PURNAM BULLETIN

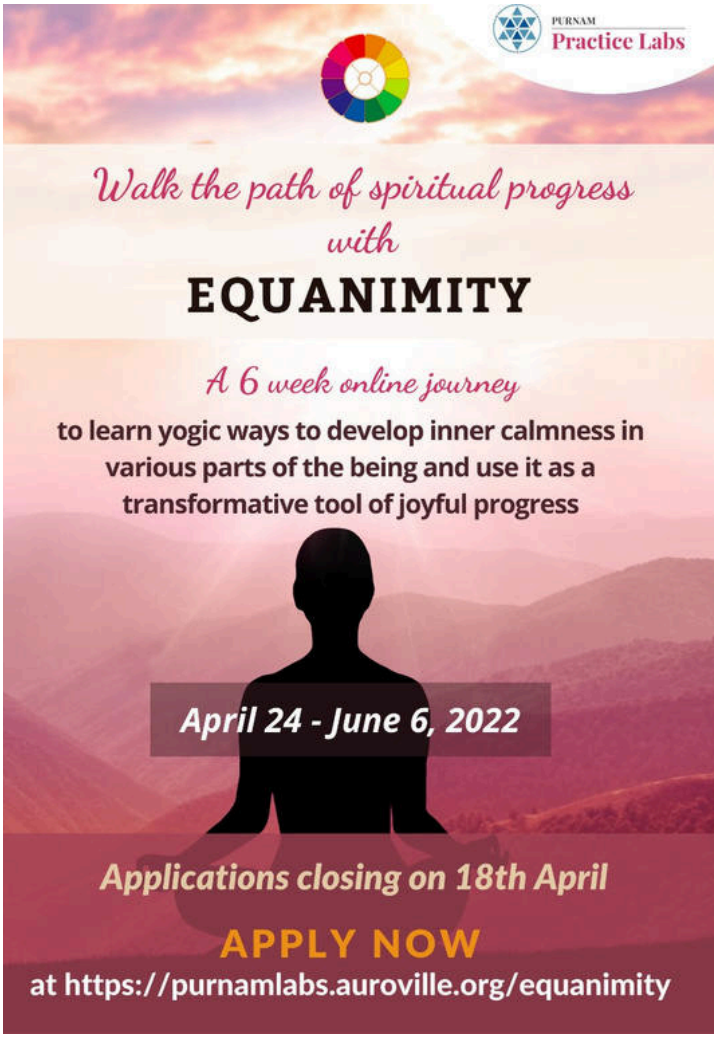
March - April 2022

Sourcing Our Oneness Camp

Few of our Purnam community members participated in Sourcing Our Oneness camp in light of Sri Aurobindo's 150th birthday at Nainital.

Palak and Surya facilitated four sessions on Savitri with painting, poetry, senses and movement. It was super successful and the participants went very deep in the short amount of time, especially assisted by the powerful energy of the mountains.

EQUANIMITY

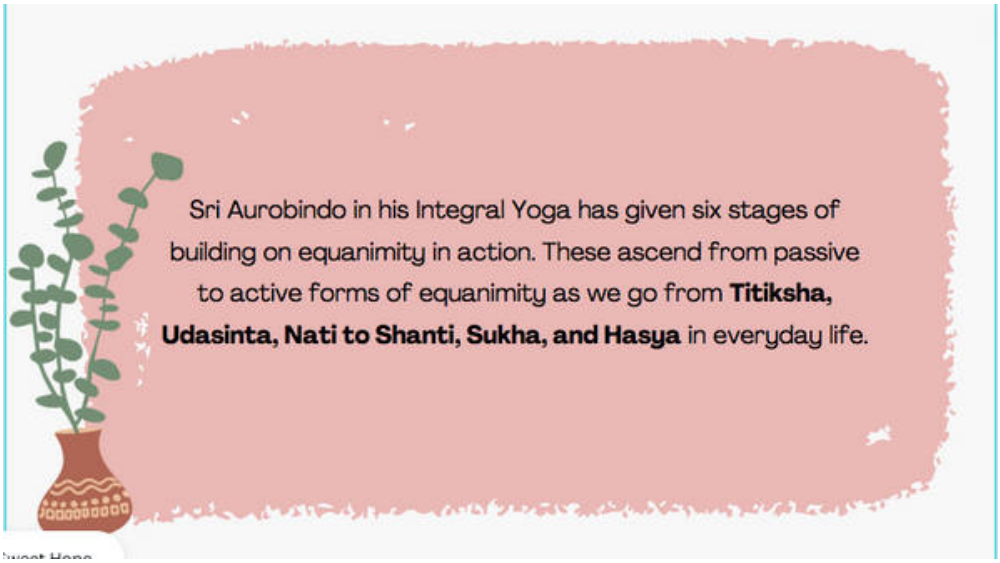


Equanimity: The Study of Self | A 6-week (April 24 - June 6) Online Journey

In life, we may often find ourselves being strongly impacted by likes and dislikes, victory and defeat, praise and criticism, success and failure while making decisions, dealing with relationships or trying to get rid of unhelpful habits

Equanimity in the mind, heart and body is a Yogic way to embark on our journey of spiritual progress.

EQUANIMITY



Friends, Equanimity practice lab is curated with the deep aspiration to develop inner calmness in various parts of our being and walk on the path of spiritual progress.

In our 6 weeks online collective journey we shall include:
-Weekly themes and tasks of the days based on yogic stages of equanimity
-Journaling, painting, mantric reading of weekly quotes by Sri Aurobindo and The Mother
-Weekly sharing circles and special speaker sessions to strengthen our journey

Dates 24th April- 5th June 2022

Have a look at this brochure to know more about the lab - https://bit.ly/3OgbE7q

Apply Now at https://purnamlabs.auroville.org/equanimity
Applications closing on 18th April

JOURNALING WITHIN: A DEEP DIALOGUE WITH YOUR INNER SELF

By Divyanshi, Manoj, Varsha, Vasudha and Uma Narayanan

25th April - 21st May| Online Journey

Do you want to find the answers to the questions that you are seeking within you?
Do you want to experience the feelings of peace, joy, and silence within you?
Wait no longer!
Come join us for 4 weeks of the Journaling Within practice lab.

