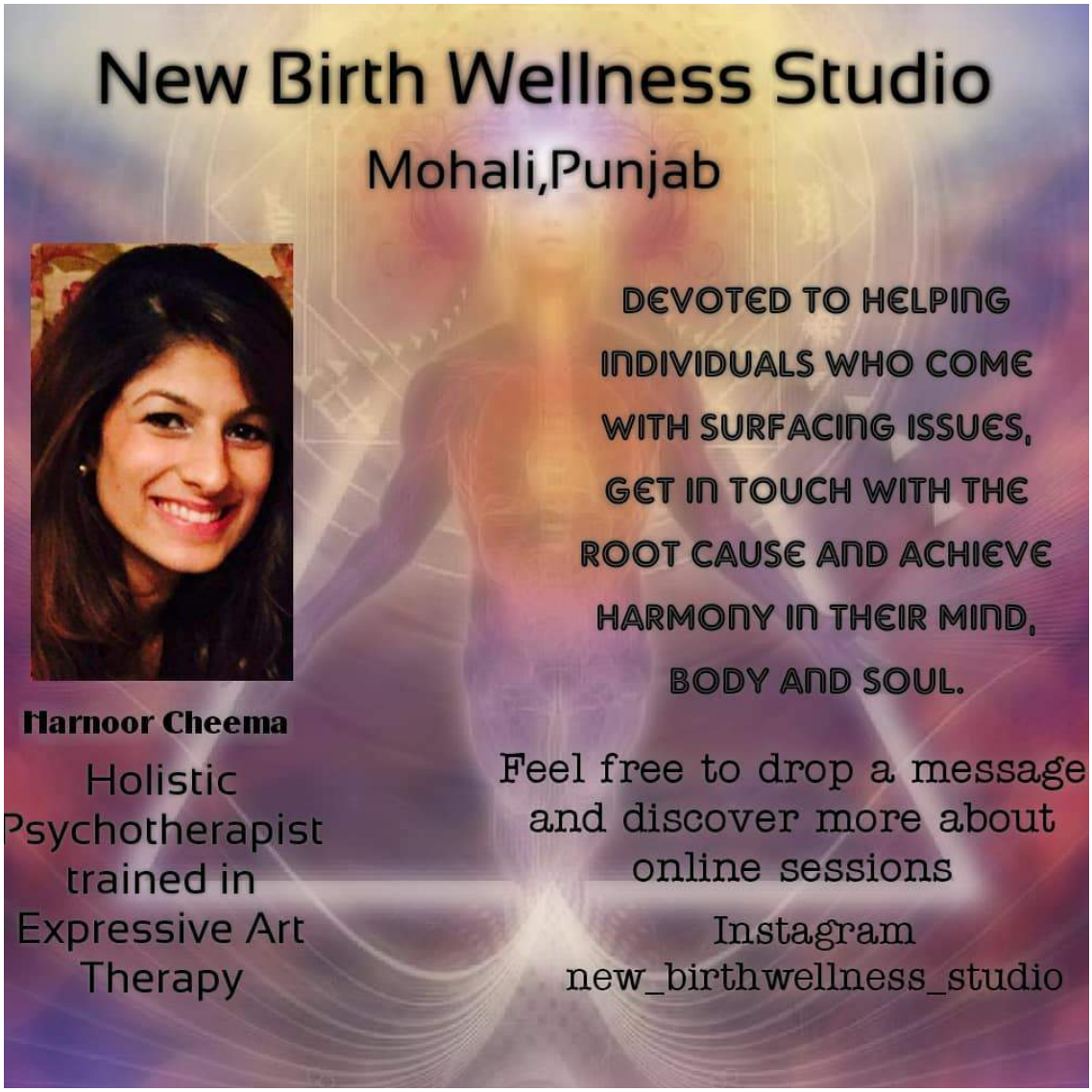
Swadharma Bulletin December 2020

What's New?

