Swadharma Bulletin November 2020

Happy Diwali from Auroville

Auroville celebrated the festival of lights colorfully and vibrantly, happy to share a flower rangoli as a part of Upasana's Diwali festivities 🪔

Reflections by the Tribe

Sindhuri's Journey through Embracing Change

"Swadharma changed me. More accurately, it gave me a platform to just be- to think with clarity, to identify and work on my core values, to disentangle from expections (both external and my own), to streamline my emotional and mental pathways, to form new habits, to reconfigure my Ikigai and to find my path forward- towards my newly identified values of health and wellness."

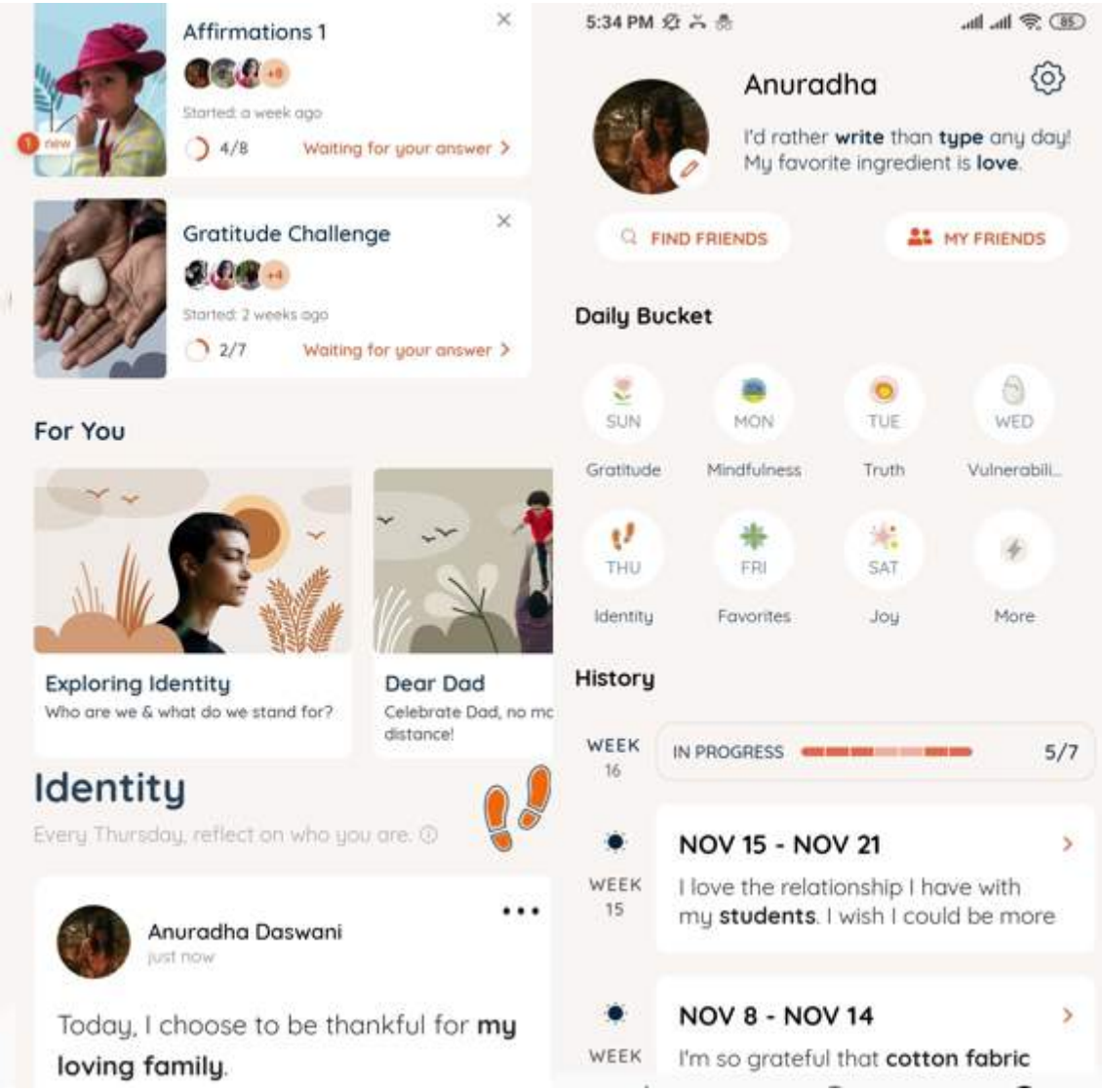
Sindhuri shares her inspiring transformation from struggling with her health and lacking clarity in her path to now thriving and coaching others to transform their emotional & physical well-being. Read the story here!

