PURNAM BULLETIN

February- March 2022

On 5th March we did a short webinar to know more about the Svadhyaya course with founder & core facilitator, Divyanshi. Questions were addressed towards the end

Our dear alumni also joined us to share their journeys with Svadhyaya and how it is transforming their lives

Watch it here: https://youtu.be/vSrthf3PPzU

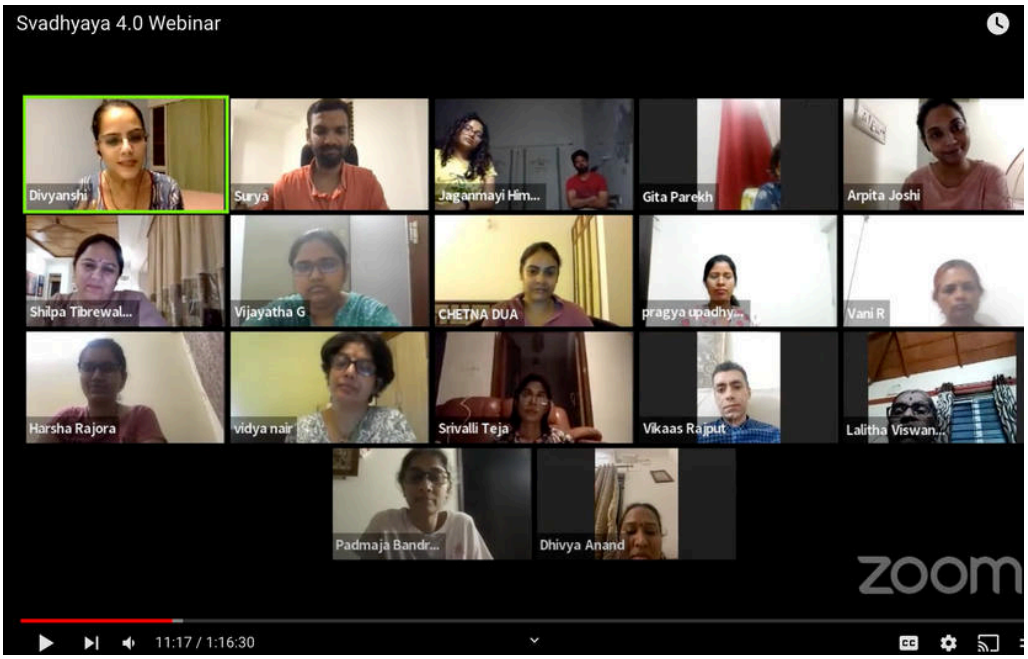
SVADHYAYA

Svadhyaya: The Study of Self | *A 6-week (April 24 - June 6) Intensive Online Course in Integral Studies *

.This journey is for you if:

- You are a seeker yearning to grow within
- You are willing to explore yourself through the foundations of Integral Yoga Psychology?
- You are curious to know about the vision and works of Sri Aurobindo and The Mother.
- If you find it difficult to read the works of Sri Aurobindo, but truly aspire to read.

SVADHYAYA



If yes, we lovingly invite you to follow the call Come join us for Svadhyaya, a 6-Week Online Course in Integral Studies Svadhyaya is a beginners-level course to know and explore yourself and the world using the key ideas, vision and transformational practices as developed by Sri Aurobindo and The Mother

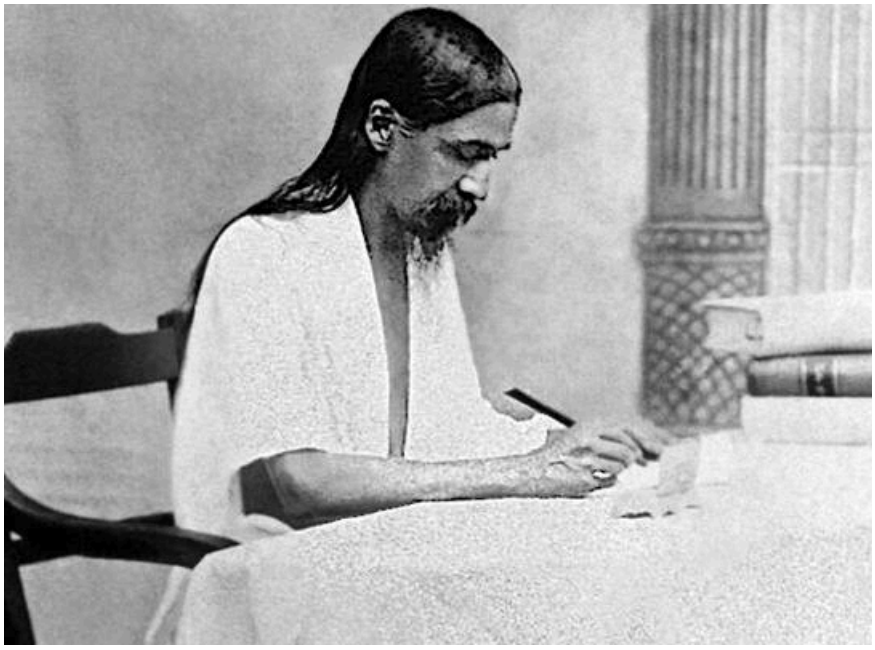
Anchored by over 10 faculty, it is an intensive course for seekers looking to "live what they learn" with a lot of importance given to community-based transformational practices and learning by doing. A strong component of intense reading and project work involving basic video production creates a container for a deep transformation.

