Wireless mouse complimentary. Contact *Darpan* (09925387391)

### Auroville Calendar 2015

The new Auroville calendar is ready.

This year it is a desktop type, size is: cm.21 x 16.5

The calendar is printed using 4 colors on foreign art paper,

It is spiral bound on the top and individually shrinks wrapped.

The calendar includes moon phases and a page with the year 2016 dates.

All the photos were taken by Ireno. Graphic design and DTP work by Auroline.

The calendar is available at a discounted price for Aurovilians at Pour Tous Purchasing Service, Aspiration.

For large quantity orders you can contact Ireno: Email: [ireno@auroville.org.in](mailto:ireno@auroville.org.in) Ph +91 413 2622343 - +91 98431 84485

*Ireno, Sangha*

### Amma

A reliable and honest Amma with 15 years of experience is available for work from the first week of Nov onwards, preferably in and around the centre area of Auroville. Contact *Harini* for details by email only: [harini@auroville.org.in](mailto:harini@auroville.org.in)

### Double bed

Strong wooden double bed. Size: 200cm X 152cm. Contact: 9486268021 - *Sudhir*

## LOOKING FOR ...

### Singing Festival 2014 Video

Hello, I couldn't record the Singing festival 2014 and this year there wasn't any official video-record. I would like to contact somebody who can let me do a copy mainly of the first day but even the second day would be nice too. Thanks a lot, [annamuset@gmail.com](mailto:annamuset@gmail.com). *Anna Muset*

### Actors

Dear friends, I am looking for actors in a play I am staging (Accidental death of an Anarchist). It is a Dario Fo play, a political satire. An actress for a journalist 25 to 40 years old and three actors for cops 30 to 45 years old. Director lucky lava - *The Auroville Theatre Group*. Please call me 9585332363. Thanks, *lucky lava* (S. khan)

### Gent bicycle

Looking for a gent bicycle in drivable condition, to buy or to borrow for a year. Contact [shivaya@auroville.org.in](mailto:shivaya@auroville.org.in), 944 362 1742

### 3 KV generator

We are looking for a 3 KV generator urgently, preferably Honda with (kerosene)

Contact: 9943907444. *Raja Meera, Fraternity*

### Volunteer (or a couple)

I urgently need one volunteer (or a couple) who can help in the garden. There is a room available also for long term.

Please contact *Samata*, Transformation ph. 2622231, [samata@auroville.org.in](mailto:samata@auroville.org.in)

### Maths, English and French tuition

A 14-year old girl, Mira, A- level, looking for Maths, English and French tuition, *Sangeetha* (944300761)

### A Fridge

The ancient fridge in the Matrimandir office kitchen has finally come to the end of its long life. If anyone has a second-hand fridge to offer as replacement, we would gratefully come and pick it up! Thanks a lot, please contact *John* at 7639096644

## LOST & FOUND

Black peaked cap (lost): If anyone found a black peaked cap in the Solar Kitchen on Monday, it's mine. Please call me on 2622296 to arrange its return. Thanks. *Tim*

A Dog (found): I found a dog in the Kottakkarai area. She is about 35 cm high, sand coloured and well-behaved. She offers

her belly for strokes. Now she is at the Integrated Animal Care Center. It seems that she is not a stray dog so she needs somebody to give her food regularly and she will pay it back with her love and obedience. My e-mail is [ivana.frousova@yahoo.co.uk](mailto:ivana.frousova@yahoo.co.uk). *Ivana*

Items at Pitanga (found): If you have left any items of clothing, jewelry or other accessories at Pitanga please come

and collection them this week as we will be bringing any unclaimed items to free store next week.

## A P P E A L

### Lilaloka, Self-Learning and Resource Center for the Child, needs your support



Lilaloka, the place of Play (in Sanskrit), offers an educational approach centered on Joy that assists children in becoming the creator of their own lives. Through Joy the child blossoms, finds his path, gains trust in his potentialities. Joy connects us to our inner child, to others, gives meaning to life. Albert Einstein said

"Play is the highest form of research," and play allows the natural learning process to unfold with joy.

The Lilaloka team at present consists of 8 experienced educators who will offer many activities: 12 are already planned and some are already running (visit our blog for details: <http://lilalokaproject.blogspot.in/>). The activities are based on free choice and non-judgment, individually or in mixed age groups, respecting each one's particularity. Lilaloka's activities will benefit all children: schooled, home schooled or differently-abled- and also big children (adults), whatever their age and beyond all categorization.

We want to work in collaboration with AV schools and parents, and we will also share our experience by consulting with schools in India.

Lilaloka Phase 1 is currently under construction (opp. Last School, after Kalabhumi) and is supported by SAIER, Auroville School Board, Auroville Town Development Council, FAMC, Auroville International, and more than 100 donors so far.

We need to urgently raise 9.5 Lakhs Rupees (11875 Euros / 14615 Dollars) in the next 2 to 3 months in order to finish the

roof and complete the raw structure of the building. Your support at this time is greatly appreciated and truly needed.

If you would like to donate, you can do so by transfer to our account at Financial Service: 252023, or via the Auroville gateway (<http://www.auroville.com/donations/>) by specifying "Lilaloka" in the section "project details - specific Auroville projects", or by cheque in the name of "Unity Fund - SAIER" with an accompanying letter specifying the funds are for Lilaloka.

If you want to know more about us or want to meet with us, contact us at [lilaloka@auroville.org.in](mailto:lilaloka@auroville.org.in)

Looking forward to hearing from you, with Gratitude, Lilaloka's core team (Anna, Sandrine, Stacy, Yvelise, Rajan)

### Celebrating the 10th Year of Tsunamika

At Bharat Nivas in Auroville ,10.1.2015, Saturday.

We need volunteers! Join us to celebrate her Birthday! Lots of inspiration and Fun!

#### Programme

Art installation of Tsunamika // Theater show at auditorium by Finland team // Photo exhibition: Tsunamika, her life journey // Movie screening // Story telling // Make your own Tsunamika // Tshirt painting // Exhibition of work of Tsunamika mothers // Food stall // Live music // FB photo contest

Write to us @ [Office@upasana.in](mailto:Office@upasana.in)

Core team -Uma ( event head ), Jill ( Theatre ), Krupa ( Art ), Fif ( entertainment ), Amudha ( village relation), Steffi ( social media )

## A C C O M M O D A T I O N S A V A I L A B L E A N D N E E D E D

### House-sitting\_1

Stephanie (many know me as an osteopath) is looking for long term house sitting or housing arrangement, since I have happily decided to stay in Auroville! I would also be happy about a simple place, also in the forest or green belt :-)) and will enjoy taking care of your place. Contact: 7639 7639 25 / [alba@mail.de](mailto:alba@mail.de)

### House-sitting\_2

Looking for a 2-bedroom apartment/house in a beautiful and safe community for 2-3 female volunteers till February 2015. Willing to move in immediately + do community activities, take care of pets and house if required and be responsible residents. Thanks! Please contact [Swetha @ 09000803887](mailto:Swetha@09000803887) or [swetha.akhnoor@gmail.com](mailto:swetha.akhnoor@gmail.com)

## T A X I S H A R I N G

November5th: Departure at 3am from creativity to Chennai international airport. Call *Moghan* 9751110486 [moghan@auroville.org.in](mailto:moghan@auroville.org.in)

November14th and 17th.14th: From Auroville to Chennai Airport, I will be leaving from Auroville at 4 am / 17th: Chennai Airport to Auroville. I will be leaving from the airport at 7:30 pm. The taxis can be shared either way, on both days. If you would like to share a ride, please call: 9159441420 or email me at: [aurobhavya@gmail.com](mailto:aurobhavya@gmail.com). Thank you, *Bhavya*.

## W O R K O P P O R T U N I T I E S

### We need your crowd funding skills!

Lilaloka, self-learning and resource centre for the child, a project under construction, is looking for a person who loves the project and has the capacity to set-up and manage a crowd-funding campaign. We really need someone who is good with computer, social media and who is independent in his work (we would be glad to contribute towards some requirements you may have and according to the money raised, we can discuss further). If you don't know the project, have a look at our lovely blog: [www.lilalokaproject.blogspot.in](http://www.lilalokaproject.blogspot.in). And if you're interested, contact us at [lilaloka@auroville.org.in](mailto:lilaloka@auroville.org.in) or call Yvelise (2623407 - any time before 5 PM :-)) so that we can invite you to our meeting.

Hoping to find the "perle rare" :-)) *Lilaloka's team (Yvelise, Sandrine, Anna, Stacy, Rajan)*

## HEALTH

### Jade Beautysalon

Facials, manicure, pedicure, waxing, treatments for any kind of skin problems.  
Beauty the smile of divine, feel good with yourself  
Call for appointment 809 876 0113,  
Happy to welcome you,  
With love *Julia*

## AUROVILLE RADIO



Nothing new to report this week.

These are the latest programs published by AurovilleRadio this week. All the recordings are available in CD or ready to be copied on your memory stick at the AurovilleRadio premises in Town Hall, opposite the Financial Service.

