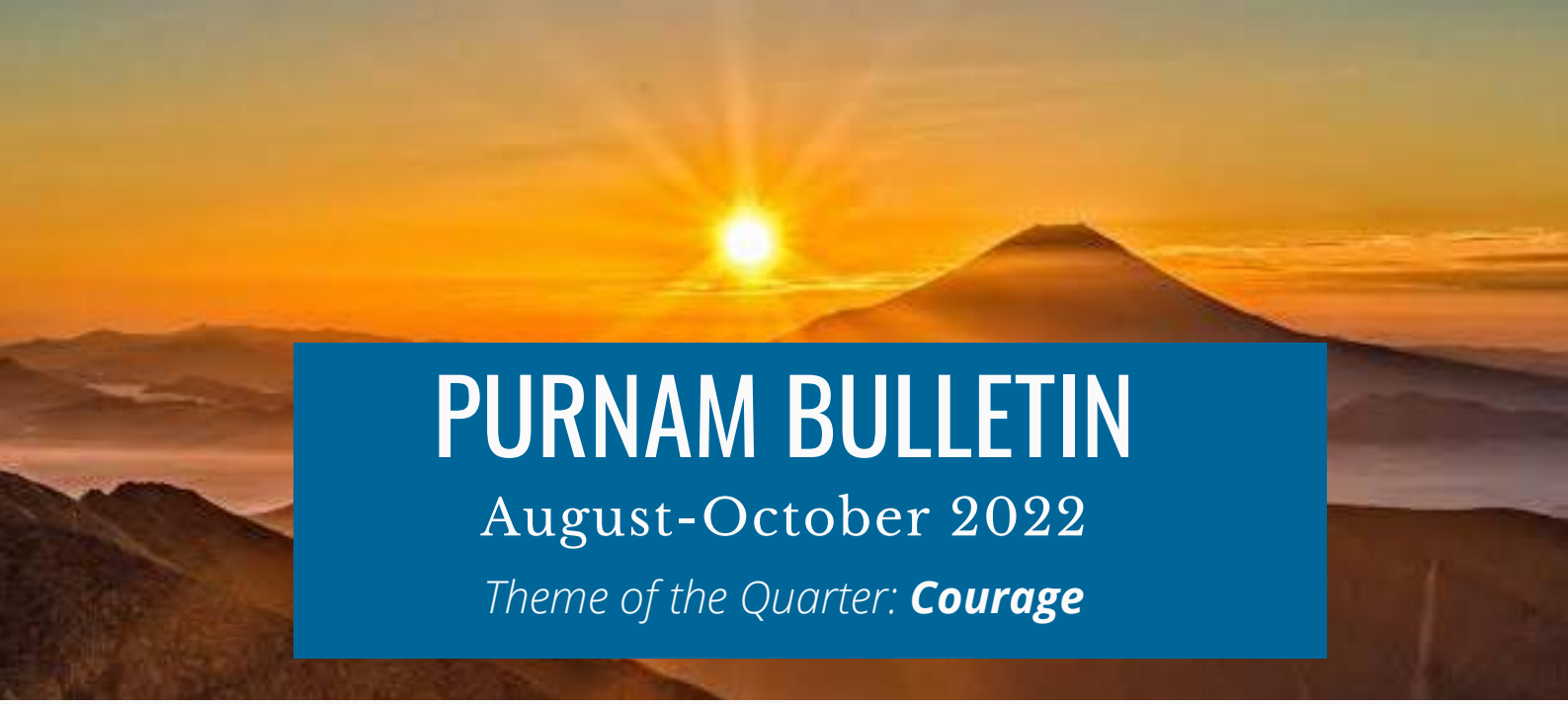

PURNAM BULLETIN

August-October 2022

Theme of the Quarter: ***Courage***

Swadharma - Calling Young Seekers!

The Swadharma course is a response to the call for an education for our times. It offers young seekers like yourself—aged 18 to 32—the opportunity to embark on a transformative learning adventure with the goal of finding your true calling.

We offer Swadharma because we truly believe that helping young people discover who they are and what brings them alive is not only meaningful at an individual level but also essential for building a socially just, environmentally sustainable and consciously awakened future.

Courage

Scientific Name: Calotropis gigantea
Botanical Name: Mudar, Bowstring hemp, Crown plant
Spiritual Significance: Courage

Bold, it faces all dangers.

What is Courage?

Courage is the total absence of fear in all its forms.
A man is gifted with a high courage to act according to the light that he has.

Courage

The warrior type would evolve courage, honour, governing power as its qualities, arrogance, violence and ruthless ambition as its defects.

It is that everyone possesses in a large measure, and the exceptional individual in an increasing degree of precision, two opposite tendencies of character, in almost equal proportions, which are like the light and the shadow of the same thing. Thus someone who has the capacity of being exceptionally generous will suddenly find an obstinate avarice rising up in his nature, the courageous man will be a coward in some part of his being and the good man will suddenly have wicked impulses. In this way life seems to endow everyone not only with the possibility of expressing an ideal, but also with contrary elements representing in a concrete manner the battle he has to wage and the victory he has to win for the realisation to become possible.

BULLETIN CONTENTS

The quarter's bulletin features these rich offerings & stories from the Community

Swadharma 10.0 Launch

Calling Young Seekers for an Adventure!

