

# News & Notes

26th December 2015.....A weekly bulletin for residents of Auroville.....Number 629

MERRY  
CHRISTMAS



# HOUSE OF MOTHER'S AGENDA

That's how it is. All of a sudden, for two or three seconds, you seem to be holding the key. And all that's conventionally called "miracle" looks like the simplest thing in the world: "But it's perfectly simple, all you have to do is this!" And then... it goes away. And once it's gone, you try and try - absolutely useless. But when it's there, it's so simple, so natural! And absolutely all-powerful.

*(silence)*

A world of things that one could say. But saying them spoils them.

One thing that seems to be trying to come is the power to heal. But not at all as it's described, it's not that at all - it doesn't give a sense of "healing," you understand. It's... *(Mother searches for words)* putting things back in order. But that's not it either.... It's a little something that disappears, and that little something is... essentially it's the Falsehood. It's very strange.

Basically, it's what gives the ordinary human consciousness the sense of reality. That's what must disappear. What we call "concrete," a "concrete reality"... yes, what truly gives you the sense of real existence - that's what must disappear and be replaced by... It's inexpressible.

*(silence)*

Now I can follow.

I remember, when I came back after having BEEN those bursts - those pulsations, those bursts of creative Love [*experience of 13 April 1962*], when I returned to the ordinary consciousness (while retaining the very real memory of That, of the state), well, that state, which I felt to be pulsations of creative Love, is what must, is That which must replace here this consciousness of concrete reality - which is, which becomes unreal: it's like something lifeless - hard, dry, inert, lifeless. And to our ordinary consciousness (I remember how it was in the past), that's what gives you the impression, "This is concrete, this is real." Well, "this," this sensation, is what must be replaced by the phenomenon of consciousness of that Pulsation. And That *(Mother makes an intense gesture enfolding her whole face)* is at the same time all-light, all-power, all-intensity of love, and such FULLNESS! It's so full that... where That is, nothing else can exist. And when That is here, in the body, in the cells, then all you have to do is focus It on someone or something, and order is instantly restored in the person or the thing.

So, translated into ordinary words, it "heals." It heals the disease. But it doesn't heal it: it annuls it.... Yes, it annuls it.

*It unrealizes it.*

Absolutely. I have concrete proof of it. Any disease, any disease whatsoever.

*(silence)*

And the condition of all the cells (the vibrations that make up this body) is undeniably what makes the thing [healing] possible or not; that is, depending on the body's condition, it serves either as a transmitter, or on the contrary as an obstruction. Because it's not a "higher force" acting in others THROUGH Matter: it's a direct action (*horizontal gesture, on a level*) from matter to matter.

What people generally call "healing power" is a very great mental or vital power that imposes itself through the resistance of Matter - but this isn't at all the same thing! It's the contagion of a vibration. And then it's irrevocable. But it's gone in a flash. It's only a promise or an example of what will be: it WILL be like that, obviously. Obviously. When?... That's another question.

*(silence)*

Right here, this Vibration is felt as... *(Mother gestures as if everything were swelling)*. You understand, it [the body's ordinary condition] is tied up, it's tied and bound, I might almost say hardened, I don't know; and at such times, it seems to swell, to expand.

Only, it's momentary.

*(At the end of the conversation, Mother shows Satprem a note she wrote the same morning)*

"Instead of excluding each other, religions should complement each other."

Sri Aurobindo said that to me; it's so simple, so simple!

I was looking at all those religions, seeing them as facets, innumerable facets that harden and brace themselves against each other, and he seemed to be saying, "Well, put it all together, it will be so simple!" Just one sentence, not one word too many.

MOTHER'S AGENDA, 12 July 1967

MOTHER

*The  
Ponder  
Corner*

*We are not obliged to give responses of grief to certain impacts upon the mind, responses of anger to others, to yet others responses of hatred or dislike, to others responses of liking or love. All these things are only habits of our affective mentality...*

Sri Aurobindo  
ref. The Synthesis of Yoga, p.649

## ANNOUNCEMENTS

### Checking residence of Aurovilians by Immigration and/or Police officers

Immigration and/or Police officers are visiting various communities in Auroville to inquire about the residence of Aurovilians. We request all Auroville residents to extend their cooperation and courtesy in their interaction with them.

In case of doubt please refer the visitor to the Working Committee office.

Thanking you,  
*The Working Committee*

### Important notice from FAMC

It has been brought to the notice of the FAMC that Commercial Property has been rented out recently to a Non-Auroville party. It was further noted that the property in question was not offered to Auroville Units before entering into the lease agreement with the outside party. In view of the scarcity of commercial space in the area and in accordance with the Guidelines for Commercial Trust and Units as approved by the Governing Board in July 2014 the following has been decided:

1. Vacant commercial space has to be announced to interested Auroville Parties via an announcement in the *News and Notes*.
2. In case no Auroville Unit is interested to rent the space, that same may be offered to non-Auroville parties.
3. The maximum lease duration is fixed at 11 month with an option for renewal.
4. A copy of the lease contract is to be submitted to the FAMC for information.
5. For lease periods exceeding 11 months prior approval of the FAMC is required.

Please contact the FAMC administration for further clarifications if required.  
*FAMC 22nd December 2015*

### L'avenir d'Auroville: 26th Dec 2015

The following Site and Building Applications (SA and BA) 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 d'Auroville / TDC issues an NOC (No Objection Certificate). This happens only once the feedback period is over, the feedback has been evaluated, a 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 the TDC.

#### Individual Project:

#### Site Application Feedback:

1. Site application feedback for Manjini, Pre-fabricate dismountable house in Gaia.

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: 2622-170 or come personally to the Building Application section.

#### Road

For feed-back: The TDC has received a proposal for closing the mud-road running from Transition to Dana (see map on Auronet) for motorized traffic. The mentioned road will be open for cycles only.

## OBITUARIES



### They went ahead...

Once again we're at the time of the year where we look back and remember the Ones who left us. This last year twelve Aurovilians with whom we lived, worked and shared our days, proceeded to other dimensions and Auroville let go of them with gratitude and love.

We warmly remember young Alexei, Serge Cattaneo, Jayant Thakkar, 7, Lakshmanben, Tony, Klaus, Juanita, Petra, Vinod, Anand and Ursula; and also Anjani Dayanand, Francis O'Kelly and Raja Kalidas.

*Farewell, dear friends, we'll meet again.*  
OM~

## FOR YOUR INFORMATION

### Milestones, Updates & Invitations from Sankalpa

- 3,000 people of all ages and backgrounds have created with us at the Art Cart in the last year! Through community outreach, we have been weaving groups together at various events, facilitating cross-cultural connection through original self-expression. On December 19th, we celebrated this joy and color-filled year at the Youth Center fair!
- We hosted 6 graduate students from the School of Visual Arts (NYC) for an intensive credit course in Multicultural Issues in Art Therapy in August. The students learned traditional art forms from local women while processing issues of hierarchy, race, and privilege. Our culminating exhibition of mandalas, henna, embroidery and kolam traveled to NYC in October, as part of a developing bridge between NYC and Auroville through art therapy.
- Sankalpa founder, art therapist and Aurovilian, Krupa, traveled to Hong Kong and the US in October for a month of presentations, workshops and exhibitions. The work here has been received with great interest and support internationally!

- Our art center dome in the International Zone sustained termite and wind damage, so we studied the extreme climate, adapting to it with a dismountable secondary roof structure skillfully designed by Peter Anderschitz to be installed in the next weeks by Aureka. Funded by a successful crowdfunding campaign by 50 donors in 10 countries.
- Temporary roof used to host several events including a Holi celebration, book launch for Yaroslava's Flowers by Noel Parent, puja and planting of intention trees with SVA students.
- While waiting to use this space, we continue to collaborate with various existing spaces in/around Auroville including: Vérité, Unity Pavilion, Pavilion of Tibetan Culture, Visitor's Center, Kala Kendra, YouthLink, The Learning Community, Life Education Center, Thamarai, EcoFemme, Wellpaper, Upasana, Deepam, and Youth Center, among others!
- International collaborations with Art Therapy without Borders, International Art Therapy Organization, International Expressive Art Therapy Association, School of Visual Arts NYC, MindVISA youth exchange programs.
- Hosting long-term volunteers from India, France, Hungary, Israel, Germany, US.

#### Upcoming events at Sankalpa (on right side just after Pavilion of Tibetan Culture)

**Wednesday, December 30<sup>th</sup> at 3:30 pm:** A mandala circle garden experiment at Sankalpa in collaboration with Krishna at Solitude - all are welcome to remember and reconnect to the earth through permaculture and art!

**Saturday, January 2 from 8 to 9 am:** A simple mandala ceremony, where all are welcome to bring and add natural materials to a design on the earth and share an intention (sankalpa) for the New Year.

