PURNAM BULLETIN

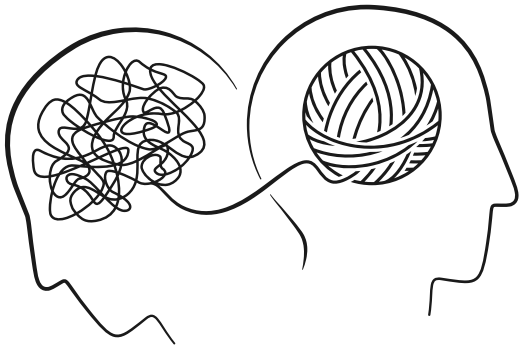
June-July 2022

Samata - A Regenerative Mental Health Care Centre

Our dear Pooja, who has an M.Phil in clinical psychology, has started the project on Samata - a counselling cell at Purnam for seekers. The cell has an aim to help seekers who are going through challenges within themselves such as anger, fear, worry, sadness and existential crisis to come out and seek help to break out of their difficulties and grow strong in their own lives and in their relationships with others. The cell is facilitated by Pooja and Harpreet and guided by Divyanshi and Manoj .

Samata - Purnam Counselling Cell

By Pooja and Harpreet



Challenges Within

Do you find yourself struggling with your thoughts and the mind?
Do you feel like being caught up in a spiral of emotions?
Do you feel unloved, uncared and burdensome when with close ones? Do you feel stuck with unhelpful habits?
Are you an inspiration for others but still find yourself struggling in your personal life?
Are you a seeker or an aspirant who is on the 'road not taken' and finds it difficult to adjust with others?

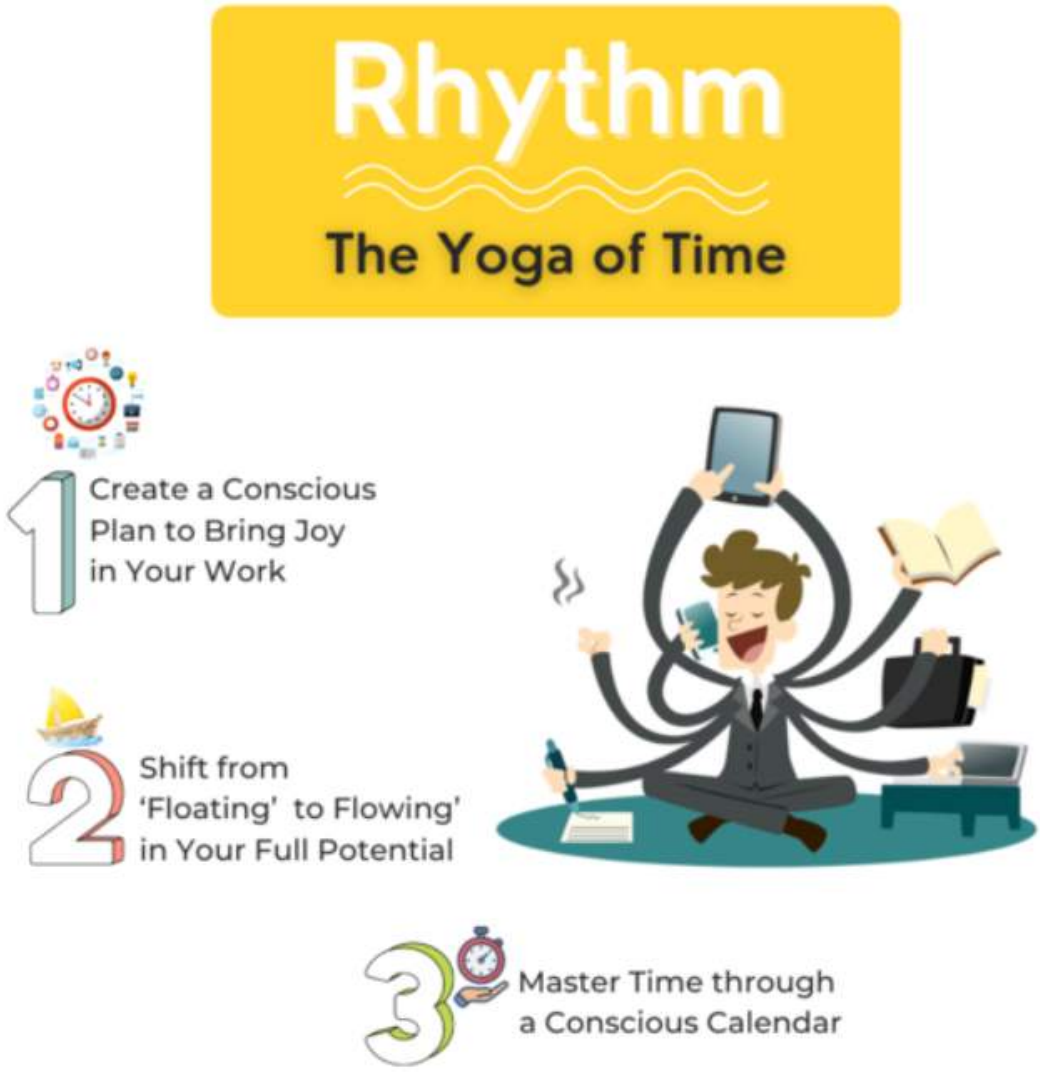
If you find yourself entangled in any of these life situations, you are not alone.
We are here to help...
*We provide **professional counselling and psychotherapy** for issues ranging from adjustment-related difficulties; sadness; anger; anxiety; fearful thinking; existential crisis etc.*

*For more details visit the **webpage***

BOOK FIRST APPOINTMENT

‘Rhythm: The Yoga of Time’

