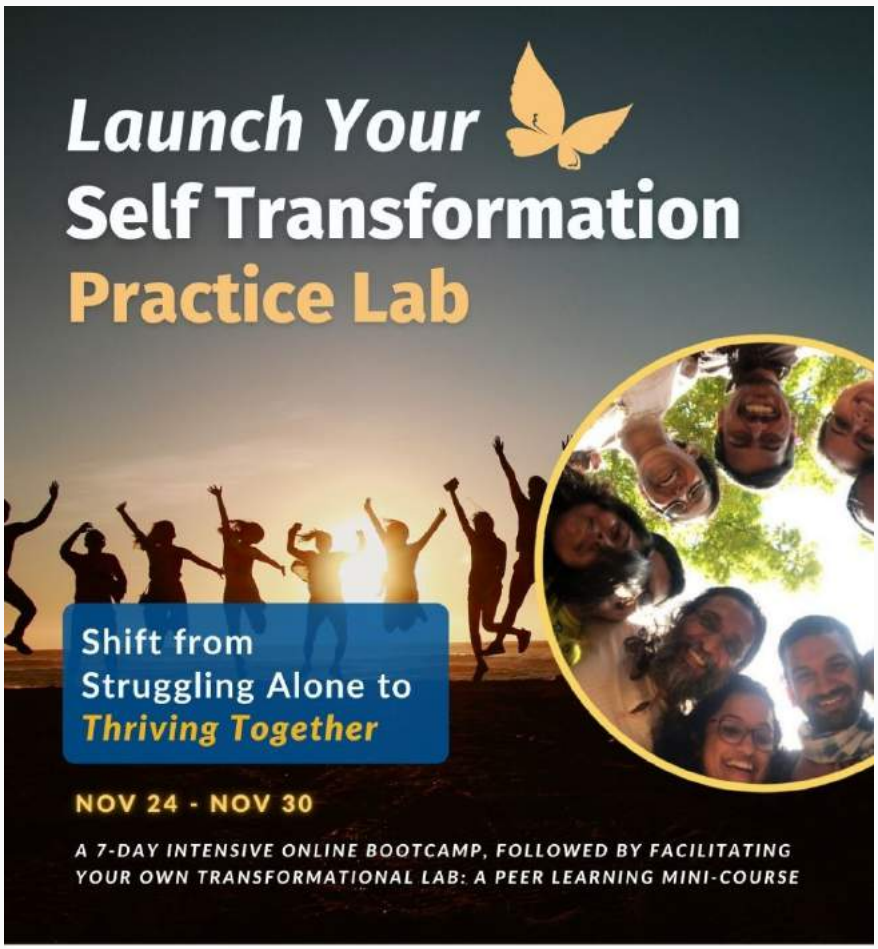
PURNAM BULLETIN

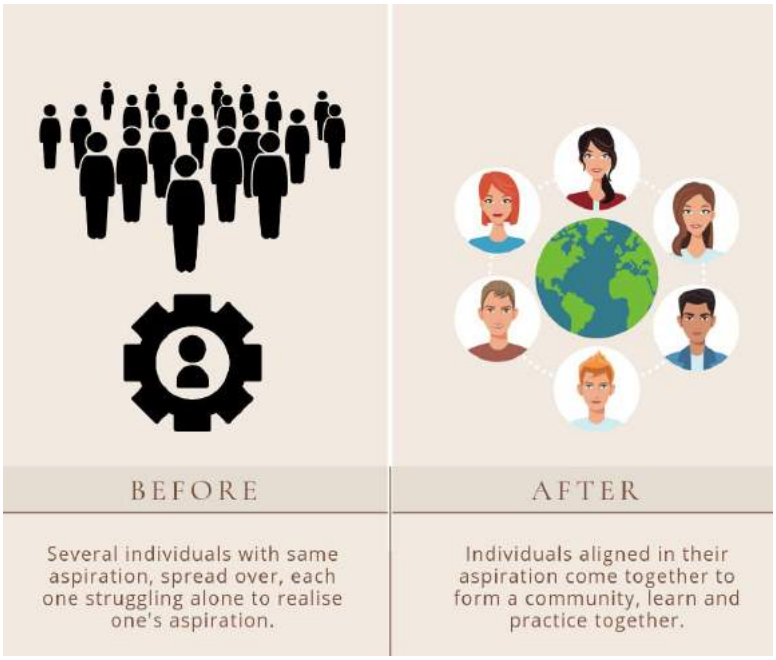
October 2021



The Purnam Practice Labs Team are very happy to share the release of a new course open for all seekers: a 7-day bootcamp to help you create a **"Self-Transformation Practice Lab"**, a mini peer-learning course.

For more details and to apply visit: www.maven.com/purnam

BUILD YOUR TRANSFORMATIONAL PRACTICE LAB



Change can feel elusive when we struggle alone for self-growth through our practices. But what if you could build a thriving community , your tribe, all progressing joyfully together through small daily transformational practices, raising each other up to greater and greater heights?

Make the leap from struggling to practice alone to **joyfully practising with a sangha**. In a 7-days Bootcamp you will actualise your deepest aspiration into a self-transformation practice lab , a peer-learning course, & for 5 weeks post-bootcamp be supported in facilitating your lab.

Through this journey, you will be equipped to **lead a community into transformation** and in the process grow exponentially By springing into action, you will discover new capacities unlocking within you.

The course is being offered on Maven, where the Purnam Team has been shortlisted as one of the top 150 world-class course creators

BUILD YOUR TRANSFORMATIONAL PRACTICE LAB

Who is this course for?

1. If you are a **young seeker of integral yoga** in light of Sri Aurobindo & have been **struggling alone to practice spirituality** in everyday life.

2. If you are an aspiring facilitator of **integral education** & thirsting to create self transformational community spaces

3. If you have done **many self-development retreats & been listening to spiritual talks**, yet haven't been able to bring change in everyday life.

We invite you to join us on this adventure in the first cohort starting with a week-long online intensive bootcamp from Nov 24 - Nov 30, 2021

For more details and to apply visit www.maven.com/purnam
Applications close on November 16th.

LIFE AS A GROUND FOR TRANSFORMATION: A WEBINAR

As a prelude to the upcoming course Launch a Self-Transformation Practice Lab, we are happy to invite you to an interactive webinar to experientially learn what a transformational practice is, how one can use just one **micro-practice to transform one's life** and learn how the **power of community** can **accelerate one's transformational practice** and it's effect

Usually one sees spirituality and life as two separate aspects and ignores the immense potential that simple tasks in our daily lives have to transform us.
Come, join us to witness the power of small practices and the potential it carries to bring about a deeper shift in our lives bridging the inner and the outer for a joyful progress

Post Webinar, we will also have 30 minutes for Q/A about the course.

Date: *November 7th, 2021*
Time: *8-9 PM IST*
Register here

THE SAVITRI RETREAT

30 September 2021-3 October 2021

Beginning in October, 2021, a representative group of 12 Savitri sadhaks, alumni of Purnam's course Savitri Painting, came to Pondicherry and Auroville to touch its sacred soil and bathe in its light, as well as humbly offer their art and experience of Savitri learning journeys in Auroville.

A journey that began with the first Sunday lockdown in March 2020 reached a significant foundational stage this October 2021. A group of girls began reading Savitri with Divyanshi in March 2020 every Sunday.

This group slowly evolved into a painting Savitri group, which over a period of time evolved into a structured intense online learning journey "**Savitri Painting**", a method to **move inward into greater depths of your being** through art, music and poetry. Savitri Painting Course became the means of **sensing** one's **soul movements** and expressing them through painting.

THE SAVITRI RETREAT

By September, 60 students went through this intense 4-12 week journey. Out of these 60 Savitri Sadhaks, 3 of them formed a "**Savitri Art Sangha"** to not only use painting Savitri lines as a tool to grow within, but also to bring perfection in art.

