# News & Notes

31st January 2015...... A weekly bulletin for residents of Auroville......Number 584



# HOUSE OF MOTHER'S AGENDA

(Continued)

If the spirit could from the first dwell securely on the superior heights and deal with a blank and virgin stuff of mind and matter, a complete spiritual transformation might be rapid, even facile: but the actual process of Nature is more difficult, the logic of her movement more manifold, contorted, winding, comprehensive; she recognises all the data of the task she has set to herself and is not satisfied with a summary triumph over her own complexities. Every part of our being has to be taken in its own nature and character, with all the moulds and writings of the past still there in it: each minutest portion and movement must either be destroyed and replaced if it is unfit, or, if it is capable, transmuted into the truth of the higher being. If the psychic change is complete, this can be done by a painless process, though still the programme must be long and scrupulous and the progress deliberate; but otherwise one has to be satisfied with a partial result or, if one's own scrupulousness of perfection or hunger of the spirit is insatiable, consent to a difficult, often painful and seemingly interminable action. For ordinarily the consciousness does not rise to the summits except in the highest moments; it remains on the mental level and receives descents from above, sometimes a single descent of some spiritual power that stays and moulds the being into something predominatingly spiritual, or a succession of descents bringing into it more and more of the spiritual status and dynamis: but unless one can live on the highest height reached, there cannot be the complete or more integral change. If the psychic mutation has not taken place, if there has been a premature pulling down of the higher Forces, their contact may be too strong for the flawed and impure material of Nature and its immediate fate may be that of the unbaked jar of the Veda which could not hold the divine Soma Wine; or the descending influence may withdraw or be spilt because the nature cannot contain or keep it. Again, if it is Power that descends, the egoistic mind or vital may try to seize on it for its own use and a magnified ego or a hunting after powers and self-aggrandising masteries may be the untoward result. The Ananda descending cannot be held if there is too much sexual impurity creating an intoxicant or degrading mixture; the Power recedes, if there is ambition, vanity or other aggressive form of lower self, the Light if there is an attachment to obscurity or to any form of the Ignorance, the Presence if the chamber of the heart has not been made pure. Or some undivine Force may try to seize hold, not of the Power itself, for that withdraws, but of the result of force it leaves behind in the instrument and use it for the purposes of the Adversary. Even if none of these more disastrous faults or errors should take place, still the numerous mistakes of reception or the imperfections of the vessel may impede the transformation. The Power has to come at intervals and work meanwhile behind the veil or hold itself back through long periods of obscure assimilation or preparation of the recalcitrant parts of Nature; the Light has to work in darkness or semi-darkness on the regions in us that are still in the Night. At any moment the work may be stayed, personally for this life, because the nature is able to receive or assimilate no more,—for it has reached the present limits of its capacity,—or because the mind may be ready but the vital, when faced with a choice between the old life and the new, refuses, or if the vital accepts, the body may prove too weak, unfit or flawed for the necessary change of its consciousness and its dynamic transformation.

Moreover, the necessity of working out the change separately in each part of the being in its own nature and character compels the consciousness to descend into each in turn and act there according to its state and its possibility. If the work were done from above, from some spiritual height, there might be a sublimation or uplifting or the creation of a new structure compelled by the sheer force of the influence from above: but this change might not be accepted as native to itself by the lower being; it would not be a total growth, an integral evolution, but a partial and imposed formation, affecting or liberating some parts of the being, suppressing others or leaving them as they were; a creation from outside the normal nature, by imposition upon it, it could be durable in its entirety only as long as there was a maintenance of the creating influence. A descent of consciousness into the lower levels is therefore necessary, but in this way also it is difficult to work out the full power of the higher principle; there is a modification, dilution, diminution which keeps up an imperfection and limitation in the results: the light of a greater knowledge comes down but gets blurred and modified, its significance misinterpreted or its truth mixed with mental and vital error, or the force, the power to fulfil itself is not commensurate with its light. A light and power of the Overmind working in its own full right and in its own sphere is one thing, the same light working in the obscurity of the physical consciousness and under its conditions is something quite different and, owing to dilution and mixture, far inferior in its knowledge and force and results. A mutilated power, a partial effect or hampered movement is the consequence.

THE LIFE DIVINE, Book II, Chapter XXV

SRI AUROBINDO

The Ponder Gorner Modesty is satisfied with its own charm and does not draw attention to itself.

The Mother

ref. Words of The Mother, vol.14, p.159

#### WORK GROUP REPORT

# Report of the Auroville Council of the GM held on the 19<sup>th</sup> of January 2015

The meeting began with an outstanding presentation of the upcoming festival in Chennai on Auroville, by Krishna and Christoph. Fabienne and Marco were available to answer question after this presentation.

We moved on to presenting the situation of the Entry Service today. There was a discussion on:

- Entry Policy draft 7 and the proposal of the Entry Task Force, and the work needed to be done to integrate the two documents
- The fact that the Entry Service is now closed for new applications due to lack of manpower
- The fact that according to the ratified paper "Entry and Removal of names from the Register of Residents", Entry Service becomes a constituted group by the RA consisting of 9 members, 3 of whom will be replaced each year.

The Auroville Council clarified that work on the Entry and Housing Policy are about to begin, resource persons have been called and many people have shown interest to work on these topics

The Entry Service members present invited all to a workshop on the 31<sup>st</sup> of January in order to understand better the nature of the job, address the present emergency of the group related to members, and to offer time and commitment, if possible. The Council also reported that a selection process will need to be run for the Entry Service sometime this year to select new members for a term of 3 years. The method of selection and term of existing members is not yet clear, but will be clarified as soon as possible.

#### Topic of the Council that were discussed:

#### Follow up on work of TFRC:

Rita presented the following:

- Temporary Feedback Review Committee deserves our thanks for doing a very difficult and challenging job, within a tight time-frame, before the selection process for the Working Committee and two new members for the Auroville Council.
- After the selection process, they continued to work, with the intention of bringing closure to the cases, on which negative feedback was given. They sorted through the cases and presented to different working groups, such as Council, Working Committee, FAMC, Land Board and others, the cases that each of these groups must bring closure to.
- This follow up work by them is very much appreciated.
   This is new in Auroville's culture.

# Conflict Resolution Policy - in progress:

Rita presented the following:

- In August last year, during an interactive meeting, a draft Conflict Resolution Policy was presented to the community. It was also published in N&N.
- Since then, work to fine tune this policy has been quietly progressing. Several Resource persons have regularly met, along with Koodam team (Elvira & Niva) and Council subgroup (Rita, Marie Claire, Aurogowri and Davselvam) to study the policy point by point.
- A few of the major contributors (resource persons) to the revision are Laura Joy, Shanti, Janet, Kati, Rena.
- As of now, the draft policy is being studied along with the working Committee especially for the legal correctness.

- Then it will be studied along with the FAMC, as some conflict resolutions/settlements have a financial aspect to them
- It is hoped that before the next meeting of GB and IAC, the scheduled for March, the Policy could be once again presented to the community for approval.

#### Discussion:

- An interesting discussion regarding natural justice in Auroville followed this presentation. Santo suggested that the term "natural justice" should be reflected upon in the light of a new Conflict Resolution Policy.
- Elvira from Koodam clarified that this Conflict Resolution Policy was a tool for the community to shift the trend towards restorative justice, and is not aimed at defining what natural justice means to us in the light of our ideals. This, being an interesting and necessary topic for the community today, has to be taken up separately and studied carefully collectively.

#### Land Board mandate - in progress:

Auroanand from the Council presented the work done so far on this topic.

- The FAMC and the Working Committee have given their inputs to the draft mandate submitted by the Land Board.

- The Council will now take up the process of involving the community and getting it ratified by the RA.

#### Discussion:

- Some details regarding the mandate, such as "Wood sales", were asked for.
- The Council responded that everything which was in the mandate of the earlier land related groups would be transferred to the new Land Board; the details of the organization of this new group are currently being worked out and will be presented to the community soon.

#### Unity Fund term of office - concluded:

Guy presented the following:

- As expressed by several peoples of the Community concerning expiry period of 5 Unity Fund executives on 16-09-2011, the matter was taken up by the previous Working Committee in November last year.
- As no names were proposed to replace one or more executives, the current executives communicated that they are willing to continue in office.
- After the 2012/2013 CAG audit observation it was decided by the current WC and GB that the same executives will be reappointed until 16-09-2015.
- Before the term ends in September, 2015, AVC expressed that a community process should be conducted to receive and process feedback regarding eligibility criteria for members of working groups, how many terms an individual can serve, and how to process feedback concerning nominated members.
- The elaboration of the selection process, if required, will take time and will be announced to the Community 2 months before the expiry date of the current executive.

#### Discussion

Carel from the Working Committee commented

- That Unity Fund is a unit of Auroville and not a service.
- That the term of office of unit executives has not been in question until now, and if the Auroville Council wishes to change this, the reasons should be well justified.

The Auroville Council took note of this point.

#### Friends of Auroville - in progress:

Sindhuja presented this topic.

- The latest draft which was made by Carel, Kripa, Kavitha and Cecilia has been sent to the Council several months ago, in order to be ratified by the community.
- The Council will now publish the FoA draft for comments from the community, which will then be integrated into the draft by the Council and resource persons.
- The final draft will then be published for ratification.

#### Discussion:

- The Council was asked to incorporate the comments of the various working groups before publishing the draft for comments.
- Sindhuja explained that the comments of the various groups have been received but have not been integrated, pending the input of the community at large.
- The work of integration will be done at one time, after all feedback has been received.

#### Security Policy - in progress:

Sindhuja presented the following:

- Following the call of BCC to look into the Police Patrolling Budget, the Council has been working on certain aspects of the Security Policy that need to be looked at and changed, until which time the need for police patrolling remains.
- Our current Security system is not the ideal one for Auroville; the community will be guarded by gymnasts, said the Mother, and yet today we have hired Security guards and there are very few Aurovilians involved in protecting Auroville. The questions "why" and "how to shift" have to be studied in depth and implemented.
- The Auroville Council and the Working Committee are now looking at specific security questions, such as access into Auroville, CCTV at strategic locations (required by law), which have been studied before to a certain degree.
- Furthermore, the current Security team have given their resignation for the 1st of April 2015. A new team will have to be put in place before then; the Working Committee is dealing with that topic.

#### Review Committee formation - upcoming topic:

The following was presented:

As per clause 2.1.11 of the Auroville Foundation (Entry and Removal of names of Residents in the Register of Residents) Regulations 2013, Review Committee is defined as "the working group constituted by the Residents' Assembly under Section 19 (3) of the Act for dealing with reports against Residents and for carrying out the functions of the RA related to termination of persons In the Register of Residents." Constitution of the Review Committee, its mandate, powers, process and procedure was also presented, as per the text of the ratified document.

#### Discussion:

 Natural justice was discussed again, and questions related to the Appeal Committee were brought forth.

- Carel from the Working Committee clarified that the selection of the Review Committee is imperative to the establishment of any form of natural justice in Auroville, as there are cases pending that need urgent attention from a body that is empowered to investigate and act, especially when the allegations have legal consequences and possible impact on the reputation of Auroville.
- The Appeal Committee will be formed at the same time as the Review Committee, consisting of 3 members of the Governing Board and 3 members of the RA, as per the ratified document.

#### **Burning issues:**

The floor was opened for burning issues:

 A question related to the functioning of the Council was raised by Vikram (silent listener in the AVC), and whether there are organizational issues which we would like to discuss with the community.

Sindhuja responded yes and elaborated:

- She clarified that the Council is currently facing some issues internally due to the fact that the selection process of October/ November 2014 and working structure then proposed, was different in some regards from the structure presented during the first selection process in May 2014.
- One significant difference is that with the first selection process, the resource persons were asked to be part of the regular meetings of the Council members; the modified text reflects that only members attend regular meetings while the resource persons are called upon for specific topics only.
- Although the Study Group and some Council members feel that we have to shift our functioning to reflect the new text voted by the RA, there have been some resistances within the group to make this change.
- After several weeks of discussing this, the Council members have come to a temporary compromise on the topic: one meeting a week with members, resource persons and silent listeners, and one meeting a week with members and silent listeners only.
- Rita clarified her stand afterward, and explained that she
  is one of the members who have difficulty excluding the
  resource persons, that have been part of the team, so to
  speak, from the beginning.
  - Increase in number of cows on the road and the danger it implies, especially at night. The Council suggested that they look at it along with the Security Policy topic.

