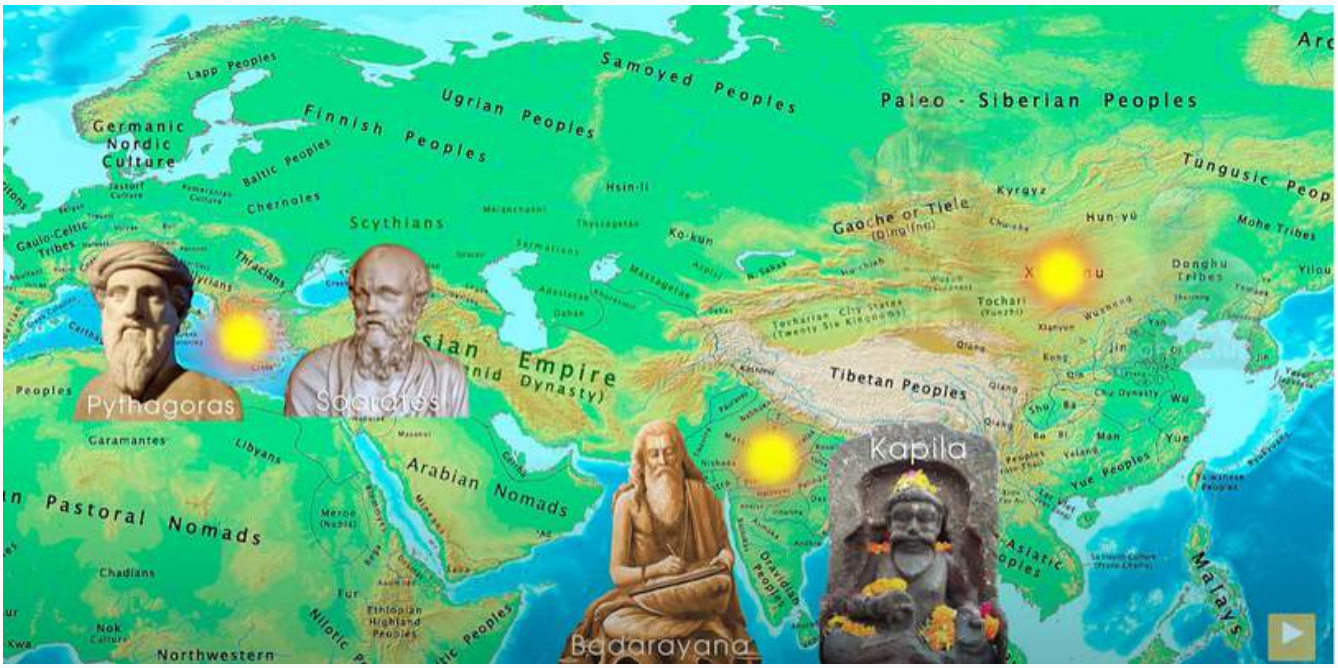
# PURNAM BULLETIN

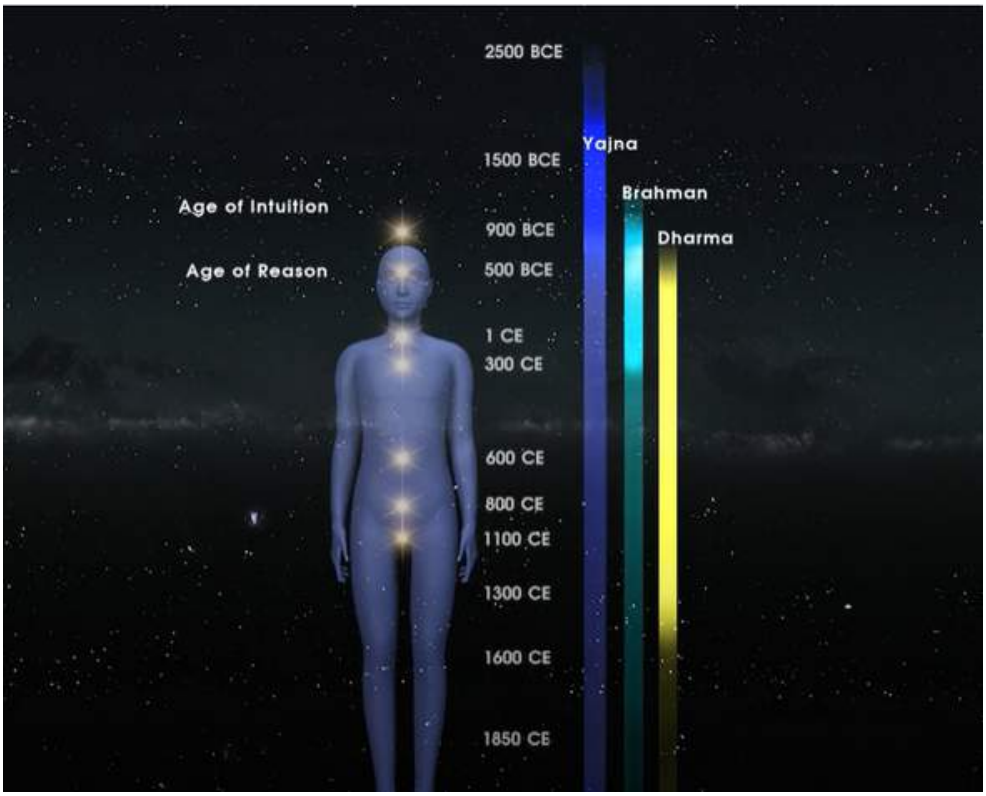
July-August 2022




## Spiritual History of India

On August 15th, which was Sri Aurobindo's 150th birthday and India's 75th Independence day, evolution fast forward released its fourth series of movies titled ' Spiritual History of India'. The movie is pathbreaking and it beautifully brings out the evolution of Indian culture through the ages.

# Spiritual History of India




As an offering on Sri Aurobindo's 150th birth anniversary on August 15th, 2022, Manoj and his team released the fourth series of evolution fast forward movies titled as 'Spiritual history of India'. This film traces the spiritual evolution of India over 4000 years, seen through an original Indic perspective based on Sri Aurobindo's research. It showcases the descending movement of consciousness across various ages of India all the way to Integral Yoga and the future of India in the world.

