

News & Notes

■ A weekly bulletin for residents of *Auroville*

11th November 2017 **723**



HOUSE OF MOTHER'S AGENDA

(This is the season of "pujas," the time of rituals to the Universal Mother.)

Do you want some silence?

Yes, Mother, if you like.... I'm tempted to ask you if Durga won a victory this year?

We shouldn't talk about it. I think it was a REAL victory.

(Mother plunges in till the end. Then Sujata draws near her)

Did I give you the [blessing] packets yesterday?

Of "Victory," yes.

(To Satprem:) Did he get the Victory?

(Satprem:) Yes, Mother, I hope so! [laughter]

(Sujata:) Which victory, Mother?

Which victory? But there is only one, my child.

Which is?

Which is THE Victory... we can call it what we like: the Victory of Truth over Falsehood, the Victory of the Lord over his creation.

Which means the creation will now go consciously towards the Divine?

Ohh!

Eh, Mother? No? Not yet?... Not quite yet?

Well, that Victory is still only for a few.

The creation consciously going towards its divine Origin and ready to manifest that Origin is still only for a few. I think it will take centuries until it becomes general - oh, centuries, maybe millenniums!

But what matters is for us to be the few who are conscious, who consciously... *(silence, Mother opens her hands)*... manifest the Divine. That is our victory, for a few of us, which we can and must win and embody - by "win," I mean overcome the material resistance in the body *(Mother pinches the skin of her arm)*. That we can and it is our duty to overcome - I mean all the stupid unconscious resistance. That must come to an end. This is our work, and it must be done here *(pointing to the body)*.

(silence)

You say it will take centuries or even millenniums. But, for instance, would it not go taster by contagion? No?

We'll see, mon petit! Let's first do what we should do. Let's concentrate on that.

Let's do what we should do.

Yes, Mother.

MOTHER'S AGENDA, October 18, 1972

MOTHER

Look how lovely!

(Mother gives Satprem a white lotus)

And you, Mother, how are you?

(after a long silence)

You see, I would either have to describe every single thing that keeps happening, or say nothing at all.

When I say nothing and just stay like this *(gesture, open hands)* ... in an attitude of absolute *surrender*, things go on well. But if the SLIGHTEST thing pulls me out of it, I feel... as if I were about to die. Extraordinary.

When I am in that position, I get the feeling that... life is eternal.

(silence)

And when I come out of it, there's a horrible discomfort. That's my condition.

(silence)

Well, what do you want?

What you want.

(Mother plunges in till the end)

MOTHER'S AGENDA, 21 October 1972

MOTHER

The
Ponder
Corner

It is yourself that burns yonder millions of miles away in the infinite reaches of Space,
that walks with confident steps on the tumbling billows of the ethereal sea;
it is you who have set the stars in their places and woven the necklace of the suns not with hands but by
that Yoga,
that silent actionless impersonal Will which has set you here today listening to yourself in me.

Sri Aurobindo, Isha Upanishad

FROM THE NEWS&NOTES

NEW CLICKABLE PHONE NUMBERS! Are you reading the News&Notes on your phone? Then we have good news for you: phone numbers are now clickable on the Pdf version of the News&Notes! See a phone number highlighted in blue? Just tap on it and your phone will open the calling screen automatically. (The same goes already for email addresses and websites by the way). Enjoy! Suggestions and help on how to improve further are welcome: newsandnotes@auroville.org.in.

3 ways you can read the News&Notes in Pdf format:

- Open to all on Auroville website: www.auroville.org/contents/4186
 - On Auronet: <https://www.auroville.org.in/group/news-notes>
 - By email, weekly, if you join our mailing list (just ask! newsandnotes@auroville.org.in)
- Your News&Notes Team

WORKING GROUPS REPORTS

Report and Reflections of the Water Group, Sep and Oct 2017

Finally, the much awaited North-East Monsoon has arrived. We rejoice! But even in this beautiful rain we continue in our efforts to work towards becoming a water sensitive city, as we will need many more rains to replenish the groundwater levels. We have made it to the overall average rainfall we normally receive by the end of October for this year and have also reached the monthly average for October (according to data from Aurogreen).

How are the aquifers doing? Water levels are responding to the rainfall in the first aquifer: a slow rise in water levels is visible after having witnessed the worst drought in over 140 years. We continue to monitor the other aquifers to the best of our ability, which have a more complex recharge behaviour and are heavily dependent on the north-east monsoon rains.

We continue our efforts in aquifer monitoring and strengthening the data collection team. We have located and documented 243 wells within the Auroville city area and Green Belt, which will help provide an overview of the total number of wells in Auroville and aid us in restructuring our well monitoring strategy. We continue to monitor the same wells to get quantitative and qualitative information on the impact of present rains on the aquifer levels. Soon we will come up with a list of selected wells based on information such as aquifers tapped into, depth of well, etc., which will provide a much more comprehensive understanding of the groundwater situation. Ultimately this will help in the formulation of the long-term water management strategy for Auroville.

Your questions and feedback are welcome. Always feel free to email us: watergroup@auroville.org.in. And be sure to watch for our "Water Words" in the N&N and Auronet. Check out our website for updated well levels and rainfall data.

Thank you, *The Water Group* (www.aurovilwater.in)

ANNOUNCEMENTS

New Entry Board Nominees - Your Feedback Is Needed

Dear Community Members,
You are invited to give your feedback about 24 Aurovilians who have accepted their nomination as members of the Entry Board.

Please note that the feedback period will run until **Saturday, November 18**.

For more information, please use this link: <https://goo.gl/kZMVL9>

Best regards,
The Residents' Assembly Service

NEW DATE! - GM RESCHEDULED

YouthLink's Hive & The Pumhouse: A General Meeting to Discuss Developing Systems for the Harmonious Growth of the City

Dear Friend,

The Residents' Assembly Service invites you to participate in a General Meeting (called by the Pumhouse community) to discuss:

YouthLink's Hive & The Pumhouse
Developing Systems for the Harmonious Growth of the City

WHEN: 4.30, Monday, NOVEMBER 13

WHERE: Unity Pavilion

Note from the facilitator: To help make the meeting more effective, please send any questions you have for the Hive Project, the Pump House residents or for the TDC by email to manas@auroville.org.in. We will try to answer these questions during the GM.

Much love,

Your Residents' Assembly Service team

Outcome of the Selection Process for the Working Committee, Auroville Council, Funds & Assets Management Committee

Please welcome members of the WORKING COMMITTEE:

Carel (Reselected)

Hemant (Ongoing Member)

Inge V.A. (Ongoing Member)

Mandakini (Ongoing Member)

Partha (New Member)

Ranjith (Reselected)

Sauro (New Member)

Members of the AUROVILLE COUNCIL:

Angelo (New Member)

Elisa (Ongoing Member)

Enrica (Ongoing Member)

Martin (Ongoing Member)

Matriprasad (Reselected)

Mita (Ongoing Member)

Sandyra (Ongoing Member)

Silveraj (New Member)

Shivaya (New Member)

Members of the FUNDS & ASSETS MANAGEMENT COMMITTEE:

Bindu (Ongoing Member)

Chali (Ongoing Member)

Chandresh (Ongoing Member)

Daniel (New Member)

Dhruv (New Member)

Lyle (Ongoing Member)

Nicole (New Member)

Prabhu (Ongoing Member)

Yuval (Ongoing Member)

We won the Marathon despite many challenges!

Approximately 340 Aurovilians were nominated for the 3 Working Groups in August 2017. As the process unfolded the list narrowed to 50 names due to participants' health issues.

The process of the 3-day selection, which was held on 3rd, 4th & 5th of November, followed the participatory selection method.

In-depth report and Welcome Celebration are coming soon.

The Residents' Assembly Service

New team of L'Avenir d'Auroville

Dear community members, we are happy to announce that the new team of L'Avenir d'Auroville has started functioning on the 24th of October, immediately following the selection process. Presently the outgoing team and the new team are working together until the end of November to ensure a smooth transition and handover of responsibilities.