The meeting ended on a positive note with laughter and a minute of silence.

#### ANNOUNCEMENTS

# Surya rep in BCC (Community at large)

Dear community members,

BCC has proposed Surya (Surrender) as representative of the community at large in their group. The Council is happy to endorse this recommendation and requests the community for feedback, if any, within the next two weeks to: <a href="mailto:avcoffice@auroville.org.in">avcoffice@auroville.org.in</a>.

Sincerely,

The Auroville Council

# Invitation to apply to become a new fulltime member of the Entry Service

Dear Friend,

This letter is to invite you to apply to become a new full-time member of the Entry Service.

The current Entry Service team will be leaving office at the end of February.

After then the Service will need five new members. That's where you come in.

Two of the existing team will continue to provide support and training to the new team.

#### Criteria to Join Entry Service

To join the Entry Service, you must be Aurovilian. It would also help if you are:

- · experienced in dealing with Auroville administrative mechanisms;
- prepared to work as part of a team;
- · able to commit to three years in the Service
- able to competently write in English and/or another
- patient and compassionate; and good at dealing with human beings

If you would be interested in learning more about what the job involves, please attend the:

#### Entry Service Interactive Session - The Next Team

WHEN: 9 am - 4 pm, Saturday Jan 31

WHERE: Unity Pavilion

Delicious Lunch, tea & snacks provided - The event includes a delicious lunch, hot tea and tasty snacks. Please bring your goodwill, commitment and open heart and mind to the day.

How to register: To register, please don't hesitate to email the Residents' Assembly Service at: raservice@auroville.org.in, or call us on any of our numbers: Inge 8870 288 502 / Jesse 948 6623 749/ Selvam 994 3911 149

Kind regards, Your RAS Team

#### "Dive into Auroville" - Peace

Everybody is invited to join...

A space to reach out to the "Divine in Action" manifesting **PEACE** 

A space to scan through my own activities in regard of PEACE A space to reflect on my own actions: Are they based on PEACE and creating PEACE

A space to express whatever evolves out of silence A space to share our concerns and inspirations

A space to listen to the voice of silence

can I participate from the space of silence to manifest Auroville?

How can the collective support my inner work to allow me to grow?

When: Sunday 1st February, 2015 @ 3 pm - 4 pm

Where: Unity Pavilion

Love, Inge (RAS)

# TDC - L'avenir d'Auroville

The following Site and Building applications are announced for feedback from the community for a period of two weeks. The announcement is made for feedback only and does not mean that the project has final approval.

The final approval is given when L'Avenir / TDC issues an NOC (No Objection Certificate). This happens only once the feedback period is over, the feedback has been evaluated, final decision by TDC has been reached and the necessary financial formalities have been completed. It is only after issuing a final building permission that fencing, building or any other activity on the site can start. It has to be noted that site permission is given to reserve the site for a maximum period of two years in order to prepare a project proposal. It does not

give any right to fence and clear the site unless, for practical reasons, there is a special permission of TDC.

- Site announcement for Transformer Room. The proposed location of the Transformer Room is along the Vikas Radial on the north side, opposite Creativity/Vikas.
- The following project proposal "KALPANA" is announced for feedback, pending BOQ, FAMC financial clearance and finalization of mechanism for subsidy.

Project Description given by the project holder.

Project Title: KALPANA - Housina

Proposed Site Location: between the radial and Kailash

building

Project Holder: Satyakam and Devasmita Architect: Satyakam and Devasmita Contact Persons: Satyakam

#### Description:

Fully equipped 43 apartments, 4 offices, community office and internet center, laundry, store room, public toilets, hybrid energy systems solar/TNEB. Fully landscaped common spaces with pathways, benches and street lighting shall ensure good connectivity to the sports facility and the neighboring communities.

The average size of the apartments is of carpet 38.67 sq mts. for a studio, 50.39 sqm for 1 BHK, 69.82 sqmts for 2 BHK and 107.62 sgmts for 3 BHK, which is within the range of the master plan.

#### Target Group:

Aurovilians and Newcomers.

#### Background:

Satyakam and Devasmita area members of the housing service. They are aware of the scarcity of houses in Auroville therefore they have taken the initiative to become the project holders. Kalpana Project is making this proposal with a substantial subsides on 21 apartments that may range from 30 to 50%.

#### Triggers:

Kalpana Collective Housing shall attempt to build on the experiences gained in Auroville in the recent years where a number of apartments have taken shape. We aim for a life that is "simple yet rich and beautiful". We do think that by proper planning we can make it easier for them to make choices that lead to a sustainable lifestyle.

#### Additional Information:

The cost of the housing is not yet foreseen at this stage as the architectural working drawings and BOQ are not yet made and will be prepared only after approval of the site. It is intended however to remain around Rs. 25,000 per square meter based on the super built up, including solar system, cupboards in the rooms, equipped kitchen. The housing will be part-subsided thanks to a donation of the project holders. The FAMC will have to identify the criteria and the process to be followed for the allocation of the subsidy.

TDC asks for feedback from the residents of Auroville within two weeks from the date of publication. If anyone wishes to have detailed information, feel free to contact TDC - L'avenir d'Auroville office: 262-3568 or come personally to the Building Application section.

#### FOR YOUR INFORMATION

# An appeal to all to fill in a questionnaire regarding mosquito nuisance in Auroville.

As previously announced, kindly fill in the questionnaire posted on Auronet (dated 27.01 and named "mosquito questionnaire") if you would like to report a mosquito problem site. Please fill

it in ONLY if you have a mosquito problem. Please fill it in seriously, as this data will be used for qualitative analysis and as a base for a mosquito control action plan in Auroville. Once you have downloaded it and filled it in, please save it with your name and community, and send it via e mail as an attachment to: vbdc@auroville.org.in with the subject "questionnaire".

This questionnaire will be used in order to prioritize problem sites. If you would like to report high mosquito density in a location other than your home or workplace, kindly contact: vbdc@auroville.org.in.

There is no deadline, but the data will start to be compiled and analyzed within the next month so the sooner you send it the better, to avoid exclusion.

If you would like to have a copy sent to your e mail instead of downloading it from Auronet, please request it by mailing the above-mentioned e mail address.

Thank you very much, Inge (Courage)

#### GreenCare

Dear community,

GreenCare maintains, enhances and creates new beautiful gardens, forests and parks.

With our tree care service we provide tree felling, pruning, rigging and the removal of hazardous branches over fragile structures, power-lines and roads. Having merged with Tree

Care we have the experience, expertise and specialised equipment to take on even the most challenging jobs.

With our garden service we provide regular maintenance, professional hedge cutting and trimming of shrubs, bushes and plants. GreenCare also provides grass cutting (strimming) for your garden and overgrown areas, as well as the clearing of thorns, underbrush, pathways and roads.

With our landscaping service we offer full garden makeovers, planting, and composting. At GreenCare we are proud to present clean and affordable solutions that turn your organic kitchen waste into rich compost for your garden. Furthermore we have the means to pick up any green waste that may be congesting your garden.

GreenCare currently consists of Jonas, Anadi, Virya and Julian. For any further information, scheduling and estimates please contact us Monday to Saturdays between 8am and 5 pm.

Jonas: 9159843579 / Anadi: 9655477329 / Email cutting.hedge.technologies@gmail.com

Looking forward to working with you,

The GreenCare team

#### POSTINGS

#### Musical Offering

"Music touches us emotionally, where words alone can't." - Johnny Depp

Amazing Grace - It is fairly certain that you know what piece of music I am talking about in this Musical Offering as soon as you read its title. And that is what is so remarkable about Amazing Grace. It is very well known, but whether you know it or not, please go to the Music Library Group on Auronet to read about this much beloved piece of music.

Don for the Music Library

#### Red Earth Riding

Due to the riding tournament, for the next two weeks the regular riding classes and pony riding for small children will not

take place on Tuesday afternoons. We will resume these activities on Tuesday  $10^{\mathrm{th}}$  February.

Everybody is welcome to come and enjoy the tournament, and we look forward to seeing you all again for our regular activities from the 10<sup>th</sup>.

Red Earth Riding School

#### Booking of the JCB from Road Service

Gnanavel has joined the Road Service. He is also distributing the JCB. Please call him (tel No 99434.14846).

#### Pharmacy stock

The pharmacy at Auroville Health Centre is stocking Biotique cosmetic range. *Pharmacy AVHC* 

#### AVAILABLE

#### Cycle

Hercules Bicycle about 2 years old in ok shape. Good basic cycle. Contact <a href="maggie@madronacompany.com">maggie@madronacompany.com</a> or mobile: 80-98-074328 - Maggie A.

# Kangal pups

I got DGFT licence to import four Turkish Kangal pups into India, two males and two females, coming in around this July. They come from the breeder, father of Turkish Kangals Onur Kanli. You can see him on FaceBook. The male parents are his two favourites Gaplan and Topuz, selected as the best protection guardian shepherd dogs. I want to sell one of the males to someone living in Auroville. If you are interested, please email me at <a href="mailto:ramanasky@yahoo.co.in">ramanasky@yahoo.co.in</a> / Thank you, <a href="mailto:ramanasky@yahoo.co.in">Ramana Shiu.</a>

# Compost and delivery

Contact Herbert, Siddhartha Farm cell 90037 38560.

#### Metal work

I am doing metal work, window, gates, steel house work, sliding doors and windows, shed work, aluminium also. Anyone need me, call *Anand*: 9865623504

#### French tennis-coach

An advanced French tennis-coach, Thomas, is willing to coach. With the present tournament there is an increasing interest and I would like to invite especially the children and women to sign up for a tennis-clinic. A first trial run could be held on Sun, 1st Feb at 7 am at Certitude - For AVSRC, Frederick

#### **Puppies**

Hi!! Our dog had beautiful puppies, brown and black coloured, some male and some female, healthy and really adorable...they were born a couple of weeks ago, so it's not the time yet to leave their mama, but we are looking for people who would like to take them when they are big enough...You can come and see them and choose your own!!! Call us at: 9442395774 or 2623199...Thanks Alice, Kamil, Alyha and Neelan

#### An Amma

An Amma named Rosa is looking for a job around the Kuilapalayam area. She is good at cleaning and can understand a bit of English. For feedback, you can contact *Turiya*: 2622083 or *Nikadass*: 95855 13279 - Thank you, Love, *Turiya* 

#### LOOKING FOR ...

#### A flatmate

Hi, I am *Jure*, volunteering at Svaram. Looking for a flatmate urgently. Very well furnished studio type apartment in Allankupam. First come first serve. Contact me at 9160410523

#### Double size bed

Thanks for contacting *Sara* 8489451092 or samada3@hotmail.com

#### An Amma

For a family of three, looking for an Amma for half day of household work at Surya Niwas, Auromodel. Basic English and some experience in household work will be expected. Please call *Purva* on 8940500752

#### Study table

Hello, if anyone has a study table to spare or give away, we would be happy to have it. Please call me on 9159816807. Thanks, *Riju* 

#### LOST & FOUND

A beige windbreaker (lost): If found please call: 94 864 754 57. Thanks, Frederick

**Keys** (lost): Hello Friends, if anyone of you has found some keys with a key chain that has the Chinese coins and turtle please call me on 9159816807 - Thanks, *Riju*.

A HTC Desire 700 model (lost): With a broken screen cell phone at the Unity Pavilion on 23rd during the Monica Sharma workshop. The phone contains lots of details and

important contacts for which I have no back up. If anyone has taken it by mistake or knows who has it please inform me on 8489417559 or E- Mail me in: <a href="mailto:auroananda@auroville.org.in">auroananda@auroville.org.in</a> A reward will be given to the finder - Auroananda

<u>Pencil case (found)</u>: In front of Sailam II the 23<sup>rd</sup> of January. Please pass by the *News & Notes* office.