Purnam Offerings for Inner Growth

Bask in the Light of Synthesis of Yoga

Increase Your Concentration & Productivity With Deep Work Sprints

samvAda vargaH Learn Spoken Samskrit 2.0

What is the Tribe Upto?

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Purnam Labs Stories of Transformation

Annam: Yoga of Food - Insights by Dr. Subashree

Nurturing the Shakti Within - Insights by Vani

Swadharma 10.0 Applications Open!

Is your heart yearning for a truer and more purposeful life where you come alive in action?

Swadharma is a 5-week transformative journey for young seekers of the world between the ages of 18 and 32 where we will work together to awaken the soul of action within you. An initiation into the unfolding of your purpose in life.

APPLY NOW

Swadharma is for you if...

1. You find yourself at a crossroads.
You have taken, or are thinking of taking, a gap year,
You want to change your field of work or study

2. You long to live from your heart.
You long to serve a higher purpose.
You feel that there is a deeper purpose to your life than what society has told you.

3. You can no longer ignore the global crisis that we are facing.
You feel that your personal quest can serve
the awakening of our world.

And you know what?
The world needs the unique offering of your Swadharma at this time.

If you have heard the call...

Take a bold step.

Apply now

Our early bird discount ends on Nov 24. Apply now to avail it.
Limited seats. Admissions on a rolling basis.

Watch our mini-documentary to explore the essence of this inner adventure.

Why Swadharma?

The global challenges we face today call for people like you who are capable of creative, holistic and innovative thinking, people who are self-aware, and whose identity is grounded in their relationship to the whole. Overcoming these challenges requires the passionate commitment and engagement of young people.

The Swadharma course is a response to the call for an education for our times. It offers young seekers like yourself—aged 18 to 32—the opportunity to embark on a transformative learning adventure with the goal of finding your true calling. We offer Swadharma because we truly believe that helping young people discover who they are and what brings them alive is not only meaningful at an individual level but also essential for building a socially just, environmentally sustainable and consciously awakened future.

What is the Swadharma Journey?

The course is not structured in a conventional linear manner, however for ease of understanding, the phases of learning can be understood as follows:

In our 10th Cohort of Swadharma, we would—for the first time—be going really deep into the core of Swadharma itself. You would be taking a deep dive to explore and experience and realize what your soul essence, soul force and soul's work are, and to live them into becoming.

What Swadharma Is Not

Swadharma is not a career counseling course, our focus is to build the whole person in alignment with their true nature and career development is a byproduct.

Swadharma is not a meditative spiritual retreat to renounce the world. It is for the hero warriors who want to transform the world by transforming themselves.

Swadharma is not a therapeutic course. The course is intense and requires good psychological health.

Aspects of the Online Course

Workshop and expert session
Sharing circle
Ask me anything with Facilitator
Collective practice
Online community
Coach support

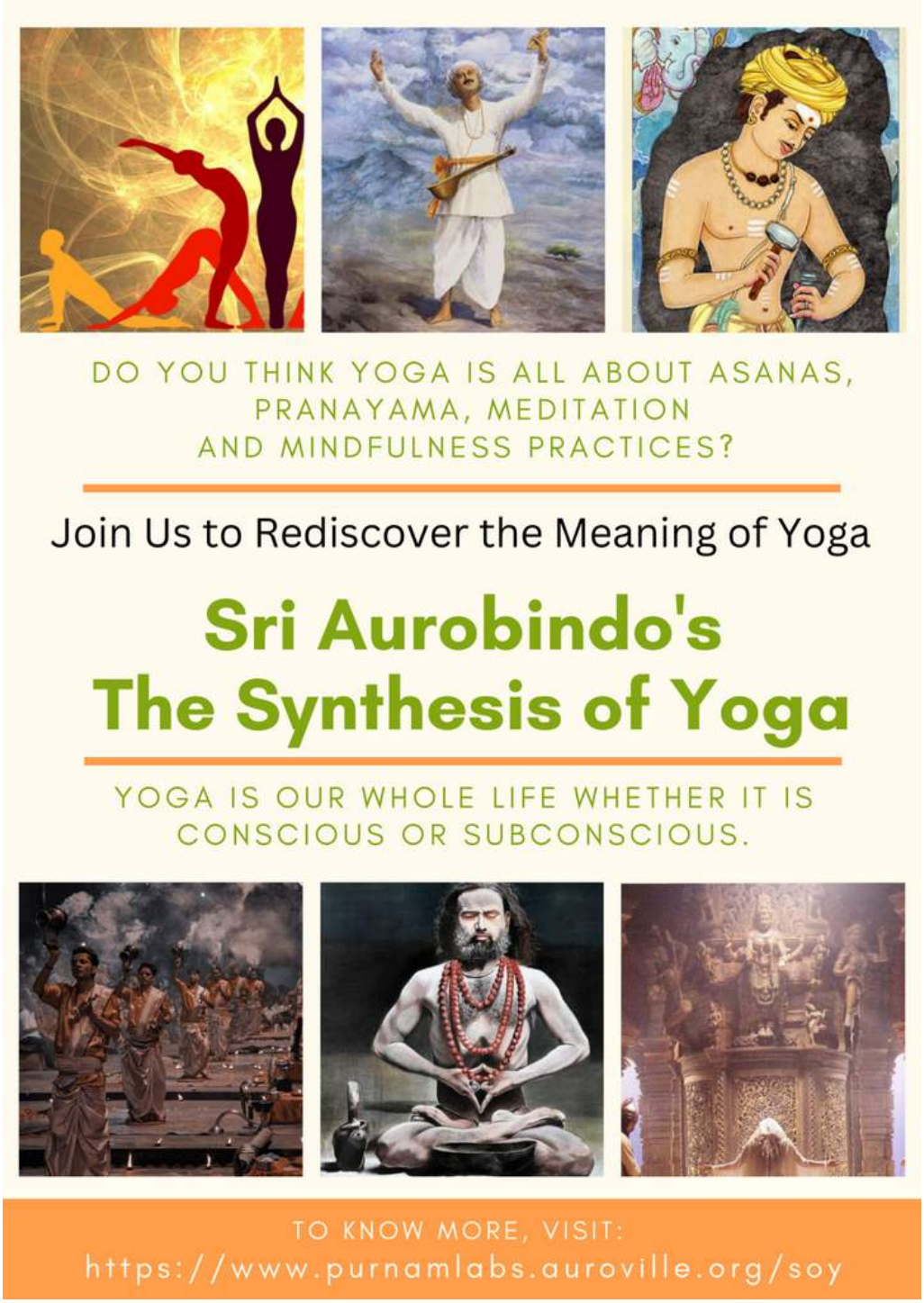
A huge benefit of engaging in Swadharma online is the power to create change within the current context of your life, rather than only having a singular transformative experience in Auroville which can be difficult to sustain.