Apply Now at https://purnamlabs.auroville.org/journaling
Applications closing on 21st April

SVADHYAYA 4.0 WELCOMES 28 SEEKERS

Svadhyaya is a six week online transformative community immersion in the integral yoga psychology of Sri Aurobindo and The Mother

Have a look at the Participant Profiles here.

PURNAM NCR MEET

The Delhi NCR Purnam Alumni Meet was organised on 20th March 2022 at the Gnostic Center at Palam Gaon, Gurgaon, from 10:00 AM to 2:00 PM. It was a special moment to come out of the zoom window and be with each other and our mentor trainers Divyanshi and Palak, in the sprawling serene greens, far from the hustle-bustle of city life. Alumni came from Gurgaon, Delhi, Nida and as far as Shimla. Those present included Divyanshi, Drishti Vikas, Vasudha, Runa, Shubham, Palak, Chetna, Vidya and Neel. The meeting was an informal one, experiencing and expressing sheer joy to be with one's sangha. There was so much diversity that each one of us, from Mother's kindergarten, brought and poured into the Center anchored by the Divine. The sharing circle began by observing silence and then each one shared the stage they were at in their life journeys. Many shared what opened for them by participating in Labs and other learning journeys at Purnam. The meeting was also accompanied by satvik light breakfast. Post sharing the sangha proceeded and did a silent meditation at the Shrine of Sri Aurobindo. Memories were created in the rich conversation that touched everyone in very many ways. The photographs captured the Sangha energy basking in The Mother's Grace. Deep gratitude to Divyanshi for organising the meeting and all the Sangha members for creating a beautiful space that was.

- Written by Vidya

PURNAM COMMUNITY AT SOURCING OUR ONENESS CAMP

Few of our Purnam community members participated in Sourcing our oneness camp in light of Sri Aurobindo's 150th birthday. Surya and Palak had conducted a Savitri Painting session there with other participants at the oneness camp.

Let us hear from Surya as a facilitator of the Savitri Painting sessions:

"Palak and I facilitated four sessions on Savitri with painting, poetry, senses and movement in Nainital as part of the Sourcing Our Oneness Camp. It was super successful and the participants went very deep in the short amount of time, especially assisted by the powerful energy of the mountains.

In the sharing circles, some of the participants mentioned that they feel like even though they have read Savitri's painting for years, it has finally come alive. Many seniors (Hindi speaking) also loved the process and deeply enjoyed connecting to Savitri in this way

I really see Savitri Painting and this exploration as a big part of Sri Aurobindo's 4th dream, which is India's spiritual gift to the world. "

Here are a few pictures of the painting sessions:

WHAT IS THE TRIBE UPTO

OUR DEAR PRANIT, WELCOME TO AUROVILLE!

Congratulations Dear Pranit, who came to Swadharma in 2016 at the age of 17 and is now joining Auroville. He is truly an example of a courageous young man who decided to chart his own path in life; deciding to opt out of school even though he was scoring very high marks, for he felt school education was limiting and didn't lead to the building of the new world. So he took the leap to explore places and systems that are contributing to building the new world and new society. That's how he came to Auroville, where he has worked on a variety of projects. Today he is learning several instruments and the art of making instruments, besides volunteering with Botanical Gardens. He is truly a student of Auroville. We are very glad that he has taken the next step and is beginning to join Auroville.

CONGRATULATIONS, DEAR SRISHTI!

Srishti is a Swadharma 9 participant and despite her several passions, she found her true calling in expressive arts. As part of the Swadharma course, she did an expressive arts workshop as her microproject. After an online immersion, she came to Auroville.

Now, she has completed a module in expressive arts for therapy, education and peacebuilding and has emerged as a regenerative seeker on the way to becoming an agent of change.
Here are a few pictures celebrating her graduation:

SAVITRI PAINTING AT DELHI ASHRAM

The Delhi Sangha of Savitri Painting alumni met at Delhi Ashram to paint together on March 6.

Let us hear reflections from Chetna, a participant in the Savitri Painting session:

"A group of nine participants of Savitri Painting Alumni from Delhi-NCR met on March 6th, a bright Sunday afternoon to paint together at the lawns of Sri Aurobindo Ashram, Delhi Branch. The greenery and the flowers blooming around the campus touched the spirit of one and all, putting them in touch with the child within as they settled on the mats.

The group painted “O Seer, Thy Bright arrival has been timed to this high moment of a happy life” from Savitri. It was indeed a happy moment to witness the child-like joy on everyone’s faces as they finished their paintings and shared the inspiration behind them. It was then time to pay respect to Sri Aurobindo’s Samadhi, offer the paintings as a mandala, and thank it for the inspiration.

The visit also included a look at an exhibition of paintings inspired by The Mother, some even including articles owned by her carefully and meticulously woven into the painting. The evening ended on a cheerful note with tea at the Dining Hall. "

AWARENESS THROUGH THE BODY

Francesco and Suryamayi are part of a new generation of ATB facilitators building their own relationships with the practice and bringing it to a new audience.

For Francesco, he was already focused on the body in his life pre-Auroville, as he used to be a professional snowboarder. “Extreme sports are very much mind-body related because you need all sorts of concentration, you need a lot of visualisation, and emotional management – the physical action is then the product. That’s similar to how ATB works, it’s awareness through the body. So ATB is quite natural to me. I did things in my childhood that later I figured out were ATB exercises.”

