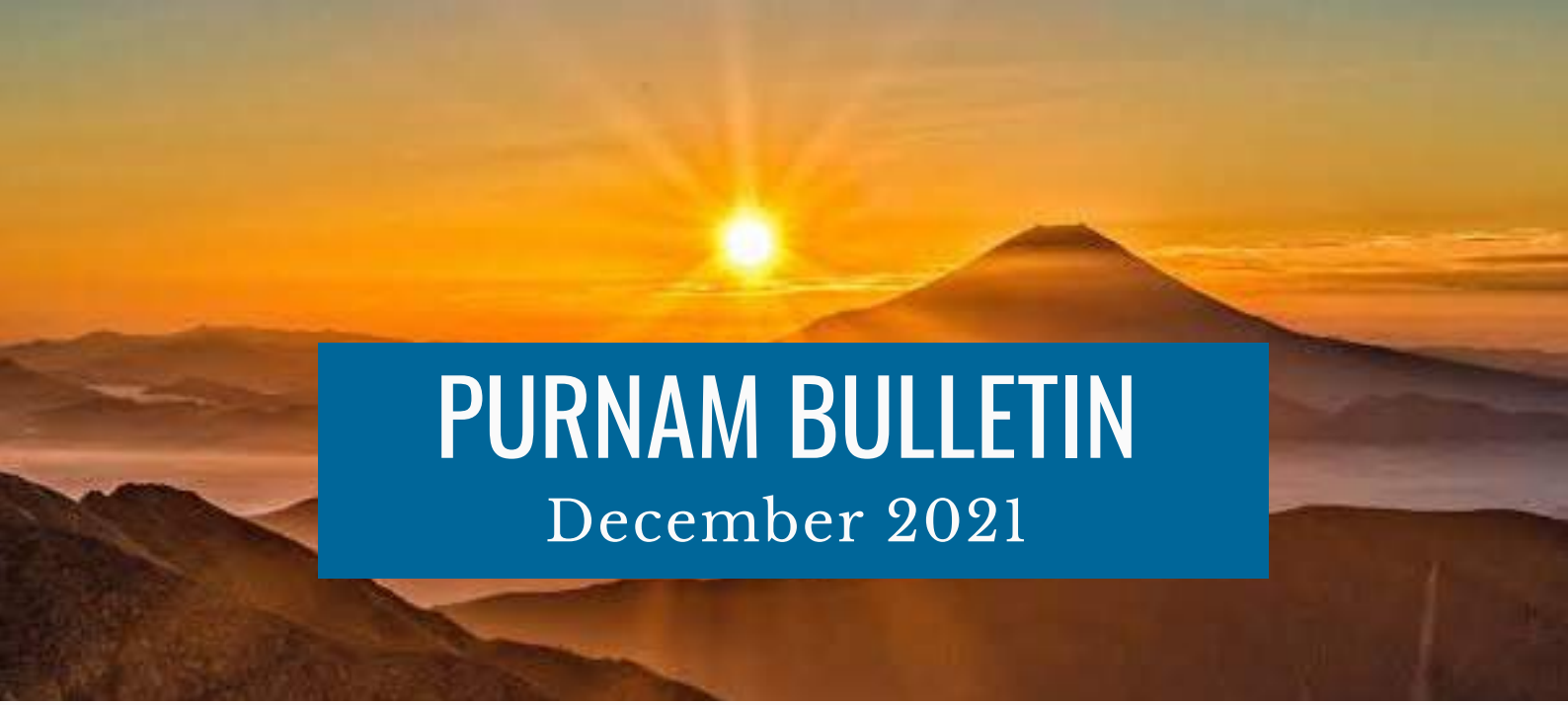


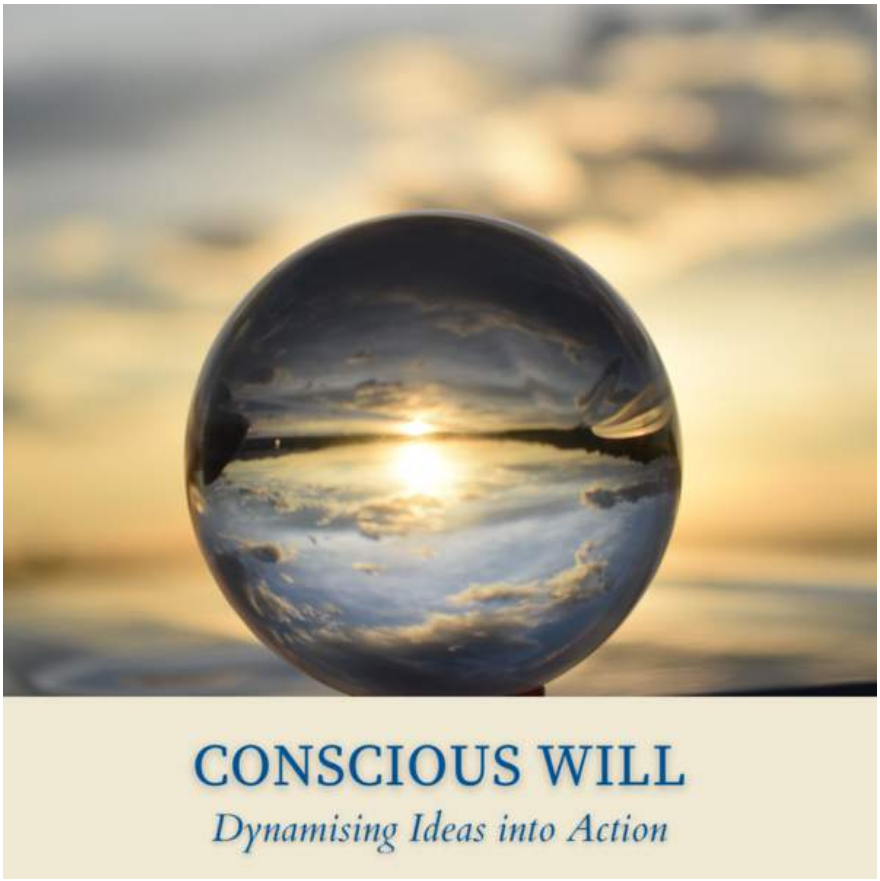
PURNAM BULLETIN

December 2021

The Purnam Bulletin Team would like to wish all of you a very Happy New Year. We hope this year is safe, happy and prosperous for you.

We look forward to celebrating Sri Aurobindo's 150th Birthday on 15th August 2022 as well as the 75th Indian Independence Day on the same day.

CONSCIOUS WILL



Last date to apply: 8th January 2022

A 3 Week Online Practice Lab to Tap into the Power of Manifestation

In the course of Conscious Will Journey, we will be learning how to dynamise the ideas and abstractions into joyful practical outcomes. We will explore how the wonderful dreams and ideas from your mind and heart will find a beautiful self-expression and form. We will be on a collective journey which will be tapping into the tyranny of time to unravel the secrets of befriending time, discovering the true symphony of the power of the word in action, and venturing into the ill-responsive parts of our nature to create harmony in the being.