Longwalks — Enabling Mindful Connection with the Community

It was towards the end of Swadharma Summer School 2020 that Drishti introduced the cohort to Longwalks — an app in which you could journal together with your friends. It was received with much excitement, with many members checking it out in real-time. Four months later, I continue to find the app very helpful in staying connected to the community as well as nudging me to stay a little more mindful and self-aware.

Anuradha from Swadharma 2

The application has daily themed prompts that are repeated every week, some of these themes being gratitude, vulnerability, identity, and joy (I've mentioned my favorites 😛). Though the themes repeat every week, the different prompts keep it interesting. I have found that while some prompts are very simple, bringing my attention to the things that have been so subtle yet everpresent in my life, others can be bold, such that they require deep introspection to get to an answer. The conversations section, based on different themes, is fun to explore as well.



You can also read others' replies and share your own once you have added someone as a friend. This is one of the more heart-warming features of the app. You get to know matters to people, come across different perspectives, learn from insights people have had, read things which move you. Also, receiving support and encouragement from friends on Longwalks has been helpful for me when I have been feeling low. It does not have the noise which is inevitably present in other social media platforms and I use it as a tool to be more mindfully connected with people. It's like a micro sharing circle everyday!

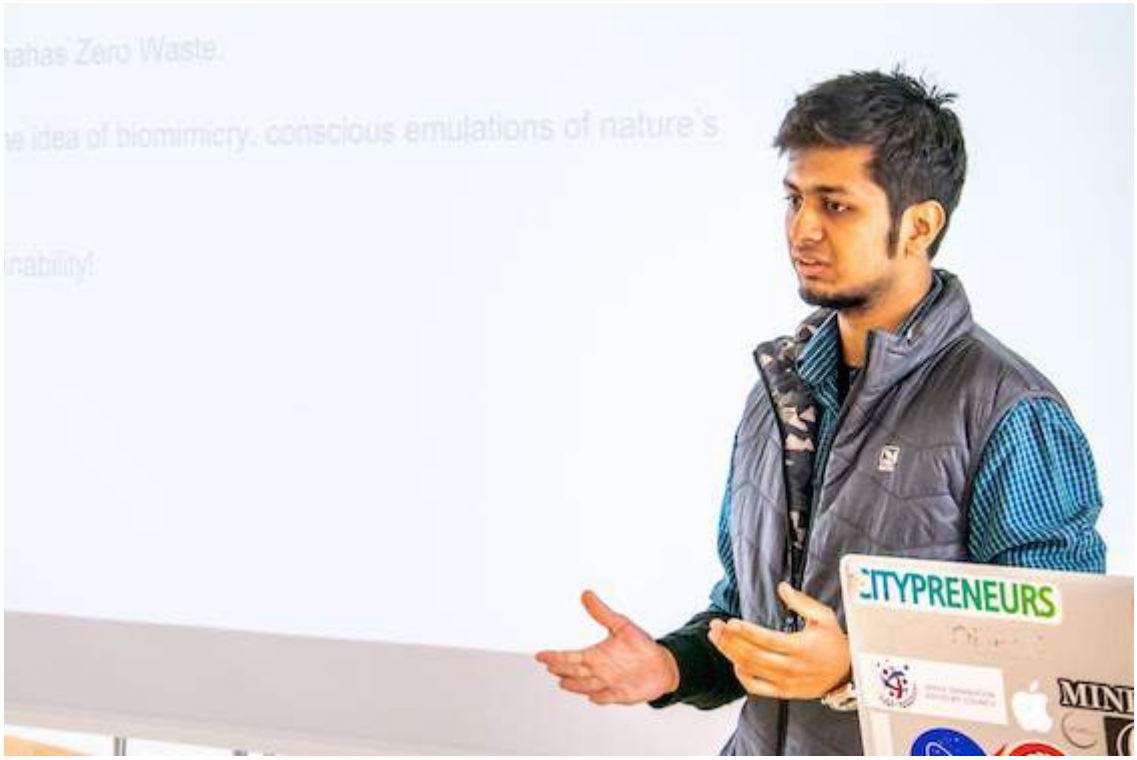
Healing through Art with Anoushka

For the recent Swadharma Monthly session we had Anoushka facilitate a beautiful art therapy session for the alumni. We started with flow painting to music to go deeper into ourselves and open up. This was followed by an exercise to feel the feelings that bother us, that we try to escape and to sit with them, fully feeling them. Anoushka guided us to meditate on the feeling that we had aversion towards after which we did a drawing exercise to see what comes up after the experience.

