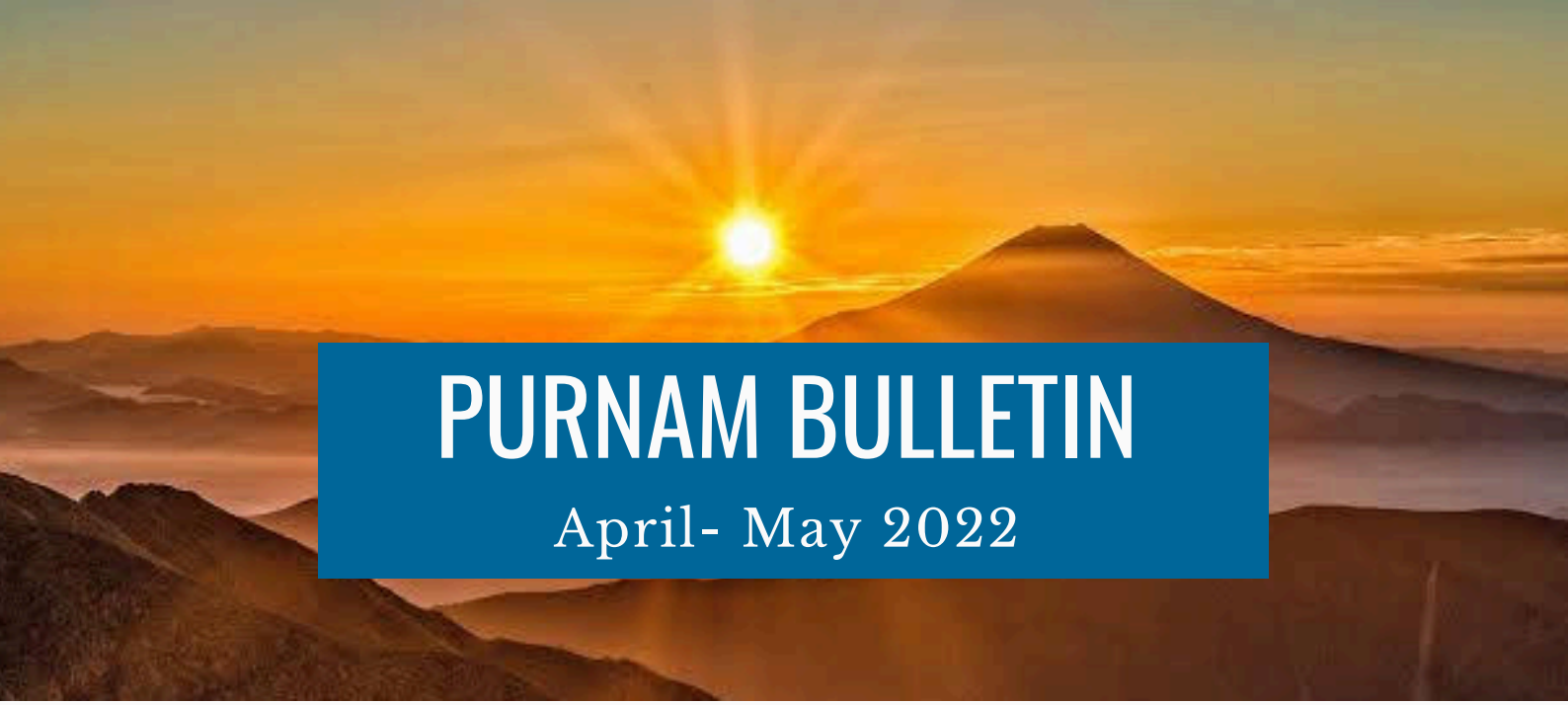


PURNAM BULLETIN

April- May 2022

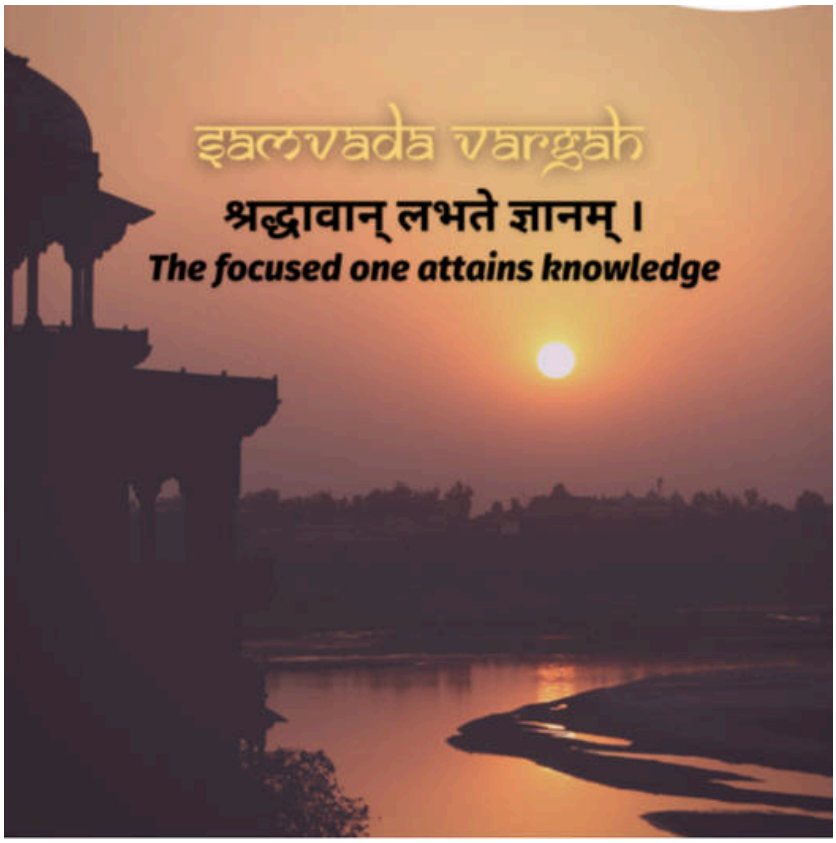
Welcoming Deeksha!