Read more: https://purnamlabs.auroville.org/conscious-will

ASPIRATION CIRCLE

Last date to apply: 7th January 2022

A 4 Week Online Practice Lab to Inculcate Aspiration in All Our Actions

Strongly holding the quality of "Aspiration" through everyday quotes from The Mother and Sri Aurobindo. Through quotes and sharings, staying connected with the power and essence of the quality of Aspiration: A window to befriend the Infinite.

"Beyond words, above thoughts the flame of an intense aspiration must always burn, steady and bright." -The Mother

Read more: https://purnamlabs.auroville.org/aspiration

SAVITRI PAINTING

In light of Sri Aurobindo's 150th birth anniversary, Purnam has launched Savitri Painting 5.0, a special cohort of Savitri Painting Course, a five week course to discover one's deepest essence through the power of Savitri, Sri Aurobindo's magnum opus. Through the course, 48 sadhaks from India and the world supported by 16 facilitators will be taking the course.

Participant profiles: https://tinyurl.com/2p8nafw3

Savitri Painting is a unique course closest to the soul of Purnam. Savitri Painting is a method to move inward into greater depths of one’s being through art, music, and poetry. It is a means of unraveling one's soulspace through self-expressive Savitri-inspired paintings, diving deeper into one colour, and tuning into one's inner senses.

WHAT IS THE TRIBE UPTO?

In this 5-week online intensive journey from 23rd Jan to 27th Feb 2022, participants will connect to the luminous words of the Sri Aurobindo's epic poem, Savitri, in a meditative state, paint the words while listening to the Mother's organ music and learn how to use this process for inner growth and discovery of the soul. 48 participants from all over India and the world will be joining the course and all the practices will be done with the power of the collective aspiration.

The participants need not be an artist or be familiar with the works of Sri Aurobindo and the Mother but there need to be a sincere seeking in them. Individual attention to the participants will be ensured with the help of 16 facilitators.

During the course, each participant will choose a colour to delve deeper into its magic throughout the 5 weeks to touch his/her soul through the colour.

Participants will be taking up a collective painting session on every Sunday and a sharing circle on every Tuesday. In addition, there will be daily individual practice for 15 minutes and a practice in pair exercise once per week.

Both the facilitators and participants are looking forward to immerse in the sacred Savitri Painting journey from 23rd January. We are happy to share here the profile of twelve participants of Savitri Painting 5.0.

If you are interested in participating in a future cohort, join our waiting list at https://purnam.auroville.org/savitripainting

ABOUT THE RECENT MEDIA REPORTS ON AUROVILLE

Auroville is going through an internal churning where many values that are dear to the community are in conflict. One is our love for Nature and the immense ecological regeneration work that has been done over the last five decades.

The other is building a city for 50,000 people as conceived by the Mother, the founder of Auroville, who invited people from all nations to build her city, a city that earth needs to birth an ideal society according to the vision of Sri Aurobindo.

Building the city requires the sacrifice of many trees that are planted in areas reserved for the city infrastructure along with the removal of some temporary structures. Negotiations had been going on for more than two decades to clear the ground for laying city infrastructure.

However, balancing autonomy and collaboration, individual freedom and collective discipline turned out to be very challenging in our internal community processes.

These negotiations have now come to an open confrontation where the community is struggling to find a greater synthesis in which all these values are honoured. This struggle has led to a great deal of internal strife and churning causing pain for many people and this has spilt over to social media and newspapers giving often misleading, sensational and partial information.

The situation is not so black and white as many would see it to be, there are many shades and colours in between and it is a time of self-reflection for all of us to find ways to grow and shift our individual and collective consciousness. We request everyone who loves Auroville to hold in silence your prayers for a harmonious resolution for a greater synthesis in Auroville.

By Manoj

SMOG AND THE BRAIN- HOW AIR POLLUTION IS RESHAPING THE GROWING BRAINS OF BABIES

By Shivam Bohra

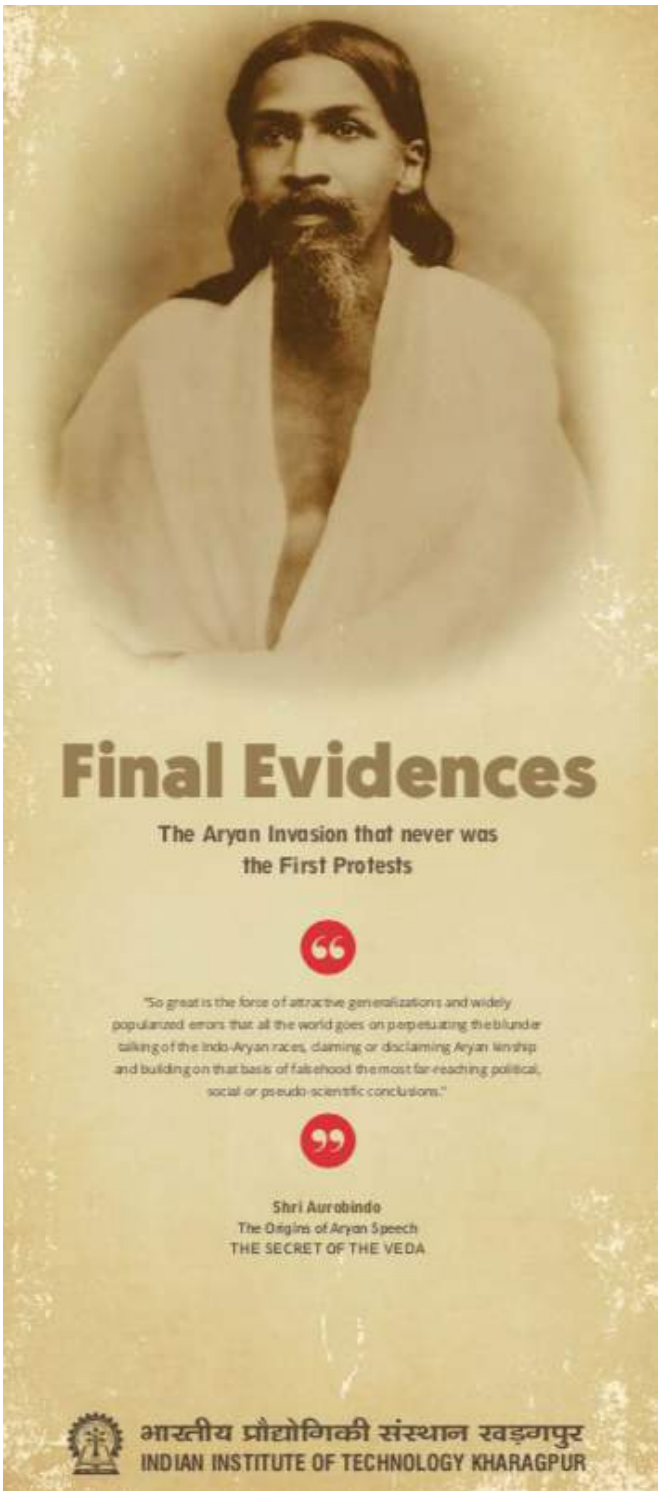
Babies are as distractible as they are adorable. If something goes out of their sight, it goes out of their mind . It takes them time and a lot of experience to understand that things exist even when we cannot see them ! Compare that to the adult pastime of replaying and passionately ruminating over events that have long passed. You can imagine the leaps and bounds taken by the human brain as it develops from infancy to adulthood.