For Suryamayi, who grew up in Auroville and who has been immersed in ATB since early childhood, the effect of ATB is hard to overstate. “It’s really a part of who I am, an awareness of my state of being, the different parts of myself. It’s like a second nature. What it offers me is just an unshakeable knowledge that I can find center within myself. I can find a point of stillness and harmony and connectedness to something deeper. When I look around me, I see that that is not an innate thing.”

SHARING A TREASURE TROVE

As young ATB facilitators, enthusiasm to bring ATB to a wider audience drove their latest project. While ATB is popular worldwide, it's not always so accessible to people outside of India, as the workshops and immersives mostly take place in Auroville. Especially with the impact of COVID-19, travelling here can be complex. Suryamayi, for one, "had never thought of facilitating ATB online, but it feels really important to me to make the ATB practice more available in these times. Because it has so much to offer – we have this amazing treasure trove." In collaboration with Auroville Consulting, they found the platform and skills to make high-quality videos that communicate the beauty of ATB to the world.

However, bringing ATB online is not as easy as it sounds. Many of the practices don't translate well in the online setting as they require us to be physically engaged in a group – the one thing that the internet does not allow for. Francesco is the first to admit that we can't get the full spectrum of ATB online: "There are exercises in ATB where we go into each other' energy spaces, and forget about that, it doesn't work online. There is something about the materiality, skin to skin, sweat to sweat, heartbeat and all. This is not possible online."

AWARENESS THROUGH THE BODY

When your work is a way of life, new circumstances help you get creative. During the COVID-19 lockdown of last year, Aurovilians Suryamayi and Francesco pooled their energy to bring the powerful tool of Awareness Through the Body to a wider audience. Through an online video course, these facilitators guide you through a spate of ATB practices to help you get a first taste of the power of ATB. We spoke to them about their first-of-a-kind project.

Learning Through the Body

ATB is a set of practices for connecting to the different parts of the being – the mental, the vital, the physical, and the psychic. It was created in Auroville by Aloka and Joan to help us explore how we relate to our inner and outer worlds. Different from many traditional forms of meditation it also involves a more dynamic part of life; there is no division between when you are meditating and when you are doing other things. ATB practitioners train to observe themselves in action, their emotions, their physicality, to access and understand their inner world in relation to the outer. As Francesco describes it: "We come into the world without an instruction manual. ATB helps you to find it."

AWARENESS THROUGH THE BODY

To deal with this restriction, they had to be creative and take from ATB what can be done by individuals, at home. “ATB is attention, attention, attention! So the course spends a lot of time on that. Then there are the relaxation exercises, the breath exercises, and the basic information of what ATB is all about. So if someone has already been going through the information and then can come to an actual workshop, they can enter more easily into the experience.” Suryamayi is still open to see what more they can do, and ready to improve their current course: “Some aspects are easily shareable and you don’t need a live context. But we are definitely looking forward to getting feedback on what we have made, and seeing how we can develop ATB online in the future.”

Ready to Dive In?

The final product of the team’s work is a 4-hour workshop that can be bought in the AV Online Store. In this 3-module video course, you will be introduced to the foundational principles and practices of ATB. You will begin a journey of self-knowledge and self-development around three key themes: Attention, Harmony, and Breath.

The full course includes:
3 Video Modules
7 Audio Tracks
1 Bonus Meditation

Once you buy it, you can download the videos to refresh or redo the course whenever you feel like it.

Enjoy your explorations!

HAPPY WEDDING FOR SAHANA

Congratulations Dear Shanthanu and Sahana.

The two of them have been an integral part of the Purnam community. Sahana began working with us on the Freedom compilation, which is today published on Integral Education Wiki. Shanthanu began supporting the same project in 2018.

Today, Sahana is leading the Savitri Art Project, wherewith the support of 10 artists we are making 150 paintings for Sri Aurobindo's 150th birth anniversary.

We are very happy and glad that the two of them have decided to come together in life, with an aspiration to collaborate in the Divine's work.

They will be coming to Auroville in May, with an aspiration to contribute towards and integrate with Auroville.

Here is a beautiful wedding invitation video - https://bit.ly/3vjav6b

WHAT IS A LIE?

"Everyone who aspires to be an Aurovilian must make the resolution never to tell a lie." - The Mother

To be truly devoid of a lie is not only to be enlightened but also transformed. We are deeply entrenched into lies; layer by layer the ignorance has to be peeled. We are full of lies, and are surrounded by lies.

Many times, I have attended a wedding, where the physical and the spiritual atmosphere of the place was not beautiful (not even spelling out, often the vital desires, pleasures, indulgences and mostly the vital godhead that is worshipped in many of these places), but we click pictures that look heavenly.
Each time we portray something we are truly not. Even in the way we do clothing. Or do our houses. Most houses, in the name of cleaning, cleans the upper-most layer, the bedsheets, the floors, the utensils... but just open the drawers and the Almirahs, that's where the consciousness lies, we hide it and lie about our clean exteriors.

To be honest is the most basic attribute of walking the spiritual path.
Each time, we pretend in a certain way for a social norm or a convention and blame it on the convention, we must remember it is a life of "lying" I am living.
When we look at most products in the market, you look at its ingredients and you know how big liars we are.

If we were honest, we would be courageous and silent.
If we were honest, not the last dust speck of desire would touch us.
We make memories, happy memories, pleasurable memories; and then those memories forbid us from seeing the truth, for we glorify the memory. The rawness of things, the sheer ignorance in which we live needs to be confronted before we can overcome it.

