SWADHARMA BULLETIN

February 2021

HAPPY BIRTHDAY AUROVILLE

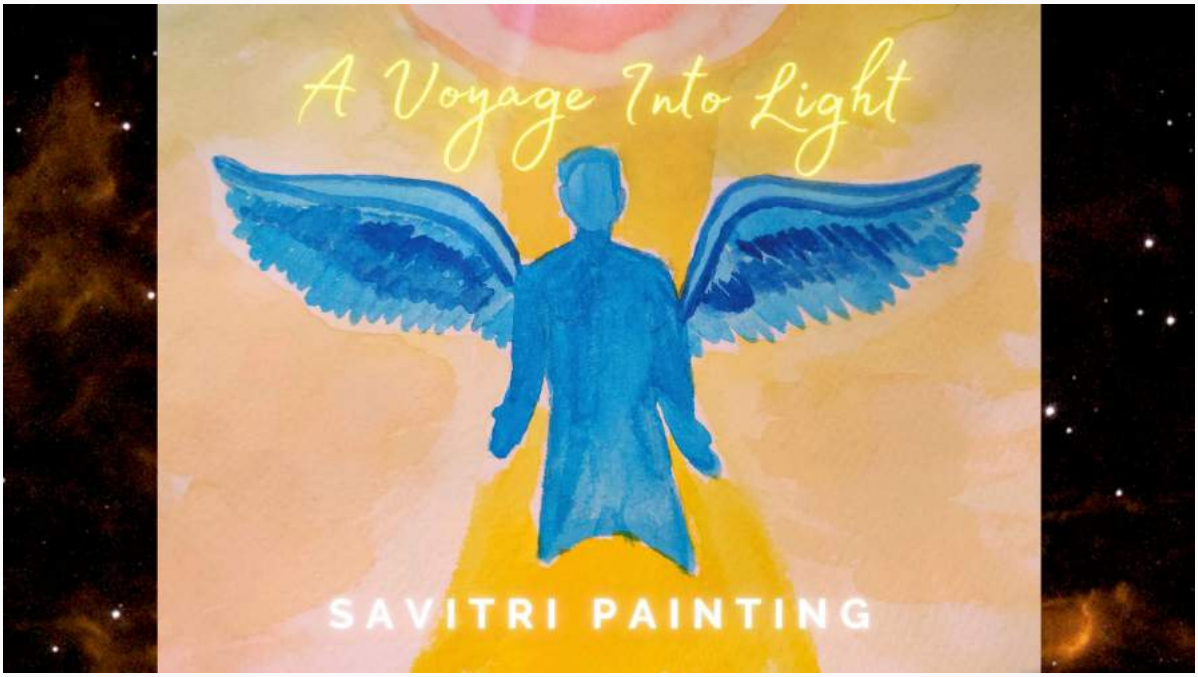
"Let the Matrimandir be the living symbol of Auroville's aspiration for the Divine"
The Mother. 21st Feb. 1971.

This day, 28th Feb is Auroville's 53rd anniversary since its inauguration in 1968.

In case you missed the live stream of the Auroville Dawnfire, you can watch it here

A VOYAGE INTO LIGHT BY SURYA

When I signed up for the Savitri Painting course, it was a leap of faith and largely because of a sense of trust I had in the space that would be created by the facilitators. I was someone who had a connection to the works of the Mother and Sri Aurobindo always indirectly – through Swadharma and painting was something I had disconnected from since childhood. But there was an inner knowing that this was the way to go. Little did I know about the nature of transformation that was going to take place.



Surya, an alumni from batch 8 of Swadharma, shares his journey through the Savitri Painting course and the transformations that it triggered within. Savitri Painting is a powerful tool that combines painting, poetry and music to help one touch their deepest essence. Read the full blog post here.

Find out about the next Savitri Painting course here.

SWADHARMA ALUMNI GATHERING IN AUROVILLE

On 30th January we had a one of a kind Swadharma sharing circle with alumni cutting across many different batches joined by some of our dear facilitators. Sheetal anchored the sharing circle as he invited all of us to share our reflections and growth over the past year, a year that was that forced many of us to go deeper within. Even the usual Swadharma dogs somehow got word of the circle and couldn't afford to miss it.

It was incredibly enriching to hear how each one had grown in these challenging times. With the usual circumstances and routines being replaced by new and unique situations - many of us were given an opportunity to develop different inner resources that were demanded.

During the time, another thing that was very apparent was the sense of support, love and guidance within the community that one could reach out to almost instantly :)

A MEDITATION WITH MANOJ

On 25th of Feb we had an evening of meditation with our dear Manoj. It was a deep experience of moving into one's own inner stillness step by step, first through Dharana (Concentration) - first gathering one's attention, Dhyana (Meditation) - establishing oneself in the space of silence and Samadhi - becoming the vast stillness itself.