More than a million new connections are formed every second in a baby's brain. This rapid rate of brain growth continues for the first few years of life. Brain development is a sensitive process. In order to grow to its potential, a developing child needs good nourishment. I'm not just talking about food and water, but also the care and love of our parents, and the air we breathe.

You take away the ideal environment, and it has serious repercussions on the growth of a young mind.

Read more: https://tinyurl.com/yckzvwxv

IIT KHARAGPUR CALENDAR

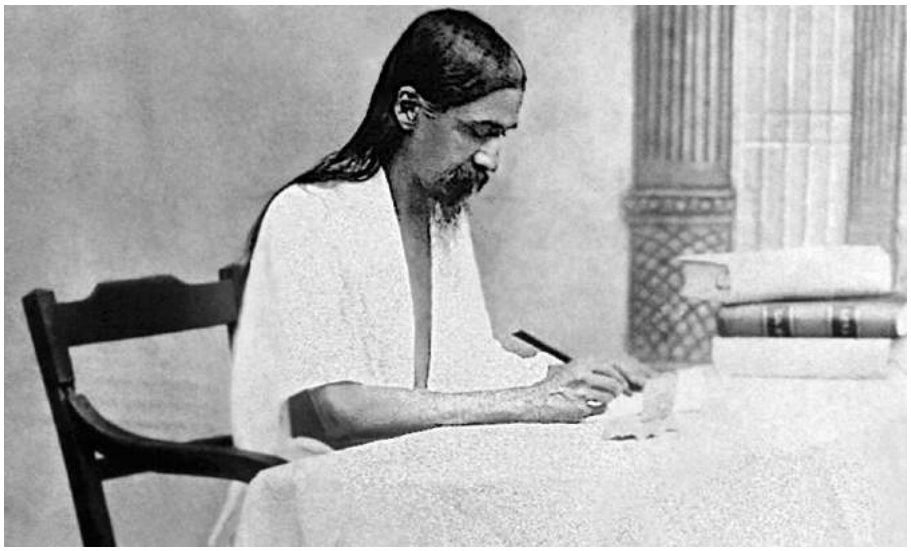


IIT Kharagpur released it's calendar for the year 2022, the theme for which is ***Recovery of the Foundations of Indian Knowledge Systems.***

The month of August highlights Sri Aurobindo's book, ***"The Secret of the Veda"*** and his views on the Aryan invasion.

Link to the calendar:
https://tinyurl.com/99urjs2h

PM MODI TO HEAD COMMITTEE OF FORMER PMS, CMS, AND SPIRITUAL LEADERS TO MARK SRI AUROBINDO'S 150TH BIRTH ANNIVERSARY



The Centre has set up a 53-member committee headed by Prime Minister Narendra Modi and including former PM Manmohan Singh as a member to commemorate “in a befitting manner at national and international levels" the 150th birth anniversary of Sri Aurobindo.

The High Level Committee will also include former PM HD Deve Gowda, Home Minister Amit Shah, Defence Minister Rajnath Singh, Chief Ministers Mamata Banerjee, MK Stalin, N Rangaswamy and Bhupendra Patel, actor Rajinikanth and spiritual leaders like Sri Sri Ravi Shankar, Baba Ramdev and Sadhguru Jaggi Vasudev.

“The committee shall provide policy direction and guidelines for formulation of programmes for the commemoration of the 150th birth anniversary of Sri Aurobindo at the national and international levels," says a notification issued by the Ministry of Culture on Monday.

Read More: https://tinyurl.com/36bvu8jr

2021 PURNAM HIGHLIGHTS

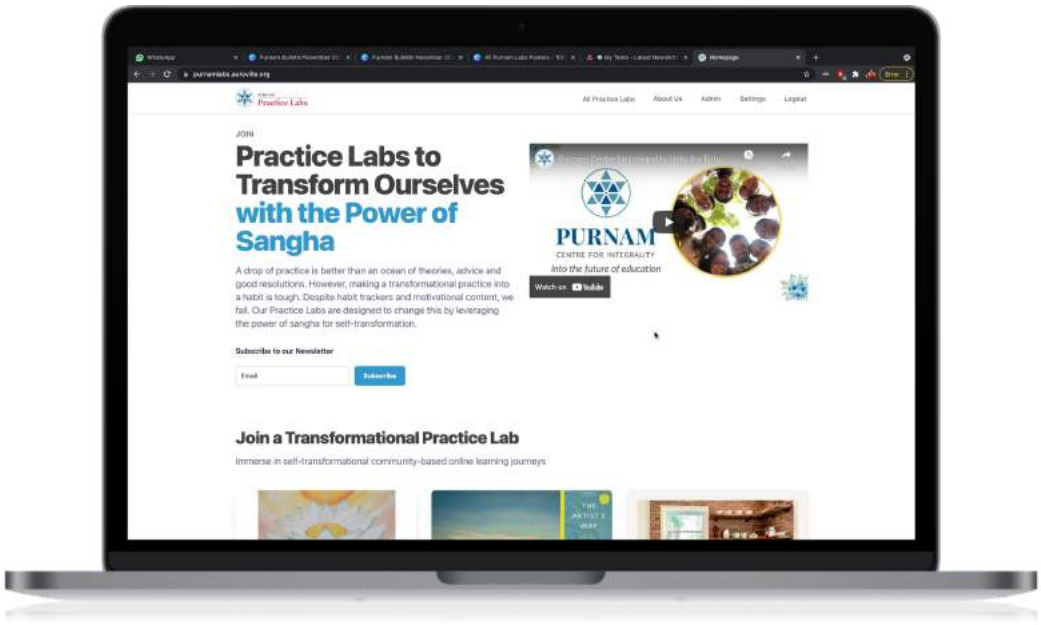
LAUNCH OF PURNAM VIDEO AND WEBSITE

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.

PURNAM LABS LAUNCH



www.purnamlabs.auroville.org

After a year of running the Integral Education Portal, we saw that even though there were changes participants were bringing into their lives through the newsletters and videos, the putting it in action and integrating into one's life was still a challenge.

The biggest emergence in the last years in the Purnam community has been "student-led practice labs" - mini courses where peers learn and practice together to bring self-transformation. We have witnessed how the power of community accelerates our journeys a hundred-fold. Based on our last four years of experience, we created *Sangha* - an opportunity to launch one's own self-transformation practice lab & build a community.

After a super intensive week-long course, we are now thrilled to be launching Purnam Labs with 17 practice labs, an abundance of peer-led courses where the community can come together and move towards their aspirations with the power of the collective!