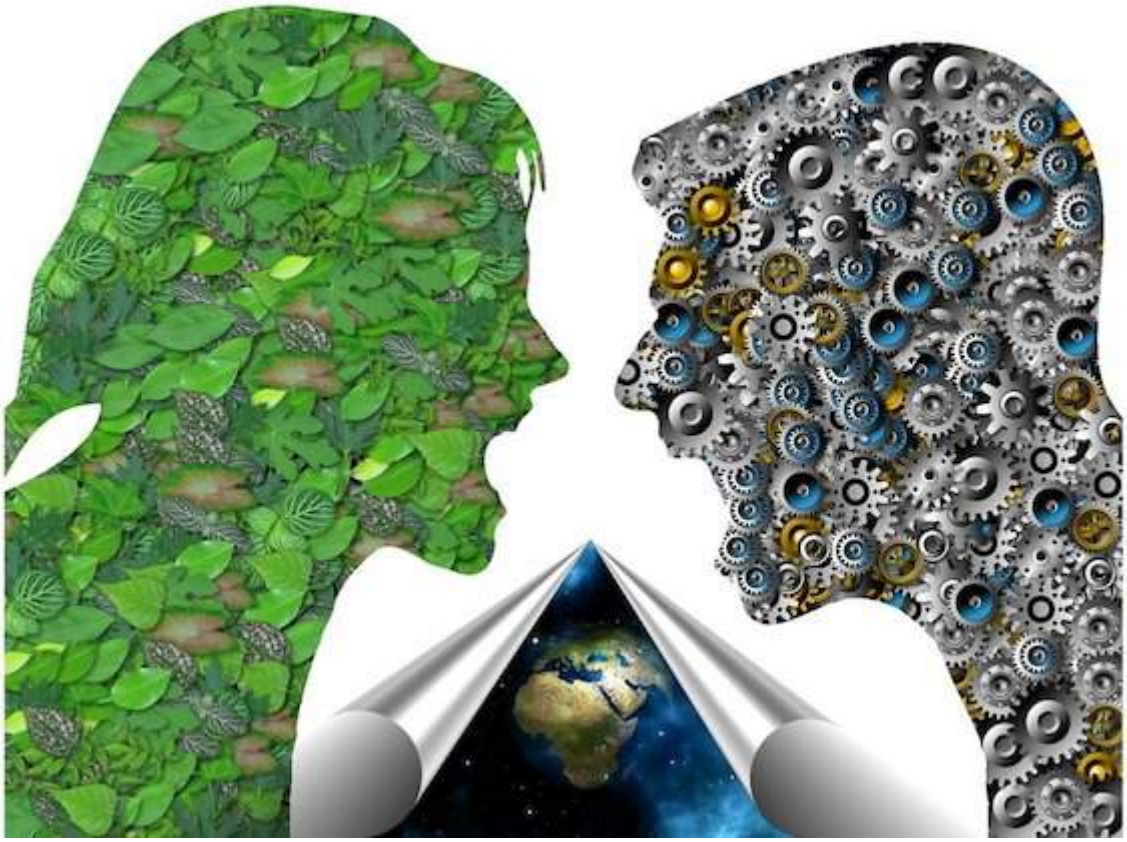
The session ended with each of us sharing our experience, and reflecting on it. The Swadharmis shared that it was eye opening for some of them and helped them find new ways to accept their feelings and be with them.

What the Tribe is upto

Critical ecofeminism as a panacea for our ecological identity crisis | An article by Ishan



Ishan, from the second batch and an ecologist, recently wrote an article that was published on Resilience.org. It succinctly points out how domination of the feminine and the domination of nature are fundamentally connected and how an integral approach of honouring each part of any duality, within and without (masculine/feminine, reasons/emotions, nature/culture) is the way forward. Read the full article here!



Vegan Bengali Milk Sweets | A course by Samyukta

Samyukta's latest offering at her online vegan culinary academy is a short course where you can learn to recreate familiar flavours and textures of some of the most loved Bengali milk-based sweets / mithai using simple, local plant-based ingredients. Sign up here 🍮 !