**February 19-21, 2016:** We are organizing an Expressive Arts Therapies Symposium in collaboration with Prasad Family Foundation (US). This unique experiential-based gathering will be for limited participants, including a panel and workshops with 6 facilitators (3 from US, 3 local) and community art exchange. Teachers, parents or anyone else interested to integrate tools of the expressive therapies in their work are encouraged to apply here (also on Auronet): <http://bit.ly/1HOMRDc>

Krupa and Iyyappan J. for Sankalpa: Art Journeys, a subunit of Thamarai  
[www.sankalpajourneys.com](http://www.sankalpajourneys.com), facebook.com/sankalpajourneys, sankalpa.art@gmail.com]

## POSTINGS

### Yepweek



We, the YEP Team, are happy to welcome your children in YEPWEEK, a program for guest kids age 7 to 12, which will be held weekly from Monday to Friday, 8:30 am to 1:30 pm. The kids will be taken from place to place to discover and experience Auroville in an authentic

way, through visits and activities set-up and facilitated by Aurovilians. The children will be involved in community life, play interactive games and have fun. To register your child please contact us via email: [yep@auroville.org.in](mailto:yep@auroville.org.in), or call us on: +91 763921750 (if we are not reachable on phone please send us an email). *Mirrabelle & Aurore (fertile)*

### Biodanza

There will be no Biodanza on Thursday 31st of December.

### Request to all Aurovilians - Auroville Printers

I kindly request and inform all units, services and schools in Auroville to consider all their jobs like vouchers, visiting cards,

bill books, delivery note books, library cards, book binding, packaging work (boxes, packets), and all kind of labels etc. I thank very much all those who give their orders to Auroville Printers and request others to consider next time when you need something to give your order to Auroville Printers. For your information, Auroville Printers was set up mainly for doing internal work of Auroville only.

Wish you all a Merry Christmas and a great Happy New Year 2016! Thanks!

Contact Raju- Auroville Printers (in front of the Auroville Health Centre, Aspiration): Phone: (0413) - 2622534 / Mobile: 9443202786

Email: [aurovilleprinters@auroville.org.in](mailto:aurovilleprinters@auroville.org.in)

### Youth Center Market news

The Youth Center Saturday Market will not happen on Saturday December 26th due to the Christmas holidays. We will resume Saturday January 2. We look forward to seeing you in the New Year.

## AVAILABLE



### Village Action Group new collection

We from the Village Action Group (AVAG) are proud to announce that our new collection, which was received very positively at this year's Christmas Fair at the YC - and also all our other products - are available at the

Kamalam Boutique at the Visitor Center, near to the Dosai Corner. Just look or ask for "Aval", that is our main brand. Lots of love, *the AVAG Team*

### Lots of stuff

**DSLR Sony A(alpha)-100 Camera+Lenses:** After thoroughly checking e-bay I offer the following camera lenses at a reasonable price (for the buyer 'reasonable', for me painful

because I paid 4x that 'reasonable' price!). I bought the SONY A-100 a few years back but never really used it.

SONY A-100 (N 50) Body / SONY (N 50) 18 - 70 Lens, 0.38 m / 1.3 ft Macro, Skylight (1A), DT 3,5 - 5,6 / SONY (N50) 75 - 300 Lens, 1.5 m / 4,9 ft Macro, B+W 55 KR 1,5, 1,1x, DT 4,5 - 5,6 / Compact Flash (Memory) San Disc ultra II, 2.9 GB / SONY Memory Stick Duo Adapter for Compact Flash Slot AD-MSCF 1 / Battery Sony Pack 7,2V, 1.5Wh (NP-FM55H) / Camera Bag LOWE PRO Mini Mag DLX / Charger, Cables, Manual, CD / HAMA Tripod Profil 25

**OLYMPUS VN-8600 PC Voice Recorder:** After checking e-bay I offer the following item. I bought that high quality Voice Recorder a few years back but never really used it. - OLYMPUS VN-8600 PC Voice Recorder incl. Case, Cable, Earphones

SG Tasco Binoculars - 30 x 25: Key Features: Reliable Center Wheel Focus Design, Diopter Adjustment for Precise Focusing, Multi-Coated Optics for Clear, Sharp Views

LG ... Cellphone with charger and battery - This phone is hooked to RELIANCE, means no other SIM card will work with it unless you have it unlocked! It's a few years old. Battery works!

E-smoker, attention! Ever wanted to change, or need some e-smoke supply? I offer as pack: 1x 'e-Go T' 'Atomizer Device' (= the e-cigarette) plus some Extras (spare Filter+Burner) - 2x 'e-Go CE 4+' 'Atomizer Device' (= the e-cigarette) / 22 x 10ml 'Best One' Liquid (10x Marlboro no nicotine, 10x Menthol no nicotine, 2x Cuba Cigar low nicotine) / 3x Charger

Contact Raphael / Srma, ph: 936 216 97 98, [raphael@auroville.org.in](mailto:raphael@auroville.org.in)

### Row houses with garden in Sanjana Housing Project

The work is going on in Sanjana Housing Project between Arati and Sukhavati communities. There are still row houses with garden available in the range from a small studio to a three bedrooms apartment. You are most welcome to have a look and choose between different sizes. The construction is expected to be completed April 2016 for 3 blocks and later for the 4th block. For appointment and details please contact Angelika, Veronica at: [angelika@auroville.org.in](mailto:angelika@auroville.org.in) and [veronica@auroville.org.in](mailto:veronica@auroville.org.in).

## LOOKING FOR ...

### Someone traveling to France (Spain)

If anyone is traveling to France (or in Spain depending on where) soon and has extra-luggage space (2 pieces allowed for instance), I have one baby tanpura that needs to make its way there (hard case, to check-in), or a guitar (soft case, to carry onboard). Let me know if you can help in one way or the other, it would cure my headache! :) Thanks, Chloe (9600797016, 09820635828, [chloebp@gmail.com](mailto:chloebp@gmail.com))

### Two cycles

We are a family of volunteers in Auroville for 6 months. We are looking for 2 cycles for our children: Martin 10 and Chine 7 years old. Please contact: 8525805528 or [fcebron1@gmail.com](mailto:fcebron1@gmail.com) - Fred

### Table tennis partner

My name is *Shyam*, and I'm a long-term volunteer with Udavi School. I've been practicing Table Tennis over the past year,

### Fridge

A Samsun Fridge plus Freezer in very good condition is available. Please call *Susmita*: 9345400559

### Metal and Construction Work

Anand (Aurovilian) can do metal work, construction work (plumbing, carpentry, masonry, and painting) with himself as supervisor/worker. I have been building a house with him for ten months and he has done an excellent job with the different things needed to complete the construction: welding, purchasing and organizing workers. He is adaptable for the needs of your situation. Please contact him directly at 9865623504. If you have any questions please contact me at: [bgr8ful@auroville.org.in](mailto:bgr8ful@auroville.org.in). Submitted by B

### A nice 2016 agenda from UK

A5 size, lilac cover, week to view, no lines. I have another one, so I don't need it. Would like someone to enjoy it. Contact *Laura*: 9442788016, [laura.joyful@gmail.com](mailto:laura.joyful@gmail.com)

### Christmas giveaway!

M-Audio KeyRig 49: For software-based music production and performance (with USB cable). The keys on this device work but modulation and pitch do not. Please note: this product does NOT generate sound, it generates midi signal sent to music software (Plugin) which generates the sound. Phone: 2623-198, Email: [nep5ound@outlook.com](mailto:nep5ound@outlook.com), *Vania*

and I'm looking for a partner to practice with me. Contact me at: [rshyam80@hotmail.com](mailto:rshyam80@hotmail.com)

### One Vehicle

I am looking for a car or 2 scooters to use between 30th Dec and 10th Jan, within Auroville. If you can help please call 7639318959 or write to: [ally@auroville.org.in](mailto:ally@auroville.org.in). Best wishes, *Ally*

### A scrabble game in French

I am looking for a scrabble game in French, to buy or borrow for one month. Please call *Christian Feuillette* at New Creation GH: 262-2909 / or email: [chfeuillette@gmail.com](mailto:chfeuillette@gmail.com). Thanks.

### A metal detector

My daughter has lost one of her earrings near ATB hall in Transition school. We know where it fell but we cannot find it as there is high grass. Does anyone have a metal detector that I could borrow for an hour? Robert: 8940568305 or [robert@auroville.org.in](mailto:robert@auroville.org.in) - Thanks, *Robert*

## LOST & FOUND

Dark grey sweater (lost): Last week I lost a dark grey sweater in the Solar Kitchen. If somebody saw it please call me at 9047144668. Thanks, *Rajaram* (PTDC).