At the current age, spiritual leaders like Sri Aurobindo have reinstated the view of giving importance to the body and have made an effort towards India's rebirth out of the age of illusion. The movie concludes by stating the above idea and takes a step towards the vedic and devotional age of India.

Here is a link to watch the movie

# Swadharma 10.0 - Find Your True Calling Applications Open!

Swadharma
The Soul of Action

**Applications for Swadharma's 10th Cohort, a 5-week transformative online adventure are now open!**

In this course, you will discover your soul essence, soul force, soul's work, and create your dream project.

**APPLY NOW**

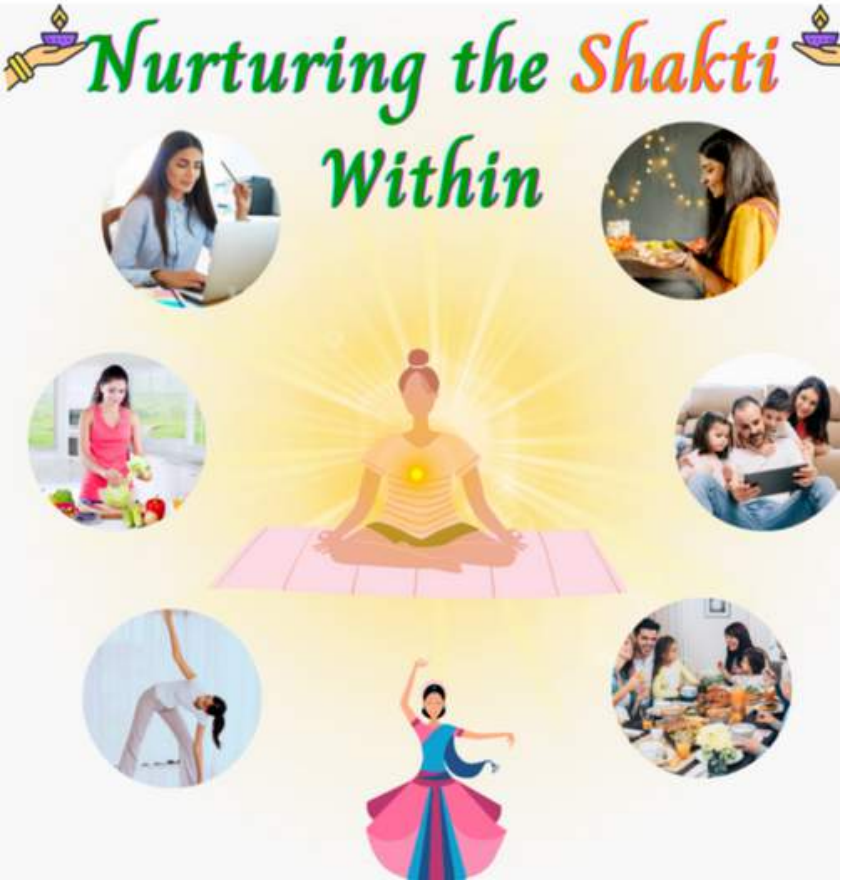
Join this course if you:
✓ Find yourself at a crossroads,
✓Yearn to live from your heart, to serve a higher purpose,
✓Feel that there is a deeper purpose to life than what society has told you

Dates - Feb 20 - Mar 26, 2023

Apply now
**www.swadharma.auroville.org**
Early bird discount valid until 24th Nov.

Warmly,
Swadharma Team

# Nurturing the Shakti Within Practice Lab




As a 21st century woman, do you find it difficult to take time out for yourself, your aspirations, and also maintain a work-life balance?

This experiential practice lab helps you to connect and tap into your inner power through individual and collective practices. Connecting, aligning and nurturing the Shakti within creates an empowering space for you to step out of your limitations and come alive in yourself.