While working out the best way to organize ourselves and the whole team around the overall work at hand, we are also

addressing the day-to-day tasks that cannot come to a standstill during this transition, such as site and building applications, conflict resolutions on ongoing projects etc.

In that light, we would like to inform the community that, for the moment, we will continue giving site and building permissions based on existing parameters, development plans and development priorities. Meanwhile, our first and main focus will be on finalizing the Terms of Reference and Development Priorities together with the community, from which Detailed Development Plans will emerge, which will then serve as the base for all decisions around site allocation and building permissions for the future.

We would also like to inform the community that Aurovici will continue in the Housing Board, no longer as a representative of the community at large, but as a representative of L'Avenir d'Auroville, until April 2018.

Looking forward to the future,

Sincerely,

L'avenir d'Auroville team (Anita, Anu, Aurovici, Divya, Inge, Pino, Sindhuja, Tejaswini)

■ L'Avenir d'Auroville - correction

Dear community members,

In our report in the News and Notes dt. 28.10 2017, we have erroneously stated (in italics): "The work on the radial is done in collaboration between L'avenir d'Auroville, the Road Service, Auroville Earth Institute and Aqua Engineer. *It has received the support of the Secretary and Under Secretary of the Auroville Foundation.* The work is necessary and urgent in view of the visit of the Prime Minister in February 2018."

We would like to amend this statement to: "*Preliminary discussions were held with the Secretary and Under Secretary, Auroville Foundation, who suggested that this may be further processed and the proposal submitted through the Working Committee for consideration.*"

We regret the inconvenience and extend our apologies.

Best regards,

L'avenir d'Auroville team (Anita, Anu, Aurovici, Divya, Inge, Pino, Sindhuja, Tejaswini)

■ L'Avenir d'Auroville/ DC - Site and Building Applications feedback - 11th Nov 2017

The following Site and Building Applications (SA and BA) are announced for feedback from the community for a period of two weeks from the date of publication. 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 a NOC (No Objection Certificate). This happens 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 PROJECTS

- Site Applications:

1. Gabriella, House in Celebration on plot no. IR 361/2 for total built up area of 53 sq.m.

- Building Applications:

1. Jonah & Tracy Skoles, House extension (second floor) in Eternity on plot no. KA165/1 for total built-up area 30 sq.m.

● COLLECTIVE PROJECTS

- Site Applications: No New SA

- Building Applications: No New BA

For additional information, please write to avenir@auroville.org.in, call: 2622-170 or come directly to L'avenir d'Auroville/TDC office in the Town Hall. For more information on the location of the plots mentioned above, you can find this same announcement with map(s) on the Auronet page of L'avenir d'Auroville/TDC.

■ Inviting you to a General Meeting of the International Zone - December 11th from 4 to 6 pm.

The pavilion groups and activities in the International Zone are growing. Auroville benefits daily from these developments. This General Meeting will give first priority for the small or emerging groups to present their work. Then there will be a report from the International Zone's recent presentation at Auroville's exhibition in association with UNESCO in New Delhi, as well as reports about progress here in Auroville. Question & Answer session and even time for tea is planned during the two hours at Unity Pavilion, 4:00 to 6:00 pm Monday Dec. 11. This is an event for the whole Community to enjoy.

The International Zone Coordination Team wants to encourage the collaboration of all nations to manifest Auroville's International Zone with rich diversity and abiding harmony. All nations are invited to be represented at our meetings. Presently, we are only about 10 countries who meet regularly. As more countries join at the table, the team will enjoy a wider representation of Auroville's population! To provide your nation's valued and welcomed representation, you should feel free to participate in any of our open regular Monday meetings.

We already have the diversity of 53 countries in Auroville, now we can collaborate for the unity in this diversity while creating together our International Zone. For more information, email to izcoordination@auroville.org.in

See you at the International Zone General Meeting on Monday December 11 at Unity Pavilion from 4 pm to 6.

■ Update on an appeal request against a working group decision

Kripa, and Bernard (Sharnga Guest House), Funds and Assets Management Committee (FAMC), and Working Committee Bernard and Kripa submitted an appeal request against a decision related to the financial and general management of Sharnga Guest House, made by the FAMC and the Working Committee during 2014-2015.

As a first step of the appeal process, Bernard, Kripa and representatives of the FAMC and the Working Committee were invited for a series of meetings first individually then together, facilitated by Koodam.

Bernard and Kripa shared the pain and hurt they felt as a result of the lack of processes followed and authoritative decisions made by the FAMC and the Working Committee. For them, there was a severe lack of humanity and consideration of the individual Aurovillians involved as well as of the bigger impact of the situation considering the values of Auroville we are all supposed to hold in our work, intentions and actions.

The representatives of the FAMC and Working Committee shared how from their perspective, the process was extremely difficult and challenging, having to bridge and balance personal relationships, official responsibilities and collective values, ideals and obligations in an Auroville that is rapidly changing on many levels.

During the joint conversations, all present re-connected on a human level as fellow Aurovillians and took personal responsibility for their individual actions that caused unclarity, hurt and disconnection. A clear spirit of goodwill and collaboration wanting to take things to a higher level for the good of the collective and community growth made a good quality of communication possible. The aspiration to serve The Mother and to sincerely be at the service of the development of Auroville were put forth. Thus, all connected with these common values and discussion was possible to bridge close to 3 years of painful disconnect.

As a result of this discussion, the FAMC and the Working Committee proposed to adjust their original decision. Bernard and Kripa accepted this proposal and withdrew their appeal request.

The final agreement is:

1. In view of the warm and intense sharing during our joint meeting and below changes of the original decision, the request for the appeal will be dropped by Bernard and Kripa.

- Bernard will be re-appointed as executive of Sharnga GH by the FAMC and Working Committee with effect from the next financial year, e.g. 01-04-2018. Bernard informed the FAMC and the Working Committee that he decided to not be involved in any financial matters of the guest house.
- Bernard and Kripa will find a third person who can act as executive of Sharnga GH. The request for the third executive is also made to all other major units.

Submitted by FAMC

From the Entry Service - N&N # 723 - Dated: 11-11-2017

Our team is happy to recommend the following individuals as Aurovilians, Newcomers and Friends of Auroville. Prior to Newcomer and Aurovillian status confirmation, there is a (1) month window for community feedback. Kindly forward your support or grievances to: entryservice@auroville.org.in

NEWCOMERS ANNOUNCED:

Parisa DAMANDAN (Iranian) Staying at Utility and Working at Auroville Papers.

Soheil NAFISI (Iranian) Staying at Utility and Working at Auroville Papers.

Umberto CERASOLI (Brazilian) Staying at La Maison des Jeunes and Working at Auroville Art Service.

NEWCOMERS CONFIRMED:

Celia DE MENGIN (French)

Chitra UDHAYANAN (Indian)

Shivagami KUMAR (Indian)

Vidjea EPINAL (Indian)

Vimala VELAYUTHAM (Indian)

AUROVILIANS ANNOUNCED:

Alice Rebecca WATSON (USA) Staying at Savitri Bhavan and Working at Savitri Bhavan.

Nadja ACKADURACK (Austrian) Staying at Aurodam and Working at Svaram.

Madhu JAYAMURTHY (Indian) Staying at Creativity and Working at AVAG.

Kalvikarasi KARUNANITHY (Indian) Staying at Maitreye and Working at Eco Femme.

Egle BORCHARDT (Lithuania) Staying at Petite Ferme and Working at Laboratory of Evolution (Researcher).

Ravi BORCHARDT (German) Staying at Petite Ferme and Working at Joy Guest House & Dehashakti Sports Ground.

AUROVILIANS CONFIRMED:

Sarojini MOHANTA (Indian)

Giacomo COLOMBA (Italian)

Sathish VENKATESAN (Indian)

Sebastien CUENIN (French)

FRIENDS OF AUROVILLE:

Daljeet WADHWA (Indian)

Rohini SAHNI (Indian)

Varun SAHNI (Indian)

NOTE: Individuals are entered into the Register of Residents (maintained by the Auroville Foundation) shortly after filling the B-FORM and meeting with the Secretary of the AVF. The appointment date for these is set and communicated by the Entry Service to the individual at the respective time, and NOT AT THEIR PERSONAL REQUEST.