At Purnam, the month of May has seen beautiful aspiring souls come to Auroville to begin a beautiful journey of service and discovering of oneself through the community and the space. Volunteers from Purnam who were working remotely have joined together at Auroville to work and offer themselves to the sacred land - beginning to work in Matrimandir, Purnam, Talam, Svaram etc.

samvAda vargaH

Learn Spoken Samskrit

By Dr. Savitri Dinavahi



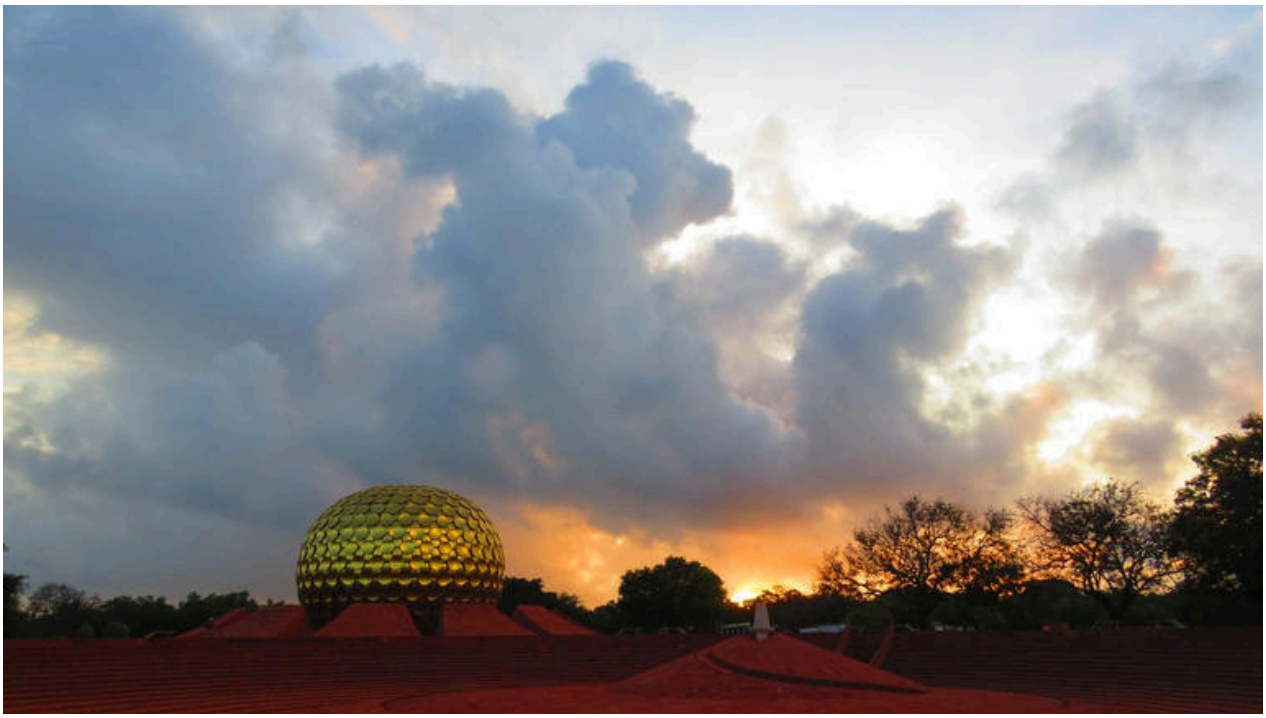
Samskrit is the gateway to the World of Wisdom. It opens our inner self and connects us deeply to the roots of Sanatana Dharma. Samskrit offers a stairway to infinite knowledge and the very foundation of attaining such knowledge starts with developing the skill of understanding simple Samskrit.