**Mother's Agenda 1958** (Integral Yoga 24/10/2014)

Mother's Agenda -Fragments of conversations from May and Oct 1958 -[French, 3 Minutes]

**Suhasini wins Surf Competition** (Kids & Youth 24/10/2014)

Suhasini learned to surfing at the Kallialay Surf School and wins two competitions this year! -[English, 11 Minutes]

**Selections by Gangalakshmi-11** (Integral Yoga 24/10/2014)

Selections by Gangalakshmi-11. This is a weekly series (In French) of selected works by the Mother or Sri Aurobindo. - [French, 19 Minutes]

**Auroville Units & Services** (Auroville's Economy 24/10/2014)

Unity in Diversity? The AV Economy. -[English, 113 Minutes]

**Off the Cuff- Andrea, Renu, Wazo** (Governance 23/10/2014)

Off the Cuff - Andrea, Renu, Wazo. An informal commentary on topics concerning the community of Auroville. -[English, 13 Minutes]

**Decisions, Water, Rain** (News from Auroville 23/10/2014)

You can listen to all of the programs and more on [www.aurovillerradio.org](http://www.aurovillerradio.org). For more info call 0413-2623331 or email [a@aurovillerradio.org](mailto:a@aurovillerradio.org)

**RAS informs us on RA decision making event** on Moday 27th at Solar Kitchen 10am to 4pm . IZ meeting of pavilion groups - [English, 9 Minutes]

**Code of conduct - take 2** (Governance 21/10/2014)

Code of conduct & eligibility criteria: some fundamental questions need to be asked & answered before the next attempt -[English, 113 Minutes]

**Future School and AVRradio** (Integral Education 20/10/2014)

Advertisement made by Future School children to learn content creation, recording and editing with AVRradio team. -[English, 2 Minutes]

**Akash Kapur & William Dalrymple** (Literature 20/10/2014)

Akash Kapur & William Dalrymple. A lively discussions and a Q & A session moderated by AF director Olivier Litvine -[English, 91 Minutes]

**Happy Diwali** (News from Auroville 20/10/2014)

Diwali news - where and how we will celebrate it together, and what it will remain close don Wednesday. -[English, 8 Minutes]

## GREEN MATTERS



### Monsoon, wasted water and remedies

With plentiful rains in the first few weeks of our north-east winter monsoon, the drought pattern that seemed to have established itself in South India these last years, is finally broken.

After more than six months of unprecedented hot weather, temperatures have dropped to around 30 degrees C, with a high humidity level of 90% - what a relief!

Since the beginning of the year, 108 cm of precipitation has been measured in Auroville, our annual average being 139 cm. Besides the monsoon-related challenges this brings to many sections of the population (collapsed walls, lightning strikes, flooded and dangerous roads), it brings cheer to farmers and foresters. Tanks, kolams and reservoirs are filled to overflowing, bringing some relief to depleted aquifers and providing a fine stock for the hot months to come.

However there are places in our state, notably Sivagangai in the Chettinad region (south of us between Thanjavur and Madurai), that lie in a 'rain shadow', with distressingly meager rainfall these last years. Twenty-five years ago the level of well water in that area was at 10-15 feet, today one has to dig to 1,000 feet to reach water! Further south still, in the Tirunelveli district, hundreds of ponds and irrigation tanks are still bone-dry despite the rains, while farmers and officials are

watching several thousands of cusecs (cubic meter/sec) of floodwater of the Thamirabarani - Tamilnadu's great perennial river that has its origin in the Western Ghats - flowing into the Gulf of Mannar. (Last week Thursday this loss was measured as 9.404 cusecs!) How distressing to see this huge quantity of precious fresh water being wasted, even as vast tracks of nearby land remain barren.

The Tamil Nadu government has envisaged an ambitious river-linking project, which is presently shelved due to non-availability of funds. The project aims at diverting the seasonal floodwaters of the Thamirabarani to several smaller rivers; engineering plans include a new 73 km long storm water canal and a number of smaller canals and structures, interlinking a total of six rivers, from where the water can be further diverted to be stored in hundreds of ponds and irrigation tanks. This will bring relief to the water-starved districts of Tirunelveli and Tuticorin, where farming has suffered not only due to drought but also through seawater intrusion into the once-fertile land...

Not that large-scale water engineering is anything new to South India! Tamil Nadu's once-flourishing agriculture - with rice yields that are documented as having been double and triple of the highest yields today! - Used to be fed by a network of man-made water bodies, canals, eris (systems of cascading tanks for water harvesting) - a highly sophisticated and ingenious system, mostly about 1,500 years old, that have been called a marvel of engineering. These eris, which number

about 40,000 across the state, used to be entirely managed by local communities, and were of central importance as the basis of all life. (Examples from our immediate neighbourhood are the Irumbai and Ousteri Lakes.) Due to centralisation under the British Raj and later the 'Green Revolution' - with the proliferation of borewells - the majority of these waterbodies were abandoned and severely suffered from lack of maintenance. Nowadays many efforts are underway to restore the eris, the smaller ooranis and kolams, under the varied Integrated Watershed Management schemes that are being implemented across the state, placing the planning and responsibility back into the hands of the communities that once successfully managed these life-giving and highly sustainable structures.

#### Puducherry's cleanliness drive

On a different aspect of environmental care, on the 1st of November Puducherry will celebrate its Liberation Day, marking the 60th year of existence of the Union Territory, and plans are ahead under the 'Swachh Bharat' (Clean India) campaign for making Puducherry clean by 2019.

As part of the strategy; cleanliness and general sanitation in public places and offices, hospitals and educational institutions is targeted. 100% coverage of toilets in households, schools, colleges and water facilities by 2016, have been proposed.

Presently in Pondicherry city over 30% of households are without toilet, while in the rural areas the figure is still 67%. The draft action plan also has provisions for addressing broken roads, footpaths and pavements, restoration of water drainage, removal of encroachments and litter on the streets and markets, and a sustained public awareness campaign aimed at keeping the environment clean.

The local administration still has to formulate a detailed municipal solid waste management plan (MSWM), which despite some initiatives in the past, is not in existence yet. A system has been proposed that will impose fines (!!) for throwing litter in public places, while compliance will be rewarded through incentives. Wouldn't it be amazing that in a few years' time we could journey over safe, unbroken roads to a clean and green Pondicherry, where littering is a forgotten ill of the past, public transport has replaced the congested and chaotic roads traffic, and we all can at last breathe clean air again?

*For Auroville Green Center, Lisbeth, Bridget & Jasmin  
Sources: the Hindu; Down to Earth;  
<http://www.indiawaterportal.org> & other internet sites  
The Auroville Green Center invites you to share 'anything green' for a healthy Auroville, Bioregion and planet Earth:  
[avgreencenter@auroville.org](mailto:avgreencenter@auroville.org)*



## **Food for the City of Dawn**

One can't have health if we are disconnected from where our food comes from. Health of ourselves cannot be isolated from the health of our planet, our bio-region and the society in which we live in, all of which originate from the earth, from the soil in which our crops grow. This is the starting point for any healthy society, any society that has long term goals of equality and collective growth.

My question is how are we going to achieve this? Surely, as I have said it is not only the farmers' responsibility. This needs a collective understanding, a collective aspiration that requires a great deal of self-education and work on changing how we relate to the food we eat and our relationship to where it comes from.

This year in Solitude organic farm Cafe, we have made flour from plantain and tapioca, we have mixed them with millet flours and made delicious dosa and many other dishes, we have used green papaya in various ways, a particular hit was the papaya and lemongrass soup. We have made use of the tangy passion fruits in juices and salad dressings; we have cooked tennai, sarmai, ragi and varagu in different ways and have also used radha's consciousness flowers to make juice and the anti-cancer tree "Soursop" to make healing herbal teas. Banana flowers make vadais and cutlets, banana stem is cooked with coconut and garlic and makes fantastic curries; there are so many things we can do and are doing, only with local food that is obviously available in large quantities and at a low price and coincidentally often has good nutritional and health benefits for us.

I could plant loads of tapioca now and have a huge harvest in July if there was a collective wish to use it. It would mean that the perception of a farmer trying to sell his produce would have to shift and a collective responsibility for what is grown and maybe even its harvest and processing, if needed as in the case of tapioca, would have to come about.

This would mean more interaction within our society between farmers and consumers, better still, consumers may also start to see that to plant a few sticks of tapioca at home is so easy! Once they use it themselves and see what a good vegetable it is, they may start to open their eyes to other things too. Auroville could be self-sufficient in tapioca if we want! The same goes for cluster beans, certain spinaches, most of the gourds (bottle, ridge, bitter and snake gourd), pumpkins and certain other produces, especially during certain seasons, if our aim is to be self-sufficient. We could start by using these produces more and explore creative recipes. This would mean that when we say "we want to be sustainable" as a community, that "we" actually means you and me. It is only "we" who are going to make a change, which is the main idea behind the Localicious people's movement; change will only come from us, individuals who are part of a society. Any alternative movement in the world has community at its heart. Without people nothing happens!