These 3 sadhaks offered **21 paintings** on 15th August, 2021, Sri Aurobindo's birthday as freely downloadable high quality images to download and meditate upon, and in October 2021, as a part of the 3 day Savitri Retreat, 10 of these original paintings were offered at Savitri Bhavan.

12 of these 60 students who have been tasting the nectar of Savitri Painting in the last one-and-a-half years, finally came to Auroville.

PARTICIPANT TESTIMONIALS

Savitri Retreat was truly an experience of homecoming.

"We had only interacted in the virtual space so far and there was a lot of joy in meeting face to face. Even as they interacted virtually, it still felt like my soul family. Coming to Auroville felt like bathing in the presence of our soul family, held by the overarching presence of Sri Aurobindo and The Mother.", says **Archana**, one of the 12 sadhaks.

Savitri Retreat also was an experience of strengthening the Savitri Art Movement, and the love for painting in the hearts of the artists.

Padmarani, one of the 12 sadhaks lovingly recollects, "Savitri Retreat was literally a home-coming, where I met my soul family, under the loving embrace of Divyanshi and Manoj. The Retreat held the space and time to see the answers to the questions which were arising from deep within. It has also shown me my onward spiritual journey. And most importantly Sadhana through painting, which seemingly felt so simple and effortless yet so deep got reinforced. It has given me back my joy in painting."

150 PAINTINGS ON SRI AUROBINDO'S 150TH BIRTH ANNIVERSARY

Smrati presenting her journey of Savitri Painting

Savitri Retreat birthed a new journey**:**
Offering 150 paintings on Sri Aurobindo's 150th birth anniversary.

After the retreat, 8 budding artists are making 150 paintings inspired from Savitri, Sri Aurobindo's magnum opus, "**mantra for transformation of the world**", as an offering on Sri Aurobindo's 150th anniversary under the guidance of Sushanto Da from the Ashram, as well as Archana, Divyanshi and Manoj from Auroville.

These paintings will be exhibited in Auroville and Sri Aurobindo Ashram in August 2022, as well as made available publicly as high-quality downloadable images for all seekers of the world.

SAVITRI RETREAT ACCOUNT

The retreat began by paying homage to Sri Aurobindo at **Savitri Bhavan**. Each one of us offered flowers at the feet of Sri Aurobindo brought from the city we came from.

Thereafter, the magic of the Auroville air led us to the amphi-theatre at **MatriMandir** where Savitri music from Sunil da with Mother's voice reading Savitri lines was being played. The music and Mother's voice filled the air and a sense of immense gratitude and love awoke in every heart. A visit to **Sri Aurobindo Ashram**, Pondicherry filled us with its profound silence and gave us a spiritual recharge.

We took a walk in the **gallery of Savitri Paintings** which houses paintings of **Huta** (made under the direct guidance of the Mother based on the lines of Savitri) . It was a deep experience. It was like entering Sri Aurobindo's magnum opus, Savitri - line by line through colours and forms.

The soul of Auroville, Matri Mandir, invited us with open arms. Each step towards the inner chamber of Matri Mandir was like inching closer and closer to our deepest presence.

SAVITRI RETREAT ACCOUNT

In the passion of its solitary dream
It lay like a closed soundless oratory
Where sleeps a consecrated argent floor
Lit by a single and untrembling ray
And an invisible Presence kneels in prayer.
(Savitri)

One evening we breathed the divine air around the **Matri Mandir gardens**, took delight in the unique setting of each garden. In the background was heard the sublime and divine music played by Nadaka.

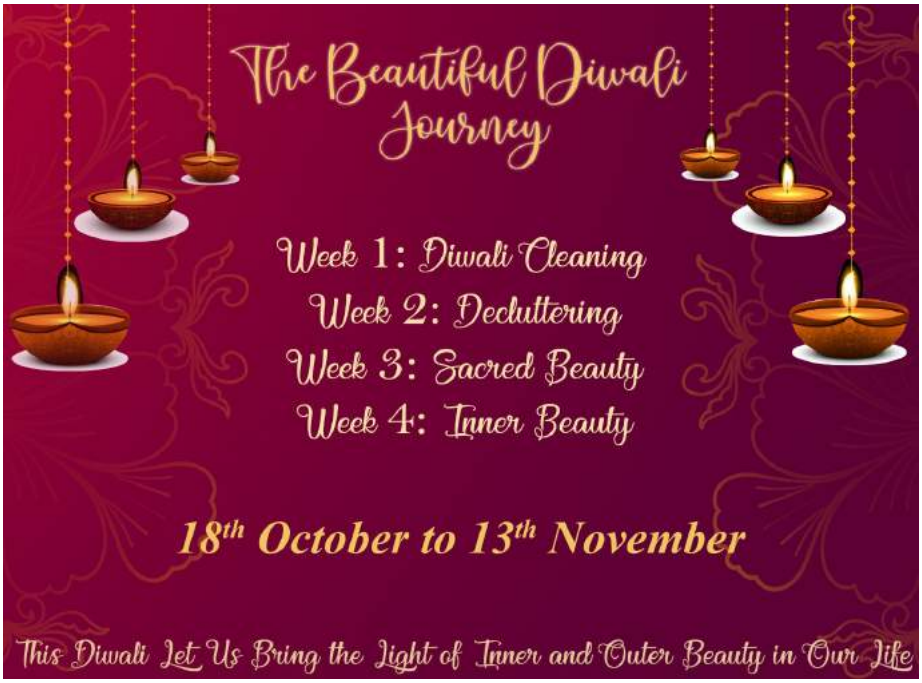
An exploration with colours, led us to the **Play of Painting studi**o. The room dedicated to painting was referred to as a womb of creation, where one gives oneself to the paints and allows the forms and patterns to flow. Our hands moved freely like a little dance on the paper, the room was filled with the joy of creation. We all became little children taking so much delight in the process. Thanks to Mita and Nelly.

We met **Barbara** - an old time Aurovillian and keenly listened to her adventurous journey before and after coming to Auroville. The space she had created was filled with so much warmth and love. How she was so attuned with nature and used elements of nature to design her home was very inspiring. We got a glimpse of how it is being and serving in Auroville.

Walking around Auroville is experiencing nature in its fullest. A walk in the S**olitude Farm** filled with richness and wonders of nature was soothing to the eyes. It just seemed so simple to live with the rhythms of nature and what she offered. A walk in the Green-belt region-exploring the forest region barefoot, taking in the smells and sounds was very refreshing. It opened up all the senses to the thriving nature around.

We carry with us the Divine music we experienced in these three days and aspire to give ourselves to it completely.
- Archana

THE BEAUTIFUL DIWALI JOURNEY



With Diwali, the Festival of Lights and beauty approaching, **The Beautiful Diwali Journey**, a 4-weeks hands-on journey for bringing a deep sense of beauty in life, inspired from the works of Sri Aurobindo and The Mother was initiated.