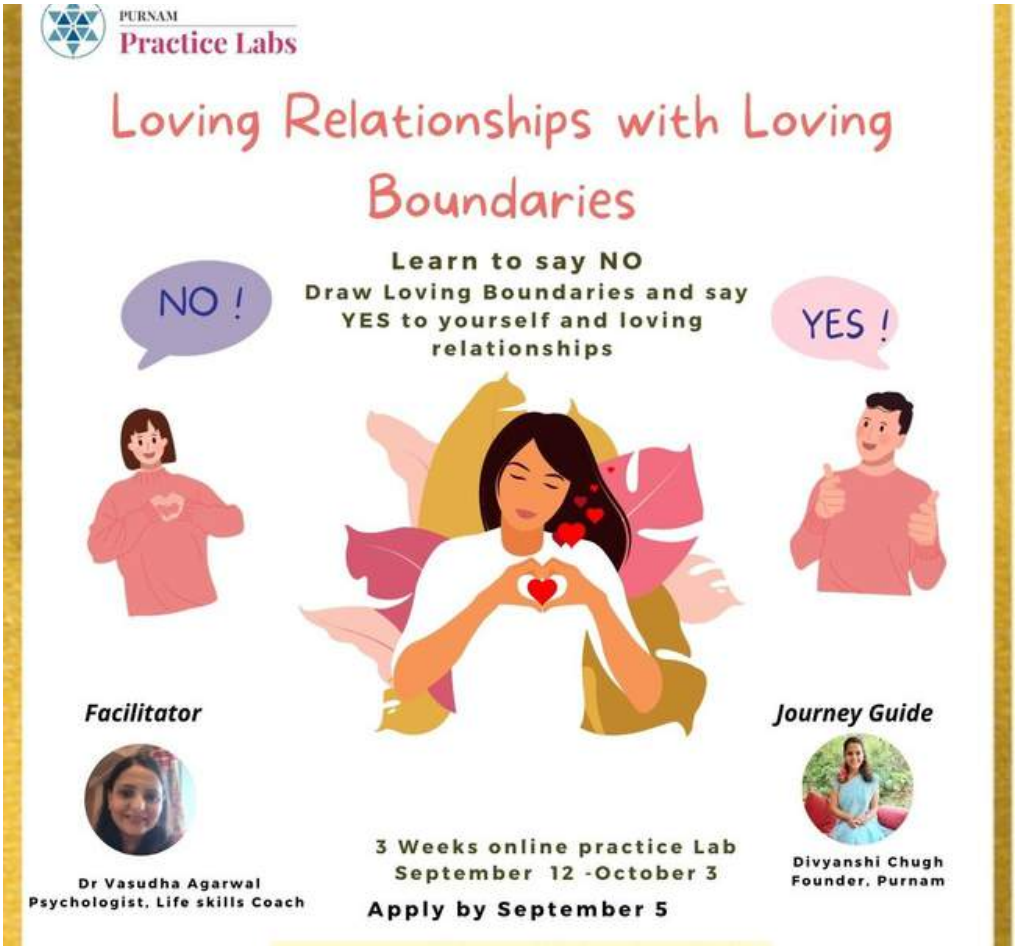
APPLY NOW HERE

*https://bit.ly/purnam_labs*

**Lab Dates: 7 Sep - 4 Oct**

*Last Date to Apply: 31 Aug*

# Loving Relationships with Loving Boundaries




When we don't set boundaries, we say Yes when we have to say No . Most of us are people pleasers and afraid of people's judgments 😵and in the process feel exhausted and suffocated in relationships.

Loving relationships with Loving Boundaries is an experiential practice lab for everyone who is struggling with relationships and has an aspiration to have a flow in the relationships .

APPLY NOW HERE
https://bit.ly/purnam_labs_lb
**Lab Dates:** 12th September - 3rd October
*Last Date to Apply: 5 Sep*

# Juice Fast

A snippet of a delightful day in Deeksha!

Our dear Namita organized a Juice Fast for 11 of us who aspired to offer their bodies a nourishing detox.
We began with collective chanting followed by a simple overview of how to drink, when to drink and the various benefits of juice fasting for our physical, emotional, and mental body.

The day began with a collective preparation of Ashgourd juice as the first juice feast of the day. It was followed by well paced and super tasty ABC (Apple, Beetroot, Carrot) juice, Coconut Water, and Green juice throughout the day.
In addition to juice feast, Namita lovingly held a yoga session the following day for opening the body to tune in to normal routine.

Written by Pooja

You can watch the video of Juice Fast here

# Savitri Painting at Auroville

Day dawned bright and warm with the promise of yet another heart warming, opening Savitri painting session.

It was going to be magical as this was to happen in Savitri Bhavan. The energy and vibes was palpable and excitement cotising through one's being /body.

The room chosen for the collective painting held the vibrations of Shraddhavan reading Savitri and synchronicity it was also the day she was going to finally going be rested in her chosen place. What a befitting that 16 people gathered to not just feel, but also paint the Divine force and power present in written lines of the magnum opus book.

# Savitri Painting at Auroville

The room setup was a gentle invitation to go deep within, the book of Savitri placed at each seat , the subtle flower decorations  and the air held the space of a sacredness deeply felt and a peaceful nurturing stillness.

Seated in a circle, post a minute of silence listening to the soft music being played, the ambience further enhanced each going quiet and deep, relaxed and yet meditative. 16 people came together and were holding alive the aspiration of what the session of togetherness would unfurl for each one and yet open to a collective emergence.

Each read the chosen lines for the occasion, reverberating within the force and power of the written words. The togetherness and oneness was felt as people shared their feeling in a word / phrase. Being connected within and the other seemed to be the emerging theme. What happened next was very moving and simply profound - connecting to the soft music, we felt the vibrations of the lines as movements uniquely expressed, opening unto our body and moving as the movement willed simply present.

# Savitri Painting at Auroville

After a brief sharing as to what the experience was like, we collectively painted what essayed within - word or a line perhaps, may be an image that had been downloaded. To the organ music, the next 20 minutes one immersed with the chosen colors allowing the painting to express onto the paper.

The sharing by each was so deep, the movement felt within, alive and vibrant each had an insight that perceptively had shifted something. An awareness of the meaning or essence behind or beyond the lines. Brought the group even more closer together, a shared intimacy resonating with one another with expressions or colors or the image. Like one participant shared, " We seem to be all connected by one invisible thread". There was an overwhelming sense of a deep gratitude and appreciation of having chosen to be part of such a group energy and experience. To contribute and be contributed to, the togetherness felt familiar and as if we knew each other for long.

That brought to an end an exquisite and well spent morning, beautifully spent, visibly moving and a hearty exchange of good wished and vibrations and promise of coming together again soon.

*Written by Palak*

# Deeksha Participants Meet Gopal

The Purnam team at Deeksha, invited Gopal to its premises in the last week of July. Gopal was really excited to share with us how he made his footing at Auroville and how he made his projects successful in the adventurous land.

He explained on his attempts on being environmentally conscious and produce such products in Auroville. One could see the love blossoming from his face while he recounted on his life and projects. To share his efforts and love, Gopal presented to all of Deeksha participants a zero carbon environmental friendly pencil.

# Meeting with Divish and Aastha

Divish and Aastha visited the participants of Deeksha at Purnam, Auroville and shared with everyone on how they made their stand at Auroville.

It was adventurours and spirited when Divish shared how he went penniless in Auroville and managed come back up straight with the help of the community.

Aastha insisted on the power of collective for all aspects of life and how solutions are temporary till they become permanent in Auroville.

It was a wonder to have them as part of Deeksha and it was equally beautiful to see Divish and Aastha continue their journey along with the Deeksha members sharing their life and participating in various activities of Deeksha.

# Guru Purnima Celeberations

Deeksha participants celebrated Guru Purnima at the night of July 13th, under the beautiful full moon. All gathered at the terrace of progress hall, Bharat Nivas and offered music and slokas to our teachers along the path of our life. A sweet picture of Mother and Sri Aurobindo was placed at the center. Sandhya offered her flute music and Shantanu offered music on the mettalophone for all. Sahana chanted few slokas and everyone enjoyed the music under the full moon shine and offered their remembrance and obeisance to the gurus of their life.

# Secret of the Vedas

## *Session 3: Discovering Indra*

Our dear Manoj, led the third session of Secret of the Veda at Auroville for Deeksha participants and other members of Auroville.