Held by Smrati Humar and Raamkumar



Are you making super perfect plans for the day but they end up being unfinished?
Are you juggling between different tasks and floating through the day without the larger clarity of time?
Come, join this collective online journey to plan your day consciously at 7:00 AM everyday and joyfully do more work that brings your full potential, through the power of Conscious Calendar. Through small steps each day along with a community, we will change our relationship with time and shift from "scarcity" to "abundance" of time.⏳

‘Rhythm: The Yoga of Time’

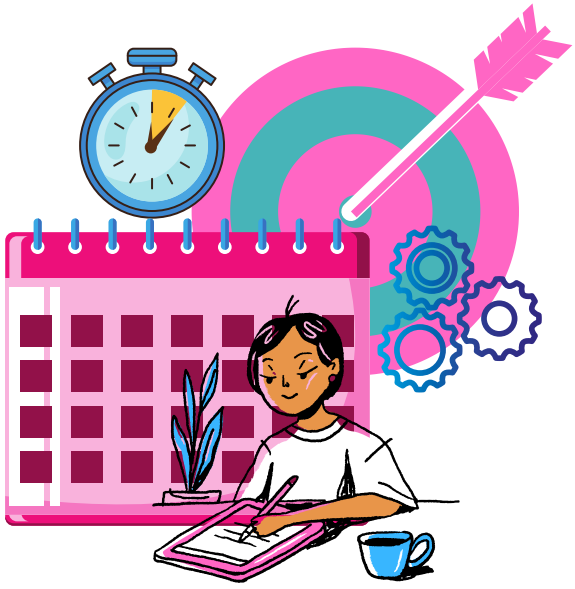
Held by Smrati Humar and Raamkumar

We are super excited to offer this 21-day transformational journey, Rhythm: The Yoga of Time to

Shift from floating through the day to flowing in your full potential

Plan the day consciously at 7.00am and manifest what you're truly aspiring from deep within.

Learn to execute your larger goals by breaking them down into small achievable tasks on daily and weekly basis.



The journey is for those who aspire to

Wake up early

Create a powerful yet practical to-do list and complete it on time

Prioritize your tasks

Find time to do delightful things that bring energy and a sense of abundance to your daily life

Lab dates: July 25-August 14
Go here for more details and the application.
Application closes on 22nd July 2022

Annam: The Yoga of Food

Held by Dr. Subhashree. S and Smrati

Are you on the journey of discovering the Inner Presence? Is the foodie in you struggling to come to harmony in this process?

If you are shuttling between extreme food routines and wondering how to integrate it with your Inner journey, this course is for you!

This lab aspires to understand our many selves behind food choices and make eating a conscious and joyous process together as a sangha.

Click here apply for the lab
Last date to apply would be 30th August
Lab dates: 9th September to 30th September

Deeksha Projects

Deeksha is an oppurtunity for aspirants to plunge towards serving the dream of the divine, towards taking the first strep towards Auroville, the city of dawn in the making. Purnam has successfully brought in participants from all parts of the world into the Deeksha program. While at Deeksha, participants are required to take up projects with Purnam and projects in one of the Auroville units. If they have the necessary conditions and aspirations, they can extend their projects to become an Aurovillian in the future. Few of the Deeksha participants have reflected on their projects. Here is a short note on them -

Project by Pooja: Soul-Forces

Soul-Forces Project aims to build a psychometric assessment tool in the form of a questionnaire which would help us understand the distribution of the Soul-Forces in individuals. The Project began with a knowledge review of the conceptual framework of Soul-Forces as given by Sri Aurobindo across his major works with online discussions on major constructs.

At the second stage, we began with collating the learnings and insights in a written form which helped us discriminate between different soul-forces as per their Swabhava and Swadharma. We moved on to the third stage by having work sessions of card-sorting and bringing out common clusters based on intuition and integration. At the fourth stage we held one-on-one interviews with a few selected people in order to learn the psychological development and expression of the soul force in their work and life in general.

Currently we are in the process of item writing for the questionnaire and preparing for the first try out in a small sample of people.
This project is a wonderful opportunity of bringing out the practical applications of Sri Aurobindo's works and our humble offering to Sri Aurobindo on his 150th Birth Anniversary.

Project by Chitra: Volunteering at Savitri Bhavan

As I started volunteering in Savitri Bhavan, which is a place close to my heart, I felt an immense joy. I felt like my long cherished dream has come into effect. When Mrs. Dhanalakshmi, who is leading me there gave me a piece of text to translate in tamil, it granted me unstoppable joy and gratitude. When I pasted the address slips in the journal Invocations, which I receive years together, again a beautiful feeling of service overpowered me. Being there and doing any work, is really a grace and blessings of Divine Mother. My gratitude to Divyanshi, Manoj and team and ultimate gratitude to Divine Mother and Sri Aurobindo.

Project by Rahul
Web Application for Savi at Talam

Since the start of June, I have been volunteering at Talam where we are developing a web application for Savi (the volunteering service of Auroville). The purpose of this application is to provide an interface for Savi users to add or edit information about volunteers. Working for this project has given me a sense of contribution to the bigger dream of Auroville

Project by Swetha: Savitri Art NFT

I am working on the Savitri Art NFT project with Talam and Purnam together. The journey so far has been wonderful in giving me a different perspective on how projects are looked at and made. Coming from a Corporate background, the way I looked at project and approached them was very different.

The Savitri Art NFT project has been looked at as a beautiful offering and with lots of love and sincerity from everyone was a new learning and perspective for me to experience. I am looking forward to the journey ahead on this project and with Purnam & Talam. Lots of love and gratitude to Divyanshi and Manoj for creating such a beautiful experience and to all the participants of Deeksha for being present in this journey and sharing their personal experiences and learnings during our collective journey.

Money Challenge at Deeksha

Money has become a living entity that demands a lot of my attention specially after quitting my job, getting married and moving to Pondicherry.

