Swadharma Bulletin September 2020

What is the Tribe up to?

City as a Living Curriculum | Webinar by Lalit

Lalit Kishor Bhatti, one of the Swadharma facilitators, gave keynote speech at the Climate Change Conclave organised by Plannogram. You can watch it here.

Recovering from Darkness | New Blog Post by Manoj

In an insightful post, Manoj shares his wisdom on navigating through the dark night of the soul experiences that one comes across as the soul evolves and how darkness is at once both individual and collective.

You can read the full blog here.

Why Won't You Apologize | Book Summary by Anuradha

What does a sincere, healing apology really look like? What are the ways in which we offer pseudo apologies? How does one forgive?

Anuradha from batch 2 shares her summary of "Why Won't You Apologize" by Harriet Lerner, bringing into light many of our hidden unconscious patterns around the simple theme of apologies.

Find it here.

Book review | Life and Words By Aishwarya

Aishwarya from batch 1 draws out inspiration from Veena Das's 'Life and Words', a book voicing stories of women who lived through the partition and despite going through traumatic experiences and finding themselves trapped in disempowering situations, they manage to gracefully carve out a better path for themselves.

You can read here.

Gap year Counselling | A New Offering by Vipul

Vipul, a volunteer from batch 7, shares his latest inspiration and offer after a powerful Gap Year Summit he recently held.

Do reach out if you'd like to brainstorm ideas, find inspiration, receive a safe listening space, one-on-one coaching, and mentorship support from someone who has constantly redefined his path and continues to be on a lifelong 'Gap Year'! :) - Vipul

An Ode to Sharing Circles

Abha from batch 7 writes a beautiful piece on sharing circles - something near and dear to all of us, capturing the myriad gifts that it has to offer - all within the confines of a simple but powerful circle.

https://medium.com/@swadharma/sharing-circles-ca5fd053710c

New Initiatives

Prayoga, a 12 week online course

The Swadharma team is happy to launch a new 12 week online course - Prayoga. It is for those who want to integrate inner and social change. To know more about the course, join us for a short webinar on October 5, 2020 at 7 PM IST.

Register for the webinar here.

During the journey of Prayoga (Practical Yoga!), we will be undertaking an applied learning 12 core themes. These themes are given in the timetable below. For each of the 12 themes, we will be exploring the inner and outer dimension. It will not just be explored intellectually, but in practice through practices, micro-projects, assignments... in a way that a sustainable change permeates in the lives of the participants and makes them integral change-makers!

Share about the course with whoever you feel will find it useful!

Prayoga

W1: PREPARATION

23 Nov, Mon: Orientation
25 Nov, Wed: **Design a Social Intervention**
26 Nov, Thur: **Design a Transformational Practice**
28 Nov, Sat: Open Hours

W2: WASTE IN & OUT

30 Nov, Mon: **Material Waste**
3 Dec, Thur: **Inner Cleansing**

W3: FOOD WE EAT

7 Dec, Mon: **Material Food**
10 Dec, Thur: **Sensory Food**

W4: WATERS OF LIFE

14 Dec, Mon: **Water**
17 Dec, Thur: **Emotions**

W5: CONNECTIONS

21 Dec, Mon: **Community Spaces**
24 Dec, Thurs: **Relationships**

W6: REVIEW

W7: WORK

4 Jan, Mon: **Community Work**
7 Jan, Thurs: **Karma Yoga**

W8: POWER

11 Jan, Mon: **Governance**
14 Jan, Mon: **Inner Power**

W9: NEW ECONOMY

18 Jan, Mon: **Economy**
21 Jan, Thur: **True Wealth**

W10: SHIFT SYSTEMS

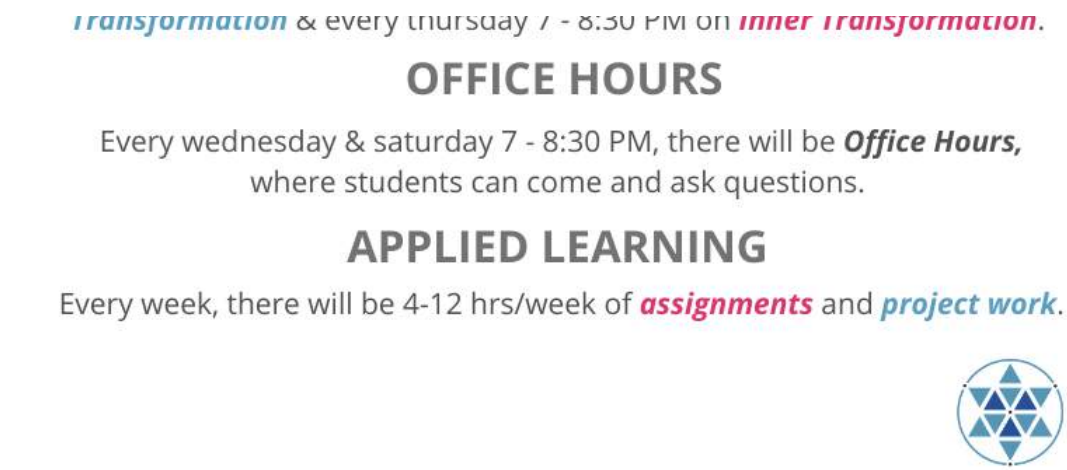
25 Jan, Mon: **Policy Change**
28 Jan, Thurs: **Paradigm Shift**