In this session, Manoj touched on the wide ranges of inspiration and how it influences a person's life and works. He states how various practices such as chanting together as a collective brings up the power of intuition in each one and how it can be tapped further to reveal its full potential.

Here is a video of the secret of veda session

# Svaram Exploration With Shantanu

Shantanu took the Deeksha group on a musical journey at Svaram, Auroville.

At Svaram, each were given a metallophone and a symphony was created with Shantanu as the lead singer.

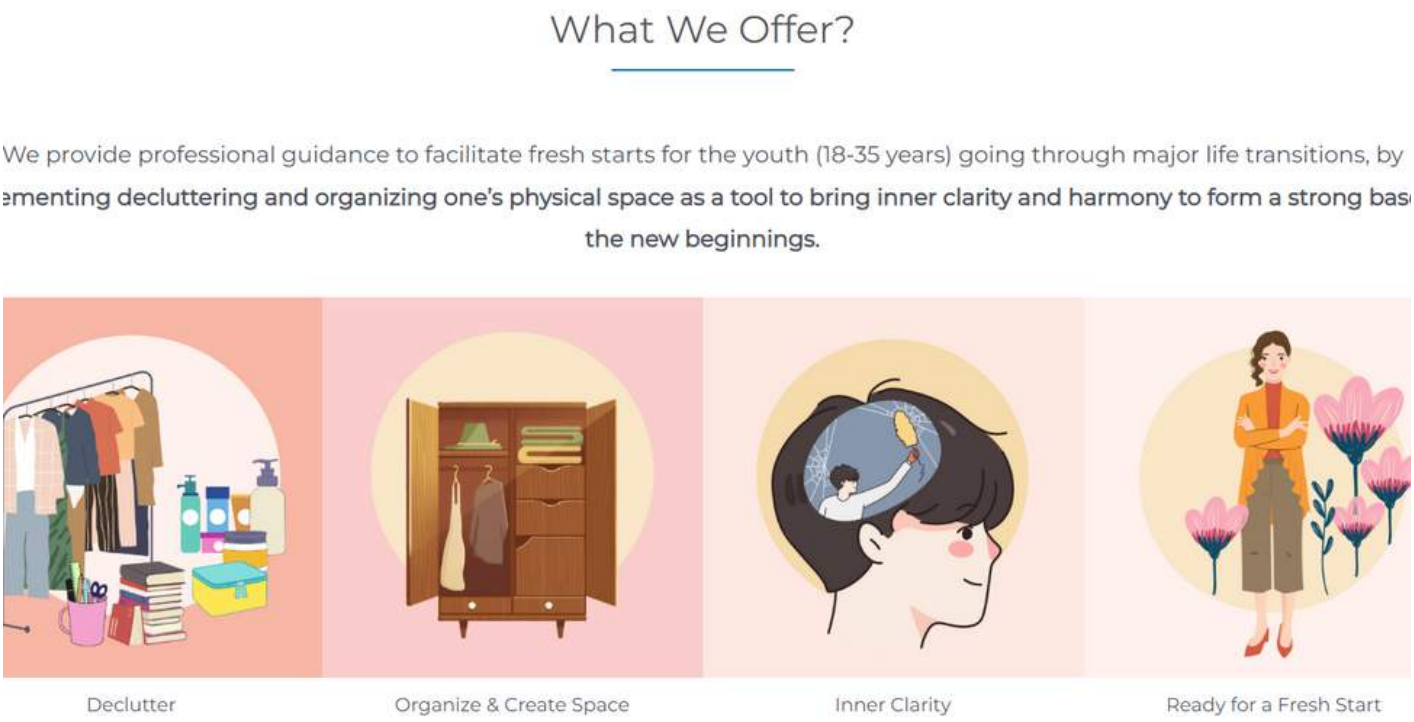
Participants enjoyed the song and collective playing of the instruments. Everyone presented the symphony during Deeksha final presentation as a short rejuvenation in the midst of the presentation and the audience enjoyed the performance.

# Collective WePlay Sessions

As part of Deeksha activities, participant gathered at certitude field, Auroville for collective WePlay sessions every Wednesday evening at 5:30 pm. WePlay sessions were lead by Natasha and it included several fitness activities such as the scorpion, dodge ball, dog and the bone etc..

The players enjoyed the activities and gave their best to participate and win in the games. Every WePlay session ended with the clap game which is a cherishing game that demanded attention of the participants and brought in more power to the collective and bonded each participant well with one another.

# MirraKi Website Launch by Chaitanya




Chaitanya has launched a website oriented towards Decluttering. Chaitanya, a Swadharma 9 participant of Purnam, did a course on Deculttering - KonMari - and decided to offer full-time decluttering services to people. This is offered in integration with Purnam and works on the internal and external decluttering of one's physical and psychological self.

VISIT HERE to view the website.

# Conscious Birthday Celebrations

Deeksha participants celeberate birthdays consciously. Various activities are planned to engage the birthday person in a conscious way and move him closer to his soul. During Shaily's birthday, Deeksha celeberated by singing songs and working on a collective Savitri painting session.

During Utsav's birthday the team organized showers of love moments with little flowers and tiara decorating Utsav. These activities make sure they elevate the soul of the birthday person and bring in an attempt to make the birthdays more conscious and alive.

