PURNAM BULLETIN

September 2021

PURNAM

CENTRE FOR INTEGRALITY

We are delighted to inform you that the Swadharma Monthly Newsletter has now been renamed to the Purnam Monthly Newsletter to capture the spirit of all the wonderful initiatives and activities taking place in the larger Purnam community (formerly known as ACI)

Visit: https://www.purnam.auroville.org/

LAUNCH OF PURNAM VIDEO AND WEBSITE

The Purnam community is evolving beautifully and vibrant spaces with practitioners are emerging. A new stage of Purnam's journey has begun and to celebrate that we are delighted to share with you the new **Purnam Video** - **Into the Future of Education** that showcases the educational paradigm shift that Purnam is endeavouring to bring to the world in the light of the works of the Mother and Sri Aurobindo.

This video was shot in Auroville and lovingly put together by Surya, Divyanshi and Manoj.

Along with this, we are also happy to share with you the launch of the new Purnam website - **www.purnam.auroville.org** enriched with the current work being done at Purnam.

THE LAUNCH OF THE 12 WEEK HEALING LEARNING JOURNEY

The Healing Triad is a sacred space curated to explore and walk the path of Healing under the light of Sri Aurobindo and The Mother

Healing Triad took birth under the gentle and loving guidance of Divyanshi. During Svadhyaya 3.0 Journey, the triad took birth to help participants explore themes of **Healing** and **Suffering** as a part of their project work.

WHAT IS THE TRIBE UPTO?

Healing Triad took a rebirth with it's **12 Week Healing Journey (12 September'21- 28 November'21)** which presently incorporates the loving presence of 80 seekers walking on the path of Healing under the light of Sri Aurobindo and The Mother

As part of the Healing Triad, all the Sadhaks **individually** listen to an audio/week of talks by **Dr. Alok Pandey on Health and Healing**. They carry the words, the essence in their consciousness throughout the Week along with a quote of the week which is shared on the whatsapp group.

On Sundays, the Traid holds a **sharing circle**, where the Sadhaks come together to collectively reflect on the audio, share what they resonated with and listen to the sharings of fellow Sadhaks on the journey.

The space also promotes the Sadhaks to take up individual Healing practice which they would like to concentrate on during the journey.

Healing Triad is a space curated with a lot of love and under the guidance of Sri Aurobindo and The Mother.

It is growing deeper and wider with each passing moment with it's Healing Sangha.

- Harpreet

VAICĀRIKĪ: INTEGRALITY OF THE NEW EDUCATION POLICY

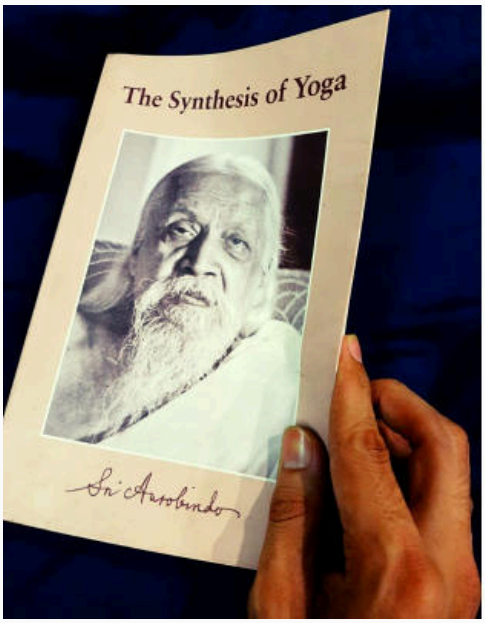
As part of Sri Aurobindo's 150th birth anniversary celebration year, Sri Aurobindo Studies for Human Excellence at Rashtram School of Public Leadership, Rishihood University, Sonipat has launched Vaicārikī. Vaicārikī is an initiative for thoughts, dialogues and discussions on topics of contemporary relevance guided by the light shown by The Mother and Sri Aurobindo.

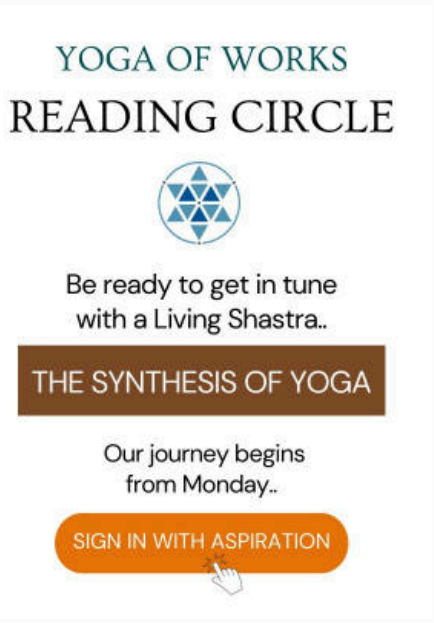
The first webinar titled "Integrality of the New Education Policy" was conducted on 13th September 2021. The webinar featured a **keynote address by Manoj** moderated by Divyanshi on the principles and philosophies of Integral Education as laid out by Sri Aurobindo and the Mother and its utmost relevance in the modern day.

Towards the end of the keynote speech, Purnam practitioners Nikhil, Palak and Surya also shared their transformative journeys basking in the light of Integral Education. Watch Now

The keynote speech and sharing by the students is between 5:50 and 59:00

KARMA YOGA:
THE YOGA OF DIVINE WORKS





In the month of April, Divyanshi invited sincere seekers of our community for reading **Synthesis of Yoga** meditatively early morning. 12-15 of community members.

The Synthesis of Yoga being Sri Aurobindo's one of the **principal works on yoga**, an examination of the traditional systems of yoga and an explanation of his own method of Integral Yoga, started benefitting us in many ways, the insights we got from this meditative form of reading Sri Aurobindo's words are priceless and from there emerged an idea with Divyanshi being the source, to expand this activity to a larger audience resulting in the birth of a course "Karma Yoga - The Yoga of Divine Works",

WHAT IS THE TRIBE UPTO?