When I received a new and fresh note of Rs. 100 and one-rupee coin as part of money challenge, I was thrilled. We were asked to build a scared relationship with money and double it by spending it. I had so many ideas coming in as I placed the money at the feet of the Mother. After a couple of meal-time discussions, I and Shantanu decided to move the money in the direction of Sunday meals which has been a living need in the Deeksha community. We had an advantage of bringing necessary utensils and important ingredients from our home at Pondicherry.

We invited Vani to collaborate with us since we needed more investment and more hands in the kitchen.

"I felt a new energy flowing through me, force of action moving me. Although we planned for optional Sunday lunch expecting 10 people to sign up, it turned out to be a Sunday dinner for Deeksha with 20 people. Dinner for Deeksha brought in a greater sense of responsibility and the work flowed from a space of sacredness, love and abundance."

Since I come from Karnataka, the meal was planned in South-Indian way. We had panaka, a lemon-mint-jaggery drink with a touch of spices; kosambari, moong dal-coriander-vegetable salad; ghee ragi dosa with coconut chutney, besan chutney, and dry coconut powder; and our favourite kaju sweet with harmony flowers, served on fresh banana leaves.

We shopped for most of our ingredients, from Hers, Auroville; other veggies from Pondicherry market and kaju toffies from ashram cottage restaurant. We started our planning on Friday and Saturday we did shopping and brought in vessels and utensils from home and the actual cooking began right from Sunday morning after our breakfast.

Athithi griha generously lent its helping hands for mixer, grater, and having sufficient number of dishes for 20 people and even some of the ingredients. We needed help in cleaning, chopping the veggies and preparing the space and making dosas as in when people came in... Sudha, Vikas, Swetha, Smrati, Utsav, Surya and all others joined us when we needed help and made sure of everything.

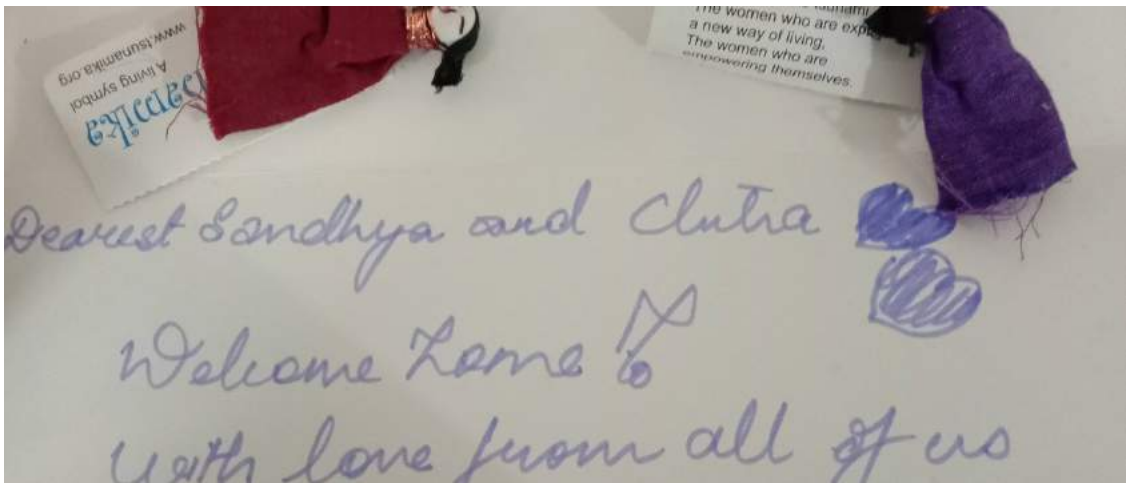
Everyone in Deeksha along with two guests from Vietnam enjoyed their Sunday dinner and seemed happy with the taste of homely food. The money challenge came as a treasure of learning, leaving me with many insights. I realized how I buy more than what is necessary and how important it is to consciously choose materials and processes within the framework of money and time without compromising on the quality and at the same time, to be able to see the abundance around us in various forms.

There were doubts, and fears in me but throughout the process, I was deeply touched by the power of pure intention and aspiration. My calculations went wrong but was magical to feel the greater force working in creating abundance and everything flowing from the space of delight and love. The joy of creation experienced through this little event was very beautiful and that in a way has laid the foundation for my relationship with money, Mahalakshmi.

Written by Sahana

Sweet Welcome at Deeksha

At Deeksha, when a new team member comes in, there is a sweet welcome ritual performed. A little chandan is applied on their forehead, a small sweet is given for them to eat, little tsunamika dolls and a card made with love from everyone at Deeksha. With that, they are welcomed into their room which has a virtue as its name and they are waiting to imbibe in all the virtue gives and the land of Auroville has to give them. Here are few pictures of a welcome at Deeksha. We celeberated the arrival of Sandhya and Chitra into our team in the month of July.



Farewell at Deeksha

At Deeksha, aspirants complete their stay at Auroville and their projects successfully and get back to their lives at different parts of the world. When they leave Deeksha, they promise to keep Auroville and everyone in their hearts forever. As part of farewell, the team members sit together and offer their experiences with the person about to leave and give a small gift as a token of appreciation and remembrance for being at Deeksha. Here are few pictures clicked from farewells at Deeksha.

Secret of Veda Sessions

Our dear Manoj holds Secret of Veda classes every Saturday morning for Deeksha participants and other aspirants at Auroville. The classes are so inspiring and reflective that one can go deep into Sri Aurobindo's philosophy of spirituality and the science of vedas. The classes are spread over a month on Saturdays and it is beautiful to listen to the lectures under the green canopy of the trees at Bharat Nivas campus. Manoj gives lots of space for questions from participants and makes the sessions very interactive. He builds his lecture on participants views and insights which makes us feel the lecture is more of participant's making than the speaker's.

Here is a video of the second session on Agni.