Chappals (lost): Who mistook my white/golden coloured Havanaias flip-flops/chappals for their own at the Town hall reception area on Wednesday 16th Dec around between 4 and

4.30 pm? I'd be very grateful to have them back! *Julie*: 09988091609

Chappals (lost): On Saturday morning, 19th December, my Birkenstock leather chappals (colour brown, size 40) disappeared in front of PTDC entrance. Did anyone take them by mistake!? Please check, and if so, please contact me: 9943887593. Thanks, *Theresa*

## EATING OUT

### New Year's Breakfast 2016

We would like to inform you that Marc's cafe in Kuilapalayam and Dreamer's cafe at Visitor's Center will remain open from 7:30 am to 12 am for breakfast on New Year's day.

Wishing you a very nice and peaceful year end and an inspiring entry into 2016.

All the best, see you soon,  
*Dreamer's cafe and Marc's cafe*

## THANK YOU

### Report from the Youth Center Security Service

This year the Youth Center Team decided to organize a Security Service for the Christmas Fair, because of all the troubles that happened in the last editions. With all the young, smiling and good willing boys of the Security Service:

- We moved a lot of bikes out of the Youth Center area.
- We carried and served (and ate) a lot of nice dosa, super poori and good biryani.
- We asked to a lady to stop smoking near the kids.
- We rescued some cute and happy kids, leading them back to their worried moms.
- We led thirsty people to the water cans.
- We helped to clean a little bit the kitchen and the surrounding area.
- We scolded a barking dog.
- We enjoyed the food, the music, the vibe and we have had a lot of fun with the other guys of the Youth Crew, with the other Aurovillian friends and with the people from the villages.

Youth Center Security Service: to serve, eat pizza and protect. Special thanks to all the boys from Auroville Mixed Martial Arts and Dehashakti Sports, to Babu and to Vikram :)

*Giacomo*

### From YC Team

Dear Family, Friends, and all the children of Auroville,

Thank you for making this year's YC Fair fantastic! We would like to thank everyone who helped us to clear the land, fix the infrastructure, decorate and arrange for the events - all during the muddy monsoon. We were just in time for this fantastic Auroville Fair. This year's theme was Wht 2 Whr - asking two questions 1) what to wear? As clothing, as a costume fair, and 2) what to Where, as a question to our community about 'where are we going'?

Thank you to all those that helped with contributions in kind or cash, it was a very tight budget this year but we are grateful to those who helped us pull through. A special thanks to those at BCC and Financial Service for your support. We apologise to our immediate neighbors for perhaps being a little loud, we hope you will join us next year and be part of this happy crowd. But of course, most of all, a big thank you to everyone in the community who came together to put up a stall, set up a game or fun activity! It was a full fair with various products to eat and buy for our families for Christmas. The atmosphere was joyful, with the sun out and lots of laughter. The kids certainly loved it, and the photos, we are sure, you will soon find on Aurnet, or Facebook, or our next year's calendars. It was truly a community event and we appreciate all the positive energy from friends and neighbours. ... One step closer towards human unity! Thank you all,

*With Love, the YC Team*

## A P P E A L

### Call for support for Shaktivel, Solar Kitchen's technician

Shaktivel, who is Solar Kitchen's most capable technician, suffers from critical kidney dysfunction and needs a kidney transplant at a hospital in Vellore.

Shaktivel has already undergone all the required tests (which are very costly) and the hospital who has put him on a list of potential kidney receivers, considers him to be presently ready for the transplant.

If this operation doesn't take place by February 2016, he will have to go back to the queue and to whenever it will be his turn again and he will have to undergo again all these costly tests.

An account has been opened at AV's Financial Service: Shaktivel's Health account No. 252340.

After payment of some of his health expenditures, there are still Rs. 2 lakhs on this account.

For this transplant to take place Rs. 4 lakhs are required as advance payment. Hence Rs. 2 lakhs are still missing and required now.

You may like to know that Shaktivel has a wife and two young sons (twins) studying at Transition School. He and his family have been living at Sve Dame since 1999.

We appeal to you to contribute generously to Shaktivel's Health account.

Thanking you in advance,

*Angelika S. Thushita I. Gilles G. Solar Kitchen executives*

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

House sitting1: Hello my name is *Anahita*, I'm an Italian architect and I'm working as an intern at the Earth Institute. I'm looking for a house-sitting for a period of 6 months (till June). If you are interested please contact me at: [anahita.aryan@gmail.com](mailto:anahita.aryan@gmail.com) or 8098813081

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

December 28th: Taxi leaving Chennai airport at 9 or 10 am for Auroville, sharing ...contact Sandhi Spiers on facebook. Thanks, *Sigrid*.

December 30th: My friend arrives at Chennai AirPort at 03:40 am. If anyone wants to go to Chennai from Auroville at around 00:00 (Empty Car) or coming to Auroville also around 3:40 ( 2 places extra) please contact me by e-mail: [ppraalder@kpnmail.nl](mailto:ppraalder@kpnmail.nl) - *Patricia (Sharnga Guesthouse)*

January 1st: A taxi going to Chennai airport from Av to be there at 10pm and come back to Av. For sharing it both ways, pls contact [natnat101@hotmail.com](mailto:natnat101@hotmail.com) .*Nathalie VIAL*

January 2nd: A taxi will pick up a friend from Chennai Airport at 8.15 am. Please contact me, if you want to share the taxi! - *Monika*:<2622918>or <[hamonie@auro...>](mailto:hamonie@auro...>)>

January 4th: Going from Auroville alone to Chennai airport around 2.30-3pm. Please email me: [g.basrak@limpide.ch](mailto:g.basrak@limpide.ch) or call *Gordana*: 9159352698

January 4th: Taxi To share either way: To pick up 1 person arriving 4th of January 8.40 am.at Chennai airport. Please send sms to: 9488818065 or mail: [appelie@auroville.org](mailto:appelie@auroville.org) .In Thanks, *Appie*

**January 6th:** Dear all, a taxi will go to Chennai Airport to pick up a friend at 9 am. Please contact me if you wish to share the taxi either to Chennai Airport or on the way back to Auroville. I would really appreciate it! Contact: 7639205474 or [darius.meissner@outlook.de](mailto:darius.meissner@outlook.de) - *Darius*

**January 9th:** A taxi will go to Chennai Airport, arriving at midnight. This will travel from Pondicherry (AV pickup

possible). Please contact me if you wish to share either way. Contact *Lou*: [louiserose2002@yahoo.co.uk](mailto:louiserose2002@yahoo.co.uk) / 7845898596

**January 18th:** I leave Auroville around 10 am with a taxi to Chennai airport. It will return empty. Please contact me if you want to share: Beate (CenterGH -sunflower): [b.binder.ambg@web.de](mailto:b.binder.ambg@web.de) - Best wishes, *Beate*

## HEALTH

### From UlrikeMa for the Integral Health

*"The body carries within itself the certitude of cure, the certitude that the illness or disorder is sure to disappear. It is only through the false education from the environment that gradually the body is taught that there are incurable diseases, irreparable accidents, and that it can grow old, and all these stories which destroy its faith and trust."*

The Mother (31 Jul 1957, Pg 164, Vol 09, CWM)

### Ayurvedic consultation

Dr Geeta Auropremi will provide free ayurvedic consultation on 28 Dec 2015, from 9 am to 12 noon at Auroville Health Centre. Please register your names at the Reception.  
Av HC

## AUROVILLE RADIO



Dear Friends,

The Auroville Radio Team wishes you all a wonderful holiday season and good wishes for the New Year. Keep a look out for programs by our new volunteers Frida and Vinnoli on the floods effects and efforts in the nearby villages, the YC Christmas Fair and more. Rj Mantra from Mumbai joined us contributing "In and around Auroville" and Lory joining from the American University of Paris, is working on a project for World Radio Day on February 13 on the importance of radio as a medium, with the specific theme of "Radio in Times of Emergency and

Disaster" that coincides with the recent experience in Cuddalore, UNESCO will be distributing the content through its global radio networks and on its World Radio Day, more info on [diamundialradio.org](http://diamundialradio.org). She will also help us to prepare a survey to help us improve and develop content that caters to listeners' requests.

We are still running our Fund raising campaign and invite your participation in reaching our goal we still have a long way. Please visit our site for credit cards and/or transfer to account number #251369 or pass by we are located on the ground floor in the town hall.