AN OVERVIEW OF PURNAM LABS

Click on the image to read more about the lab

LIVING SUSTAINABLY

LEARN TO SAY 'NO'

FOCUS WITH DEEP WORK

BRING JOY IN
WORK AND RELATIONS

JOURNAL AND WRITE
POEMS

WALK IN NATURE

AN OVERVIEW OF PURNAM LABS

Learn more at https://purnamlabs.auroville.org

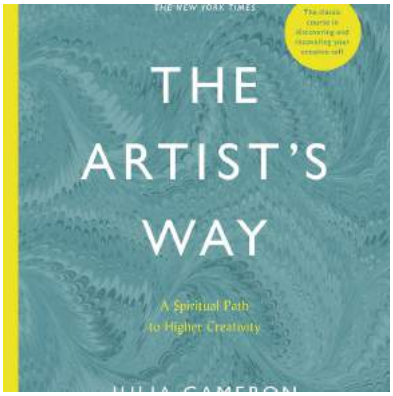
LEARN TO CONCENTRATE

CONSCIOUS MONEY

EXPERIENCE COOKING AS A SADHNA

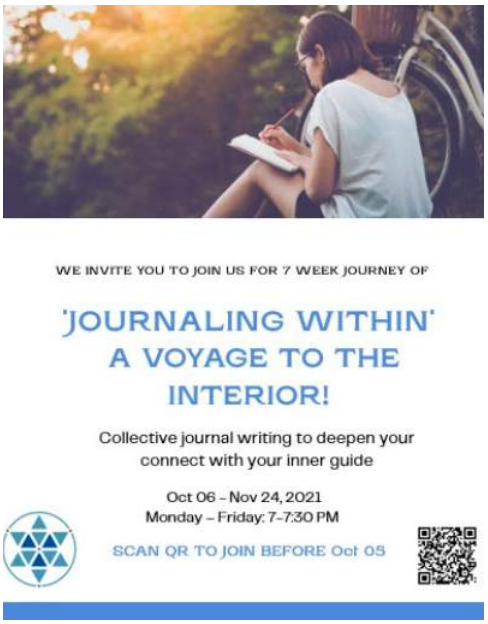
DECLUTTER YOUR HOME AND MIND

PLAY SPORTS AS A DAILY SUPPORT GROUP



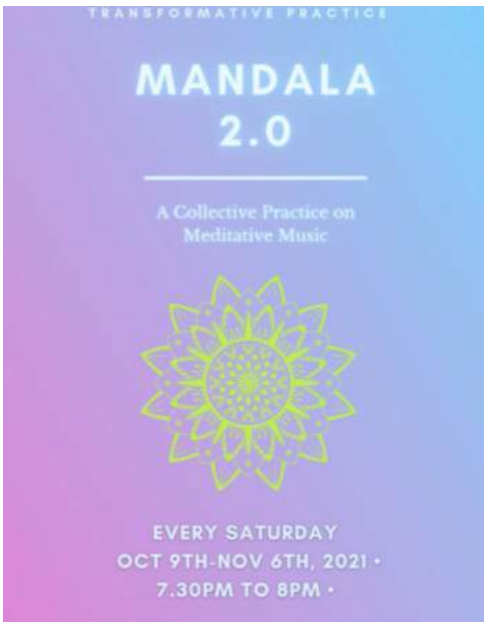
DISCOVER AND REDISCOVER YOUR CREATIVE SELF

