PURNAM BULLETIN

January-February 2022

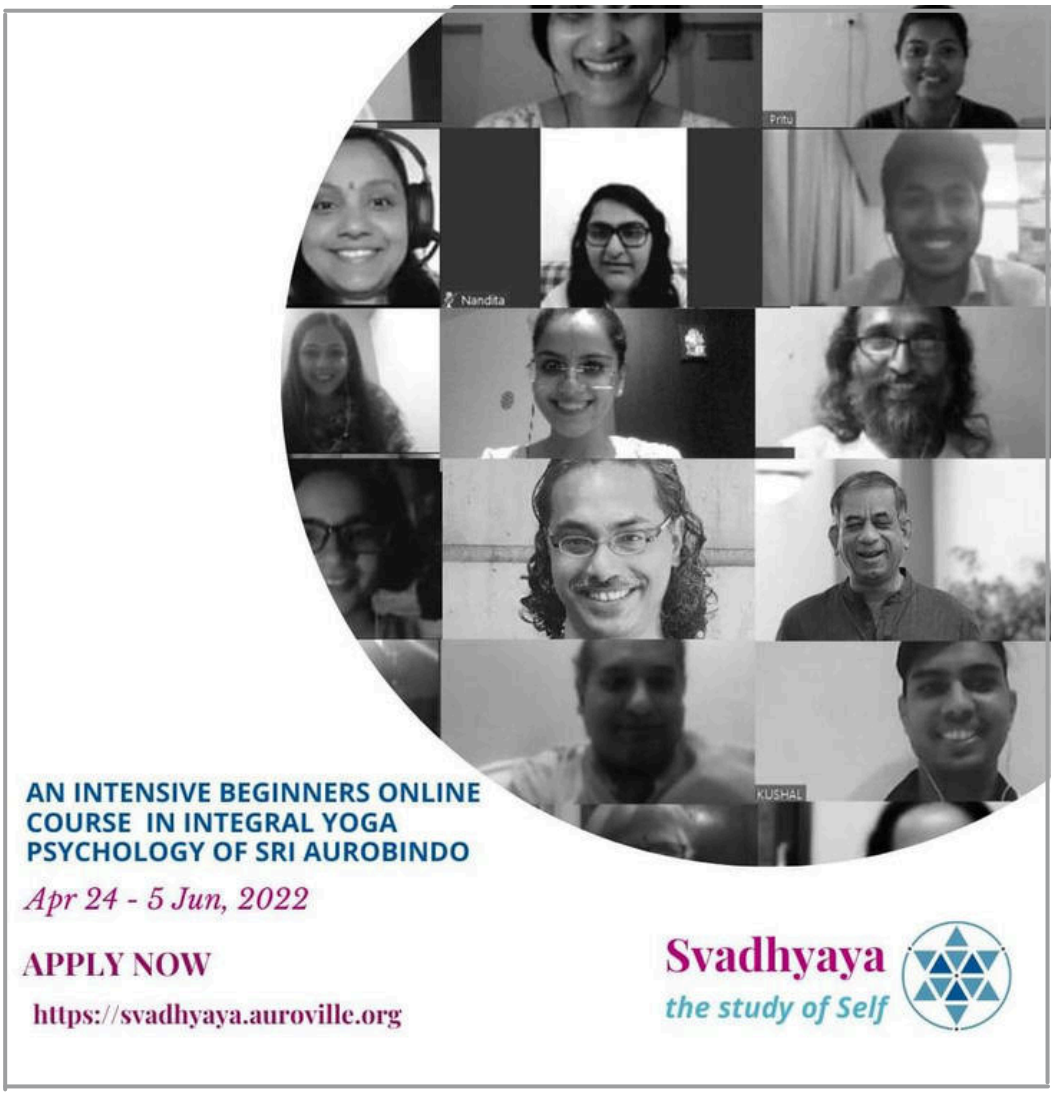
We are pleased to announce the launch of the three Purnam flagship programmes: **Swadharma, Svadhyaya and Savitri Painting.** The applications for the same are now open.

Know more and apply at:

Swadharma, Find Your True Calling: https://www.swadharma.auroville.org/
Svadhyaya, The Study of Self : https://www.svadhyaya.auroville.org/
Savitri Painting, Paint your Soul: https://www.purnam.auroville.org/savitripainting

SVADHYAYA

A Beginners course in Integral Yoga Psychology of Sri Aurobindo



Whether you are interested in working on yourself,
intrigued by the works of Sri Aurobindo & The Mother
or willing to explore the foundations of integral yoga psychology,
we invite you to follow the call.

***Svadhyaya**, the study of Self*
https://www.svadhyaya.auroville.org/

SWADHARMA 10.0

A 5 Week Journey to Self Discovery

Whether you are thinking of a gap year, are currently in college, or find yourself at a crossroads, we invite you to follow the call. You will be immersed in a transformative learning journey. Together, we will explore how to align your personal quest with working for a more awakened world.

Swadharma, *Find your true calling*
https://www.swadharma.auroville.org/

LAUNCHING 4 SPECIAL COHORTS OF SAVITRI PAINTING

A 5 Week Journey to Paint Your SouL

SAVITRI PAINTING COHORTS ACROSS THE WORLD & FOR ADOLESCENTS

Savitri Painting is a 5-week intense online journey to move inward into greater depths of your being through **art, music and poetry.** It is a means of sensing your soul movements, and seeing the unfolding of your soul-space through the joy of painting.

Cohort - Indo-Europe - (April 10 - May 15 2022)
Cohort Adolescents - (May 22 - June 26 2022)
Cohort India - (May 22 - June 26 2022)
Cohort Indo-USA, East Coast - (July 3 - August 7 2022)

As the 150th birth anniversary of Sri Aurobindo approaches, we are happy to launch four different cohorts catering to your needs.

No prior experience in painting required, only an openness to the process

Applications are now open to immerse yourself in this beautiful journey

Know more about Savitri Painting:
purnam.auroville.org/savitripainting

For any queries, write to savitripainting@auroville.org.in

SAVITRI YAJNA

Touch Your Soul Essence with Savitri Yajña

"Savitri is a mantra for the transformation of the world." - The Mother

A Week-Long Savitri Reading Journey to Bathe in the Power and Light of Savitri
We collectively read 'The Book Of the Divine Mother' from Sri Aurobindo's Savitri, his magnum opus known as the "mantra of transformation of the world". We will be reading for a whole week starting from the birthday of The Mother on 21st February 2022 until Auroville's birthday on 28th February 2022. As we read, we shall share, journal, paint and write inspired poetry ourselves. We unitedly offer our gratitude and love to the Divine in this journey.