# Savitri Painting Exhibition

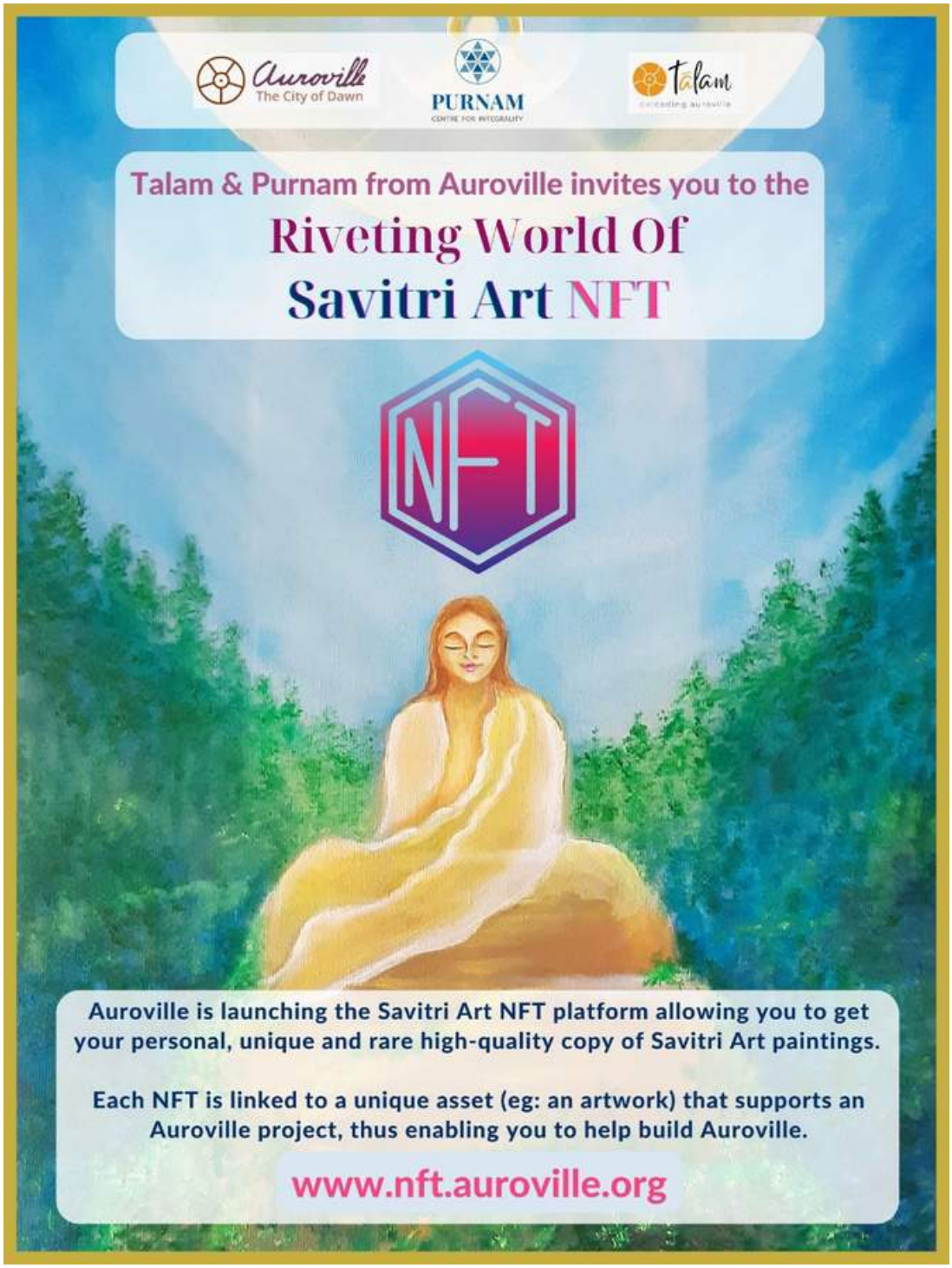
Savitri Art participated in a group art exhibition, Homage, organized by Sri Aurobindo Ashram from 2nd to 7th August to mark the 150th birth anniversary of Sri Aurobindo. We feel humbled to have been part of this exhibition which featured the artworks of 55 artists from Ashram, Auroville, and other parts of India and abroad, the first ever physical exhibition of Savitri Art paintings in the very sacred home of Sri Aurobindo and the Mother. The exhibition was inaugurated on the 2nd August evening with chanting and lighting the diya in the presence of Manoj da, Dr. Jayanti Ravi and participating artists, and many friends from Ashram and Auroville.

# WHAT IS THE TRIBE UPTO?

Savitri Art exhibited 12 of its paintings by Usha, Padma, Sahana, Jaganmayi and Namita. Usha, Sahana and Namita were there to represent Savitri Art Sangha and a few dear friends from Deeksha Sangha, Surya, Raam, Pooja, Sudha and Niharika also participated in the inauguration of the exhibition. The exhibition had a beautiful atmosphere with a light breeze coming from the beach. We were amazed at the different kinds of paintings exhibited under the theme of Sri Aurobindo and the kind of response that it received. Here is a news article by The Hindu about the exhibition and a video by Arvind Akki.

Here is a short video on the exhibition

# Auroville Launches Its First NFT Platform



# Auroville Launches Its First NFT Platform

Savitri Art NFTs are rare, distinctively digitized paintings, each uniquely birthed out of a meditative assimilation of Sri Aurobindo's epic poem, Savitri.

The NFT paintings are a part of a total of 150 paintings offered by 13 artists, during the celebration of Sri Aurobindo's 150th birth anniversary.

Each purchasable Savitri Art NFT asset, is linked to an Auroville project, thereby allowing interested well-wishers as well as art enthusiasts to actively participate in the development of Auroville.

This is yet another ripple effect of the transformative words of Sri Aurobindo, who wrote "...and gradually mould the finite into the image of the Infinite is another spiritual utility of Art."

Savitri Art NFT's not only aim at embodying this message through the traditional medium of fine art but to also disseminate it across the sprawling world of digital art as well.

Visit https://bit.ly/Purnam_NFT for more details

# Savitri Painting 7.0 – A Journey To Be Celeberated

Ashoo Talwar, a participant of Savitri 7.0 reflects on the journey with all spirit and enthusiasm-

Dear Purnam Team,

Thank you so much for the wonderful journey of 5 weeks of Savitri painting. It was indeed a very new concept for me to connect with inner landscapes through painting.

The presentation day was quite an experience for me, was in such turmoil until finally with help of one facilitators call (Namita). I suddenly got present after the zoom call. The focus to complete and also the motivation was very helpful.

It was such a wonderful journey and I am feeling a different calmness within since the final closure with presentation.

# Savitri Painting 7.0 - A journey to be celeberated

Thank you to each of the facilitator for the hand holding, the gift of joy music, Savitri knowledge, Huta painting gift, 5 senses exercises, flowers awareness, colour awareness, showers of blessing was a gift of heaven indeed.

Am looking forward to paint physically with our facilitator- Palak soon. Many Thanks to Chaitanya and Devam for all the support and of course Smrati, who is an angel.