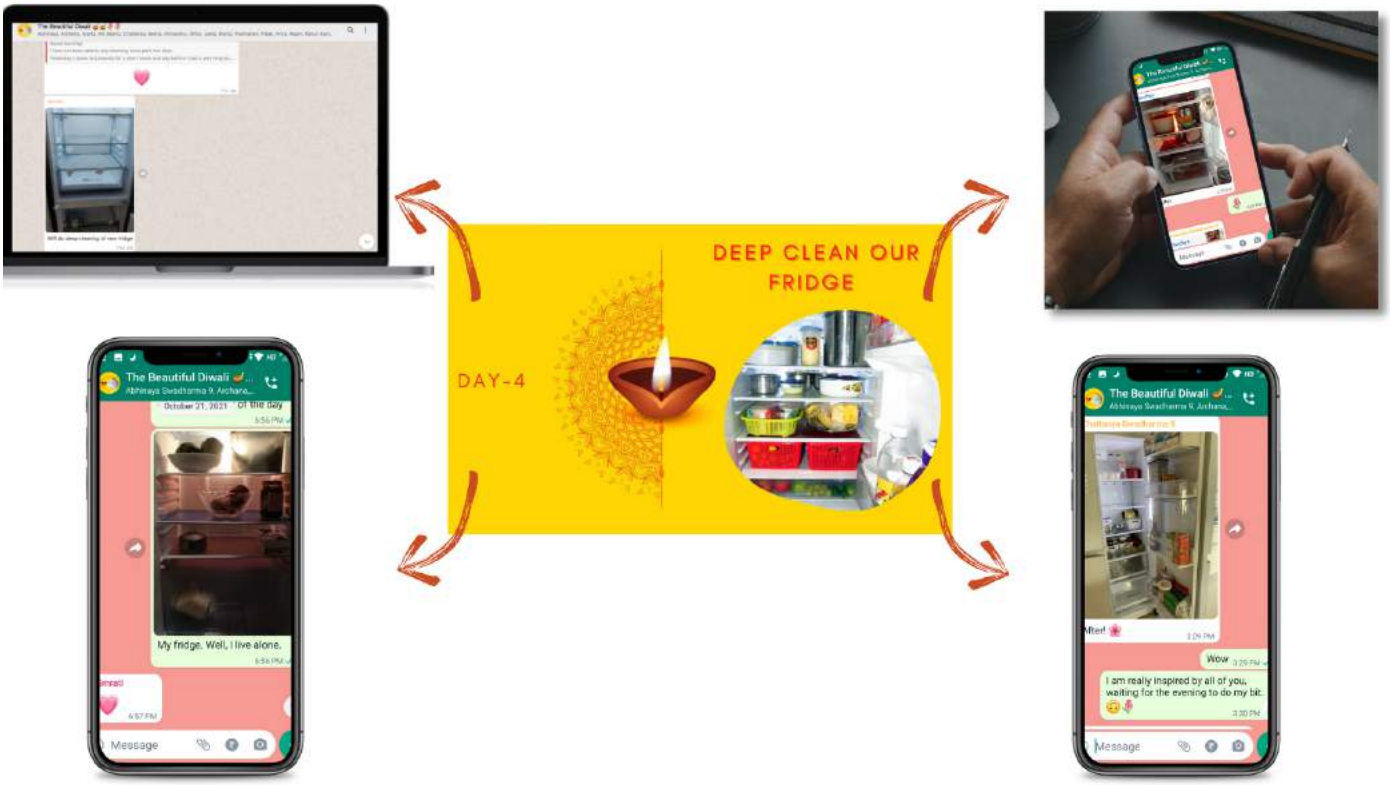
The Journey has been taking place on WhatsApp through Prompts and Practices, commencing with an inaugural sharing circle that took place on 17th October 2021.

Each week has a theme: with one practice of the week, that is the soul of the journey, supported by quotes of the day as well as videos on beauty sent every week. The group shares their experiences, journey, insights and pictures on the WhatsApp group.

Week 1 focused on **Diwali Cleaning** and the theme of week 2 is **Decluttering** the physical spaces around one to help declutter one's emotional spaces as well. Furthermore, week 3, the Diwali week, will focus on bringing **Sacred Beauty** through flowers and lights in our lives. Finally, week 4 will focus on the theme of **Inner Beauty.**

The group members have been enthusiastically sharing their insights and experiences related to the week's theme and practice of the day.

THE BEAUTIFUL DIWALI JOURNEY



A few glimpses of the energy and sharings in the The Beautiful Diwali Journey whatsapp group. A quote and a task of the day is shared everyday corresponding to the theme of the week and the members share their corresponding experiences on the group.

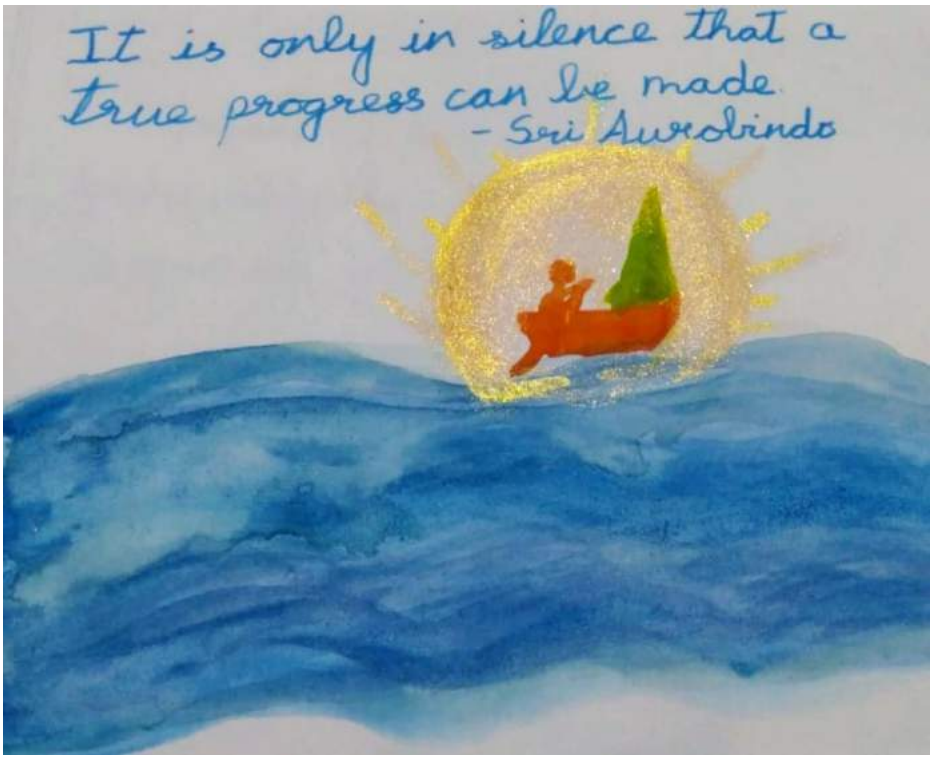
GENEROSITY STUDY

The Generosity study started on 15 October 2021. The major highlight of this **Mandala Study** is the **sharing** that takes place within the group via a front camera video.

The group utilises the **Sunday Sharing Circle** space for reading together in the **Mantric reading forma**t and to also j**ournal/paint together.**

The group enjoyed their first reading, journalling, painting and sharing circle and will be continuing this as a **collective practice every Sunday.**

CONSCIOUS LISTENING 2.0



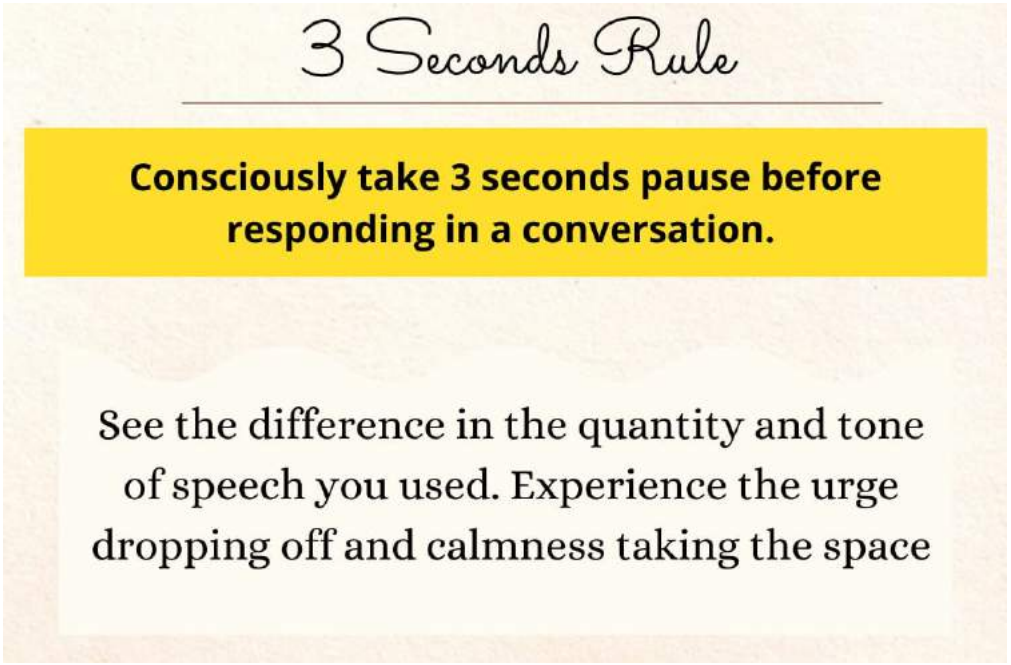
Conscious Listening 2.0 just finished its first **Sunday Sharing Circle**!