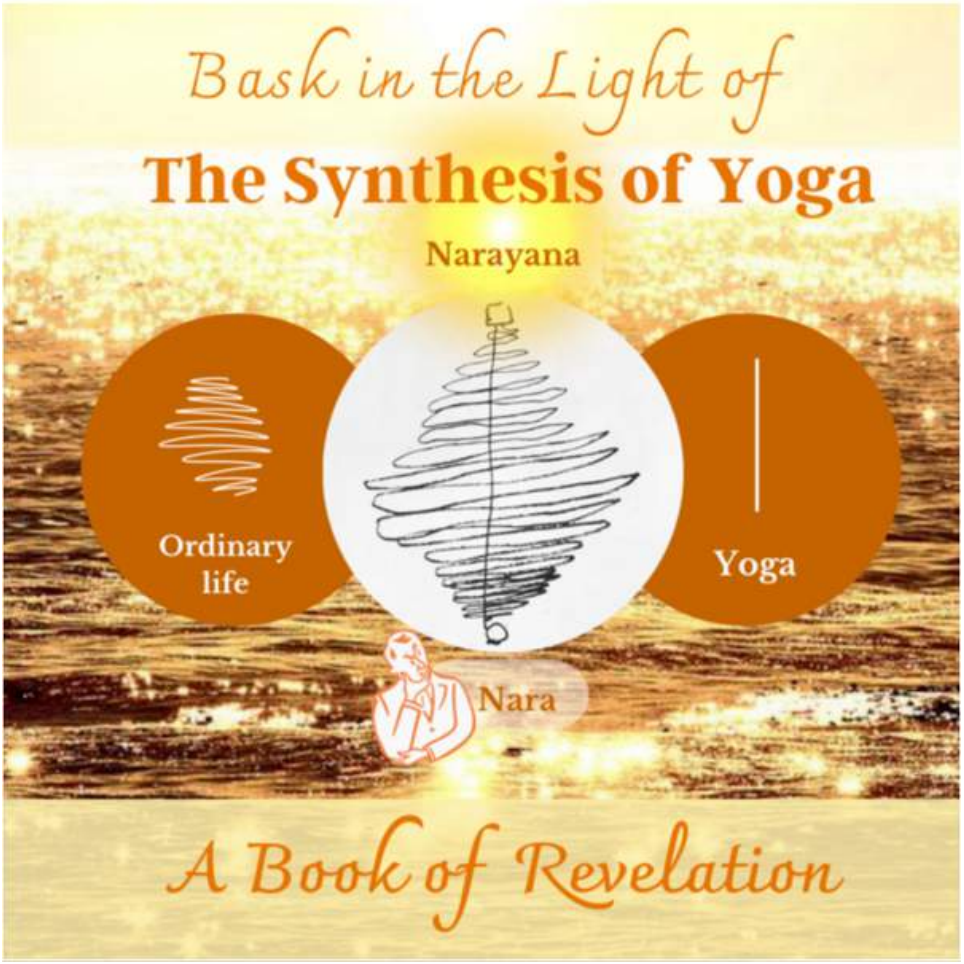
Seekers are welcome to come to Auroville anytime after the course to deepen their experience, and we are also very happy to support/aid the process post-course, for volunteering in Auroville or online.