Last Date to apply: 15th February 2022
Read more at: https://purnamlabs.auroville.org/savitri

DIKSHA

Happy to share this gift with you - an opportunity to help you take the plunge towards serving the dream of the divine, towards taking the first step towards Auroville, the city of dawn in the making - the last date to apply is tomorrow:

APPLY HERE

This is for volunteers who are looking to join Auroville for the long term.

GRATITUDE LAB

"Creating Abundance in Life with Gratitude" : 6 week chohort based experiential journey to create abundance through practice of gratitude and generosity
Dates : 19 Feb - 2 Apr

Gratitude is the loving recognition of abundance endowed on us. Gratitude has a certain lightness and fragrance to it. It gives the feeling of subtle yet overwhelming joy and can help us see the blessings of life in most difficult or mundane situations. Regular practice of gratitude can fill our heart so much that it becomes joyfully willing to spread the abundance we have

But how do we remain grateful all the time, specifically in challenging situations? In such situations, a community of co-travellers with similar aspirations is very helpful where experiences of Sangha opens unnoticed horizons for us

GRATITUDE

This gratitude jar was painted by Sidra from Swadharma. It feels like a full circle has come, now that Chaitanya and Namita from Swadharma 9.0 are holding the Gratitude Lab.

SACRED HOUR BEFORE SLEEP BY RAAM

Experience Intimacy with Your Soul with 'Sacred Sleep Lab'

A 4 Week Online Practice Lab from Purnam to Nourish Your Body and Soul with Simple Practices Before Sleeping

Taking care of sleep is taking care of your soul

· Do you hit your bed daily with mental confusions, emotional fluctuations or physical stress from the day and end up with insufficient and irregular sleep on a daily basis? Are you yearning to nourish yourself by aligning your sleep timings & habits with your body's natural rhythm?

SACRED HOUR BEFORE SLEEP BY RAAM

Come, join us in this collective journey to create a sacred time before sleep at the end of hectic routine through simple yet profound practices that will make sleep peaceful and take us closer to our soul. The practices during the sacred time will relax our body, mind and emotions and nourish our being to enjoy deep restful sleep every day.

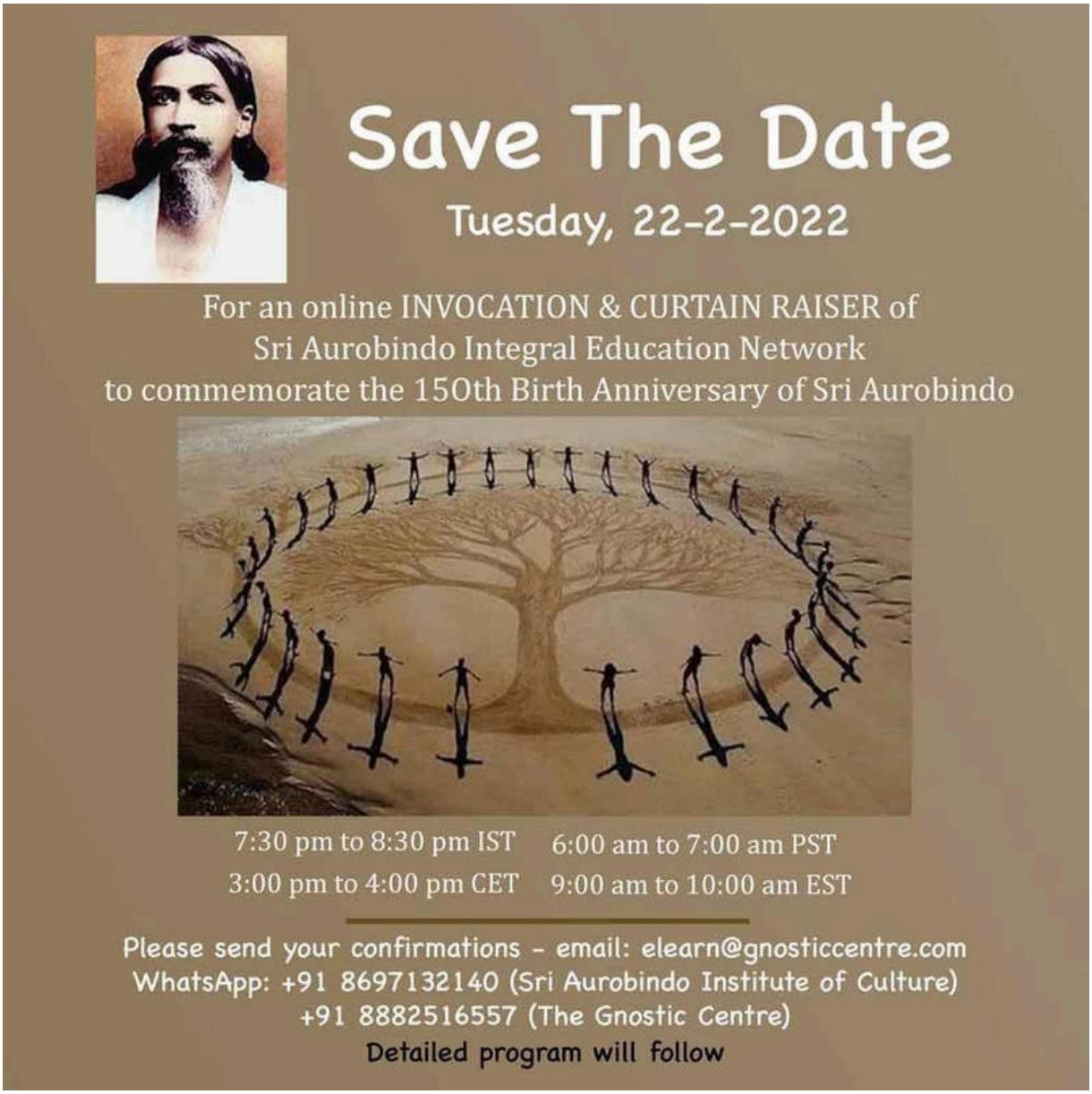
The sacred time before sleep will be curated through three core practices - connecting with the natural breath, yoga nidra and journaling.