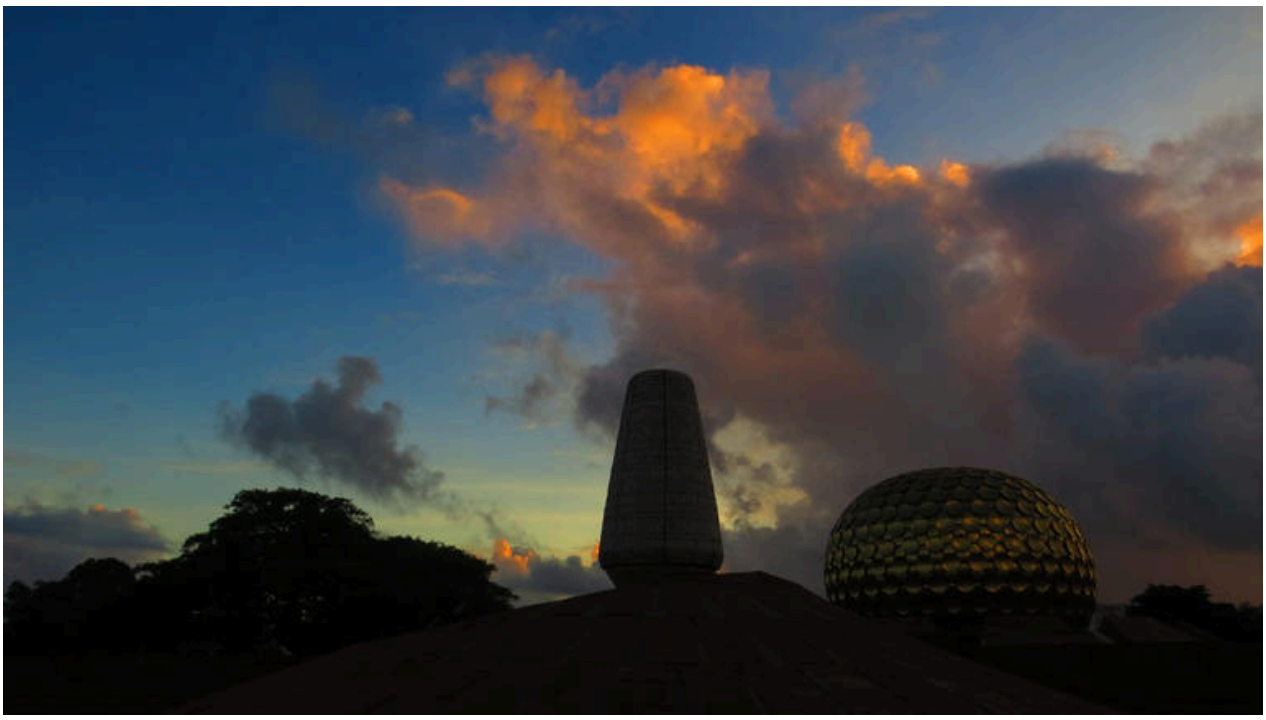
This lab is designed to help you ease into the idea of not just learning Simple Samskrit but also conversing in it, in just 18 days. The intention of this lab is to enable you to "understand Samskrit through Samskrit". This lab is most suitable for participants of ages 12 and above.

Dates 20th June - 30th July 2022
To apply for the lab, visit https://purnamlabs.auroville.org/samskrit
Applications closing on June 12th

SUNSET AT MATRIMANDIR

Our dear Lalit Kishore Bhati has clicked pictures of sunset at Matrimandir. Here they are for eveyone to see and enjoy the beauty of the space.





Pictures shot by Lalit Kishore Bhati

SVADHYAYA

The Svadhyaya course begun by late April and is happening in all vibrancy and spirit at Purnam. It is a six week online transformative community immersion in the integral yoga psychology of The Mother and Sri Aurobindo. Participants enjoy working on the course and sharing themselves with the community.

Here are a few participant profiles to read -

Namita Bidwaikar

I have found many answers in the works of Sri Aurobindo and the Mother which were unanswered before. I would be happy if I can do something to move on from here.

Vidya Nair

I am a seeker and feel inspired to make this journey after Savitri painting and the Practice lab. Seek to draw what can help me build the foundation to understand "Life is Yoga' and strive to bring that in my being, every moment of living

Shreya Tyagi

Have been reading little about Mother and Sri aurobindo and since I started understanding them I couldn't stop . Visited pondicherry once in 2015 Want to discover myself and my aim in life through Integral yoga practice .

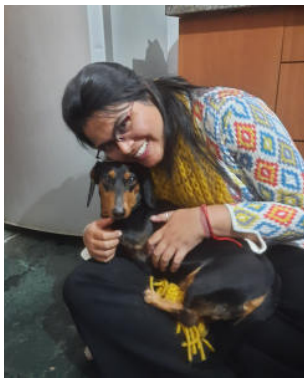
WHAT IS THE TRIBE UPTO?

Shaily

I feel called to be part of the course. To be honest my aspiration is to allow for my transformation by surrendering to the program. I look forward to project work as that is something that i feel need and would benefit from.

Prabha Parthasarathy

Integrating holistic thinking in business leaders and communities - learning to bridge art and science, bridge sustainable internal profitability and external impact for intended communities



Divita Rao

My aspiration is to dive deeper into the concept of self and work towards the purpose of life which is nothing but to realize the Divine within. But I need help with the process.

Malabika Gupta

To go deeper to understand the guidance from Mother and Shri Aurobindo to get deeply connected with our Inner self. It was a wonderful experience to be a part of the Inner Journaling.

You can read through all the participant profiles here

WELCOMING DEEKSHA!

Purnam Center of Integrality has begun the Deeksha program in the month of May. Deeksha is an opportunity for aspirants who were volunteering remotely with purnam and talam to stay in Auroville and work for the Divine in a profound and a joyful way. It focuses on each one's individual aspiration and brings together a community of seekers on the path to work and serve together.