To know more about the course, visit https://www.swadharma.auroville.org/

Swadharma
The Soul of Action

A 5-Week Guided Expedition into Sri Aurobindo's The Synthesis of Yoga





Experience the joy of reading the all-embracing vision and radical approach of Sri Aurobindo, a revolutionary Yogi .
The Synthesis of Yoga is neither a book of philosophy nor a specific line of practice. It is the vast consciousness of the Master that unravels the entire trajectory of human pursuit of Yoga and its destined culmination in the future.
Reading it has been life-changing for many thousands of people like me. It is the guiding light that answers but also questions and opens our eyes to the divine workings☀.

Lab Dates: 22 Nov - 27 Dec
Last Date to Apply: 18 Nov
Apply Now Here
https://bit.ly/purnam-soy

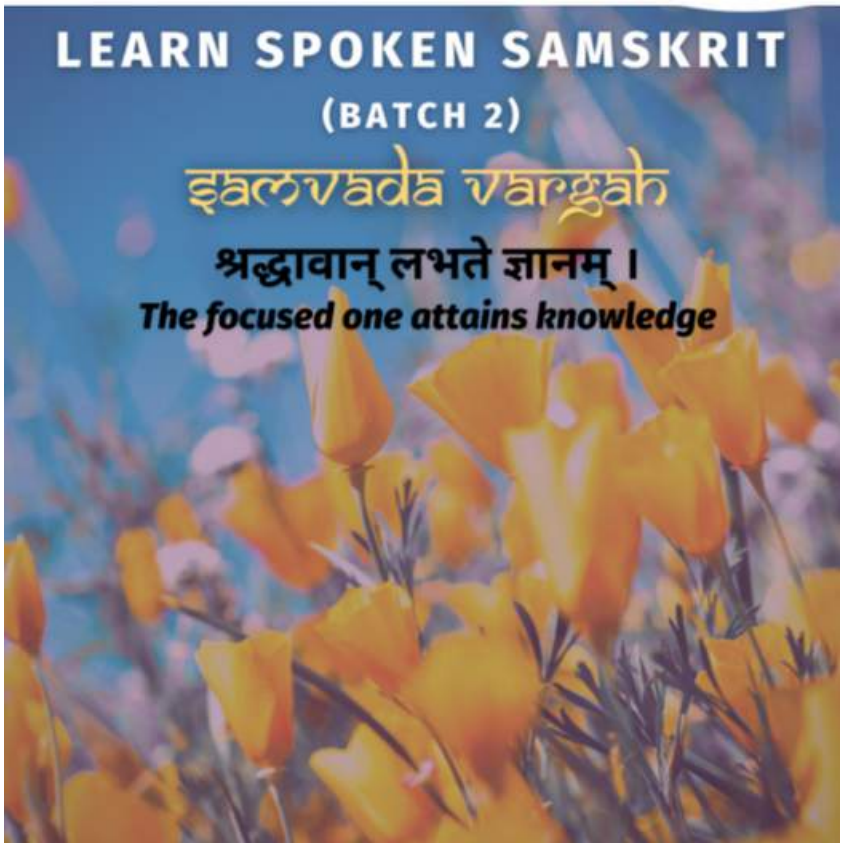
Increase Your Concentration & Productivity with Deep Work Sprints

Do you get distracted easily by whatsapp or instagram notifications on your phone? Do you easily slip into long conversations when you are at work? Do you have the habit of worrying about the next task when you are doing the present task?😬

Come, join us to tap into the power and magic of deep concentration by developing the habit of focusing on one task at a time . Accomplish your urgent and important projects with more ease by dividing them into smaller tasks and completing them through deep work sprint sessions. Transform from 'being scattered during work' into 'being at flow during work' and let your productivity & creativity flourish.

Lab Dates: 7 Nov - 3 Feb
Last Date to Apply: 1st Nov
Apply Now Here
https://bit.ly/purnam-sprint

samvAda vargaH Learn Spoken Samskrit 2.0



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.