Dates: 27 Feb, 2022 - 27 Mar, 2022
Timings: Mon- Sat, 10-10:45 PM
Contribution: Rs. 2100

Apply before 22nd Feb (Tue) at http://purnamlabs.auroville.org/sleep

If you are aspiring to gift your body and soul restful sleep every night, then come join us to do it together

SRI AUROBINDO INTEGRAL EDUCATION NETWORK



REPUBLIC DAY PARADE 2022: SRI AUROBINDO TABLEAU

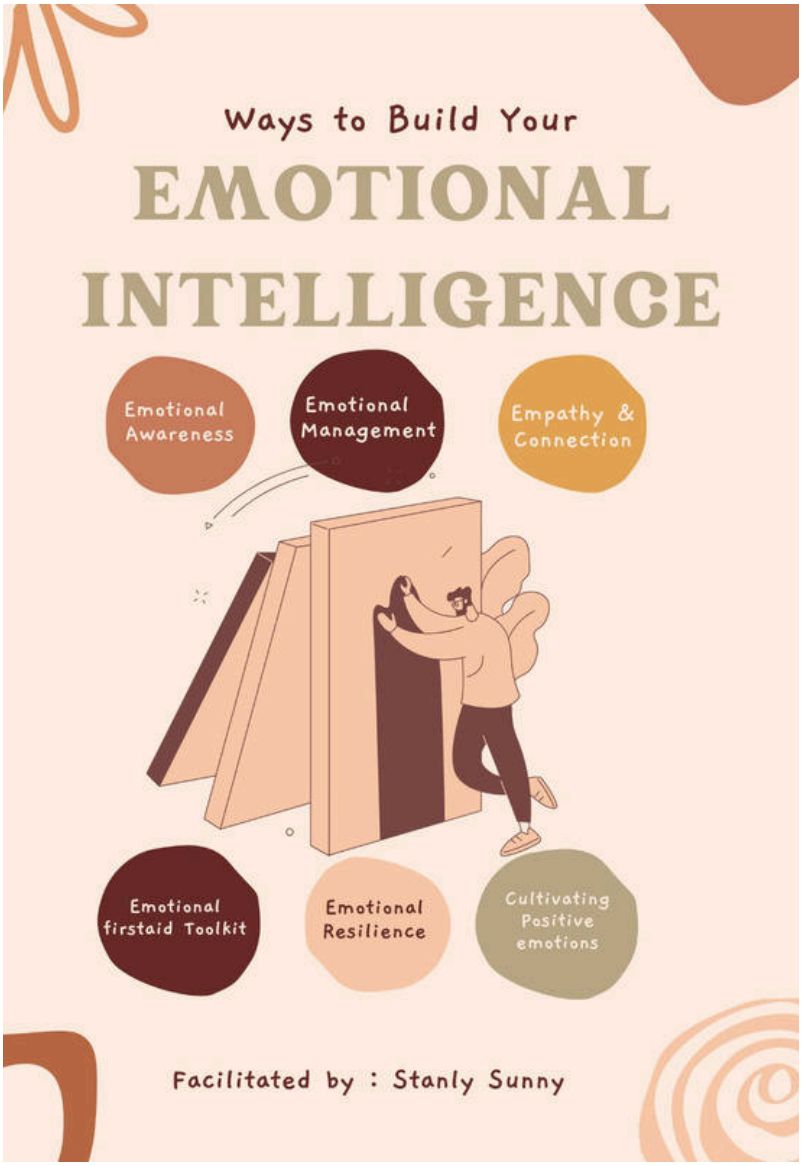
The Republic Day Parade 2022 featured a tableau of Sri Aurobindo which is a very proud moment for the entire community.

SAVITRI PAINTING COHORT AT SRI AUROBINDO'S SCHOOL, GADDIPALLY

Participants of Savitri painting, Padmarani and Lakshmi came together to conduct a painting session at Sri Aurobindo's school, Gaddipally Village in Telangana. It is a beautiful example of connections and collaborations that are emerging in the community. Here are a few images from their sessions.

SAVITRI PAINTING COHORT AT SRI AUROBINDO'S SCHOOL, GADDIPALLY

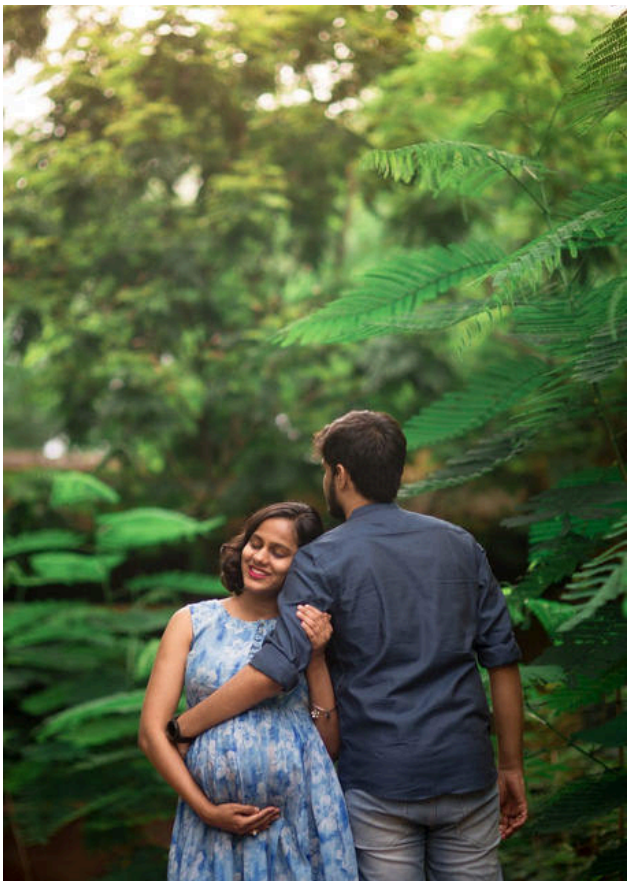
EMOTIONAL INTELLIGENCE



Please contact Stanley if you are interested in either attending or co-facilitating the session with him.