- Every week on **Saturday** we have sessions on "Karma Yoga", in light of Sri Aurobindo's Synthesis of Yoga,

- Every Wednesday collective practice sessions or **Satsangs** (8:30 - 9:30 PM) through which we try to practically dwell deeper into the teachings of that particular chapter of the week, sometimes we paint together or hold a Q&A session.

- Every day, a quote is shared to be read, concentrated upon and practiced; along with a prompts or micro task of the day that dynamises the knowledge of Synthesis of Yoga. The participants together reflect on the quotes and prompts, within a sacred space built with love, acceptance, and trust.

- Lastly, since some of the participants of "Karma Yoga – The Yoga of Divine Works" wanted to come together read as a group, so a few weeks back a new "**Yoga of Works - Reading Circle**" group has come to life and it is functioning on a regular basis in which around 15 participants are joining early morning to read few paragraphs from the on-going chapter, to deepen their understanding and to bring the learnings into practice in their daily life.

WHAT IS THE TRIBE UPTO?

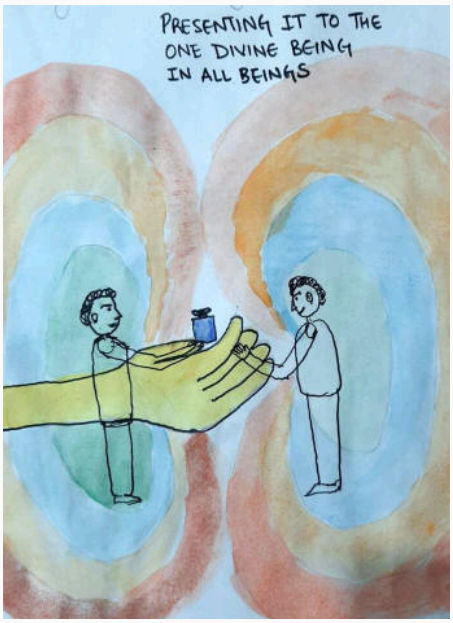
Reflect on how this moment is just the right timing and context in your life for the Divine manifestation to happen

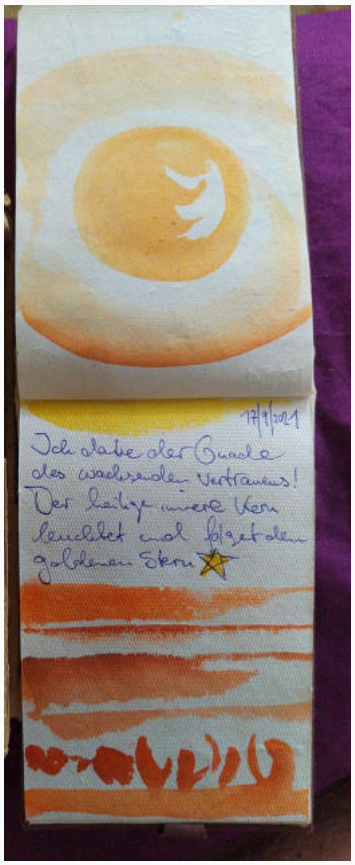
Today, let's take out 5mins to sit in silence and offer everything that we hold inside us, good or bad, big or small, everything, to the Divine.

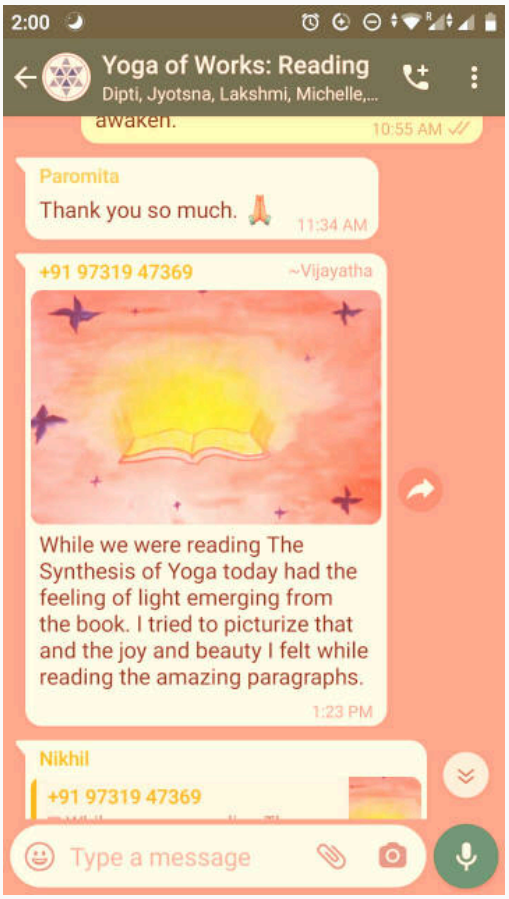
And then we share how we felt afterwards.

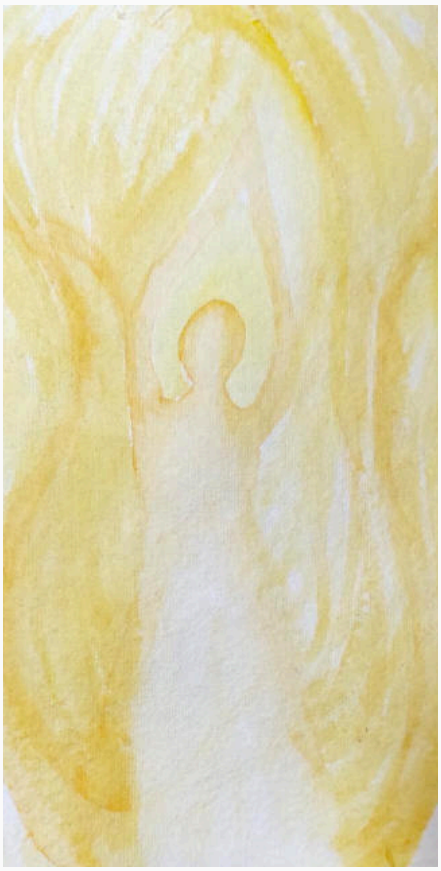
We received more than 125 applications for the course, out of which, we have 60-70 regular participants. The warm responses and sharing from course participants on the groups are creating constructive joyful energy of coming together and collectively helping each other to grow deeper into Sadhana.