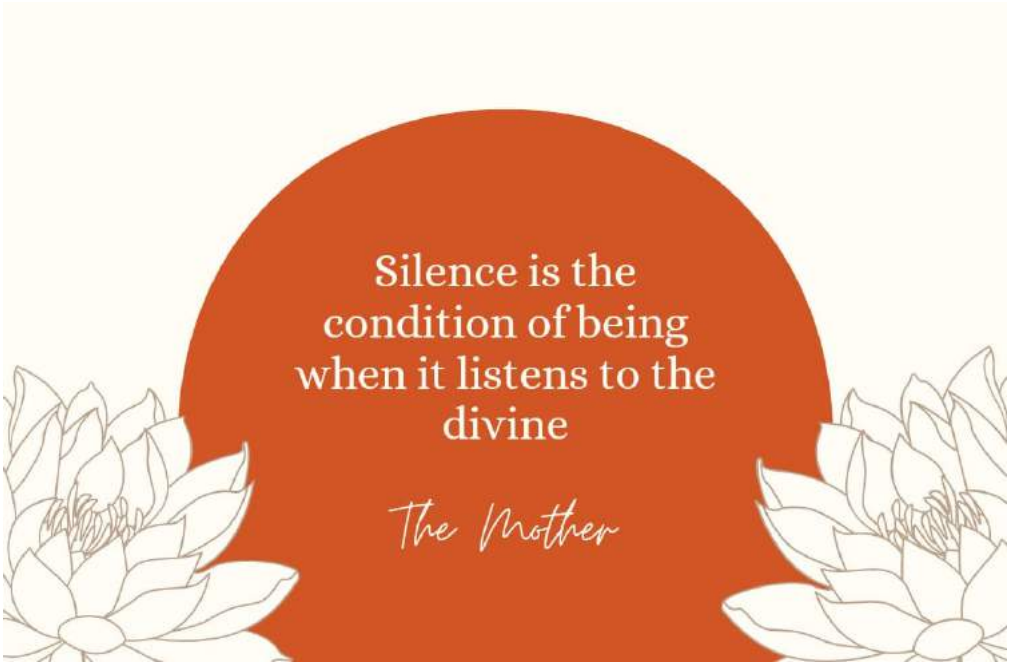
The above painting was Vani's creative way to live the quote of the week held in her aspiration to go deeper into silence.

"Fire was a sound with which I initially didn't relate much but could gradually identify. Throughout the week it started going more within. Seeping more within. I gradually started feeling the sound of fire in my body after the initial 4 days. Its softness and the force of making was something which started coming up."

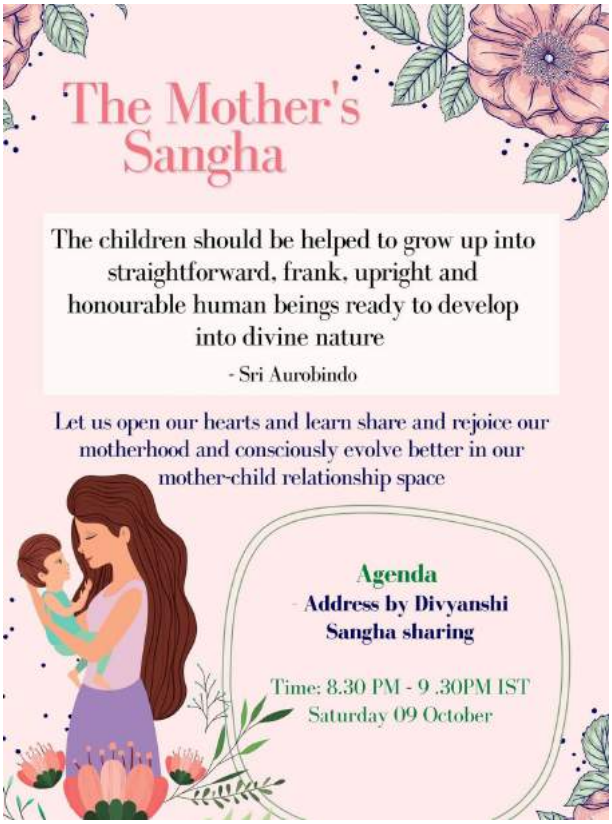
-Harpreet

CONSCIOUS LISTENING 2.0





MOTHER'S SANGHA

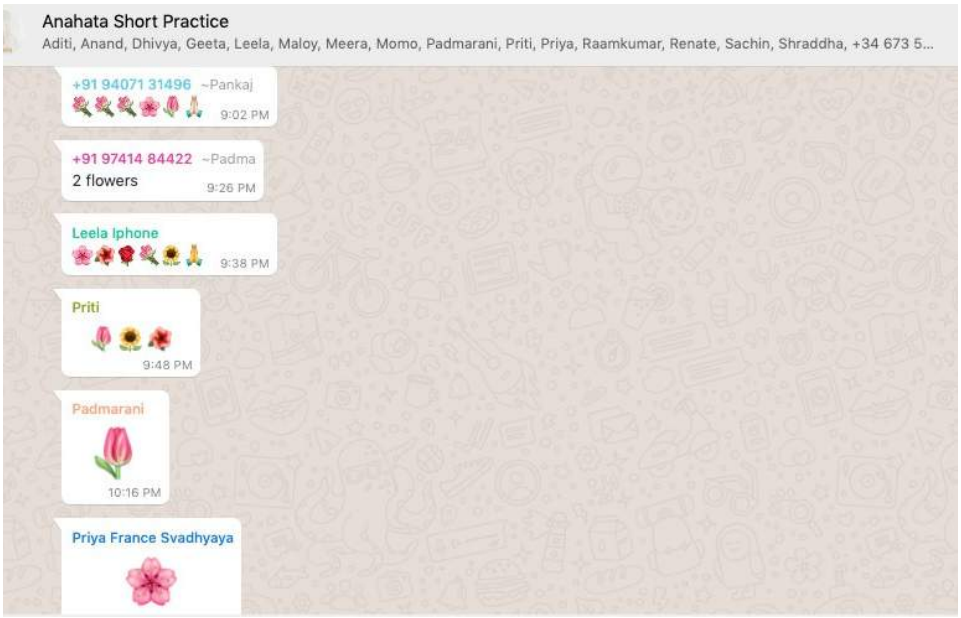


The Mother's sangha is evolving gradually yet very beautifully

The group has started doing **bi weekly reading** of **The Education Compilations** by The Mother as well as the **bi weekly sharing circles** wherein everyone shares their learnings and experiences of living with the weekly quotes. Furthermore, they also share their general practices with their children.

After a session with Divyanshi, the group has also decided to fix and follow a **40-42 day Mandala aspirations practice** period where they can collectively bring more concentration and see their progress.

ANAHATA PRACTICES



The Anahita practice group decided to the Anahata practices regularly for a shorter period of time so that they are able to **connect with their heart centre more frequently**.

Manoj shared an audio file with the group and the group picked up 5 minute practices from the same. The practices have been scheduled at 7:00 am, 11:00 am, 2:00 pm, 5:00 pm and 8:00 pm.