AUROVILLE IS MY MOTHER

Written by Divyanshi Chugh

What are you producing is not so much the tangible output, whereas that is important too, but much more of the energy, the atmosphere, the aura. Through your thoughts, emotions, ways of being and living and doing, through your habits, care and consciousness, through your energy and presence, you are producing every moment a certain atmosphere. You are producing a certain physical atmosphere, a certain vital atmosphere, a certain mental atmosphere, and most importantly, a certain spiritual atmosphere. You get affected by it, and you effectuate it. If you wish to purify yourself, begin with purifying your atmosphere. If you wish to breathe clean air, inside-out, begin with purifying your inner atmosphere. Nothing is inconsequential. Nothing is big. This small daily life's inner and outer acts create a conscious or an unconscious atmosphere. It is upto us, what atmosphere we create while we are on Earth. We can create heaven, or continue to aspire for one after death whilst unconsciously-consciously creating its opposite!

What does it mean to say that the place of your birth is your Mother?
I remember an intellectual, one of my teachers, once questioning this idea, reasoning that the place you are born is random.

AUROVILLE IS MY MOTHER

Years later, today, as I will be leaving for Auroville, I can feel this emotion in my heart. Before I tell you how, let me give a short context.

Even as Chandigarh is technically the place where I was born, I hardly lived there. I hardly feel the relationship of a Mother and child with chandigarh. That's where I can relate with my teacher.

But on one hand, I do feel I am the daughter of India. (and somehow I just cannot see India as parts. I can celebrate it as a living diversity, but I cannot see it divided.) India is the Soul, the spiritual Guru of the world, before being a mass of land or a community of people. That's the Mother India, the Spirit of India, whose daughter I feel myself to be.

On the other hand, Pondicherry & Auroville is the place, where I took spiritual birth... Auroville is a special place within India that belongs to humanity as a whole. A paradise of beauty and love for those who are open to receive. Today, when I am going to Auroville, I feel Auroville is the Mother.

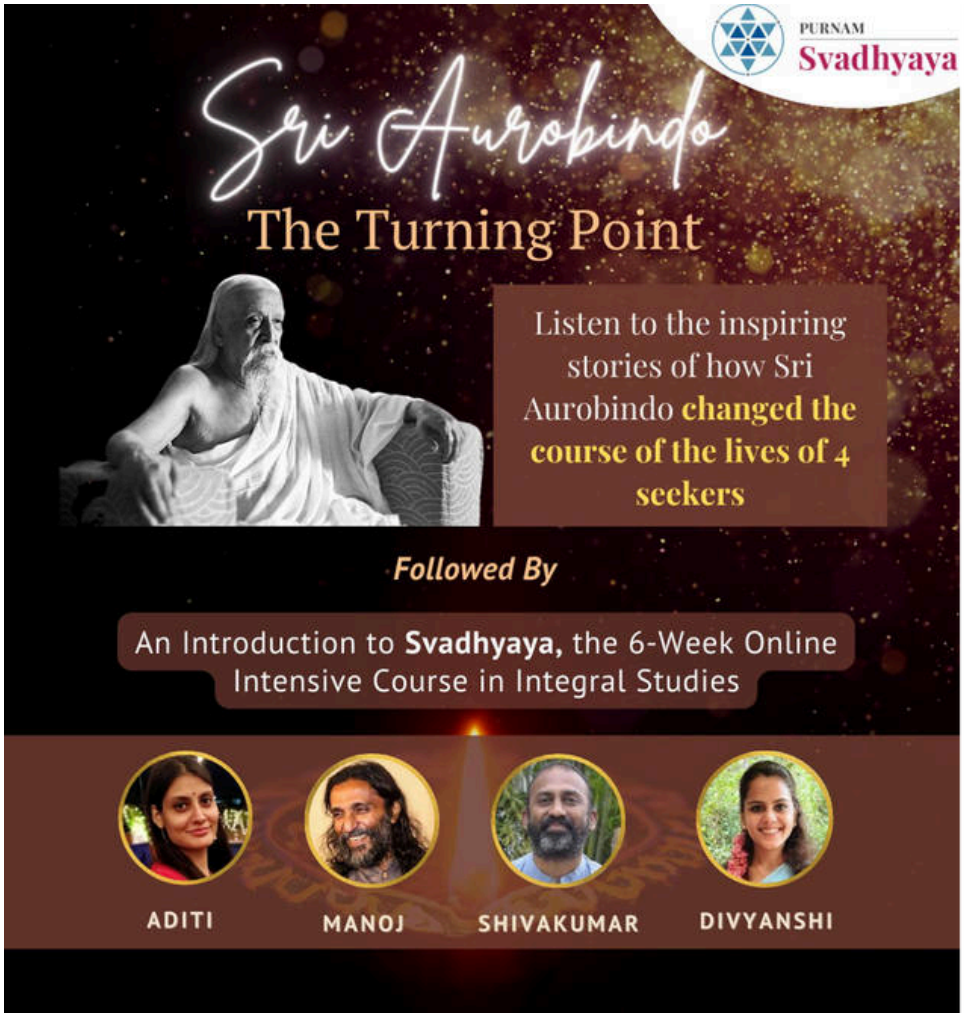
I see more concretely today I am what I am, I am what I am becoming... it is because what Auroville is, the soul and it's body. Sri Aurobindo and The Mother, Auroville and Manoj are the four key pillars that allow my inner being to blossom, like the compost in the soil that births magical flowers.

AUROVILLE IS MY MOTHER

I remember the day I decided to join Auroville, I told myself I am Auroville. I am still discovering what does it mean. It means I am responsible to give myself to the golden future. It means I am the Auroville Dream, that my faith in the Auroville Dream will be ever more than whatever be the limitations of present reality.
I am truly blessed and privilege, to be the daughter of Auroville. Auroville is the Mother.