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

**Mother's Q & A - 19 Oct 1955 Part 1** (The Mother 21/12/2015)  
Mother speaks of the regular movements of each thing in time and how we can use this for our own spiritual progress. - [English, 32 Minutes]

**Collective Experiment, Christmas** (News from Auroville 21/12/2015)  
Tomorrow we will dwell in collective experiment in communication at UP at 3pm with RAS -[English, 13 Minutes]

**Accessible transportation for all** (Infrastructure 19/12/2015)  
Susmita & Sauro speaks about accessibility & public transport. Soon an accessible bus will cruise Auroville's roads -[English, 10 Minutes]

**Off the Cuff - 56** (Performing Arts 18/12/2015)  
OTC on the recent FM experience, the fun (d) Dr.ve update, Youth Center Christmas Fair and more -[English, 16 Minutes]

**We are living in a disaster area** (Social Development 18/12/2015)  
Interview with the help relief coordinator for the flood affected Villages around Auroville. -[English, 9 Minutes]

**Radio Fund Drive Report 2015** (Service Units 18/12/2015)  
Fund Dr.ve Progress report; a big thanks to the many donors that have contributed close to 20% of our goal, so far! - [English, 2 Minutes]

**Savitri Book 1, Canto 4, Part 2** (Sri Aurobindo 17/12/2015)  
Secret Knowledge is revealed about the aspirations and struggles of the Earth-Goddess and also about the Immortals. - [English, 25 Minutes]

**Selections par Gangalakshmi-67** (The Path 17/12/2015)  
Cette Semaine: Le Yoga de la connaissance intégrale, le Yoga de l'amour divin, de Sri Aurobindo, traduit par la Mère - [French, 22 Minutes]

**Xmas Fair at YC, Flux & Chloe 18th** (News from Auroville 17/12/2015)  
18th at 8 pm at MMC Brainfever media productions proudly presents Kiritan Flux and Chloè Sanchez performing live! - [English, 14 Minutes]

**Food for Thought, 15-12-15** (Farms 17/12/2015)  
Unless Auroville produced food, conventional food contains many toxins. Then, why is Auroville not self-sufficient? - [English, 113 Minutes]

**Volunteers - True Stories** (Volunteers 17/12/2015)  
SAVI series of True Stories of Volunteers - Riccardo de Amici and Martine Bastide, long term volunteers. -[English, 89 Minutes]

**Beloved India** (Culture 16/12/2015)  
Aparajita Barai invites us to inauguration of her first solo exhibition ONE 16th at 5 pm at Kala Kendra, Bharat Nivas. - [English, 12 Minutes]

**In and around Auroville** (Culture 15/12/2015)  
Rj Mantra asking questions about Auroville to longtime residents Kripa, Margaret and Uma -[English, 4 Minutes]

**Mother's Q & A - 12 Oct 1955 Part 2** (The Mother 14/12/2015)  
Mother teaches that the change of consciousness is what is important now, and that other changes will come much later. - [English, 50 Minutes]

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

# Notes

## What does justice mean? What kind of a justice system do we want to have in Auroville?

Unless we look at these questions as a community, we will likely have no system at all or unconsciously inherit the default justice system - which means that some people have the power to decide what's right and wrong and these powerful people try to control other people who do "bad" things - control in the form of laws (to deter people from doing bad things), or control in the form of punishment (continue the cycle of violence - do violence to the one who did violence, hoping that he/she will change his/her ways!). This may have worked in the time of kings or the likes, when a few elite had a lot of perceived power and the general population needed to play the game in order to protect their chances of staying alive.

Today, we can prove over and over that this form of justice, although it's the norm in most of the world, is not actually fully serving. Why do we still have crime then? How is it that the news is filled with stories about people who manage to commit crime, despite our laws and control systems? Like someone who can board a plane with a fake passport and/or with explosives, despite our very developed security systems...?! As long as we use power, control, fear, threats, punishment, we will continue to attract those who can outsmart and defy the system - because these systems are in themselves neither infallible nor almighty.

It seems that a sensible way forward would be to develop a conscious justice system, one that is holistic and able to hold the full picture - the past, present and future (i.e. hold this intention - obviously we cannot predict the future), the complexities behind the act, the reasons for acting out, the impact the act has on others in the community, the consequences on all sides, taking responsibility - all of us, as we normally all have a role to play in the act (and the healing and reconciliation that comes from that), and a search for how to restore trust and willingness to co-exist... And if we don't do this last part, we are just hurting ourselves in the end...

If we can only devise a system that keeps the bad people out (even that's not do-able, because Mr. X might think you're the bad person, but you will probably think Mr. X is the bad person!), we give those bad people only 2 choices - to submit or to rebel. And if they rebel, their act is likely to be even more harmful than the first time around. Because we have not heard them the first time, they will likely want to shout louder the next time. And who gets hurts? In the end, we all do...

The funny thing is that actually as human beings, we are designed to collaborate and contribute to each other's well-being (therefore our social, interdependent nature). The only catch is that this formula is dependent on trust and connection - when we trust each other and feel connected, we're willing to go to extremes to help each other and when we don't then we're willing to exclude, spit on, and kill.

So how do we work on (re-)building trust amongst us...? This can't come from putting expectations that we all be perfect (because that's not do-able and we all have different versions of what's acceptable/non-acceptable behavior), but instead from growing in our ability to hear and understand each other, to develop some curiosity for how another views life, curiosity to understand what values might have been a stake and how a certain act may have actually been a desperate attempt to protect that value (even if, in hindsight, that act was a poor choice). As unbelievable as it may sound, this is where our unity lies - in our shared common values - we all want to belong, to feel safe, to have meaning, to contribute, to be seen... And when we can see these reflections of our own selves in each other, we soften and move closer together... When we're closer, there's less need to shout (verbally or with violence), even when if we disagree...

From this space, we might find ways to move forward that take a more holistic picture into account - where the one whose act is in question can agree to do certain things to rebuild the community's trust in him/her, where those impacted can take a more active and responsible role in creating a new level of safety, and where as a community we can focus on how to move towards reconciliation, re-integration and willingness to co-exist...

(Article from *Auronet*, June 26/14)

For Restorative Auroville: *L'aura, Janet and Shanti*. Contact [restorative@auroville.org.in](mailto:restorative@auroville.org.in)

## What to improve?

An old friend has put an interesting invitation for meeting. We replied to him but we feel it is also our collective concern to look at it.

What to improve? First is our relationship, it is the first step which the Mother has always advised to Aurovilians; it was to build a strong Fraternity, between all of us. If this is done the external life will reflect it, and from all our goodwill, this will manifest as a harmony for the joy of everybody.

As an effort in New Creation, we do what we can, with what we have and with the sincerity we have, as an offering. We don't need to be recognized, just loved.

We will just mention too that New Creation has been manifested as a Project to improve our relationship with our neighbors, that's all. If we feel that schools are the only aim which Auroville should support, than let us forget about the Ideal, which need from us a change of Consciousness, which is also the only chance for Auroville to be the Town which the Earth needs or the cradle of a New World. There are many ways, which can be discovered towards education, for a change, but only if there is a collective will.

Finally herewith, in truth from the beginning, it is the only motivation for what we did and do in New Creation (Maybe already said). *The Mother 23.11.69: "For the realization of Auroville the first step is to establish a true human fraternity. All shortcomings in this regards is considered as a grave mistake which can compromise the whole work. My blessings are with all sincere effort towards harmony".*

Love, Andre

# For your calendar



## 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, heavenly music in the very center of Auroville!

Reminder to all: The Park of Unity is a place for silence, meditation and inner work and is to be used only as such. We request everyone: please do not to use cameras, i-pads, cell phones, etc.  
Dear Guests, please carry your Guest Card with you - No photos there.  
Access only for the Amphitheatre from 5.15 to 6.00 pm.  
Please be seated by 5.25 pm

*Amphitheatre Team*

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## NEW YEAR at the MATRIMANDIR

On 31.12.2015

- **Amphitheatre:** Sunil's music from 5.30 to 6 pm,
- **The Banyan Tree** will be lit with candles to welcome the New Year. All are to maintain silence under the Banyan Tree and in the Garden of Unity. Auroville guests are requested to carry their Aurocards with them.
- **The Inner Chamber** will remain open until 9 pm for Aurovilians and Newcomers for their concentration on the last day of the Year.
- **Midnight meditation** in the Inner Chamber from **11 pm to 12.15 am** for Aurovilians and Newcomers only. All are requested to be seated in the Inner Chamber by 11.45 pm.

1.1.2016

- **6 am: collective meditation under the Banyan Tree**

Entrance by the Office Gate from 5.45 am. Guests are requested to carry their guest cards.

- 5.15 - 6 pm: HANSA - A New Year Invocation  
*At the Amphitheatre*

Hansa - the "Bird of the Soul" - Symbol of the Being, "he who evolves upward". A contemplative Music Meditation with Nadaprem - Bansuri and Viola, Aurelio, Martha, Marina and Svaram friends  
- Bell Plates and Tarang

Entrance by the Office Gate only. Guests are requested to carry their guest cards.