The group **shares flowers** on the collective whatsapp group at the end of the day with the number of flowers corresponding with the number of times they did the practice. It serves as a **gratitude** and offering to the practices held during the day and that serves as the closing circle for the day.

This journey commenced on 7th October, 2021 and ended on 28th October, 2021.

ANAHATA PRACTICES

A group of flowers from the Anahata Practice Group

SOUL FORCES RESEARCH PROJECT

1 2 3 4

Which of the Four do you Align with the most:

1) The Sage
2) The Warrior-Leader
3) Enjoyer or The Lover
4) The Servant-Perfectionist?

A small team has started researching to make a **psychometric test** for **helping people find their true calling**, based on the knowledge of the **four Soul-Forces**, Powers of the Universal Power, as revealed by Sri Aurobindo and ancient Indian discoveries

Meanwhile, you can take this preciously-crafted test on the same theme by Indian Psychology Institute to find the most dominant soulforce in you: https://ipi.org.in/texts/ffpi-new.php

WHAT ARE SOUL FORCES?

The Sage Temperament (1) leads to a predominance of the intellectual element in your nature. It gives a hunger and passion for knowledge and goes well with an active, open, inquiring intelligence. It is the dominant disposition of the intellectual, the thinker, sage, great mind of knowledge. Temperament (1) is poised, turned to patience, steady musing and calm, to reflection, to meditation. It gives the ability to dominate and quiet the turmoil of the will and passions. However, it easily degenerates into a mere curiosity for ideas, a narrow concentration on some kind of intellectual activity, and an ineffective idealism.

Warrior or Leader Disposition (2) is centred in the will-force which lays its hold on the will of others. It is the dominant disposition in the fighter or man of action, the man of self-imposing active will and personality, and the ruler, conqueror, leader of a cause, creator, founder in whatever field. Temperament (2) is honourable, straightforward, courageous, chivalrous, and maintains an unflinching resistance to injustice and oppression. However, it easily degenerates into a lust for power without any higher ideal or purpose, into a selfish, aggressive egoism.

Enjoyer or Lover Disposition (3) is based on the practical arranging intelligence and the instinct of life to produce, exchange, possess, enjoy, to spend itself in give and take. Temperament (3) leads to a legal, professional, commercial, economical, and utilitarian bend of mind. It can be ethical, but it is not straining towards the heights. It easily degenerates into an efficient, but narrowly egoistic exploitation of the surrounding.

Worker Disposition (4) gives the capacity of labour and service, triggered from a sense of the dignity of labour or from the enthusiasm of service. Temperament (4) gives the power to obey, to follow, to accept needful discipline, and to love for the sake of loving, without asking for any return. However, it also gives the tendency to sink into indolence after its work is done and its primal wants are gratified, for it is prone to an inert ignorance and an unreflective obedience.

NAVRATRI SAVITRI CELEBRATION

But thou hast come and all will surely change;
I shall feel the World-Mother in thy golden limbs
And hear her wisdom in thy sacred voice
Canto III
The Book of Love
Satyavan and Savitri

A joyful space of **Navratri** with Savitri initiated by Gunjan brought a group of sadhaks to energetically come together and **paint Savitri lines using one colour everyday for 9 days of Navratri**.
They held a loving aspiration to hold The Mother close to their hearts while meditating collectively on Savitri.

The above painting is an offering by Renate on the lines received during celebration of the colour Golden on Day 3 of Navratri.

SWADHARMA ONLINE: UNEXPECTED SUCCESS STORY

Journalling Circle Update: Journaling circle is entering its last month. Circle started its journey on Aug 15th and will end on Nov 24th. While small group of individuals consistently gather weekly to journal, today we want to share why do we journal ?

The main object of writing is to put themselves before the Mother, their experiences, their progress, their lives, so as to create a constant connection and invite her presence, force, help, guidance in everything that calls for her intervention.

CSWA vol 32

Concentration Circle Update: The group has had an increased membership over the past few weeks. The members have been sharing their experiences and the subtle progress they have been observing within themselves in relation to the concentration journey. Furthermore, a session was held with Manoj where he answered some FAQ's on concentration.

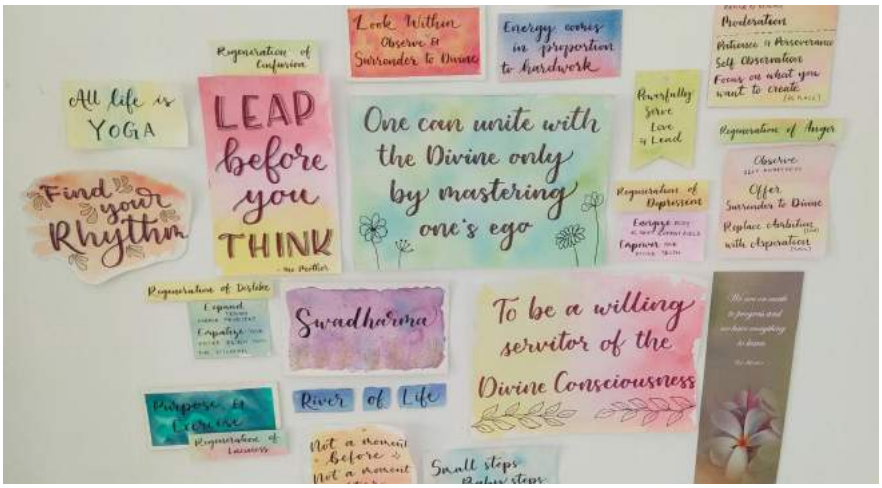
The continuation of Concentration and Journalling sessions post Swadharma are evidence of the positive ripple effect of Swadharma Online.

SWADHARMA ONLINE: UNEXPECTED SUCCESS STORY

Swadharma Online had some incredible positive aspects to it. Firstly, there were more opportunities to **integrate** the **learnings** of Swadharma in **real life** simultaneous to the course. This would not be possible with Offline Swadharma. Secondly, there is a **continuity of practices** post the course. Thirdly, the reviews of the LMS used have been great. Fourthly, a **fine tuning of** the **curriculum** was made possible (when students come to Auroville, there are a lot of distractions too! Online, we were able to stick to the aim of the course).

Furthermore, Online Swadharma allowed us to **bring more diversity** in the resource people. Since Auroville's context is different, it sometimes becomes difficult for students to relate. Thus, this time, we had Abhishek, a young person from a metropolitan, which made it a very relatable experience for the participants. Moreover, some of the **Micro-projects expanded in the scope of their impact**, beyond the sphere of Auroville.

SWADHARMA ONLINE: UNEXPECTED SUCCESS STORY



Abhinaya, a Swadharma 9 seeker created this poster wall after her Swadharma journey

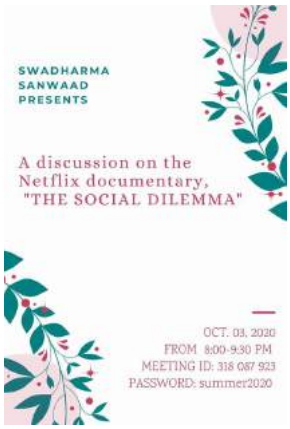
"Even though Swadharma offline is unique in its own way and I would have loved to do it, I feel that Swadharma offline is like learning war in classroom since we would be taking up the course away from our usual space which is filled with real time challenges. However, Swadharma online is like learning war in the war field itself. We learn, apply it in real challenge and then again learn from that experience in the real time as we are in our usual space. Attending Swadharma online also provides the comfort of being with our home, family and friends even though living our 'Swadharma' will need us to break the boundaries of comfort."