#### THANK YOU

#### From The New Colors team

To all the people who helped us with the Pongal Festival at New Colors - We thank you all for your support! The festival was a big success and we all had a lot of fun. There were lots of games, beautiful arts and crafts and some exciting performances. All of this was possible with the cooperation of the Hip Hop crew, the great magic show and the fantastic group of New Colors volunteers.

Thanking you, The New Colors team

#### The Merchant of Venice says a big "thank you"

A great, big "thank you" to all who helped make THE MERCHANT OF VENICE possible, from designers to backstage crew, to actors and those who fed us all those long nights:

Akil Kumar, Mahi (light design), Jean L., Rena (hairstyles), Meha (makeup), Chandru, Thanajayan, The Right Path Cafe Staff at the Visitor's Centre, Gandhi and Eva, and Nicole (for allowing us to use the beautiful space), The VC watchmen! Drupad, Joel, Rolf B., Kiran Kamal (fantastic costumes), CRIPA Team for the lights, Georgio (beautiful photos), Lorraine, Aurorarchana's Clemens and Coco for the Wonderful Furniture and Props, Suleman "Lucky" Khan on sound tech, Chinmayee, Sai Suresh, Partha and staff (for the dosas from Dosa Corner), Srinivasan and Yatra (for the forthcoming video).

The actors: Swar, Ramesh, Jeremy, Jerry, Nitish, Savithri Maya, Rachel, Shakthi Kumar, Javed Khan, Amudah, Jelger, Shiv Godi, Satish, Juan Felipe.

Humbly I thank thee! Love, Jill

#### APPEAL/ HELP

#### Call for help for "Walk through Auroville"

This initiative to come together needs help with facilitation. The first walk through our Residential Zone has happened with the help of Kavitha and Auroananda. It was a great experience just to be together and listening to each other - Thanks! We could not find somebody to help us to organise the next one - "walk through our Industrial, Cultural or International Zone".

Who has time and interest to help us to go ahead with this initiative and create a space?

A space to share our concerns and inspirations

A space to express our being in walking, dancing, painting

A space to listen to each other's viewpoints

How can I participate in action to manifest Auroville? What support can the collective provide to me to grow?

Love, Inge from RAS team

Nandanam Kindergarten calls for Volunteers

Dear friends,

We are touched and delighted by the response and inspired support from parents and friends who are participating in the various activities for the FUN RAISING event for fund raising at Nandanam Kindergarten, to extend our open safe play-area for Nandanam's youngest little ones in Jalam group.

The event is being organized on 7th February 2015 from 11 am to 4 pm at Nandanam Kindergarten, Center field.

We still have a lot of places to be filled in. We need volunteers to help with the food stalls, games, entertainment, craft activities and setting up etc. Therefore, we call for more volunteers to come forward and make this a fully fun filled and vibrant event!

Please Come, and join the fun!

If you are not able to come and support us physically you could still support us through your helpful contribution to our account number 103717.

For more information or participation please contact: nandanamkg@auroville.org.in or contact by phone: Nandanam Kindergarten 0413-262 2461 / Meenakshi 9159369268, Lakshmi 9487562218, or Aneeta 9445100465. Call between 8:30 am and 1:30 pm.

#### ACCOMMODATIONS AVAILABLE AND NEEDED

#### House sitting 1

We are a family of four-Liron volunteering at Wellcafe, Yasmin volunteering at Wellpaper, Inbar (7) studying at Deepanam School and Gali (2). We have been in Auroville for over 1 year and are still looking for house-sitting. We were house-sitting in the past and as for now living in a one-room Guest House...We are very responsible and reliable people. Please contact: <a href="mailto:yasminliron@gmail.com">yasminliron@gmail.com</a> or call: 9943311619 - Love, the Levi Family

#### Looking for a house-sitter

We are looking for a house-sitter (or a couple, or a small family) to take care of our beloved cat and the house while we are away from the 13<sup>th</sup> of April to the 15<sup>th</sup> of June. We need someone who loves cats, spends some time at home and is responsible. Age should be above 23 and no parties. We ask for the running costs. The house is close to the center of Auroville, and is very nice to live in. If you are interested, call us: (0413) 2623407 or write to <a href="wyvelise@auroville.org.in">wyvelise@auroville.org.in</a>. Yvelise and Emanuele (Sukhavati)

#### TAXI SHARING

January 30th: Leaving Chennai airport for Auroville, arrival time 3.45. If interested contact Rolf: <a href="mailto:cosmic@auroville.org.in">cosmic@auroville.org.in</a>

February 1st: I like to share a taxi on 01. Feb. round about 4 am to Chennai Airport. Starting near solar kitchen. Call *Jens* +918903139742

February 2nd/3rd: A taxi is going to leave empty on Monday (2nd Feb) around 9 pm from Luminosity to pick up 2 people at Chennai airport at 12.20 am(3rd Feb). Sharing is available both ways. Kindly send a message 9489693809 or email superwonja@gmail.com Kim

February3rd: Leaving Auroville at 7am, going to Chennai airport. Contact *Chandra*, 2623 024, chandradedionigi@yahoo.fr

February 3rd: Tuesday - Leaving from Chennai airport 3 pm. Taxi can be shared both ways & only 1 person is coming back. If interested, please contact Lalit < lalit@auroville.org.in> Phone: 9443790172

February 10th: To Chennai airport leaving Auroville around 11pm, mobile 8098-074328 email: maggie@madronacompany.com

February 12th: Thursday to Tiruvannamalai Ramana Ashram, meeting at solar kitchen at 8 am - call Elisabetta 9633901652 or elisegala@gmail.com

February 18th: I am arriving at Chennai airport around 14.30. Taxi available both ways. Empty taxi will leave Auroville around 11.30 am, if interested, please contact: nm.laura@gmail.com. Laura

February 28th: On 28 February afternoon will go to Chennai. If anybody would like to share a taxi please contact me: <a href="mailto:zkitti@gmail.com">zkitti@gmail.com</a> (Kitti)"

January 31st / February 1st/16th: A taxi is leaving Auroville for Chennai airport Jan. 31st, 2015 at 9 pm, a taxi is leaving Auroville for Chennai airport Feb. 1, 2015 around 2 pm and a taxi is returning to Auroville from Chennai airport Feb. 16 at about 1 am. Please call Camille, staying in New Creation, mob phone 08606712069 - Thank you, Camille

### WORK OPPORTUNITIES

# Work Opportunity with the Residents' Assembly Service!

The ever-expanding Residents' Assembly Service (RAS) has a vacancy.

**Assistant Manager of Community Service** 

#### Job description

- To willingly serve the Divine Consciousness
- To assist in crazy brainstorming sessions about how to do everything better
- To do really boring tedious stuff, like answering a million emails and data entry
- To work on groundbreaking, technology-driven communications strategies

#### Remuneration

Aside from free use of the RAS private jet, you will also receive a maintenance for a few months, but after that it's anyone's guess.

We may get more funding after that and we may not. You get the idea.

#### For More Information

For more information, please don't hesitate to email the Residents' Assembly Service at: <a href="mailto:raservice@auroville.org.in">raservice@auroville.org.in</a> or call us on any of our numbers: Inge 8870 288 502 / Jesse 948 6623 749/ Selvam 994 3911 149

Kind regards, Your RAS Team

#### HEALTH

#### Integral Health

Peter and Sigrid are out of station from Feb 7<sup>th</sup> to 18<sup>th</sup>, attending 2 international seminars on homeopathy with Dr. Sankaran and Dr. Divya Chabra in Goa.

Ingo, Nora and Lisa are available for consultations.

Christine offers NLP in French and English, individual sessions. More information is available on our website: http://www.auroville.org/contents/148

# Holistic Approach for Management of Diabetes at Arka

- 1. Consultation
- 2. Counselling Sessions
- 3. Educational Sessions
- 4. Ideal and Healthy Lifestyle
- 5. Advice on Diet
- 6. Yogic Kriyas
- 7. Yogasanas
- 8. Pranayamas
- 9. Natural Purification Methods (G.H. pack, Mud pack, Shirodhara, Foot Bath,

Foot Massage, Head Bath, Nasya, Jal Neti)

10.Detoxification of Digestive System, Nervous System and Respiratory System

- 11. Concentration and Meditation
- 12. Yoq Nidra (Deep Relaxation)
- 13. Herbal Ayurvedic Preparation
- 14. Holistic Stress Management of Self Development Program

Dr. Geeta Auropremi (md. Ayurveda), (yoga and naturopathy) for booking contact: 9443288156 email id: drgeetaauropremi@gmail.com

Days: Tuesday 3rd, Wednesday 4th and Thursday 5th February

Timing: 10:00 am to 1:00 pm and 2:00 pm to 5:00 pm - Place

Welcome to enquire, pick up background information and start treatment. The remedies are available any time in the remedy box of Integral Health, information in the mornings.

#### Aviva's method for men

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

Venue: Arka Multi Hall

Date: 11th of February 2015 / Timings: 2-5 pm

or more information please contact Zsolti at:

bogizsolti@gmail.com or 8940695720

### AUROVILLE RADIO



Dear friends and listeners,

Despite a small core staff the Auroville radio has covered and produced a fair amount of events to give you an idea of the busy season that Auroville is hosting or initiating at this time- Cultural activities, workshops, meetings, discussions and re-visioning retreats are being held or work planned.

The first steps in the Auroville radio team re-visioning/study work have begun and is on-going.

The conclusion of the sound barrier construction work is coinciding well for some members who are on health-rest. We are always looking for people trained in website development in order to implement our project to merge the TV and Radio site into a single site. Students and journalists are also welcome to join us to improve our work

Grateful and happy to conclude this energetic first month of the new year with gratefulness for all of your support, great and small, that, has and is, helping the Auroville radio project to continue broadcasting for listeners near and far.

### SPORTS

# 2015 AUROVILLE MARATHON



Greetings and Good wishes to one and all,

We are back for our next edition of Auroville Marathon happening on 8th of Feb, Sunday, 2015

We have been extremely fortunate to have some of you helping us with Aid stations in the past and we are looking

for your help this year also.

If you are interested kindly let us know through mail: tapasya@auroville.org.in or you could also get in touch with us at: 0413- 2623248 (landline number - Tapasya Design studio, Auroville)

AV Marathon Team Run for my heart

#### 5 km Juniors - Marathon on 8th of February

Please note that all the children are most welcome to participate in the 5km run.

No prior registrations needed.

Race starts at 8 am on 8th of Feb - Sunday. Reporting time by  $\underline{7.45 \text{ am.}}$ 

Start & Finish will be from the Visitors Centre area. No Prizes for this race, only the JOY of running...

This event is being organised by the Dehashakti team and we request volunteers from all the AV schools & outreach schools to help make this event successful. Please note there are no prizes for this event. It is the joy of running and participating that is most important.

See you all on 8th of February,

Dehashakti team

For further details contact *Saravanan* - 9751 3958 06 or *ShankarGanesh* - 9751 5531 62

#### Pondicherry Equestrian Challenge (PEC) 2015

Red Earth Riding School warmly invites you to the Pondicherry Equestrian Challenge 2015, which will take place on: Monday  $2^{nd}$  and Tuesday  $3^{rd}$  February, and Friday  $6^{th}$ , Saturday  $7^{th}$  and Sunday  $8^{th}$  February.

<u>Timetable</u> (Please note that timings are approximate and will depend on the number of entries in each event.)

2<sup>nd</sup> and 3<sup>rd</sup> Feb.: Junior National Dressage Championships & Indian Dressage League

Morning: 7.00 am - 10.30 am: Dressage Tests

Afternoon: 3.30 pm - 6.30 pm: Dressage Tests and Judge Clinics (Riding Workshops)

About the dressage: JNDC/NDC & IDL competitions are done by zone with two international FEI judges travelling to five zones in India to judge riders on the same tests. Results are then compiled for national level results. Red Earth is proud to have six of its riders in the JNDC/NDC (where Indian nationality is obligatory) and 15 in the IDL.

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Feb.: PEC jumping Events 7.00 am - 10.30 am & 3.30 pm - 6.30 pm About the jumping: The show will include 12 jumping events with courses ranging from 80 cm all the way up to 130 cm. Five RERS riders will be participating in the jumping events, all the way up to the 115 cm!