*Bonne Annee and Happy New Year to All!*

*"Let us go to sleep with a prayer and  
wake with an aspiration for the new and perfect creation" The Mother*

## INVITATIONS

### Pavilion of Tibetan Culture

Invites you to  
A prayer for Unity

On Thursday the 31st of December, 2015

Lighting the lamps at 6.45 pm onward  
Followed by Meditation.  
To Maintain the Peace Meditation

Strictly no photographs between 7:30 to 8.30 pm.  
*Pavilion of Tibetan Culture*

## KALA KENDRA, BHARAT NIVAS

Gallery Square Circle  
PRESENTS

### "Demystifying Indian Deities"

Presentation & Workshop  
By Aparajita Barai

Why is Saraswathi in white attire? Why does Durga have 10 hands? Why is an owl the vehicle of Lakshmi? What do the gods and goddesses mean and why are they so many in number?  
Can the deities be useful in our daily lives or are they just part of our rituals?

#### *About the Artist*

*Aparajita Barai is a graphic designer and an Artist. She has graduated from National Institute of Design, Ahmedabad and completed her masters with a distinction from University of Westminster, London. She currently resides with symbols and metaphors from Indian mythology and folklores.*

Wednesday the 23<sup>rd</sup> December 2015, 3:00 pm - 6:00 pm  
Wednesday the 6<sup>th</sup> of January 2016, 3:00 pm - 6:00 pm  
At Kala Kendra, Bharat Nivas - The Pavilion of India - Auroville

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### Grow local! Eat Local!

Get closer to the mysteries of Nature, put your hands in the soil, and learn where our food comes from by growing your own.  
Come and see how with the Community Gardening Group  
**Saturday 26<sup>th</sup> December from 11.00 am to 12.30 pm at Solitude Farm.**

(Please try to stay for lunch at the Café)

The learning over the next 3 weeks will introduce the principles of natural farming and permaculture by creating circle gardens, and will include opportunities to eat deliciously prepared locally grown food through cooking demonstrations.  
After that, you'll never look at a papaya tree or banana palm the same way again!  
So let's bring more permaculture into our lives here in Auroville and also explore how we can bring these ideas into public spaces. Come along in your gardening clothes, rub shoulders with fellow eco-warriors and be a part of a *growing* community, starting this Saturday.

A special follow-up opportunity to remember and reconnect to the earth through both permaculture & ART!

**Wednesday 30<sup>th</sup> December at Sankalpa container houses at 3:30 pm.**  
(Just behind the Pavilion of Tibetan Culture)

It's going to be amazing!!  
Absolutely everyone welcome!

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### Upcoming events at Sankalpa

(On right side just after Pavilion of Tibetan Culture)

**Wednesday, December 30<sup>th</sup> at 3:30 pm:** A mandala circle garden experiment at Sankalpa in collaboration with Krishna at Solitude - all are welcome to remember and reconnect to the earth through permaculture and art!

**Saturday, January 2 from 8 to 9 am:** A simple mandala ceremony, where all are welcome to bring and add natural materials to a design on the earth and share an intention (sankalpa) for the New Year.

**February 19-21, 2016:** We are organizing an Expressive Arts Therapies Symposium in collaboration with Prasad Family Foundation (US). This unique experiential-based gathering will be for limited participants, including a panel and workshops with 6 facilitators (3 from US, 3 local) and community art exchange. Teachers, parents or anyone else interested to integrate tools of the expressive therapies in their work are encouraged to apply here (also on Auronet): <http://bit.ly/1HOMRDc>

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### New Year's After Noon Dance Party

At Well Café on Thursday 31.12 from 4 to 8 pm

From 31.12 onwards Well Cafe is open full days on Thursdays, Fridays and Saturdays. From 8:30 am till 8:30 pm.

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### Introduction to outdoor games

With Ben  
(French professional "animateur" and trainer for "animateur")

MONDAY 28<sup>th</sup> DECEMBER @ YOUTH CENTER  
2 pm to 5 pm

You are 16 years old or above and you want to work (or you are working) with children in Auroville, join us to discover many games for many occasions and share about the work with kids.

It will be also the occasion for you, if you are interested, to register for the Auroville's babysitting network.  
Please, confirm your participation by sending an email at: [yep@auroville.org.in](mailto:yep@auroville.org.in), or 7639321750 or or YEP's facebook page.

See you there,  
YEP TEAM (Aurore (fertile), Céline and Mirabelle)

## Come to Celebrate the Beginning of 2016 with Mohanam

New Year is always seen as a good time for getting together and expressing good wishes for the new starting year. We gladly open the door of our centre to all of you and invite you to spend some time together on this first weekend in 2016. Mohanam members - the boys from local villages around Auroville- will prepare delicious local food for you and together with girls and women from the villages present a rich cultural program.

Children you can bring your parents with you - the event is children & parents friendly. ☺

DATE: 3th of January 2016 / SUNDAY

START: gathering from 12 (noon)

food serving from 12:30 till 2:30

WHERE: Mohanam youth space / Bamboo Forest, near Imagination.

Mohanam cultural program:

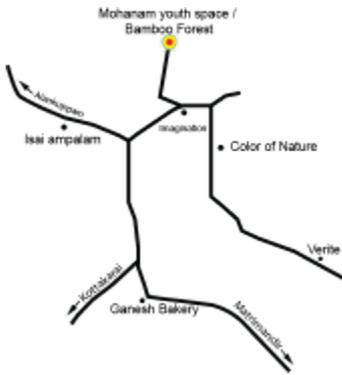
- Eco friendly "Trash" music band ( boys from 8 to 12 years )
- Thapattam - traditional Tamil dance ( boys )
- Bharathanatiam & folk dance ( girls )
- you are welcome to bring your own instrument and join jam session
- come and learn how to do Kolam (Tamil traditional floor drawing)

Your contribution for the meal and the program will be highly appreciated. The contribution would be used to support further activities of Mohanam's Centre for Culture and Heritage

for more info you can call : 0413 2623806 & 2622944

[mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)

[www.mohanam.org](http://www.mohanam.org)



## EXHIBITIONS

### Greetings from Assist World Records Research Foundation

Today, our world is going through a phase of transition with many challenges. One of them is the climate change and we want to offer to you a look at the way young minds perceive this: How children see creative ways of how to redress the mess created by us.

*As H.H. the Dalai Lama pointed out: Prayers alone will not be enough...*

Art is bringing the ideas and the creativity of young individuals into focus.

We, of Assist World Records, are planning to create awareness of climate change and of a healthy environment and Clean India as the prerequisite for this to improve. To this end we have collected paintings of young minds around the globe.

Since long we (Assist World Records) have been working in this field and we all got an extra push in motivation because of the flood-disaster that recently occurred in Chennai, Cuddalore and Puducherry, India in the month of Nov - Dec. 2015.

The title of the concept is: "Largest Painting exhibition in an Office". The paintings will be displayed for 365 days continuously and everyday 50 new + fresh will be selected out of how many??

Inauguration Date: 30.12.2015

Time: 5.00 pm

Exhibition Time: From 30.12.2015 (10 am - 12 pm) & (3 pm - 5 pm)

To 30.12.2016 (10 am - 12 pm) & (3 pm - 5 pm)

Venue: Aurelec, Auroville, TN, India.

Note: If you would like to contact us for this event kindly write an email to: [contact@assistworldrecords.com](mailto:contact@assistworldrecords.com)

"A dream you dream alone is only a dream. A dream we dream together is reality". Let's tackle this together and see some beautiful art in the process.

With Regards, R.Rajendran,

### From Forest to Furniture

The 4 Auroville units, LIGHTFISH, WOODSCAPES, AURORACHANA and PRAKRIT are doing a joint Christmas exhibition of their latest designs within furniture and light.

It will be open at Visitors Centre, behind the restaurant, from Friday the 25th to Sunday the 27th of December.

All 3 days from 10 am to 5 pm.

Tejaswini | samvit | Clemens | Torkil

## Insight Seminars invites you to 'INTERACTIVE SESSIONS on AUROVILLE'.

Presentations made by Aurovilians on their areas of expertise and sharing of their experiences. These introductory sessions are for those who wish to explore various aspects of Auroville; whether they are Guests, Newcomers or Aurovilians.

Introduction to the Vision & Concept of Auroville: 28th December 2015, Monday  
Presented by Ela Thole

Wildlife in Auroville: 31st December 2015, Thursday  
Presented by Tim

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 Guest-house).  
\*The presentations are free of charge. Anyone may walk in.

## Insights Seminars present a one-day seminar

### On 'INTEGRAL YOGA and AUROVILLE'

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

The highlights are:

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

On 30<sup>th</sup> December 2015, Wednesday

Time: 08:45 to 12:00 hrs. - Lunch break - 14:00 to 17:00 hrs.

Presented by: Ela Thole

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

Register in advance with Elizabeth at 2622.047 between 09:30 & 12:30 hrs or 14:00 & 17:00 hrs.

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

## I welcome you to a seminar on IFS Therapy

A presentation for therapists and all people who want to get to know themselves better.

What is IFS?