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

ENTRY SERVICE OPEN TO PUBLIC TIMINGS

Monday, Wednesday, Friday 09:30AM-12:30PM

Monday to Friday (by appointment only) 02:30PM-04:30PM

Yours, The Entry Service

Invitation To Mentors And Potential Mentors: Update On The New Entry Policy

A session will be offered to Mentors and all those who might be interested to contribute to mentor newcomers. The main focus of this session will be an update on the changes to the new entry process and their impacts on newcomers and mentors.

If you are already mentoring newcomers or if you are interested to become a mentor, please try to come. We will be happy to welcome you.

Saturday 18 November 2017

Between 9:30 and 12:00 am

The venue is not fixed yet: please confirm your presence and get the venue by writing to mentor@auroville.org.in

Aspiration Team

On behalf of the Auroville Council & The Working Committee

FOR YOUR INFORMATION

Bus on Darshan Days

November 17 and November 24

For those using the Auroville bus to have darshan in Mother's room on November 17 (Mother's mahasamadhi day), and Sri Aurobindo's room on November 24 (Sri Aurobindo's siddhi day), the bus will leave from Matrimandir at 9 am via the ordinary route and return from Pondy at 12 am. No tokens are required. Please note that this SAIER bus is reserved for Aurovilians and newcomers going for darshan. All others will have to use the ordinary Auroville bus, as per the daily schedule.

Paulette

MGEcoduties New Milestone

Dear Friends, we are happy to share with you all, that MGEcoduties facilities, have been visited and inspected by SCD Probiotics from USA, and we have got GMP compliance. For those who are not familiar with GMP here is a brief description: Good manufacturing practices (GMP) are the practices required in order to conform to the guidelines recommended by agencies that control authorization and licensing for manufacture and sale of food, drug products, and pharmaceutical products. These guidelines provide minimum requirements that a pharmaceutical or a food product manufacturer must meet to assure that the products are of high quality and do not pose any risk to the consumer or public. Therefore, complying with GMP is mandatory in all Probiotics manufacturing, and food processing. GMP guidelines are not prescriptive instructions on how to manufacture products. They are a series of general principles that must be observed during manufacturing. When a company is setting up its quality program and manufacturing process, there may be a way it can fulfill GMP requirements.

Also, MGEcoduties have got certification under Coastal Aquaculture Authorities (CAA) to manufacture inputs for shrimp farming with the aim to replace antibiotics in that sector. MGEcoduties is also aiming to get ISO certification, and to increase our manufacturing capacity of 27,000 liters per month to 100,000 liters per month, to have a solid presence in the Indian Agricultural and Livestock scenario.

We also wanted to mention that the sampling and testing of all our production is a critical part of working with Probiotics Technology. Basically, every batch we manufacture is tested in both an AV lab in Aurobrindavan as initial data, and in a USA certified lab for testing. In the USA lab, we are using the latest microbiology testing technology called "Next Generation Sequence (NGS)". The field of metagenomics involves identification of organisms present in a body of water, dirt, matter filtered from the air, or swab samples from organisms. Knowing which organisms are present in a particular environment is critical to research in ecology, microbiology and other fields. Sequencing enables researchers to determine which types of microbes may be present in microbiology. Thanks to NGS, the human DNA can be analyzed in one day, when it took a decade before to get that information. Then, all MGEcoduties production batches are screened under NGS testing, to look into the total species, accounts and rigorous scrutiny of contamination.

All records are kept in our system for any who want to see them and also as part of our GMP quality program.

Thanks for your support and love,

Regards,

Margarita and Guidelma

(MGEcoduties Executives) www.probioticshouse.com

Vaasal

Dear friends, Vanakkam, we are happy to announce that we are publishing Vaasal (Entrance), a new magazine in English about Tamil art, culture, language and society in Auroville. Our Vaasal intends to do the following things:

1. Enjoy: Showcase Tamil literature, music and art in a way that is accessible to everyone.
2. Meet: Introduce senior Tamil Aurovilians, workers to the community at large.
3. Think: Introduce important ideas and rituals along with an open offer to participate.
4. Speak: Act as a friendly first step into the Tamil language for those who are frustrated by their language inability and wish to learn to enjoy themselves in this beautiful language.
5. Integrate: In light of Mother's words that Tamil culture is an essential part of the integral yoga of Auroville, to bring the Tamil and non-Tamil parts of Auroville closer together.

We invite all readers to download the first issue at the following web address: <http://tinyurl.com/vaasal>

We welcome contributors to Vaasal, and we have many existing materials that we would like to share with the community.

Please send us your thoughts, ideas and feedback to: tamil@auroville.org.in

Anbudhan (only with love), R. Meenakshi, Jonathan and the team at Ilaignarkal School

POSTINGS

Mother's Samadhi Day: On 17th November the Mother's room Darshan at Sri Aurobindo Ashram will start at 4:30 am and close at 12 noon. Tokens are not needed. With Love, *Mallika*

One World: Do you know an Aurovillian from a nation with few representatives here, who does not read AuroNet or N&N? Will you please tell them that the International Zone Coordination Team wants to invite every nation in Auroville to the General Meeting Dec. 11th. If the representative wants to give a few minutes' presentation about their activity related to International Zone, we can help with spoken English if they contact us by Dec 2 and we want to confirm their power point or video by Nov. 17. Please help them email us: izcoordination@auroville.org.in - We will need to know the Aurovillian's contact information and one or two languages they can read or speak. Thanks for helping and we look forward to being with you at Unity Pavilion for GM Dec.11th, 4:00 to 6:00 pm. *International Zone Coordination Team*

New paved road stretch: Road Service kindly informs the community that we will start the new stretch of paved road between the roundabout and Kindergarten from the 13th November on. The old road will be reopened temporarily for the duration of the work. Sorry for the inconvenience. *Auroville Road Service*

Fund raising cakes: Hello my name is Asia and I am doing a fundraiser to bring my half-sister to Auroville - my proposal is you can order a cake and I will deliver it to you in Auroville. I can bake cakes, cupcakes and cookies. If you would like a cake with a unique design let me know and I will see what I can do - contact: [7094823921](tel:7094823921) / Account#6281 - Thanks, *Asia*

Sharing design space @ Upasana: Creative designer people working with textile and craft and looking for a place, welcome. Upasana is happy to share some space. Special attention for young startup from Auroville. Pls write to: Office@upasana.in

Therapeutic Shiatsu: Dear community, I am going back to give shiatsu in Quiet from this month onward. I will be working there from Monday to Friday so don't hesitate to try and book with me! For those of you who have an appointment in Pitanga this month I will assure them but for any new appointments please contact Quiet directly. And when coming, don't forget your bed sheet or lungi ;-) Love to all, *Margaux*

Mother Kindergarten: The New Colors children's center is in Edayanchavady village, offers free homework help for students

from grades 1-9 from Monday to Friday between 5 to 7 pm (not on rainy days). "The Mother Kindergarten" in New Colors is for ages 2-7 and opens from Monday to Friday with: morning activity 8:30 am to 1 pm or afternoon activity from 1 pm to 4 pm or full day activity 8:30 am to 4 pm. It is suitable for short or long term, for Aurovilians, Newcomers and Guests. For registration and for further details contact *Renana*: [9865444472](tel:9865444472) / motherkindergarten@gmail.com or newcolors2002@gmail.com

HEALTH

Notice from AvHC: Dear Community, we have received complaints that unauthorised patients have used Av account numbers at the Health Centre. Henceforth, please ensure that any patient sent to Health Centre by a unit or by an individual employer, is carrying an authority letter allowing use of the account, no of the unit/individual. Else they will be asked to pay in cash at the reception. *AvHC*

Integral Health: Classical homeopathy; hypnotherapy; midwifery; child care; coaching
Sigrid is starting clinic on 17th Nov - 28Nov, then again TOS for 2 weeks.

Peter and Sigrid give consultations in Classical homeopathy, Sensation Method. They trained with Dr. Sankaran, Mumbai for 20 years. www.theothersong.com

A "constitutional remedy" is identified, which then is a "personal tonic" for holistic health, and can be repeatedly used over decades.