The snack bar will offer breakfast, coffee, tea, cool drinks and Kalya's cakes. Roma's Kitchen will run a booth with sandwiches, burgers and ice cream.

We look forward to seeing you there! Red Earth Team [For further information contact: Anna - 9489587700]

### EATING OUT

#### Jolly Kimbap Delivery for tiffin

Kimbap is a Korean version of sushi. It is rice rolled in seaweed/nori with diverse and fresh ingredients in the middle. We are open only for home delivery at lunch time.

Menu: Vegan tofu Kimbap/ Vegetable Kimbap/ Tuna salad Kimbap/Cheedar /Cheese Kimbap/ Salad capsicums Kimbap/ Chicken salad Kimbap/Tofu kimbap/ Mini Kimbap Ordering for birthday parties, celebrations, events, etc...is available

Running day: Monday to Saturday (Closed on Sunday) -

Delivery Time: 12 to 2 pm Book and Order: 97517 83912

Aurovilian DC - Jolly Kimbap located at Adventure

#### Av Bakery Cafe' update

We are extending our opening hours!

From Monday 2/2 we will be serving breakfasts, lunch and snacks from 7.30 to 18.00. Please come and enjoy our Super sandwiches, Fresh salads, Homemade Muesli, juices, and delicious Lunch Specials (veg/non veg) - Last order: 17.30 With love Av Bakery Cafe team.

#### Goyo

GOYO, a tiny silent Korean restaurant, serves classic Korean cuisine three lunches (12.30 pm) a week.

Tuesday: Bibimbap (medley of sauteed vegetables over rice) / Thursday: Kimbap (Korean sushi roll) & Guksu (cold buckwheat noodle soup) / Saturday: Japchae (vegetable stir-fry with sweet potato noodles)

The above mains are accompanied by a generous buffet of Banchan (side dishes) including Kimchi, salads, Jeon, legumesall seasoned with Korean spices, oils and condiments.

GOYO food is mostly organic and vegetarian (except for the occasional use of eggs which can be substituted upon prior request)

Guests are requested to arrive at 12.30 pm to enjoy a cup of tea in the garden until the ring of the lunch bell.

As space is limited to a maximum of 10 people, advance reservation (at least one day) is requested SMS 9489693809, email goyo@auroville.org.in

We are looking forward to hosting you soon in Goyo, located on the ground floor of Luminosity Won ja from GOYO

#### GREEN MATTERS



#### Sunday 1st February 9- 12 am - Success - with Rik

Visit this wonderful settlement one of the oldest of Auroville, close to Forecomers and see the afforestation work and water conservation near the large canyon. Success is adjacent to much rampant developments in this area; a gypsy settlement, the Pondi Waste water treatment plant (and the old waste dump), a sand mining quarry and run way extension of Pondicherry airport.

Route description: About 15 minutes cycling from Solar Kitchen (there is no transport organized by us) - Follow the road past Certitude to the T junction, keep left and take the first right you will pass Abri, follow the sandy forest road direction Forecomers, before the gate turn RIGHT, follow the road to Success. In need of assistance phone Rik 948 636 3471

Sunday 8th of February Revelation Forest with Patrick 3.30 - 5.30 pm

#### NOTES

# Gregorian Chant

As the red gold Sun descends into Earth down and down,

As the fiery Voice of chant ascends into heavenlier heights,

As the Celestial pink floral set up animates into fiery flame,

The wounded heart's Force drew all its waters into tears and joy,

The body's Cells healed itself from all its grief and pain,

The fully Blossomed Fiery Lotuses murmured,

I wish to follow your footsteps dear Kim and Heather.

Celestine Heather





#### AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri - read by Mother - to Sunil's music

Every THURSDAY at sunset - from 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, i-pads, cell phones, etc. Dear Guests, please carry your guest cards with you and note that access is only for the Amphitheater, from 5.15 pm.

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

Amphitheatre Team

#### SILENT MEDITATION FOR AUROVILLE

Let's meet as usual under the Banyan tree Matrimandir,

Every Thursday 5 to 5.30 pm. We will concentrate on this phrase: "Please Mother, help us to open ourselves to the Divine Consciousness, thank you"
Then you can listen to Mother recite Savitri at the amphitheater, at 5.30 pm.
Please, dear guests, bring your Aurocard, thank you
Thank you for being together

# MUSICAL MEDITATION FOR THE FULL MOON RISE Tuesday 3rd February from 6.30 to 7.15 pm

Music from the world Recorded music from India, Tunisia, Ireland, Armenia Access from office gate

Dear guests, please carry your guest card. We request everyone not to use cameras, Ipads, cell phones, etc...

Please be seated by 6.25 pm, no late entry. Thank you

#### NVITATIONS

# Farmer's Market and Community Festival SATURDAYS AT THE YOUTH CENTER (10:30 am - 2:30 pm)

For the winter season, the Farmer's Market at the YC will now be held on a weekly basis - every Saturday (However, it will be cancelled in case of rain!!)

Love and light, The Localicous Auroville Team

#### **International Zone Proposed Invitation**

International Zone proposed invitation Dear Friends,

We are proposing a series of programs during the birthday week (February 21 till February 28) between 4:00 pm and 6:00 pm. We invite you to participate in different ways and different levels. The program is aimed for participants to gain hands-on experience in the development of the International Zone. Each day various programs and themes at different locations will be explored and celebrated.

Planned presentations, events, and experiences thus far include: An International Zone Celebration, European Tree Planting, visits to Bharat Nivas, Unity Pavilion, Savitri Bhavan, Tibetan Pavilion, Aurocreations, Language Lab and Tomatis Institute and Sankalpa; snacks and ceremonies at the African, Russian (Slavic), Hungarian (central Europe) sites. We hope to visit land that is under consolidation process and also view the land which has been encroached within the International Zone.

Every day we would like to have different kinds of experiences, presentations, performances, and snacks by cultures, etc...

During this series of programs we would you like to:

- 1. Offer a program,
- 2. Request a program,
- 3. Help with the coordination and manifestation of this program.

Your voice and participation are important to us!

Kindly send your ideas to: <a href="mailto:alena@auroville.org.in">alena@auroville.org.in</a>

Please respect our need for efficiency and inform us till 2nd of February.

Warmest regards,
On Behalf of the International Zone Event Subgroup - Alena

#### **Evolutionary Cafe**

We would like to invite you to join us for the next Evolutionary Cafe.

Every second week we are exploring different 'evolutionary' paradigms, to see how they might be able to help us shed light on some of Auroville's challenges from novel perspectives - hoping of course in the process that they might suggest some interesting new solutions. Each evening we have been starting with a short inspiring video or talk, after which we use the 'World Cafe' model to divide into smaller groups and reflect on its potential relevance to Auroville through focussing on a given question. So in a fun relaxing atmosphere over tea and biscuits, we hope to nurture a new appreciation of both the challenges and the joys of living in Auroville.

After diving into the principles of 'world cafe' last week, we would like to widen our exploration of how we might move towards a deeper understanding of 'others' perspective by going more in depth into 'dialogue' process (as developed by David Bohm) - so we will begin with an introduction of dialogue, followed by an actual dialog practise, and then use the world cafe to explore its difference from habitual discussions and its relevance for our communication culture in working groups and general meetings.

> Place: Unity Pavilion Time: Tea and biscuits from 6.45pm then the session be at 7.00 pm Monday 2<sup>th</sup> February

> > Hosts: David (Luminosity) and Ulli (Auroshilpam)

### The Teachers Center invites Auroville teachers to Conversations on Integral Education

This week we will show the film "Quels enfants laisserons-nous à la planète?" (With English subtitles)

This is a didactic film from a primary school in France, le Colibri. It is an entry into an enlightened and inspiring educational world and sends us back to what is at stake in education, our and that of future generations.

The intention of the movie is simple: living in peace together and becoming responsible citizens requires a learning process.

There will be time for sharing after the film.

Where: Teachers Center, SAIIER building When: Tuesday 3<sup>rd</sup> February at 4-5.30 pm.

(As many teachers have commitments on Thursday afternoons, we have changed the Conversations on Integral Education to Tuesday afternoons, and hope that this will suit everyone better.)

#### Smart Art with Kitti and Marianna. Life is about creating your Self.

Date 28th, 30th of January. In February 4th, 6th, 11th and 13th Time from 3.00 to 6.00 pm Venue: Pavilion of Tibetan Culture -Garden.

Creative drawing program about self-knowledge. Easy and effective exercises to express and discover yourself.

Requirement-

Age from 18 to 99 / Participant max. 15 people / Advance registration needed! For more information please contact+91/9805982976 (Kitti) or send an e mail to kalsang@auroville.org.in(kalsang)

#### LINEA Dental Clinic

We invite you to visit us at the Aurelec Premises [main building ground floor]

Monday to Friday: 9.30 - 12.30 am / 2.30 - 5.30 pm, Saturday: 9.30 - 12.30 am

LINEA Dental offers you

Dental treatments: scaling and cleaning - root canal treatments - fillings Dental prosthetic works: crowns - bridges - dentures and Implants. Free check-up for Aurovilians

Please call us for appointment at 2623134 / 2623592, or 94433 68318 (Nicola) For further info about our services please mail us at: linea@auroville.org.in Thank you, Tatiana and Nicola

### SILENT MEDITATION among FRIENDS

Wednesdays and Fridays: 5 to 6 pm Pavilion of Tibetan Culture

We invite you to a Silent Meditation with Carsten Marsch who has been practicing Zen meditation since the early 1980s with various Zen groups in Europe, USA and New Zealand. He will give a brief instruction on Zazen (Zen sitting posture) at the beginning of each meditation session.

Everyone is welcome and requested to arrive a few minutes early, as meditation will begin promptly at 5 pm. "You should sit in meditation for twenty minutes every day -- unless you are too busy; then you should sit for one hour." Old Zen adage

#### Jan 30 till 1st Feb: 10am till 6 pm At the Visitors' Center

Auroville is hosting its first potter's market this weekend-Friday, Saturday and Sunday at the Visitor's Center, behind the stage.... Potter's markets are a regular features in countries like Japan and the UK that have long standing tradition of ceramics. These markets keep the craft of handmade pottery alive and healthy. Potters I met at the markets in the UK, prefer taking their work to pottery fairs to paying the high costs of renting out gallery spaces. Collectors find market ambiences more exiting as these are open to new talents and have a much greater variety in work than one single person could ever show. Potters, especially seem to enjoy coming together to see the different directions other potters have taken in the same material-clay.

Auroville has, thanks to Deborah and Ray who started out on the task of creating stoneware pottery some 40 odd years ago, become one of the most densely populated places in the country of studio/production potters in the country. However, due to the fact that we have all been (and still are) extremely busy, we are not the first to host a potters' market. Potter's markets have been happening in Delhi, Mumbai, Bhopal and Calcutta, and enthusiastic potters have been coming together from all over the country to show and sell at these events.

This weekend, we consider ourselves lucky to be able to host ceramic artists from Himachal Pradesh, Delhi, Mumbai, Calcutta, Kerala, Pune, Goa, Hyderabad, Villipuram, our surrounding villages, Pondicherry and Auroville.

All these potters have packed their pots, and travelled all the way to be a part of this exciting event.

You are all, dear friends invited to pass by and have a look at all the wonders that can be made out of the very humble material-clay. I still am in awe how the slush that I mix in my clay tank can become something so beautiful with the process it goes through.... For those who want to get their hands dirty, there is a table offered by the White Peacock pottery studio where you may have a go at forming clay...See you there!

We open at 10 am and close at 6 pm Friday, Saturday and Sunday.

There will be a short presentation by two of the participants on their journey through clay on Sunday, 1st of February at Kalakendra.