Auroville is the world's spiritual soulquarters. It is, thus, that it belongs to "humanity as a whole". This world's soul-quarters is a galaxy, first spiritually and then physically. It is meant to attract the sincerest willing servitors of Divine Consciousness, and people of each true psychological, spiritual, cultural and philosophical "type" from the world. And as these souls are attracted to the epicenter, the galaxy begins to spin, like a wheel of energy that spins and creates abundance. Spinning this wheel is not easy, for it asks each one to give every grain of the being, from the most spiritual to the most material, to purify from happiness, pleasure, pain, suffering and desires; to be a true and a living, a consecrated and a sincere instruments of something of That Divine Truth, Love and Beauty. Through our self-giving, the wheel begins to spin, and it begins to spin, it will naturally attract the people who are necessitated to build heavens upon Earth, and slowly in no time, once the wheel starts spinning, the entire world, the Earth will be lit with the Light of Beauty, Love, Truth and Joy of Service, in it's very last detail. That's the day the world will celebrate Diwali, the true and quiet festival of lights.

HOW SRI AUROBINDO CAME TO MY LIFE

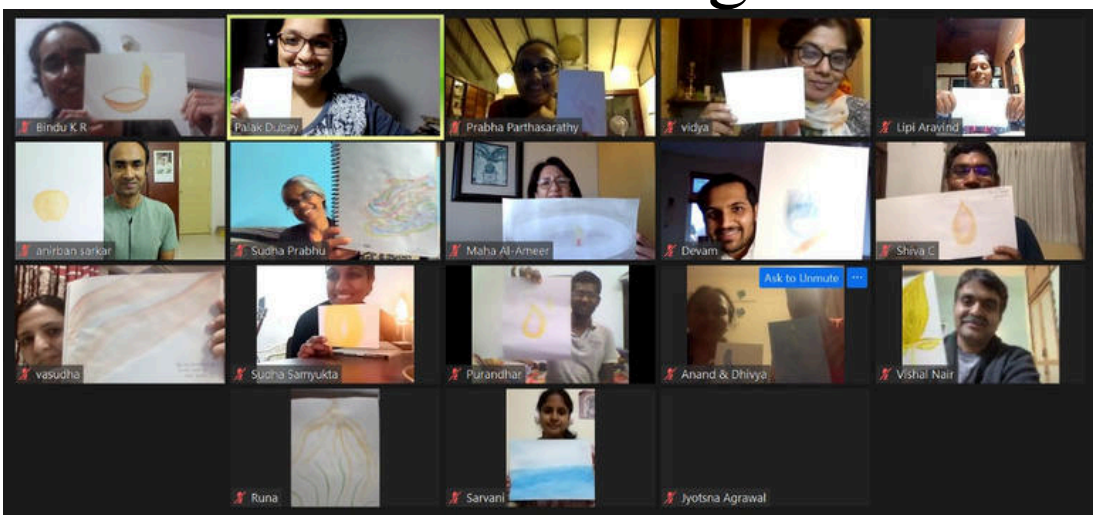


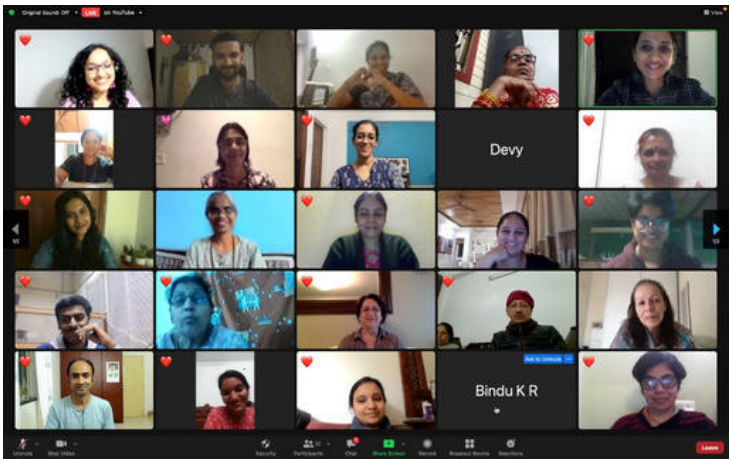
At the webinar of Sri Aurobindo, the turning point, many seekers came together to express in what ways the great sage Sri Aurobindo has influenced them and what led them to dedicate their lives to the works of The Mother and Sri Aurobindo. The webinar was inspiring and stimulating at the same time and served as an introduction to the Svadhyaya course which is bound to happen in late April.

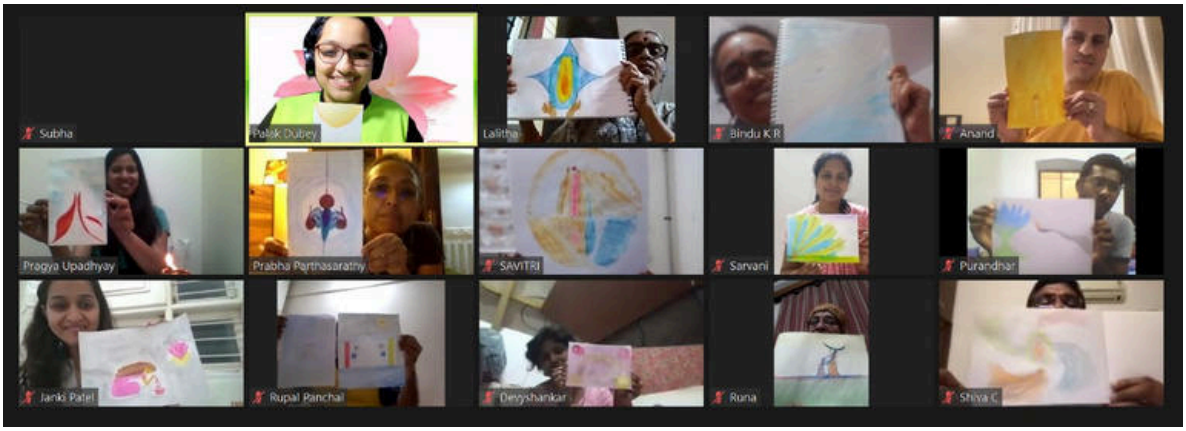
Listen to the inspiring stories of the transformation of 4 courageous seekers - Aditi, Manoj, Shivakumar and Divyanshi as they began their journey with Sri Aurobindo.

https://www.youtube.com/watch?v=9Q-uPcVLrwk&t=1827s

Savitri Painting 5.0







Savitri Painting 5.0

Savitri 5.0 has been the most unique and extremely special cohort of our flagship programme of Savitri Painting. For the first time, we had a total of 48 sadhaks along with a team of 16 facilitators under the guidance of Divyanshi who together travelled the journey of painting their souls.