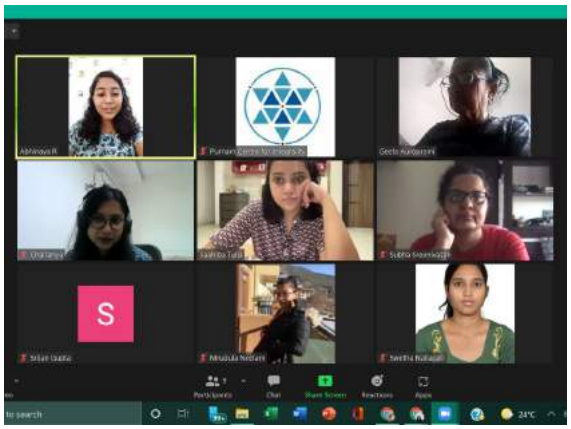
-Raam, a seeker from Swadharma 9 cohort

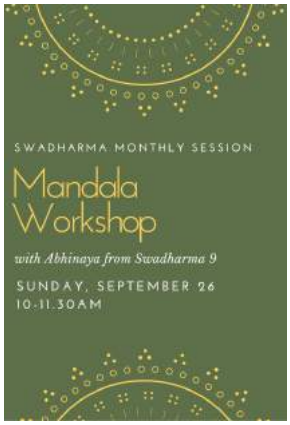
Here is a link to the Swadharma Mini documentary which will give you a deeper insight into the journey of the participants and their experience:

https://www.youtube.com/watch?v=HCvZplSIX5A

SWADHARMA MONTHLY SESSIONS COMPLETE ONE YEAR







Since the 2020 Summer School, Drishti has been anchoring one Swadharma Monthly Session every month by our Alumna and Facilitators. It has been an extremely enriching experience and the sessions have covered varying topics like discussions on The Social Dilemma Documentary to workshops like the Mandala workshop. It has been extremely meaningful and as we complete one year of these sessions, we are bringing them to a closure.

SAVITRI PAINTING FAMILY SESSION

Few of Savitri 4.0 participants after completing their Savitri journey , wanted to bring joyous transformation for their family members too and wanted Savitri painting as a regular family activity with an aspiration to connect deeper soul and divine.

They requested to organise introduction session for their family members which will help them to take Savitri painting forward smoothly by themselves with their family members.

It was soo heart touching to see the magic Savitri painting is creating in so many lives. Participants introduced Savitri to their children too. Our youngest child was 10 year old.

Children loved and enjoyed Savitri painting. They shared that now they have better understanding of Savitri and what their parents do. They would love to continue this with their parents.They also experienced that savitri painting is calming, energetic, made them happy and more focused.

SAVITRI PAINTING FAMILY SESSION

SAVITRI PAINTING JUNIOR

Savitri Painting team organised a special Savitri Painting Junior session for Savitri Painting alumna kids

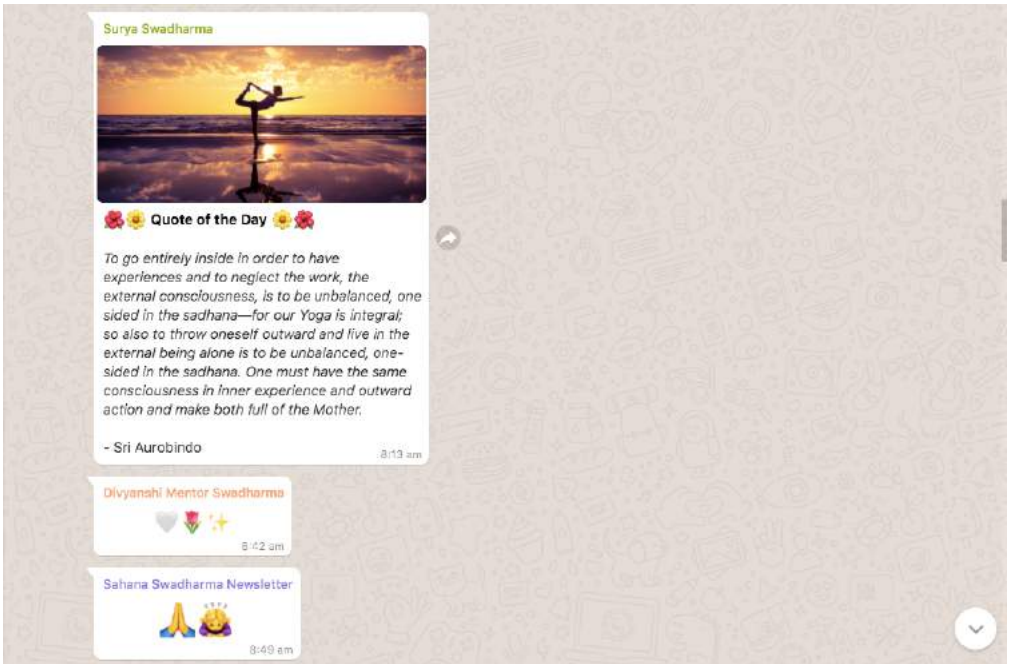
Following the last cohort of **Savitri Painting: Cohort 4,** Savitri Painting team reveived the request of organising a taster session for their kids as well. The team arranged for a special offering on 24th of October, to get together with the kids of alumna of Savitri Painting, and **gathered to immerse in the vibrant and deep process with the younger one**s

The teenagers shared very beautiful aspirations seeking calmness, peace and getting to know about dynamic meditation.

In the two our session, they learnt concentrating on the flame, connecting within, mantric reading of the epic: Savitri by Sri Aurobindo, painting their soul while immersing in meditation music.

The experience was truly magical as the sacred space was filled with vibrancy of colours, simplicity and purity of expression, joy in calmness and a sweet sweetness, truly a delight to witness.

KARMAYOGIN QUOTES OF THE DAY



Karmayogin is a space for Purnam Volunteers where we collectively explore how one can **truly bring the spirit of work as sadhana** into one's lives through sharing circles, peer-peer learning and sessions with Divyanshi.

All the collective projects of Purnam are held lovingly by the volunteers as a means for **inner progress and outer perfection** while **cultivating the joy of self-giving through work.**

As part of the group, everyday we contemplate meditatively on quotes from the Mother and Sri Aurobindo on Work as Sadhana to delve deeper. Here are a few of them. Do take the time to read them slowly and let them assimilate. Enjoy!

KARMAYOGIN QUOTES OF THE DAY

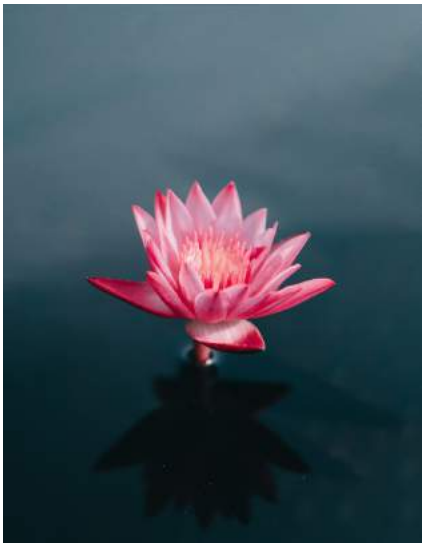
To go entirely inside in order to have experiences and to neglect the work, the external consciousness, is to be unbalanced, one sided in the sadhana—for our Yoga is integral; so also to throw oneself outward and live in the external being alone is to be unbalanced, one-sided in the sadhana. One must have the same consciousness in inner experience and outward action and make both full of the Mother.

- Sri Aurobindo

I trust you fully and know you are capable of fulfilling quite well your responsibilities. As for the difficulties and deficiencies, everybody has some and one is here to overcome them. This is the meaning of the sadhana of works. Go on courageously with your duties, keeping all faith in the Divine and relying only on the Divine's help and grace.

- The Mother

KARMAYOGIN QUOTES OF THE DAY



There must be order and harmony in work. Even what is apparently the most insignificant thing must be done with perfect perfection, with a sense of cleanliness, beauty, harmony and order.