As a prelude to the program, for over a month, participants read many quotes on Auroville and shared their reflections. We are happy to share few quotes and the reflections of Deeksha participants.

Auroville belongs to nobody in particular. Auroville belongs to humanity as a whole. But, to live in Auroville, one must be a willing servitor of the Divine Consciousness.

Reflections by Smrati

I can see possession and attachment with things and people in me... which creates fears, insecurity, guilt and limitations in me. These take me away from listening my soul calling. Connecting everything with her is full of love and freedom. Aspiration to slowly connect with everything with her without any attachment.

Svadhyaya and Savitri painting Journey has opened my senses, connected me to colours, nature, flowers,made me more conscious than before and life more beautiful. I see my mind is more silent than before, more efficient and life is more joyous and beautiful than before. I am deeply touched to by Willing servitor of the Divine Consciousness and explore beauty in its pure form..

Reflections by Sandhya

What a wideness of ideas... Reading this widens our consciousness and makes us feel invited to the land. I really like the line Auroville belongs to humanity as a whole. Like a place that belongs to the whole world and aspiring to grow into it.

Reflections by Pooja

For me this quote brings in gentle humility. When I read Auroville belongs to nobody, I get a message that I am nobody I am something beyond my little mind's need to be somebody and I have immense scope to becoming humanity.

Auroville will be a site of material and spiritual researches for a living embodiment of an actual human unity.

Reflections by Divyanshi

The word research has largely a very western connotation in our minds. When I think of research, words like academic paper, academia, hypothesis comes to my mind. That's a mono-definition of research, that actually barrs us to see other kinds and forms of research.
What, say, Sri Aurobindo did or our Yogis and Rishis did is research. It is a research in Consciousness. Sri Aurobindo, in particular, was very very meticulous, systematic, detailed in which he went about yogic research. We need to carry the same rigor in our spiritual and material explorations and research too, or else, it will not be just to Their names.

Reflections by Sandhya

I feel Auroville as a space of freedom. By freedom I mean it gives ample space to be ourselves and they do a research in living and lifestyles. Of constant knowing of ourselves and growing into more selves we progress into the future. It is always interesting to find out new rhythms of our days and grow deeper....

Reflections by Surya

For me this shows one of the beautiful parts of Integral Yoga, that matter and spirit both are included And the phrase, a living embodiment of an actual human unity, a unity that embraces diversity and each soul's needs, expression and beauty - it's a incredible challenge given by the Mother

It also reminds me how in a certain sense, Aurovilians itself are the ones being experimented on by the Mother, being churned and prepared by Her

The fulfilment of one's desires bars the way to the inner discovery which can only be achieved in the peace and transparency of perfect disinterestedness.
One lives in Auroville in order to be free from moral and social conventions; but this freedom must not be a new slavery to the ego, to its desires and ambitions.

Reflections by Niharika

I feel like my own life has shown me some hard lessons in navigating these extremes of ego's desire and freedom. On the one hand, I've allowed myself in the past to become scared enough by life to end up making choices that protected my ego's desire for safety and its belief that it had to strive to make itself fit into the world ... While sacrificing, in the process, my soul's knowing that certain forms of safety just weren't meant for me.

On the other end, I've also noticed and witnessed at close quarters the dangers of the spiritual bypassing that comes with a lot of the pursuit of freedom, particularly in the area of relationships where I have seen how the ego can so cleverly use the language of spirituality to pursue freedom in relationships, but it isn't aware a lot of the time that it is doing that to avoid the difficult work of facing the shadows and the difficult work of staying in the heat of a relational container... all in the name of freedom.

try to notice closely in myself how freedom and safety show up as themes of soul and ego both. I've also taken ten years to heed the call to come to Auroville because I wanted to be sure that the decision is coming out of a disinterestedness and a genuine call, and not from the ego's sense of lack or the ego's desire to escape to freedom (which it likely would have been earlier)... but to deepen, instead, into a sense of responsibility towards serving soul, the Divine and the world. I took the last few months to travel to various other spiritual communities in the country and try living there instead, so that I could stretch my 'disinterestedness' or attachment to Auroville to the max, just to be sure I wasn't deciding to come to Auroville from attachment. 😂

I love this paragraph. I am so wary of the dangers of spiritual bypassing these days, and am trying to gently walk with my ego at the pace that feels most comfortable to it while also gently negotiating with it to sit with the difficult stuff. I've noticed in myself too many examples by now of how sneakily my cute little ego uses spirituality to serve her own ends (she is so smart in figuring out how to use this language... Oh how I love her for keeping me safe). 😇

Reflections by Anirban

The bar to become a true Aurovillian is quite high as the Mother says that we have to get over our desires and aspire only for the Divine, let go of our little self, the ego ,which has become the universe for us.

To get over our desire, if we keep the Divine in the center of all of our activities and at every decision point ask ourselves - does this count towards my central objective in life or does it not - if we follow this practice, slowly we'll see that a lot of things which were earlier a must-have(desires of course) will begin to fall off.

Overcoming our ego is another mammoth task, the entire Yoga consists of that. The Mother says even the Overmental Gods have Ego - yet we have to get over it. For that our starting point is to start with some self-less work. To me volunteering for causes connected to The Mother and Sri Aurobindo is an excellent place to start. I hope through our volunteering work for Auroville we can truly begin to know what selfless work is.
May She guide us all towards that.