Anyway I could go on and on...I was originally going to write a short add for the Solitude Farm Cafe, but I got side tracked! Come and taste what we are cooking at Solitude Farm Cafe, local food has a huge role to play in building the city of dawn.

Love, Krishna

# For your calendar



## AMPHITHEATRE - MATRIMANDIR

*Amphitheatre Team*

Meditation with Savitri read by Mother to Sunil's music

Every THURSDAY at Sunset - 5.30 to 6.00 pm (*weather permitting*)

Enjoy the beautiful open space, an immense sunset  
and heavenly music in the very Center!

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 not to use cameras, cell phones, etc.

Dear Guests, please carry your guest cards and note that access is only for the Amphitheatre, from 4.45 to 6.00 pm. Thank you!

## EXHIBITIONS

### SLACKLINE

PHOTO EXHIBITION

JAN FASSBENDER

OPEN FROM 8 AM TO 5 PM



## ART EXHIBITION - 'MYSTERIES OF THE ORGANISM'

An exhibition of Art Prints, Inks, Oils and Video, will be presented by two artists, Vinay Ghodgeri and Tanya Alagappan.  
At Gallery Square Circle, Kala Kendra, Bharat Nivas.

The exhibition will open on November 7 at 4.30 pm and run through till Nov 29.

The exhibition traverses the organism from the intricate biologies of its creation to the vulnerability of its existence. The organism is line and dot, pattern and fractal, eye and embryo, sinew and search.

All are invited to explore the minute infinities of all our mysteries!

## TALKS, SEMINARS

### INSIDE INDIA

invites you to another week of  
'Interactive Sessions on Auroville'

Introduction to the Vision and Concept of Auroville  
3rd November 2014 Monday - presented by Manoj

Waste Management  
4th November 2014 Tuesday - presented by Ribhu

Auroville Economy and Organization  
5th November 2014 Wednesday - presented by Bunty

Town Planning & Architecture  
7th November 2014 Friday - presented by Tejaswini

Time: 10:00 to 12:00 including question and answer session.

Venue: Insight Seminar room in the Inside India building in Auroshilpam (behind Auromode).

\*The presentations are free of charge. Anyone may walk in.

Organized by Insight Seminars

## CULTURAL EVENTS

### PITANGA CONCERT

Harp and Voice Duo Concert of Medieval and Renaissance Italian Arias  
with Maestro Enrico Euron and Anne-Gaelle Cuif, compliments of the Italian Embassy

Fri Oct 31st at 8 pm at Pitanga

### Kala Kendra, Bharat Nivas

presents

#### FREE-MUSIC JAM SESSION

Saturday, 1st Nov 5:30 pm to 6:30 pm

Some of the awesome musicians who performed at various sessions of 'Art Chakra The Open art event' held during last few weeks, have decided to come together again for an impromptu Jam Session.

Mandolin, Ukulele, electronic Beat Box and some surprise percussion instruments along with amazing vocals await you!

So everyone, join in...and feel free to bring in your own musical instruments if you also wish to perform at the Open Stage that follows the Jam session!!

Venue: Kala Kendra, Bharat Nivas (Indian Pavillion)

Time: 5:30 pm to 6:30 pm, Saturday, 1st Nov

For Details: Gaurav, 9787897947, [medimedia@gmail.com](mailto:medimedia@gmail.com)

Join us: [www.Facebook.com/AurovilleArtChakra](http://www.Facebook.com/AurovilleArtChakra)

## CLASSES, WORKSHOPS

### LOCALLY GROWN VEGETABLES - SESSION 7

Lauki Dhall (Kootu) with Brinjal Chutney (Thovaiyal)

In over 3 months we have had 6 sessions, where 2 of them were on Banana Stems recipes and 4 of them with Green cooking Bananas.

The 4th month session starts with what is available in plenty in Auroville in these days - Bottle gourd (Lauki) and Brinjal

**The seventh session will be held on 8th November 2014 (Saturday) at 10.30 am, at Life Education Centre, opposite Isaiambalam School.**

This will focus on the preparation of both: Thick Dhall (Kootu) made from lentils and lauki, as well as a thick Chutney (Thovaiyal) of Brinjal. The combination of a non-spicy dhall with a slightly sharp chutney, allows for the good balance of the taste buds.

For those of you interested in having recipe notes, we will make them available to you.

These bi-monthly sessions are offered by Buvanasundari.

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

Looking forward to see you there on 8th of November, where we will see, learn, do, eat and ask questions!

Life Education Centre team

### MEDIATION INTENSIVE WITH NONVIOLENT COMMUNICATION

Sun, Jan 4 - Wed, Jan 7, 2015 Auroville, India

Limited number of seats for Aurovilians - sign up NOW!

### BECOME AN EFFECTIVE MEDIATOR

Whether you're a parent, teacher, activist, business manager, counselor, or peace worker

Learn how to:

- Mediate formally and informally - Act as a third party with or without invitation
- Prepare internally and externally - Clarify your motivation as a mediator
- Enhance skills of empathic listening - Help participants listen to each other
- Interrupt and give first-aid empathy - Track the needs on the table
- Deal with passivity, fear, resistance and more - Give self-empathy
- Reach reconciliation without compromise - Mediate internal conflicts
- Create social change and much more!

**Number of Participants:** 40, mixed levels

**Prerequisite:** No prior training required; all are welcome!

*Kay Rung and Liv Larsson (Sweden) are communication and mediation trainers, and have worked internationally for over 15 years. They both specialize in Nonviolent Communication and have trained closely with Marshall Rosenberg, the founder of NVC. Their deep interest is to better understand the inner workings of conflict, and how and why domination systems actually foster conflict. They're also passionate about supporting people in conflict to find their way back to a connection that allows for collaboration. Their company, "Friare Liv," offers year-long training programs in leadership, communication and mediation skills.*

(For more info on Liv & Kay and their work, visit [www.friareliv.se](http://www.friareliv.se)). For more information, contact L'aura: [joylivinglearning@gmail.com](mailto:joylivinglearning@gmail.com)

## INNER-WORK-WORKSHOP

Introduction to the Integral Yoga of Sri Aurobindo and the Mother

5th November (Wednesday)

•Overview with multimedia presentation• Questions and Answers• Practice in Daily Life• Complimentary Concentration Exercises

•Creative Arts, Interactive Games• Life of Sri Aurobindo and the Mother• Introduction to the Reference Books

Focus this week on: 'Savitri'

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

Place: Savitri Bhavan. Time: 9 am to 12.00 Noon (pl be present by 8.55 am) Led by Ashesh Joshi. Contact: 9489147202, 2622922

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

All are welcome

For details on the Integral Yoga and the upcoming workshops: please visit [www.integralyoga-auroville.com](http://www.integralyoga-auroville.com)

## THE POWER OF AWARENESS - THE SPECTRUM OF OUR CONSCIOUSNESS

3-day workshop with Sandhya - Nov. 7<sup>th</sup> - 9<sup>th</sup>

How can we walk our talk in the midst of all the turmoil we experience in our daily lives?

This challenge brings us easily back to our shadows and conditioning. The workshop will offer tools for a deeper understanding of ourselves. We will discover powerful ways which allow us to move forward in our evolutionary process. We will look at how the mass-consciousness influences us and how we can shift and establish a higher consciousness within ourselves and therefore on planet Earth.

We enter into this deep inner transformational process by using powerful tools from great teachers. The playful and also serious attempt implements dance, meditation, art and nature, as well as mind-opening new concepts based on ancient wisdom.

Sandhya's passion is to develop our consciousness and self-empowerment and to spread energetic healing techniques and principles. In recent years, her focus has moved towards humanity's evolutionary process and therefore to a deep understanding of the huge healing process which humanity is drawn to. Many of the contemporary teachers she's inspired by refer to the teachings of Sri Aurobindo.

She invites the community, volunteers and guests to participate in this (r)evolutionary emerging process, which helps us to understand what it means to be in the present moment and to truly act from the heart.

## **SCHEDULES**

### VERITE

Please contact *Vérité* to register for the following workshops: 0413 2622045 or [programming@verite.in](mailto:programming@verite.in)  
Contributions requested from guests/volunteers (volunteer reduction by advance application only)

### **SOUTH INDIAN DRUMMING with Kadir**

Thursday - Saturday, 6 - 8 November - from 9.30 am to 12 noon

In this beginner level workshop, we will play the ancient South Indian Ghatam (clay pot instrument), Khanjra (frame drum) and Konnakol (vocal pronunciation of South Indian rhythm). These instruments create states of happiness, promote play, release tension and promote feelings of community and well-

Venue: Sunspace at Windarra, Timing: Nov. 7th- 9th, 9am - 5pm (1h lunch break). Bookings & Infos: [sandyra@auroville.org.in](mailto:sandyra@auroville.org.in), cellph.: Sandhya 944 36 19 403

### PITANGA UPDATES

Hatha Yoga in French - please note a change to our announcement last week,

Hatha yoga in French with Sylvie takes place on Mondays and Fridays from 10.15-11.45 am

### HEALING BY BREATHING

Respiration workshops at Svedame

4-afternoon WorkShop...Nov. 5, 6, 7, 8th...14.00 - 17.00

Breathing is not just about gas exchanges, it deals as well with more subtle energies like Prana but it is also the royal way to relaxation (by consciously directing the Sympathetic nervous system). Controlling respiration is also a main tool to release and go above your limits, your blockages, at the physical, emotional and mental levels. Whatever are our issues, breathing blockages are always present.