Camille is providing "psychomotricity for children" and Sigrid gives sessions in transpersonal regression therapy, inner child work, trauma therapy.

Angelika, a German psychologist and psychotherapist (psychoanalysis, body centered therapy and gestalt therapy) and is available for consulting German speaking community members, guests and volunteers. Phone [0413-2622806](tel:0413-2622806) or email: anlika@auroville.org.in

Malar has done several trainings in homeopathy and provides homeopathic consultations, homeopathic First Aid, providing follow-up remedies etc.

Intro to homeopathy in Tamil: Malar can come to your women's group, Service Unit etc. and present homeopathic first aid and PC remedies.

First Aid Kits with 32 remedies are available, description in your choice of language: English, French, German and NOW TAMIL. PC Shock, PC Allergy, PC Diabetes, PC High Blood pressure etc. are available in our remedy box, along with Harmony and Samata. Just come and take them anytime. Benefits are well established - no side effects.

Consultations are generally held in English, French, German and Tamil. Malar is managing the office, mailing of remedies, the First Aid Kits and PC remedies on Mondays, Wednesdays, Fridays 9 - 12 am. You are welcome to contact us at:

integralhealth@auroville.org.in to enquire about the most suitable approach for your health or psychological issue [Integral Health, Prayatna [2623669](tel:2623669)] -

Sigrid sigrid@auroville.org.in; www.sigridlindemann.com

Camille camille@auroville.org.in; [8098796307](tel:8098796307)

Peter peterh@auroville.org.in; [9787698464](tel:9787698464)

Ingo ingo@auroville.org.in; [9489325085](tel:9489325085)

Malar malar@auroville.org.in; [9585012007](tel:9585012007)

TCM/ACUPUNCTURE: offered again by *Heidi* (Vikas). Treatments possible in your home or at Vikas. Please call [9442357661](tel:9442357661) for appointments.

EATING OUT (Listing at this [link](#))

Well Studio Café: Dear all, Well studio Cafe is open in the rainy time and will be happy if you will please join us for breakfast and lunch. **Monday to Saturday from 8.30 to 17.00**
Vegetarian and vegan Mediterranean food in our beautiful garden and art and craft center. We do have a cozy place to seat on the rainy days. Love, *Well Cafe Team (Sve Dame)*
For groups and take away please call: [0413-2622219](tel:0413-2622219) or mail: wellcafe@auroville.org.in

Voices Notes

AUROVILLE RADIO



Dear listeners!

Despite the monsoon season, life goes on ... although at a slower pace.

Our live streaming can be heard on: radio.garden/live/villupuram/auroville-radio/

From our volunteers we have:

Andrea recorded both sets of the 3rd edition of Kalabhumi Goes Live - [Unplugged Acts](#), and [Electric Acts](#).

Rtm - Yaroslava's Flowers in Russian - [Kniga - Cveti Yaroslavi](#).

We started with a new podcast on Frequencies with a special focus on Healing Frequencies, and here are the first two episodes: [Frequencies](#), [Miracle of 528Hz](#), and [Unified Frequency](#).

Within the regular programs:

Gangalakshmi reads her [Selections](#) of Sri Aurobindo and The Mother texts in French - uncut version on the request of listeners!

Marlenka continues with [Synthesis of Yoga](#) by Sri Aurobindo.

Loretta is reading [Mother's Q & A - 15/8/56](#), and [Savitri B.III, C.III. Part2](#).

Out of our regular programs are here the news of [Thursday](#), and [Monday](#).

Plenty of good music within the musical podcasts, groovy [Underwater Paradise](#), and two editions of classical jazz - [Jazz](#), [Jazz](#), [Jazz](#), and [Jazz#2](#).

Happy listening, Your AV Radio Team [www.aurovillerradio.org]

NOTES

◆ A "Concrete Human Unity" for our 50th Birthday

We are planning to celebrate
Our coming 50th Birthday.

And yet some things we tolerate,
That deny Human Unity...

Let's drop the name "Human Resource"!...

None of us is, ever will be:

We're all expressions of One Source

And much more than our eyes can see.

Auroville is but one Body.

We are sharing the Soul all right

But the cells of that one Body

Are still too often in a plight!...

All of us in a Working-Group

Do what they can, and lots of good,

But still some are left in the soup

Without a roof or without food.

Centralization cannot solve

Every need, every situation,

It takes individual resolve

To see the need, and take action.

Anyone, at any moment,

Can suddenly be broke, or sick:

The Health Fund is not sufficient

To cover all with its magic...

Let's build a true Togetherness,

A true concern for each other,

Let's build a sense of Oneness,

Of sharing of what we gather.

Our City must be homely,

A new form of Collective Life

Born of a sense of Family

Instead of all the usual strife.

It must begin with each of us
Looking at others with the heart
Instead of all these disastrous
Judgments that make our mind feel smart.

No administration can know
An individual as we can,
Who are their co-workers, or go
To their home, and see there's no fan,

Because, well, simply we love them
And we appreciate them also
As Aurovillians, just the same
As we ourselves are, and although

They may be really different
In their looks or their opinion,
-The surface that is apparent -
Yet in our hearts there is union...

Only the eyes of Love can see
The true worth of another Soul.
The Mind's sight is a fallacy,
It doesn't understand at all.

We each know well a few others.
Let's speak for them without shyness...
If they are in need, who bothers
If not our Heart Connectedness?

Whom are you ready to speak for
In our meetings, our working-groups,
So that they get just a bit more
As a true soldier in our troops?

Or if you have enough to share
Perhaps the help can come from you?
When it is a friend's meagre fare,
Of course you will help, will not you?

Let us forget about our Past
And all the fears that we have learned:
Let Compassion move us at last
To a Future not money-earned!

At least in this place, for a start,
Let us live in Togetherness:
When we look at all with the heart,
All deserve basic happiness.

Our true New Organization
Is really this Network of Love
Connecting our population,
Each of us acting as a hub.

The "Something Else", as some will say,
Is not so mysterious in fact:
It is just Love, and our Birthday
Needs mostly That for full impact...

Each one's unique contribution
Deserves it, through its own true worth.
If Love does this Celebration,
We'll all experience a Rebirth!

A Note from *Bhaga*

(*Laboratory Of Evolution - Centre For Human Unity Research*)

◆ Review - Workshop on calligraphy

By Rajeev Kumar - 4 & 5 November - Organised by Arpanaa



"Calligraphy is the art of writing beautifully. It is the written letter, molded by one's concept of ultimate grace and perfect balance, a personal artistic expression as unique as the lines on the fingertips with which one holds the pen. It places one's soul at the tip of the pen for all to see." (M. Drogin, *Medieval Calligraphy*)

Elizabeth, who just came to have fun, is finishing a beautiful piece of art with some calligraphy handwriting. Barnabas, 12 years old, is here with his father Joati; both are painting a background of orange on a canvas ready for the final calligraphy strokes. Priya is finalising the blue border of a piece as beautiful as she is, where the word 'yoga' is inscribed in gothic letters on a sharp red background. Adil is into the eclipse of Pink Floyd today, finishing one piece, starting a couple of others, all his works reflecting the experience of an already accomplished artist.

These people were a few of the 17 who animated Kalakendra this past weekend. Part of a calligraphy workshop which lasted for two days, they were all busy in the making of beautiful letter forms, trying with attention and consciousness to arrange those letters into visually harmonious relationships.

At the head of the group, Indian calligrapher Rajeev Kumar, just arrived from New Delhi, was teaching this ancient art of writing that is not only experiencing a sudden revival in the art world but thriving even in this age of digital printing. Mona Pingel of Arpanaa (a City Service) met this well-known artist of Delhi 3 months ago during a visit to a Hindu/Persian exhibition in Delhi Haat. Fond of calligraphy herself and touched by the free flowing technique of Indian calligraphy versus the more rigid Western technique, she decided to invite him to lead a workshop.

What made this workshop exceptional was not only the high standard of the teacher, who exhibits and sells all over the world, but his background and his relationship to science and spirit.