What's New

Sincerity Newsletter

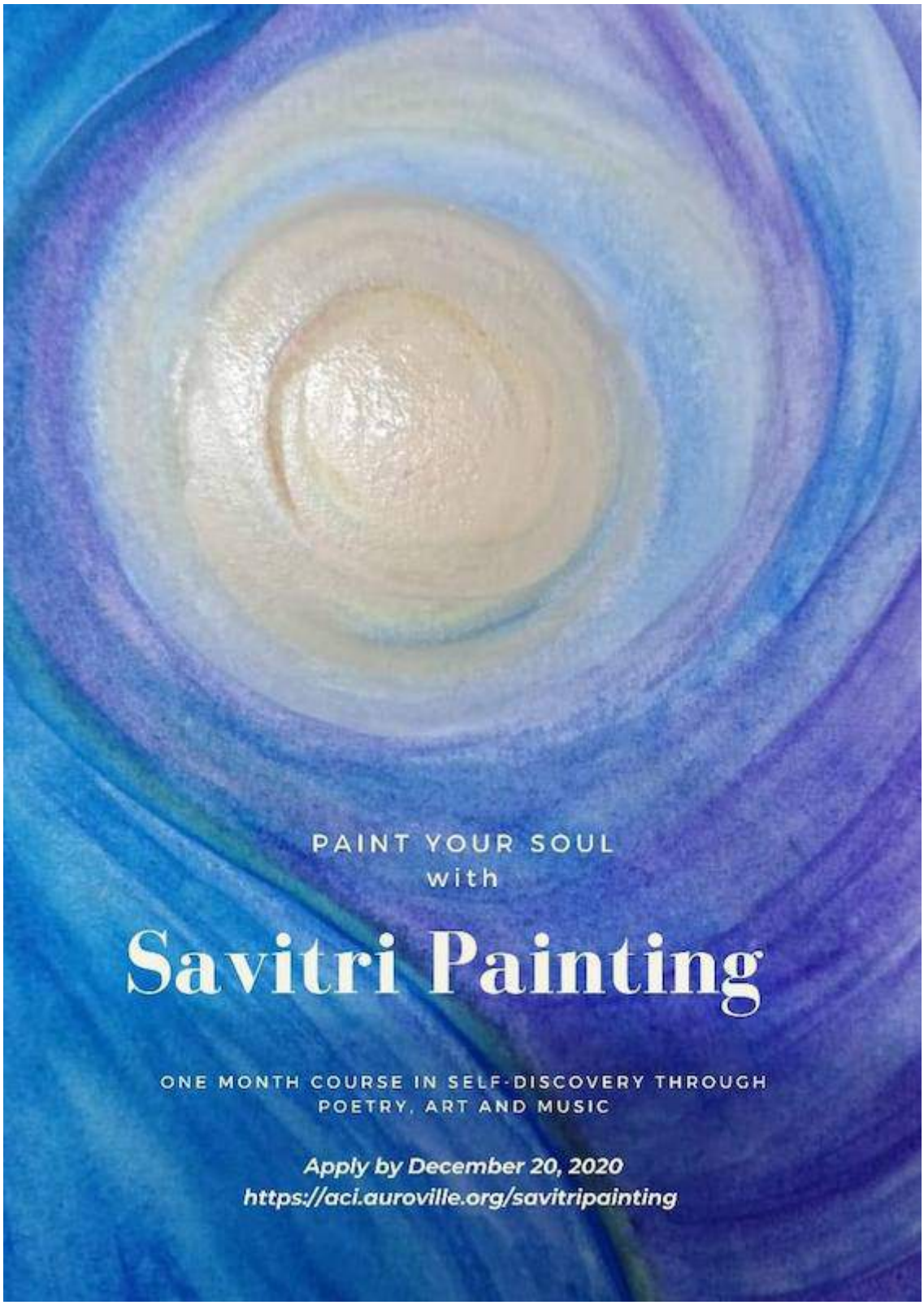
The Integral Education Portal newsletter series was launched on August 15. The newsletter has a theme of the month on which we send biweekly newsletters. The theme of November was Sincerity. Newsletters consist of videos, practices, quotes and short write-ups. You can have a look at the Sincerity newsletters 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/Here is a video on "What is Sincerity?" - that was a part of one of the newsletters
and put together by Shivakumar, Surya and Archana :)