Written by Sandhya

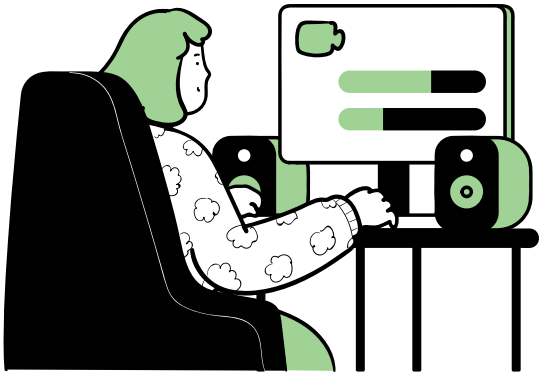
Savitri Painting in Auroville

The Savitri painting facilitators at Purnam conducted physical Savitri Painting sessions at Auroville. This program invited aspirants at Auroville and around to participate in the painting sessions. It was a welcome change to have Savitri painting sessions physically rather than on the zoom screens and everyone were thrilled to get their hands wet with paints and put their imagery of Savitri on paper. Here are few pictures of the painting sessions

Svadhyaya Videos Course Project - Learning Through Action

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. The course is intensive, with a strong component of intense reading and **project work involving video production**. These videos will be shared with the larger community, so their projects are tied with a real-world outcome - a chance to inspire and impact other seekers.

As part of the recent Svadhyaya 4.0 course, we held this April, the 26 participants were given the challenge of creating a video of their chosen topic with their own narration as their course project. This video would be a summary and synthesis of their entire learning in the course - to narrow down to its essence and present it to the larger world in a simple, clear and living way - filled with their own life experiences and insights. The principle of this is **learning by doing.** In this process. they reinforce and apply the theory that they learn.



The Process

As part of this process, the students after the first two weeks of intensive study on their topics first **developed a script** on their topics which was reviewed and finalised by the facilitators. Elaborate guidelines were developed and presented for each step

Svadhyaya Videos Course Project - The Process

After they finalised their scripts, students were then introduced to Canva and trained to make simple yet **beautiful animated videos** using graphics and images to match their scripts. This was again thoroughly reviewed by a team of designers and finalised.

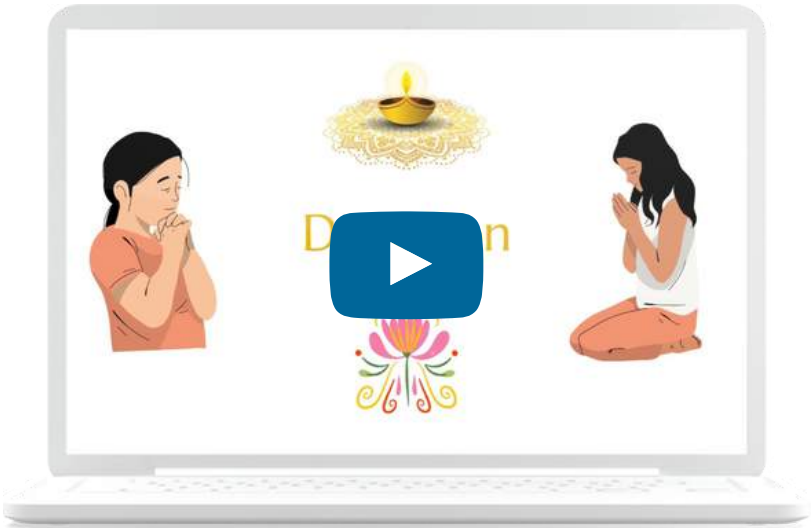
The last step was to record a voice-over for their script, speaking in a clear engaging manner to convey their powerful learnings to the audience. Comprehensive guidelines were provided for this again, followed by a series of reviews. Finally, the videos were put together and the end results were truly amazing. Each participant had created a portal into their topic while also allowing the listener to relate to them through personal experiences.

Something of the soul was shining in each of these videos and they truly have the power to impact the listener by bringing them in closer to the quality/topic and giving a glimpse of the Mother and Sri Aurobindo's wisdom.

Svadhyaya Videos Release

We are delighted to now be releasing these videos to the larger audience on a weekly basis as they get their final touches from the team! The first two videos are **Devotion** by Surya and **Faith** by Janki. Enjoy these offerings :)

Surya
The Power of Devotion



Janki
The Power of Faith

Savitri Painting at Bangalore

Four of us, Anirban, Shiva, Tammi and myself, met at Sri Aurobindo Bhavan, Ulsoor, Bangalore for a physical session of Savitri Painting. I was from cohort 4.0 of Savitri Painting, Anirban and Shiva were from cohort 5.0 and Tammi from 6.0. It felt like a beautiful combination to have an alumni gathering. Before the painting session, we attended the collective meditation at the Bhavan from 10:00 AM to 10:30 AM. The collective meditation with Mother's music was so deepening that it prepared us for the Savitri Painting session.

Savitri Painting at Bangalore

At 10:45AM we assembled at the discussion hall in front of a beautiful Mother's picture. We sat together in a circle and held a minute of concentrated silence and gathered the energy of the collective space. Shiva had brought candles for all of us, we lit the candles in front of The Mother's picture.

Sitting in the circle, we introduced ourselves to each other and shared a little bit of our life and the context we are in right now. It was a beautiful sharing and it bonded us for the collective painting session.

Later, we began the painting session. Each one of us read few lines from Savitri, shared our insights and painted to the 20 minute Joy music. During the painting, the energy was beautiful with the flowing music and the space with inspiring pictures of Sweet Mother and Sri Aurobindo. We painted in silence while sitting in a circle till the music came to a soft end.

Each of us shared our paintings and the consciousness we have put in the painting and felt a sense of offering by placing our paintings in front of The Mother's picture. We clicked a few individual and group pictures and we completed the painting session with a minute of silence.

The circle was sacred and the painting process had a collective energy. Each one of us enjoyed the session and had a deep wish to continue this energy and rhythm in the coming months.