#### Singing and Dancing Celebration around the fire in Yatra

**Joyful Songs and Chants** From all over the world - Keyboard and Drums With Osiva, Antje, Rani and friends

Thursday, 5th of February 2015 at 7.30 pm At Yatra-Arts-Foundation

Yatra-Arts-Foundation near New Creation Sportsground / La Piscine Auroville, 605-101 Tamil Nadu

For further information: info@singhalleluja.de / Phone: 00919629832216 (Osiva)

#### INTERACTIVE SESSIONS ON AUROVILLE presented by Insight Seminars

Introduction to the Vision & Concept of Auroville 2<sup>nd</sup> February 2015 Monday presented by Manoj Village Development presented by Kathy

3<sup>rd</sup> February 2015 Tuesday 4<sup>th</sup> February 2015 Wednesday Auroville Economy & Organization presented by Bunty About 'Matrimandir' 6th February 2015 Friday

Time: 10:00 to 11:30 a.m. including question and answer session.

Venue: Insight Seminar room, Ground Floor, in the Inside India building - Auroshilpam (opposite CSR; behind Auromode). \*The presentations are free of charge. Anyone may walk in.

#### Kala Kendra, Bharat Nivas **Presents**

Art Chakra, the Open Art Platform

This Sunday morning, join us at Art Chakra. It's an open platform where you can present your art works. Be it photography, drawing, painting, poetry, songs, music, short films, digital presentations etc... Just bring it on!

> Venue: Audio Visual Room, Kala Kendra, Bharat Nivas Time: 10:30 am to 12:30 pm

For details: Gauray, 9787897947, medimedia@gmail.com Join us at: www.Facebook.com/AurovilleArtChakra

#### ALKS, SEMINARS



#### Dear Friends,

The organizers of the "What is Auroville" Festival taking place in Chennai from March 2-21, 2015 would like to invite you to a short presentation about who, what, where, when and why! This is your opportunity to inform yourself and provide suggestions. At the MMC on Monday, February 2nd at 5:30 ending around 6 pm We look forward to seeing you all.

The Festival Team

13

presented by 'B'



#### Pitchandikulam Forest - Herbal Team Ayurveda day by day Dinacharya - daily routine

Saturday 6<sup>th</sup> February 2015 (14:30 to 17:30)

What are the recommendations from Ayurvedic scriptures (Ashtanga Hridaya) for the daily routine?

Ayurveda looks at the cycles of nature and gives advice on daily activities around these cycles to remain healthy. These routines help to establish the balance and to understand the influence of exterior factors that can shake the inner balance.

Based on the fluctuation of Dosha (Vata-Pitta-Kapha) along the day, Dinacharva is fundamental to understand the flow of life.

For registration, please SMS Berengere (Bee) on 9489505691

#### CULTURAL EVENTS

#### Ras Barse

An evening to spend listening to the words of poets, saints and believers in the voice of Swati Srinivas singing Ghazal & Bhajan in Hindi

#### On Sat. 31st Jan '15 at 8 pm at the Unity Pavilion

Harmonium: Kanam Shameem Babu Tabla: Mohammed Sardar Khan :: Sarangi: Aslam Khan :: "Moko Kahan Dhoonde re Bande, mein to tere pas re"

Swati will be singing for us compositions written by:

Amir Khusro (13th century), Kabir (15th century), Meerabai (16th century) Bulleh Shah (17th - 18th Century) Siraj Aurangabadi (18th Century) Mir (18th Century) Ghalib (19th century) and Safi Aurangabadi (20th century)

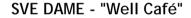


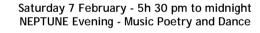
# **Oriental Experiences**

# Impressionistic Jazz

Piano - Hartmut Bass - Rolf Drums - Matt

Saturday 7<sup>th</sup> February at 8 pm at Cripa Kalabhumi





5.30 - Neptune Poetry Transformation in Dutch and French and other languages
6.00 - Ethnic Folk songs - the Fertiliens
6.30 - North Indian Improvisation and dance
7.00 - Bajan songs
7.30 - Dinner Well café
8.30 - Reggae Compositions
10.00 - All musician jam and dancing

Free donation for supporting artist - Hibiscus Art village P.T 252071



### Saarang musical instruments exhibition & weekly Thursday workshops team

PRESENTS Tapan Chowdhury and Joy:

"LA CONSCIENCE DE LA VOIX ET L'OUIE"

Subtitle: A journey in the VOICE

"Awakening of the Voice and the hearing"

Date: Thursday, 5th February 2015 Time: 6 pm

Venue: India Space (White Hall), Bharat Nivas, Auroville

An open workshop for everyone with a voice, including singers.

The workshop will be about how one becomes conscious of one's own voice and the ear and working on them from within the body to make them useful in any field of work, be it as a singer, an orator, a hawker, a manager, a teacher or lecturer, an actor or any other profession. It helps to know how and when to use them as an expression or an arm, and also to know the power of silence that lies within our Voice.

Tapan Chowdhury, a student of SAICE, learnt singing from Sri Arun Bishnu Chowdhury. He has studied Western Classical Music at the SAICE under Richard Rigos, Astrid and Fabricant. He has learnt also piano from Mrs Marion FEWKES, Banglore (1975-1979). With Mother's permission, Tapan has also worked with Sunil-da in 1969, assisting, attending and participating in recording sessions. Studied Hindusthani Vocal Classical Music under Prof. DeshbanDhu Mukherjee, and worked at the Alliance Francaise as the Cultural Coordinator (1990-94) and joined the Lycee Francais de Pondicherry as the first teacher of Musical Education since 1994 till date.

For more info: CONTACT: <a href="mailto:cicbn@auroville.org.in/">cicbn@auroville.org.in/</a> Shilpa: 0413 2622253

### CLASSES, WORKSHOPS

#### CIRCUS WORKSHOP IN JANUARY

Aerial dance voltige with Romain Timmers - Circus Artist and Vertical Dancer

The "danse voltige" workshop is an exploration of gravity and natural/physical forces of the body, combined with the awareness of movement. A few inches off the ground but yet feeling like flying.

Saturday 24, 31 January at 10 am to 12 am

#### Circus juggling and balancing

Learn the art of Juggling with professional juggler *Romain Timmers (France)* and rediscover one of the oldest circus skills. Best brain gymnastic ever! In a second part, find your inner balance and challenge yourself while walking on a rope, riding a unicycle or standing on your hands. Full body awareness guaranteed!

Saturday 24, 31 January at 3 pm to 5 pm

Info & booking: 9626 79 77 36 or Eluciole Circus: 9787 33 27 91

Acro yoga workshop in February: With Helena Giron (France) and Didi Melnik pora (Israel) 2 certified yoga and acro-yoga teachers touring around the globe, sharing their love for the practice.

Let's play and connect for a unique experience blending the spiritual wisdom of yoga, the dynamic power of acrobatics, and the loving wisdom of Thai massage.

Wednesday 4 February 9 am to 12 am

Thursday 5 and Friday 6 February 9 am to 12 am - 2 pm to 5 pm

Friday 13 February 9 am to 12 am

Saturday 14 and Sunday 15 February 9 am to 12 am - 2 pm to 5 pm

Open to all levels

Info and registration Helena +918220320968 / Eluciole circus: 9787332791

#### **ELUCIOLE CIRCUS**

#### January - Circus class for children

Acrobatics, gymnastic, aerial, juggling, hula hoop - every Monday 4 pm to 6 pm

Capoeira with Jeremy - Every Tuesday: 5 pm to 6.30 pm

#### February full immersion inside the body

Freedom Yoga class: Monday 9 am to 10.30am with Einat Ran, who is a Yoga teacher, tribal fusion dancer traveling around the world for the last years teaching Yoga and Dance retreats, workshops and classes internationally. This special type of yoga will assist you in finding your inner freedom and inner space. The practice combines conscience and dynamic movement with soft work on breathing and ancient wisdom of philosophy - All level practitioners are welcome!

# Tribal fusion dance with Einat Ran: Summoning the divine feminine within - Wednesday 4 to 5.30 pm

This dance is a powerful and hypnotizing fusion of belly dance, flamenco, Indian dance, and break dance. Come to explore and connect with the divine feminine within and without. This dance is a celebration of womanhood for all ages and sizes. No experience needed!

Eluciole Circus: 9787 33 27 91

#### INNER-WORK-WORKSHOP

Introduction to the Integral Yoga of Sri Aurobindo and the Mother

3rd February (Tuesday)

- •Overview with multimedia presentation• Questions and Answers• Practice in Daily Life• Complimentary Concentration Exercises
- Creative Arts, Interactive Games• Life of Sri Aurobindo and the Mother• Introduction to the Reference Books Focus this week on: 'The Divine Mother'

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

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

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

All are welcome

For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-auroville.com

#### AQUAGYM CLASSES AT LA PISCINE

Lisa, who used to give Aqua exercise classes at La Piscine 2 years ago, will be here until the end of March. She has been asked to give Aqua gym classes again and will do so providing there are a minimum of 5 participants. You would need to let her know; here is her cell number: 7094 344 301.

The class is scheduled at La Piscine (New Creation) on Mondays from 3-4 pm

#### QUIET HEALING CENTER: COURSES & WORKSHOPS

Somatic Movement with Maggie

Thursday 5 - Friday 6 February 2015 (2 days) - 9.30 AM - 4.30 PM (10 hours)

Quiet Healing Center (tel. 2622329 / 9488084966)

A 2-day neuro-muscular re-education (mind-body training) workshop in the tradition of Thomas Hanna.

Somatics is a system of slow mindful movements and a gentle, easy and effective way to help manage chronic and acute pain. Other benefits include more ease in the body, better posture and deep relaxation. You will learn a daily practice in order to maintain better flexibility, coordination, wellness, and balance resulting in a decrease of aches and pains commonly attributed to stress, injury and aging.

The workshop is open to all as anyone can benefit from less stress and more ease and comfort in body and mind.

Facilitated by Maggie, a qualified professional trained at the International Institute of Somatic Movement Education, UK.

Path to Liberation - Awareness through Meditation and Yoga with Einat

Saturday 7 - Sunday 8 February 2015 (2 days) - 10 AM - 5 PM (10 hours)

Quiet Healing Center (tel. 2622329 / 9488084966)

This workshop is an invitation to become intimate with the unity inside yourself; to be in the present, and discover the freedom of detachment. Through meditation, mantras, pranayama, chanting and yoga asanas, we will reveal layers of awareness in our body and mind. Awareness is balance. Our aim is to unify the self with the higher consciousness in accordance with the wisdom of Patanjali's ancient Yoga Sutra. Einat has been a yoga practitioner for the past 12 years. She explored many methods before finding her calling in Vinyasa Yoga in the tradition of TKV Desikachar, son and heir of Krishnamacharya. It is a traditional form of yoga that combines physical practice with ancient philosophy. She completed her teacher training in Wingate Institute, Israel. She also undertook intensive training at the KYM School in Chennai and teaches currently classes and workshops in India and Israel.

Qigong Workshop with Irene Reintjens

Monday 9 - Wednesday 11 February 2015 (3 days) - 9.00 AM - 4.00 PM (15 hours)

Quiet Healing Center (tel. 2622329 / 9488084966)

Qigong is the ancient art of maintaining and restoring health based on Traditional Chinese Medicine and Taoist wisdom. This workshop offers both theory and practice in Qigong exercises, which regulate breath, body and mind. It teaches how to unblock and balance the flow of Qi and to recognize the yinyang polarity in human beings and nature.

You will also learn ways to balance this subtle energy in food, work, life, relationships etc. and to build up your psychophysical immune system, inner tranquillity and strength.

Irene has been teaching Qigong worldwide for over 20 years. Having received her training in China and Italy from Chinese medical doctors, she is an experienced energy healer and certified instructor of Medical Qigong.

# SOUND CREATION WORKSHOP: RECORDING AND EDITING SOUND

Do you know that sound can be used as a way to express yourself and your creativity? By not making only music, but with sounds recorded around you. Like soundscape, birdsong, wind through branches, passing motorbikes, water flowing and voices around you who sing, speak, scream, shout, tell and sometimes confide.

The microphone gives us the possibility to record and fix sounds in many ways. To play and express creativity with all those sounds, we use an editing program.

During one week, Chloé, an Aurovilian friend, working as an independent for Radio France and studying electro-acoustic music in Paris, will give a one-week workshop on how to record and edit sound by using the program REAPER. She'll give an overview of fundamental techniques for recording and editing. Participants will learn this program by making a portrait of someone (or something) from Auroville. After that, for those who want it, we'll include your « portrait » into the radio installation: *The Voices of Auroville* for the Auroville festival in Chennai (1st - 21st March 2015) at the Lalit Kala Academy Art exhibition in Chennai.