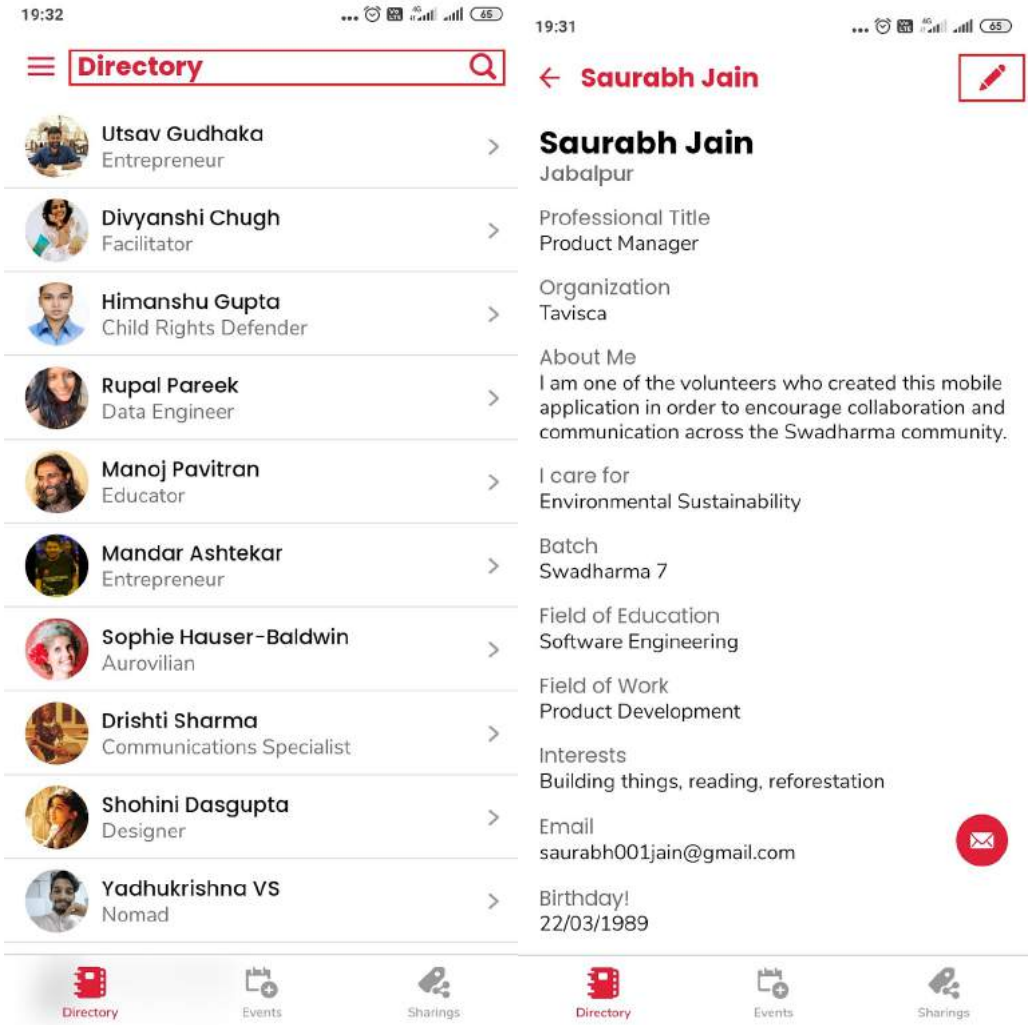
Tune in to a webinar on sincerity with Shivakumar as part of this month's theme on 29th November at 8:00 pm IST : https://us02web.zoom.us/j/82942178631

Savitri Painting Course



A one-month short course for those who wish to bathe in the luminous words of Savitri, discover themselves through the power of "poetry, art and music" and most importantly, paint their deepest essence! Check out https://aci.auroville.org/savitripainting 🎨

Swadharma Directory



Dear Fellow Swadharmis!

Our entire community is now on Swadharma Directory! Yes, you heard us right. We have now onboarded everyone on the Swadharma Directory application. So, log on to https://swalumni.glideapp.io/ and check out your profile. You can use the SEARCH option to locate your profile and EDIT option to make changes to it. Do check out the 'Events' and the 'Sharings' tab to find out the latest in the Swadharma community.

For application login, use your email-id that is known to the Swadharma community. For any questions do write to us on swadharmadirectory@auroville.org.in or on the community whatsapp group.

Swadharma Winter School ❄️

We're super excited to announce that a cohort of 21 aspirants will be embarking on the Swadharma Winter School journey in December, taking small and big steps in the direction of their Swadharmas either as a micro-project or a micro-practice.