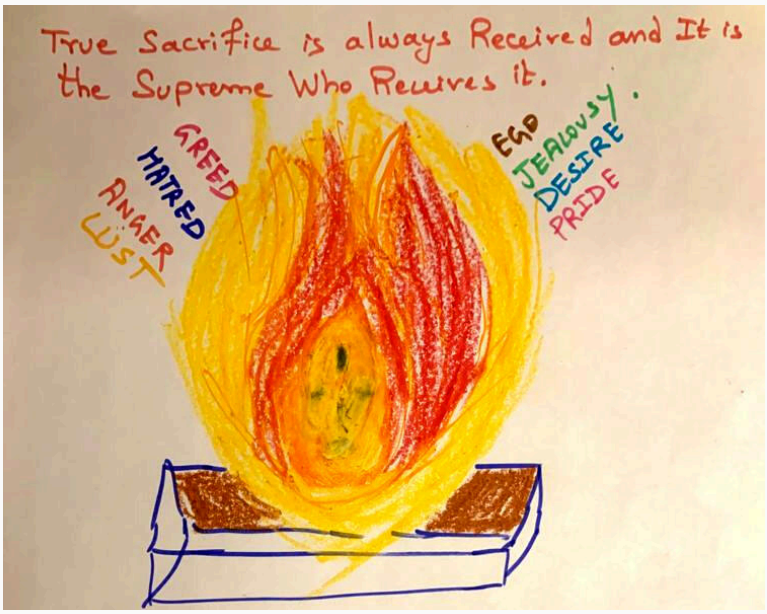
SHARINGS FROM YOGA OF WORKS PARTICIPANTS











SAVITRI ART
"GIFT OF 21 PAINTINGS"

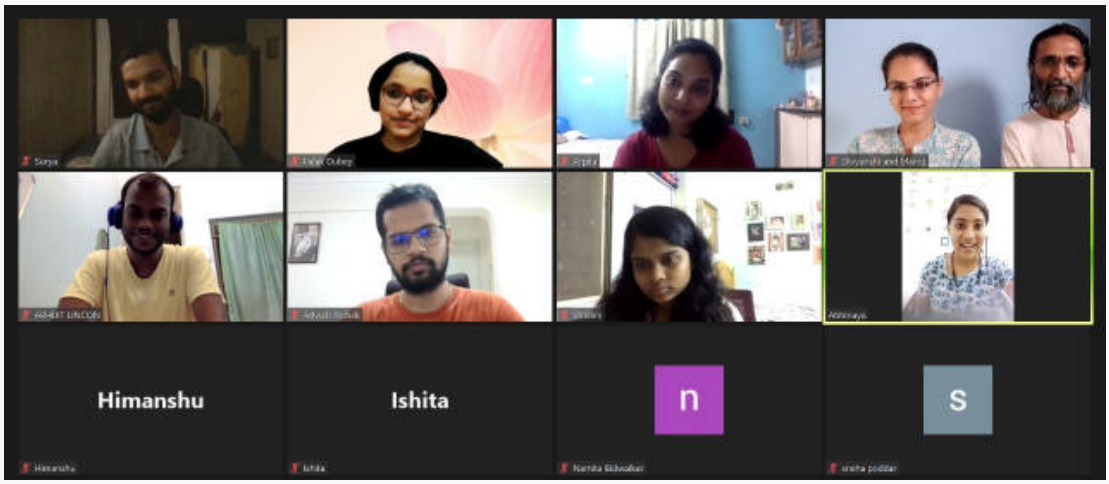
Inspired by Sri Aurobindo's epic poem Savitri, called **"The Mantra for the transformation of the world"** by The Mother, a small group of Savitri sadhaks came together to paint lines from Savitri. Usha, Padmarani and Sahana - came together under the guidance of Divyanshi, Manoj and Archana to paint Savitri in an attempt to **marry its inner mysteries with an outer perfection**.

Though not professional artists, their love for painting and deep aspiration to touch the essence of Savitri was the impetus behind this journey. For 4 months, they pursued the sadhana of painting, creating more than 69 paintings (each with multiple drafts, sometimes even 50+ drafts for one single painting). Out of these 100s of paintings, they are happy to present 21 to all as a gift for your sadhana.

A webinar was held on 19th of September 2021 to share the story of the 21 paintings.

Request for paintings: https://tinyurl.com/Savitri-Art-Painting-Request
To read more about the same visit: https://www.purnam.auroville.org/savitriart