Reflections by Sandhya

'one lives in Auroville in order to be free from moral and social conventions' this is a beautiful freedom given to each a person. It pushes him to explore spirituality and grow deeper in it. But one must learn to feel the warmth of soul family and a life dedicated to a higher cause.

Deeksha - Orientation at Auroville

And finally, the team found themselves at Auroville. The aspiring souls met each other at Bharat Nivas and had a beautiful orientation ceremony with circle time and flowers. It marked the beginning of a great journey, one that they will begin for themselves and for the community in the sacred land of Auroville. Here are few pictures for you :)

WHAT IS THE TRIBE UPTO?

Here is a reflection by Harpreet, on how she feels being in Auroville after the online volunteering connections with Purnam.

After an year of volunteering with Purnam Centre for Integrality and listening about Auroville during multiple sessions and conversations, their started developing a deep wish to know Auroville by experiencing it, by living and breathing it

I got the opportunity for this as part of the Deeksha Program, where I could come and visit Auroville for the first week of May with other volunteers in the community.
It would be an understatement to say that Auroville is not our usual city!

Auroville infact was not a city. It felt like a living entity. Everyone talked about Matrimandir as the soul of Auroville. A place which has a soul cannot be non-living. It is a living, breathing reality

One cannot but be mesmerised by the natural beauty in Auroville What stood out to me was that unlike cities I have been living in where there are mostly buildings and concrete structures and a few trees or plants in between, Auroville has the exact opposite. One would find endless trees and plants and all kind of flora and fauna and amongst them, one or two buildings or concrete walls!

Another aspect which stayed with me was inclusivity and diversity in Auroville There were people from all social, economic, cultural, national backgrounds but they had one Identity when they were there, which was that they were an Aurovillian and carried the dream of Auroville in their hearts. All were individual, unique yet part of a cohesive unit

I was also amazingly surprised to witness every other women riding a motor bike! Loved it immensely!
Auroville gave a lot of freedom and independence to explore yourself as well as connect deeply with yourself. Usually as I have witnessed, when people start developing a dissonance with the societal norms and wants to go away from the social constructs, their usually is a rebellious energy which is ruthless, ferocious and sometimes destructive in nature.

However, in Auroville what I felt was a calm, contained and concentrated rebellion. It was a rebellion against living for what is not truth and instead living for a far greater truth, a far greater purpose, to walk the path of Karma Yoga. During my visit to Savitri Bhawan at Auroville, I read that mother said that Auroville is a place to practice Karma Yoga One must chose an area of work and do it as Yoga. The energy at Auroville seemed that everyone had internalised these words and did work as Yoga. Volunteering and giving yourself totally to work was such a usual practice at Auroville

During my interactions with people, I often heard the words that 'I didn't fit anywhere, I didn't feel I belonged with others around, I am taking a sabbatical from life'. All those who felt lost in the world, somehow probably found themselves at home at this place. I remember the words Divyanshi used during our first sharing circle in Auroville, that is 'during our stay we connect with ourselves, connect with our work and connect with Auroville'

Lastly, the part which made my one week stay feel like living a million years was the Sangha. A community which explored, ate, played, enjoyed and worked together. A community which shared, listened and cared

Immense gratitude to Divyanshi and Manoj to organise and create an opportunity to experience and live in the City with a Soul- Auroville
- Harpreet

Savitri Painting - Mumbai meet

It was lovely to connect with three of Savitri Painting's friends from Mumbai and Poona. Pragya took a 3:00 am train to reach at 8:00 am

Gunjan, the youngest of us all from cohort 4.0, started the conversation by asking when and how each one of us got connected to The Mother and Sri Aurobindo. The sharing was interesting.

The painting with the group physically, the silence, the energy experienced, and the sharing after the painting was incredible. We have decided to meet regularly.
- Beena

Here are some pictures from the meet

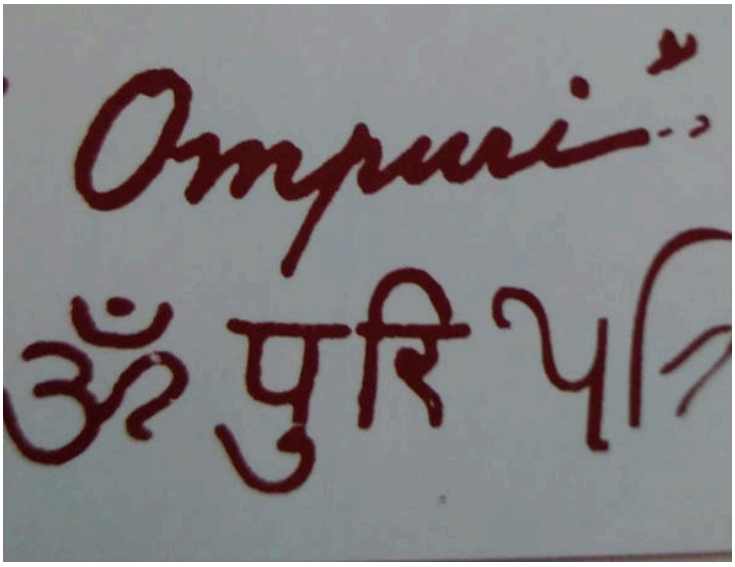
Photos by Beena

Visitors from Ompuri, Gujarat

Meera Dhankani from Gujarat visited Purnam Integral Center, Auroville and had a conversation with Divyanshi and other facilitators of Purnam. She is also a member of Ompuri - a city in Gujarat that is dedicated to the works and life of The Mother and Sri Aurobindo. It was beautiful to host them and talk about their projects and aspirations. Meera Dhankani is also a participant of Savitri Painting 5.0.
Here are some pictures from their visit

WHAT IS THE TRIBE UPTO?