We also had a lovely Q&A post the session with questions about stilling the mind and using different tools to anchor our attention.

If you missed the session, you can watch the recording here (passcode: 7FH+P4w$) and use it as a meditative experience to move into silence & stillness.

MY NARRATIVE 2021 BY SHAILAJA

The year 2020 has been a year of resetting of the inner compass. The pandemic affected us in different ways and compelled us to evaluate our approach to life. For most people, this year has been transformative. In order to see what habits and thought patterns enable us to wake up excited, be enthusiastic throughout the day and make our experience of life exuberant, periodic writing or doodling is a tool to keep up with.

2021 'My Narrative is an Interactive diary, I have designed with my team at PATH Studio, Auroville which gives just the appropriate tools to map your journey to self-discovery and inner transformation and lets you design and organise your week, month and year as well as touch with awareness - the element of timelessness.

Check out this video to hear about design intent story & features from Shailaja, Principal Architect, PATH Studio, Auroville. Price - Rs 1200/- per copy, incl GST, with free shipping within India - limited edition. Order here

SVADHYAYA 3.0

Svādhyāya 3.0 applications are now open! Svadhyaya is a 8 week learning journey for seekers of Integral Knowledge, who wish to embark on an inner adventure through the foundations of Integral Yoga Psychology in light of Sri Aurobindo and The Mother.

Apply now at svadhyaya.auroville.org

THE THEME OF LOVE

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 January was Love. Below is a short text from one of the newsletters:

Have you ever felt lonely and distant from others? It may be that those close to you have different views on life, or maybe you argued with a friend. Often these differences can feel like something hard and permanent. This sense of separation can leave us feeling sad and unable to experience the joy and beauty in life.

Love is important because it has the power to overcome these differences. By opening us to the wider perspective pure love enables us to forget ourselves, our desires and our opinions.

Our problems shrink and instead all that is beautiful in life is enriched. We are able to see our deep connection with others, regardless of whether they agree with us or not.

If you allow this love to grow, your troubles will cease to be a problem. Love can widen your heart and mind, enabling the hardness of what separates you from others to melt away. Pure love brings a sweetness and joy through oneness - a perfect union with everyone and everything in the universe.

To read further, you can have a look at the Love newsletters here: https://ie.auroville.org/tag/newsletter/.

Here is a video on "Why Love?" - that was a part of one of the newsletters and put together by Divyanshi and Surya :).

If you missed the webinar *Living Love* yesterday by Divyanshi, you can watch the recording of the illuminating and beautiful interaction here

If you have not subscribed, subscribe at https://ie.auroville.org/#subscribe

CYCLE RIDES AND TREKS

The Swadharmis have been joining Lalit and a few others on cycle rides around Auroville and the surrounding bioregion discovering the rich landscapes it has to offer. These have been truly nourishing experiences.

On 4th March, 3:30-6:30pm, our Lalit is taking us on a cycling adventure. The route we will be going on is green, full of ponds and around Auroville bioregion.

Also, on the 27th of Feb 2021 (Saturday) Taarak Parasher of Roads and Journeys (& Uday) took us to Gingee for a road trip with trekking, swimming and a whole lot of adventure & fun.

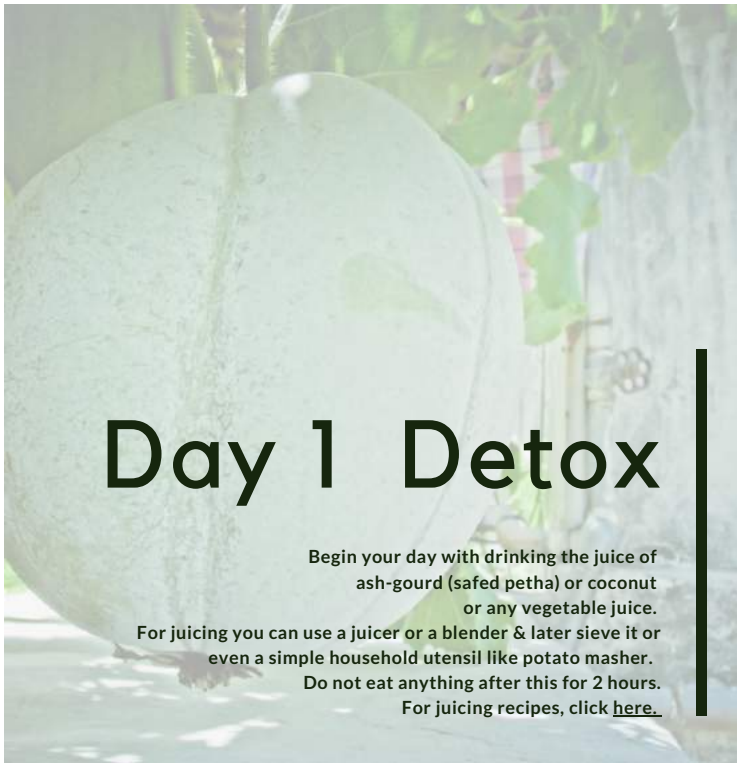
For more details to signup, Swadharmis can contact Divyanshi directly.