48 people were divided into 4 cohorts named Truth, Beauty, Love and Strength with 4 facilitators in each who gave their loving individual attention to each participant throughout the journey which lasted for 6 weeks.

We had tiny tasks for the days and themes of the week which made it experiential and creatively immersive for all. Themes ranged from observing and concentrating on one's colour to painting a few lines and connecting to Savitri with the inner senses.

One of the major highlights was the Sunday Collective Painting Sessions, Tuesday Sharing Circles, and Thursday Satsangs along with painting sessions with facilitators which spread all throughout the week.

Participants were also given unique guidance slots, a space which was personally held by Divyanshi which gave caring nurturance to each participant.

Sessions dedicated to Inner Child Healing, English of Savitri with Shraddhavan, a celebration of Mother's Birthday with a freely offered journaling lab transformed the whole journey as a shining glimmer of our soul community.

The journey of Savitri Painting 5.0 was a deep dive into the inner realms in the power of love for the collective

Here are a few snippets from the Journey :

https://youtu.be/zAH3XJPztGY
https://youtu.be/iBOk5FnZ_dc
https://youtu.be/aNuVFGaIUiI

March Events at Purnam

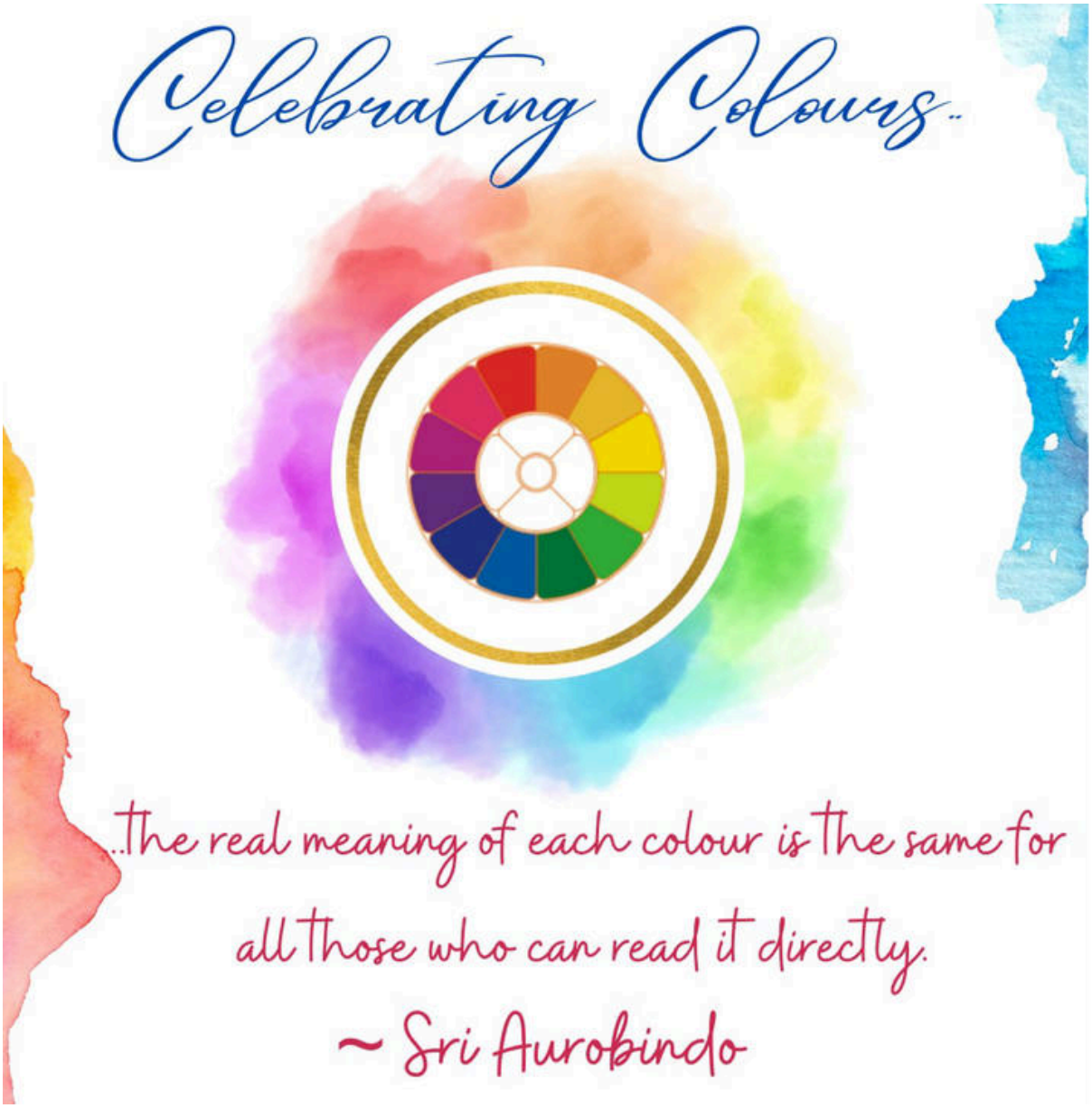
At Purnam, the month of march saw a colorful variety of webinars and events wherein the growing community of Alumni and friends participated and shared themselves.