Email : stanly33@gmail.com
Whatsapp: +4407469447193

CHRONICLES OF PREGNAN-SEA



“Everything grows rounder and wider and weirder, and I sit here in the middle of it all and wonder who in the world you will turn out to be.” — Carrie Fisher

This is an article I choose to write to share my pregnancy experience- why, what and how (before and during the nine months). I deliberately titled the article as ‘chronicles of pregnan-sea’ because the pregnancy experience is quite phenomenal; as vast as the sea itself that it is quite impossible to document every detail of it, however, this is a reflective account of my journey that I would like to share.

I would like to divide this article into three sections and throw light on these pertinent questions – why did I want to get pregnant ?- the WHY? What was the experience in the initial months of pregnancy? – the WHAT? How did I transform as I neared the due date? – the HOW?

CHRONICLES OF PREGNAN-SEA

My husband and I completed two successful years of marriage by December 2019. As we were nearing the third anniversary, various questions around having a child were being raised by family members and we were quite clueless about the plan forward, however, something from within felt that it is time to start thinking about the future of 'us'- is it only the two of us or do we feel the need to have a child. My husband was always certain about having a child, however, wasn't clear about when. I was not clear with the answer and needed time to reflect about it. " Making the decision to have a child - it is momentous. It is to decide forever to have your heart go walking around outside your body." - Elizabeth Stone. This is the first stuck phase which most couples experience – AM I READY? What did I do to overcome this block? Not in any order, but these are some of the things I reflected on before I made the BIG decision.

CHRONICLES OF PREGNAN-SEA

- How is my marital relationship currently?
- Do BOTH of us want to have a child?
- What is the reason for having a child?
- What kind of parents do we want to be?
- What are my fears/ challenges that need to be examined?
- Can I step back and pray to receive an answer?
- Other factors like family history, biological age, financial capability, extended family readiness etc.

These were some of the real questions that had to be addressed before I made 'the decision'. A stable, happy and understanding marriage definitely forms a foundation for a meaningful parenthood. The desire to raise a child should be a calling from within for both the partners as a child needs both a mother and a father fully to be there for his/her healthy development. Sometimes, the answer is clear for few people, however, for others it may take time and effort to dive deep and become aware. The reason for having a child should definitely not be to mend a marriage, boredom with each other, societal pressure, lack of purpose in life or for egoistic reasons. As Kahlil Gibran says in the poem on children "They come through you but not from you, And though they are with you yet they belong not to you." The reason can be very personal and unique to each couple.

Read the complete article: https://medium.com/@purnamcentreforintegrality/a-silent-birthday-53d0063cc95e

A SILENT BIRTHDAY

By Harshitha Krishnaveti

" Because of the rhythm of the universal forces, a person is supposed to have a special receptivity on his birthday each year. He can therefore take advantage of this receptivity by making good resolutions and fresh progress on the path of his integral development. " ~ The Mother

Birthdays are celebrated to rejoice the welcoming of individuals to this beautiful world. Most people enjoy celebrating birthdays when they are young, however, with each passing year their interest in honouring their birthdays diminishes. I am writing this article to share the experience of my 30th birthday and a few takeaways for the readers.

A SILENT BIRTHDAY

January 23rd 2022 was indeed one of the most memorable birthdays I ever had. Every year, I await my birthday with great excitement as I make a beautiful plan to do things I love the most during this special day. For the past 10 years I have been going to Pondicherry to celebrate my birthday. I would start my day by going to Sri Aurobindo Ashram, meet some friends, sit by the beach in the evening and end the day by having a splendid dinner. This was my routine for the past few years, however, this year neither I could travel to Pondicherry nor I could step out of my house due to the covid pandemic.

So I had to make an alternate plan to enjoy my special day while sitting at home. Tadaaaa! The idea popped - “let me have a silent birthday”. You might be wondering what exactly is this silent birthday? - if I were completely silent, what exactly is there to write an article on! A silent birthday that I have planned for myself was to consciously spend this day by going deeper within myself rather than connecting with others around.

What did I do and what have I learnt?

I have posted my status on WhatsApp that I will not be available till evening for any communication so that my loved ones who always wish me are informed of my unavailability. I woke up in the morning and started the day with a small prayer, reminded myself to stay away from gadgets and have limited social interaction. It was quite tempting to check my phone for the pouring messages, but I let go of this urge and went on to do my daily chores more mindfully. Each and every mundane activity I involved myself in, I tried to invoke the higher power and kept the focus going. It was a lovely sun kissed day, I went on to the terrace and did a half hour meditation which was a beautiful experience

Read more at: https://medium.com/@purnamcentreforintegrality/a-silent-birthday-53d0063cc95e

PURNAM LABS UPDATE

PURNAM
CENTRE FOR INTEGRALITY

After the launch of the new flagship course of Purnam: Sangha last year on November 24, 2021, December 2021 and January 2022 witnessed soulful Purnam labs happening online connecting people of all ages from all over the world. Purnam labs are a space of deep peer-to-peer learning to evolve and self-transform, anchored in the works of Sri Aurobindo and The Mother. While a few labs are ongoing, a few labs have marked their completion and celebrated a great journey with presentations and community sharing. Here are the insights from the labs that have completed their journey this month.

SACRED COOKING

Held by Smrati Humar

Cooking does not need to be a mundane chore. Discover beauty and sacredness through food and establish your kitchen as a temple. Find the deeper nourishment in food through the sadhana of cooking.

Join the waiting list to participate in the next cohort of Sacred Cooking Lab at https://purnamlabs.auroville.org/sacred-cooking

SACRED COOKING

Let us hear the experience of Smrati as a facilitator of Sacred Cooking Lab:

- Seeing the collection of pictures made me realise all the vibrant energy radiating from the food that I have been making and immersing in. I had never been able to appreciate simple and basic things such as the colour, texture and aroma of the food. This was usually because I either did not connect with my food or I was too impatient to dwell onto its looks.