OmPuri is a city in Gujarat built for Sri Aurobindo and Mother. It is called as the city for the Divine. It has the aim 'to aspire for the Divine, live for the Divine, act for the Divine'. It is blessed with this aim by The Mother. Sri Champaklalji laid the foundation for Sri Aurobindo Mahamandir and the guest house. Relics of Sri Aurobindo were installed in the samadhi in Sri Aurobindo Mahamandir by Sudha Sundaram of Sri Aurobindo Ashram, Pondicherry. On Auroville foundation day the bust of Sri Aurobindo was inaugurated. Ompuri is a branch of Sri Aurobindo Society, Pondicherry.



Watch this video to know further about OmPuri

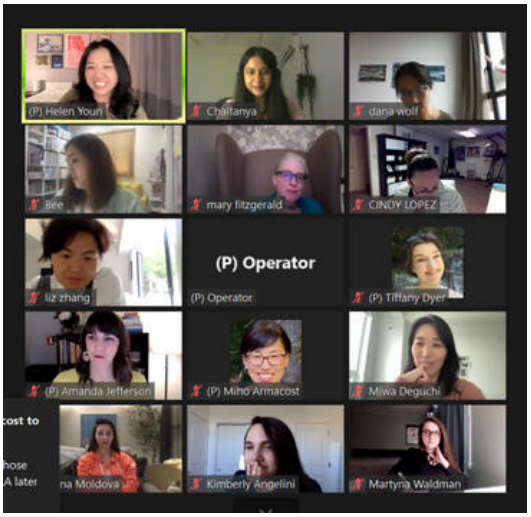
KonMari - A Journey in Decluttering

Chaitanya, a Swadharma 9 participant recently completed a course in Decluttering. The Decluttering module during the Swadharma journey has inspired her to do the course and delve further into this aspect of living. Here are few pictures from the course and a short description of her journey -

A year ago when I was in the pursuit of my inner calling, I participated in one of the most transformative flagship courses of Purnam, Swadharma 9.0. In this pursuit, I came across the concept of decluttering through Swadharma as well as through a Netflix series called Spark Joy with Marie Kondo.

The fact that there was a person in this world who dedicated her entire life to research tidying and came up with the most effective solution for clutter, the KonMari Method™, was very fascinating to me.

I have implemented it at my home and I realized that decluttering had a very significant impact on my life. It has led to the creation of space in my life for the manifestation of the qualities of Harmony and Beauty within me as well as in my immediate surroundings and as a result, also my relationships with people around me which were once chaotic have been very smoothly transitioned into very understanding and harmonious relationships.



There also emerged a lot of clarity in life all of a sudden. This beautiful transformation has led me to study decluttering further. This March I registered myself in the KonMari consultant training program and completed the first step in becoming a certified consultant, and currently, I am working with my first client.

One of the most beautiful experiences while doing the course was learning from the real-life full-time consultants and learning in action. The cherry on the cake was to network with all the like-minded people across the world to help, support, and learn from each other in this new journey in all of our lives.

Some principles of the KonMari method that were really impactful in tidying once and for all in my experience are as follows:
(1) decluttering by category and not by location.
(2) To discard or let go of things first in their entirety and then move to the organizing part.
(3) Things and clothes can be arranged in a way such that it is easy to remove, and put back in the same place after putting them to use.
-Chaitanya

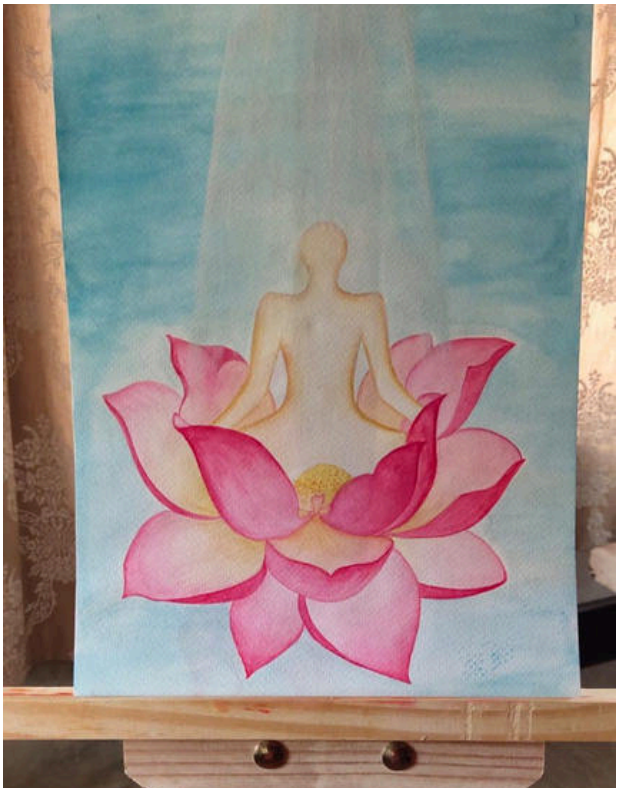
Agni Mantra by Manoj

Agni or the flame of aspiration is the key to our will to progress. It is the force behind evolutionary growth in Nature. It is there everywhere - in the growth of a crystal, in the sprouting of a seed, growth of a plant, flowering of a bud, our seeking for truth, goodness and beauty, our search for perfection, our civilisational cycles and revolutions, all these are carried forward by the flame of aspiration in Nature.