Lab Dates: 7 Nov - 16 Dec

Last Date to Apply: 1 Nov

Apply Now Here

https://bit.ly/purnam-samskrit

Reminiscences by Ishitha Jain

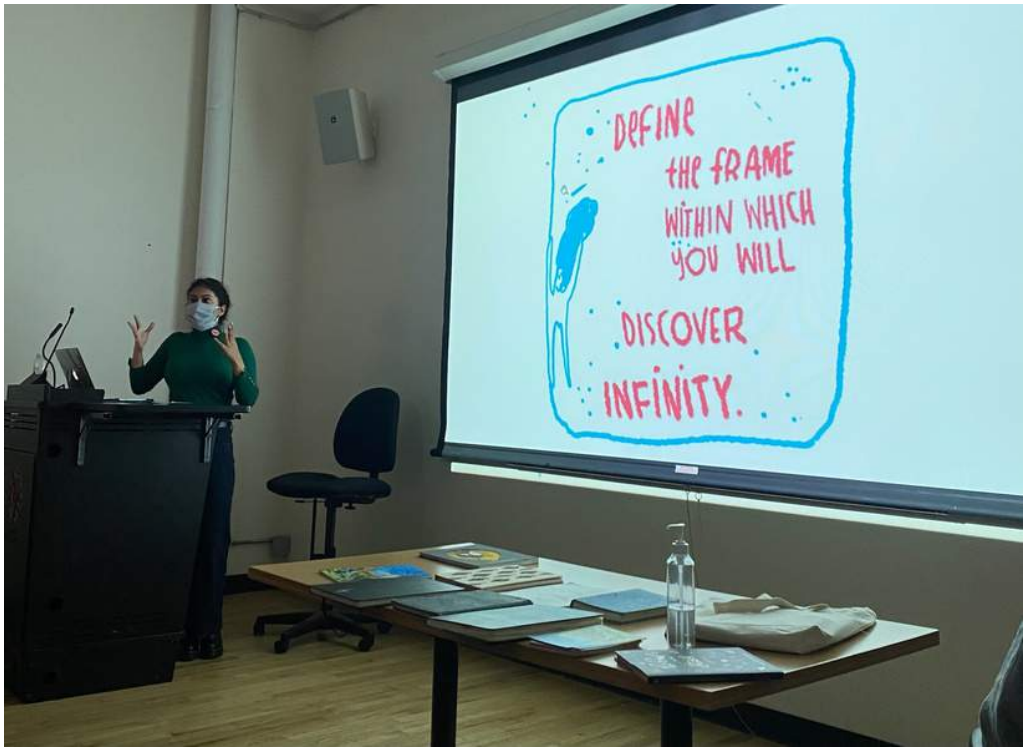
Here are some reminiscences by Ishitha Jain, a spirited Swadharma Alumna. Currently she is based out of New York and in a letter to Manoj she recollects her Swadharma experiences, learnings and her stay at Auroville. Sharing a few glimpses of the letter -

Our time together during Swadharma feels like it was a long time ago, but it is always close to my heart. I am now living in New York. I came here for my masters a year after staying in Auroville, graduated in 2020, got married and am here for now. Haha, a lot has happened in the world since then.

I am often...fulfilled and it really feels like I am in the early stages of life as a working artist. I truly love the work that I get to do and while none of it is without ups and downs, periods of radiant light and stagnant dark, it truly feels like the path that I was meant to walk. My time at Swadharma was pivotal in making a step towards this. You once told us- Define the frame within which you will discover infinity and I think something clicked for me in that sentence.

WHAT IS THE TRIBE UPTO?

I try to spend much of my time in the midst of nature, and for the past 3 years I have been drawing and writing a lot about plants, trees and nature in urban cities. I worked on a book and interviewed people in New York who work with nature in any capacity and turned those interviews into visual essays. It has been extremely gratifying to hear stories of people who work with nature, and in turn, observe life at a very different pace from modern human life.



Working on this book gave me a way of working that allowed me to be outdoors, away from walls, meeting people, drawing, all things that I love and I had never imagined that I would be able to do that as 'work'.

Time spent at Auroville was so special because of the place, the people, the greenery and most of all, I think it allowed me to feel like a child again. Much of the work that I make for myself is a means to feel wild and free like a kid again, I think.
I have much to learn and unlearn and in figuring out my life as an artist, I often impose subconscious rules and structures and it is so much hard work to snap out of them. In times like those, the memories of Swadharma give me something to aspire for.
I long to visit again, for an extended period of time, but I am not sure when the right time will arrive, till then I'll hold on to all that I remember with immense gratitude.

Manoj Shares His Experiences With Narad

Narad through years, has interviewed many sadhaks of the Ashram and Auroville and has brought out many interesting aspects of their lives, their connection with The Mother and Sri Aurobindo and their experiences along the life of yoga.

In this series, it was a beautiful oppurtunity for Narad for having interviewed our dear Manoj, who has deeply shared his experiences of life, how he came to The Mother and Sri Aurobindo and his life as an Aurovillian.

A snippet from the talk has been given above as a picture. The entire talk can be watched and enjoyed here.

Deeksha Members Bid Farewell for Helpers

Our space in Deeksha was so beautifully held by our dear Sudha and Satya Amma. We wished to express our gratitude for their sacred service fuelled by love and devotion. Deeksha celebrated their motherly holding by expression of words, flowers, little token and hugs. They are the reason we felt comfortable and at home in Auroville, for they so sacredly and lovingly made a place of guests into a place of home.

Written by Shaily

Savitri Art Exhibition at Savitri Bhavan

The sacred journey of Savitri Art began in April 2021 with three participants of the February 2021 cohort of Savitri Painting course with an intention to consciously bring perfection of the form and harmony of the colors in paintings along with the discovery of the inmost being through the expression of visions.

Divyanshi sharing the evolution of Savitri Art at the inaugural event

Our aspiration grew when we first offered 21 paintings at the feet the Mother and Sri Aurobindo on 15th August 2021, the commencement of Sri Aurobindo's 150th birth anniversary. We, together, set an intention to offer 150 paintings inspired by Savitri for theS 150th birth anniversary of Sri Aurobindo. Since then Savitri Art has grown exponentially by the pure grace of the Mother, taking different forms, touching many people's lives in unique ways.

On the auspicious occasion of 150th birth anniversary, a dream of Purnam's Savitri Art Sangha fulfilled itself beyond imagination, when 75 paintings were symbolically offered in the form of an exhibition in the sacred space of Savitri Bhavan. 25th August, a surreal morning when Savitri Art Sangha – 12 Savitri Art Sadhaks, their mentors, members of Purnam Community, the founder and senior members of Savitri Bhavan, and admirers of art and students of Savitri and other friends from Auroville came together to offer 150 paintings.