I used to just eat it to get it done and over with. The collection that was made on google photos made me realise how I have been missing the beauty of my food in the haste. How I have been unable to connect with it in this fast paced life. I definitely strive to take a moment to reflect and have some introspection as to how I procured that food item and how much I appreciate being able to consume it.

SACRED COOKING

This was almost one of my initial steps to the journey of mindfulness. I had often read self-help books giving me tasks like meditating but I found myself being bored by those tasks for a prolonged period of time.

However, this workshop has gradually embedded the habit of processing things while being mindful. Be it observing the texture of a fruit to admiring the growth of my tulsi plant, I have learned to encourage myself to focus on one-thing-at-a-time and this has made each experience very pure and enriching.

Lastly, I've definitely come to appreciate the efforts of all my peers in this journey as well as make meaningful improvements in my life. Initially, I was more focused on making a wonderful dish that looks and tastes good but now I've learnt to appreciate everyone's efforts as it is.

Whether it is aesthetic or not, whether it took 3 hours or 3 minutes to make. I've learnt to be grateful for even the smallest efforts. Essentially, I realised that teamwork and the support that comes from doing a journey together with everyone creates this unstoppable force amongst people and I wish all the positivity and joy to everybody :)

NATURE NURTURES

Held by Vidya Nair

Many in the urban areas experienced a prolonged disconnect with Nature when the Pandemic peaked. Coupled with the fear of uncertainty has added to the imbalance in our mental, physical, emotional states, showing up as illness and disharmony in the interactions with the external world.

The Nurturing Walk Collective invited participants to come out and explore making deep connections with nature through your senses, and experience inner harmony that boosts overall wellbeing.

Each participant found a place close to nature (a park, a garden or a forest), and joined the Sangha for nurturing nature walks!

Join the waiting list to participate in the next cohort of Nature Nurtures ***Lab at https://purnamlabs.auroville.org/nature-walks***

NATURE NURTURES

As a facilitator of the Nurturing walks in Nature, I strongly felt that the Lab was 'happening through me' and not 'It is Me who is causing everything'. It dawned on me early on and all the micro tasks were attempted by me before sharing with the Sangha. Further, the Collective's sincerity in doing the micro-task, sharing to inspire brought magic and sustained the group energy.

Holding the space for those not active equally as others, gave me an opportunity to practice listening and empathy. I also learnt, more than the numbers it's the quality and depth the participants bring in the collective sacred space. Receiving Feedback from life became a mantra: it helped me in customizing tasks for participants to address the challenges they faced, thus making the journey inclusive as much as possible.

Trusting the Universe on the flow, and openness to receiving inputs and insights that added value to the Lab with humility and gratitude helped me progress. I felt blessed to be in this dual role, a co-traveler and facilitator. Gratitude to Purnam Mentors and all participants.

CONSCIOUS LIVING

Held By Kabita Ghimire

Are you eco-anxious? Anxious about what is happening to our environment? Do you feel alone and frustrated? How about transforming your anxiety into an opportunity to enable change for yourself and others?

This practice lab gives you an opportunity to switch to a zero-waste sustainable lifestyle with small daily/weekly activities and conscious practices while also preparing you to become a change-agent for your immediate community because you know that's where the major challenge lies.

Like Mahatma Gandhi rightly quoted, "If you want to change the world, first start with yourself". Quite simple, yet difficult. But with a community to support you, nothing is impossible!

Join the waiting list to participate in the next cohort of ***Conscious Living Lab at https://purnamlabs.auroville.org/conscious-living***

CONSCIOUS LIVING

Let us hear the experience of Kabita as a facilitator of Conscious Living Lab:

By facilitating the lab, I realized I can inspire people but not impose my views on them. I felt true aspirations stand tall but little plans we make sometimes do fail, and when that happens, it is fine, because the aspirations find their way to be expressed..I decided I should never give up. I can take breaks and slow down but I must keep walking.

I could feel the power of sangha is a constant inspiration and motivation. Through holding the lab, I understood the importance of being context based and not content based

The lab has made us passionate to become a beam of compassion for oneself and for others. The lab helped us nurture the nature within ourselves before looking at the external nature As a sangha I felt we arrived at the level of consciousness we aspired for.

I realised making small changes brings out big changes. I had young participants in my group and it was encouraging, inspiring, fun and joyful to have them.

CONSCIOUS MONEY CHALLENGE

Held by Arpita

Are you a spiritual seeker who is struggling with your relationship with money just like I am? Are you yearning to overcome this battle with money and rather befriend money? Join us in the Conscious Money Challenge, a 4-Week collective learning journey and challenge that has been designed to help one cultivate a conscious relationship with money, sourcing wisdom and power from each other, elders on the path and the works of Sri Aurobindo.

Join the waiting list to participate in the next cohort of Conscious Money Challenge ***Lab at https://purnamlabs.auroville.org/conscious-money***

CONSCIOUS MONEY CHALLENGE

Let us hear the experiences of the some of the participants of Arpita's Conscious Money Lab:

In the conscious money lab, we realized that our inner reflects our outer self and the same is true for money as well. We realized money is just a tool and means and it is best used when circulated. Money is to create something more than just money.

We saw our minds and hearts expandings with consciously acknowledging the many forms of wealth around us, be it relationships, health, or beauty.
Doing the lab on conscious money helped us realize how life is a gift. We need to have a sense of gratitude and be open to receiving them.

LOVING BOUNDARIES

Held By Dr. Vasudha Agarwal

When we don't set boundaries we say yes when we have to say No.
As a young person, we are afraid of people's judgements and in the process feel exhausted and suffocated in relationships.

Reclaiming yourself with loving boundaries is an experiential practice lab for youth to set loving physical and emotional boundaries and take charge of your life.

Join the waiting list to participate in the next cohort of Loving Boundaries ***Lab at***
https://purnamlabs.auroville.org/loving-boundaries

LOVING BOUNDARIES

Let us hear the experiences of Vasudha, who very lovingly held the Loving Boundaries Lab as a facilitator.

Her lab was deeply appreciated by all her participants, who truly saw themselves going deep within “boundaries”, to understand their aspirations, needs and communicate their boundaries outwardly as well as energetically with love and clarity. Let us hear what Vasudha has to say:

As a facilitator of the loving boundaries lab, I felt we need to look within and not outside for answers.