Date: Monday 16<sup>th</sup> to Thursday 19<sup>th</sup>, February 2015 Friday, February 20<sup>th</sup>: open practice Time: 2 to 4:30 pm

Venue: Auroville Radio, Town Hall ground floor

Equipment: provided by AurovilleRadio but if you have one, bring your laptop and recording machines.

Contribution: Rs 1,000 for guests/ Rs 500 for volunteers / Free for Aurovilians

Open and accessible to all but participants must be computer literate.

For more information and registration contact Chloé: chloe@auroville.org.in or AurovilleRadio: 262 3331

# USING ESL TECHNIQUES IN THE ENGLISH MEDIUM CLASSROOM

Teachers using English as a medium for teaching either nonnative English speaking students or a mixed class, face a particular set of challenges in matching the appropriate English level with the content of the lesson. Students are similarly challenged in that they have to learn a new language together with lesson content. Irrespective of content, every lesson is an English lesson.

In this situation the particular techniques used to teach English as a second or foreign language can be part of the 'glue' that holds the lesson together as well as helping to deliver the content in varied and interactive ways.

This 4 session course aims to cover various aspects of ESL teaching such as

- balancing the four skills
- basic ESL classroom techniques
- total physical response
- language in action
- the importance of listening
- pronunciation, intonation and stress
- drills, songs and jazz chants
- group / pair work.

The course will be taught by Marion Meakin and will be both practical and experiential. We will meet on the following Saturday mornings from 9:00 to 12:00 - February 7 & 14; March 7 & 14. Meeting places to be announced.

Limited to 24 participants with a reasonable command of English. Pre-registration is required. Phone: 2622-466 or send an email to Heidi Watts: <a href="https://hwatts5379@gmail.com">hwatts5379@gmail.com</a>

#### WELLPAPER COILING WORKSHOP 04/02 WEDNESDAY

You are invited for a 3-hour introductory workshop to create art and products from waste (mainly recycled newspaper).

#### Bowls Coiling introductory workshop-

The WELL Women will introduce how to create beautiful bowls, containers or accessories made of flattened and coiled newspaper sticks. Most likely you will end up with more than one item.

The workshops are instructed by WELL women from the villages around Auroville. These women are very well practiced. These women have teaching experience in and out of AV.

Contribution: Rs.500 for guests. All the workshops have a minimum of 6 participant registered.

The workshop will take place every Wednesday between 9:30 to 12:30 at Kotakarai, sitting on the floor.

<u>Directions:</u> Wellpaper workshop is located close by Bamboo center in the mangalam site. On the middle way from the town hall "mushroom" toward Ganesh bakery, turn left toward the Kali temple. Follow the road till Wellpaper arched building. If you would like to join us please email us to: wellpaper@auroville.org.in Or call 0413-2622219.

#### **SOUND AS A UNIFIER**

Two Workshops with the Russian Singing Bells in February at CRIPA (Kalabhumi) on Mondays: 2nd and 9th February, 4.30-6.00 pm Led by Vera Lipen

Sound operates through the law of Resonance. Resonance is where two become one, where minds join. Resonance is, in itself, a state of awareness and experiential knowing far beyond concept and mental, cognitive thinking. On the vibration field-body-time level, resonance is the experiential state of Oneness.

The workshop consists of two parts: a "sound bath" with a unique plate bells instrument from Russia and a "tuning to Harmony" experience of creating beautiful music together while joyfully exploring the key psychological elements necessary for harmonious collective co-existence.

No registration required. Contribution requested from guests.

### LOCALLY GROWN VEGETABLES - SESSION 11

A series of "learning to cook, prepare and taste sessions" The eleventh session will be on 31st of January 2015 (Saturday) at 10.30 am, at Life Education Centre, opposite Isaiambalam School.

It will focus on the preparation of Varagu-Brinjal Bath (Rice). These bi-monthly sessions are being conducted by Buvanasundari.

Looking forward to see you there on 31st of January 2015, where we will see, learn, do, eat and ask questions! Life Education Centre team

#### DRAWING WORKSHOP.

With the right side of the brain method - Facilitators Kitti and Marianna.

During the workshop we will learn:

- How to make a real portrait
- -How to enjoy the timelessness
- -How to use the drawing to express yourself

If this sounds for you.... Then join us!!

Venue: Pavilion of Tibetan Culture.

From 18th till the 21st of February 2015.

From 9 am till 5.00 pm

Four full days required. Registration and for information contact: <a href="mailto:kalsang@auroville.org.in">kalsang@auroville.org.in</a> or call Kitti +91/ 9805982976 (You can enjoy the course without any previous experience.)

#### QI YO YOGA with Friederike.

At Pavilion of Tibetan Culture. January 27th and 29th - Morning from 9 am till 10.30 am.

#### HATHA YOGA with Jacob.

Every Tuesday and Wednesday 4.30 to 6 pm.

We request everyone not to come through the Bharat Nivas gate - All are kindly requested to park your vehicles in the PARKING.

Above mentioned facilitators are both guest of Auroville. Your contributions towards the class will benefit the maintenance of Pavilion of Tibetan Culture.

# THE BASICS OF NONVIOLENT COMMUNICATION: "EXPLORING A PATH OF NONVIOLENCE"

Sat, Feb 7 - Sun, Feb 8 / 9.30 am - 5 pm, including lunch Joy Living Learning (Joy Guest House) - Centre Field, Auroville

The Power of Nonviolent Communication: At the heart of this practice is the belief that as human beings we are designed to collaborate and to want to contribute to the well-being of others. However, because of our conditioning and socialization, we forget our true nature and instead start to live a life filled with right and wrong thinking. Instead of co-operation and abundance, we experience competition and scarcity, and so we can easily resort to violence (even if ever-so subtly).

Nonviolent Communication offers an understanding, as well as very practical tools, that support us to become more aware of our unconscious, life-alienating behaviour. We learn to translate our judgements into our true feelings and needs and to hear the true feelings and needs behind another's judgements or threatening behaviour. Independent of our relationship with the other, this practice is also hugely self-empowering, as it encourages us to take self-responsibility for what we're experiencing and supports us to make conscious

choices about how to move forward - in a way that contributes to life!

L'aura Joy,

CNVC Certified Trainer: L'aura has been sharing and living NVC for the past 7 years, and has traveled and shared in different countries and contexts. She is passionate about exploring how we can live our lives in empowered and co-creative ways. Nonviolent Communication offers such a clear, yet deeply powerful and transformative, framework within which to explore both our inner realities as well as outer relationships. For more info and to register: Email: <a href="mailto:joylivinglearning@qmail.com/Mobile:9442788016">joylivinglearning@qmail.com/Mobile:9442788016</a>

Pre-Registration is required./ Limited seats, so please book your seat early!

#### **FAMILY CONSTELLATION with Jerry**

1 Day Workshop - Saturday Feb. 7<sup>th</sup> 9am - 5 pm at Windarra, Sunspace

Let us look behind the curtain and move from unconscious to consciousness.

With Family Constellations we have the ability to reveal hidden origins of painful experiences that are repeating in our life. FC can bring light into these origins and by that transform associated patterns, feelings and habitual behavior.

Jerry studied clinical and social psychology and worked about 40 years in education, training and psychotherapy. His main interest is personal and trans-personal development. He created "7 Eyes", a simple but profound system to become aware and integrate the different levels of consciousness. Since more than 15 years he is a Family Constellation Practitioner.

Jerry's special capacity is tuning in and structuring the actual field energy and supporting the individual processes.

Info: E-mail: bodyinlight2015@gmail.com / Cellphone: *Jerry* 0709 4629 714, *Sandyra* 0944 3619 403

### SCHEDULES

#### CREATIVITY COMMUNITY - HALL OF LIGHT

#### YOGA CLASSES

From Monday 2, February Monday .....9 am to 10.30 am. Friday...... 9 am to 10.30 am. Saturday....4.30 pm to 6 pm.

FEDERIKE is practicing QI YOGA. The Qi-Yo signature class which draws upon Balinese, Chinese and Indian yoga traditions is a "contemporized" blend of traditional Indian Yoga, Qi Gong, body mind centering and ancient Balinese healing tools geared towards developing the holistically aware individual.

The class opens with a brief alignment-visualization exercise intended to bring the focus inwards into the subtle sheaths of the body. A soothing "pranayama" (breath-extension) exercise follows, enabling students to purify nerve channels, open meridians and shift focus from the physical to the energetic body. The practice unfolds into a flow based sequence of postures that teaches students to integrate rhythmic breathing with conscious movement, linking postures, moving with complete awareness as they increase strength and flexibility

From THURSDAY 5 February, Every Thursday from 5 pm to 6.30 pm

Bebe Merino has practiced yoga and meditation for 15 years and taught for almost 9 years. Her teaching is varied, creative and influenced by a wide range of different yoga styles including the emphasis on breath and movement of Vinyasa flow. The precision of lyengar yoga, the heart orientated grace of Anusara, the individualized aspect of Astanga Vinyasa, the traditional philosophy and spiritual aspect of Vipassana

meditation and my ongoing vision of the" things as they are" as I have been learning for years with different teachers in different parts of the world and qualified Hatha Yoga Teachers in the Sivananda Center in Kerala since 2005.

#### Vinyasa flow class description:

An open level class linking breath with movement designed to build heat and strength, may finishing off with restorative postures designed to release stagnant energy and calm the body and mind .May also include simple pranayama and meditation. The practice could also be accompanied by music.

For any additional information, please contact Asha 9443069335.

#### **VERITE**

Please contact Vérité to register for the following workshops: 0413 2622045 or <u>programming@verite.in</u>. Contributions requested from guests/volunteers (Volunteer reduction by advance application only)

INTEGRAL HEALTH & HEALING - with Dr. GEETA AUROPREMI FOCUS: INTEGRAL HEALTH, HEALING AND SPIRITUALITY Friday 6 February - from 9:30 am to 12:30 pm (24 hour advanced registration required)

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 YTTC 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.

# CREATIVITY IN MOTION - with ELOISE Friday, 6 February from 2.30 to 4 pm

This class offers an environment in which performers can access their creativity through improvisation in a supportive non-judgmental atmosphere. We begin with walking, standing, and lying down and then simple movement tasks that allow the group to become attuned to themselves and to each other. The ability to react to a scenario in the moment brings great joy to the performer and gives a sense of flow. We play and move, with music, until we no longer need guidance because we are immersed in our dance.

ELOISE has years of dance experience and trained at the Northern School of Contemporary Dance in Leeds UK. For the past 2 and a half years, she has been taking part in workshops, festivals and classes all over the world.

# AN EVENING OF KIRTAN AND DEVOTIONAL SONG - with BRENDA & RAFA

#### Friday, 6 February from 7.30 to 9 pm

Join Canadian Kirtan artist Brenda McMorrow for an evening of Kirtan featuring Spanish percussionist Rafa Martinez.

BRENDA MCMORROW is a Canadian Kirtan Artist, who is invited worldwide to share her deep devotion to the celebration of our true beings through the joyous Bhakti Yoga practice of Kirtan. Brenda has forged her own unique and welcoming style of mantra music, "blending elements of acoustic folk, world rhythms, with a sweetly introspective singer-songwriter's sensibility".

RAFA is a percussionist/vocalist from Barcelona. He is part of the band "Shaman Laika", which was born with the intention to honour Mother earth and to serve the expansion of consciousness through ceremony, meditation, kirtan, bhajan, mantra, ethnic, world and ceremonial music; from love, for love and through love...

# HENNA, HANDS AND HEALING - with KRUPA Saturday, 7 February from 9 am to 12 noon

Experience guided meditation, drawing and henna in a non-traditional exploration, to stimulate circulation of energy and awareness into the role of our hands. Each participant will be guided in applying henna onto his/her own hands as a form of self-care.

KRUPA is an Aurovilian and an International Art Therapist, trained in Trauma informed Art Therapy and combination of Art & Yoga. This workshop is part of a series in her subunit Sankalpa: Art Journey's work to bridge cultures through creativity, while facilitating original self-expression.