PURNAM COMMUNITY COURSES AND PRACTICE LABS THROUGH THE YEAR

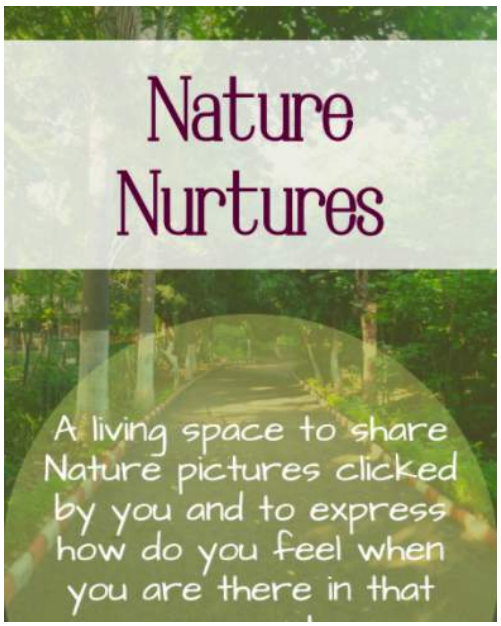


JOURNALING WITHIN 2.0

MOTHER'S SANGHA 1.0

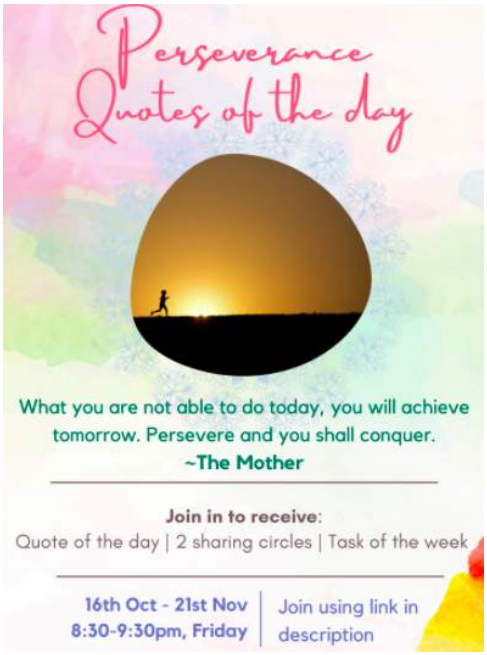


MANDALA 2.0



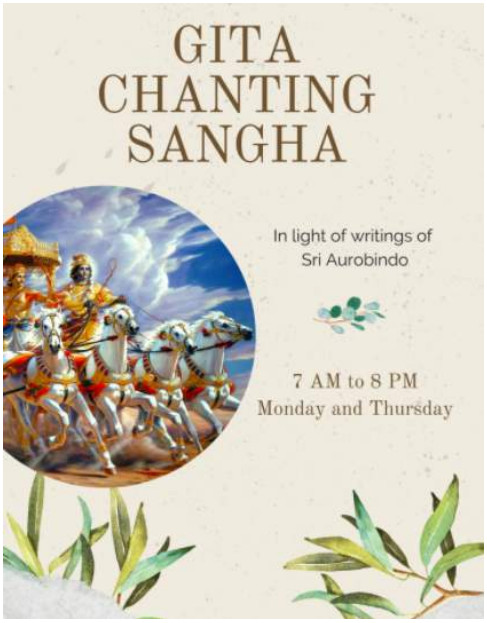
NATURE NURTURES

PURNAM COMMUNITY COURSES AND PRACTICE LABS THROUGH THE YEAR



PERSEVERENCE 4.0

CONCENTRATION CIRCLE 1.0



CHANTING THE GITA 1.0

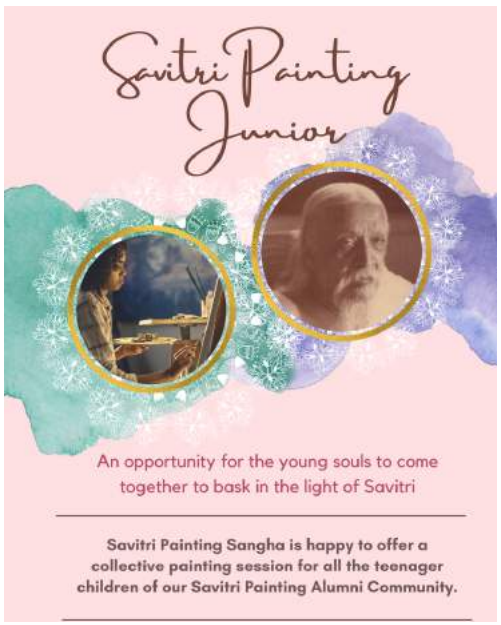
GENEROSITY CIRCLE

PURNAM COMMUNITY COURSES AND PRACTICE LABS THROUGH THE YEAR

CONSCIOUS LISTENING

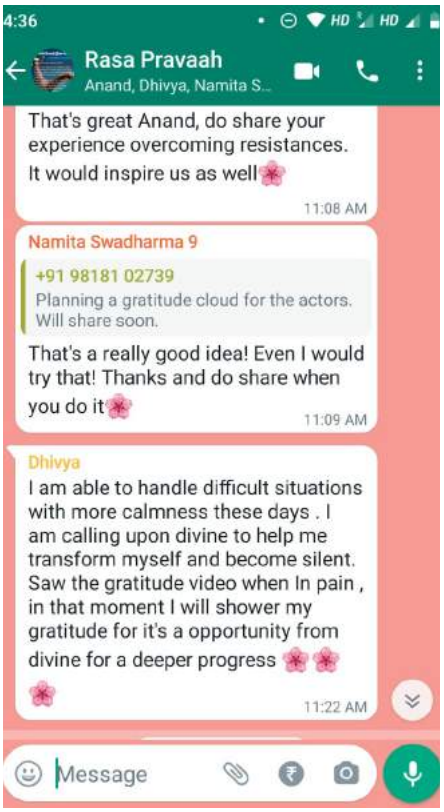
SAVITRI PAINTING ALUMNI CIRCLE

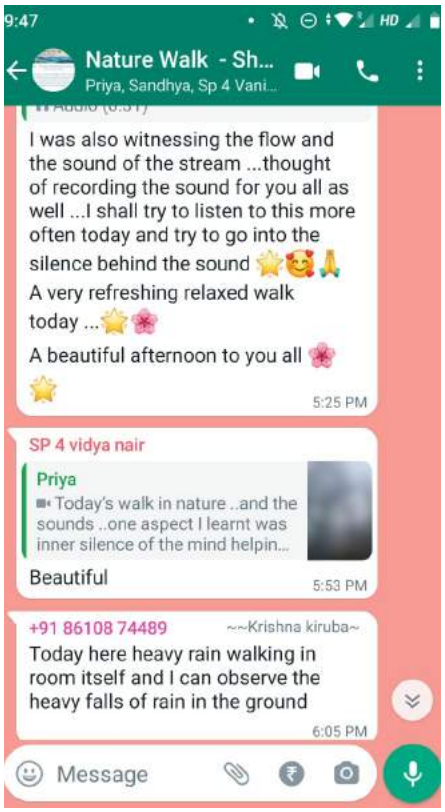
SAVITRI PAINTING FAMILY CIRCLE

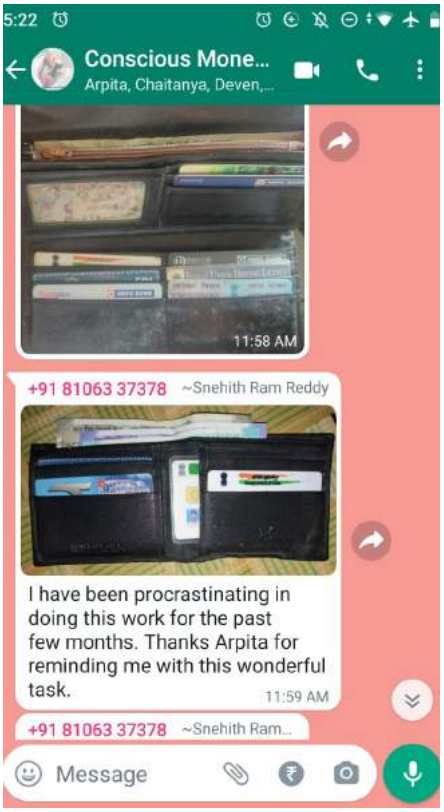


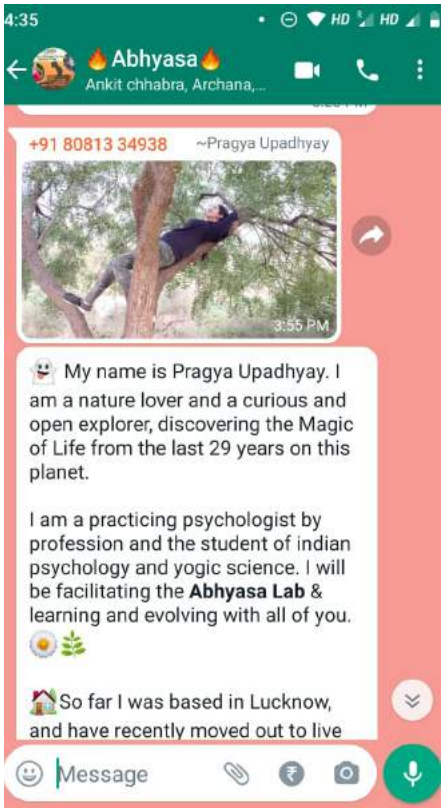
SAVITRI PAINTING 'JUNIOR'

LABS IN ACTION









SWADHARMA 9 ONLINE

Swadharma 9.0 officially concluded on Aug 7th, 2021 with our dear seekers telling the story of their powerful journeys through the 5-weeks with the final presentations to the larger community.

It has been an absolute joy to witness the birthing of this new tribe of swadharmis from the online space. Swadharma Online was a mammoth effort behind the scenes with sessions, coursework and content covering over 30 modules with 50 videos crafted by the team, spanning diverse fields of the body, mind and soul. Not to mention, over 1000 submissions on our online learning management system with individual feedback and guidance

Our dear seekers came alive in action with their micro-projects with a scale like never before in Swadharma history by leveraging the online space - giving them a living sense of what it means to follow one's true calling. Now our new Swadharmis have begun their adventure into unchartered territories following the flame of aspiration from within - kindled by the fire of action.