IFS stands for Internal Family Systems, a form of therapy that has been used for the past 20 years in the United States. IFS has had a lot of success dealing with victims of trauma, depression and abuse. It is designed to provide a unique perspective about the inner structure of our minds and enables meaningful breakthroughs in therapy. The aim of the treatment is to capture control from distinct parts of our personality which control our lives and protect us, and give this control back to the Self.

IFS is very respectful to the parts and the pain they protect. It is slow and builds on trust. The therapist is not a specialist; he is the one with the questions but not the answers. IFS is an empowering process for the patients who we believe have the ability to regain self-leadership in their lives. It involves imagination, and can be combined with other forms of art like drawing, drama, dancing and more.

I invite you all to benefit from the power of IFS.

For more reading you can check: [www.selfleadership.org](http://www.selfleadership.org).

The presentation will be followed by a lecture, role-playing, demonstrations and a short video.

Morning presentation: Saturday 9/01/16, 9:00-12:30, SAIER Building, Town Hall.

Evening presentation: Tuesday 12/01/16, 15:00-18:00, Pavilion of Tibetan Culture.

Contact Yasmin: 9943792127 or [Yasminelad@gmail.com](mailto:Yasminelad@gmail.com)

## The Auroville Theatre Group

Presents

### THE GLASS MENAGERIE

By Tennessee Williams

December 26, 27 and 28, 2015 @The Sri Aurobindo Auditorium - Bharat Nivas

At 7:30 pm.

**Chris Meyer**  
**From Heart to Sound**  
**Intuitive Piano Improvisations**  
**Saturday 26<sup>th</sup> December 8:00 pm, CRIPA**

Chris Meyer is a musician and software developer from Hamburg / Germany.  
He learned to play the piano in childhood and as a young man changed to guitar which (at that time) gave him more freedom in improvising and composing. In his early 30s he came back to the piano focusing on jazz and more intuitive forms of improvisation. Since then he has been involved in different musical projects: jazz, film music, world music, meditation and performance. Chris is performing with musicians and artists (including dancers and painters) from different cultural and musical backgrounds.  
In his piano solo concerts he is creating the music from the heart, in the moment and for the moment. It is an inner journey, always in connection with the surrounding, the audience, the place, the atmosphere.  
A composing session coming from silence into sound and back into silence.

**Reminder: Piano Concert Christoph Deluze**

Tuesday 29th December, 8:00 pm at CRIPA

Jean-Sebastien BACH: 4 transcriptions pour piano  
BACH - LISZT Prélude et fugue pour orgue en la mineur BWV 543  
BACH - SILOTI Aria de la suite pour orchestre en Ré Majeur No 3  
BACH - KEMPF Sicilienne de la sonate pour flute No 2/ BACH - DELUZE Passacaglia pour orgue en do mineur BWV 582  
Erik SATIE Le fils des Etoiles / Gnossiennes 1, 2, 3/ Dmitri KABALEVSKY 10 Préludes extraits de l'op 38  
Aram KATCHTURJAN Toccata

**Piano Recital by Noam Sivan and Maya Hartman**

On Monday 4.1.16 at 19:30 at Cripa hall - Kalabumi

Music by: Beethoven, Chopin, Mozart, Clementi, and others, including Schubert's beloved Fantasy in F minor for piano four-hands.  
In addition, Noam Sivan will improvise live at the concert on familiar tunes.

About the pianists:

*Composer and pianist Noam Sivan has been featured on three continents in venues including Carnegie Hall's Zankel Hall, Ravinia and Marlboro Festivals, Royal Conservatories of Brussels and The Hague, and Cultural Center of the Philippines. He is a music professor at the Juilliard School and the Curtis Institute.*

*Winner of the Pro Musicis International Award, pianist Maya Hartman has performed widely, including solo recitals at Carnegie Hall's Weill Recital Hall and at Salle Cortot in Paris. She has appeared at many festivals, including the Lucerne Festival in Switzerland and Music@Menlo in California.*

**Indian Classical New Year's-recital**

Kees van Boxtel - *Bansuri*

Soundarya Seraphina - *Veena*

Thursday 07 January 2016 - for Sunset 5:30 pm - in the Hall at Savitri Bhavan

About Silence and Music

*I have seen musicians listening to music, musicians, composers or players who truly love music, I have seen them listening to music . . . they sit completely still, you know, they are like that, they do not move at all. Everything, everything is like that. And if one can stop thinking, then it is very good, then one profits fully... It is one of the methods of inner opening and one of the most powerful.*

Mira Alfassa

**C L A S S E S , W O R K S H O P S**

**WORKSHOP BY JEAN JACQUES LEMETRE**

A rare occasion to attend a workshop and see a documentary film on The Work of Ariane Mnouchkine and historical journey on her world reputed French Theatre known as Theatre du Soleil.

Monsieur Jean-Jacques LEMETRE: A rare Music Composer who has created music for all the theatre productions of Ariane Mnouchkine for more than 40 years. A freelance artist of music and theatre, who has given workshops all over the world. Artists from all backgrounds are welcome to attend: musicians, painters, actors, dancers & art therapists.

Date: Sunday, 27 December 2015

Time: 10 am to 7.30 pm

Venue: Unity Pavilion,

All must arrive by 9.30 am sharp and register.

Lunch Break: 45 MIT's

Film show after the workshop.

Coordinated by Tapas BHATT - Hosted by Unity Pavilion, Auroville

For information: [Tapas@Auroville.org.in](mailto:Tapas@Auroville.org.in) / [Kalakhoy.Auroville@gmail.com](mailto:Kalakhoy.Auroville@gmail.com)

## WORKSHOP OFFERED BY SOPHIE PICHON,

How to connect within through our body, sound & voice.  
A Talk & Demonstration & participatory Workshop

*Sophie Pichon is a visiting Friend of Auroville from France.*

Saturday 26th of December, 2015

Time: 6 to 8 30 pm

Venue: Pavilion of Tibetan Culture

All are welcome,

For information: [Tapas@Auroville.org.in](mailto:Tapas@Auroville.org.in)

Hosted by Kalsang - Coordinated by Tapas B

## INNER-WORK-WORKSHOP

Introduction to the Integral Yoga of Sri Aurobindo and the Mother

29th December (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: 'Self-Mastery'

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](http://www.integralyoga-auroville.com).

## AWARENESS THROUGH THE BODY ATB2

A three-day workshop with Amir

December 27th - 29th (Sunday, Monday & Tuesday)

ATB hall, Transition school, Auroville - 09:00 to 17:00 daily.

Practical exercises to help us to know ourselves better and to increase our capacity to be present.

- Revisiting, deepening and better integrating the basics of ATB
- opening and refining the senses, exploration of emotions
- group dynamics through collective games
- awareness of the physical structure

While exploring the ability to cultivate the observer within.

This workshop is open to those who are acquainted with the ATB practice.

For more information visit the ATB website: <http://awarenessthroughthebody.com/>

To sign up for this introductory workshop, email Amir at: [atbwithamir@gmail.com](mailto:atbwithamir@gmail.com) or feel free to contact Amir or Tamar at: 9751257709/96.

## WELLPAPER WORKSHOP 26/12 SATURDAY

*Skills Handicraft Arts Recycle Education*

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 Saturday between 9:30 to 12:30, sitting on the floor.

Wellpaper is also conducting art workshops which are still not scheduled. Please email us for further information

If you would like to join us please email us at: [wellpaper@auroville.org.in](mailto:wellpaper@auroville.org.in) / Or call: 0413-2622219.

*With Love, Wellpaper team*

## JOYFUL LIVING - 24-29 JAN 2016

Do you want to live with joy and ease? Find peace in a hectic lifestyle? Cultivate mindfulness and gratitude? Join life coach Julie for a 5-day joyful living experience. In a warm and supportive group, we will explore how to make ordinary days extraordinary.

Julie created the Joyful Living program as a certificate, residential retreat for participants to discover their own way of living with ease and gratitude. The program's five themes are designed to anchor your days in the things that matter to you and bring joy into your life.

*Julie, a certified relationship and career coach in Auroville, will facilitate this retreat. To register, email: [info@aurovillaretreat.org](mailto:info@aurovillaretreat.org) or call: 9843948288. For details, visit: [www.aurovillaretreat.org](http://www.aurovillaretreat.org)*

## BE MINDFUL- BE HERE & NOW

26 & 27 Dec- Sharnqa GH -With Sigrid Lindemann & Christine Pauchard

A wonder-full program

in which we will explore Mindfulness with Insights, Techniques and Experiential learning through Meditation, Yoga, the NLP meta-model and the "Deep Memory Process"

Holistic - Training in alternative therapies

Registration and info: [www.auroville-holistic.com](http://www.auroville-holistic.com).

Contact: [auroville-holistic.com](http://auroville-holistic.com) / Christine 9489805493, Sigrid 0413-2623888

## LEC COOKING CLASS: COOK WITH LOCALLY GROWN VEGETABLES

The next session this season will be on Dec 26 (Saturday) in Life Education Centre (LEC) at 10:30 am.