The Course Dates are April 24 - June 26, 2022.

You can apply now at https://www.svadhyaya.auroville.org/

Applications close on 31st March 2022. Do apply at the earliest, as we are reaching out widely and the number of seats are limited. Admissions on a rolling basis.

LAUNCH OF SRI AUROBINDO INTEGRAL EDUCATION NETWORK



The Sri Aurobindo Integral Education Network (SAIEN) is a collaborative effort of several Sri Aurobindo Education Centres and Institutes, to manifest the Integral Vision and Education of Sri Aurobindo. Sri Aurobindo wrote, "Yoga must be revealed to mankind because without it mankind cannot take the next step in the human evolution."

And the Mother further added that the best means to prepare for this next step in Human Evolution would be to establish an International University in the name of Sri Aurobindo where those who are seeking for an Integral Education and Yoga can prepare themselves for this next step.

SAIEN's aspiration is to set up a Multiversity in the name of Sri Aurobindo, a modern Rishi and a great exponent of an Integral system of education, as illustrated in his writings on 'A system of National Education', on his 150th Birth Anniversary.

LAUNCH OF SRI AUROBINDO INTEGRAL EDUCATION NETWORK

Creation of this institution will be a befitting tribute, and an offering of India to Sri Aurobindo in the form of a special Act of Parliament to form an Institute of National Importance.

The Act would bring together and provide recognition to all the institutes and centres imparting and following the educational pattern of Sri Aurobindo and the Mother and form an alliance with major centres of learning in India and globally to design and facilitate Integral courses and programs, original and applied research using innovative pedagogies of teaching and evaluation – 'as an education for the world at large'.

How to Collaborate?

We invite you to join the Sri Aurobindo Integral Education Network and enrich it with your unique offering. You may join as an Integral Yoga/Education Centre or Institute by submitting the Organisational form, and/or join as an Individual working in this field, by submitting the Individual form.

Individual Form: https://tinyurl.com/2p975r3j
Organisation Form: https://tinyurl.com/2p993s5f

PURNAM'S 1ST BIRTHDAY

On the occasion of Purnam's first birthday, we read the following lines from Savitri:

The suneyed children of a marvellous dawn,
The great creators with wide brows of calm,
The massive barrierbreakers of the world

And wrestlers with destiny in her lists of will,
The labourers in the quarries of the gods,
The messengers of the Incommunicable,
The architects of immortality.

SAVITRI PAINTING 5.0 CELEBRATIONS

On the special occasion of Sri Aurobindo's 150th birth anniversary, for the first time, Savitri Painting course was held for 4 simultaneous cohorts: Love, Strength, Beauty and Truth with 48 participants from all over the world, of all ages basking in the light of Savitri, to go deeper within and Paint their Soul

Over 5 weeks, the participants immersed themselves into the world of colours, concentrated on flowers, collectively mediated on a single line from Savitri, and painting by Huta. They engaged in multiple facilitator-led sangha calls, engaged in Satsangs and collectively painted their soul. This is the first time that 17 facilitators came together to gift this experience to more and more participants, an experience to cherish for a lifetime

We are delighted to welcome these 48 participants to the Purnam community Holding this deep aspiration of further offering this gift to 150 participants by Sri Aurobindo's 150th birth anniversary