PRACTICE OF THE MONTH

Incorporate a simple Satvic Lifestyle for a week and bring in lightness, vitality & joy to your whole being. Watch this video introducing the diet plan to cure all diseases

1. Ashgourd/Coconut Water for 300 ml juice everyday
2. Clay pots for cooking sabzi (if possible)
3. Blender/Juicer/ potato masher
4. Lots of seasonal & regional vegetables
5. Fruits for everyday breakfast

Prep Materials



PRACTICE OF THE MONTH

Incorporate a simple Satvic Lifestyle for a week and bring in lightness, vitality & joy to your whole being

Day 4 bathing in the Sun

Within 2 hours after sunrise or 2 hours before sunset, sunbathe for 30 minutes with light-coloured minimal clothing or no clothing (if possible). Sunbathe 15 minutes with the front-side facing the sun & 15 minutes the back-side. If possible expose your navel. Whilst sunbathing, you can do an activity like washing clothes or playing. And most importantly, remember to express your gratitude to the sun. Say a small prayer or chant the Surya Mantra.

Do not forget to do all practices we did until now!

Watch the sunbathing video here.

Day 5 Happy Hatha Yoga

Incorporate 30 minutes of hatha yoga any time during the day. You can also do suryanamaskars whilst sunbathing. For yoga flow, click here.
Retain detox juice + Fruity Breakfast + Sunbathing + Soup.

Satvic Sunday

NEW TASK OF THE DAY: SATVIC LUNCH. YOU CAN HAVE A LOOK AT THE SATVIC SABZI HERE & SATVIC CHAPATI HERE. YOU CAN ALSO MAKE BROWN RICE, INSTEAD OF CHAPATI.

9 AM: ASH-GOURD JUICE

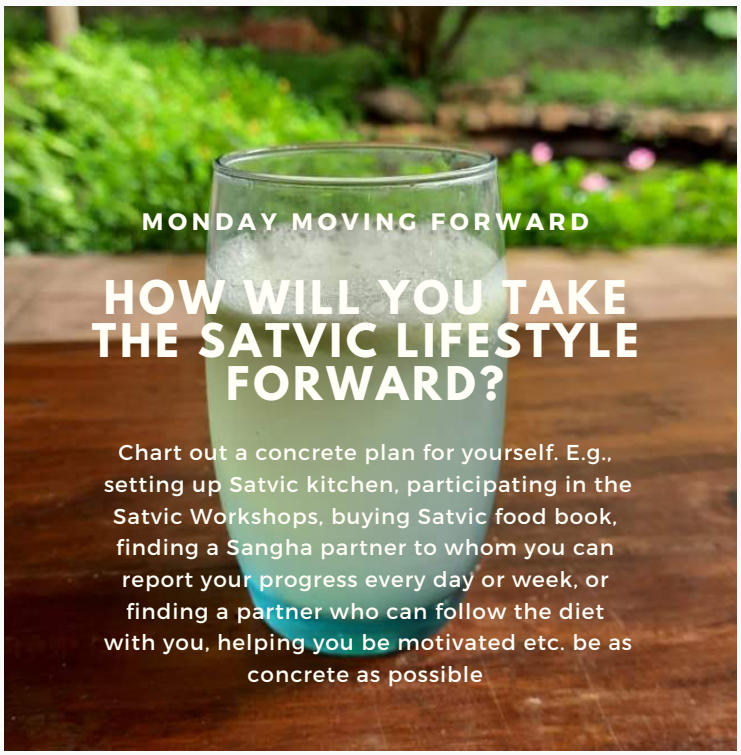
11AM: FRUIT BREAKFAST

2PM: SATVIC LUNCH

4PM: JUICE/FRUIT (OPTIONAL)

6PM: SOUP AND/OR SALAD

SUNBATHING FOR 30 MINUTES AFTER SUNRISE OR BEFORE SUNSET.



MONDAY MOVING FORWARD

HOW WILL YOU TAKE THE SATVIC LIFESTYLE FORWARD?

Chart out a concrete plan for yourself. E.g., setting up Satvic kitchen, participating in the Satvic Workshops, buying Satvic food book, finding a Sangha partner to whom you can report your progress every day or week, or finding a partner who can follow the diet with you, helping you be motivated etc. be as concrete as possible

PRACTICE OF THE MONTH

Incorporate a simple Satvic Lifestyle for a week and bring in lightness, vitality & joy to your whole being

If you would like to go deeper into the satvic lifestyle and also make it a regular part of your life, you can participate in the Satvic Movement workshops here and join our informal whatsapp group - Satvic Lifestyle Group

SHARE YOUR JOURNEY WITH US!

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