I was also able to register for journaling but plan to enrol again as could not keep up due to time constraints. Thank you so much for such a wonderful experience which has so much more to it than I could cover.

Showering Lots of Love and Blessings,
Ashoo Talwar

A Participant Savitri Painting 7.0

# Our Gratitude to Shradhavan

The lady who believed in me, when I was struggling to believe in myself. The lady who could see behind the surface nature, into the eyes of the soul. The lady who created the fertile soil of Savitri Bhavan, a sacred atmosphere that attracts special souls. Shraddhavan, a special soul whose name will forever be remembered with deep honour, respect and sanctity, in the history of Auroville and the silent history of the Universe. May her soul rest in peace, in Her Arms.

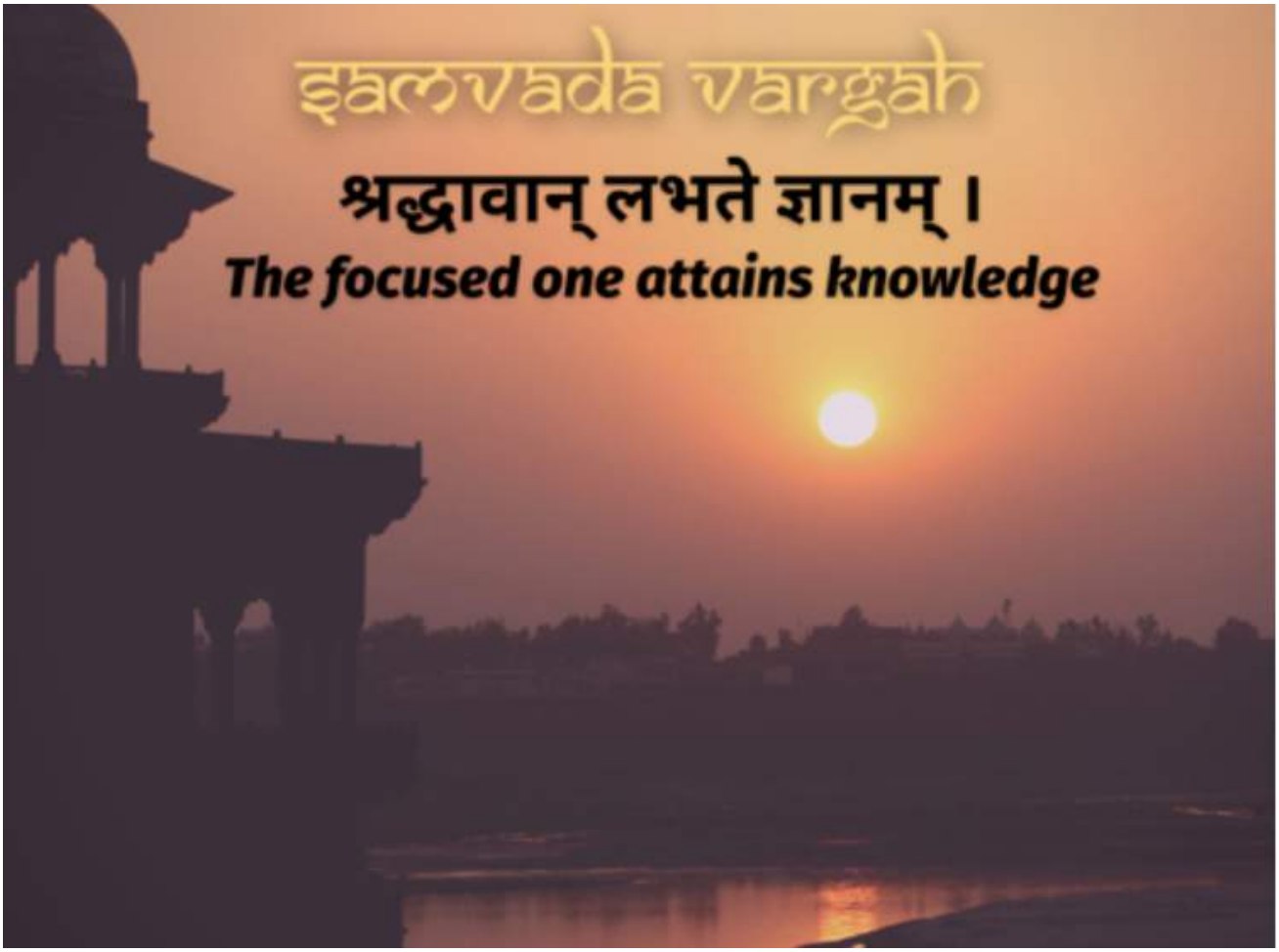
*Written by Divyanshi*

# PURNAM LABS
# JULY-AUGUST 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 July at Purnam saw the Samskritham lab and Time lab come to a successful completion. Following are the insights from the completed labs.

# Samvada Vargaha
# Held 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 aims to ease out the idea of not just learning simple Samskrit but also conversing in it, in just 18 days. The lab enables one to understand Samskrit through Samskrit.

Join the waiting list to participate in the next cohort of Samvada Vargaha Lab

DR. SAVITRI

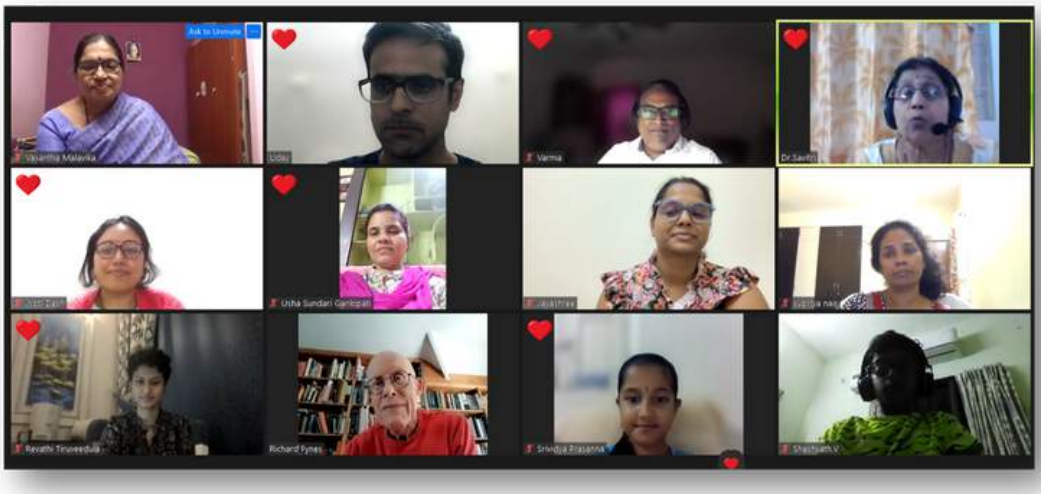
***Let us hear the experiences of Dr. Savitri, the facilitator of Samskritham lab:***