-The Mother

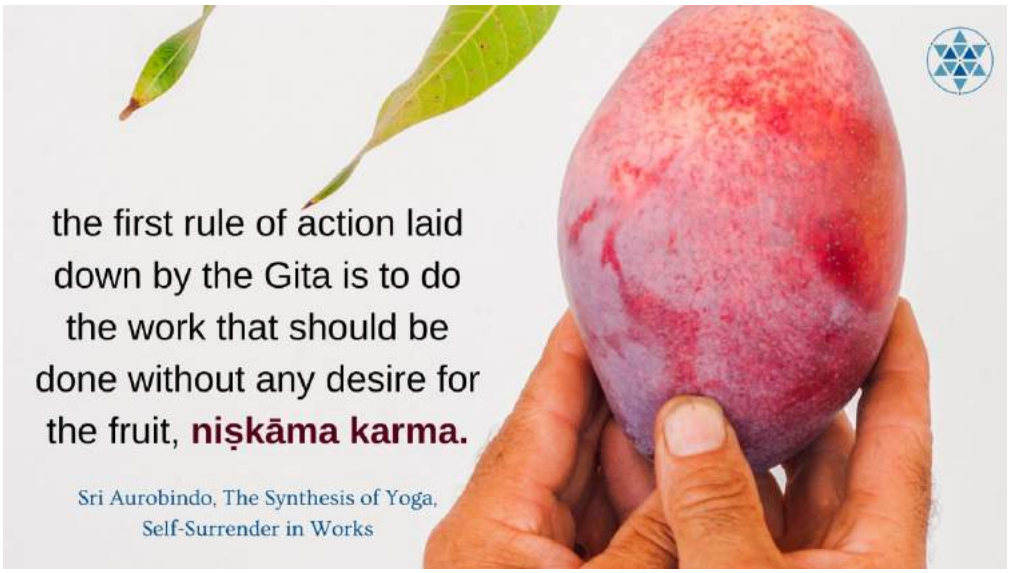
Open yourself more and more to the Divine's force and your work will progress steadily towards perfection.

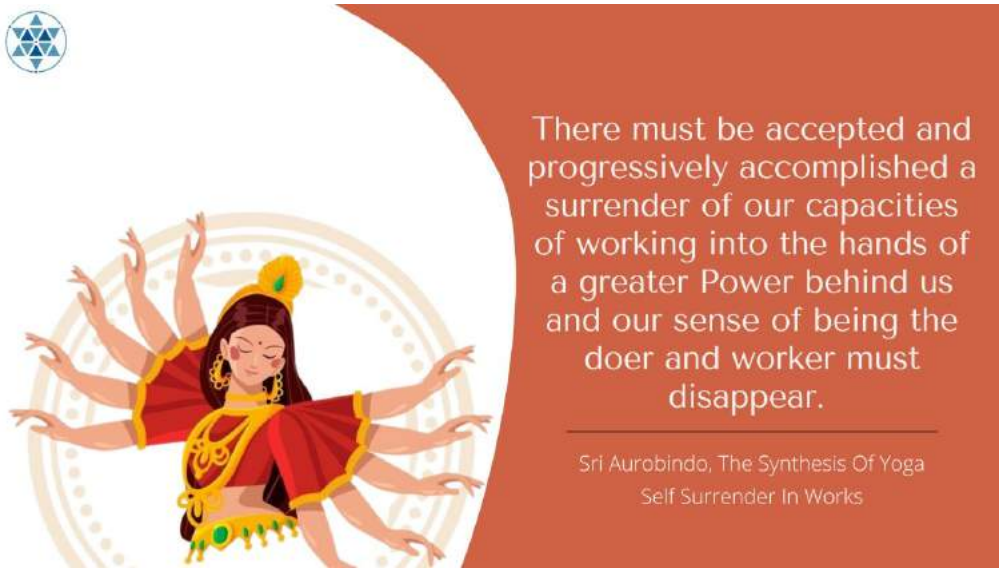
– The Mother

YOGA OF WORKS

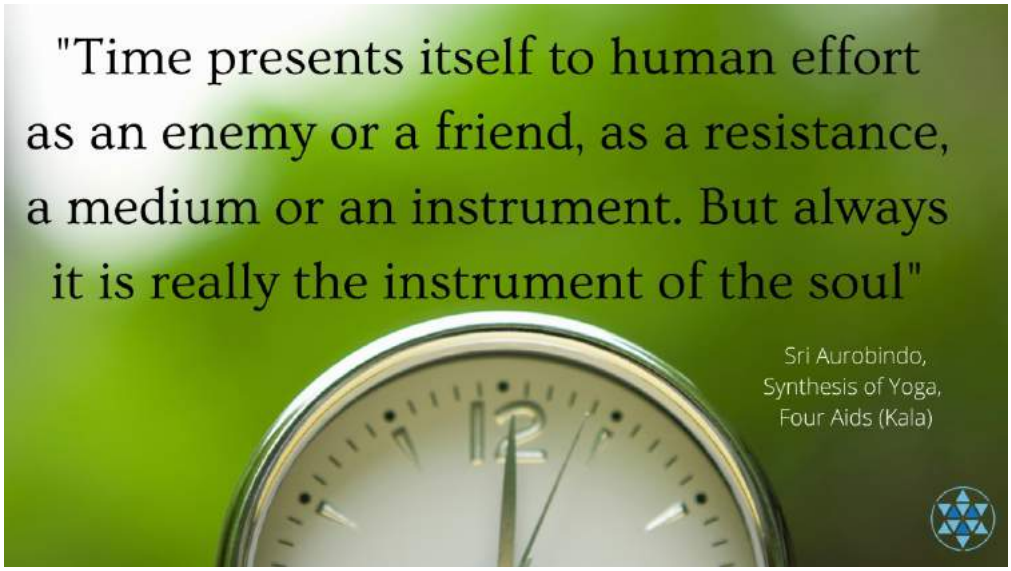
The Yoga of Works course continues into its second-half with a group of 50 seekers deeply engaging with the last 7 chapters of the Yoga of Divine Works from Sri Aurobindo's Synthesis of Yoga. Seekers are basking in the light of Karmayoga and applying it their everyday lives through contemplating quotes, reflecting on prompts with the community apart from sessions with Divyanshi on Saturdays mornings. There is also a reading group that has emerged who are applying mantric reading each morning to the words of Synthesis of Yoga.

Here are some quotes from the chapters that are shared on a daily basis.