SWADHARMA SHARING CIRCLES



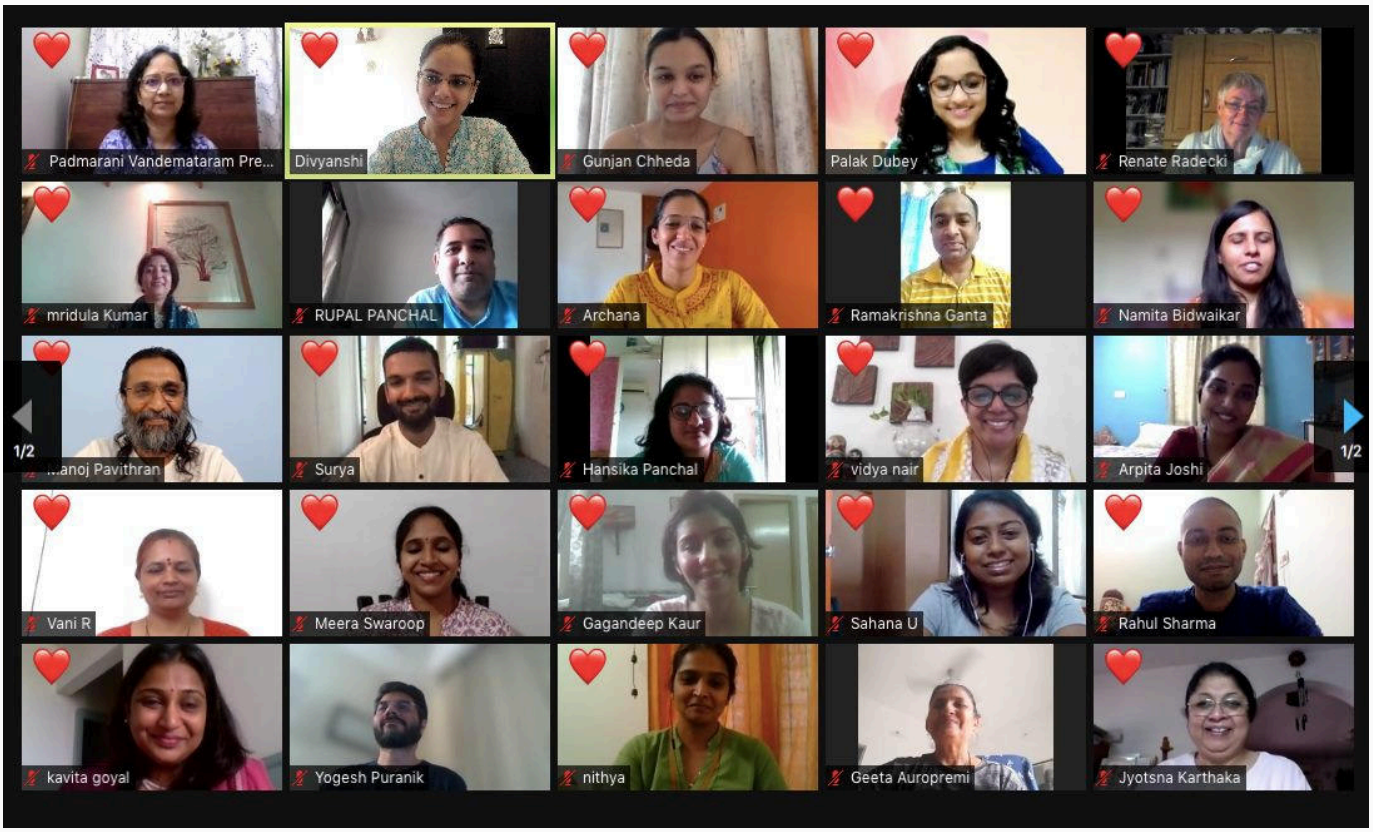
After the grand success of Swadharma 9.0, the participants of this cohort came together on 16th September 2021, in its **first Sharing Circle**.

The authentic sharing and deep listening brought an intense feeling of being held and loved. It was lovely interacting with the tribe and sangha after a month.

The community shared with each other their journey post Swadharma, the highlights as well as the challenges they faced.

The vibrant, dynamic energy and connection of coming together was extremely powerful and brought the Joy of Community alive.

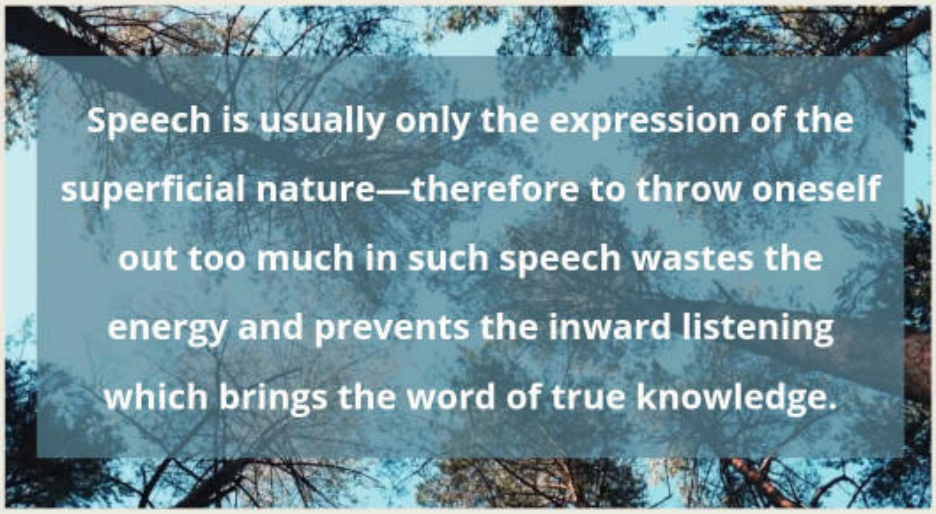
SAVITRI PAINTING 4.0



A deeply sincere cohort of 24 souls complete their six weeks journey of Savitri Painting today, bathing in the lavishness of colours, the psychic vibrations of flowers, the stillness and sensorially spiritual joy of painting, listening to the Mother's music, going deep into the inner senses and downloading poetry from the air. It was a deep delight witnessing their deep emergence.