Stress is the main reason for diseases. By learning to develop and control your breath, you acquire a new performant skill to cure yourselves, to recover or prolong health but also open your body to consciousness and step on the way to «Here and Now»

As everyone has different issues, a large part of the workshop will be to deal separately with each participant. Open to every age.

Marie Noelle: French doctor MBBS, Yoga, Pranayama, Vipassana, Chi Kong.

Please register soon to get places, thanks. Individual sessions possible also.

Contact: [framatim@yahoo.fr](mailto:framatim@yahoo.fr), 2622 989 evening time, or try 7 639 128 435 or sms

### TIBETAN BOWLS HEALING MASSAGE

Illness is a manifestation of dis-harmony within the body, an imbalance in the cells of a given organ. When an organ, or other part of the body, is vibrating "out of tune" it is called "dis-ease" Tibetan bowl massage induces a healthy state engaging each cell and each organ to resonate in harmony with the whole being. The resonance restores innate balance and wholeness. Tibetan bowl sound massage relieves stress, strengthens the immune system; improves circulation, tones muscles and nourishes the skin. It also help to eliminate toxins. Sessions of 1 hour including a relaxing massage before the bowls treatment.

Marie Noelle: French doctor MBBS, Yoga, Pranayama, Vipassana, Chi Kong.

Please register: [framatim@yahoo.fr](mailto:framatim@yahoo.fr), 2622 989 evening time, or try 7 639 128 435 or sms

being. No prior experience necessary and instruments will be provided. (Registration required).

*KADIR has been playing percussion with a variety of instruments since childhood, and he is passionate about teaching drumming.*

*Kadir is also a world-record holder for playing Ghatam continuously for 26 hours.*

### **SOUTH INDIAN ORGANIC COOKING with Rajaveni & Suba** Friday, 7 November from 9.30 am to 12:30 pm

Participants will pick some fresh organic vegetables from the garden with a local team, and then learn how to cook them with traditional recipes, and enjoy eating the results!

*RAJAVENI is an Aurovilian who has been coordinating the Vérité kitchen for 20 years, and SUBA has been working there*

for the last 10 years. Both are Tamil women from the neighboring villages, happy to share the local culture with all.

**INTEGRAL HEALTH & HEALING with Dr. Geeta Auropremi**

**Saturday 8 November - from 9:30 am to 12:30 pm**

A holistic approach to understanding the self and maintaining health, including yoga, Ayurveda, diet, pranayama, meditation and naturopathy. Lifestyle guidance is also available for managing specific health issues such as diabetes, hypertension, arthritis, obesity and any type of pain.

*DR. GEETA AUROPREMI has 30 years of experience in Ayurveda, Yoga and Naturopathy. She has an MD in Gynecology and Pediatrics, a YTTTC certificate and diploma in Yoga, and Post-Graduate degrees in Yoga & Naturopathy. She specialized in prenatal and couple education in the government of Gujarat, has offered seminars all over India and in Brazil including the teachings of Sri Aurobindo and the Mother, massages, meditations, purification methods and more.*

CLASSES in Vérité - November 2014			
Days	Drop-in Classes	Timings	Facilitator
Sunday to Saturday	Meditation (new students: please arrive 15 mins early)	6 - 6:30 am	Ivana
Monday to Friday	Hatha Yoga in Iyengar Tradition	6:45 - 8.15 am	Olesya
Monday	Dynamic Hatha Yoga (until 17 Nov)	5 - 6.30 pm	Christine
Monday	Sound Bath	5:15 - 6:30 pm	Aurelio
Tuesday & Thursday	Hatha Yoga in Iyengar Tradition (no class on Thursday, 27 Nov)	5 - 6.30 pm	Olesya
Wednesday	Dynamic Hatha Yoga	5 - 6.30 pm	Christine
Thursday	Dance Space	5 - 7 pm	Dariya
Friday	Dynamic Hatha Yoga	5 - 6.30 pm	Christine
Saturday	Dynamic Hatha Yoga (starting 8 Nov)	6:45 - 8.15 am	Christine
Saturday	Nia (starting 15 Nov)	5.15 - 6.15 pm	Ursula
WORKSHOPS in Vérité - November 2014 (Registration required)			
Thu - Sat, 6-8 Nov	South Indian Drumming	9.30 am to 12 noon	Kadir
Fri, 7 Nov	South Indian Organic Cooking	9.30 am to 12.30 pm	Rajaveni and Suba
Sat, 8 Nov	Integral Health & Healing	9.30 am - 12.30 pm	Dr. Geeta Auropremi
Fri & Sat, 14 & 15 Nov	Fate or Choice? (Family) Constellation Workshop	9 am - 4.45 pm	Yuval
Fri, 21 Nov	Fate or Choice? (Family) Constellation Workshop	9 am - 4.45 pm	Yuval
Fri, 21 Nov	South Indian Organic Cooking	9.30 am to 12.30 pm	Rajaveni and Suba
Fri, 21 Nov	Integral Health & Healing	9.30 am - 12.30 pm	Dr. Geeta Auropremi
Sat, 22 Nov	Consciousness as Medicine	9 am - 12:30 pm	Dr. Yogesh Mohan
Sat, 29 Nov	Integral Health & Healing	9.30 am - 12.30 pm	Dr. Geeta Auropremi
THERAPIES in Vérité - November 2014			
Therapist	Modality	Contact for appointment	
Minori	Acupressure	Ph. +91 413 2622 606	treatments@verite.in
Krupa	Art Therapy	Ph. +91 413 2622 606	treatments@verite.in
Dr. Geeta	Ayurveda, Yoga & Naturopathy	Ph. +91 413 2622 606	treatments@verite.in
Linda	Lomi Lomi (Hawaiian) Massage	Ph. +91 413 2622 606	treatments@verite.in
Julie	Life Coaching (only from 26 Nov)	Ph. +91 413 2622 606	treatments@verite.in
Christine	Neurolinguistic Programming (only in French)	Ph. +91 413 2622 606	treatments@verite.in

Please note: To support the work of the presenters and staff, we ask all participants to please come on time for all classes and workshops. Thank you!

Please contact Vérité: 0413 2622045 or programming@verite.in

See the regular events section for on-going classes. Contributions requested from guests/volunteers (volunteer reduction by advance application only).

## Programme for November 2014

### Y o g a - I y e n g a r

Āsanas	beginners (regular students)	Mon	07.30 - 09.00	Tatiana
Āsanas (*)	intermediate (regular students)	Mon	17.00 - 19.00	Tatiana
Āsanas	drop in all levels	Tues	11.00 - 12.00	Angela
Āsanas	beginners(regular students)	Tues	15.30 - 17.00	Angela
Pranayama	regular students	Tues	17.00 - 18.30	Tatiana
Āsanas	All levels in Russian	Tues	18.30 - 20.00	Tatiana
Āsanas for women	drop in all levels	Wed	07.30 - 09.00	Angela
Āsanas	beginners (regular students)	Wed	11.00 - 12.30	Angela
Āsanas(*)	advanced (regular students)	Wed	17.00 - 19.00	Tatiana
Āsanas for women (*)	intermediate (regular students)	Thurs	07.30 - 09.15	Tatiana
Āsanas	drop in restorative all levels	Thurs	15.30 - 16.30	Angela
Āsanas	beginners(regular students)	Thurs	17.00 - 18.30	Angela
Āsanas for the spine	drop in all levels	Fri	07.30 - 09.00	Tatiana
Āsanas	intermediate (regular students)	Fri	17.00 - 18.45	Angela
Āsana- open practice (*)	intermediate (regular students)	Sat	07.30 - 09.30	Tatiana
Āsana	drop in all levels	Sat	10.30 - 11.30	Tatiana
Āsanas for the spine	drop in all levels	Sat	16.30 - 18.00	Angela

Note: if you are coming to an Iyengar class for the first time, you need to come to a drop in class

### Y o g a - A s h t a n g a - V i n y a s a

Ashanga - Vinyasa (*)	regular practitioners	Tues, Fri	06.30 - 08.15	Alain
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### Y o g a - m i x e d s t y l e s