W 11: ART & CULTURE

1 Feb: **Art, Heritage & Culture**
4 Feb: **Art, Beauty & the Soul**

W12: WAY FORWARD

Every Monday 7 - 8:30 PM, there will be a regular session on ***Social Transformation*** & every thursday 7 - 8:30 PM on ***Inner Transformation***



New Features on The Swadharma Directory

New updates to our Swadharma Alumni Directory application are live now. With these new updates, you can now:

Update your profile.
Add and browse events on the 'Events' space.
Share your work, thoughts, writings on the 'Sharings' space.
With these updates now you can share in centralized spaces with the entire Swadharma community.

Watch this video for details.

8:43

Sharings

INTEGRAL EDUCATION PORTAL

Newsletter: Integral Education Portal

DIVYANSHI

Painting

Directory Events Sharings

Concentration Newsletters

The Integral Education Portal newsletter series was launched on August 15. The newsletter has a theme of the month on which it sends biweekly newsletters. The theme of September was Concentration. Newsletters consist of videos, practices, quotes, and short write-ups. You can have a look at the Concentration newsletters here: https://ie.auroville.org/tag/newsletter/.

Subscribe at https://ie.auroville.org/#subscribe

Have a look at Integral Education newsletters so far: https://ie.auroville.org/tag/newsletter/

Swadharma Alumni Upcoming Events

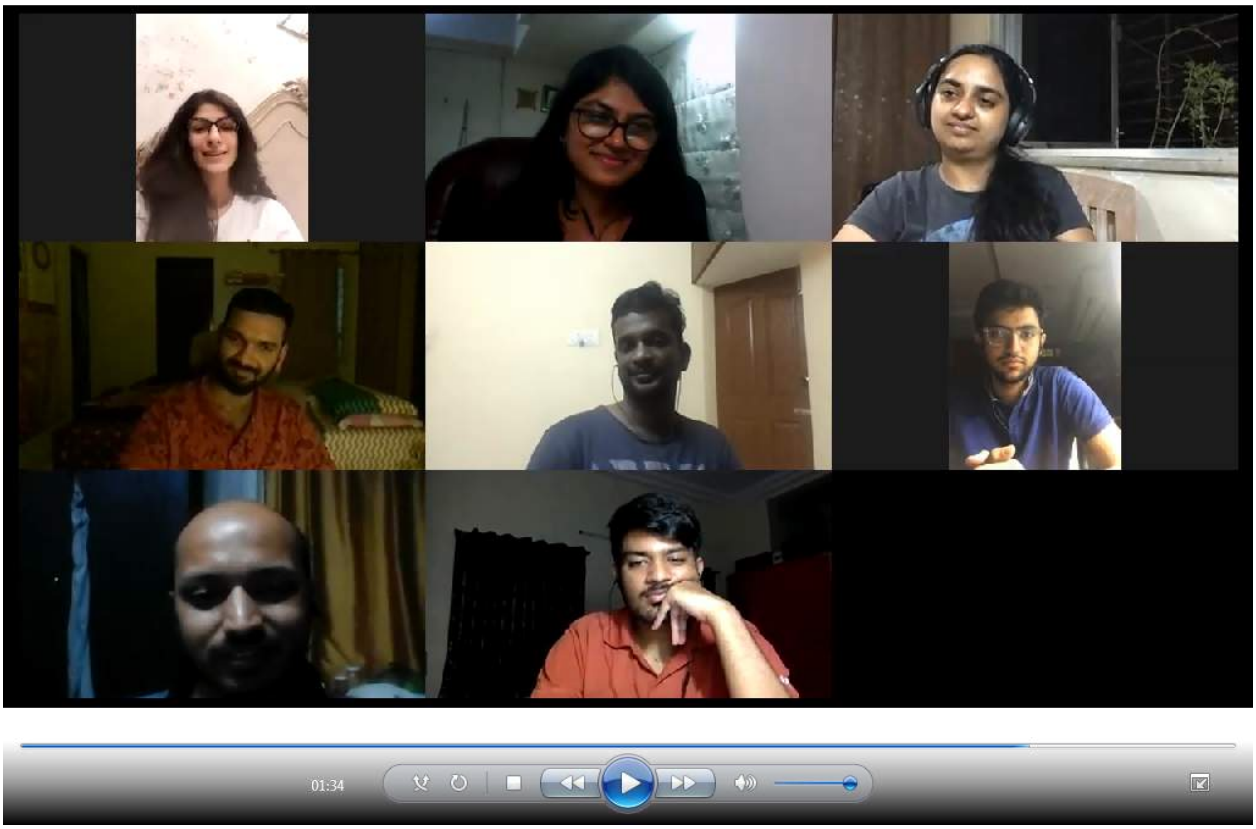
Know Your Tribe

Get connected '1 on 1' with other Swadharmis AKA Speed Dating

Dear Swadharma Tribe,

We are now a community of 120+ Swadharmis, each on a unique journey. We are all like leaves of a tree with common roots. To facilitate new bonds and connections with people across Swadharma batches, we are starting 'Know Your Tribe', where you will be paired up with another swadharma participant on a zoom call.