# COACHING FUNDAMENTALS - with JULIE Saturday, 7 February from 9 am to 4.30 pm

This interactive and dynamic training day is aimed at Aurovilians and Guests who want to learn basic coaching skills. Coaching is the art of listening profoundly and asking powerful questions.

Coaching conversation skills are a great tool for anyone interested in optimizing their relationships, and in particular:

- Managers to build an inclusive, non-hierarchical leadership style
- Therapists to enhance long term impact on clients
- Designers and other freelancers to build trust in client relationships
- Teachers to create mutual respect and openness with students

You will learn how to listen in a focused and intuitive way, how to ask questions that quickly build resonance and trust, and how to facilitate sustainable, real change.

JULIE combines her extensive coaching, yoga and business consulting experience to help clients find a balance between thought and action, between being mindful and practical. She specializes in relationship and career coaching.

CLASSES in Vérité - February 2015						
Days	Drop-in Classes	Timings	Facilitator			
Monday to Friday	Hatha Yoga in Iyengar Tradition	6:45 to 8.15 am	Olesya			
Monday	Sound Bath (No class on Feb 2 & 9)	5:15 to 6:30 pm	Aurelio			
Monday & Friday	Pilates	4 to 5 pm	Philippe & Sabine			
Monday & Friday	Nia Holistic Dance	5:15 to 6:15 pm	Philippe & Sabine			
Tuesday & Thursday	Hatha Yoga in Iyengar Tradition (No class on Feb 3, 5 & 10)	5 to 6.30 pm	Olesya			
Tuesday & Thursday	Soft Yoga Flow (No class on Feb 5, 12 & 17)	10.30 to 12 noon	Elisabetta			
Tuesday	Soul Motion Conscious Dance	5:00 to 6:30 pm	Philippe & Sabine			
Wednesday	Somatic Explorations	5 to 6 pm	Maggie			
Wednesday & Friday	Dynamic Hatha Yoga (only on Feb 25 & 27)	5 to 6.30 pm	Christine			
Thursday	Soul Motion Heart Mindful Movement	9 to 10 am	Philippe & Sabine			
Thursday	Dance Space	5 to 7 pm	Dariya			
Saturday	Dynamic Hatha Yoga (only 28th Feb)	6:45 to 8.15 am	Christine			
Special Events in Vérité - February 2015						
Friday	Creativity in Motion (only on Feb 6)	2.30 - 4 pm	Eloise			
Friday	Kirtan (only on Feb 6)	7.30 - 9 pm	Brenda			
WORKSHOPS in Vérité - February 2015 (advance registration required)						
Fri, 6 Feb	Integral Health, Healing and Spirituality	9.30 am to 12.30 pm	Dr. Geeta Auropremi			
Sat, 7 Feb	Coaching Fundamentals	9 am to 4.30 pm	Julie			
Sat, 7 Feb	Henna, Hands & Healing	9 am to 12 pm	Krupa			
Fri, 13 Feb	Parts and Plans of the Human Being	9.30 am to 12.30 pm	Dr. Geeta Auropremi			
Sat, 14 Feb	Consciousness as Medicine	9 am to 12:30 pm	Dr. Yogesh Mohan			

Sat, 14 Feb	Fresh Perspectives	9 am to 12.30 pm	Julie			
Fri, 20 Feb	Healthy Lifestyle and Purification Methods	9.30 am to 12.30 pm	Dr. Geeta Auropremi			
Mon, 23 Feb	How to Flow Through Life	9 am to 12.30 pm	Julie			
Wed, 25 Feb	Yoga and Mindfulness Meditation	9 am to 12 pm	Christine			
Thu, 26 Feb	Yoga and Chakra Meditation	9 am to 12 pm	Christine			
Fri, 27 Feb	Yoga and Pranayama	9 am to 12 pm	Christine			
Fri, 27 Feb	Use of Natural Ayurvedic Herbs in Daily Life	9.30 am to 12.30 pm	Dr. Geeta Auropremi			
Sat, 28 Feb	Yoga and Yoga Nidra	9 am to 12 pm	Christine			
THERAPIES in Vérité - February 2015						
Therapist	Modality	Contact for appointment				
Call for appointments: Mobile: 7094104329, Ph. 0413 2622 606, email:treatments@verite.in						
Krupa	Art Therapy					
Dieuwke	Ayurvedic Massage					
Dr. Geeta Auropremi	Ayurveda, Yoga & Naturopathy					
Julie	Life Coaching					
Naradi	Lomi Lomi Massage					
Christine	Neurolinguistic Programming (in French only)					
Philippe	Tarot Reading					
Christine	Thai Yoga Massage					

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

# PITANGA NEWS CLASSES

CANCELLATION OF IYENGAR, YOGA FOR PREGNANCY Wed 7h and Thurs 8th February (with the exception of Wed 7.30 ladies class). These classes are cancelled due to termite control treatment needed in the floors in the yoga and dance room. All classes in the exercise room upstairs will go ahead as planned.

PILATES CLASSES are cancelled for the month of February as Teresa is on training.

#### **WORKSHOPS**

MPROVISING MOVEMENT - A NATURAL DANCE with Elisabetta, Friday, January 30th, 10 am- 12.30pm - see last week's News and Notes for details

EXPERIENCE THE POWER OF HARMONICS/OVERTONES with Mario, Sunday Feb 1st 5pm - 6.30 pm - see last week's News and Notes for details

#### QI QONG WORKSHOP with Cilica, Tuesday, February 3rd, 9.00 am - 12.00 pm

Qi Gong connects the breath to gentle movements where attention is given to all the various joints and body parts in a sequence of Qi Gong movements. Cilica is a returning friend to Pitanga having given workshops with us in 2009.

VOCAL WORKSHOP With Birgit Breidenbach Saturday, February 7th, 2.30pm to 5.30pm and Monday 9th, Tuesday 10th and Wednesday 11th from 6.30pm to 8.30 pm. Birgit, a teacher from the conservatory of Münster, will conduct a workshop for all interested to develop their voice in singing. This singing course includes fundamentals of vocal training, sound development and interpretation. For her recent program "Crossover" she interprets in her contralto voice compositions from a diversity of composers ranging from Schumann, Wagner, Schubert, Brahms, Mahler, Kurt Weill, Udo Lindenberg, Friedrich Holländer up to Ralph Maria Siegel

FAMLIENAUFSTELLUNG/FAMILY CONSELLATION in the tradition of Bert Hellinger - Friday February 6th and Sunday Feb 8th, 9.30am -5pm with Evmarie, visiting psychotherapist from Munich. In this workshop the "inner pictures" of participants families, either present or original, are positioned. This then reveals and releases those hidden patterns and entanglements operating within the constellation which hinder the full unfolding of our potential. Even though the experiencing of and positioning in the constellation of others, a healing process occurs which answers deep rooted questions. This workshop is in German with English translation. Registration needed for all workshops



# Programme for February 2015

Yoga-lyenga	ar					
Āsanas	level 1 (regular students)	Mon	07.30 - 09.00	Tatiana		
Āsanas (*)	level 2 (regular students)	Mon	17.00 - 19.00	Tatiana		
Āsanas	drop in all levels	Tues		11.00 - 12.00		
	Angela					
Āsanas	level 1 (regular students)	Tues	15.30 - 17.00	Angela		
Pranayama	level 1 & 2 (regular students)	Tues	17.00 - 18.30	Tatiana		
Āsanas	All levels in Russian	Tues	19.00 - 20.00	Alexander		
Āsanas for women	drop in all levels	Wed	07.30 - 09.00	Angela		
Āsanas	level 1 (regular students)	Wed	11.00 - 12.30	Angela		
Āsanas(*)	level 2 (regular students)	Wed	17.00 - 19.00	Tatiana		
Āsanas for women (*)	level 2 (regular students)	Thurs	07.30 - 09.15	Tatiana		
Āsanas	All levels in Russian	Thurs	10.30 - 12.00	Alexander		
Āsanas	drop in restorative all levels	Thurs	15.30 - 16.30	Angela		
Āsanas	level 1 (regular students)	Thurs	17.00 - 18.30	Tatiana		
Āsanas for the spine	drop in all levels	Fri	07.30 - 09.00	Tatiana		
Āsanas	level 2 (regular students)	Fri	17.00 - 18.45	Angela		
Āsana- open practice (*)	level 3 (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		
	o an lyengar class for the first time	e, you need to com	e to a drop in class	Ü		
Yoga- Ashtanga-Vinyasa						
Ashtanga - Vinyasa (*)	regular practitioners	Tues, Fri	06.30 - 08.15	Alain		
_Yoga - mixe						
Āsanas (*)	for teenagers	Mon, Wed	16.00 - 17.00	Lisbeth/ofa		
Yoga Therapy	all levels (Max. 8 people)	Mon, Wed, Fri	08.30 - 10.00	Gala		
Prana Vidya Hatha Yoga	all levels	Mon, Fri	17.00 - 18.30	Sabrina		
Vinyasa Flow	drop in - beginners	Tues	09.00 - 10.30	Bebe		
Vinyasa Flow	drop in - intermediate	Weds	17.00 - 18.30	Bebe		
Prana Vidya Hatha Yoga	all levels	Weds	18.30 - 20.00	Sabrina		
Hatha Yoga	all levels, in French	Mon, Fri	10.15 - 11.45	Sylvie		
Yoga Nidra	all levels, in French	Tues	16.00 - 17.30	Sylvie		
Hatha Yoga	all levels	Tue, Sat	06.45 - 08.00	Nausheen		
Yoga	for Pregnancy	Thurs	09.30 - 11.00	Appie		
Vinyasa Flow	for children 4-9 yrs.	Sat	09.00 - 10.00	Bebe		
Āsanas	for children 7-9 yrs.	Sat	10.00 - 11.00	Gala		
Other Exerc		Thumo	1/ 20 17 20	Crambra		
Aviva exercise	for women	Thurs	16.30 - 17.30	SuriyaG		
Discover energy body	children, 7-9 yrs.	Sat	11.00 - 12.00	Gala		
Abdominal toning Abdominal toning	Beginners in French Intermediate in French	Wed	10.30 - 11.00 17.00 - 18.00	Jean-luc		
	intermediate in French	Sat	17.00 - 18.00	Jean-luc		
D a n c e Moving Meditation Tandav	a dron in all lovels	Tues	17.30 - 19.00	Elisabetta		
Odissi Dance (*)	Regular practitioners	Fri	15.30 - 16.30	Rekha		
Martial Arts		111	13.30 - 10.30	NCKHA		
Aikido	all levels	Tue/Thurs	06.00 - 07.30	Surya		
Aikido	beginners	Sat	06.00 - 07.30	Surya/Cristo		
Self Defence	drop in all levels	Thurs	18.30 - 20.30	Antonello		
	Aikido classes are not mentioned he			7.1.1.0110110		
Other	as classes are not montioned no	. 5. 55111451 511510 2	SEESOO, STISLOS GITIA.IT			
Forgiveness Process	Visualisation	Thurs	18.00-19.00	Marie Claire		
J						

FEBRUARY WORKSHOPS Harmonics/ Overtones Feb 1st, Qi Gong Feb 3rd, Family Constellation Feb 6th & 8th, Vocal/Singing Feb 7th, 8th, 9th & 10th, Free flow dance Feb 20th, Pranayama 20th, 21st, 22nd, 23rd & 24<sup>th</sup>

Health Care at Pitanga 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

Acupuncture with Morgana, Awakening the intelligence of the body with Vani, Cranio Sacral Therapy with Elena & Veronica, Facial Treatment with Svetlana, Journey to the memory of the body with Vani, Naturopathy/Cupping with Veronica, Oil Body Massage with Antonello Reiki with Betty, Reconnective healing with Paola, Reflexology with Pircilla, Releasing through Awareness with Rosa, Spiritual Healing with Evelyne, Thai Yoga Massage with Bebe

> Closed February 21st and 28th Pitanga Cultural Centre, Samasti, (0413) 262 2403 - pitanga@auroville.org.in.