Harnoor's Wellness Studio

Harnoor, Swadharma Alumni launching her Wellness Studio - New Birth Wellness Studio. You can have a look at it here https://www.instagram.com/new_birthwellness_studio/



Samyukta Celebrates One Year of Yume Culinary

December 12, 2020 marks one YEAR since Samyukta, Swadharma Alumni, launched Yume Culinary! Here is a little note by her:

“I'm stunned that I've made it work, with a fire burning bright in my soul ☀️ This has been an incredibly fulfilling journey and I am so fueled up to get through the odds and continue growing. My pursuit for freedom and justice for all animals on this planet will not rest until one day when all cages are empty. 😌🌍🌱

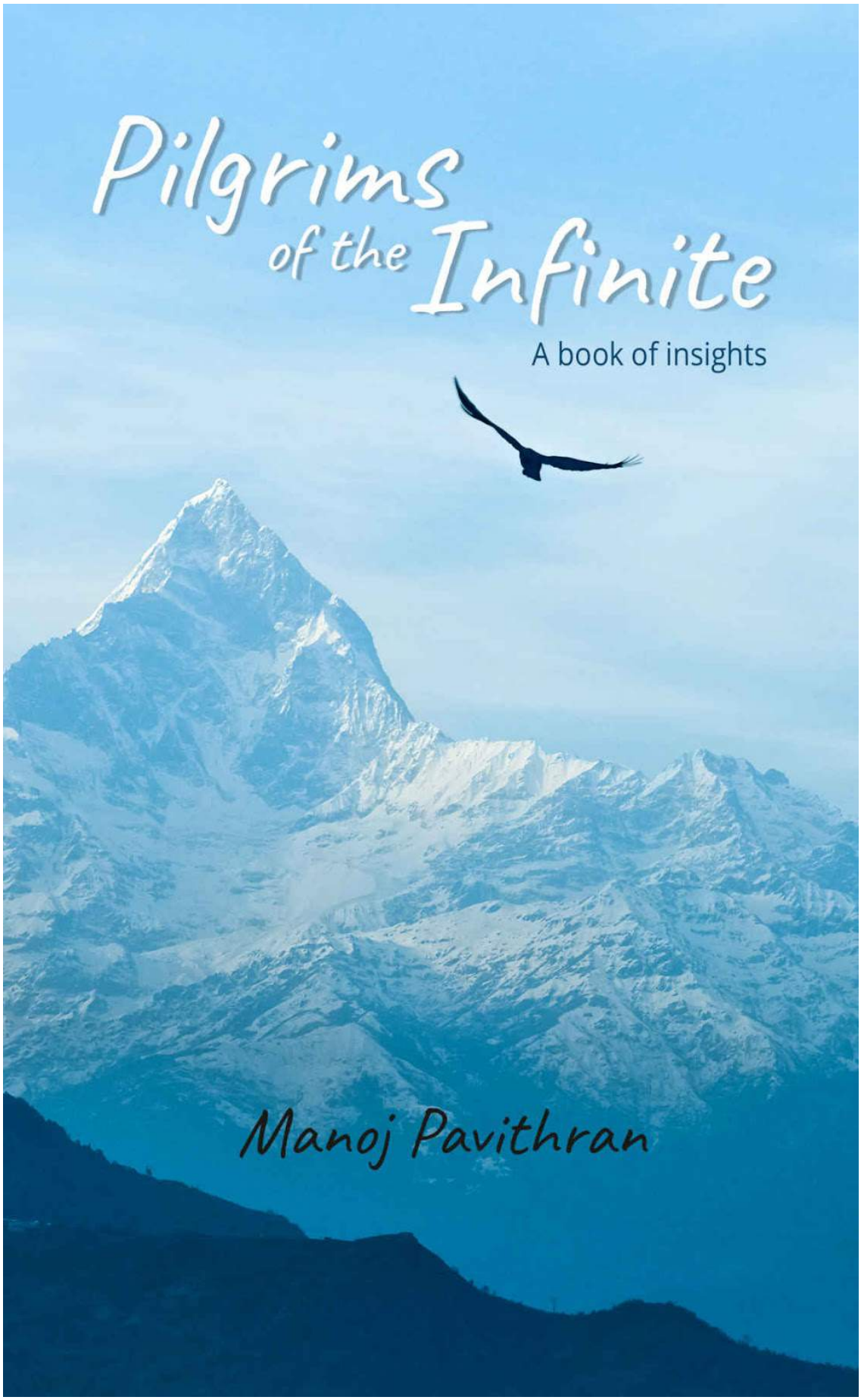
My heart goes out to all small, conscious businesses that were badly hit by all that went down this year - it makes me realise just how lucky I've been to have stayed afloat this whole time, surrounded and supported by so much goodwill. I'm feeling so much as a type this ❤️