Learn more about Savitri Painting, https://purnam.auroville.org/savitripainting

CONSCIOUS LISTENING AND SPEAKING

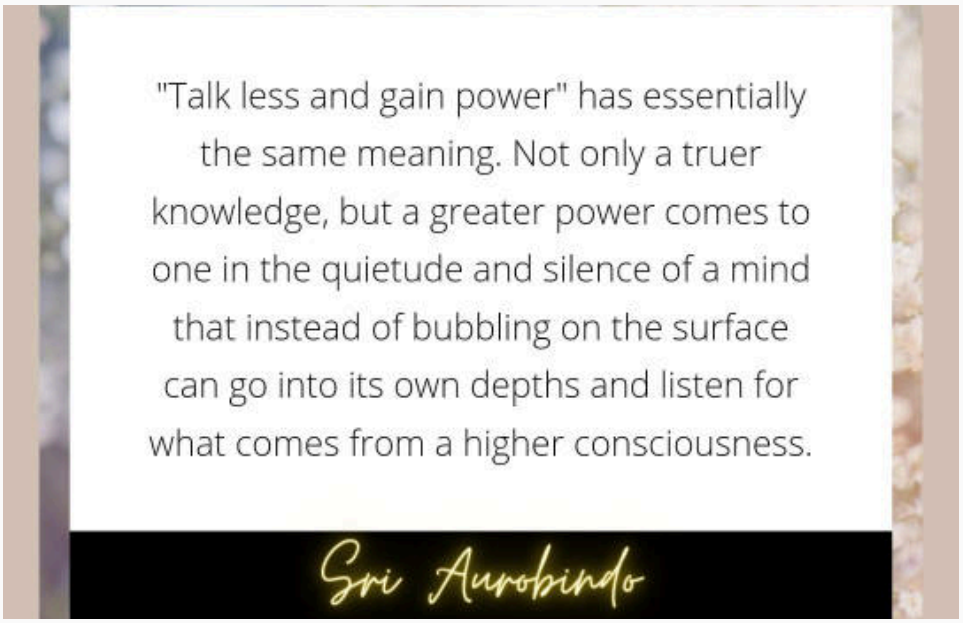


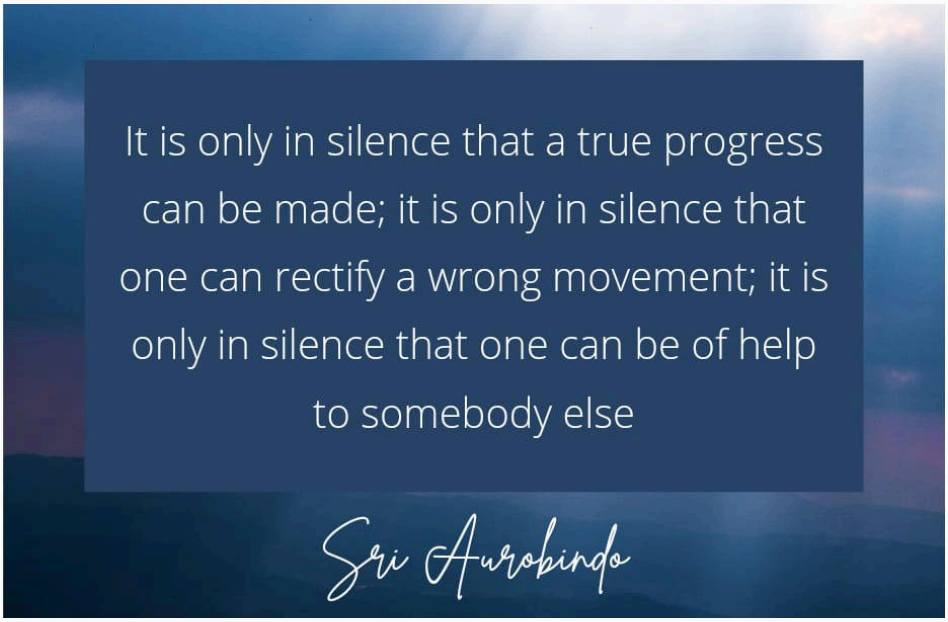
A group of seekers aspired to practice **sadhana of speech** through a two week exploration with **Conscious Listening**! It comprised of listening to sounds of nature including fire, water, wind, and earth and performing simple experiments of consciousness throughout the day.

Experiment such as '**Listening Without Judgements'** threw light on how inner psychological states largely influence whether we perceive a sound to be noisy or disturbing and how a state of inner silence is the real anchor of peace.

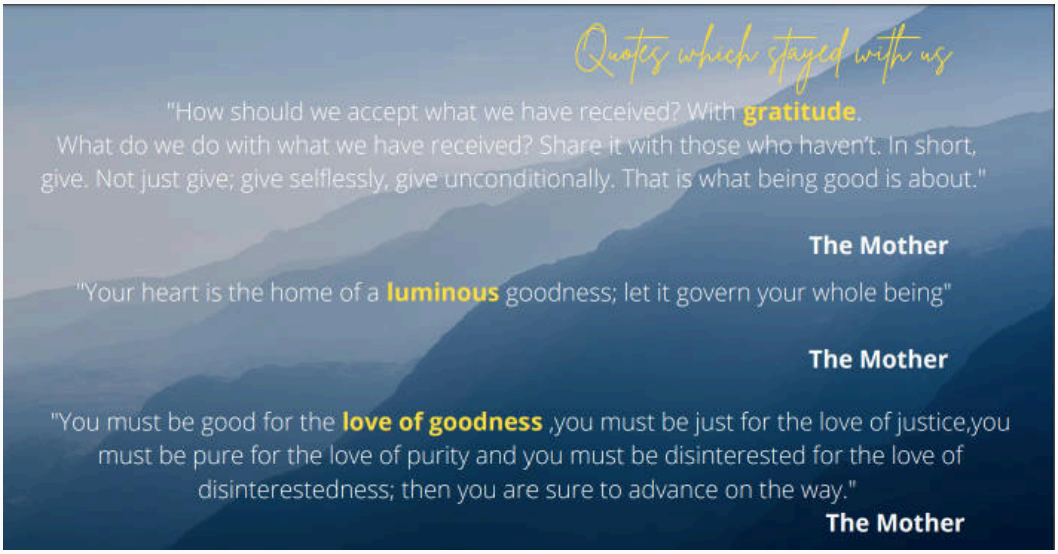
Similarly, the experiment of '**3 Seconds Rule**' made the participants discover the amount of energy dissipation which occurs through external speech.

Participants audio journaled their insights which made silence in speech more experiential and exciting. Subtle nuances of passive and active silence were explored through the works of Sri Aurobindo and The Mother and discussed along with fascinating discoveries in sacred spaces of Sunday Sharing Circles.


"Talk less and gain power" has essentially the same meaning. Not only a truer knowledge, but a greater power comes to one in the quietude and silence of a mind that instead of bubbling on the surface can go into its own depths and listen for what comes from a higher consciousness.
Sri Aurobindo


It is only in silence that a true progress can be made; it is only in silence that one can rectify a wrong movement; it is only in silence that one can be of help to somebody else
Sri Aurobindo

GOODNESS JOURNEY



The Goodness Journey is a 42 day journey with the Mother's quality of Goodness in a Sangha of 5 people. The Sangha explored the meaning of Goodness in the light of what the Mother and Sri Aurobindo have explained.