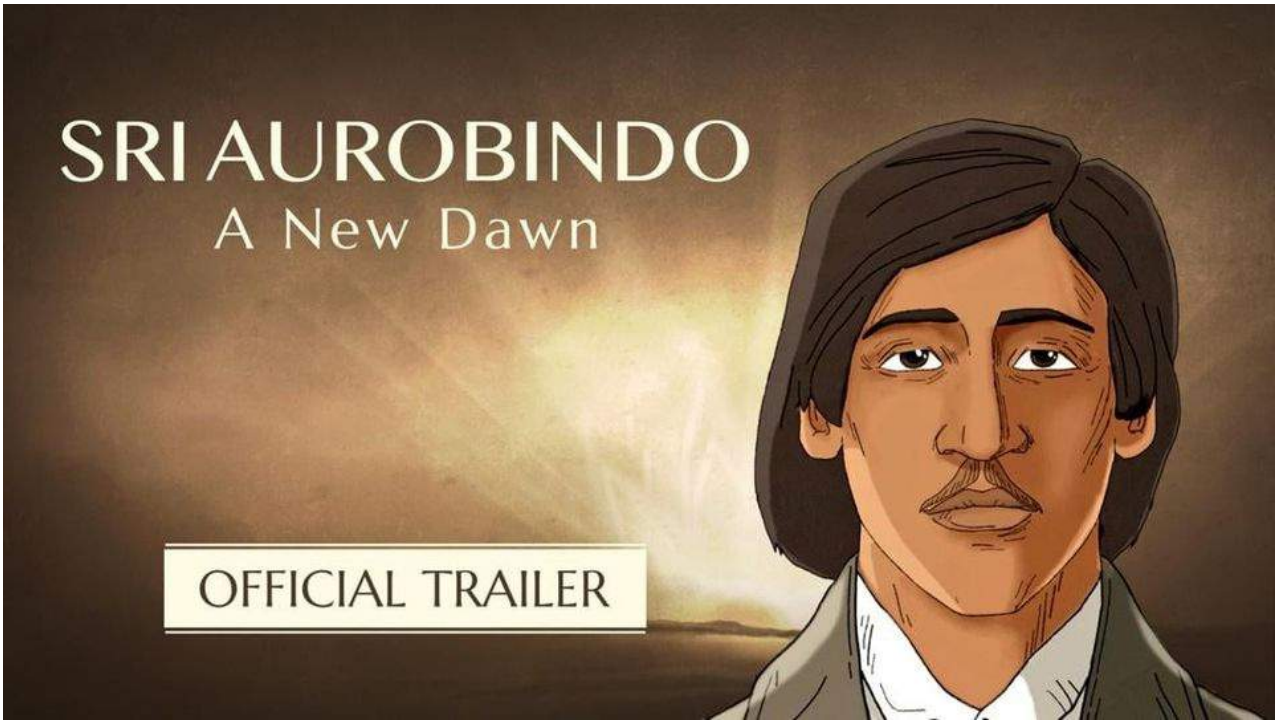
SWADHARMA MINI-DOCUMENTARY

We are also thrilled to be sharing with you a mini-documentary of Swadharma 9.0. This was a collaborative effort between the Swadharma alumni and the Swadharma 9.0 participants. After witnessing 8 powerful & transformative cohorts of Swadharma in Auroville, we are proud to say Swadharma Online was a beautiful success!

This short film tells the story of the intimate & transformative journey that the participants undertook over the course of 5-weeks and showcases the power of technology & the online environment to facilitate this process.

It truly is remarkable how the online space can dissolve barriers of physical distance and create a space of closeness that we like to call the "Soul Space". The seekers transform themselves in the context of their own lives and begin to follow their true callings through grounded action while engaging intensely with life.

SRI AUROBINDO MOVIE TRAILER



I am very happy to share with you the official trailer of a very special film in the making, an animation film on Sri Aurobindo. It will be of 20-minute duration and will be launched on 15th August 2022 to celebrate the 150th birth Anniversary of Sri Aurobindo. Today we are launching a 2-minute trailer and beginning the fundraising work to complete the film.

The initiative for the film came from AuroYouth, the youth wing of Sri Aurobindo Society and they approached me to help them make this film and we began working on it from Dec 2020 onwards. We are expecting the film to cost around 2 crores and we are fundraising to cover the expenses.

Every frame of the film is handpainted digitally and this means many highly skilled artists who can work directly on digital media are working on it. The work has been commissioned to a leading animation film studio in Mumbai composed of highly talented youth lead by Suresh Eriyat.

The artists are very young people and it is a great joy for me to see a film getting made by the youth of India for the youth of the world to discover Sri Aurobindo. It took us quite some research to develop the painting style used in the film.

The film will be covering a period from 1893 to 1914, a period of his life that youth can easily identify with and begin their journey of discovering him. This trailer depicts the arrival of Sri Aurobindo on Apollo Bunder on Feb 6, 1893. The moment of touching the soil of India and the spiritual experience that awaited him and the underlying political transformation of India are brought forth with cinematic intensity.

I hope you enjoy this trailer. Please do share it with your friends and if possible contribute financially to the making of the film.

Watch the trailer here: www.anewdawn.in

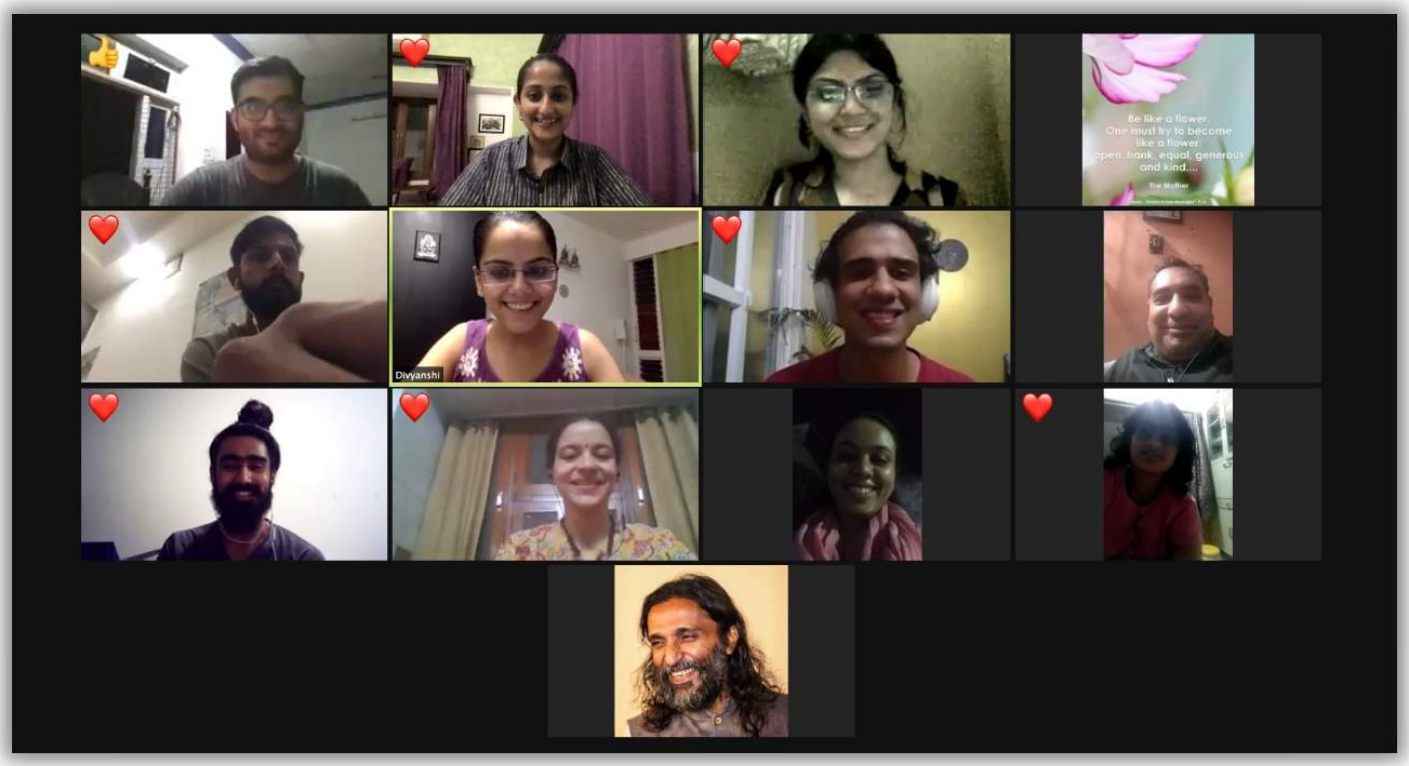
Thank you Suresh, Thank you Shiva, Priti, Archana, Srinivas, Rahul and Ananda.