Āsanas (*)	for teenagers	Mon, Wed	16.00 - 17.00	Lisbeth
Yoga Therapy	all levels	Mon, Wed, Fri	08.30 - 10.00	Gala
Hatha Yoga	in French	Mon	10.15 - 11.45	Sylvie
Yoga Nidra	in French	Tues	16.15 - 17.45	Sylvie
Hatha Yoga	in French	Fri	10.15 - 11.45	Sylvie
Yoga	for Pregnancy	Thurs	09.30 - 11.00	Appie
Aviva exercise	for women	Thurs	16.30 - 17.30	SuriyaG
Āsanas	for children 7-9 yrs.	Sat	10.00 - 11.00	Gala

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

Pilates all levels	Tues	07.45 - 08.45	Teresa	
Pilates all levels	Wed	17.30 - 18.30	Teresa	
Pilates Intermediate level	Fri	17.30 - 18.30	Teresa	
Discover energy body	children, 7-9 yrs.	Sat	11.00 - 12.00	Gala

### D a n c e

Odissi Dance (*)	Regular practitioners	Fri	15.30 - 16.30pm	Rekha
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### M a r t i a l A r t s

Aikido	all levels	Tue/Thurs	06.00 - 07.30	Surya
Aikido	beginners	Sat	06.00 - 07.30	Surya/Cristo

The timings of Childrens classes are not mentioned here. Contact Cristo 2622356, email: [cristo@gmx.fr](mailto:cristo@gmx.fr)

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

Homeopathy & Bach Flower Remedy, Marika Mon, Fri: 09.00 - 12.00 Tue, Thurs: 15.00 - 17.00

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

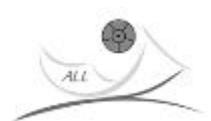
Ayurvedic Oli Massage with Teresa, Cranio Sacral Therapy with Elena, Facial Treatment with Svetlana, Journey to the memory of the body with Vani, Lomi oil massage with Ann, Oil Body Massage with Antonello Reiki with Betty, Reflexology with Pircilla, Releasing through Awareness - with Rosa, Thai Yoga Massage - with Juan and Teresa

Note: This symbol (\*) above indicates classes not open to new students

Pitanga - Cultural Centre, Samasti Community.  
Open Monday - Saturday 8.00 - 12.30 and 14.00 - 18.00  
(0413) 262 2403 - [pitanga@auroville.org.in](mailto:pitanga@auroville.org.in)

### NEWS FROM AUROVILLE LANGUAGE LAB

#### NEW SCHEDULE OF CLASSES -3<sup>rd</sup> of November 2014



#### ENGLISH - SIMPLY - BETTER

If you feel you are constantly running against a wall or cannot get the ball rolling, it is likely that you can finally find a way to overcome your inner

inhibitor and the fixed habits preventing you from making the progress you desire.

My 16 years of experience as an expert for the creation and accompanied execution of successful learning programs that are entirely tuned to your personal needs, neurologically optimized, easy, practical and even fun. I'll help you in your

personal transformation and the expression of your latent lingual powers with such a whole lot of joy and playful ease that within time you will get by without me as a tutor and successfully conquer whatever lively resolutions you would like to pursue in your own personal development.

Discipline need not be a struggle; happily remaining active renders the performance that is truly sustainable. The key to success is preserving the playful mood and motivation within steady repetition.

So come, bring it on, whatever difficulties you might have had, the challenge awaits you, the irrepressible spirit wishes to be tamed.

These easy & effective creative conceptual cognition courses on Wednesdays and Fridays either playfully directed chit chat for beginners at 3.00 pm to 4.30 pm or grammatically guided conversation for intermediates at 4.30 pm to 6.0 pm can be booked at the Auroville language lab in session with Jerry Your personal English language coach (with extra friendly brain wash and polish service)

Tristan continues English Beginners classes on Tuesdays and Thursdays from 5 to 6.

Klara continues German Beginners and Intermediate classes on Fridays from 4 to 5.30. People who know basic German can join this group.

Chandrima continues Hindi and Sanskrit classes for all levels on Tuesdays and Fridays.

Piero is back and continues Italian beginners classes on Mondays, Tuesdays and Fridays from 5 to 6. Other levels are also available.

Saravanan continues Tamil Conversation classes for Beginners on Tuesdays and Thursdays from 2 to 3. People who know basic Tamil can join this group.

Isabel continues Spanish Beginners and Intermediate classes on Mondays, Wednesdays and Fridays from 10 to 12.

We are looking for a French Teacher.

LANGUAGE	CLASS/LEVEL	TIMING	DAY	TEACHER
ENGLISH	Beginners	5.00 - 6.00	Tuesday Thursday	Tristan
	Beginners	3.00 to 4.30	Wednesday Friday	Jerry
	Intermediate	4.30 - 6.00	Wednesday Friday	Jerry
GERMAN	Beginners, Intermediate	4.00 - 5.30	Friday	Klara
HINDI SANSKRIT	Beginners, Intermediate		Tuesday Friday	Chandrima
ITALIAN	Beginners	5.00 - 6.00	Monday Tuesday Friday	Piero
	All Levels		Monday to Friday	Piero
TAMIL	Beginners Conversation Class	2.00 - 3.00	Tuesday Thursday	Saravanan
SPANISH	Beginners	10.00 - 11.00	Monday Wednesday Friday	Isabel
	Intermediate	11.00 - 12.00	Monday Wednesday Friday	Isabel

The Language Lab is open Monday - Friday 9:00am - 6:00pm  
 Location: Shakti Community, next to the Pyramids, on Last School Campus  
 Phone: 2623 661, 9585207962 Email [all@auroville.org.in](mailto:all@auroville.org.in)

#### ARKA WELLNESS CENTER NOVEMBER- 2014 THERAPIES

WHAT WE PROPOSE	WITH WHOM	WHEN
Acupuncture	Dr. MOHAMMED SAHEL ANSARI by appointment 9994208068	Monday, Wednesday and Friday
Body Logic, Soft Massage And Deep Tissue Massage	PEPE by appointment 9943410987	
Yogic Healing Therapeutic Massage	BASU - by appointment 9443997568	Monday to Friday 8 to 9:30 am & 6:00 to 7:30 pm. Saturday & Sunday Mornings
Reiki, Mind Therapy, Foot Reflexology, Courses of Reiki & Ayurvedic Massage. ( Also Individual)	JANNAKA by appointment 9487629648	
Hypnotherapy and Chakras Healing	Marcella- by appointment 9443338734	Also in Italian
Lomi Lomi hawaiian massage	Linda -by appointment 9843627598	
Thai yoga massage	Mark-by appointment 8940001088	
Psycho Spiritual Tarot, Deconditioning Self-Inquiry, Innervoice Dialogue, Graphology	ANTARJOTHI By appointment 0413-2623767 or Email : <a href="mailto:antarcalli@yahoo.fr">antarcalli@yahoo.fr</a>	Also in French.
Siddha Treatment ( Discover the traditional Medicine)	Shivaraj - 93454 54232	Monday, Wednesday and Friday From: 10:00 am to 12:00 pm by appointment.

#### BEAUTY PARLOR

WHAT WE PROPOSE	WITH WHOM	WHEN
Holistic Reflexology, Face Massage, Cleaning, manicure, pedicure, threading, waxing, henna & hair coloring.	MEHA by appointment 9443635114	Monday to Saturday

Beauty care (Herbal facial). Dieting/Nutrition consultation. Hair cuttings for Indian hair only.	Semantini by appointment 9943387428	Tuesday and Thursday mornings
HAIR DRESSING	ONGKIE - by appointment 9843930178	Monday to Friday
Hair dressing	LADINA (Certified Hairdresser) appointment - 9787337465	Monday to Saturday
Hair dressing	YUVAL appointment 7639291546	Monday to Friday

**REGULAR CLASSES IN THE MULTIPURPOSE HALL - 1ST FLOOR**

WHAT WE PROPOSE	WITH WHOM	WHEN
Acro-yoga	<a href="mailto:mail-mark@auroville.org.in">mail-mark@auroville.org.in</a> 8940001088 Damien - 9047722740	Sunday morning at 8:00 to 10:00 am
VOCAL YOGA VY®	Clare Fanning - 9442318775 & Giridev	Monday, Wednesday & Friday at 7:30 am to 9:00 am
Hatha yoga with pranayama and Meditation	Ankur -9159834055	Monday to Saturday at 5:00 to 6:15 pm( also special classes with appointment)
KUNDALINI YOGA	Ankur - 9159834055	Monday, Wednesday & Friday at 7:00 to 8:00 am

Internet facility is available in Arka Monday to Saturday 9am to 5pm.

## SAVITRI BHAVAN

November 2014

### EXHIBITIONS

*Glimpses of the Mother's Life*  
Photographs and texts, in the Hall

*Sri Aurobindo: A Life-Sketch in Photographs*  
In the upstairs corridor

### SPECIAL EVENT

*The Mother's Chair will be on display in the Square Hall on  
17<sup>th</sup> Nov., Mother's Mahasamadhi day, from 9am-5pm for concentration*

### FILMS

Mondays 6:30 pm

November 3: *Shri Kireet Joshi: "Let Us Work To Restore The Veda: Part 2"*  
"Why is Veda regarded as a book of knowledge?" and "What is the knowledge the Veda contains?"  
Duration: 82min.