Written by Sandhya

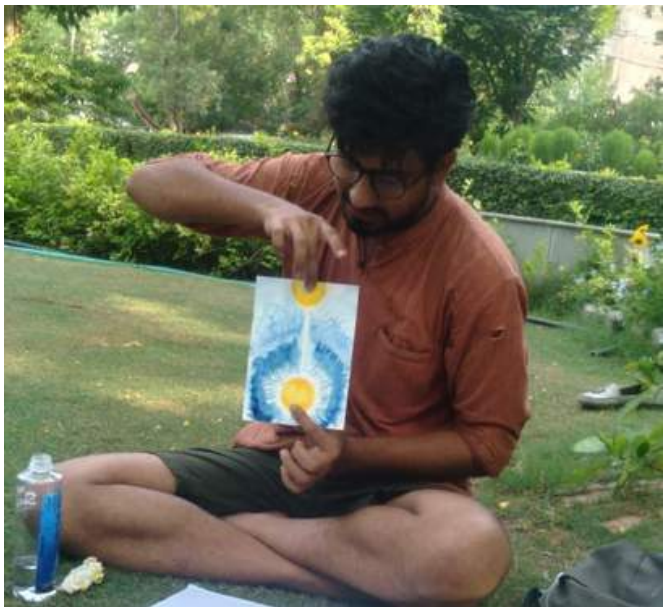
Before the session, I was looking for a quiet place in Bangalore. When I entered Sri Aurobindo Bhavan, instantly peace and calm pervaded my whole being. Sandhya's suggestion for us to participate in collective meditation held at Bhavan also proved helpful. We four participants felt a deep connection and it perfectly reflected in the Savitri lines we randomly had and also in colors and painting. I wish more comrades and many sessions in the coming time.

Written by Tammi

The Joy of Savitri Painting, Painting Amidst the Peacocks

I have mostly been participating in online sessions on Savitri painting. This is first time I could participate in an offline session. Meeting the co-paticipants outside of zoom boxes and painting together was delightful. The sense of community and bonding was deeper and more tactile.

Humidity in the weather was a little irritating but we did not pay much attention to it because there were many exciting things around. The beautiful sunflowers, the smell of garden soil and the sweet calling from peacocks. The surrounding helped us to immerse into the painting process and establish a connection with Savitri.



Delhi Ashram gardens are so much beautiful, almost like seating in nature's laps, away from city noise. As always, the problem of a beginner artist shared our trouble of water Color mixing problem...and the pain of using Colors more than required. Chetna's painting of emerald delight made me realise that light could be of blue Color not necessary yellow always. Harpreet's drawing of an eye was like a whirling spiral and so much dimensionally perfect. Janhavi beautifully brought a flow of nature through blue and yellow colours. Mankul painted vast and open wideness like a mountain range and very much balanced with small multicolour lights like the sun above. Divita taught us how to use a toothbrush to create tiny circles and create a spraying effect on painting. We ended the session by offering our work at the relics. A joyful painting session with Delhiites.

Written by Chirag

Savitri Painting 7.0

At Purnam, Savitri painting 7.0 has begun and it is happening in all vibrancy and spirit. The world of colors speaks to each participant and they enjoy reading and living the mantric lines of Savitri. This cohort also marks the completion of Purnam's aim to have 150 Savitri Painters by Sri Aurobindo's 150th birthday. Here are a few participant profiles to read from the cohort-

..one of the ways my psychic being guides me is through images and symbols, and this workshop feels like such an ideal setting to be able to nurture and tend to this poetic imagination and, through it, possibly the connection with my deeper heart...
Niharika

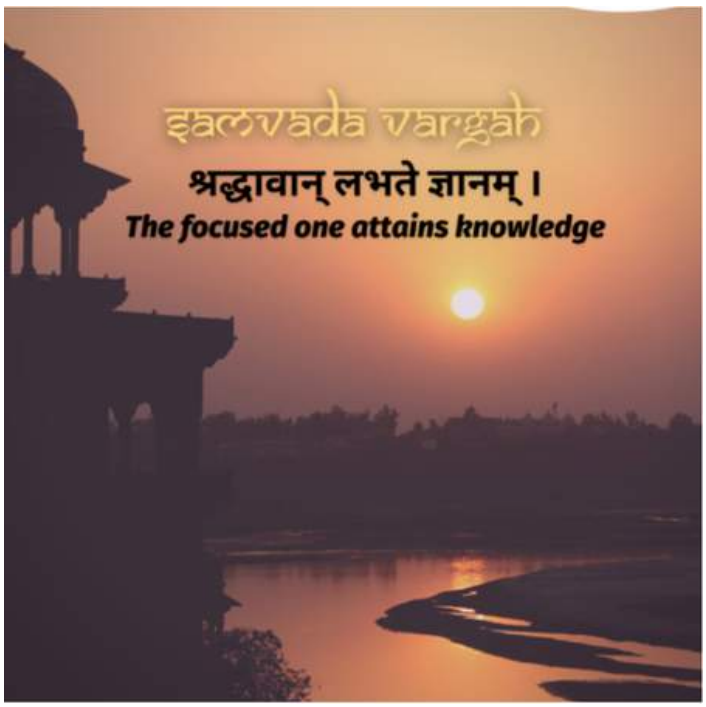
I'm very fond of The Mother and Sri Aurobindo's work and would love to explore deeper into Savitri and see what openings it brings within me.
Abhinaya

My friend told me about this course and shared her deeply moving experiences of it with me. Something within me got pulled towards it...I aspire to reconnect with my own self.
Vasundhara

As part of Purnam labs, especially journaling I have been able to form a connection with myself & the thirst to unlayer/ go deeper is growing. The beautiful journey has also made me realize of the my fears & vulnerabilities I hold. I aspire to gently touch, understand & overcome these emotions.
Tushar

You can view all the participant's profiles here

Samskritham Lab samvAda vargaH
by Dr. Savitri Dinavahi (Ph.D)



We all know and agree that learning Samskrit language opens the gateway to infinite knowledge.
The knowledge that is hidden in the scriptures of Sanatana Dharma, such as Vedas, Upanishads, Bhagavad Gita, etc.