Our Dear Manoj has sung the Agni Mantra for all of us to hear and enjoy from. It feels wide and calm to listen to the sacred chanting.

Watch this video to listen to the chant

Photographing Art for Printing and Archiving



On April 28th, a training session was conducted by Manu Bahuguna on how to copy art work professionally at SI Studio, KINISI CSR, Auroville for Savitri Art Project and also for other artists, photographers and curators.

The aim was to help people photograph paintings and other art work to make faithful reproductions that are technically sound.

Various aspects of photography was explained starting from equipment, light and other technical details like resolution and colour modes that need to be taken into consideration to make professional reproductions.

WHAT IS THE TRIBE UPTO?

Here is a rough outline of the session:

Understanding the following concepts and why 'What you see is not what you may get!
'

1. Analogue to digital & digital to analogue conversion
2. Understanding Resolution
3. Understanding concept of Bitmap and Raster images
4. Understanding digital color models
5. Understanding digital printer and offset printing basics
6. Understanding digital displays and calibration
7. The need of proofing for a given set of monitor and printer

Assessing the original and figuring out what would the digital files be used:

1. Is it an oil painting or water color etc
2. Size of the original
3. Size the reprint would be printed in

Equipment needed:

1.Camera
2. Tripod
3. Light options

Here is a brief introduction of Manu Bahuguna:

Manu is a former IAF pilot and a national level Polo player who has honed his photography skills over 35 years, starting from now extinct Kodak Junior II in the 70s, graduating to a Canon SLR in the early 80s to the latest Digital SLRs over the years.

He was initiated into photography by the late Raghubir Singh, whom he considers as his primary mentor. He also looks up to the legendary photographers S Paul and Raghu Rai for inspiration. PhotoIndia.com was founded by him in 1998.

Always in the mood for adventure and on the lookout for interesting shots, Manu is the quintessential outdoorsman. He holds an Open Water Diver (SCUBA) license and is also a qualified mountaineer. He has travelled and shot extensively around the remotest corners of the country and his work has been published in numerous publications. And when he is not wielding the camera, you can find him mirthfully recounting some anecdote with a twinkle in his eye.

Apart from leading the PhotoIndia team to execute various photography and film making assignments, he has now focussed more on teaching and building up teams and sharing the knowledge that he has gained over three decades with young enthusiasts. Manu conducts photography workshops with the same ease with which he used to scale mountains and ride horses. Our workshop participants vouch for his affable nature, patience and honest approach to teaching the nuances of photography.

Contents sourced from https://bit.ly/photoindia_AV

Y-Code: Talam's Three Year Programme

The software sector Talam, offers a three program for young adults.
Launching Y-Code for Auroville and Bio-Region Youth

If you are a youth 😎between 17 to 22 years old, then this programme is for you to kickstart your career in information technology.

Please visit our website **ycode.auroville.org** for more details of the programme and to apply.