Swadharma Alumni Upcoming Events

Swadharma Monthly Session

Every 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 have a really exciting announcement for the upcoming monthly session! Sheetal, a dear facilitator (and an unofficial Swadharma alumni 😊), will be sharing his journey and insights with us as a co-pilgrim, exploring how one can embrace the idea of accelerated change and an evolving swadharma. He recently spent about 5 months during the lockdown in Dhrupad Institute (A music school in Bhopal), delving into chanting, singing and nada yoga in the Indian classical tradition of Dhrupad. Expect some beautiful practices as well to help still the mind.

When: Dec 12 2020

Time: 8-9.30 PM

Where: Zoom (details will be circulated via Swadharma Alumni Directory)

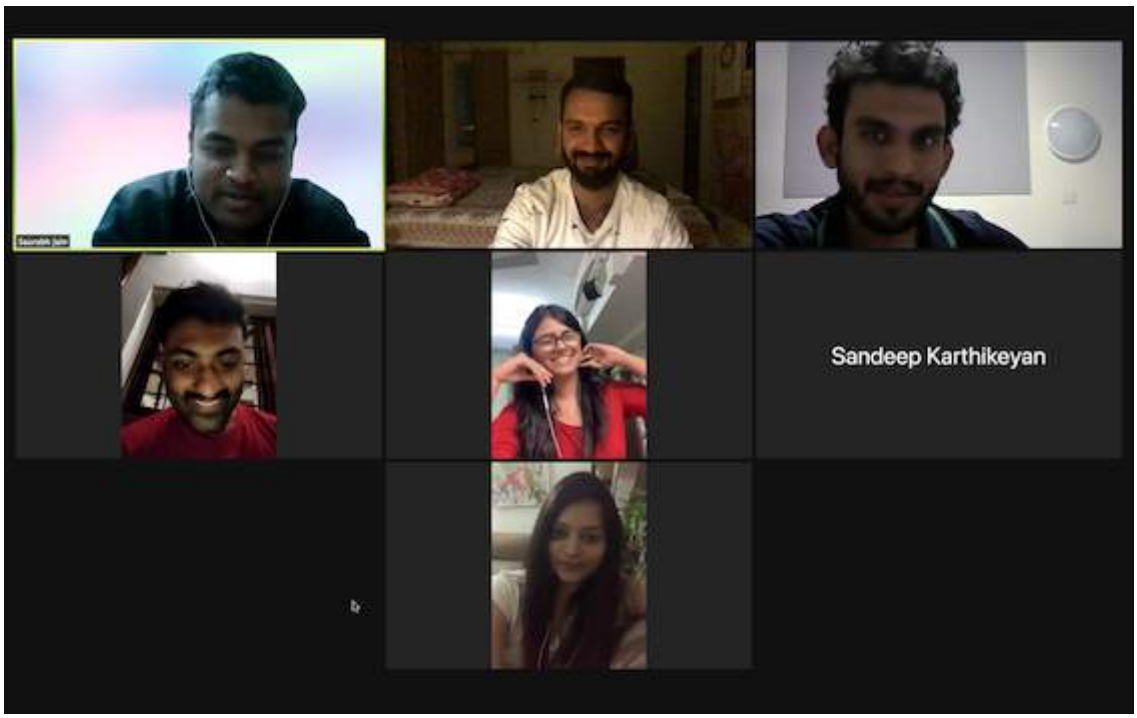
Know Your Tribe

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

KNOW YOUR TRIBE

Dear Swadharma Tribe,

We are now a community of 120+ Swadharmis, each on a unique journey. We are all like the leaves of a tree with common roots. 'Know Your Tribe' session facilitates new bonds and connections with people across batches by pairing up Swadharma participants on a zoom call.



Snapshot from our last KYT session on 21st Nov

KYT Experiences: The last 3 sessions have facilitated 12 conversations amongst Swadharmis. Conversations go from sharing life journeys to “traveling to new places” as Ananya would describe her call with Mandar. Also, every session ends with a group discussion where inevitably memories of Auroville (Mitra ;-)) and life during Swadharma brings joy to all of us!

How it works:

Register on the Swadharma Alumni Event list ***here***

Join the zoom link on 26th Dec 8PM-9PM IST.

You will be paired into different breakout rooms with other participants during the session.

The session becomes a starting point to lifelong connections!

Date: 26 Dec 2020, 8PM-9PM IST

Sharing Circles now on Sunday

Sharing circles are now moved from Wednesdays to Sundays 8pm - 9pm IST. The space that gets created when folks from the Swadharma community come together is always magical, fun and healing. Looking forward to more of us coming together. Details will be shared via email and on the Whatsapp group on Sunday evening.

A gentle nudge to journal today 📖

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