We as people of Bharat should aim to become self-reliant in understanding the knowledge without having to depend on any other intermediate language.

It is with this objective that we launched samvAda sargaH, a spoken Samskrit workshop through Purnam Labs.

WHAT IS THE TRIBE UPTO?

We would like to mention that this lab is going great, and all the participants are showing great enthusiasm in learning Spoken Samskrit.

There are a few reasons to why this lab is going well.
The interesting features of this lab are:

- We start every session with Valmiki's Vagartha iva Samprukthav shloka as we want to reinforce the idea of meaningful speech
- We have broken down the lessons into simple powerpoint slides with pictures which has made Samskrit nouns, subjects, actions, pronouns, etc easily understandable
- We divide participants into different BreakOut rooms and encourage them to construct sentences in Samskrit themselves
- Towards the end of initial few sessions, the facilitator, Dr. Savitri Dinavahi, shares a Subhashitam shloka, explains the meaning of it and asks each participant to repeat the shloka
- During the mid few sessions, the facilitator narrates a story and asks participants to give a Title to the story and moral of the story in Samskrit
- During the last few sessions, we plan to divide the participants in groups and make them perform a skit in Samskrit and present it to everyone else

Given all these engaging aspects of the samvAda vargaH we believe our attempt of making learning Spoken Samskrit fun is working!

Reflections from participants

Revathi Says

Our Samskrit classes are going really well, the community/group we have is quite interactive and makes the learning much more fun

The only suggestion I can think of at the moment is, It would be great if we can spend a little bit more time to understand the context and the usage when new words are introduced..

Other than that, everything is great.. Savitri mam, Uday and you are all fabulous! Thank you so much for all your efforts

Richard says

I am enjoying the classes. The teaching is successfully engaging a group of people of disparate ages and abilities.
The focus on listening and speaking is teaching us to think in Sanskrit. The recapitulations help the material enter our long-term memories.

Jayshree says

Namaskaram
The classes are going nicely. I am happy to have joined this course. The way Dr. Savitri Mahodaya teaches and makes us understand is just amazing ❤.
I enjoy the break room sessions.
One place of improvement is if the recorded videos can be provided at least by next day evening.

I understand you all have different commitments. It helps a lot to once again review before the next class .
Dhanyawadam

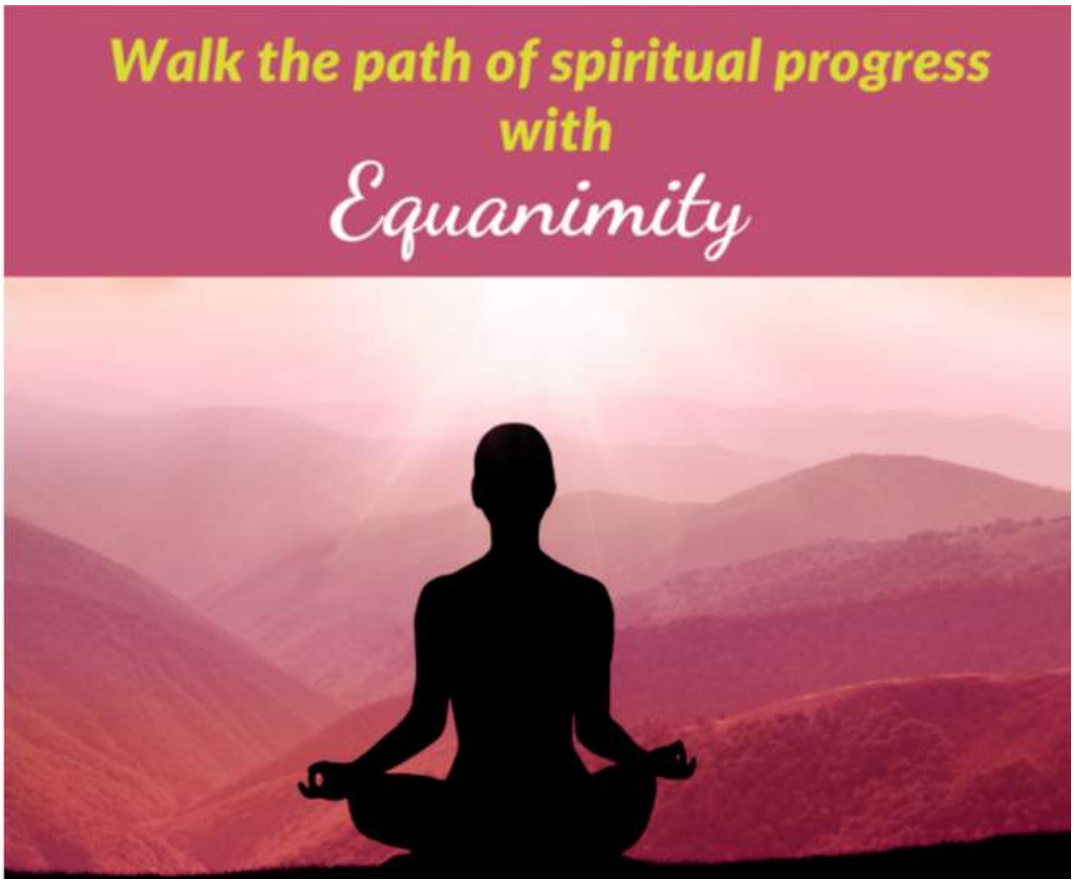
PURNAM LABS
JUNE-JULY 2022 UPDATE

PURNAM
CENTRE FOR INTEGRALITY

The community of Purnam is coming up with lot of interesting labs connecting aspirants at Auroville and across the world. The month of June at Purnam saw the Dinacharaya lab, Equanimity lab and the Decluttering lab come to a successful completion. Here are the insights from the completed labs