Before starting professionally as a calligraphy artist, Rajeev was first a mechanical engineer, then a design consultant. In 2012, he was inspired to commit himself totally to the arts by a 24-foot abstract calligraphy painting that was exhibited at the India Habitat Centre in New Delhi. According to him, he owes it all to his study of mechanical engineer. Those 4 years allowed him to take a scientific approach to art, transferred his powers of reasoning into an analytical entity, broadened his mind from finite to infinite and, above all, made him believe that all is possible in just the excitement of the sharpness of a stroke.

No need to be scientists or Zen monks in monasteries meditating for hours to produce, in a single stroke, the meaning of the world! Do look out for the opportunity to admire the beautiful amateur art pieces that are the outcome of this unusual workshop in an exhibition coming up soon in Kalakendra. *Chana Corinne Devor for AVart Service*

AVAILABLE

Puppy: urgently looking for adoption. Please contact *Kamala*: [7708541587](tel:7708541587) / kamalqiri108@yahoo.com

Freezer and Stabilizer: Haier Chest Freezer HCC-345 HTQ (345 liter capacity). Almost new, with guarantee and Stabilizer. Was purchased on the 17th of August. *Sarah k.*: sarah@auroville.org.in

Brand new never used machine for automatic glucose blood control: (for diabetes) at 2 third of the actual European price. It comes with 4 sensors each for 14 days use. The sensors of this particular system allow checking the blood levels up to 22 times a day without lancets. The sensor is applied on the arm and it works with a Bluetooth technology that connects it with the glucometer. Name of the brand: Free style Libre "flash glucose monitoring". To know more: FreeStyleLibre.com. Passed on because not needed anymore. Contact: *Emanuele*: [0413-2623407](tel:0413-2623407).

Special discount at Lively: 10th - 30th of November 2017 - We would like to bring kind information for the community that "Lively" offer special discount sales on the following products. Bamboo toys; Bamboo furniture; Bamboo Trays; Household items - For more information contact *Lively* - Phone: [0413-2622589](tel:0413-2622589) / Email: lively@auroville.org.in / Website: www.aurolively.org

Toys, games and puzzles on offer: We have cleared out our playroom at home and have a huge pile of puzzles, games, toys to give away. Suitable mainly for younger kids (kindergarten age). Please pass by our home in evergreen on Saturday morning between 9-12 and take what you like. Much love, *Tamar, Amir, Zohar, Laya and Sophia*

Photo shoot flash light: Dear Friends I have a new function usable flash light for photo shoots which has been used only once. And another small flash light for studio use which is also a new one. Both are in very good condition. If anybody needs them please contact me. Thank you. *Pavithra, Fraternity*. Contact no: [9597792176](tel:9597792176) or [9789756904](tel:9789756904).

LOOKING FOR...

Work for an amma: She is a person totally trustworthy, honest, faithful, responsible, strong and committed. After many years of experience with me and other Aurovillians, my amma needs 3 days a week of work: Monday, Thursday and Saturday. For more information call: [9489600787](tel:9489600787) (at lunchtime please). Submitted by *Ana. M*

Help with photo composition: Dear friends, I need to learn the bases of digital programming, photo composition including text and how to cut and compose small films in order to enter clips on YouTube as well as create a simple website. Could someone help me please? I learn fast, promise! Please call me at: [9489066787](tel:9489066787) (at lunchtime please). Thanks, *Ana.M*

Wood: Dear friends, we at Sumark are looking for Kaya, Eucalyptus and work tree logs. For the Kaya and eucalyptus we need large diameter logs for roof beams and also stumps that we can cut slices out of to make tables. If you have any or are planning to cut some (preferably dry of course) please let us know and we will pass by to check them out. You can reach us either by email: sumark@auroville.org.in or phone: *Kevin*: [7094956887](tel:7094956887), *Peter*: [9751378408](tel:9751378408), Office: [2622472](tel:2622472). Thanks, *Kevin."*

A refrigerator: My name is *Alena* and I'm looking for a refrigerator. My contacts: alenauroville@gmail.com / [+91 7094 035 650](tel:+917094035650)

Flower artists: Unity Pavilion welcomes flower artists, people who have studied Ikebana with Valeria or have other type of flower arrangement skills, to come and do the flower arrangements on chosen days, and possibly even on a more regular basis. It will give you an opportunity to use your skills and share your creations with the community. If this invitation speaks to you, please contact us at Unity Pavilion: [04132623576](tel:04132623576) / unitypavilion@auroville.org.in - Thank You!

Functional cassette player: (incl.CD-player even better!) I just got a marvellous classical Indian music cassette-collection from a musician-friend, but unfortunately my cassette-player is not working anymore and I would love to listen to them, also keen to transfer them onto CD*s, if anyone knows whereabouts? Since quite some time without internet- and landline connection ,kindly leave a message on my cellphone, no. [763954-0624](tel:7639540624). I shall call you back happily! *Schima*

ACCOMMODATIONS

Needed: Unity Pavilion is looking for a place to stay for one of our volunteers, if possible for longer time, but very urgently for the months of January and February 2018. Divyanshi has been working with us full time on the Economy Research for more than one year truly offering her high quality work with full commitment to Auroville. If you have a place, or can suggest any opening, please contact *Jaya or Shivaya* at: unitypavilion@auroville.org.in

A small room: I offer a small room for a Newcomer (preference) or a volunteer (only for a single person) in my house in Fertile against work - around 8h per week spread out on the 6 days of the week. For 2 months, starting November 28. For more details send me a mail with your name, your status in Auroville and where you work, with your contact number or call me: [9489805493](tel:9489805493). *Christine*

TAXI SHARING

Please note that there is a new Auroville service of taxi sharing available with STS at:

<http://sharedtransport.auroville.org/>

December 7th: Gertraud Erhardt-Bannerjee arrives with Lufthansa on 7.12.2017, 00.10 am at Chennai International Airport. She would like to share a taxi to Auroville. If you are around then please contact her at: gertraud_erhardt@web.de

Week's Happenings

INVITATIONS



AMPHITHEATRE - MATRIMANDIR

Meditation with Savitri
read by Mother to Sunil's music

Every THURSDAY - 5.30 to 6.00 pm {Weather permitting}

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

Reminder to all:

The Park of Unity is a place for silence, meditation and inner work, and is to be used only as such.

We request everyone: please do not use cameras, I-pads, cell phones, etc. No Photos.

Dear Guests, please carry your Guest Card with you
Access only for the Amphitheatre from 5.15 pm.

Please be seated by 5.25 pm.
Thank you, Amphitheatre Team

Sri Aurobindo Centre for Studies
India and the World - Bharat Nivas

Our Auroville Experience...

We will meet on Friday, November 10, 2017,
at 4 pm in the Resource Library,
to continue our reading / study of "The Synthesis of Yoga".
Till then... Love, Aster

AV Youth Ambassadors - An Introduction

11th November 2017

Unity Pavilion, 9:45 am - 12 am and 2 pm - 16:30 pm

Open to any Aurovilian / Newcomer youth approximate age
15-35. Please inform us if you would like to join.

youthlink@auroville.org.in, [8940568266](tel:8940568266),
unitypavilion@auroville.org.in, [0413-2623576](tel:0413-2623576)

Reminder! Action Days in a future forest!

If you have ever wondered what is involved in forest work,
this is a good opportunity to try it first-hand.

This second phase will see us fencing newly purchased land and
planting trees and shrubs (subject to rains).

It will be from 8:30 am to 12am and then from 1:30 pm to 4:30
pm on Monday November the 13th to Wednesday the 15th.

still on schedule - unless there are heavy rains

Please join us if you want to give us a hand.

We will meet by the Minati gate (near the Youth Centre) at
8:15 am and at 1:15 pm on the above mentioned days and
then drive/cycle to the new plots. You can also join us later by
giving Island a call during the day.