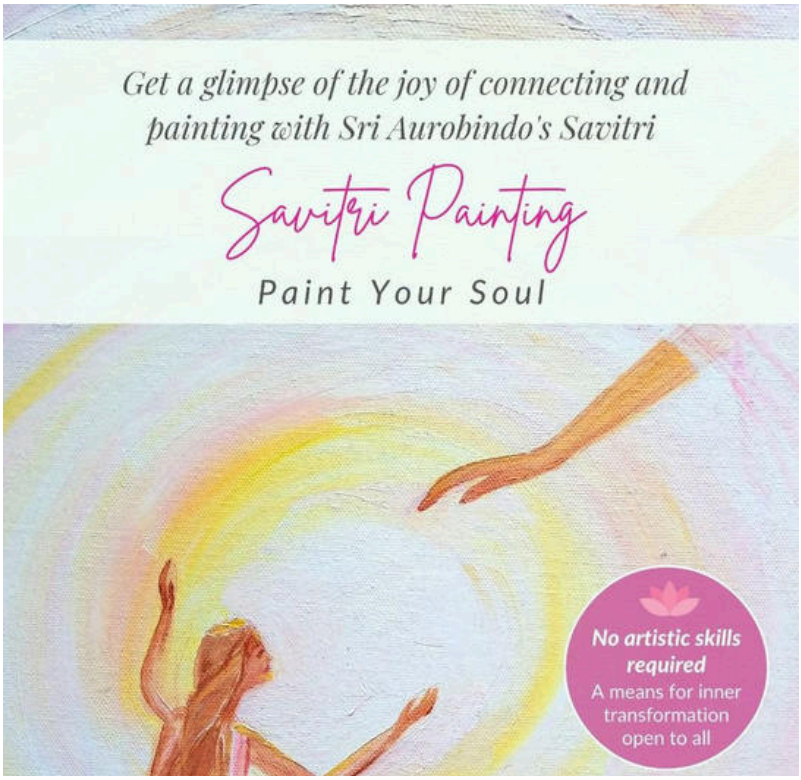
SAVITRI PAINTING

Very warm greetings from Auroville

It is with great delight, we are happy to announce that we are rolling out four special Savitri Painting cohorts - a five-week journey to move inward into greater depths of your being through art, music and poetry.

In the last two years since the conception of Savitri Painting, we had been receiving requests from seekers in Europe for timings more suitable to their time zone. Besides, we had been receiving requests from children and their parents for Savitri Painting for children and adolescents.

SAVITRI PAINTING



In light of Sri Aurobindo's 150th birth anniversary, we are rolling out special back-to-back cohorts adapting to international timings as well as the needs of adolescents. Of course, these cohorts are also open to adults from India and other parts of the world, if you wish to apply.

The course accesses the mantric power of Savitri, Sri Aurobindo's magnum opus, and painting to help you sense your soul movements, and see the unfolding of your soul-space through the joy of painting. The course does not require you to be an artist.

If you feel called to discover your deeper essence through colours, poetry, art and flowers, then this course is for you. Apply now at https://purnam.auroville.org/savitripainting

If you feel this course will be useful to someone else, please share with her/him.

THE YOGA OF LOVE

Written by Divyanshi

No word is more misunderstood than love. It is much more than a feeling: it represents a whole plane of consciousness, much too brilliant for humanity as a whole to bear. Although this supreme Vibration has been twisted, degraded and perverted by society, it is what we all are in essence. No yoga is more challenging than the Yoga of Love or Bhakti Yoga, because we are being asked to climb a summit much too lofty for even a relatively evolved person to reach!

In the Mother's words, "To be conscious of the Divine Love, all other love must be abandoned". So how can we realise this state? What kind of obstacles will we meet on the way? What prize awaits those who reach the tabernacle of Divine Love? The Yoga of Love –the twelve session interactive programme with twelve different facilitators is dedicated not only to the concept but the practicalities of Love itself. We must seek to embrace this shining Force in our day-to-day existence.

THE YOGA OF LOVE

A moment of forgetting oneself

Our relationship with the Divine is the fundamental basis for cultivating all our relationships into experiences of beauty and love. With this foundation of the Yoga of love, the transition from falling in love to rising in love happens. The experience of falling in love, initially, is blissful.

It gives one a sense of what it means to forget oneself, a sense of the transformative force of love. However, soon the ego makes its presence felt again and impurities of doubt, attachment, possessiveness, control, status, desire, sexual impulses begin to mar this delightful experience and as act as hindrance in receiving the force of love. Love fundamentally is the opposite of the ego.