It was beautiful to hold space for the sangha to feel one’s feelings and not to rationalise them. Loving boundaries helped the sangha understand how to honour oneself and others.

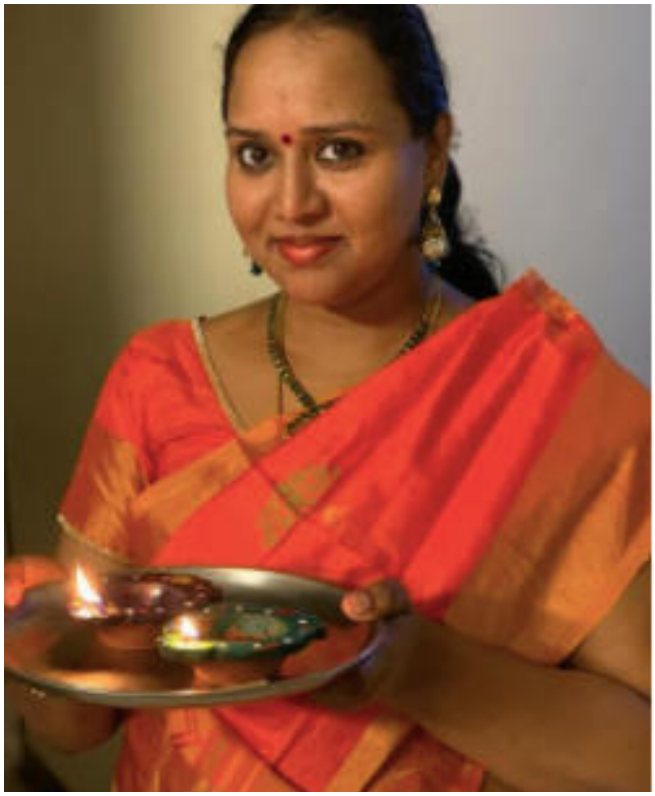
DHARANA

Held By Dhivya Anand

Are you yearning to stay calm, relaxed and think with clarity during stressful situations?
Concentration is the key to unlock your potential.
Gather the strings of your consciousness to get more time in a day to accomplish more.
Use the power of Sangha to practice techniques to stay focused.

Join the waiting list to participate in the next cohort of Dharana ***Lab at***
https://purnamlabs.auroville.org/dharana

DHARANA



Let us hear the experience of Dhivya as a facilitator of Dharana Lab:

As a facilitator of the lab, I felt aspiration, sincerity and offering my efforts to the divine will are the key requirements of success and the other things will follow through her graces. I realize that facilitating or teaching is profitable only if it is perfectly sincere and only if it is being lived while it is given.

I was fortunate to participate in 10 labs and I felt how the purnam labs have been beautifully connected with one another and I feel how my days are being beautifully crafted by The Mother

POETRY WITH THE MOON

Held By Vikas Pal

Do you feel the urge to write, journal and express yourself in poetry? Learn to find calmness and get centred within by the power of poetry, journaling, meditation and sangha.

Join the waiting list to participate in the next cohort of Poetry with the Moon ***Lab at https://purnamlabs.auroville.org/poetry-with-moon***

POETRY WITH THE MOON

Let us hear the experiences of Vikas, who very lovingly held the Poetry with the Moon Lab as a facilitator.

Reflection is a Continuous Process and Journaling is the key. It is one of the most helpful life tools one can have. Inner Revolution, Inner Change can happen when we consistently follow the process of reflection and journaling.

Community is the biggest asset we have when we practice in a group. It has multiple ripple effects and is a place where we all can grow from a place of love. Silence & Poetry are interlinked. It is the Silence that brings poetic flavor.

DECLUTTERING

Held By Karthik

Are you overwhelmed and finding it impossible to get stuff done? Are you tired of managing to-do lists and always wished for more time on your clock? Do you keep waiting to finish off important stuff before giving time to putting things in order? Create a clutter-free life by building simple yet powerful habits that can organize your surroundings and your life.

Join the waiting list to participate in the next cohort of Decluttering ***Lab at https://purnamlabs.auroville.org/decluttering***

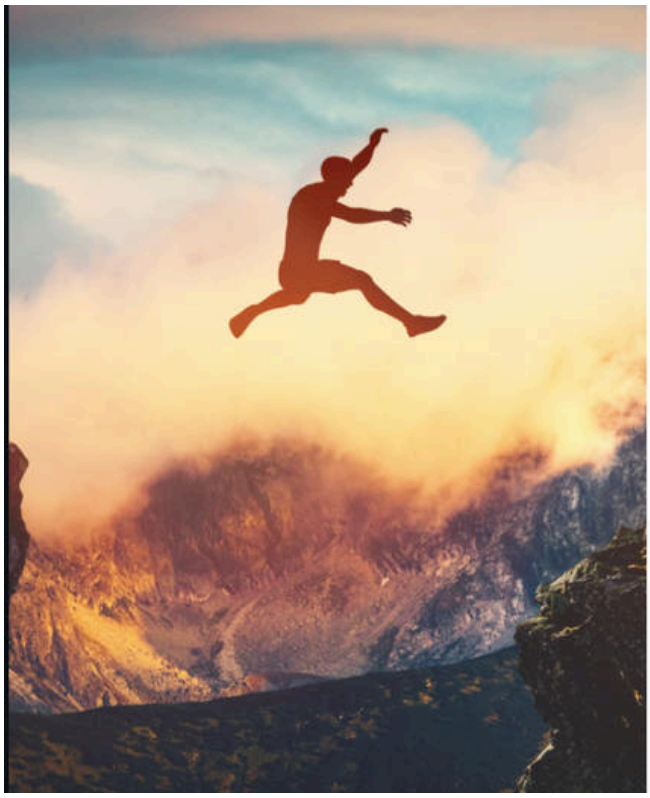
DECLUTTERING

Let us hear the experiences of Karthik, who held the Decluttering Lab as a facilitator.

The intent to declutter was deep in each of the participants, however, the aspiration was unique for each participant. For me personally, as soon as I started planning for the lab, my inertia just vaporised. Decluttering of the space led to decluttering of the consciousness. The task of cleaning of the mirror caused a deep impact in one of the participants.