Duration of the course: 6 weeks followed by 3 years

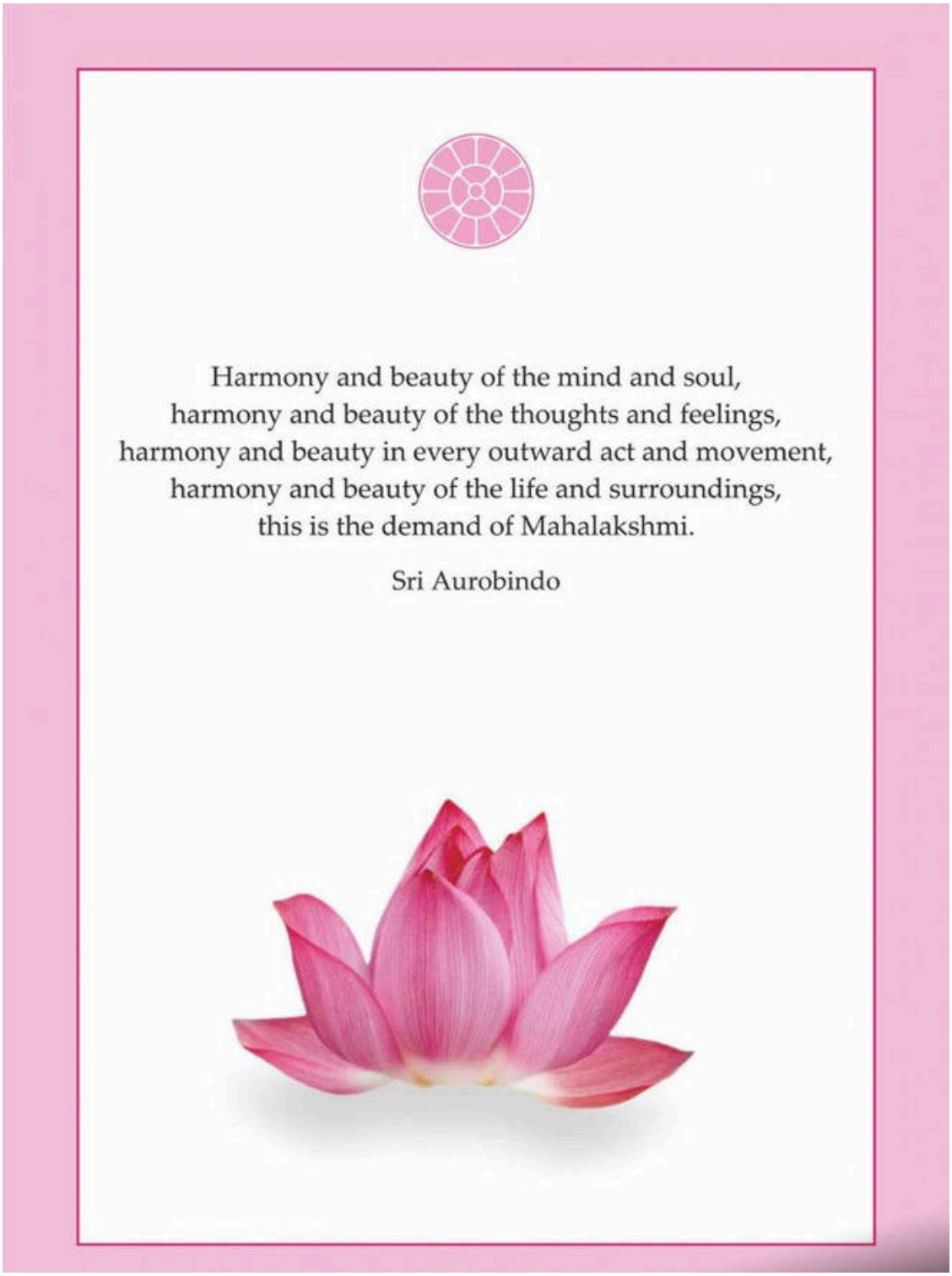
Last date to apply: May 14, 2022
FAQs: ycode.auroville.org
Contact: talam@auroville.org.in

Don't wait and apply now as the seats are limited to 20 students!

Watch this video to know further

Darshan Day - The Mother's final arrival in Pondicherry

On April 24th, 2022, we observed the day of The Mother's final arrival at Pondicherry. Here is the Darshan day card and message -



PURNAM LABS
APRIL 2022 UPDATE

PURNAM
CENTRE FOR INTEGRALITY

Every month it is a victory to be celebrated for each individual and for the growing purnam community to journey through a purnam lab and bring it to completion. The month of April at purnam saw the conscious mornings lab held by Namita and Santu come to successful completion. Here are the insights from the facilitator and the participants of the lab -

CONSCIOUS MORNINGS

Held by Namita and Santu

This lab is curated for aspirants who wish to start their day early and create a nourishing, deep and self reflective space for themselves before the interaction with the world begins. The power of community helps us become early risers and journaling helps us connect with deeper parts of ourselves and find all the answers within. These practices help us clean the inner space and live through inner guidance. The journey of Conscious Mornings is based on Sri Aurobindo's and The Mother's Integral yoga Psychology.

Join the waiting list to participate in the next cohort of Conscious Mornings Lab at: https://purnamlabs.auroville.org/5am

Let us hear the experiences of Namita, as a facilitator of Conscious Mornings Lab

- Conscious mornings is not about one hour of the morning, but it is about restructuring our day. The journey revealed the need of having a planned day schedule and an evening routine - winding up work in time, having early dinner and digital unplugging before sleep. Digital unplugging was the hardest to implement

- The Sangha provided us a structure and space to follow our commitments to getting up early, digital unplugging etc.

- Journaling in the mornings is special because the mind is more stable. It gave us a sense of release as well as deepened connection with our inner guide and inner child. We received many answers to our challenges from both our inner child & inner guide

- This journey helped us break the barriers of mind and go beyond. Some of us dreaded rising up in the mornings but with the journey, we not only started loving mornings, and building connections with self & nature but also inspired our family members

Let us hear few insights from the participants of conscious mornings lab :

- I realized that it is not just getting up in the mornings but following a structure and rhythm and being conscious of the previous day and previous evenings is as important

- One of the insights was idea of reverence. I remember sipping the water on the first day and realizing that "my god! I've never sipped water like this". I felt as if I'm offering water to myself and mused whether I can do it for every area of my life

- The idea of inspiration, insight and action has been transformative. We can have the knowledge, but being able to stay with the energy of what is alive in the moment has been a big shift

- Having an hour of self transformation in the morning gave me a lot of happiness and clarity and I kept coming back despite all the challenging situations. I want to take this consistency to all areas of my life

- I realized about the requirements of my body and decided I should not go against it and give it 6-7 hours of sleep

- The best thing that happened through journaling was I started feeling very lighter after writing and I stopped externalizing the reasons and realized everything lies in me

- It gave me inner drive and I am very conscious of following a value driven schedule now

****

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