Please bring plenty of water, sunscreen and motivation! If you
can't make it but want to contribute financially (diesel for
tractor, seedlings, compost, nails, tools etc...) please use the
Auroville financial service account #252598

For any clarifications or info you can call *Island* at: [7598103616](tel:7598103616)
alternatively, you can use the email: island@auroville.org.in

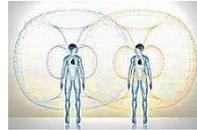
Thank you, *Island*

TALKS, SEMINARS

Introduction to the 2017-2018 training by Marie-Claire: **Holoenergetic® tools from Dr Laskow**

Saturday 11th November 2017
- 9 to 12 am - Vérité Hall

Presentation of the 2017-2018 Training Curriculum,
and overview of the relevance of these tools to Auroville
community, residents, schools, groups or collectivities.



Holoenergetic® is a path to open the heart
to let the psychic being take the lead.
Opening to oneness through Love Force...
Holoenergetic® is a real tool for inner
growth and true communication & group
coherence.

For the past five years, we have been using successfully a
simplified version in Auroville Outreach Oli School.

Muthukumari from Thamarai has been teaching the Tamil
version in the Auroville bioregion.

Marie-Claire has been teaching this technique in France for the
past 7 years, and is now ready to offer a full training (with
diploma) to our community.

A warm welcome to all Aurovilians, Newcomers, Volunteers,
who would like to learn and share these tools in their daily
individual and collective life in Auroville.

No need to reserve, just come!

For more information, contact *Marie-Claire*

at: marieclaire@auroville.org.in

(more on Dr Laskow: <http://www.laskow.net>)

CULTURAL EVENTS



"We Got it Coming"

Performance
By Lail Arad and JF Robitaille

Venue: Adishakti Theatre
Thursday, 16th November
- 7pm
Entry Free!



**CONCERT TRIBUTE TO
LATIN AMERICA**

Saturday 18 of November at 8 PM

Bossa Nova
Folk songs
Tango
Trovás



Vocals: Jivatman & Susana - Guitars: Rolf &
Jivatman - Percussion: Suresh

Songs from Latin America: Desafinado, Volver,
Recuerdos de Ypacaraí, Adios Muchachos, Canción
con todos, Chega de Saudade, Cucurrucucú
Paloma, Si se calla el cantor, Al otro lado del rio...

Pitanga Cultural Centre, Samasti, Auroville, TN 605101, India.
[0413-2622403](tel:0413-2622403)/[2622994](tel:0413-2622994) - Pitanga@auroville.org.in

CLASSES, WORKSHOPS

Introduction to Sri Aurobindo's World Vision

A series of illustrated presentations delivered by Muriel at Savitri Bhavan. The classes are suspended during the month of November. We will resume in December. Watch this space for the exact date and time.

Exploration of the Universal Qualities

Through the Art "GROWING INTO SINCERITY"

On 22, 23, 24 of November, from 9 am till 12.30 am.

"A sincere heart is worth all the extraordinary powers in the world" Sri Aurobindo

In this collective experience we will try to reach as deep as possible into our centre being through building a space of SINCERITY. What is SINCERITY? How to feel, think and act by invoking its presence? How to open our inner selves to the world without fear, how to unfold the Truth within our beings? We will seek answers to those questions by practicing different exercises using our senses and agents of consciousness: vision, hearing, writing, singing, acting.

The Mother: *Do not pretend— be / Do not promise — act / Do not dream — realize.*

For registration please contact *Shakti*: [04132623627](tel:04132623627) / shakti@auroville.org.in or *Francesca*: [04122623987](tel:04122623987) / francesca@auroville.org.in

Inner-Work-Workshop

Introduction to the Integral Yoga of Sri Aurobindo and the Mother - Tues. 14th November - focus: 'The Synthesis of Yoga'

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

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

Place: Savitri Bhavan - Time: 9 am to 12 Noon

(For those who are new to Yoga, from 8.45 to 9 am there will be a brief presentation on Yoga and Spirituality.)

Led by *Dr. Larry Seidlitz* (Contact: [0413-2622922](tel:0413-2622922))

No Registration required (except for groups). Fees: Voluntary Contribution. All are welcome. For details on the Integral Yoga and the upcoming workshops: please visit www.integralyoga-auroville.com.

One-day "Awareness Through the Body" workshop

Facilitated by *Rosa and Francesco*

Saturday 18th, November - From 9.00 am to 4.00 pm

Focus on Attention, Concentration, Introspection and Relaxation - Venue: Transition School ATB Hall. Limited number of places.

Registration by e-mail at sghilli@hotmail.it

Workshop - "Veil: Two Sisters"

You are invited to join a creative workshop, based on the performance project VEIL: TWO SISTERS by New York choreographer Cynthia Berkshire. Including a warmup, improvisation and writing, we will be exploring family forgiveness. The VEIL workshop incorporates walking a labyrinth, and is founded on her previous program first taught at the Institute of Contemporary Art, USA. Group choreography for participants will also be explored, with the possibility of an informal showing.

VEIL: TWO SISTERS addresses a sibling relationship and the interplay of spirit, impermanence and forgiveness. Its early development included a series of improvised studies, the foundation on which the project movement is based. Entering the world of magic realism, VEIL has a sense of being of the earth and of a dream. Two sisters, one of whom has passed, are shrouded in white with simple and spare movement.

Held at CRIPA, the first meeting will be Wednesday November 15, 1-3 pm. Please write if you are interested or have any questions: cberkshire@nyc.rr.com

Comments on workshop: 'I was very moved by the way all elements of the workshop provided by Cynthia led us to grow in confidence, creativity, spontaneity, and physicality of expression.' —IM, drama therapist & performer "The flow of the workshop was perfect in getting comfortable with embracing creative movement/expression both for myself and interacting with others. It was a very mind-expanding and enlightening experience, which definitely got me to

think about movement, connection.' —MO, musician comments on VEIL studies: 'The piece is so beautiful, I feel enriched having watched it' —AS, dancer, designer 'Very tender and heartfelt ... Quite mysterious and lyrical. A delicate gift' —DP, dancer/experience designer.

Links for VEIL: www.indiegogo.com/projects/veil-performance-travel-campaign-to-india-dance/. Oct 2017, Gibney:

vimeo.com/237345234 password: sisters (8 min)

May 2016, Dixon: vimeo.com/171342357 (1min)

Invited to Auroville by Jill Navarre, Cynthia brings a background in dance, theatre and visual design to her projects. She came to New York to perform with Kei Takei; has an MA in dance, and has worked as a production artist/designer at Sesame Workshop and Bloomingdale's. A movement coach on theatre productions such as 'The Strindberg Festival', Cynthia also co-directed the multimedia 'Landfall', presented at Rhode Island School of Design; and has been supported by various residencies including White Oak Plantation and Palenville Interarts Colony. Cynthia will also be the movement coach, choreographer for Jill's production of 'King Lear'. They had collaborated on two projects several years ago in the Washington DC area, and in 1989 travelled to Auroville together. Jill stayed to create The Auroville Theatre Company, and Cynthia returned to develop her projects in New York.

JOIN US! For info: Cynthia with any questions: cberkshire@nyc.rr.com or Jill Navarre: [94-864-161-73](tel:94-864-161-73). Presented by The Auroville Theatre Group

Readers group of Mother's Agenda. IN ITALIAN LET'S KNOW AUROVILLE THROUGH THE MOTHER

In Italian for Italians Visitors and Aurovilians

Alcuni passi scelti dall'Agenda in italiano per comprendere la profondità del viaggio di Mère nella nostra lingua madre.

Mercoledì 15 e 22 Novembre ore 17 alla Library in Creativity con Janaka. PER GLI AUROVILIANI SU APPUNTAMENTO

Le fotocopie dei passi proposti sono gratuite...perché come ha detto Mère: "Questa Agenda è il mio regalo a quelli che mi amano". Contatto: Janaka al [948.762.9648](tel:948.762.9648) / janaka.om@auroville.org.in

Stop Smoking. Not Why, But How!

Free for Aurovilians and Newcomers. By Janaka.

Just a homeopathic remedy made with your personal cigarettes.

Make a present to yourself! I do this as my karma yoga for you.