The inauguration ceremony began with the lighting of the lamp by Dr. Jayanti Ravi, Helmut, Dhanalakshmi, Manoj Pavithran, and senior artists of Savitri Art Sangha – Padmarani and Usha Arvind. It was followed by relooking at the birth and growth of Savitri Art by Divyanshi – from humble beginning of vision painting with 3 artists – Usha Arvind, Padmarani Vandemataram, and Sahana Uppar – and the birth of aspiration to offer 150 Savitri-inspired meditative paintings on Sri Aurobindo's 150th birth anniversary.

Usha and Padma lighting the lamp

The aspiration began charting its own destiny as more aspirants joined the journey to manifest it – Villoo Pithawala, Jaganmayi Himanshu, Subhashree Savadhamuthu, Chaitanya, Subha Srinivasan, Kamila, Rama Naiker, Namita Bidwaikar, Chirag Rajyaguru, and Beena Parekh. This sadhana of painting was guided lovingly by mentors Sushanto Nath, Manoj Pavithran, Divyanshi Chugh and Archana Udaykumar.

The ceremony was followed by felicitation of the artists and launch of Savitri Art NFTs – a way to receive Savitri paintings digitally while making contribution towards the development of the spiritual township of Auroville. We were humbled by Helmut's remarks, "it's a very unique exhibition to me because definitely it cannot be judged with the words and the rules people apply normally in art appreciation or anything like this because it comes from a completely different source; it's not just about ideas or expression of the personal vital or anything like this which is very much appreciated; it comes from inner experience and the study of these wonderful quality lines". The exhibition was then opened for public viewing.

Savitri Art Sangha in Square Hall where the exhibition was up

In the next three days, the exhibition saw a flurry of visitors – Auroville and Ashram friends, distinguished artists as well as art enthusiasts. The paintings were highly appreciated, here are few comments from our feedback book:

"Very beautiful, deep dedication.
Beautifully portrayed the vision. Very Cohesive Work. Glad to be here!"
"Very beautiful. Commendable initiative to 'paint your soul'"
"Soul Stirring"
"Was deeply inspired by the interplay of deep poetry & vibrant colors & strokes
Very enriching to witness."

A group photo on the day of artists' sharing with the community

The exhibition concluded with artists' sharing of their journey of Savitri Art. Each artist shared the transformation this sadhana brought to their life. Senior artist Usha Arvind shared 50+ drafts of one of her most admired paintings and with tears of gratitude, she shared the experience of immersing into divine love during the painting process. Her sharing moved everyone in the room.

The process of creation, experiences and progress stood out remarkably for each of the artists. Our dear Divyanshi very aptly said – I can't even say it's a dream come true because it's a dream I could not have had.

Internal closing circle on the last day of exhibition, 30.08.2022

Here is the video made by our dear Vaishnavi – Padmarani's daughter and a new member of our Purnam community – of these special days, inauguration of the exhibition and of all the beautiful sharings by the Savitri Art Sangha.

Written by Namita and Sahana

PURNAM LABS
AUGUST - OCTOBER 2022 UPDATE

PURNAM
CENTRE FOR INTEGRALITY

This quarter at Purnam, the Annam lab and the Shakti lab came to a successful completion. The facilitators have given their rich insights and they are here to read.

Annam : The Yoga of Food

Held By Dr. Subhashree

This lab aims to make eating a conscious and joyous process by understanding the many selves behind food choices. It brings in a harmony addressing extreme food routines and helps an individual to integrate eating consciously into one's inner journey.

Join the waiting list to participate in the next cohort of Annam : The Yoga of Food Lab

DR. SUBHASHREE

Let us hear the experiences of Dr. Subhashree, the facilitator of Annam lab:

When we give unconditionally, the energy is truly transformative for others and ourselves

To actively surrender and be an instrument is the best way of holding space

To ever hold at heart the true purpose of life and align every action to that Annam filled our hearts with unconditional love. Very deep gratitude to the Divine, Divyanshi and Dr.Yogesh Mohan

Let us hear the experiences of Dr. Meera Dhankani, a participant of Annam Lab:

I have attended Annam 1 with an inspiration to know about the food habits.

Every task, every session was totally new and unique. Subhashree has done a lot with patience and perseverance. She had given each and every participant, an individual diet chart.

The guided meditations really helped us to talk with the fruit i.e. our Annam and with our body parts with the motherly love feeling the tenderness of a baby. Eating the food with silence, listening to the stomach is really needed in this fast life as food taken with stress adversely affects our health.

The meditations with Dr. Yogesh were just excellent. It helped us going within surrendering all, at the Lotus feet of the Mother.