Equanimity

Held By Pooja and Harpreet



In life we often find it difficult to make important decisions, deal with difficult relationships or do away with emotional attachments

The struggle becomes real when we realize that no matter how much we try we often end-up getting into the play of extremes such as likes and dislikes, victory and defeat, praise and criticism, success and failure and so on

Equanimity is that quality which enables us to observe calmness and poise even in the midst of a storm When embodied in the mind, emotions, and body it becomes a yogic way to embark on a journey of peaceful progress

Join the waiting list to participate in the next cohort of Equanimity Lab

POOJA

HARPREET

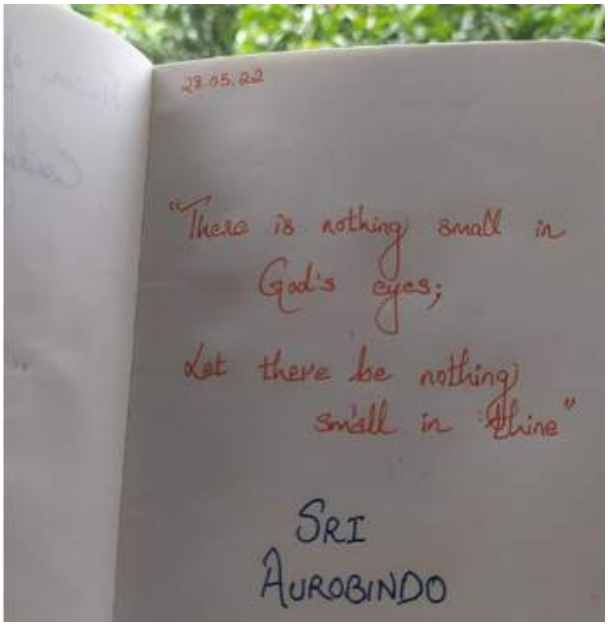
Let us hear the experience of Pooja, as a facilitator of Equanimity Lab:

Equanimity Practice Lab was a 6 week (April 30 - June 18) collective journey of practicing Equanimity. 26 seekers under the guidance of 6 expert practitioners held a collective aspiration to bring equanimity in their body, emotions, mind, and relationships.
The first week was dedicated to learn self-observation and get in touch with various parts of the being as given by Sri Aurobindo. To know the source of non-equanimity so that one can discern and become a witness to inner movements was the purpose of this preparatory week.

In order to neutralize the charge of likes and dislikes, attachment and preferences participants chose habits they dislike, desires they are attached to, work they resist and a person they are in conflict with as themes for the next five weeks of equanimity in the physical, lower vital, central vital, higher vital and mental being.

The participants offered their journey in Final Presentations on Jun 18, 2022.

Harpreet's creative way of meeting her resistances



Writing in a slow and beautiful handwriting is a way to touch the essence of The Word.

Written by Harpreet

Chirag's colourful way of reminding himself to "look within"

Priya's Equnimous Tea: A break at work ...sipping the tea holding the peace and equanimity within...remembering and offering with gratitude

Pooja's creative way of meeting her resistances

I wish to meet my resistances which come in between me and salads today.
A humble request for all the resistances to come at 5pm in the Equanimity Hall.

4:55pm: taste bud named sweet enters before time.
5:05pm: oil and green chillies come holding hands together.
5:10pm: butter arrives.
5:15pm: spices come singing, "koi kahe kehta rahe, kitna bhi humko deewana.. Hum logon ki thokar me hai ye zamaana."

Me, " I would have appreciated it if all of us would have respected time. Seems like you all have become lazy and fatty, pleasing the taste buds. "

Hm.. So today with all my affection towards sweets in general and the powerpack tasty combination of green chillies, oil, and spices I wish to tell you all that I need space! I wish to have a healthy distance between you all and my innocent taste buds. You all have been ruling my mind and mouth for quite some time now.

I hope you will respect this personal call.
Butter gets a slip of the tongue..
"But, Pooja! You love me the most na.. Will I be abandoned too? "
Me, " dear! No. I am not abandoning anyone. Not even you. Just that now, salads will get their rights too. They too deserve to have a place in my life. My body came into my dream yesterday and shared how heavy and lazy it feels without salads."

Butter, chillies, spices, oil, and sweets together..
We are with you. Ready to share space with salads in your palate.

I welcome on board
My body whispers in silence such a gentle co-existence. Not acting in extremes could happen only in Equanimity hall.

I am glad I could breathe here

Let us hear the experiences of few participants of Equanimity Lab:

"Pooja and Harpreet have been fantastic facilitators of Equanimity Lab. They not only led the sangha in various practices/prompts but also were active in keeping everyone involved & participative. Their qualities of being grounded, open, genuine & helping are much appreciated. The most beautiful thing that I observed was that they never shied away from talking about their vulnerable sides and/or imperfections which beautifully opened up the space for all the participants to just be themselves without any pretense. This in my understanding helped everyone to look at the self with acceptance & equanimity and not with self criticism or egotism."