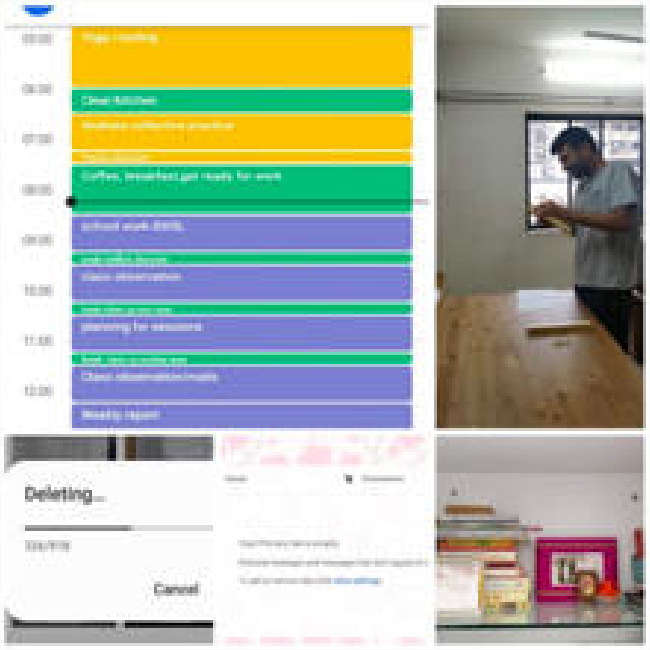
The Sangha took up individual practices that helped deepen their individual journey. Collectively, a weekly sharing circle took place. The Sangha decided to do First person Research and came up with a mini FPE report and a final collective presentation which was offered to HER feet. The beauty of the study is the immense love that flows and the way everyone holds spaces as a collective and finishes their to do's for HER work.

Goodness is a dynamic action that emerges when one holds love in their hearts as a state of being, goodness to the physical, boundaries and leadership with gentleness. Furthermore goodness evoked other qualities like humility gratitude to name a few.

We would like to thank Lucas, Manoj, Shiv da and Divyanshi who have helped us in holding the beautiful quality study circles.

Love, Pooja, Kamini, Himanshu, Harpreet and Priya

CONSCIOUS CALENDAR

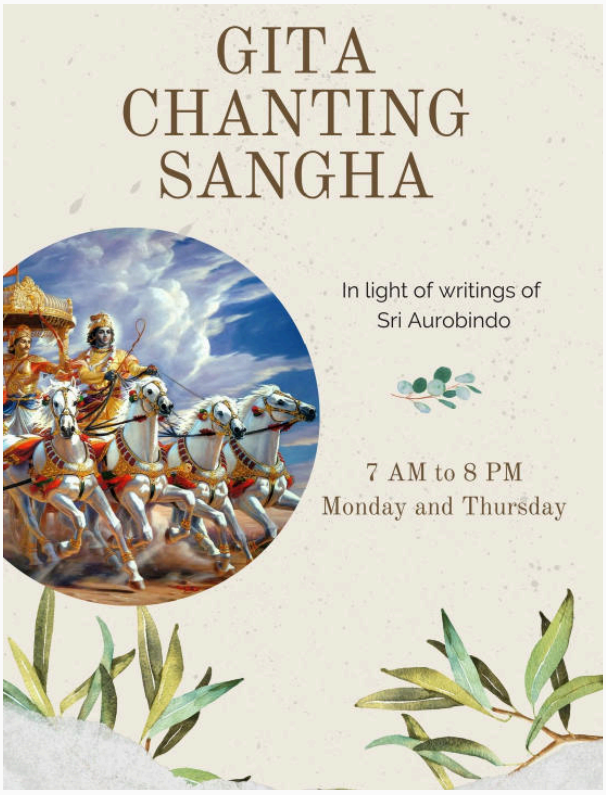


An aspiration to develop a healthy, harmonious and joyful relationship with time was the seed behind blooming of the space of Conscious Calendar. It was indeed a roller-coaster ride which gradually led everyone on a calming stride with time. Within a 5-week journey, the Conscious Calendar **weekly goals** were planned with an intention to first **clean up the existing clutter** and then **re-establish a conscious physical and psychological space**.

The Conscious Calendar brought about amazing answers to the problems with finishing and planning tasks in day-to-day life. The group learnt that choosing tasks which are mere mental needs arising from an impulse to touch the finishing line makes the mind a tired slave of time. Writing a love letter to time and seeing it as an energy turned the way they saw 'tasks'. From beginning with a strong resistance to plan a day before and schedule it in Google Calendar, some members began to share screenshots of their calendar plans which lovingly motivated others.

The amazing gift of conscious calendar was the awareness to take care and nurture the physical with members consciously choosing regular exercises, timely sleep as their "No matter what" tasks

CHANTING



With different aspirations to chant the holy text, we began our journey as a sangha to recite the Gita on the 19th of July.

We have had a total of 25 sessions until now—lead by Aravinda ji, the most patient and generous teacher who not only pays great attention to our pronunciations of Sanskrit, but also ensures we're reciting with the right melody and understanding the essence of text. The best part of the session is listening to Aravinda Ji's stories, from his repertoire of legends from the Mahabharata.

In the short span of about eight weeks, the sangha has developed an intimate relationship where we share our individual reflections of the text and the meaning it holds for us.

With each session we see our relationship with each other, the Gita and Shri Krishna, deepen and add an immeasurable value to our lives.

MOTHER'S SANGHA

A group of 12 Mums who are aspiring to progress joyfully and playfully in their relationship with their children formed a group and met on the 11th of September.

We aspire to collectively grow, share and learn from each other. We also aim to go deeper in our learning of the works of the Mother and Sri Aurobindo in the area of parenting and how we could deal our day to day challenges in raising our children .

We had a wonderful introduction session where each mother introduced herself when she was her child's age and also how her child would introduce her. It was a very joyful yet powerful and authentic experience sharing with everyone.