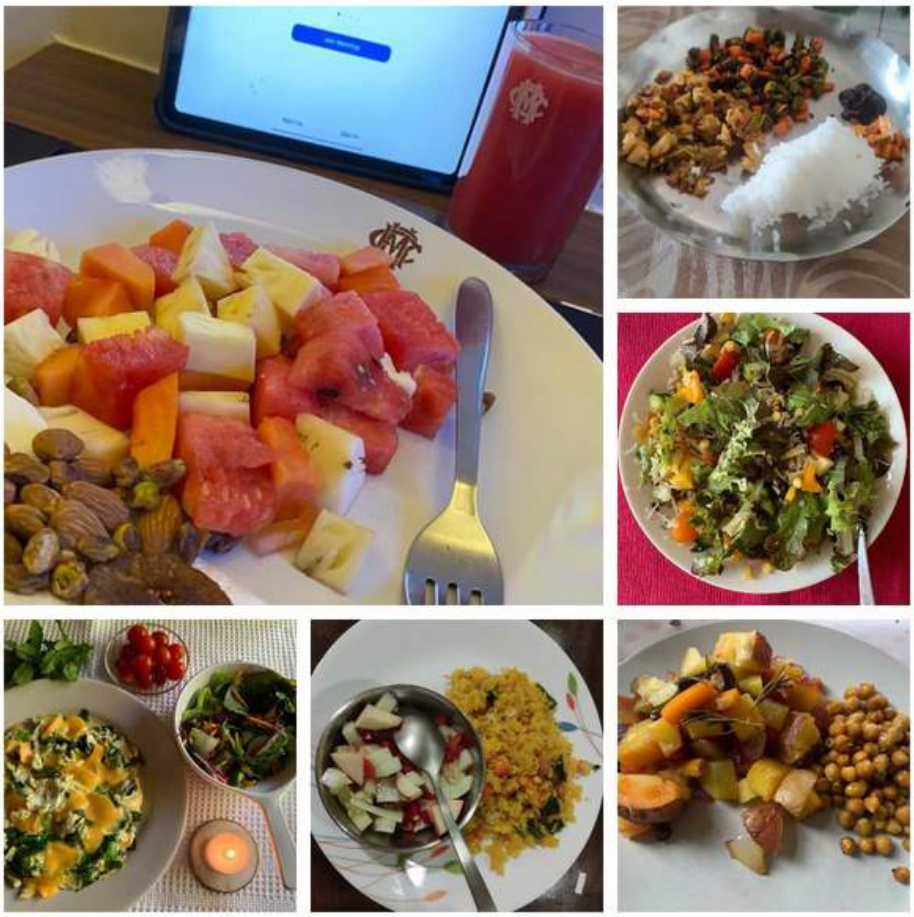
Surely, if we continue to follow the teachings of the Annam we will be able to establish peace in each and every cell of our body, which will be a big achievement.

Let us hear the experiences of Navneet Kukreja, a participant of Annam Lab:

I joined Annam 1.0 with the objective of understanding how I can know what kind of food I should take by learning to connect to the body and find out what my body needs for its health and well-being.

I had read some of the writings of the Mother on healing one's body and maintaining its health but could never understand what exactly was meant to connect to the body so as to ask it for its needs. Annam 1.0 provided me the practical ways of implementing the Mother's words on health and healing.

In just 3 sessions, I learnt about the "soul of the fruit", "soul of the touch" and going inside deep within and taking baby steps from within through guided meditations by Dr Subhashree and Dr Yogesh Mohan. I felt this Lab exceeded my aspirations as we were also provided special healing sessions by Dr Yogesh and we got an idea of the process of connecting with the Body.



Every session provided a different experience and the Silence attained during these sessions continued for some time and one could regain one's faith in healing powers of the body rather than looking for external means such as medicines and therapies.

Daily Tasks kept us involved and personal touch provided by Dr Subhashree did not allow us to slip into inertia and she provided unscheduled collective sessions so that we could perform the Tasks of the Day effectively and do not find any excuse to skip it.

Gratitude to Purnam for organising this Lab. Dr Subhashree held this sacred space for all of us so well that we are eagerly looking for next level of Annam. Special gratitude to Dr Yogesh for introducing the process of body's healing and connecting to it. He made us realise how we can truly love the body by caring and caressing it rather than external ornamentations.

Let us hear the experience of Anand Babu, a participant of Annam Lab:

When I heard about Annam through my daughter, I thought it was a recipe workshop. I thought it would teach us some humble and satvic recipes that would do good to our general health.

But to my surprise , on the first day itself Annam workshop started giving me a totally different experience which I never even thought off. And throughout the journey it was abundantly filling me with many precious feelings. Any normal person would need to think consciously and practice those heavenly inputs.

First thing I admired is feeling gratitude towards whatever food that comes to nourish us the moment.
Ofcourse we had never been thankful for the food we are receiving and from that moment, it changed my view of approaching my food.

I started thinking the long journey the food might have taken before reaching us and still could give us that kind of goodness it contained for us

While there are many many people who are starving in this world with out even getting their one meal a day, we are blessed so much to have our meal and this awareness we get at that moment is a golden transformation.
Naturally the feel of gratitude flows from with in and we never want to waste even a single grain that reached our plate.

Second thing is about consciousness . Again this also is something a very powerful transformation that I had while having our food.
Annam taught us "slow chew" , which is a new practice, but it changed a lot. The experience of eating now has became peaceful,relaxing, a joy and with full of consciousness.
It stopped over-eating , hurry-eating , and changed the thought that eating is just a routine. Now eating is a simple joy and fulfilling.

And then the meditations , we learned from Dr.Yogesh. Those techniques are much more precious that no one would teach us that easy.

There are many more observations and lessons we have been taught. But we need to cherish and recollect those teachings and practising them with thorough consciousness, will bring divinity inside us.