There was the webinar on how **Savitri changed their life** in which the facilitators of Savitri Painting shared on how the majestic poem Savitri has influenced their life and how the course Savitri Painting has touched and opened new pathways in expression and living. The webinar was also an introduction to Savitri Painting 150 which is a special cohort for Europe and India.

The Savitri Painting Alumni also came together to celebrate the **festival of holi** through colors, music and painting Savitri. It was a devotional and aspirational effort to feel the colorful festival of holi.

Here are few posters of the webinars and events

Celeberating Holi



Here is a link to the webinar - https://youtu.be/WvYQFcLwILM

PURNAM LABS
MARCH 2022 UPDATE

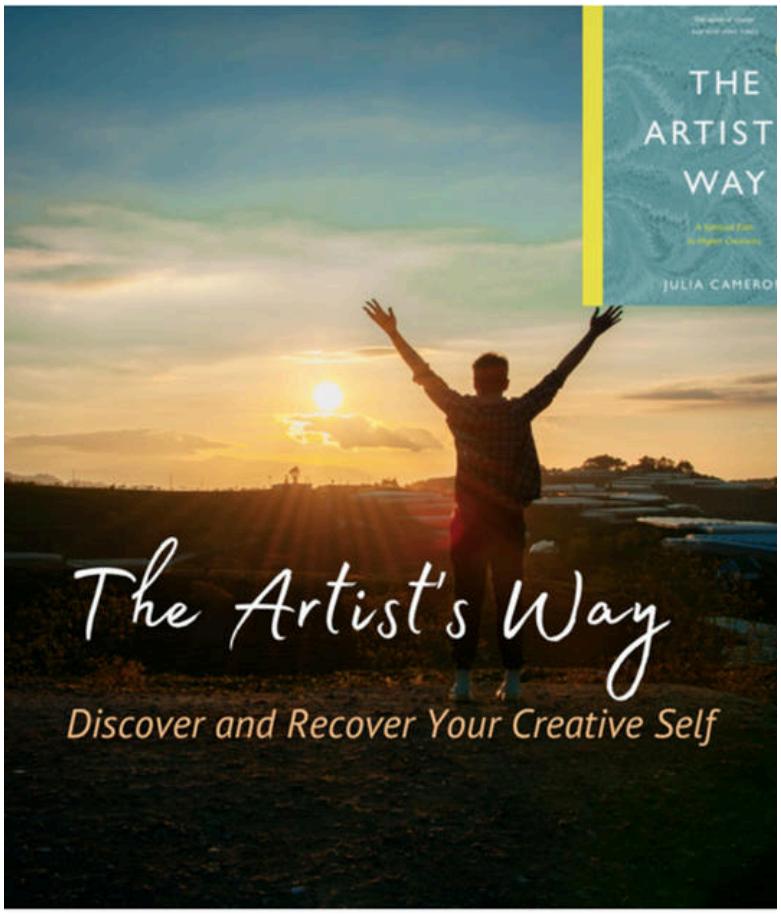
PURNAM
CENTRE FOR INTEGRALITY

The effort for the Purnam lab began towards the end of last year in a course called 'Sangha' and it is going on in high spirits with various labs completed and many labs sprouting up.

These labs feel like a huge tree spreading its branches far and wide without a break.

Here are the insights of the labs that were completed in March and early April:

THE ARTIST'S WAY



Held by Surya Ravishankaran

The lab believes that Creativity is each one's spiritual birthright. It aims to get past the creative blocks through simple proven tools from Julia Cameron's 12-week course the Artist's way. With a community of kindred artists, each one's creativity can flourish and open new pathways in life.

Join the waiting list to participate in the next cohort of Artists-Way Lab at: https://purnamlabs.auroville.org/artists-way

THE ARTIST'S WAY

Let us hear the experiences of a few of the participants of Artists-Way Lab:

"As a participant, it felt beautiful to surround my artist's child with a community of other artists every morning. The morning circles were a great start to the day. "

"By involving and participating in the journey, I have developed a zest for life and living. It has brought in me a new enthusiasm to life."

"It has inspired me to bring art to my very life and relationships. The workshop had beautiful tools to live life in the Artist's way. The aesthetic sense of the environment and rekindling our childlike thrill being a few of them."

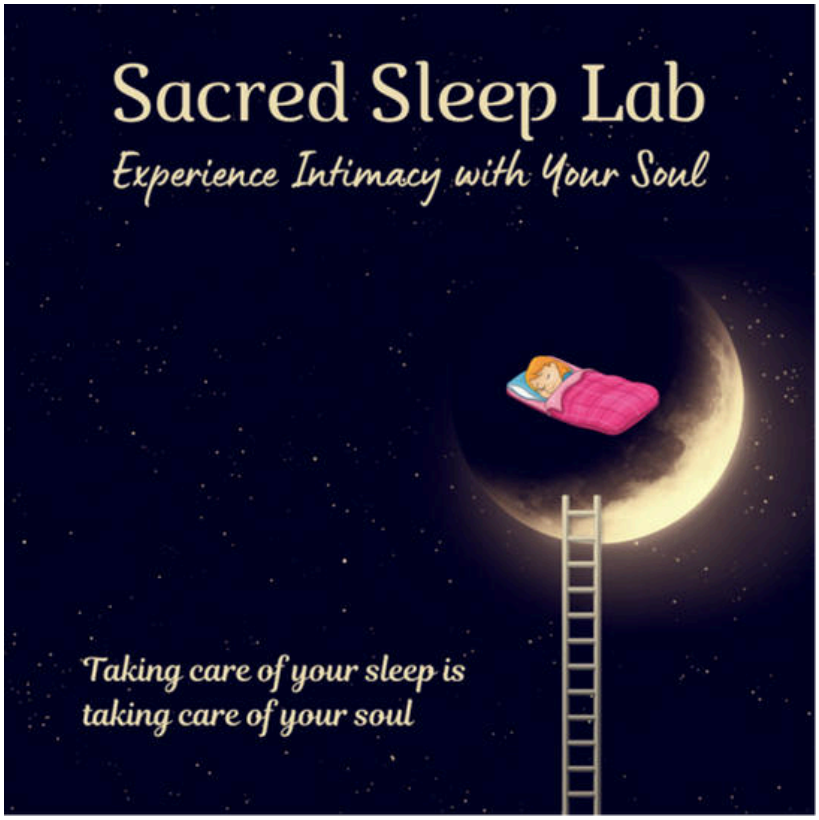
"Artist dates were nourishing to my artist's child and they renewed the energy in our works. The exercises in the book helped tap the emotional being thereby sprouting in us the seed of conscious living."