As long as there is a distinction between the 'I' and the 'other', love doesn't exist. Love is the force that dissolves the ego. It is, in essence, a self giving, which makes one widen and expand. "In human beings the first contact of love brings down something of its purer substance, they become capable for a moment of forgetting themselves, for a moment its divine touch awakens and magnifies all that is fine and beautiful."
~The Mother

Read more at: https://tinyurl.com/y8k69jyr

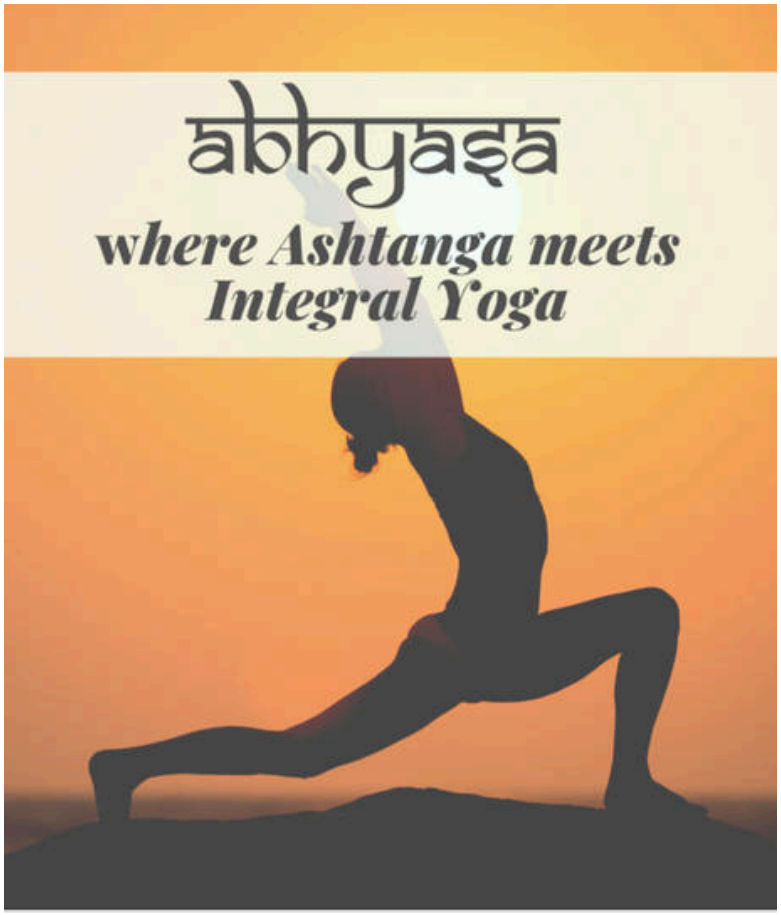
PURNAM LABS
FEBRUARY 2022 UPDATE

PURNAM
CENTRE FOR INTEGRALITY

February 2022 saw many labs marking their completion. There was the lab for Ashtanga yoga and the lab for Savitri Yajna celebrating Mother's Birthday and Auroville birthday together.

Pragya completed Abhyasa in early February and few labs such as Journaling within and Savitri Yajna and completed towards the end of the month. Here are a few insights from the facilitators of the labs.

ABHYASA



Held by Pragya Upadhyay

This practice lab was conducted for those souls who were aspiring for or already in the process of bringing a conscious and dynamic shift in life by actively working on body-breath-behavior patterns. It hosted seasoned as well as aspiring students of Hatha Yoga and Integral Yoga.

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

ABHYASA

As a facilitator of the lab, I gave prime importance to building a rapport with the participants by talking with them even before accepting their application, thus establishing from the beginning, how we are compatible with each other, becoming aware of their backgrounds and probable challenges, to use it as factors to resolve through the collective journey, constantly reinforcing self-efficacy in them

I felt the importance of being receptive towards taking real-time "Feedbacks from Life", registering them and acting in accordance with them It felt important to create spaces for Abhyasa in different dimensions of our life, like Environmental- eg. Room, Yoga mat, etc., Functional- Google calender, etc, Physical- Sleeping at night on time, etc, and Psychological Dimensions, eg showing persistence for shaping new behaviour patterns like waking up early, showing up 5 min early, etc.