November 10: *Shri Kireet Joshi: "Let Us Work To Restore The Veda, Part 3"*  
This video talk is dedicated to a deeper understanding of Agni and of Truth and sacrifice.  
Duration: 67min.

November 17: *"The Mother - Glimpses of Her Life"*  
An early film prepared by the Sri Aurobindo Ashram. Duration: 18min, followed by  
*"Adoration of the Divine Mother"* Duration: 5 min.

November 24: *"Meditations on Savitri -Book Twelve: Epilogue- The Return to Earth"*  
A film by Manohar of Huta's paintings illustrating passages from *Savitri* read by The  
Mother and accompanied by her own organ music. Duration: 27min.

### REGULAR ACTIVITIES

Sundays 10.30-12 noon: *Savitri* Study Circle

Mondays 5-6pm: The Integral Yoga in *Savitri*, led by Dr. Ananda Reddy

Mondays, Tuesdays, and Fridays 3-4 pm: *Yoga and the Evolution of Man*, led by Dr. Jai Singh

Tuesdays 5-6 pm: *Savitri* study in Tamil, led by Sudarshan

5.45-7.15 pm: OM Choir (details given below)

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

Wednesdays 5.30-6.30 pm: Reading *The Life Divine*, led by Shraddhavan

Thursdays 4-5 pm: The English of *Savitri*, led by Shraddhavan

Saturdays 5-6.30 pm: Satsang led by Ashesh Joshi

### OM Choir

*The voice that chants to the creator Fire,  
The symbolled OM, the great assenting Word - (Savitri p.310)*

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

**Full Moon Gathering Thursday November 6th, 7.15-8.15pm in front of Sri Aurobindo's statue**  
**Digital Library: multimedia facilities for individual study**

Savitri Bhavan offers individual computer access to a large range of audio-visual materials. All the recordings of courses, guest lectures and special events held at Savitri Bhavan are available, as well as much more. Aurovilians, visitors and volunteers are invited to make use of this opportunity to increase their knowledge and understanding of the vision of Sri Aurobindo and the Mother and the aims and ideals underlying the experiment of Auroville.

## REGULAR CLASSES

### Note from the editors

The *Regular Classes* column is published once a month. Guest-houses are kindly requested to put this page up on the notice boards. **Kindly inform us of any changes/cancellation in your regular event** - the next regular events schedule will be published on December 6th, 2014. - Editors.

**AcroYoga:** Every Sunday 8 to 10am at Arka. A beautiful blend of partnered yoga, acrobatics, and Thai massage. No need to bring a partner. Flexibility, power, & surrender are all combined... experience in yoga (particularly Ashtanga or AcroYoga) is very helpful.

**Aikido classes' timing:** For the youngsters and adults: Tuesday, Thursday, and Saturday 6 to 7.30 am (Beginners are welcome on Saturday mornings. Guests and Volunteers are much welcome if they can commit for some time at least (with contribution to Pitanga as per their conditions). Please come 10-15 minutes before the class starts; wear long, large and comfortable pants and large T-shirt with sleeves, or your martial art outfits if you have any. For any information you may need, kindly contact Surya: 0413-2623.813, 96.55.48.54.87 or call/see Pitanga Reception tel. 0143-2622.403.

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

**Aquagym Class** with Elisa at La Piscine, New Creation Every Thursday from 4 to 5 pm.

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

**Art Corner:** An open space for creative expression, for all ages! Different themes each week, as part of research on art-making in our community. Tuesdays & Fridays from 6-10 pm, upstairs at Le Zephyr Café, Visitor's Center. More info: [krupa@auroville.org.in](mailto:krupa@auroville.org.in).

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

**Authentic Tamil culture:** Meena, a Tamil Aurovilian, would like to offer a course on the discovery and beauty of the authentic Tamil Culture every Sunday morning, meeting point at Courage Gate. The course may include: 1. cooking lessons, 2. How to make kolam, 3. How to wear a sari, 4. Henna design on hands and feet, 5. How to make flower garlands 6. Tailoring. If you are interested, please call Meena to talk about the details of your class and fix the time. During the day call: 9787702180, after 5 pm you may use the landline: 0413 2623263. Meena

**Belly dancing:** Belly dancing is for all sizes, shapes and ages of women. You are welcome to learn and explore one of the most ancient, feminine and beautiful forms of dance in the world. Belly Dance is based on movements that come naturally and healthy to the female form. For more details contact Pricila: [shuhipuk@gmail.com](mailto:shuhipuk@gmail.com)

**Bioregion Tour:** Date: Every Saturday - Time: 12 pm till 7.30 pm. Meeting point: 11.45 am at Lively Boutique, Kotakkarai Plaza. Please contact us on 0413 2623806 or at [mohanamprogram@gmail.com](mailto:mohanamprogram@gmail.com). Tour will only take place once a minimum of 10 bookings has been received. We aim to run this tour every Saturday, dependent on number of bookings received. Contribution amount is confirmed on enquiry. Transportation will be arranged according to the number of people.

**Capoeira:** Monday & Wednesday (Capoeira Regional / Contemporanea)- 5 pm at SAWCHU (Bharat Nivas) with Samuka da India. Tuesday (Capoeira & Functional Fitness) - 5 pm at Certitude with Camaleão. Tuesday & Thursday (Capoeira Angola) - 7.15 pm in Deepanam School with Samuka da India. Friday (Capoeira & Functional Fitness) - 6.15 pm at New Creation Studio with Camaleão. Contact: Sam 9488328435 - [capoeira@auroville.org.in](mailto:capoeira@auroville.org.in)

**Circus class:** Regular class, every Monday from 4 pm to 6 pm / Age: from 9 years to 14 years. Contact phone for more information and your registration, Kalou: 9787332791 / email: [eluciolecircus@gmail.com](mailto:eluciolecircus@gmail.com)

**Clay classes for children and adults** with Saraswati and Anna. Please mail to [aurokatrusya@gmail.com](mailto:aurokatrusya@gmail.com) for details. Regards Saraswati 9787571633

**Cooking class:** Every Monday from 10 am to 2 pm there will be a cooking class for 4 months starting from December. These classes will include north Indian, Italian and Thai cooking. Anybody interested to learn these mouthwatering recipes are most welcome and I assure you that by the end of the sessions you will be able to please anyone with your cooking talents. Contact number: 9443635114. Meha.

**Flamenco In Cripa Every Wednesday: From 4 to 5`30 pm. Starting 13th of August.**

We will practice the flamenco position and attitude for dancing, the movements of hands, arms, body, legs and foot. We will listen to flamenco music to understand the roots of this dance. We will create a flamenco choreography . Come and enjoy with us, *Flamenco team*.

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

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

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

**Hypnotherapy and Chakras Healing at Arka:** Marcella, Aurovilian, is a qualified Hypnotherapist and Past Life Regressionist from the reputed California Hypnosis Institute (India). Languages: English, Italian / Contact: Tel. 944338734 or email: [abalancedstate9@gmail.com](mailto:abalancedstate9@gmail.com)

**Hypnosis** enables conscious access to the memory of a consenting person, which then provides the tool to therapeutically work with earlier experiences still influencing a person today. This includes fears and phobias, addictions, trauma, inner child work, pre-natal experiences, discovering personal resources, transpersonal regression therapy.

**Chakras Healing** works with our thought processes and there is a corresponding thought processes for every chakra. Our thoughts affect our emotions (how we feel), then the energy field of our body, and finally generates changes in either our physical body or our physical space. It is possible to heal each chakra and hence heal physical, mental and emotional states.

**Impro Theater** Friday, at 4.30, SAWCHU, Barath Nivas, free workshop, just come and enjoy. Contact Jeff 948 64 75 367

**Introduction to Sustainable Food Growing:** Every Monday 10.00 am till lunch time in Buddha Garden. Contact Priya for more details at [priya@auroville.org.in](mailto:priya@auroville.org.in) or 94432 22653

**Kuthuvarisa, a Tamil Nadu Martial Art / Self Defense:** Monica and Victoria have been attending this class for several months and enjoy it and find it very interesting. The classes are on Monday, Wednesday, and Friday from 7am to 8am in Arka. Please come and join us! Participants of all ages wanted!

**Leela:** the game of the same knowledge (2000 years old): come play the game of your life. **Sunday, 9.30 to 12** (above 15 years old) Info, Veronique J., 948 85 12 678 - SVEDAME, Butterfly Barn in German, English, French, Spanish and Russian.

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

**Modern Jazz Dance:** Margarita would love to start a regular modern jazz dance classes for all levels at Cripa every Thursday from 4.45 to 6.00pm. The Class will start from the 12<sup>th</sup> of December. Call for more information 9585335776

**For NVC (Nonviolent Communication) and RC (Restorative Circles)** in Auroville, please contact L'aura (9442788016, [laura.joyful@gmail.com](mailto:laura.joyful@gmail.com)).