"Exploration of childhood memories inspired everyone to relive the thrill and joy of their childhood. It also helped to bring out the childlike artist in them for work and life."
"As a participant, I felt a deeper connection with my inner child, the seat of my deeper emotions and the creative force that resides within through the process of morning pages, Artist dates and the morning circles."

"The collective journey of unlocking the artistic being of ours was ten-folds more fruitful as we held our inner aspirations dearly and journeyed together, whilst holding space for each other to grow into unique artists."

"The morning pages were a means to self-inquiry, the Artist dates a deepening of the intimacy shared with self and the morning circles the binding force that aided in the progression of our inner flames."

SACRED SLEEP LAB



Held by Raamkumar

The lab facilitates a collective journey to create a sacred time before sleep at the end of a hectic routine through simple yet profound practices that will make sleep peaceful and take one closer to one's soul. The practices during sacred time aim to relax the body, mind and emotions and nourish the being to enjoy deep restful sleep every day.

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

SACRED SLEEP LAB

Let us hear the experience of a few participants of Sacred Sleep Lab:

"Participating in the Sacred Sleep Lab brought in a commitment to wind up all the work before the session and come to the sleeping space to attend the session. This helped in honouring the body's sleep rhythm."

"Listening to the audios by Jenifer Piercy about sleep using the insight timer app widened the understanding of sleep. The learning dissolved a number of myths and mental constructs about sleep which was hindrances to experience nourishing sleep."

"Listening to Yoga Nidra daily before sleep helped the participants to transition into sleep in a relaxing way, experience deep rest and feel fresh in the morning. Many participants shared that on most of the days they went to sleep before the full Yoga Nidra audio ended."

'The Journaling practice before sleep helped to unburden the inner disturbances and enter into sleep in a calmer state. Different participants felt different journaling was more effective for him/her (journaling to inner guide/journaling to inner child/free flow journaling/gratitude journaling). "

"Natural breath watch practices during the sessions helped in bringing relaxation and calmness before sleep."

As a participant, I feel Immense gratitude to everyone for giving the best to yourself and the group and for co-holding this beautiful sacred space. I feel immensely grateful for Divanshi and Manoj da and the purnam community with whom this journey took shape.

DEEP WORK SPRINTS

Held By Santu and Raamkumar

This lab aims to practice ' work as Sadhana' and 'Becoming the Work'. It helps to stay focused on planned tasks and completed them without getting diverted by disturbances.

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

DEEP WORK SPRINTS

Let us hear the experience of participants of Deep Work Sprint Lab:

"Keeping some time separately on a daily basis for concentrated work helped in organizing the day and progressing in work/projects."

"Deep work sprints helped in increasing concentration significantly during work."

"The lab also gave deeper insights on concentration and how I fall for distractions during some sprints."

"Being in this collective space brought more dedication and accountability to work."

CREATE ABUNDANCE IN LIFE WITH GRATITUDE

Held By Namita and Chaitanya

This lab aims to bring in a key to unlock a treasure that fills each one with an abundance all the time, regardless of the situation one is in. It focuses on bringing in the value of Gratitude as the key to creating such magic in life.

Join the waiting list to participate in the next cohort of Create Abundance in Life with Gratitude at:
https://purnamlabs.auroville.org/gratitude

CREATE ABUNDANCE IN LIFE WITH GRATITUDE

Let us hear the experiences of Namita and Chaitanya as facilitators of Gratitude Lab:

"This journey helped us go beyond the sense of 'I' and open more to the sense of offering."

"The authentic and vulnerable sharing of participants and their stories of progress brought extreme joy and happiness to us."

"The collective space of practice charged every one of us with positive energy and we felt refreshed after each session."

"We were delighted with the sincerity and generosity of participants in celebrating and making the Gratitude Festival a success."

"A new perspective emerged towards the body with Gratitude for body parts. Participants started thanking body parts often."

"The gratitude reminders sent to the group by participants whenever they felt gratitude helped everyone become consciously aware of their state of being instantaneously."

"Through 1:1 sharings, participants could connect with each other and share and listen deeply throughout the journey."

" Journaling and 1:1 sharings helped many participants to really see light in difficult situations and difficult people."

CREATE ABUNDANCE IN LIFE WITH GRATITUDE

The Gratitude festival served as a culmination of the Gratitude lab. The participants presented their journeys and a few conducted sessions on emotions and how different people express their love and need to be loved in return for a smooth understanding relationship

Here is a video giving insights on Gratitude festival:
https://bit.ly/3EbpB1H

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 with the Tribe

We invite you to share your Learning Journey for the Purnam Newsletter. Be it your experiences, musings, practices or breakthroughs, we would love to feature your story. You can share in the form of articles, poems, photographs, music, art work, etc. Whatever you feel is the best way for you to express. The general word limit is 500 words but don't limit yoursefl!! Share from your heart!

We would also love to know about your Initiatives and milestones in your journey. Whether it is a new project, website, collaboration, experiment, venture or initiative: Share with your tribe.

Write to: swadharmablog@auroville.org.in

Thank you!
-Purnam Blog Team