- Manoj

15TH AUGUST, 15 PROJECTS

The Purnam Community took up 15 new projects and practices this 15th August.

THE SUMMER SCHOOL 2021
MAY-JUNE



The 2nd Cohort of the Summer School was conducted successfully where 18 individuals began a 5 week long online learning journey. The participants were charged up to undertake self-exploration by developing aspects of the self integrally.

SAVITRI PAINTING 4.0

A cohort of 24 aspirants had begun their journey of painting the sacred lines in the spiritual poem Savitri, one of Sri Aurobindo's greatest works. It is the 4th batch of Savitri painting which began on August 15th, marking the specialty of its beginning on Sri Aurobindo's birthday. To explore Savitri in the world of colours is an adventurous one. Savitri Painting is a tool for one to begin to walk on the sunlit path, to come in touch with one's inmost essence

This exploratory journey is conducted by Purnam Center for Integrality, with Divyanshi as the main facilitator along with Savitri Painting Alumni as co-facilitators, to paint Savitri together in a creative soul space along with The Mother's music. The collective energy of the Sangha facilitates a deep transformation and creates a space where one can truly express oneself.

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

The aspiration of each participant to begin their journey is unique in its own ways.

Visit https://tinyurl.com/4tfhth34 to read the participant profiles.

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

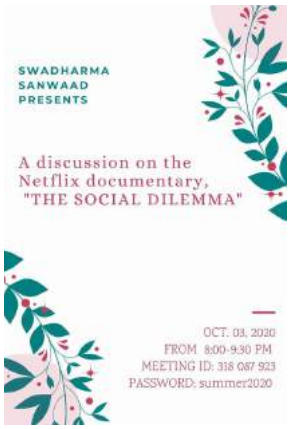
Smrati presenting her journey of Savitri Painting

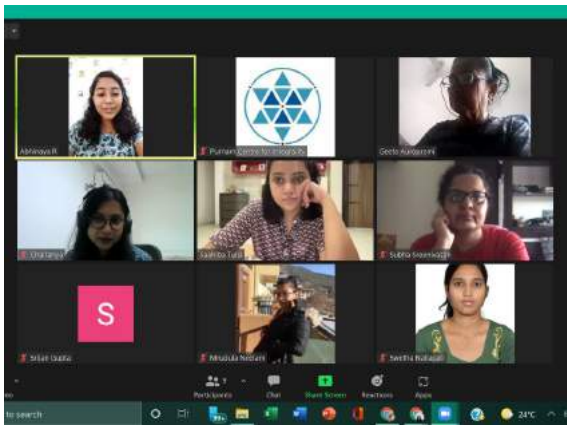
Savitri Retreat birthed a new journey**:**
Offering 150 paintings on Sri Aurobindo's 150th birth anniversary.

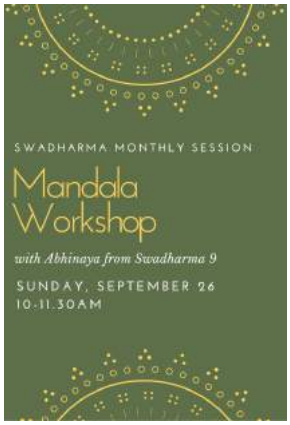
After the retreat, 8 budding artists are making 150 paintings inspired from Savitri, Sri Aurobindo's magnum opus, "**mantra for transformation of the world**", as an offering on Sri Aurobindo's 150th anniversary under the guidance of Sushanto Da from the Ashram, as well as Archana, Divyanshi and Manoj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

SWADHARMA MONTHLY SESSIONS COMPLETE ONE YEAR



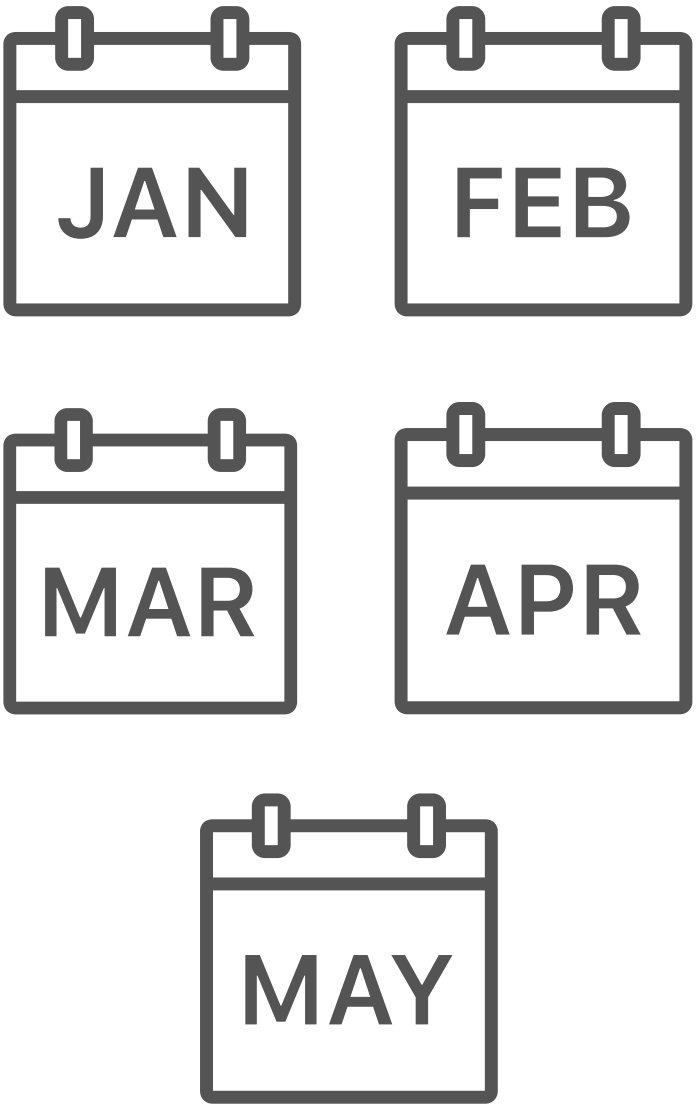




Since the 2020 Summer School, Drishti has been anchoring one Swadharma Monthly Session every month by our Alumna and Facilitators. It has been an extremely enriching experience and the sessions have covered varying topics like discussions on The Social Dilemma Documentary to workshops like the Mandala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