To honour this one-year milestone, I want to donate to an organisation that cares for animals that are hurt, abandoned, or in need. So I've decided that the course fees from the next THREE enrollments (any course) will go as a direct donation to Integrated Animal Care Centre - IACC 🐶

This shelter in Auroville currently has around 50 puppies (people often dump them at the gate) and around 100 adult indie dogs that will live out their lives there. Auroville provides them limited funds - absolutely nowhere close to enough though. My friend Krish Kannan is a dog savior, whisperer, and all-round beautiful human being who shows up every day at the shelter, like it's his second home, and does all that it takes to keep the dogs happy and sane. They deserve help in any form, and this is why I'm choosing them.

This is a way by which you can support my work, as well as a dog shelter that is in constant need of help 👐 so the next 3 of you who enroll @ yumeculinary.com , consider it a donation 🫵💫😊 ”

Book Release: Pilgrims of the Infinite



I am happy to share the joy of publishing my first book "Pilgrims of the Infinite". It is a collection of the insights I have gathered over the years in my life's journey, expressed in the form of single lines, poems, poetic

prose, and narrations of events. It is essentially an offering to the seekers on the way.

The content has been organised into 8 chapters - Solitude, Silence, Fire, Aspiration, Grace, Surrender, Love and Purpose. However, you can open any page randomly and read a snippet because each piece is complete in itself, offering a window of insight for contemplation. I hope you enjoy this offering.

~ With Love, Manoj

Buy it here.

New Instagram Handle: My Unending Education

The Higher Education Group in Auroville has started a new Instagram handle called “My Unending Education”. It is managed by our very own Valentine. Follow the page for stories of how adults in Auroville evolve and pursue their lifelong education.

https://www.instagram.com/myunendingeducation/

Here is the Journey of Avinash, a Swadharma Alum and now a Swadharma facilitator and an Auroville newcomer, as featured on the “My Unending

Education” Instagram Page:

“I'm 28. I've been in Auroville a little over 2 years. I am now a newcomer.

I came to Auroville to join the Swadharma program in August 2018 during a time when I was quite lost as to what direction my life should take. The program helped me understand myself better - my values, my fears, my strengths and my weaknesses. I also learned that I have an interest in community and city-building and decided to stay in Auroville to understand more about this. I spent a little over 6 months as a planning intern with Lalit and then joined the ACI team - the team that holds the Swadharma program.

In my time in Auroville I learned many things. I was a civil engineering graduate and I was able to work in fields that were new to me. This chance to explore and learn by doing is seldom given outside of Auroville as far as I know and enables you to learn a lot about your capabilities.

I found that, although Auroville removes the constraints of conventional education and work systems to a great deal, it also removes the excuses or "comforts" they provide. This constantly forces me to question and look

inward. I realised soon enough that my ability to manifest in the outer world is proportional to how much I am able to strengthen my inner world. It has not been and continues not to be, easy to look at myself critically. The more you grow the more you see there is to grow and it is a constant struggle.

This also means that things that I had to look into prioritizing different parts of my life, things I may have been encouraged to neglect before. Work and education are not given priority over personal life but instead are integral to my life as a whole. It is, however, challenging to keep reminding myself of this.

Auroville encourages this new way of living for me. Exploration and education is unending and that's the way I like it. I am limited only by how much I allow myself to be limited."