**Odissi & Semi-Classical Bollywood Dance Class With Tejas**  
Private Dance Classes at the Shakti Dance School in Felicity  
Learn grace, discipline, and the beautiful temple dance of east India. [tejas@shaktidancetroupe.com](mailto:tejas@shaktidancetroupe.com). +91-8489477222

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

**Online Events Calendar:** The schedule of events for the week can be accessed by all, including guests, on the AuroNet login page: [www.auroville.org.in](http://www.auroville.org.in) (no need to log in!)

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

**Pizzas Nights:** The Youth Center welcomes you to re-join for delicious fresh pizzas from a cyclone-wood-fired oven. Every Saturday evening 7:00pm onwards

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

**Reiki and Reflexology - Massage By Jannaka at Arka:** Every week-end - Individual course in 3 sessions also on week-days by appointment / REIKI COURSE: activates your hands to be connected with the Cosmic Energy which cures physical diseases and the emotional conflicts through contact. It teaches self-treatment and session to other one / REFLEXOLOGY MASSAGE: heals organic dysfunctions and their psycho-somatic causes not only through massage on the reflex map of the foot but also with pressure on "marma points" in the legs and arms. Therapies and courses are held by Jannaka, Reiki master and therapist with 25 years' experience. Make the bookings with Jannaka: 9487629648 - Email: [lestellenoi@gmail.com](mailto:lestellenoi@gmail.com)

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

**Skyworks: Tree Climbing Workshops:** Recreational tree climbing workshops. You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before. You "hook on". After being fitted with your "saddle" and some short instruction on safety and climbing techniques, you are off and climbing! Call Satyaaji for conditions and appointment 958 516 58 82. Thank you

**Sororité - Cercle de Femmes :** Un espace de parole, d'écoute, de confidentialité, de partage, de complicité, de confiance où chacune pourra ressentir, re-connaître, entrer en résonance avec l'Essence de son Féminin. Ouvert à toutes. **De 15h30 à 17h30 au Pavillon de la Culture tibétaine, 1<sup>er</sup> et 3<sup>ème</sup> jeudi de chaque mois.** Les 4 premiers cercles de 2014 débiteront : **6,20 novembre et 4,18 décembre.**

Merci de penser à me prévenir si vous pouvez, (même à la dernière minute) pour l'organisation ou pour plus d'informations. Sylvie au 81 224 202 72.

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

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

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

**At Tai Chi Hall:** Tai Chi @ Sharnga: Chi on Mondays and Tuesdays from 7.30am-8.30am. 24 form on Monday and Tuesday mornings from 8.30am-9.30am and on Friday evenings from 4.30pm-5.30pm. 108 form on Thursdays and Fridays from 7.30am-8.30am. And 127 form on Wednesdays and Saturdays from 7.30am-8.30am.  
Monday 7.30am-8.30am: Chi. Monday 8.30am-9.30am: 24 form. Tuesday 7.30am-8.30am: Chi. Tuesday 8.30am-9.30am: 24 form. Tuesday 4.30pm-5.30pm: 24 form. Wednesday 7.30am-8.30am: 127 form. Thursday 7.30am-8.30am: 108 form. Friday 7.30am-8.30am: 108 form. Friday 4.30pm-5.30pm: 24 form. Saturday 7.30am-8.30am: 127 form

**Thai Massage:** TerraSoul Community Project introduce. Thai Massage Research Auroville. (TMRA) Introduction to Basics an Dynamics of Thai Massage. Every Sunday workshop from 9.30am to 12 am in Sunspace. ( windarra farm ) Welcome everybody interested in a inner exploration. The first 30 min. will be a Qi Gong practice to reconnect mind and body.  
Contact # 944.3434182. Juan

**Tamil Literary Classes:** - Ilaignarkal Education Centre organizes Tamil Literary Classes every Thursday evening 5 pm-6 pm. Regular attendance is appreciated. Lectures by seasoned professors in Tamil Literature, history and culture are opened to all / Now we are ready again to continue our Classes on sewing, hand embroidery, drawing, painting and simple handicrafts for Auroville workers, their wards and Aurovilians interested. Better fix your schedule with our craft instructor / - We have created facilities for simple natural Beauty Corner for women only. Contact Ms. Fathima, Trained beautician working with us in our school. R. Meenakshi (Ilaignarkal Education Centre, Phone No: 0413 - 2623 773, Email:- [tamil@auroville.org.in](mailto:tamil@auroville.org.in))

**Ultimate Frisbee:** Every Saturdays & Mondays, 5pm till sundown at Certitude. Helps improve stamina, hand/eye coordination, and focus through running, throwing, & catching the disc; along with patience & teamwork. Bring running shoes if you have them. Contact [mark@auroville.org.in](mailto:mark@auroville.org.in) with any questions or just come ready to play.

**Vedic Astrology:** Chart reading and interpretation. Call 9843948288 or email [vikram@auroville.org.in](mailto:vikram@auroville.org.in) for an appointment.

**Atelier D'écriture (Writing Workshop In French):** Le Pavillon de France organise un cycle d'ateliers d'écriture et de méthodologie animé par Florence, qui propose de réunir une dizaine de participants, pour écrire au fil de la plume, selon l'humeur et les rencontres.

Le prochain atelier d'écriture créative aura lieu de 16h30 à 18h le jeudi 13 novembre. « Ecrire avec Kafka ».

L'atelier de méthodologie aura lieu de 9h30 à 12h30 le samedi 29 novembre. « Écrire une nouvelle policière ».

Plus de précisions sur le lieu en réservant soit par tel au 962 6648976 soit par E-mail à [lesbaladantes@gmail.com](mailto:lesbaladantes@gmail.com) (le nombre de places est limité).



**C I N E M A - Bharat Nivas - AUDITORIUM**  
**FRIDAY 7 NOVEMBER - 7:30 PM** (Film show starting at 7.45 sharp)  
**A SPECIAL FILM PROGRAM "THE ADVENTURES OF PRINCE ACHMED"**

With Live musical accompaniment by Kim Cunio and Heather Lee

*Director:* Lotte REINIGER - Germany, a silent animated film 1926

*Synopsis:* Based on stories from "The Arabian Nights." A wicked sorcerer tricks Prince Achmed into riding a magical flying horse. The heroic prince is able to subdue the magical horse, which he uses to fly off to many adventures. While traveling, he falls in love with the beautiful Princess Peri Banu, and must defeat an army of demons to win her heart. A handsome prince rides a flying horse to far-away lands and embarks on magical adventures, which include befriending a witch, meeting Aladdin, battling demons and falling in love with a princess. The entire film is animated using the silhouette technique, which employs movable cardboard and metal cutouts posed in front of illuminated sheets of glass... *It is the oldest surviving animated feature film; two earlier ones were made in Argentina by Quirino Cristiani, but they are considered lost.* - Duration: 1h.21'

Dr. Kim Cunio and Heather Lee have written a score that will delight the senses and they will play it live on stage to accompany the film. General Audience welcome!



## "THE ECO FILM CLUB

Sadhana Forest, November 7th, Friday at 7 pm

### SACRED RIVERS: THE NILE

2014 - 59 minutes. Produced by the BBC

Adventurer Simon Reeve travels from source to sea along the world's longest river, the Nile. His journey will take him from the holy source of the Blue Nile in the Ethiopian highlands, through the desert of Sudan and onwards through Egypt to the Mediterranean Sea. The life-giving river has forged some of our earliest civilisations and influenced some of our greatest religions. But with populations along its banks rising fast, Nile countries are demanding an ever-greater share of the sacred waters, threatening the stability of the entire region.

Before the movie at exactly 16:30 you are welcome to join us for a full tour of Sadhana Forest and an update of our most recent work!

After the film you are welcome to join us for a free 100% vegan organic dinner!!

Free bus service to the TOUR OF SADHANA FOREST and the ECO FILM CLUB - DEPARTURE SOLAR KITCHEN: 16:00 and RETURN FROM SADHANAFORREST: 21:30

Free bus service to the ECO FILM CLUB - DEPARTURE SOLAR KITCHEN: 18:00 and RETURN FROM SADHANA FOREST: 21:30

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at 2677682 or 2677683 or [sadhanaforest@auroville.org.in](mailto:sadhanaforest@auroville.org.in)

## AT SAVITRI BHAVAN

**"Let Us Work To Restore the Veda: Part 2"**  
**Monday, 3<sup>rd</sup> of November 2014, at 6:30 pm.**

"Why is Veda regarded as a book of knowledge?" and "What is the knowledge the Veda contains?" - These questions Shri Kireet Joshi is intensively reflecting to reveal the body of knowledge in the Veda. Firstly there is the need to know that the Indian Culture was highly psychological and educative on all levels. The Rishis knew about three levels of consciousness: 1. The Super-Conscience level, 2. The Conscience Level and 3. The Inconscience or Unconsciousness.