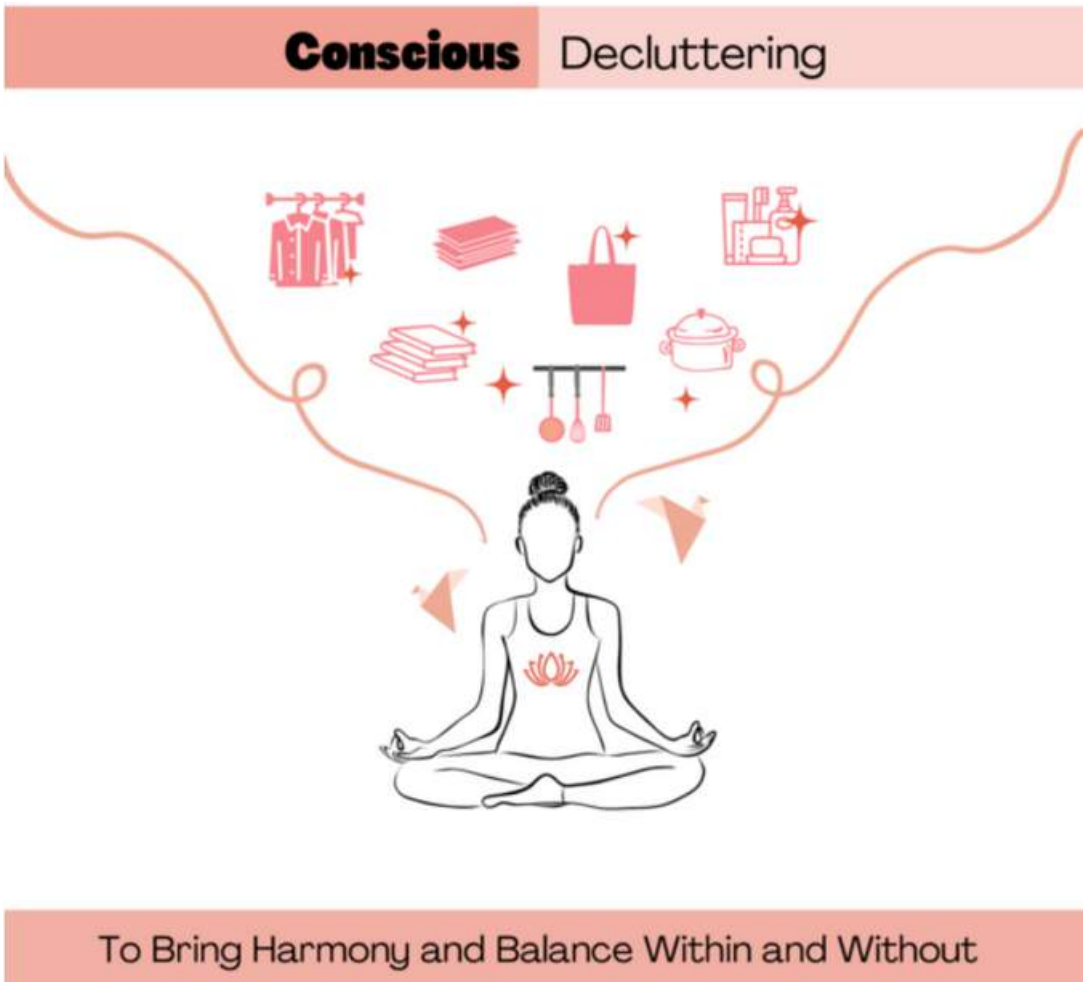
Nikhil Talreja

"I really loved the sessions that were being conducted. This was the first time for me to connect with the teachings of Sri Aurobindo and the Mother. The daily prompts, sharing circle and the weekly session were all helpful in making me explore more about myself, that is for looking within. Thank you, Pooja and Harpreet excellently facilitated everything, especially the way you reflected on the sharings of group members."

Manvi

Conscious Decluttering

Held By Chaitanya



This lab aims to deepen one's relationship with the things in one's immediate surroundings at home. It helps to discover the interconnection between the outer surroundings and the inner-self. In this lab, the participants work on decluttering and organizing their homes together as a collective with a sacred aspiration to bring Beauty, Harmony and Balance within and without.

Join the waiting list to participate in the next cohort of Conscious Decluttering Lab

Let us hear the experiences of Chaitanya as a facilitator of the Decluttering lab

Some of the things I have been postponing to deal with have come to light.

I realized that in some aspects of life I haven't been able to progress and was feeling stuck and helpless because I was really fearful to even acknowledge that I was avoiding facing them due to which I didn't even take one step of action in that direction.

I learned that attachment to things was coming from a place of fear of losing memories. By letting things go, there's this deep fear of forgetting the memories and people associated with them.

I have started to Love and Respect space more than before, which has given me the confidence to spread the delight and joy in discarding things to create space for new beginnings.

The effort for progress must be made for the love of the effort for progress.

The joy of effort and the aspiration for progress must be enough in themselves, quite independent of the result.

Everything one does in yoga must be done for the joy of doing it, and not in view of the result one wants to obtain.

- The Mother

This quote by The Mother summarizes a very deep learning experience I had while holding this Lab

Let us hear the experience of participants of Conscious Decluttering Lab:

"Through decluttering, clarity is something that emerged for me in life & what I wanted to do in life professionally."

"There emerged more love and appreciation for things that I carry in life."

"Became more aware of the consciousness each thing carries."

"There emerged harmony in family relationships."

"Decluttering helped me de-stress..."

Dinacharya
Held By Smrati Humar and Dr. Berengere

Dinacharya aims to align each one with Nature's rhythm. It helps in discovering the body type and create a customized routine based on knowledge of Ayurveda and one's current context. The facilitators help in breaking down the routine into small, executable practices and experientially live an ayurvedic lifestyle.

In this course, one can accelerate one's healthy living journey with the guidance of an Ayurvedic expert and a vibrant community.

Join the waiting list to participate in the next cohort of Dinacharya Lab

SMRATI

DR. BERENGERE

Let us hear the experiences of few of the participants of Dinacharaya lab:

- *One thing I really liked about Dinacharya was that it was designed as an experiential lab. Apart from bringing the concept of Dinacharya, we had the opportunity to connect with the sangha and live the practices everyday through buddy calls, sharings in the group etc..*

- *As I lived and practised Dinacharya, I feel I am more conscious of my body and health and all the choices I am making.*

- *I noticed how if I sleep beyond 7-7:30 am, the Kapha sets in and it's tiring to sleep. I am implementing most of the routines and looking forward to bringing more harmony in the body*

- *Shutting off gadgets 30 min before sleep has definitely had a positive impact on my sleep .*

- *I feel Dinacharya was a great beginning! I want to continue the journey with these practices and see how I can go deeper to understand myself and improve further and channel positive energy further*

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