The demonstrations will be on two interesting ingredients - *pagarkai* (bitter melon) and *pottukadalai* (roasted chana dal also called chick peas). The first dish, bitter melon pitlai, will be made in a way that will make the vegetable taste not too bitter. It is a dish with flavors and goodness of the bitter taste. To compensate, the second dish, roasted chana dal laddu is a dessert that is easy to make. The roasted dal together with jiggery makes it a power house of manganese, folate, protein, fibre, copper, phosphorus and iron.

Come watch the demonstrations and be inspired to cook with local vegetables, millets, and legumes. Copies of recipes will be made available during the class. The bi-monthly cooking sessions are offered by Buvanandari.

LEC is located opposite Isaiambalam School in Kotakkarai.

*Life Education Centre team*

## TREE CLIMBING with professional height safety equipment.

RECREATIONAL: You want the experience without learning all the knots? The ropes are already positioned in the trees. The knots are tied and tested before you hook on. After being fitted with your saddle and some short instructions on safety and climbing techniques, you are off and climbing! Kids of all ages welcome.

ADVANCED: You want to learn the ropes and get off the ground. During class we teach both the double and single ropes techniques plus demonstrate many of the new climbing devices available. You will learn to install the ropes in the trees, tie

and use several climbing knots and ascend and descend both with the knots but also with ascenders and descenders.

For conditions and appointment call *Satyajji* 97 86 40 65 40

### KOLAM DANCE AND DRAWING

For Children from 8 years up only this Tuesday 29th 9:30 to 12:00 and Thursday 31st 9:30 to 12:00, with Grace and Aisvarja

For Adults in January 2016 every Tuesday and Thursday morning 9:30 to 12:00 with Grace in Douceur (DD in D)  
To register 9841412550. Financial contribution is expected

### AWARENESS THROUGH THE BODY

ATB2 - A three-day WORKSHOP with Amir

This workshop focuses on... Revisiting, deepening and better integrating the basics of ATB

Introducing participants to the themes of: Sensory Awareness: exercises to open and refine the senses, and to observe their effects on the different planes of the being. Exploration of Emotions: exercises which help to recognise emotions and their effects on the physical body and to develop a witness attitude towards them.

Collective Games: to explore group dynamics and the effects of a group on the individual and vice versa.

Awareness of the Physical Structure: exercises to develop awareness and conscious control over contraction and relaxation in the body.

The workshop will take place on Sun 27, Mon 28 and Tue 29 December at the ATB hall in Transition school, From 08:30 am to 16:30 pm daily.

This workshop is open to those who are acquainted with the ATB practice.

For more information visit the ATB website to sign up mail Amir at [atbwithamir@gmail.com](mailto:atbwithamir@gmail.com) or feel free to contact *Amir* or *Tamar* at 9751257709/96.

### THAI YOGA MASSAGE

10½ Day Workshops

January 4<sup>th</sup> - 14<sup>th</sup> 2016 Beginner/Advanced

TerraSoul at Windarra Farm with Itzhak Helman & Bebe Merino (Teachers of Sunshine Network)

**Principles, Foundations & Dynamics**

The course is designed for Beginners and Advanced practitioners, for all who want to start, refresh and improve their practice. We provide space and learning opportunities for all - you are most welcome.

The course will have 60-80 hours intense training. The morning Vipassana Meditation session and yoga from 6.30-8 am is optional, followed by Instruction and massage practice from 9-12 am. The afternoons from 2-5 pm are fully dedicated to massage practice. Thai Yoga Massage brings penetrating massage & gentle yoga movements into profound healing systems.

*Itzhak Helman and Bebe Merino are in their Newcomer process. Both are experienced Thai Yoga Massage teachers from the Sunshine Network and deeply connected to Auroville since many years. For further information please look at the website: [www.thai-yoga-massage.org](http://www.thai-yoga-massage.org)*

Registration and info: [terrasoul@auroville.org.in](mailto:terrasoul@auroville.org.in), phone/sms: 852 495 3481- *Itzhak*

### BHAKTI MODERN DANCE

*Deborah Abel, Artistic Director of the Deborah Abel Dance Company USA will be offering a Bhakti Modern Dance Workshop on December 26 & 27 at Cripa, 10:30 am-12:30.*

A Bhakti Modern master class is a modern dance technique class which focuses on the inbreath and outbreath of the unfolding movements and phrases, as they ebb, flow and

spiral in varying dynamics. The technique is Limon inspired, and the music is drawn from world music, kirtan and singer/songwriter pieces.

Each class begins with an organically conceived warm-up that trains, strengthens, and warms the body in flowing combinations and contrasting dramatic rhythms. The class starts meditatively on the floor, moves to a standing center, and continues to a breath-infused, passionate dance phase which aims to evoke in each dancer a connection to divine beauty, inner longing, and personal artistry.

*This is an intermediate level modern dance workshop. On day 2 of the workshop there will be an opportunity to choreograph together in small groups based on the music and intention of the dance we have been working with. Please wear dance/yoga clothes, we will be dancing barefoot. Bring a water bottle.*

For Registration // [cripa@auroville.org.in/](mailto:cripa@auroville.org.in) Contribution required

### MIXED MARTIAL ARTS

Starting from 4 January, every Monday and Friday from 5.30 to 7pm, there will be a Mixed Martial Arts class in the Dehashakti Sportsground Gym. Anybody who wants to stay in good shape by exploring every aspect of the martial sports world is welcome to join. The class is for anyone from the age of 15 onwards, regardless of their level of experience. The class will focus on the cross-training of various combat techniques that derive from Kickboxing, Muay Thai, Kung Fu, Brazilian Jiu-Jitsu, Sambo and Grappling.

Contacts *Giacomo*: 9487340778

### SELF DEFENCE FOR WOMEN

Starting from 4 January, every Tuesday and Thursday 5:30 to 6:30 in the Dehashakti Sportsground Gym.

The purpose of the course (based on Wing Chun, Grappling and Shou Dao) is to help the practitioner to develop equilibrium, coordination, sensibility, fluidity, proprioception (perception of internal body parts), use of non-muscular energies, awakening of spontaneous body "intelligence" and to learn how to act and react with "conscious" energy even before getting into physical contact with an internal feeling of secure action and equanimity. As such, this is especially suitable and directed to women who want to be ready to respond to sudden aggressive approaches without needing much strength, constant training and body fitness. We accept everyone from the age of 13. No previous experiences are requested.

Contact *Giacomo*: 9487340778

### DECEMBER TO REMEMBER

2015

Mohanam's One day workshop "December to Remember" is a day to Reflect Dream and Discover through

- Dance Rhythm
- Music & Song
- Dream Mapping
- Dream Box
- Self-Commitment
- Renewal
- Revival
- Inspiration

Time: 9.30am to 4pm

Date: 26/12/2015

Venue: Mohanam Youth Space / Bamboo Forest, (Near Imagination)

Age: 8 - 18 years

For more information: 0413 2623806 & 2622944  
[mohanamprogram@auroville.org.in](mailto:mohanamprogram@auroville.org.in)



**PROGRAMME FOR JANUARY 2016**

**Y o g a I y e n g a r**

Āsanas	level 1	Mon	07.30 - 09.00	Tatiana
Āsanas	level 2	Mon	17.00 - 19.00	Tatiana
Āsanas	drop in	Tues	11.00 - 12.00	Angela
Āsanas	level 1	Tues	15.30 - 17.00	Angela
Pranayama	level 1	Tues	17.30 - 19.00	Tatiana
Āsanas for women	drop in	Wed	07.30 - 09.00	Angela
Āsanas	level 1	Wed	11.00 - 12.30	Angela
Āsanas	hormonal balance	Wed	17.00 - 19.00	Tatiana
Āsanas for women	level 2	Thurs	07.30 - 09.15	Tatiana
Āsanas	di - restorative	Thurs	15.30 - 16.30	Angela
Āsanas	level 2	Thurs	16.00 - 18.00	Tatiana
Āsanas	drop in	Thurs	18.00 - 19.30	Tatiana
Āsanas	hormonal balance	Fri	09.00 - 11.00	Tatiana
Āsana - open practice	level 3	Sat	07.30 - 09.30	Tatiana
Āsana	drop in	Sat	10.30 - 12.00	Tatiana
Āsanas for the spine	drop in	Sat	17.00 - 18.30	Angela