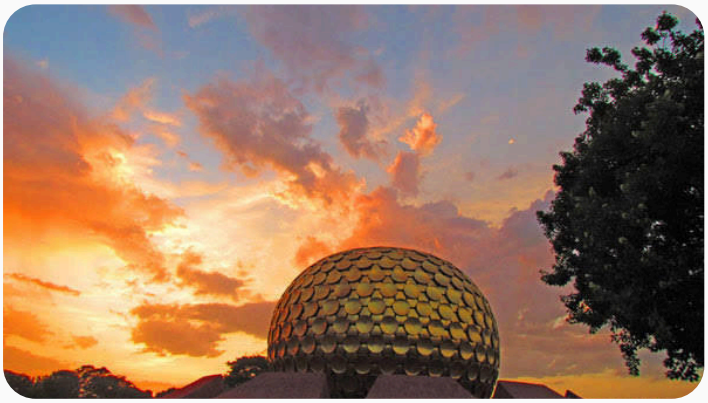
Everyone agreed to meet every 2 weeks for the sharing circles.
The group also plans to take up some reading and also individual practices apart from the sharing weekly quotes on the group.

PURNAM COLLABORATING WITH TALAM AND WEB SERVICES

AUROVILLE WEB SERVICES

PURNAM
CENTRE FOR INTEGRALITY

talam



Talam is a unit of Auroville, creating community building software for the world's first open-source city that enables a conscious society to move towards human unity. Talam has selflessly supported Purnam with the Integral Education Portal, Edu Platform, Integral Education Wiki and the TalamPay platform.

Currently, Talam is starting a 6-month journey with 14 volunteers for the next phase of their growth and we are happy to share that Purnam has been supporting Talam in the process with outreach, communication strategy, interviews and will also help to inculcate the principles of Karmayoga in work.

Auroville Web Services, another unit of Auroville, is in the process of redesigning the main website www.auroville.org in collaboration with Talam & Purnam. Volunteers are writing content based on a meticulously designed communication strategy and have weekly meetings with Purnam mentors to learn about work as sadhana and grow inwardly through work.

Purnam is delighted to be supporting both of these endeavours

MANDALA 2.0

A weekly practice of drawing a mandala gives a deep sense of relaxation. The relaxing of shoulders, the gentle focus of the mind on making the pattern helps one disconnect from the external activities which are happening and even the chatter of the mind.

The Sangha dove into this journey and experienced the calm and relaxation of making a mandala, made more powerful by practising with a sangha to meditative music playing in the background.

The Sangha meets every Saturday from 7:30 to 8 pm for half an hour.

The next cohort starts from 9th October 2021 till 6th November 2021.

CONCENTRATION CIRCLE

'Swadharma 9' Journey made many of us realise the benefits of starting the day with concentration practice.

With an aspiration of deepening our ability to **gather ourselves** and **concentrate** in life activities, we started a small collective space to practice this skill together on 16th August 2021 and have completed 6 weeks into the journey.

The interested participants are part of a group which begins its day together (**Monday to Friday at 7 AM**) with practicing concentration through techniques like **tratak** and **concentration at heart centre.**

To help us guide through the journey and answer any questions, Manoj joins us fortnightly and unveals the nuances of practice to fine tune it.
The space is open for anyone with an aspiration to practice and sincerity to participate.

JOURNALLING CIRCLE

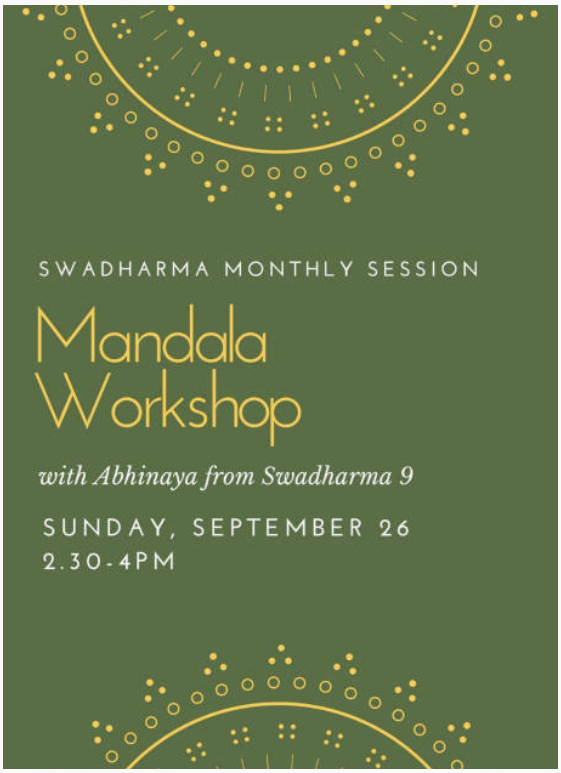
'**Journaling Within**' - A voyage to the interior! It is a 14 week collective journaling activity to **deepen** your **connection** with your **inner guide**! As part of this initiative, participants come together through an online platform for collective 30 mins journaling every week from Monday to Friday. Group also holds a sharing circle every Thursday, when Manoj Pavitran guides participants with any questions or doubts. The initiative started on August 16th and will continue till November 24th, 2021.

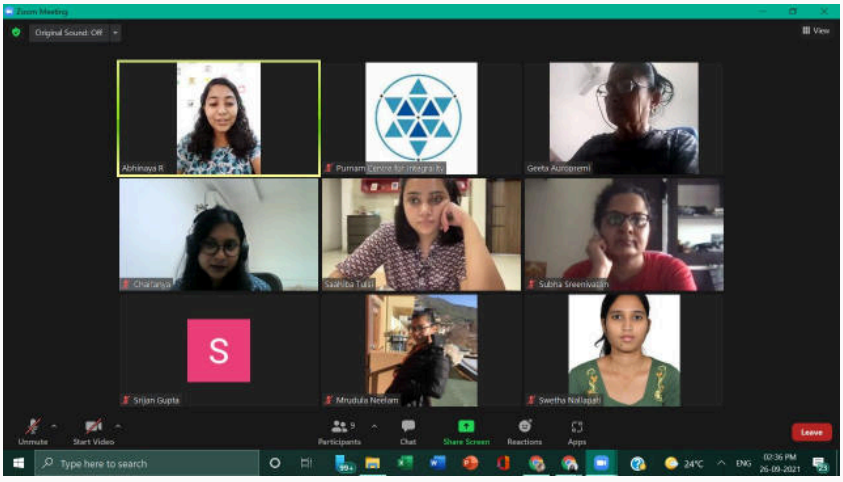
Journaling is a deeply **meditative, healing and a mystic activity**, which helps one connect with their psychic being. There are many flavours to journaling and it unfolds in its own way for an individual.