I have realised the importance of working proactively- at least one week ahead (especially where Significant others are involved eg, Sunday Sharing Circle with Guest Speakers- planning it, inviting the speaker, putting out msg in the groups, etc)

I also realised the importance of Svadhyaya and how reading and reflecting on the texts with higher knowledge such as "Hatha Yoga from Synthesis Of Yoga, Physical Education from On Education, etc can be so beneficial to integrate the learning and provide meaningful grounding

CONSCIOUS WILL

Held by Dr Abhijit Lincon

The aim of the lab was to focus on the commitments made to oneself or others or the timelines, but not being able to meet them. The community worked on holding the aspiration for manifesting ideas into action and doing small actions every day to be in charge of our Time and word.

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

CONSCIOUS WILL

Let us hear the experience of Abhijit as a facilitator of Conscious Will Lab:

As a facilitator of the lab, I felt it is the inner state of consciousness that gets reflected as the energy of the group or participants.

During the lab, Values and Hierarchy sessions received very good response. Journaling has been a regular practice which had a larger impact on the group.
At the beginning the participants were seeing the daily activities from the surface level. When they went deeper into journaling, they could see their values. It drove them to take action for living their values.

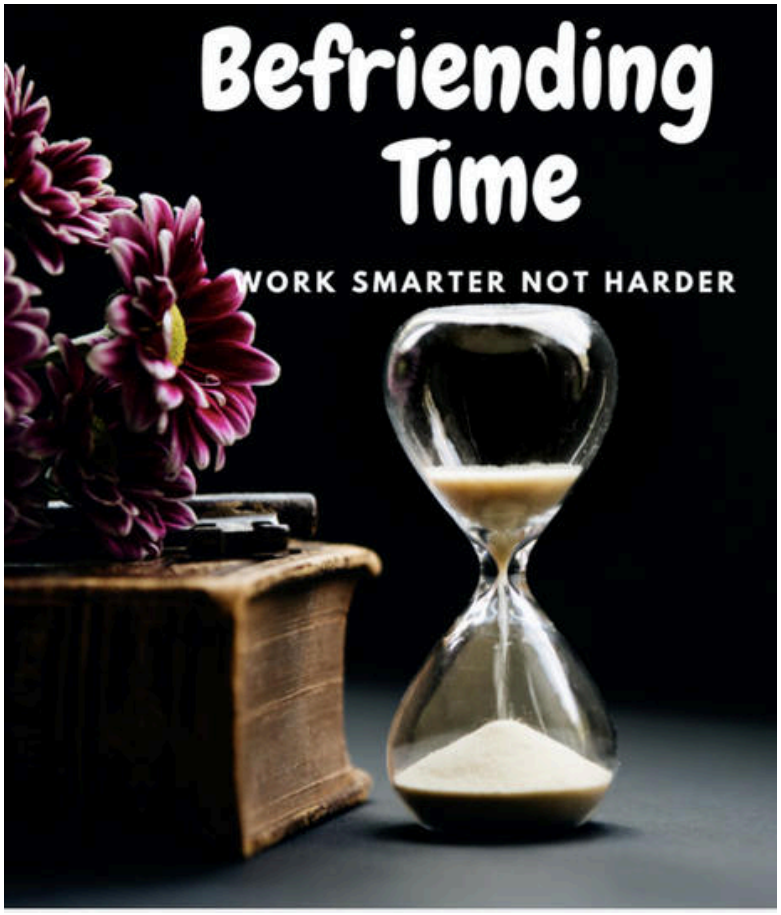
In the process, we discovered how the emotional patterns and thought chains are affecting our decision making and how it takes away from our values.

Following are take home messages from our journey:

Live your soul value in action through Will power.

Will power is some force that aligns our action to the soul value.

BEFRIENDING TIME



Held By Bindu K.R

This collective online journey explored how one can expand time and joyfully do more in the same time. Through small steps each day along with the community, we worked on changing our relationship with time and finding its abundance.