"

A New Course: Savitri Painting

SAVITRI PAINTING

Discover Thy Core

Auroville Campus Initiative, the team behind Swadharma launched a new course - Savitri Painting. Savitri Painting is a method to move inward into greater depths of your being through art, music, and poetry. It is a means of sensing your soul movements and expressing them through painting. This is an opportunity to learn to see the unfolding of your soulscape and further refining your aesthetic sense.

If you are interested in Savitri Painting, express your interest here: https://aci.auroville.org/savitripainting

Malvika's Rendezvous with Red

Malvika Nagpal, Swadharma alumni, participated in the prototyping phase of the Savitri Painting course and during the journey of painting her soul, she went really deep into the colour red. Here is a glimpse into her journey 🌸✨

Besides Malvika, Smrati (Swadharma 8) also participated in the Savitri Painting journey. Abha and Anoushka (Swadharma alumni) are going to be participating in the official Savitri Painting journeys beginning January 2021.

Stories from Winter

Swadharma Winter School

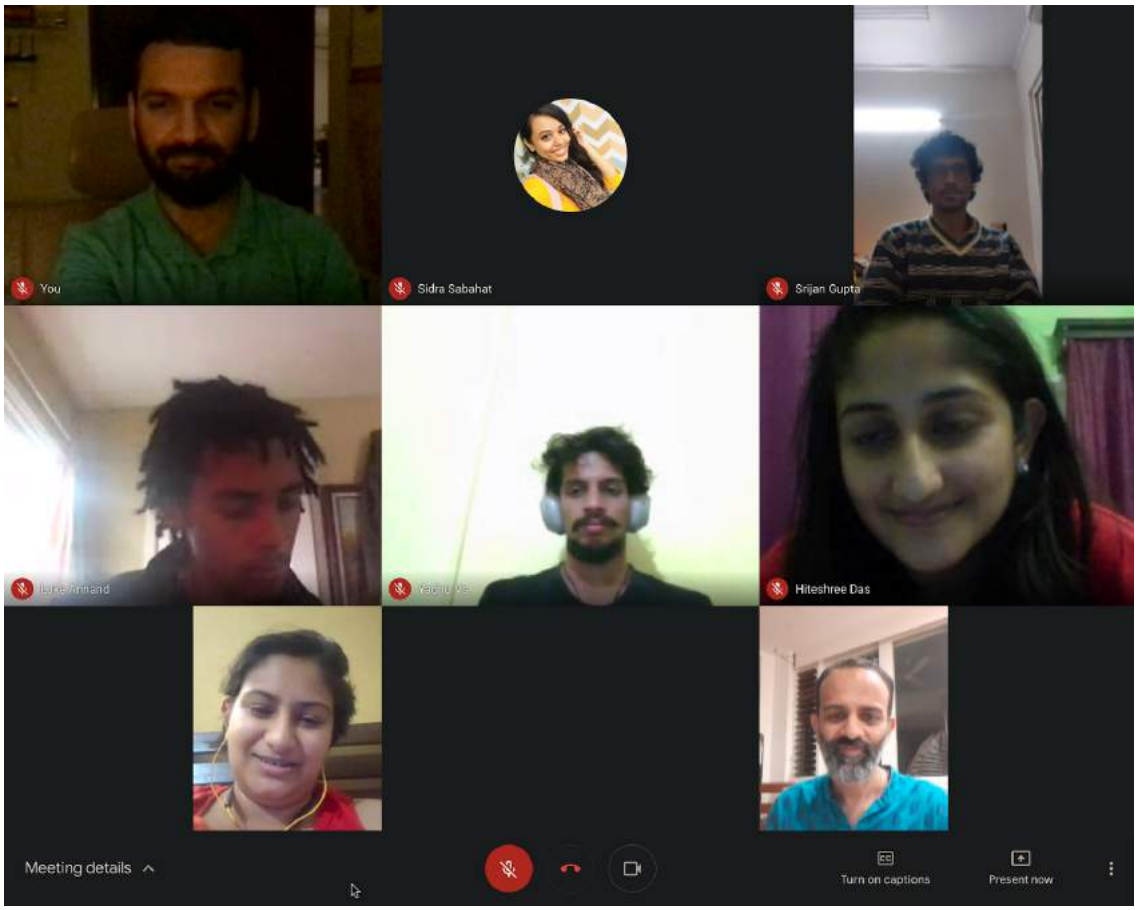
Swadharma Winter School is blooming with micro-practices and micro-projects of 20 alumni. A detailed report of the Winter School shall follow next month, meanwhile happy to share with you photo collages from Srijan and Smrati's journey of micro-practices!