Book at: [948.762.9648](tel:948.762.9648) or: janaka.om@auroville.org.in

Family Constellation with Moghan

Saturday 18th of Nov. from 9 am to 6 pm

Creativity Hall of Light

Please contact: moghan@auroville.org.in / [9751110486](tel:9751110486)

Connection as Life Energy

Introduction to Nonviolent Communication

With *L'aura Joy*, NVC Certified Trainer

Do you long for more joy, authenticity and depth when connecting with yourself and others?

Do you wonder what gets in the way of connecting and relating the way you truly want?

Fri, Nov 24 - Sat, Nov 25

9.30am - 5pm, with lunch break

A path of Nonviolence (based on Nonviolent Communication, NVC) offers both a deeply-rooted consciousness of oneness, as well as very practical tools to live this more and more in our daily lives. In re-evaluating some of our habitual and conditioned thinking, we see how much of it is life-alienating and based on a culture of scarcity and separation. We'll learn the skills to be able express ourselves with more clarity and to hear others' true (and harmless) message, which in turn leads to more connection between us. When we're connected as human beings, we're in our natural state of wanting to give and collaborate with others. More info & register (and for venue info): contact *L'aura*: joylivinglearning@gmail.com, [9442788016](tel:9442788016). Limited seats. Registration and contribution required. Full participation required (2 days). [Other upcoming NVC Events and Practice Group: joylivinglearning.org]

Pranayama Workshop of 3 Sessions with JV

7:00 am to 8:00 am at Unity Pavilion

6th, 7th & 8th December (Wednesday, Thursday & Friday)

"It is in good health that the way to transformation is found" The Mother

This workshop introduces you to:

- Easy-to-do exercises based on yoga for flexibility and toning
- Eight simple, but very powerful Pranayama practices

-Deep Relaxation to let go of stress and recharge your inner batteries

Intended outcome

-You enjoy a new level of wellbeing by practicing the exercises for thirty minutes per day.

-To make the workshop beneficial to all, you are requested to

Please be at the venue by 6:45 am on the first day and at 6:55 on the other days. Please note that the sessions would be held as scheduled even if it rains. Please have your breakfast only after the Pranayama sessions. Avoid drinking tea/coffee/ water after 6:30 am. The session on the last day will end at 8:15 am. This is a FREE workshop, OPEN TO ALL - Aurovilians, Newcomers, guests and visitors. However, voluntary donations to Unity Pavilion are welcome. No registration is needed.

About the Facilitator: Starting in early 2008, JV has been facilitating various workshops and retreats. For details, please see <http://www.joyofpersonalgrowth.com>

Brain-Waves Assessment and Training at "LOE":

"Laboratory of Evolution" introduces its new project of Neuro-Feedback (non-clinical). Through the assessment we can acquire a picture of the brain activities and then train it towards the "symphony of the brain" while working on any imbalances. For those interested, the training can help to increase the efficiency of the brain and to train towards high-performance brain. Such brain uses less energy, while doing more. Most amazing of all, is that this is by far our brain's most economical state—it is, in essence, a meditation state. Understanding brain waves and their effect on one's mind will allow one to effectively control one's state of being in ways that general meditational practices could take years to yield. More elaborate information will follow in an article by Bhaga, the founder of „LOE“. For more information contact: egle@auroville.org.in

SCHEDULES

NEWS FROM AUROVILLE LANGUAGE LAB

- **Announcing the Mother Tongue Project:** With so many nationalities in Auroville (50+), it is very precious for children to have a strong basis in and deepen their knowledge of their mother tongue. Dr. Tomatis, while saying that "We are all born multi-lingual" laid great importance on the mother tongue. So, on Saturdays, we are organising classes as part of the "Mother Tongue Project". Hebrew started last week with Nur, and Italian will start this Saturday (11.11.17) with Chiara (see below). In the first session for Hebrew, Nur introduced the special features of the Hebrew alphabet and worked with some beautiful poems. We invite all interested teachers and others to join and develop this project.

- **impariAMO L'ITALIANO:** Italian for kids! Every Saturday from 10 to 12 Chiara and her young assistants (actually, her kids... Nijam 11 and Manu 7 years old), welcome Italian children of school-going age (from 6 to 18) who want to improve their knowledge of Italian, to just "refresh" it or work on particular topics on request. All levels are welcome: lessons will be adaptable! Chiara is a long term volunteer, collaborating with Auroville Outreach Media; in Italy, she was working as a journalist and teacher. Her kids go to Deepanam School). For more information, contact Chiara at: Mobile [9487049867](tel:9487049867) / merianichiara@gmail.com. Or... just drop in and enjoy with them! SIETE TUTTI BENVENUTI! (=everybody welcome!)

- **Ateliers de Dictée:** We welcome the participation of all who can read their mother tongue to conduct "Ateliers de Dictée" or Dictation sessions. This is to improve written language skills across all languages. In the first phase, there would be a dictation for just half an hour per week, at the end of which, the text would be given to the students to enable them to self-correct their texts at home.

- **New Classes :** Please register now for new Beginners' classes in Hindi and Tamil. The group that finished the last Beginners' Tamil course is invited to join the Intermediate level classes.

New classes for the Intermediate and Upper-Intermediate levels are starting in the mornings for English. Please contact us immediately to register. New Beginners' classes in German and French will start in December. Registration is open now so that new groups can be formed.

- **Tomatis programs:** Please contact us for both therapeutic and language programs. Have a look at the Tomatis page on our website: www.aurovillelanguagelab.org for more info.

- **All other classes as per the schedule.**

SCHEDULE OF CLASSES (as of 07.11.2017)

LANGUAGE	CLASS/LEVEL	TIMING	DAY
ENGLISH	Beginners	04.30 - 5.30pm	Tuesday / Thursday
	Pre-Intermediate	05.00 - 6.00pm	Monday / Wednesday
	Intermediate	11.00 - 12.00	Tuesday / Thursday
	Upper-Intermediate	11.00 - 12.00	Monday / Wednesday
FRENCH	Beginners	04.30 - 6.00pm	Wednesday / Friday
	Beginners (Children)	01.30 - 2.30pm	Friday Saturday
	Pre-Intermediate(Closed)	02.30 - 4.00pm	Friday
	Intermediate	04.30 - 5.30pm	Tuesday / Thursday
GERMAN	Beginners	4.30 - 6.00pm	Tuesday / Thursday
HEBREW	Beginners	10.00 - 11.00am	Monday / Wednesday
	Mother Tongue Project For Israeli Children	11.00 - 12.30pm	Saturday
HINDI	All Levels	By Appointment	By Appointment
	Beginners	Flexible in the Morning	Any day in the week Two times a week
	Upper-Intermediate	10.00 - 11.30am	Monday / Wednesday
ITALIAN	All Levels	By Appointment	Monday / Wednesday/ Friday
	Mother Tongue Project For Italian Children	2.30 - 4.00pm	Saturday
SANSKRIT	All Levels	By Appointment	By Appointment
SPANISH	Beginners	4.00 - 5.00pm 11.30 to 12.30pm	Monday Saturday
	Beginners	10.00 - 11.00am 01.00 - 02.00pm	Tuesday Thursday
TAMIL	Pre-Intermediate	03.30 - 04.45pm	Wednesday
	Intermediate	11.00 - 12.00pm 02.00 - 03.00pm	Tuesday Thursday
	Advanced	04.00 - 5.00pm	Monday

New students are requested to fill out the forms and register BEFORE attending any classes. - We have excellent university-level video and audio study materials and software in our media theque, which enable self-study in various languages.

The Language Lab is open: **Monday - Saturday 9:00 am - 6:00 pm**
Location: **International Zone, beyond the Unity Pavilion.**
Phone: [04132623661](tel:04132623661), [9585207962](tel:9585207962) / Email: all@auroville.org.in

FILMS

EYE OPENING MOVIE SERIES

Wednesday, November 15

TOMORROWLAND: English, 130 min

Bound by a shared destiny, a teen bursting with scientific curiosity and a former boy-genius inventor embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory. **Every Wednesday, 8 pm at the Unity Pavilion. All are welcome - No contribution required**

THE ECO FILM CLUB

Sadhana Forest, November 17th, Friday.