The task of decluttering clothes got one participant to give away a dozen of her new sarees that she would never use to a Kali temple in Calcutta; she immediately received a gift of books. One participant donated books she did not use and within a few days she received books of The Mother that she was aspiring for.

RASA PRAVAH



Held by Namita

The pursuit of material success in work and life narrows our view, making actions and connections devoid of joy. Connect with the essence of your deeper self to infuse joyous intensity in your work and life.

Join the waiting list to participate in the next cohort of Rasa Pravah ***Lab at https://purnamlabs.auroville.org/rasa-pravaah***

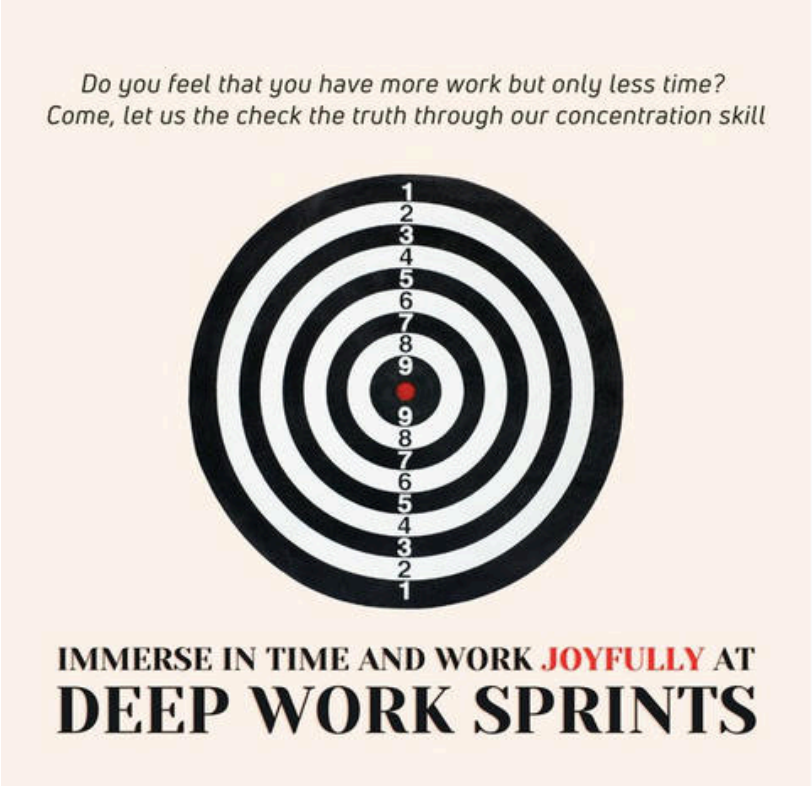
RASA PRAVAH

Let us hear the experiences of Namita, who held the Rasa Pravah Lab as a facilitator.

As a facilitator of the lab, I had an aspiration to let the Rasa to flow in relationship and work During the week of grounding to the vastness, I focused on letting the vastness of the sky create an openness in handling work stress and family pressure.

The sangha also practiced expressing gratitude to all people and things around. The practice of Journaling as a sangha was a major breakthrough during the lab and it helped in clearing the past and meet the inner child.

DEEPWORK SPRINT



Held By Raamkumar L

Practice concentration and discipline in work as a collective with the power of collective aspiration. To stay focused on planned tasks and complete them using 'Pomodoro technique', without getting diverted by disturbances. From Mon - Fri, morning 11am - 1pm IST and afternoon 3pm - 5pm IST we practice working using deep-work sprints i.e. undistracted chunks of time with fun breaks after 25 minutes, where our productivity accelerates 10x or more

Join the waiting list to participate in the next cohort of Deep Sprint Session ***Lab at https://purnamlabs.auroville.org/deep-work-sprint***

DEEPWORK SPRINT

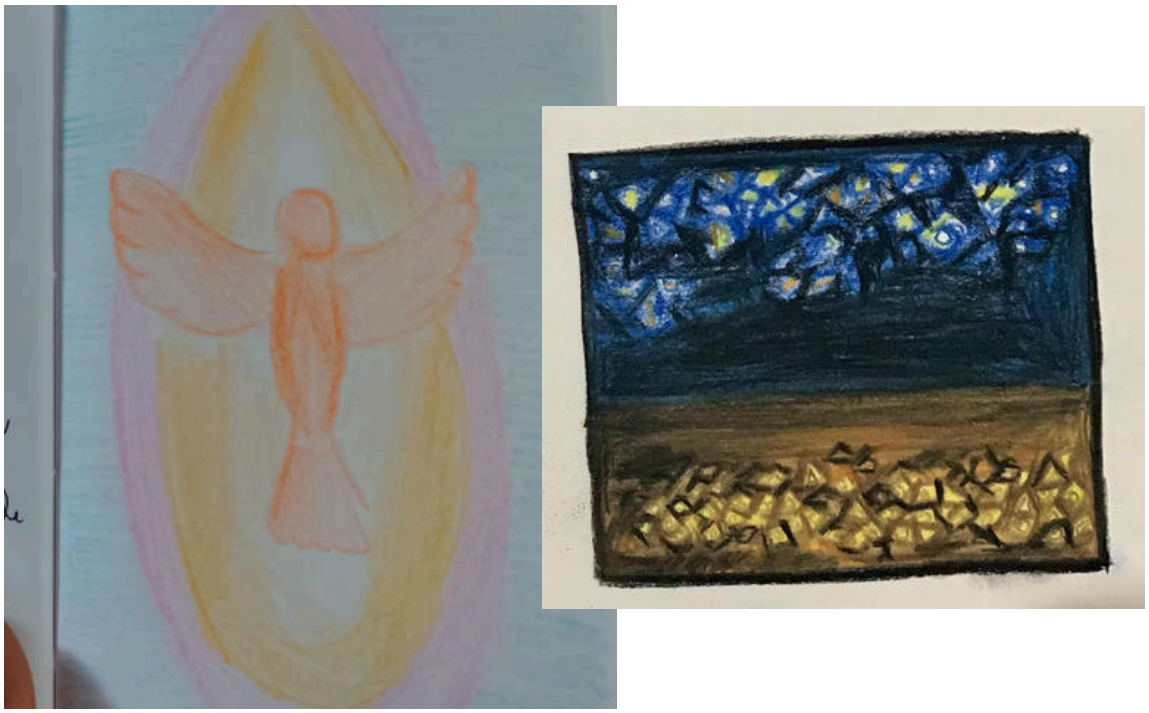
The participants felt that the Deep Work Sprint lab helped them in improving their concentration and speed during work, increasing the consciousness towards time and commitment and dedication towards work. Some participants also shared that the lab made them more alive as they were fully present to the work that they were doing.