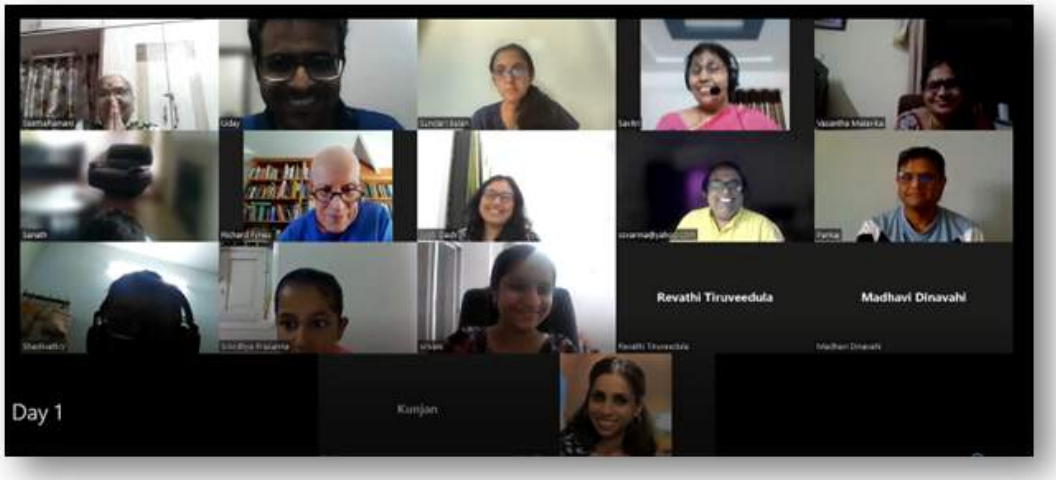
*My passion towards spoken samskrut, which I have been practicing & teaching for over 30 years now, does not keep me away from the language.*

*This makes me give quick background of how the idea of Samskruta Samvada vargaH started, was during my participation in the Savitri painting workshop where I had an opportunity to share my experience about the workshop which I communicated in Sanskrit, where the participants listening have received my offering with great enthusiasm.*

*It was then that I've realized that the mother's words that "Sanskrit should be India's rashtra basha", so why not collaborate with Purnam labs in conducting a Spoken Samskrut workshop.*

*More than 25 participants had registered for this session. However, as this workshop being the first and one of this kind, we had decided that we will shortlist/select only 15 participants to ensure every participant is given equal and appropriate attention to address the purpose of this session.*






These sessions were conducted over a period of 6 weeks, 3 sessions in a week and a total of 18 sessions, where the participants were acquainted with simple conversation in samskrut by usage of ShabdaH, kriYapaDani (action words), Vibhakti's, Slokah and simple stories which were recited and conversed only in Samskrut.

Break-outs sessions were a part of the ongoing sessions where my daughter (Aravinda) and other students (Usha & Uday) who were co-facilitators actively engaged the participants with continuous practice, sharing and learnings.

In the 18th session, the participants had teamed up and presented online plays with conversations in Sanskrit. On this day we have Invited Manoj Pavitran – Cofounder Purnam labs to grace the event with his presence. The workshop ended in a note to practice spoken samskrut and a continuation session to interested participants has already in-progress.

***Let us hear the experiences of Supriya Nair, a participant of Samskritham lab:***

Ashtadasa kaksha paryantam samskrita bhashayam samvadam kartum shaknomiva? Iti mama manah sandehah Asti. Prati Kaksha tadipari mama atma vishwasam kinchit adhikam bavati. Idanim aham samskrit kaksha miss karomi.

(Translation: I was doubtful if I will be able to speak Sanskrit by the end of these 18 sessions. However, after each session my confidence was boosting. Now, I miss samskrit sessions.)

Waiting eagerly to join the next level  Thoroughly enjoyed each and every session. Dhanyavadah Savitri Manya. Thank you Uday, Usha Manya and Aravinda for the great care and enthusiasm to facilitate the classes.Thanks to the entire team of participants for making these classes so delightful 😊  Three cheers to the entire family of samskrita samvada vargah

# Time Lab
## Held By Ramkumar and Smrati

The lab is a intense collective online journey to master time joyfully through the power of Conscious Calendar and do more work that bring out one's full potential. It insists on the face that time is not limited but is abundant. Through small steps along with a community, the lab aims to experientially shift from scarcity to abundance of time and experience that joy and discipline are two sides of the same coin.

Join the waiting list to participate in the next cohort of Yoga of Time Lab

SMRATI

RaamKumar

***Let us hear the experiences of Ram and Smrati of the time lab:***

*Rhythm, a 2-week online practice lab to learn the art of making joyful calendars to transform life was offered from 1st Aug to 12th Aug, 2022.*

*Forty four participants from various professional backgrounds participated in this intense learning journey. It was joyful to see that 11 employers from a single organization, tālam, Auroville (a socio-tech research, service and product development team based in Auroville building IT platforms for integral community living), joined this practice lab with an intention to implement the learning and practices from 'Rhythm' in their workplace as a team. The lab consisted of live learning-cum-work sessions on alternate weekdays, task of the days and two Q & A sessions with Divyanshi.*