Shri Kireet Joshi is speaking about these levels of consciousness and about mantric poetry and the spiritual revelations in the Veda and is also introducing the significance about Agni, the secret fire within. At the end of the talk he is revealing that in the Veda the story of The Mother about the First Creation and Her vision about the sleeping and awakening of the Supreme Lord in the Inconscience is also there - as the sacrifice of the Supreme Purusha and the workings of Agni, the Supreme Light, Joy and Love in the Inconscience.

"The Life Divine" and "The Synthesis of Yoga" by Sri Aurobindo are containing the knowledge of the Veda. Duration: 82min.

## VISITOR CENTER MOVIE SHOW

6th November Thursday 8 pm

**THE HOBBIT DESOLATION OF SMAUG (2013) (EXTENDED)**

Genre: Fantasy/Adventure/Action. Rated: PG13/ Dur: 3hrs/

Language: English/Subtitle: English

Dir: Peter Jackson / Cast: [Ian McKellen](#), [Martin Freeman](#), [Richard Armitage](#)

Storyline: The dwarves, along with Bilbo Baggins and Gandalf the Grey, continue their quest to reclaim Erebor, their homeland, from Smaug. Bilbo Baggins is in possession of a mysterious and magical ring.

7th November Friday 8 pm

**THE INTERSHIP (2013)**

Genre: Comedy/Drama. Rated: Above18/ Dur: 1:49min/

Language: English/Subtitle: English

Dir: [Shawn Levy](#) / Cast: [Vince Vaughn](#), [Owen Wilson](#), [Rose Byrne](#)

Storyline: Two salesmen whose careers have been torpedoed by the digital age find their way into a coveted internship at Google, where they must compete with a group of young, tech-savvy geniuses for a shot at employment.



## Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film programme 3 November 2014 to 9 November 2014

**Indian - Monday 3 November, 8.00 pm:**

### CROSSING BRIDGES

India, 2013, Writer-Dir. Sange Dorjee Thongdok w/ Anshu Jamsenpa, Phuntsu Khrieme, and others, Drama, 103mins, Shertukpen(indigenous dialect native to the Arunachal Pradesh, India)-English w/ English subtitles, Rated:NR

In this acclaimed film, Tashi, a man in his early 30s is forced to come back after eight years to his native village in the remote North-East India when he loses his job in the city. As he is waiting for the news of a new job in the city to go back to, he

begins to experience the life and culture of his people and rediscover his roots, which he had never paid attention to earlier. Anila, a school teacher in the village, who he falls in love with, -helps him in the process. The experiences change him enough for him to wonder whether or not to leave the village again when he finally gets news of another job in the city. *It is a wonderful introspective film-highly recommended.*

**Italian - Tuesday 4 November, 8:00 pm:**

### BELLAS MARIPOSAS (Pretty Butterflies)

Italy, 2012, Dir. Salvatore Mereu w/ Micaela Ramazzotti, Sara

Podda, Maya Mulas, and others, Drama, 100mins, Italian w/ English subtitles, Rated: PG  
 It is August, in Cagliari, a poor neighborhood: @3am, 11yrs old Cate wants to run away from that apartment, from her numerous and problematic siblings and her tyrannical father. Only Gigi, a neighbor, is worthy of her love, but Gigi's life is in danger; Tonio, Cate's brother, wants to kill him. Cate and Luna, her best friend, spend the longest day of their lives between the city, the sea and a thousand adventures. When everything seems lost, during the night a beautiful woman appears out of nowhere, a mysterious witch who apparently can see into people's futures.

**Cultural - Wednesday 5 November, 8.00 pm:**  
**ALCESTE, OPERA FROM GLUCK**

France-USA, 2001, Dir. Brian Large w/ Anne Sofie von Otter, Paul Grove, and others, (conducted by) J.E. Gardiner, 133mins, English w/ English subtitles, Rated: NR  
 In setting the tragic story of the profound love between Queen Alceste and her husband King Admète, Gluck provided a score of austere, rending beauty. Principals von Otter and Groves dominate the production as much through the power of their acting as their musical prowess. The major scenes are electrifying in their emotional intensity. Contrasting with this psychological realism are the simple, Greek-inspired designs by Robert Wilson. Both chilling and uplifting, this Alceste is a triumph. *see!*

**Spanish - Thursday 6 November, 8.00 pm:**  
**NO SE ACEPTAN DEVOLUCIONES (Instructions Not Included)**

Mexico, 2013, Dir. Eugenio Derbez w/ Eugenio Derbez, Karla Souza, Jessica Lindsey, and others, Comedy-Drama, 122mins, Spanish w/ English subtitles. Rated: NR  
 A man who has made a new life for himself and the daughter left on his doorstep 6 years ago finds his family threatened when the mother resurfaces. *It is very beautiful film; do not miss!*

**International - Saturday 8 November, 8:00 pm:**  
**SAVING MR. BANKS**

USA-UK-Australia, 2013, Dir. John Lee Hancock w Emma Thompson, Tom Hanks, Annie Rose Buckley, and others, 125mins, Biography-Comedy, English w/ English subtitles, PG-13  
 When Walt Disney's daughters begged him to make a movie of their favorite book, P.L. Travers' Mary Poppins, he made them a

promise - one that he didn't realize would take 20 years to keep. In his quest to obtain the rights, Walt comes up against a writer who has absolutely no intention of letting her beloved magical nanny get mauled by the Hollywood machine. Somehow when Travers reluctantly agrees to hear out Disney's plans for the adaptation in 1961, Walt pulls out all the stops to impress her but it does not work! How to assure Travers and get her blessings for the film?...  
*For that story, come and watch!*

**Children's Film - Sunday 9 November, 4:30 pm:**  
**HORTON**

USA, 2008, Dir. Jimmy Hayward & Steve Martino w/ Jim Carrey, Steve Carell, Carol Burnett, and others, 86mins, Animation-Adventure-Comedy, English, Rated: G  
 Horton the Elephant struggles to protect a microscopic community from his neighbors who refuse to believe it exists.

**Fritz Lang Film Festival @ CINECLUB**  
**Ciné-Club - Sunday 9 November, 8:00 pm:**  
 • **YOU ONLY LIVE ONCE**

USA, 1937, Dir. Fritz Lang w/Sylvia Sidney, Henry Fonda, and others, Crime-Dram-Film Noire, 86mins, English w/ English subtitles, Rated:PG.  
 Joan and Eddie get married, but their new life together isn't easy; rejected by society at every turn, Eddie finds himself out of work and begins to associate with other ex-cons. When Eddie's hat is discovered at the scene of a fatal armed robbery, he is captured, convicted and finally sentenced to death. Joan, however, is convinced of his innocence. He manages to escape and Joan goes on the run with him, facing an uncertain future.

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

*As a courtesy to fellow viewers please be sweet and stop chatting after the film starts.*

For scheduling programs at MMC/CP venue: please email us at [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in).

We appreciate your continued support. Thanking You, MMC/CP Group Account# 105106, [mmcauditorium@auroville.org.in](mailto:mmcauditorium@auroville.org.in)

**ACT NEW TIME TABLE**

**EARLY TRIP (daily except Tuesday): This service is conditional to MM being open to visitors. Usually not running on rainy days (enquiries: 2622235)**

7:45 AM from Transport Service near Certitude Corner, opposite to Gas Service

12:00 Noon from Pondy rue St Louis (beach end of J.N. Street) opposite Ashram playground

**SHOPPING TRIP**

**Tuesday**

8:50 AM from Vérité

12:00 Noon from Pondy Manakula Vinayagar Street (Ganesh Temple Street)

**AFTERNOON TRIP**

**Monday**

2:50 PM from Vérité

6:00 PM from Pondy Manakula Vinayagar Street (Ganesh Temple Street)

**Wednesday and Friday**

4:30 PM from Vérité

8:00 PM from Pondy Manakula Vinayagar Street (Ganesh Temple Street)

**Please Note:** In case the ACT bus is not available as per the time table please be on the lookout for a replacement by Auroville Jeep or Van, we will ensure that a small white and orange sign is visible on the replacement vehicle.

All trips are paying trips and ACT welcomes your contribution everyday on every trip. ACT maintains its voluntary contribution policy aligned with Auroville's utopia, ideals and aims. At present it is YOUR contribution ALONE which keeps the service afloat. Travel passes are available from Financial Service (Town Hall & Aspiration) and Guest Service (above the Solar Kitchen). For more information contact ACT (0413) 2622962 or [act@auroville.org.in](mailto:act@auroville.org.in)  
 In summary: 2 trips have been discontinued Thursday and Saturday morning trips. The logic being that there is a 7:45 AM departure from Transport Service every day except Tuesday. We assume this can somewhat fulfil the need for the 9:00 AM trip on these days. We have maintained the 9:00 AM trip on Tuesday when the 7:45 AM is not available. In addition the ACT bus is on duty Saturday (and Sunday) mornings for shuttling visitors from the Visitor Centre to Matrimandir viewing gallery.

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

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