We had our first session last month with 8 swadharmis across batches engaging in 4 unique and inspiring conversations!



How it works:

1. Register on the google form here: https://forms.gle/5ggTGW5W7hZ9hzeB7
2. Join the zoom link on 17th October 8 PM-9 PM IST. **Click** here. [**Meeting ID:** 318 087 923

   Password: summer2020]
3. You will be paired into different breakout rooms with other participants during the session.
4. The session becomes a starting point for lifelong connections!

   Date: 17th Oct 2020, 8PM-9PM IST
   Venue: https://us02web.zoom.us/j/318087923?pwd=a3JYZ0ViMGxMd0RWdFFETTVTSHUvZz09

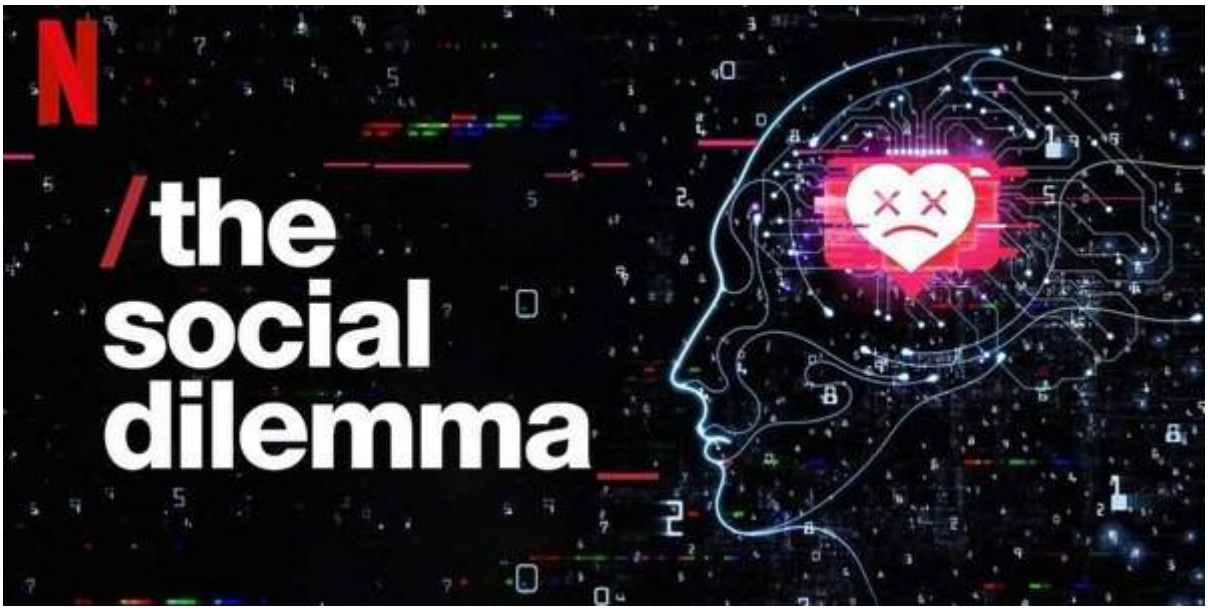
Swadharma Monthly Sessions (SMS)

Dear Friends,

Every **first** Saturday of the month, we will be holding a Swadharma Monthly Session to keep deepening our Swadharma Journey. These sessions will be facilitated by one of the members of our tribe - be it alumni, mentors, or Auroville resource persons.

We are happy to invite you to our **second** Swadharma Monthly Session titled ***Swadharma Sanwaad: A discussion on the Netflix Documentary "The Social Dilemma".*** Please join us as we draw insights and discuss practices that help us maintain digital well-being when it comes to social media and subsequently, its relevance in our lives in the 21st Century!

P.S- Please do take some time out and watch the extremely pertinent documentary. The same is available on Netflix. Shall you need help accessing the documentary, please do get in touch with Drishti (7896991262) and we can work it out!



Share with the Tribe

Share with the tribe
We invite you to share with us Your Learning Journey, for the Swadharma Blog. Be it your experiences, musings, practices, or breakthroughs, we would love to feature your story. You can share, in the form of articles, poems, photographs, music, art-work, etc whatever you feel is the best way for you to express. General word limit is 500 words. Share from your heart!
We would also love to know about your Initiatives and the milestones in your journey. Whether it is a new project, website, collaborations, new experiments, ventures or an initiative, share with your tribe.
Write to: swadharmablog@auroville.org.in
Thank you! Swadharma Blog Team