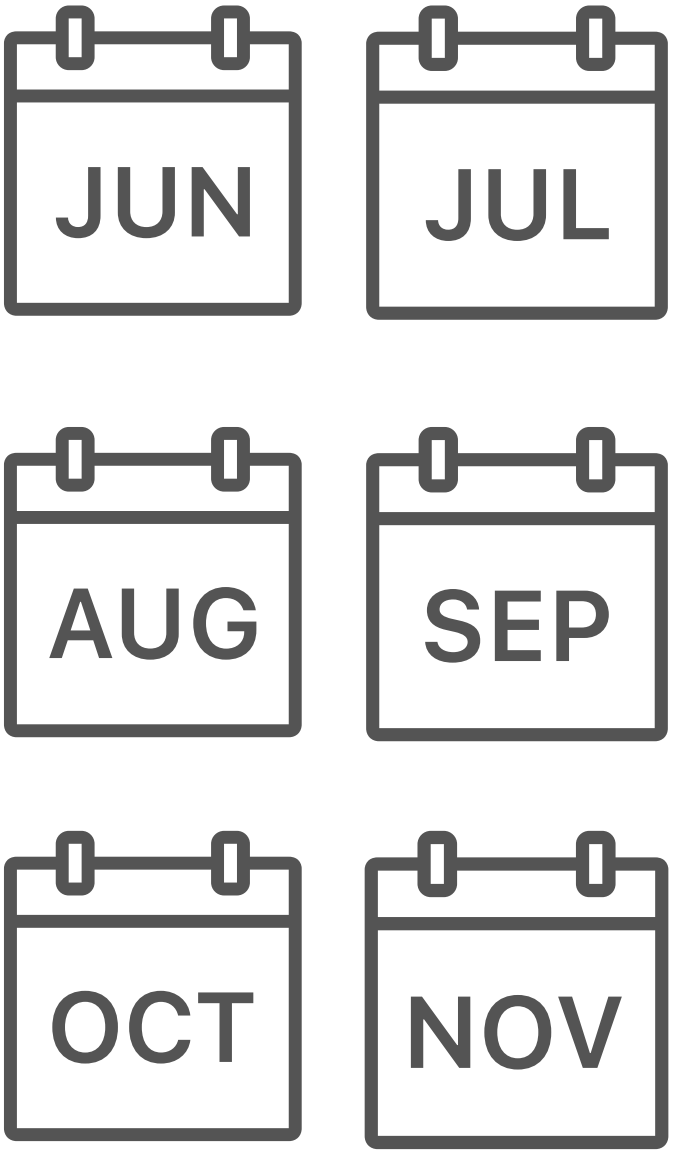
2021 NEWSLETTERS

Click on the icon to read that month's newsletter

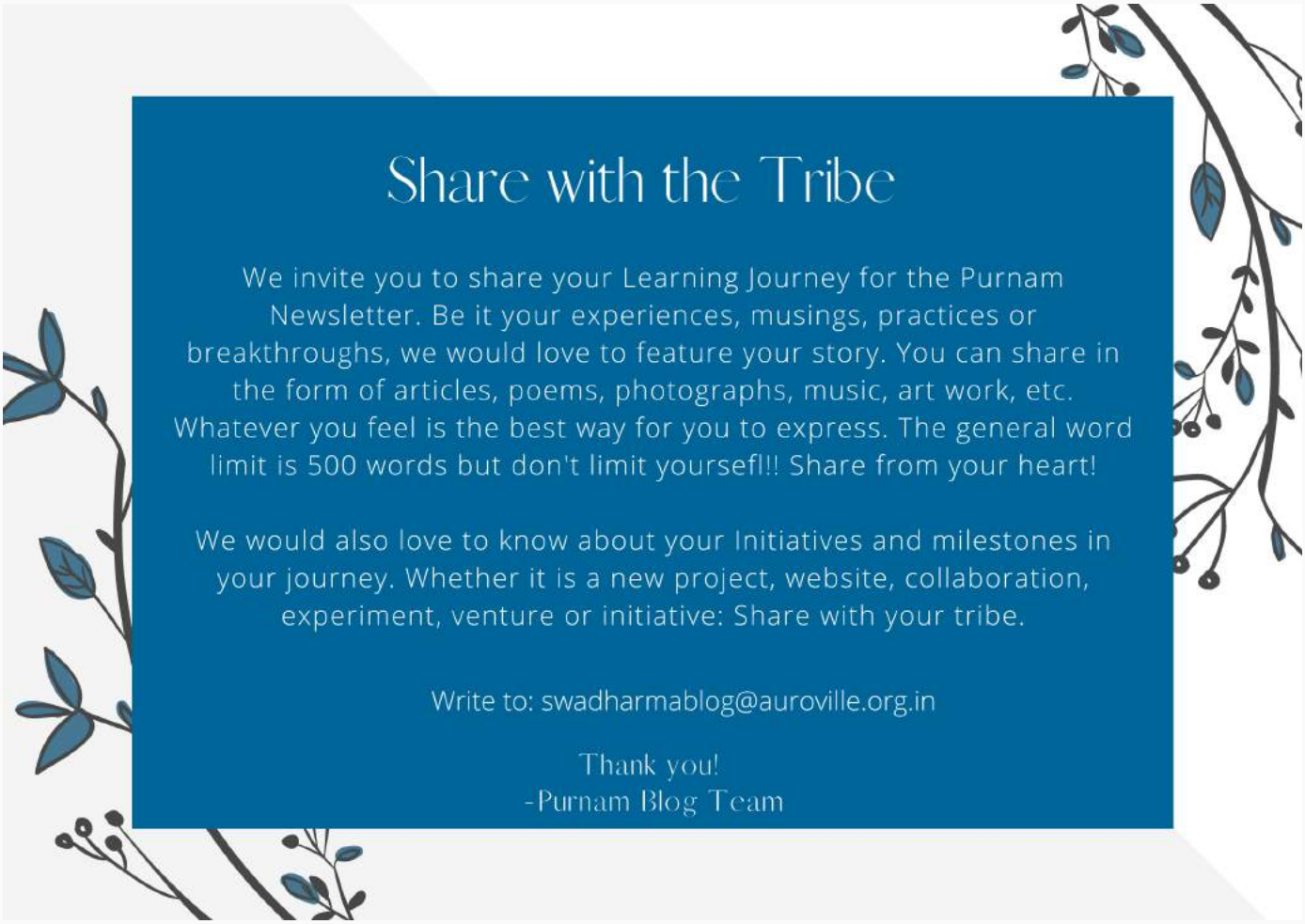


2021 NEWSLETTERS

Click on the icon to read that month's newsletter



SHARE YOUR JOURNEY WITH US!



WISHING YOU ALL A VERY HAPPY NEW YEAR