And here is a bonus gift, a small video from Swadharma Winter School

Wish to be a part of the Micro-Project/Micro-Practice Support group in the future? Register on this link by January 6, 2021.

Know Your Tribe

Sheetal's session From Sound to Silence with Sheetal



For last month's Swadharma monthly session we had a truly joyful time. Sheetal opened the session with his trademark of inviting everyone to check-in about their inner weather, bringing back our memories of sharing circles during Swadharma. Sheetal had been learning and practicing Nada Yoga in the tradition of Dhrupad for the past 7 months and shared with us his fresh experiences with the practices.

As we practiced chanting along with Sheetal it became clear how these simple sounds have a powerful effect, the sacred sounds of Om enabled us to access beautiful depths. As Sheetal put it - "You can Om your way home".

Post the session Sheetal also reflected how this really helped him articulate and concretise his own learnings better and see his own journey through the sharing -"You share that which you most need to learn". Swadharmis also reached out to Sheetal later on to connect for a deeper exploration.

“Our Swadharma is always evolving, changing and getting fine tuned. We can really appreciate each other’s journey and growth when we come together this way, unfreezing the image we had of each other from previous meetings”.

Invitations Invitation for Lifelong Learners of Integral Education

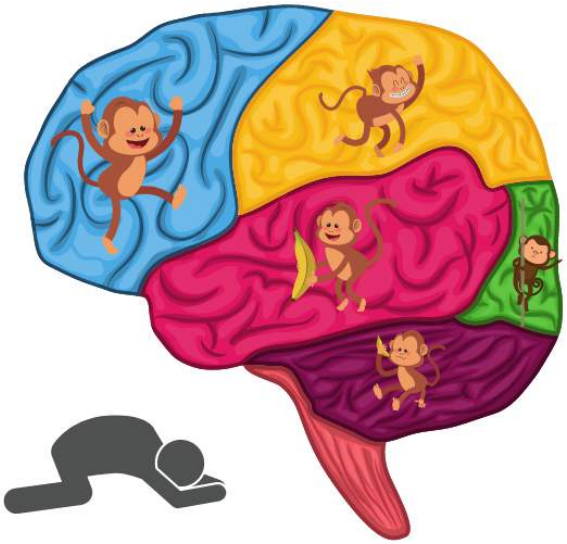
The Integral Education Portal newsletter series was launched on August 15. The newsletter is for all lifelong learners of Integral Education. It has a theme of the month on which we send biweekly newsletters. Newsletters consist of videos, practices, quotes and short write-ups. The theme of December was Discipline. Below is a short text from one of the newsletters:

Think of a goal that you wanted to manifest. To achieve it, you wished to wake up an hour earlier from the next day and work towards it. When the alarm rang, one part of you convinced you to stay in bed for another five minutes, which soon became an hour. When you finally woke up, you felt disappointed with yourself for not waking up early and promised yourself that you will definitely do so going forward.

This is a familiar story for many of us. It happens because we have different parts of our being, which are generally not in agreement with one another. It is like a group of people who have different personalities, agendas and natures, competing to be the leader.

Discipline aids in moulding these parts so that they can work cohesively to facilitate manifesting the aspiration which is at the core of one’s being. By

being disciplined we confirm in ourselves the truth of our inner being.



Discipline liberates us from being slaves to inertia, emotional reactivity and our monkey-minds. It allows the truth from within us to be expressed through these layers and helps us achieve our goals.