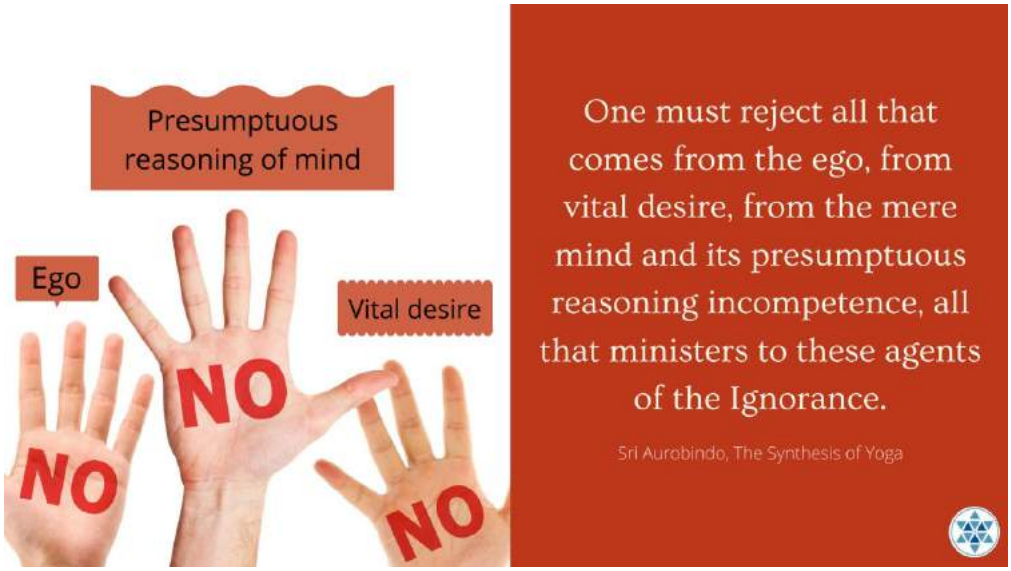


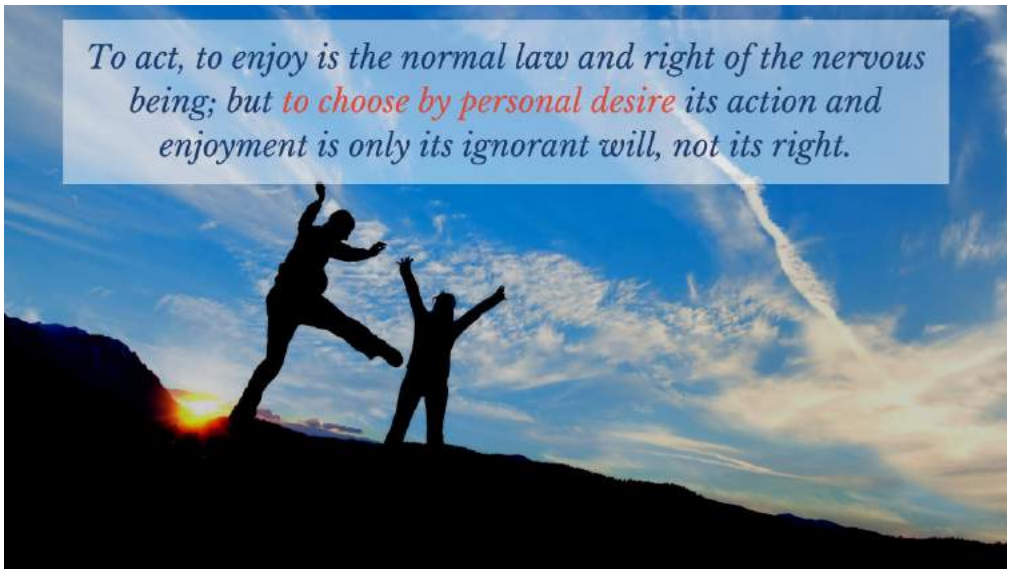
YOGA OF WORKS



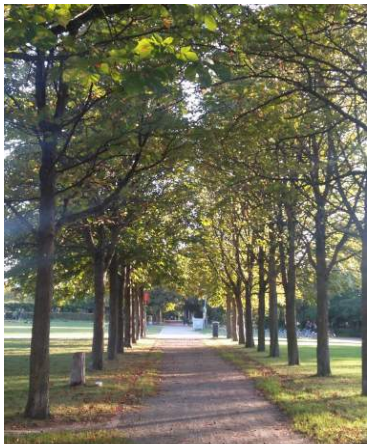
Equality is the sign of this (soul's) adoration; it is the soul's ground on which true sacrifice and worship can be done."

YOGA OF WORKS





NATURE NURTURES GROUP



The Nature Nurtures Group has been enthusiastically sharing pictures from the nature as well as sharing their insights and feelings associated with the picture they click.

Here are a few examples for your viewing.

NATURE NURTURES GROUP

GROUNDED

Feeling protected in the presence of Krishna's Kireedam (crown)

NATURE NURTURES GROUP

My sunlit path

Being held

NATURE NURTURES GROUP

Beautiful colours of nature gifting purity, calm, and freshness. Sharing space for co-existence and giving life all their way.

You see in others what is in you!

NATURE NURTURES GROUP

Drying... Dying...but still offering itself to others

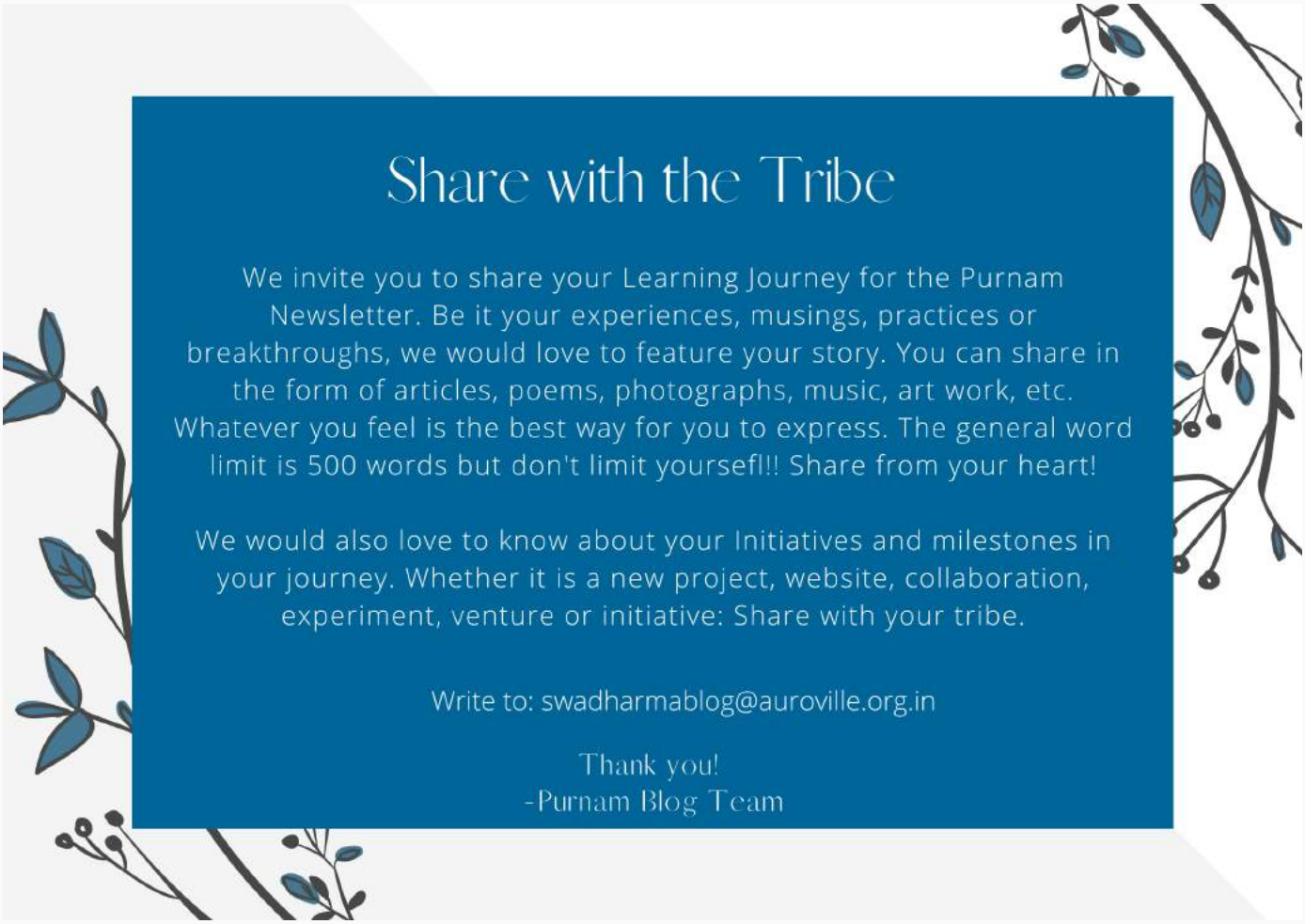
MANTRIC READING

MANTRIC READING FORMAT

For Online Community Readings

Sri Aurobindo's words are mantric, they have a light and a power, as one concentrates and gives oneself to His words, this light and consciousness can enter.

Reading Sri Aurobindo's Works is tough, but if we read collectively and meditatively, it becomes easier. Here is a format that can help you facilitate the collective meditative reading process.

Read more about Mantric Reading at:
https://ie.auroville.org/mantric-reading-format/

SHARE YOUR JOURNEY WITH US!