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

**Y o g a - m i x e d s t y l e**

Āsanas (*)	for teenagers	Mon, Wed	16.00 - 17.00	Lisbeth/ofa
Vinyasa Flow	drop in - beginners	Tues	09.00 - 10.30	Bebe
Vinyasa Flow	drop in - all levels	Weds	17.15 - 18.45	Bebe
Yoga	for Pregnancy	Thurs	09.30 - 11.00	Appie
Hatha Yoga	drop in - all levels	Thurs	09.30 - 10.30	Marcela
Vinyasa Flow	drop in - all levels	Fri	18.00 - 19.30	Bebe
Āsanas	for children 7-9 yrs.	Sat	10.00 - 11.00	Gala

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

Pilates drop in in all levels	Tues	07.45 - 08.45	Teresa	
Pilates drop in all levels	Wed	17.30 - 18.30	Teresa	
Kick Boxing	drop in all levels	Wed	18.30 - 20.00	Antonello
Aviva exercise	for women	Thurs	16.30 - 17.30	SuriyaG
Pilates Intermediate	Fri	17.30 - 18.30	Teresa	
Discover energy body	for children, 7-9 yrs.	Sat	11.00 - 12.00	Gala

**D a n c e**

Ballet for Adults	drop in all levels	Mon	16.00 - 17.30	Grace
Odissi Dance (*)	Regular practitioners	Tues	16.00 - 17.15	Rekha
Odissi Dance (*)	Regular practitioners	Fri	15.30 - 17.00	Kanchana
Ballet for Adults	drop in all levels	Sat	15.00 - 16.30	Grace

**O t h e r**

Music and Silence - Drop in on Saturdays at 18.45 for 1 hour with Ashaman and Shastro

Workshop: Iyengar Yoga for all levels with emphasis on beginners - Jan 8th, 9th and 10th by registration

Exhibitions: "Offering" Nature prints by Mridula Vichitra, December 26th to January 9th and

Mother,

Goddess and little Girl by Kranti Cheon, January 16th to January 30th 2016

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

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

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

Acupuncture with Morgana, Cranio Sacral with Krishna or Veronica, Experiential Anatomy with Francesco, Oil massage with Antonello, Zsolti and Krishna, Psychotherapy and Hypnosis with Veronica, Naturopathy/Cupping with Veronica, Reflexology with Priscilla, Releasing through Awareness with Rosa, Somatic Therapy with Francesco, Suction/Cupping Massage with Svetlana, Thai Yoga Massage with Juan, Bebe, Mar, Life Coaching and Journey through the memory of the body with Vani

**CLASSES**

IYENGAR CLASS with Tatiana of 5.00pm on Thursday December 31st will be cancelled, all other classes are as per normal schedule.

**WORKSHOPS**

IYENGAR WORKSHOP with Tatiana for all levels with special emphasis for beginners by registration from reception. Jan 8th 2.30pm-5pm, Jan 9th 10.00-12.30pm and 2.30pm - 5pm and Jan 10th 10.00-12.30pm

EXHIBITION: "OFFERING" Nature prints by Mridula Vichitra, December 26th to January 9th

HOLIDAYS: Pitanga will be closed on December 25th and January 1st

Pitanga Cultural Centre, Samasti, Auroville (0413) 2622403/2622994 Pitanga@auroville.org.in

Pitanga is closed on the 1<sup>st</sup>, 16<sup>th</sup> and 26th of January



**CINEMA - Bharat Nivas - AUDITORIUM**  
 There will be no film show on Friday 1st of January. We wish you a Happy New Year!

## AT SAVITRI BHAVAN

*"MEDITATIONS ON SAVITRI - Book 5: THE BOOK OF LOVE"*  
 Canto 1-3: 'The Destined Meeting- Place', 'Satyavan' and 'Satyavan and Savitri'.

In the Author's Note to "SAVITRI - A Legend and a Symbol", Sri Aurobindo wrote about Satyavan and Savitri: "Satyavan is the soul carrying the divine truth of being within itself but

descended into the grip of death and ignorance; Savitri is the Divine Word, daughter of the Sun, goddess of the supreme Truth who comes down and is born to save;..." and further on that the characters in "SAVITRI" are "incarnations or emanations of living and conscious Forces with whom we can enter into concrete touch and they take human bodies in order to help man and show him the way from his mortal state to a divine consciousness and immortal life."

*The film is done by Manohar, of Huta's paintings illustrating passages from 'Savitri' read by The Mother and accompanied on her own organ music. We supply photocopies from the "Savitri" texts read by the Mother, so that the texts can be followed when seeing the film. Duration: 41min.*

Monday, 28th of December 2015, at 6:30pm



## Cinema Paradiso

Multimedia Center (MMC) Auditorium

Film program 28 December 2015 to 3 January 2016

**Indian - Monday 28 December, 8:00 pm:**

- **O KADHAL KANMANI (Oh Love, Apple of my Eye)**  
 India, 2015, Writer-Dir. Mani Ratnam w/Dulquer Salmaan, Nithya Menon, Prakash Raj, Romance, 139mins, Tamil w/ English subtitles, Rated: PG-13 (U/A)  
 Simple charm, likable characters, intrinsic humor in writing - makes this truly a comeback film for the director. Adi and Tara are attracted to each other when they meet. Since they do not believe in marriage, they decide to live together. Their story unfolds in tandem with that of Ganapathy and Bhavani an ageing couple who runs the PG accommodation where Adi and Tara live. By placing both these love stories in context, the film explores what is worth keeping from the past and what is not. *With stellar performances of the lead actors, this is a film to watch!*

**Italian - Tuesday 29 December, 8:00 pm:**

- **IL GIOVANE FAVOLOSO (Leopardi)**  
 Italy, 2014, Dir. Mario Martone, w/ Elio Germano, Michele Riondino, Biography-History, 143 mins, Italian w/ English subtitles, Rated: PG  
 The film is based upon the short but fruitful life of illness-racked Italian poet and philosopher Giacomo Leopardi. Leopardi is a child prodigy who grows up under the relentless gaze of his father, in a house that is a library. His mind travels far but his home is a prison. In Europe, the world is changing, revolutions erupt, and Giacomo desperately searches for contact with the outside world. At the age of twenty-four, when he finally leaves Recanati, Italy's high society opens its doors to him, but our rebel does not fit in.

**Interesting - Wednesday 30 December, 8:00 pm:**

- **INDIAN HANDS AND FEET: Traditional Arts and Crafts of India**
- **CITY OF PHOTOS**

Indian hands and feet: traditional arts and crafts of India:  
 India, 2012, Dir. Serena Aurora, Documentary, 8mins, no-language, Rated: NR (G) - The film explores some of India's truly amazing workmanship in traditional arts and crafts. One-day they may be taken over by machines like in the rest of the world. *The filmmaker will be present at the screening to interact at the end of both films.*

City of Photos: India, 2004, Writer-Dir. Nishtha Jain, Documentary, 59mins, English-Bengali w/ English subtitles, Rated: G (U) - The film explores the little known ethos of neighborhood photo studios in Indian cities, discovering

imaginary worlds in the smallest of spaces. As full of surprises as the people who frequent these studios are the backdrops they enjoy posing against and the props they choose. These afford fascinating glimpses into individual fantasies and popular tastes. *As you may remember, the director visited us in March '15 and screened two of her films. This is the third and the last one she had shared.*

**Holiday - Thursday 31 December, 8:00 pm:**

- **WISH YOU ALL A HAPPY NEW YEAR!**
- **NO FILM SCHEDULED**

**International - Saturday 2 January, 8:00 pm:**

- **PAN**  
 USA-UK-Australia, 2015, Dir. Joe Wright w/Levi Miller, Hugh Jackman, Garrett Hedlund, and others, Family-Fantasy, 111mins, English w/ English subtitles, Rated: PG  
 12-year-old orphan Peter is spirited away to the magical world of Neverland, where he finds both fun and danger, and ultimately discovers his destiny -- to become the hero who will be forever known as Peter Pan.

**Children's Film - Sunday 3 January, 4:30pm**

- **EPIC**  
 USA, 2013, Dir. Chris Wedge, Animation-Adventure, 102 mins, English w/ English subtitles, Rated: NR  
 A teenager finds herself transported to a deep forest setting where a battle between the forces of good and the forces of evil is taking place. She bands together with a rag-tag group of characters in order to save their world -- and ours.

**ROBERT ALTMAN Film Festival @ Ciné-Club**

**Ciné-Club - Sunday 3 January, 8:00 pm:**

- **MASH**  
 USA, 1970, Dir. Robert Altman w/ Donald Sutherland, Elliot Gould, and others, Drama-Comedy-War 116mins, English w/ English subtitles, Rated: R.  
 Based on the novels of Richard Hooker, this film details the exploits of military doctors and nurses at a Mobile Army Surgical Hospital in the Korean War. Between the gory hospital shifts and countless rounds of martinis, wisecracking surgeons Hawkeye Pierce and Trapper John McIntyre make it their business to undercut the smug, moralistic pretensions of Bible-thumper Maj. Frank Burns and Army true-believer Major "Hot Lips" Houlihan.

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

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