Join the waiting list to participate in the next cohort of Befriending Time Lab at https://purnamlabs.auroville.org/befriending-time

BEFRIENDING TIME

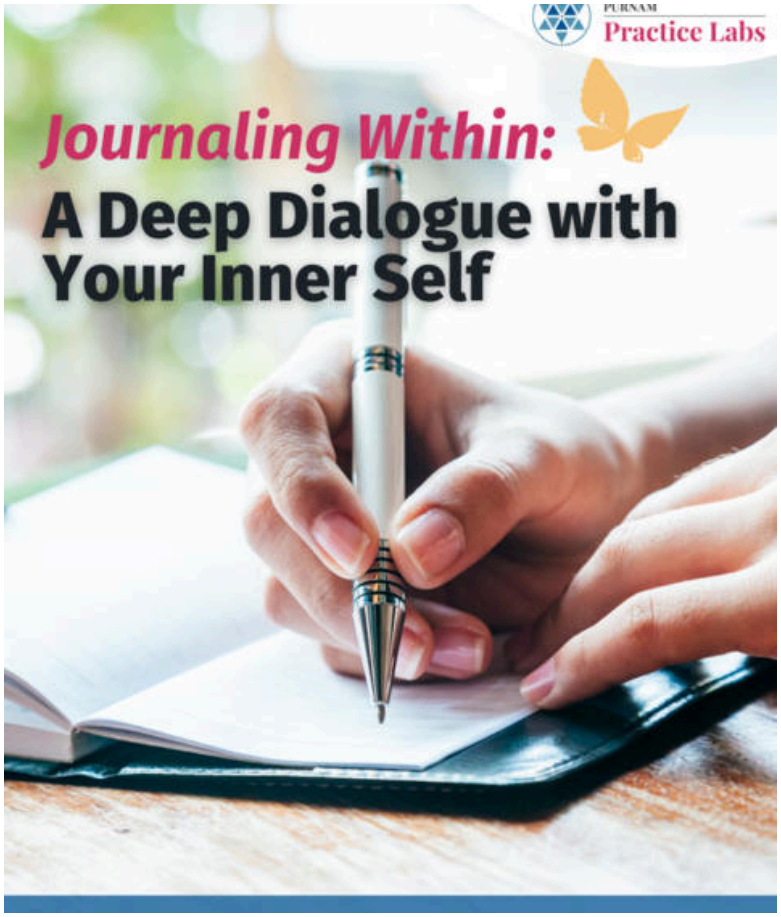
Let us hear the experience of Bindu as a facilitator of Befriending Time Lab:

As a facilitator of the lab, I found myself to be pushed out my comfort zone and break my limitations. The sharing circles gave me feedback on my strengths and weaknesses.

Also the Sangha was holding each other's back and inspiring each one to come out of their comfort zone. I felt collective learning and energy has unparalleled benefits and the concepts are better assimilated.

I felt a sense of grounding due to the warmth from the community I am holding space for.

JOURNALLING WITHIN



Held By Varsha Patel and Vasudha Agarwal

The lab was conducted in order to help each one of them in the community to connect deeper with their emotions, inner child, inner guide and most importantly their own inner self. It helped in breaking through the internal resistances and finding answers to the questions and experience peace and joy from within.

Join the waiting list to participate in the next cohort of Journaling Within Lab at https://purnamlabs.auroville.org/journaling-within

JOURNALLING WITHIN

Let us hear the experience of Vasudha as a facilitator of Journaling Within Lab:

Facilitating four weeks of journaling practice was an emotional, joyful and very fulfilling journey for me.

The Breath watch and deep cave of the heart meditation added so much depth to the journaling experience of the participants.

The deep sharing of insights at the end of the session added magic to the sessions. Honest deep sharing from hearts created group cohesiveness as well as self acceptance among all the participants. The feeling of "We are all in this together" and "We are different from outside but from inside we are the same vulnerable beings" stayed with all of us.

To sum up, I would say the collective journaling practice with breath watch and deep cave of the heart meditation is a very powerful transformational practice.

TOUCH YOUR SOUL ESSENCE WITH SAVITRI YAJÑA

Held By Archana and Priya

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

The lab took the community in a mantric reading of Savitri - The Book of the Divine Mother. It explored together the soul expressions through Savitri, accompanied with a festival of painting, journaling and much more.

Join the waiting list to participate in the next cohort of Touch Your Soul Essence with Savitri Yajña Lab at https://purnamlabs.auroville.org/savitri

TOUCH YOUR SOUL ESSENCE WITH SAVITRI YAJÑA

Let us hear the experience of Archana and Priya as a facilitators of Savitri Yajna Lab:

As facilitators of the lab, we relished in the power of collective reading. The community enjoyed the taste of Savitri and had an aspiration to continue and read it in The Mother's presence.

Everyone appreciated painting, journaling and poetry and it helped them to go deeper. The sacred space that was held during the journey invoked peace, stillness and vastness.

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

SHARE YOUR JOURNEY WITH US!