Interestingly, for some participants, the experiences of concentration and speed at work and presenting themselves fully to the work started percolating into their daily activities such as cooking and cleaning the home and they started enjoying their daily chores.

Each 2 hour deep sprint session started and ended with tiny practices such as watching the natural breath, connecting with body and the inner aspiration, practicing gratitude and acceptance. The participants found these practices to be helpful and enjoyed them.

Practicing deep sprints in a group brought in more inspiration and energy to the participants to overcome challenges and distractions during the work. Being in a collective made them more accountable to themselves as well as the group. It also created a space for them to learn from each other during the sharing circles.

PRAYERS & MEDITATIONS



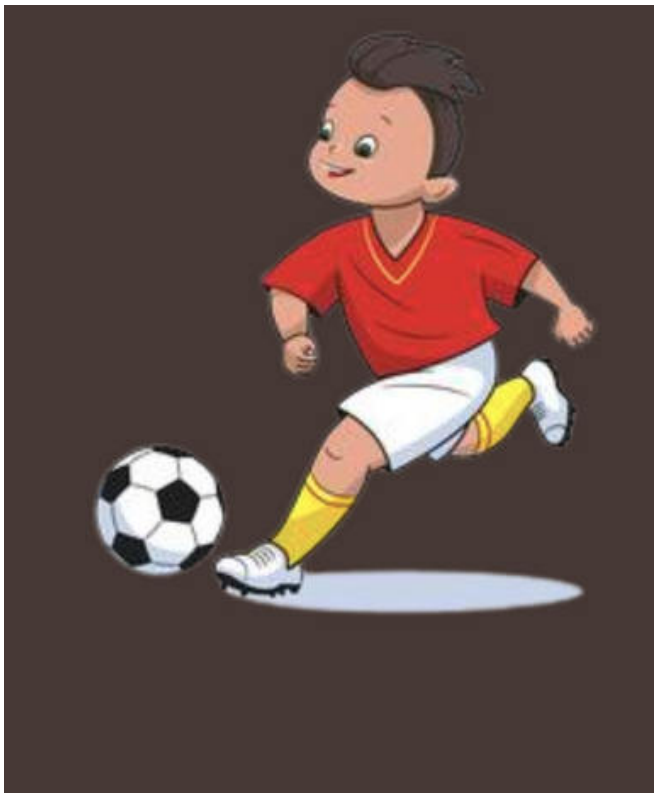
Let us hear the experiences of Arpita, who held the Prayers and Meditations Lab as a facilitator.

Let me soar to reach Thee sweet Mother
The insights when I got after this prayer is - Build positive imagery of future every night before you sleep

The Prayers touched me, and reassured me that me having common place thoughts and feelings is of no consequence as I have The Mother by my side to guide me towards Thy work and Thy manifestation, to loose myself like a veritable dust in the wind.....

It was very therapeutic for me to make these infinitesimal grains of dust and stars all lying together in one carpet on the floor of Eternity. I realised the more darkness was around them, the more each shined

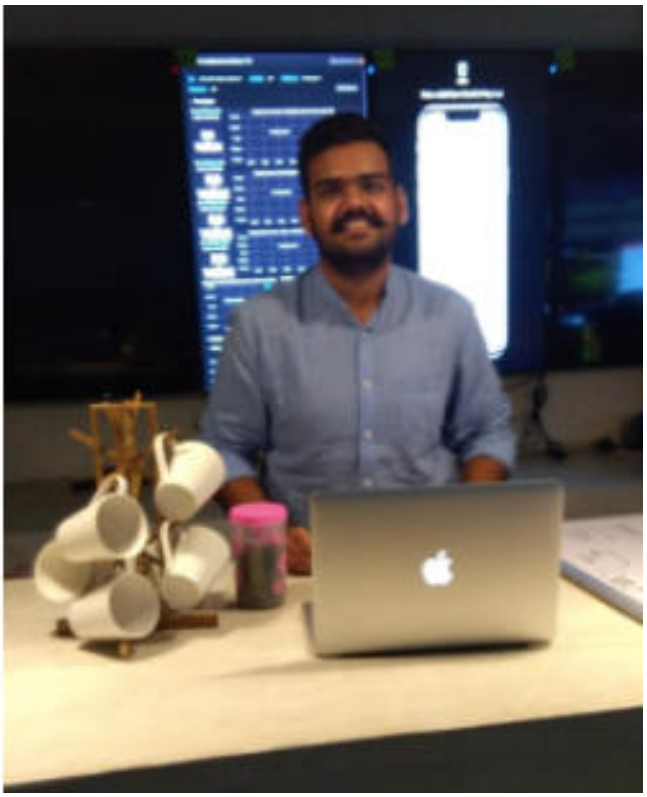
PLAYING SPORTS DAILY



Held By Rishi Sharma

Have you never played sports in life? Used to play sports but discontinued due to being busy?
We are a group of people who are helping each other start or restart sports in life. Join us!
Join the waiting list to participate in the next cohort of Playing Sports Daily ***Lab at https://purnamlabs.auroville.org/sports-daily***

PLAYING SPORTS DAILY



As a facilitator of the lab, I felt we can dream big but start small and start now. In the sangha, everybody missed the goal for week 1. That was great learning. We targeted too high. But then, slowly we began to be aligned to the goals going forward.

Through the playing sports daily lab, we realised that areas of self-improvement have to be worked on slowly as we tend to promise ourselves too quickly for the same.

If you are a Purnam Alumni of one of Purnam's Flagship Courses and wish to create your own practice lab, connect with Divyanshi at divyanshi@auroville.org.in

If you are a friend of Purnam and wish to create your own Purnam Practice Lab, join the Waiting List for Sangha at https://maven.com/sangha

THANK YOU TALAM TEAM!

SHARE YOUR JOURNEY WITH US!