From previous sharing circles we understand from participants that they have been exploring many different ways to journal. Some write to their inner child, some write to their inner guide, for some it is daily decluttering of thoughts and emotions to become more peaceful; and for some it is writing of holy chants to purify their being.

Essentially, it has been proving one of the most effective **transformative practices** to help participants **stay gathered and focused in daily life.**

SWADHARMA MONTHLY SESSION

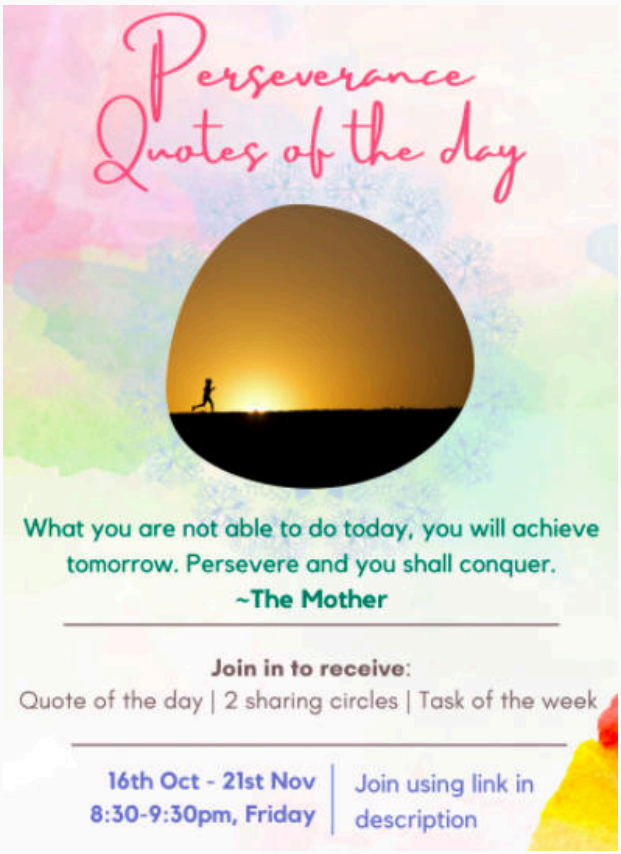




For the month of September, the Swadharma Monthly Session was open to the entire Purnam Community.

The September Session was held with **Abhinaya, a Swadharma 9.0 alumni** who conducted a **Mandala workshop** on 26 September, 2021.

THE 12Q PERSEVERANCE GROUP



We welcome you to an space of collectively immersing in the works of The Mother and Sri Aurobindo through the study of Mother's quality:
"**Perseverance**"

We invite you join the whatsapp group for being part of the circle and receive daily quotes to hold throughout the day pertaining to perseverance in Light of the works of Mother and Sri Aurobindo
Group is an admin-only group to help focus on the quote
Every week, the Whastapp group would open for 1 day (Sunday) for sharing any key insights that might have emerged through the week
We will have 2 sharing circles on Zoom

Duration: 10th October - 21st November
To join, click here.
Contact: Palak, +91-9599266910 (WhatsApp)

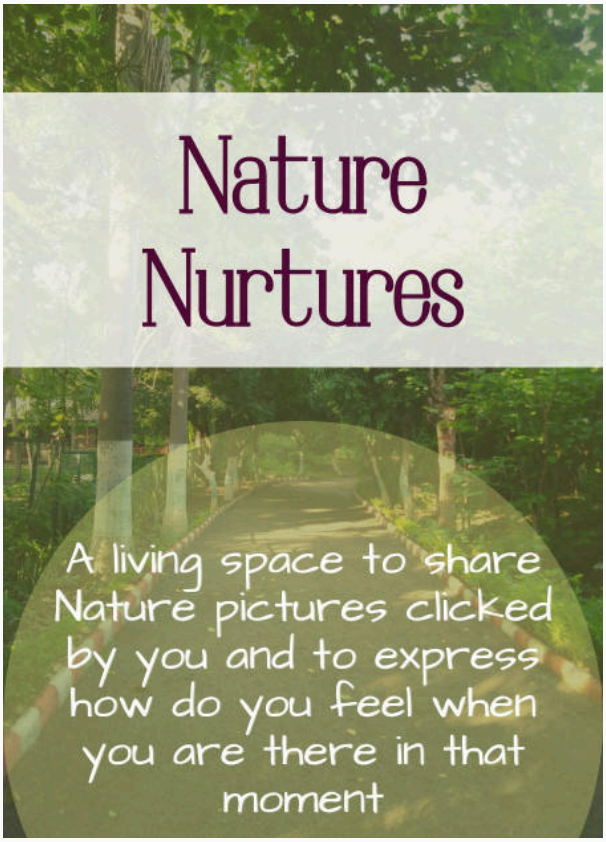
CONSCIOUS LISTENING

In listening you will win what you are thinking of means probably that in the silence will come the true dynamic thought formations which can effectuate or realise themselves
-Sri Aurobindo

Here is an invitation to practice Sadhana of Speech, through an exploration into **Conscious Listening.**
It is a simple explorative journey of 4 weeks where we shall connect with the sounds of nature and simultaneously discover the subtle nuances of our own speech in everyday life through conscious experiments. It is an opportunity to gently offer purification to our verbal breath, that is, the Speech!

Apply by **Oct 6, 2021: tinyurl.com/2u5ke8e6**

NATURE NURTURES



We welcome all of you to this new budding space called **Nature Nurtures.**

In this group you can share beautiful Nature pics clicked by you, don't worry you don't have to be a professional photographer for this, our focus is the on the **connection and insights** that come to us when we get in touch with a particular part of nature like, birds, sky, flowers, trees, animals, and other such beauty around us.

For some, this can be a **process of healing** and for others, it can be a process to **deepen their relationship with Mother Nature.** Therefore, we offer a hearty welcome to all of you to join the space and **share the beauty of nature around you with other.**

Here is the link to join the whatsapp group:
https://chat.whatsapp.com/IVbVSxopWRW7bsbbYpC76k

SHARE YOUR JOURNEY WITH US!