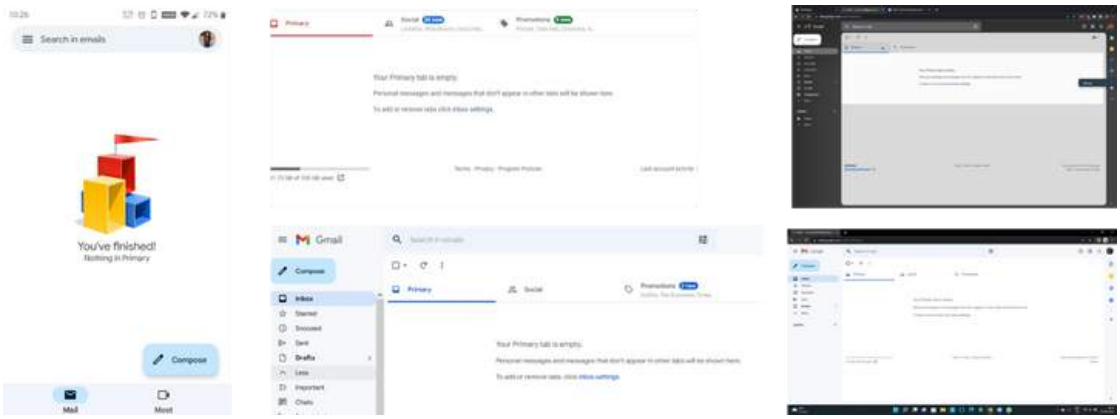
*Participants took part actively in the live sessions and in doing the tasks of the days. Through this lab, some participants started using google calendar to plan their days consciously for the first time and many participants started using Asana app to plan their personal and work projects for the first time.*

*They also learnt the habit of decluttering and organizing the email box and WhatsApp to help keep the mind and energy organized for improved concentration and productivity.*

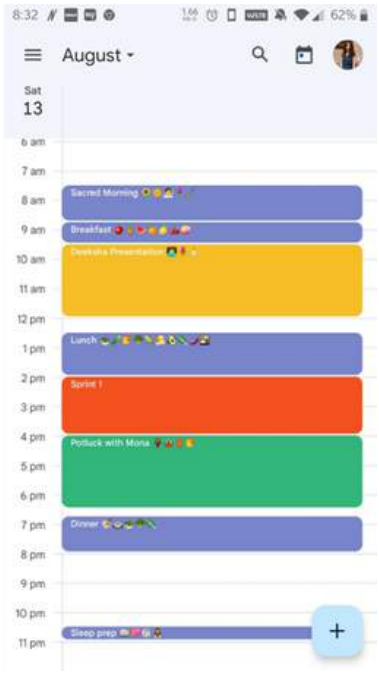
*Here are some sharings by the participants during the 2-week journey:*
*A painting by Tushar that emerged after his experiences with Rhythm lab:*

(Painted this last night after the session- Blue my colour of aspiration- holding the clock in 2 hands- Orange the circle of wisdom- red dot allowing to focus completely/ concentrate on 1 work when the time is managed properly.)

***Screenshots of participants' empty email box shared by them during the journey:***



***Screenshots of participants' conscious calendar planning shared by them during the journey:***




Excerpt from participants' sharing about their experiences and learnings:

About Asana app:

"At first when I downloaded it looked cumbersome, but after today's session and the way the work, self-development and even mundane tasks can be organised was a wonderful insight. I would look forward to learning and using the app!!" – Mira Ganesh

"I loved the fact that I have a concrete space for meeting with self and sounding board as well, in a way a step towards manifestation …possibility of building and bonding in our relationships through work, and creating space for self, a biggest gift" - Sahana

I could see the link between idea/inspiration and manifestation through Asana - the entire workflow how it can be highly organized and streamlined - it was giving a lot of joy. I just cleaned up my asana and wanting to make it a sacred space to walk my true potential. Also by having everything related to my life here, I can really see the peace and presence also coming in. Thanks Smrati for this powerpacked session - Surya

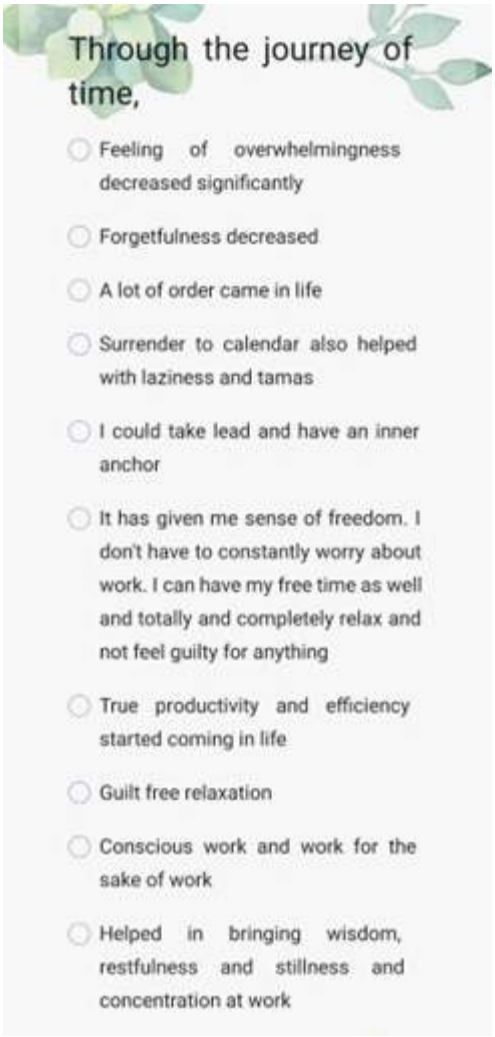
**About Rhythm lab:**

"A big thanks to Divyanshi, Smrati & Raam for holding space for all of us so lovingly with a lot of detailed efforts put in through the videos and guidelines to make us understand it quickly and easily." – Dhivya

"Thank you Smrati, Raam and all the Sangha for this motivating journey. I will be up for this one month challenge. Thank you Divyanshi for the spirited talks." – Manoj Aravind

"Today's session was really amazing. Grateful to all of you, Divyanshi, Smrati, Raam and Utsav for putting this together. Just want to appreciate the effort...it was really useful and inspiring... Thank you so much." - Bindu

Experiences by Harpreet at the end of the journey



# Dinacharya

Dinacharya lab was facilitated by Smrati and Utsav and completed in late June. They had made a beautiful video for everyone to watch. Click here to watch the video.

**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