To read further, you can have a look at the Discipline newsletters here: https://ie.auroville.org/tag/newsletter/. Here is a video on "Purpose of Discipline?" - that was a part of one of the newsletters and put together by Arul and Surya :). The theme for January is Aspiration.

If you have not subscribed, subscribe here

Invitation to Re-Ignite Journaling in Your Life

As we begin a new year, we invite you to draw your river of life, your life-map and reflect on the different emotions you lived this year. Know them, hold them, release them :). Below are some prompts, based on Navrasas (9 fundamental delights of emotions in Theater), to help you reflect on your emotions and re-ignite the practice of journaling in your life. Give one day to reflect on each emotion, and 30 minutes every day to journal about it. Share your insights on the Swadharma Alumni WhatsApp group.

In life, certain experiences leave imprint and create blockages within. These become recurring fear that holds you back from freely flowing. Look at your river of life, and identify which is the recurring **fear** that is holding you back from living your full potential

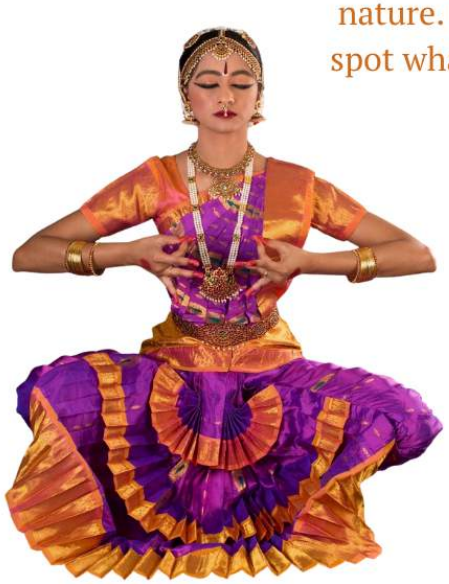
Anger = A need + Force + Bad will

Look at your river of life and identify the times when you became angry.

Look at what were the unmet needs or violated deeper values behind it. Look at what was the ego's irrational demand, expectations, bad-will, vital reaction behind it.

Shantam Peace

Identify your doorway to peace. Some of us find it through meditation, others through painting mandala, others most easily through walking in nature. Look at your river of life and spot what is your most natural, most easy doorway to peace.