### SAVITRI BHAVAN

### February 2015

#### **EXHIBITIONS**

Sri Aurobindo : a Life-Sketch in Photographs continues in the upstairs corridor

Meditations on Savitri : Books Eight to Twelve
Paintings by Huta in the Picture Gallery

FILMS Mondays 6:30 pm

February 2 : BUILDING MATRIMANDIR - LABOUR OF LOVE 1971-2008

Duration: 52:00min.

February 9: PICTURES OF SRI AUROBINDO'S POEMS, Part 1 - Paintings and recitations by Huta A film by Manohar, with music by Sunil-da Duration: 37min.

February 16: THE TEACHINGS OF FLOWERS - THE LIFE AND WORK OF THE MOTHER OF THE SRI AUROBINDO ASHRAM

The Mother used flowers as a means of spiritual teaching of the Integral Yoga A film by Loretta Shartsis, cinematography by Caren Lindfield. Duration: 121 min.

February 23: MEDITATIONS ON SAVITRI - Book 1: The Book of Beginnings Canto III: The Yoga of the King: The Yoga of the Soul's Release A film by Manohar of Huta's paintings illustrating passages from Savitri read by the Mother and accompanied by her own organ music. Duration: 30min.

#### **REGULAR ACTIVITIES**

Sundays 10.30-12 noon: Savitri Study Circle

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

Mondays, Tuesdays, 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 (see details below)

Tuesdays, Fridays, 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
Tuesday February 3, 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.

Office, Exhibitions, Reading Room and Digital Library are open Monday to Saturday 9-5

Everyone is welcome

#### FILMS



C I N E M A - Bharat Nivas - AUDITORIUM

- FRIDAY 30 JANUARY 7:30 PM 2 short films by Satyajit Ray celebrating Rabindranath Tagore
- FRIDAY 6 FEBRUARY 7:30 PM (Film show starting at 7:45 sharp)

### "ABOUT ELLY" - "Darbareye Elly"

Directed by Asghar FARHADI- Iran, 2009

Stars: Taraneh Alidoosti, Golshifteh Farahani, Shahab Hosseini Synopsis: The director offers this revealing look at the Iranian middle class by examining how one simple lie can open up a Pandora's box of problems. In the wake of his failed marriage in Germany, Ahmad returns to Tehran. With the holidays approaching, Ahmad's friend Sepideh organizes a weekend getaway to the Caspian Sea with a group of old college friends.

But one member of the group sticks out: she's a pretty kindergarten teacher named Elly, and Sepideh thought she would be a perfect match for Ahmad. Strangely enough, on the very first night of the trip Elly naturally endears herself to the tight-knit group. The following day, however, Elly vanishes without a trace, sparking a frantic search that sours the festivities, and revealing the casual deceits that are shared amongst friends.

Asghar Farhadi won the Silver Bear for Best Director at the 59th Berlin Film Festival for the film. He then directed the much acclaimed "A Separation")

Original Persian version with English Subtitles - Duration: 1h.59'



# THE ECO FILM CLUB

Sadhana Forest, February 6th, Friday at 7 pm

#### LESSONS OF THE LOESS PLATEAU

2013 - 53 min. Directed by John D. Liu, English

Covering an area that is the size of France, the Loess Plateau is home to more than 50 million very poor farmers who have suffered centuries of severe soil erosion, leading to massive environmental degradation and poverty. The film documents a remarkable paradigm shift: the rebirth of a self-sustaining ecosystem in the dry and remote Loess Plateau region of China, and identifies why and how a World Bank/government joint project has completely changed the landscape of the 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 SADHANAFOREST: 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 <a href="mailto:sadhanaforest@auroville.org.in">sadhanaforest@auroville.org.in</a>

# VISITOR CENTER MOVIE SHOW

5th February Thursday 8 pm THE IMITATION GAME (2014)

Genre: Biography/Drama/Thriller / Dur: 1.54 min / Rated: PG13 / Language: English/ Subtitle: English

Dir: Morten Tyldum / Cast: Benedict Cumberbatch, Keira

Knightley, Matthew Goode
Storyline: Based on the real life story of legendary cryptanalyst
Alan Turing, the film portrays the nail-biting race against time
by Turing and his brilliant team of code-breakers at Britain's

top-secret Government Code and Cypher School at Bletchley Park, during the darkest days of World War II.

6th February Friday 8 pm

INTERSTELLAR (2014)

Genre: Sci-Fi/Drama / Dur: 2.49 min / Rated: PG13 /

Language: English/ Subtitle: English

Dir: <u>Christopher Nolan</u> / <u>Cast</u>: <u>Matthew McConaughey</u>, <u>Anne</u> Hathaway, Jessica Chastain

Storyline: In the near future, Earth has been devastated by drought and famine, causing a scarcity in food and extreme changes in the climate. When humanity is facing extinction, a mysterious rip in the space-time continuum is discovered, giving mankind the opportunity to widen its lifespan. A group of explorers must travel beyond our solar system in search of a planet that can sustain life. The crew of the Endurance are required to think bigger and go further than any human in history as they embark on an interstellar voyage into the unknown. Coop, the pilot of the Endurance, must decide between seeing his children again and the future of the human race

# AT SAVITRI BHAVAN

Monday, 2nd of February 2015, at 6:30 pm

"BUILDING MATRIMANDIR - LABOUR OF LOVE - 1971- 2008" The documentary on the construction of the Matrimandir is showing archival footage of the early stages of the construction, as well more comprehensive coverage of the final stages. The film is impressive and shows a special part of the growth of Auroville.

The Mother described the Matrimandir as "the living symbol of Auroville's aspiration for the Divine" and that "The Matrimandir will be the soul of Auroville". And it is the manifestation of four aspects or 'sides' of the Universal Mother: Maheswari (the supreme Mother), Mahakali (the warrior aspect and the aspect of love), Mahalakshmi (the aspect of harmony and beauty) and Mahasaraswati (perfection in the arts and in work). Duration: 52:00min.

#### ASSOCIATION ALTERITE

A powerful introduction to Sri Aurobindo and Mother's evolutionary action

Every Friday from 30/01/2014 to 27/02/2015 at 4.30 pm at Cinema Paradiso (MMC Auditorium)

"Le Chemin vers l'Interieur" (The Way towards the Within) - 1981 - 30 mns

"L'Homme après l'homme" (Man after man) - 1981 - 1 hr 2 filmed interviews with Satprem in French with English subtitles

Satprem was Mother's confident for almost 20 years; he recorded all his conversations with her and published them under the title of "Mother's Agenda".





Multimedia Center (MMC) Auditorium
Film programme 2 February 2015 to 8 February 2015

Indian - Monday 2 February, 8:00 pm:

CUCKOO
 India 2014 Writer-Dir

India, 2014, Writer-Dir. Raju Murugan, w/ Dinesh, Malavika Nair, Elango, and others, Drama-Romance, 155mins, Tamil w/ English subtitles, Rated: G (U)

Tamizh is a chirpy and happy guy who makes a living out of selling stuff in the train. He is also a stage actor. Tamizh falls in love with Sudandirakodi - alias Kodi, who is aiming to complete her college degree. Murugan, a journalist takes on a trip to uncover what went wrong in this love story between two visually impaired people. A good film!

German - Tuesday 3 February, 8:00 pm:

WINTERTOCHTER (Winter's Daughter)

hidden secret comes to light. Her father is not her

Germany, 2011, Dir. Johannes Schmid w/ Nina Monka, Ursula Werner, Leon Seidel, and others, Drama, 90mins, German w/ English subtitles, Rated: NR In collaboration with Goethe Institute/Max Mueller Bhavan A phone call interrupts the peaceful Christmas because an unknown Alexej wants to talk to Kattaka's mother. A long

biological father. The 12 year old Kattaka together with

Lene, an old neighbor, are determined to search for Alexej. Are they able to close the gap between the generations and again finding themselves?

# Interesting - Wednesday 4 February, 8:00 pm:

#### JODOROWSKY'S DUNE

USA-France, 2013, Dir. Frank Pavich w/ Alejandro Jodorowsky, Michel Seydoux, H.R. Giger, and others, Documentary, 90mins, English-French-German-Spanish w/ English subtitles, Rated: PG-13

The story of cult film director Alejandro Jodorowsky's ambitious but ultimately doomed film adaptation of the seminal science fiction novel. An amazing glimpse into the life of a genius!

#### French- Thursday 5 February, 8:00 pm:

#### ATTILA MARCEL

France 2013, Dir. Sylvain Chomet, w/ Guillaume Gouix, Anne Le Ny Bernadette Lafont, Hélène Vincent, comedy, 102 mins, French WITH ENGLISH SUBTITLES, Rated: G. In his thirties, Paul lives in Paris with two aunts who raised him since he was two years old. They dream to see him becoming a virtuoso pianist. His life is a daily routine until he meets Madame Proust...

### International - Saturday 7 February, 8:00 pm:

#### **GABRIELLE**

Canada, 2013, Dir. Louise Archambault w/ Gabrielle Marion-Rivard, Alexandre Landry, 104mins, Drama-Music-Romance, French-English w/ English subtitles, Rated: R Gabrielle is a young woman with Williams's syndrome who has a contagious joie de vivre and an exceptional musical gift. Since she met her boyfriend Martin, at the recreation centre where they are choir members, they have been inseparable. However, because they are "different," their loved ones are fearful of their relationship. As the choir prepares for an important music festival, Gabrielle does everything she can to gain her independence. As determined as she is, she must still confront other people's prejudices as well as her own limitations in the hope of experiencing a love far from the "ordinary".

#### Children's Film - Sunday 8 February, 4:30 pm: TOOTH FAIRY

USA, 2010, Dir. Michael Lembeck w/ Lowell Ganz, Ashley Judd, Julie Andrews, and others, 101mins, Comedy-Family-Fantasy. English, Rated: PG

A bad deed on the part of a tough minor-league hockey player results in an unusual sentence: He must serve one week as a real-life tooth fairy.

Hitchcock in England Film Festival @ CINECLUB Hitchcock single-handedly reinvented the thriller genre with his unique recipe of suspense, wit, style and sex. He made his name by constantly pushing cinematic boundaries, both technically and in terms of content. He made the first British 'talkie', Blackmail, in 1929. In a career that spanned most of the 20th century, Hitchcock made over 50 movies,

#### Ciné-Club - Sunday 8 February, 8:00 pm:

many of them classics of the first order.

#### THE MAN WHO KNEW TOO MUCH

UK, 1934, Dir. Alfred Hitchcock w/Peter Lorre, Leslie Banks, Edna Best and others, 75mins, Thriller-Mystery, English w/ English subtitles, Rated: PG An ordinary British couple vacationing in Switzerland suddenly find themselves embroiled in a case of international intrigue when their daughter is kidnapped by spies plotting a political assassination. This gripping film is the first of the early thrillers of Hitchcock, the Master of Suspense, made during the fertile phase of his career spent at the Gaumont-British Picture Corporation. Besides affirming Hitchcock's genius, it gave the brilliant Peter Lorre his first English-speaking role, as a slithery villain. With its tension and gallows humour, it's pure Hitchcock.

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 the 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. Thanking You, MMC/CP Group

Account# 105106, mmcauditorium@auroville.org.in

We appreciate your continued support: monthly or occasionally through blue-sheets (Aurovilians/Newcomers) or Aurocard reader (Guests). You can also make a contribution to "Cinema Paradiso" account at the Financial Service.

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

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

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

NB: Messages with large attachments (more than 1 MB) will not reach our inbox. Please try your best to send your announcements, reports, film schedules whenever they are ready. The Wednesday deadline (11am) is absolute as the News is given to the printers by Wednesday 2 pm. Any modifications of the submitted News items have to be sent to the editors before Wednesday.

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

Articles for the Notes section should ideally be no longer than 500 words. All articles need to reach us by Tuesday noon.

Work groups please note: Long reports (more than one page) or reports that contain graphs or have specific requirements, need to reach the N&N desk latest by Tuesday noon. If such a report comes on Wednesday morning without prior notice, the editors cannot guarantee placement the same week.

Visiting hours: Mondays, Tuesdays 9 am to 12; No visitors on Wednesday. Please, no dictations over the phone unless it is an emergency or you have a medical problem.

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

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