Schedule of Events:

16:00 Free bus from Solar Kitchen to Sadhana Forest for the Tour

16:30 Tour of Sadhana Forest

18:00 Free bus from Solar Kitchen to Sadhana Forest for the Eco Film Club

18:30 Eco Film Club begins with "previews" of short Sadhana Forest films

20:00 Dinner is served

21:30 Free bus from Sadhana Forest back to Solar Kitchen

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!

THE ANIMAL COMMUNICATOR

52 Minutes / English / 2012 / Directed by Craig Foster

Anna Breytenbach has dedicated her life to what she calls interspecies communication. She sends detailed messages to animals through pictures and thoughts. She then receives messages of remarkable clarity back from the animals. This is the first full length documentary film on the art of animal communication.

(Reminder: Friday 10/11 Dark Side of Chocolate)

The bus service is operated by Sadhana Forest. For more information about the bus service please contact Sadhana Forest at: [0413-2677682](tel:0413-2677682) or [0413-2677683](tel:0413-2677683) or sadhanaforest@auroville.org.in or visit us online: sadhanaforest.org / facebook.com/sadhanaforest



CINEMA – VISITOR’S CENTRE – VIDEO ROOM

- Reminder: Friday 10 NOVEMBER “LAMB”
by Yared ZELEKE, Ethiopia, 2015

Friday 17 NOVEMBER, 7.45 pm: “GRAVITY” - Director: Alfonso Cuarón, USA, UK, 2013. With: Sandra Bullock, George Clooney.

Synopsis: Dr. Ryan Stone is a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalski in command of his last flight before retiring. But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalski completely alone - tethered to nothing but each other and spiraling out into the blackness... Gravity was produced entirely in the United Kingdom, where British visual effects company Framestore spent more than three years creating most of the film’s visual effects. The film was met with critical acclaim, and has been regarded as one of the best films of the 2010s. Received ten Academy Award nominations and won seven. *English version with English Subtitles, Duration: 1h.31’*

Take note: Temporary venue at Visitors’ Center. Please bring one or two cushions for your comfort...



CINEMA PARADISO

Multimedia Center (MMC) Auditorium

Film program 13 to 19 November 2017

Apocalypse: The Second World War - We bring you a six-part outstanding documentary film series whose original title is **APOCALYPSE, LA 2E GUERRE MONDIALE** and a feature film about the Second World War. The documentary series is composed exclusively of actual footage of the war as filmed by war correspondents, soldiers, resistance fighters and private citizens. It is however shown in color, with the B&W footage being fully colorized, and some original color footage. The only exceptions are most Holocaust scenes, which are presented in the original B&W. We will bring you 2 episodes per day for three days following which an acclaimed feature film on the topic.

Apocalypse Series - Monday 13 November, 8:00 pm:

- **APOCALYPSE : EPISODES 1 & 2**

France, 2009, Dir. Daniel Costelle, Isabella Clarke, Jean-Louis Guillaud, Henri de Turenne, narration: Mathieu Kassovitz, and others, Documentary, two episodes each episode 49mins (88mins), English w/ English subtitles, Rated: R

Episode 1: Aggression (1933-1939): rise of Nazism and campaign of Poland, Phony war

Episode 2: Crushing Defeat (1939-1940): fall of Dunkirk and Campaign of France, Battle of Britain

Apocalypse Series - Tuesday 14 November, 8:00 pm:

- **APOCALYPSE : EPISODES 3 & 4**

France, 2009, Dir. Daniel Costelle, Isabella Clarke, Jean-Louis Guillaud, Henri de Turenne, narration: Mathieu Kassovitz, and others, Documentary, two episodes each episode 49mins (88mins), English w/ English subtitles, Rated: R

Episode 3: Shock (1940-1941): the Desert War, Invasion of Yugoslavia, Battle of Greece and Battle of Crete, Operation Barbarossa, Battle of Smolensk and Battle of Moscow

Episode 4: World Ablaze (1941-1942): Pearl Harbor, Midway and Guadalcanal, Operation Fall Blau

Apocalypse Series - Wednesday 15 November, 8:00 pm:

- **APOCALYPSE : EPISODES 5 & 6**

France, 2009, Dir. Daniel Costelle, Isabella Clarke, Jean-Louis Guillaud, Henri de Turenne, narration: Mathieu Kassovitz, and others, Documentary, two episodes each episode 49mins (88mins), English w/ English subtitles, Rated: R

Episode 5: The Great Landings/The Noose (1942-1943): first failures of the Axis, Battle of Stalingrad, El Alamein, Operation Torch, Tunisia, Kursk and Italian campaign

Episode 6: Inferno (1944-1945): liberation of France, invasion of Germany, surrender of Germany, atomic bombing of Hiroshima and Nagasaki, and surrender of Japan

Apocalypse Series - Thursday 16 November, 8:00 pm:

- **UNDER SANDET (Land of Mine)**

Denmark-Germany, 2015, Writer-Dir. Martin Zandvliet w/ Roland Møller, Louis Hofmann, Joel Basman and others, 100 mins, Drama-History, Danish-German w/ English subtitles, Rated: R

In the immediate aftermath of World War II, a group of young German soldiers held as prisoners of war are ordered to dig up and disarm all of the Nazi land mines remaining on the west coast of Denmark. A Danish sergeant watches over the effort as the untrained soldiers attempt to complete their dangerous punishment and slowly learns to appreciate their plight.

International - Saturday 18 November, 8:00 pm:

- **QUAND ON A 17 ANS (Being 17)**

France, 2016, Dir. André Téchiné w/ Sandrine Kiberlain, Kacey Mottet Klein, Correntin Fila, and others, 106 mins, Drama-Romance, French-Spanish w/ English subtitles, Rated: R

Damien, the son of a military family, lives in barracks in south-western France with his mother, a doctor, while his father is away in the Central African Republic. As a gay teenager, Damien is given a hard time by a boy at school, Tom, whose adoptive mother falls ill. The repulsion and violence they display to one another takes on a different shade when Damien's mother decides to take in Tom to live with them.

Children’s Film - Sunday 19 November, 4:30 pm:

- **MICROCOSMOS: LE PEUPLE DE L’HERBE (Microcosmos)**

France, 1996, Dir. Claude Nuridsany, Documentary, 80mins, No dialogue, Rated: G

A film on insect life in meadows and ponds.

AKIRA KUROSAWA Movies @ Ciné-Club

Ciné-Club - Sunday 19 November, 8:00 pm:

- **DODESUKADEN**

Japan, 1970, Writer-Dir. Akira Kurosawa w/ Yoshitaka Zushi, Kin Sugai, Toshiyuki Tonomura and others, Drama, 140mins, Japanese w/ English subtitles, Rated: NR

Episodes from the lives of a group of Tokyo slum-dwellers: Rokkuchan, an intellectually disabled boy who brings meaning and routine to his life by driving an imaginary streetcar; children who support their parents by scrounging or by tedious and ill-paying endeavors; schemers who plot or dream of escaping the shackles of poverty.

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.

For scheduling programs at MMC/CP venue: please email us at mmcauditorium@auroville.org.in. We appreciate your continued support. *Pl make a contribution to “Cinema Paradiso” account (#105106) at the Financial Service or set up for monthly contributions.* Thanking You, MMC/CP Group - Account# 105106, mmcauditorium@auroville.org.in

****The News&Notes is available for all to download from the Auroville website at <http://www.auroville.org/contents/4186>****
The archives are found at <http://www.auroville.org/contents/186>
And regular events at <http://www.auroville.org/contents/4201>

IMPORTANT INFORMATION ABOUT NEWS & NOTES

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

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

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

Visiting hours: Mondays, Tuesdays 9am to 11.45am and 1pm to 3pm;
Soft Version: We encourage you to ask us for a soft version of News&Notes sent directly to your own mail. Don’t hesitate to mail: newsandnotes@auroville.org.in or to phone 2622133 if you want to give it a try.

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

News & Notes, Media Centre, Town Hall. Phone: 0413-2622133, email: newsandnotes@auroville.org.in