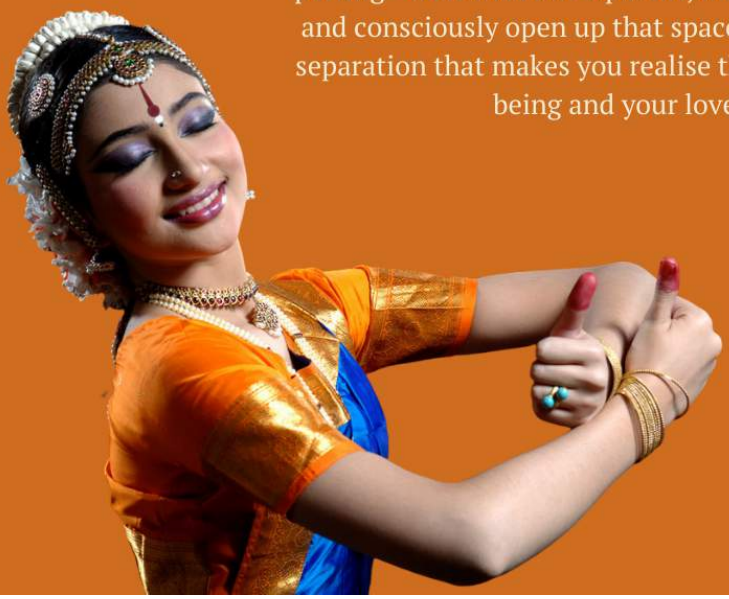


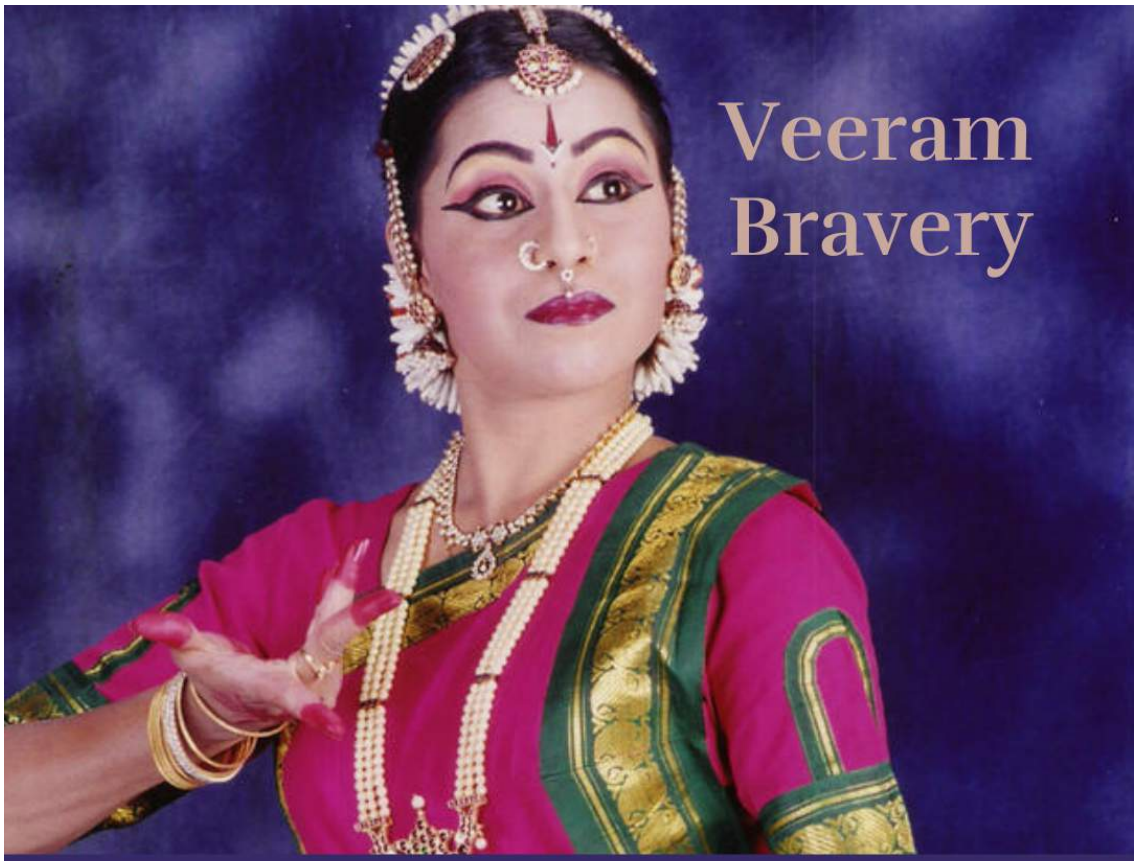
Adbhuta Wonder

Remember how as a child the most ordinary of things made us full of curiousity & wonderment. Reflect on your river of life and narrate one of those incidents where something ordinary brought you wonder! Now, go inside and around the house and pick up something very ordinary and look at it with eyes of wonderment as if you were looking at it for the first time. Share 5 new things about this "ordinary object"

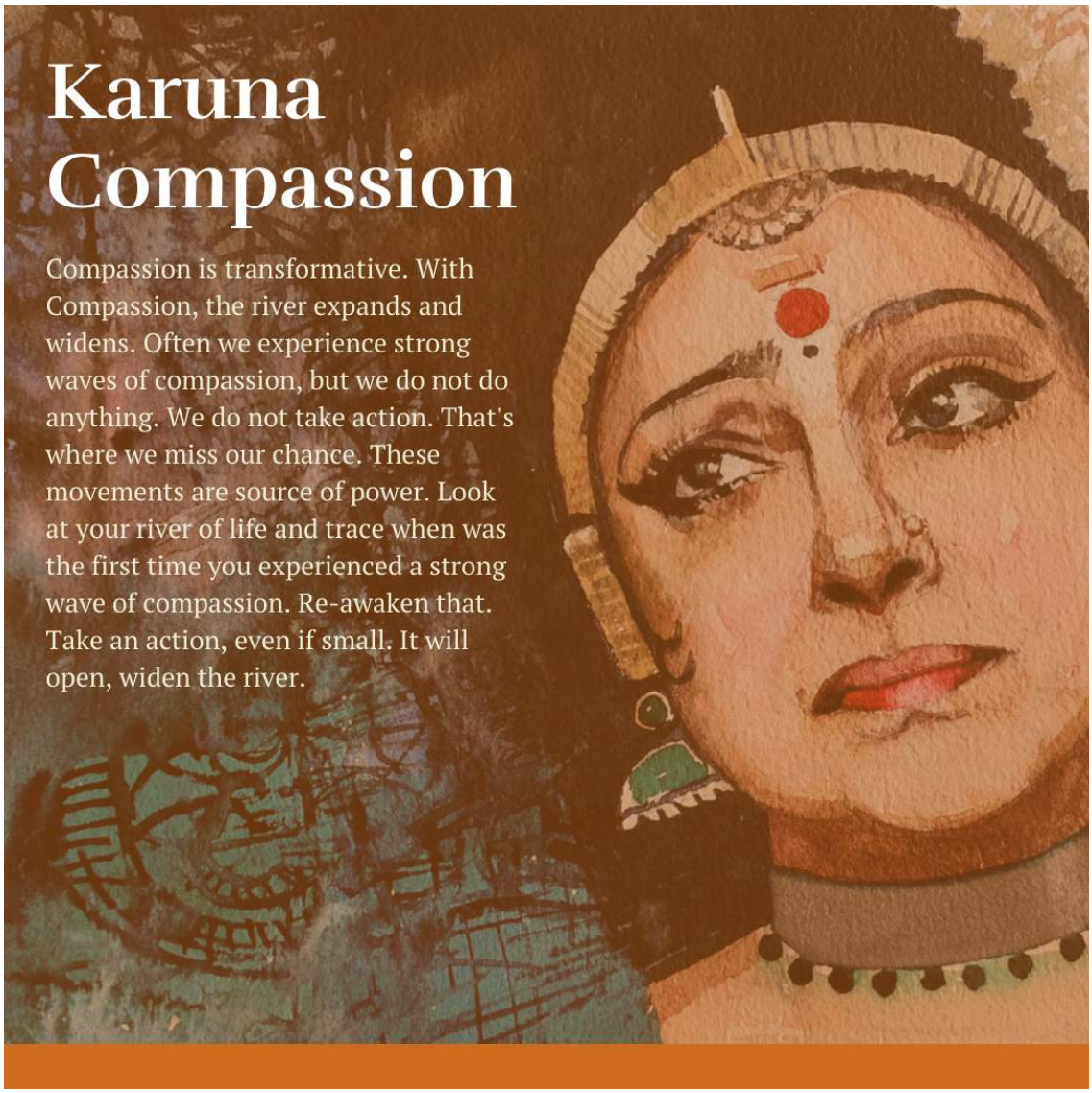
Shringara Love

Love is beautiful when there is union, but just as painful when there is separation. When people part, our emotional being shrinks. River dries up, there is drought. This need not be. In dance, we enjoy Vipralambha shringara as much as sambhoga. Look at your river of life and identify moments where you experienced the pain of parting - be it with one's parent, daughter or partner... and consciously open up that space. Rejoice the joy of separation that makes you realise the value of another being and your love. Open your heart.





There are times when the river rises up. Blockages come on the way, but it pushes through. That is when the river pushes us to stand up - for oneself, a cause or someone else, essentially for deeper values. Look at your river of life & spot when did your river rose up & changed the course of events.



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.

For the month of December, we have Surya playing for us from his studio to share with us some, as is the session aptly titled, " Music for the Soul"

When: Jan 16, 2021

Time: 8-9.30 PM

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

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