I feel a divine seed is planted and am waiting it to grow. All I could do is to give enough space and comfort with in myself to accommodate it.

Saying “Thanks” is not enough for the organisers.

Dr.Subashree and Dr.Yogesh, who had been so kind with their unconditional love to hold us in this entire journey, is so precious and thoughtful.

God bless them abundantly to enhance these teachings to the human kind.

Let us hear the experiences of Santu, a participant of Annam Lab:

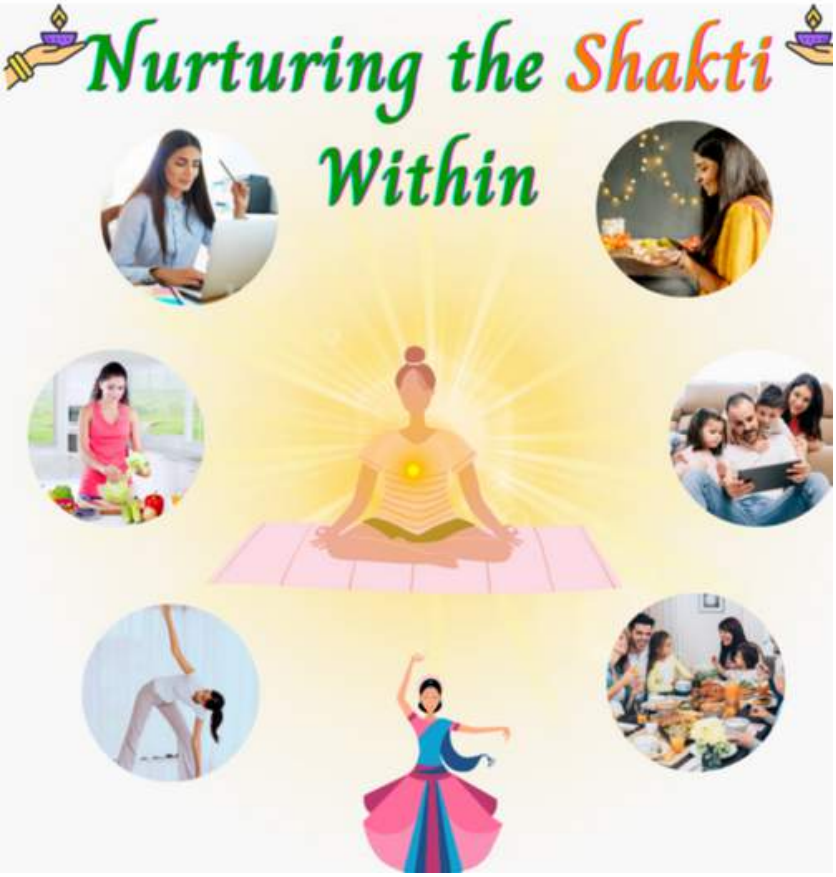
In my journey with Annam lab, I became very aware of my relationship with my body and the relationship with my food.

I have taken some small baby steps in changing some of my patterns. The old patterns are still there but I am celebrating some new patterns.

- Earlier if I was mindlessly gobbling down food, now I pause, relish and enjoy my food from time to time.
- Sometimes I pause and listen to my body to understand what kind of food I need at this moment.
- I am enjoying raw fruits and vegetables a lot more.
- Sometimes I am steaming some of my favorite vegetables and adding them to my regular cooked food.

Looking forward to slowly have a deeper and compassionate relationship with my body and food.

Nurturing the Shakti Within
Held By Vani Radhakrishnan



This lab is designed for women who find it difficult to take time for themselves, their aspirations and maintain a work-life balance. It aims to connect and tap into their inner power through individual and collective practices. This helps in stepping out of their limitations and come alive to their world in their fullness.

Join the waiting list to participate in the next cohort of Nurturing the Shakti Within Lab

VANII

Let us hear the experiences of Vani as a facilitator of the Shakti Within lab:

Nurturing the Shakti Within was a 4-week all-women journey from Sept 7 to Oct 5th. Twelve women participated in this journey, which culminated with Navrathri. We collectively started our journey with a deep aspiration of coming alive everyday by making time for self, family, work, and also other aspirations.

Our focus was on nurturing and anchoring the individual shakti within each of us through the power of Sangha. We worked on three themes. Our first theme was Self-care, where our focus was on values, self-care, and loving boundaries. After self-care, we moved on to the second theme of nurturing relationships consciously. Our third theme was coming alive in work.

Every week, based on the themes, we had interactive sessions with expert women speakers who shared their experiences and insights with the participants. Participants engaged themselves in journaling, painting, book reading, sharing, satsang, and celebrating the woman in each of them during the live sessions and also doing tasks of the day that were designed around the three themes.

Navrathri was special as we celebrated the Goddesses from the works of the Mother and Sri Aurobindo and reflected on what each Goddess signifies to each of us. Watch a video snippet of **Celebrating the Shakti** here.

Grateful to all the participants, the expert speakers, Divyanshi, and Purnam for this beautiful journey.

Let us hear the experiences of few participants:

"I really enjoyed the Nurturing a Shakti lab because I didn't really spend time connecting with my inner self and this lab helped me do that. I also didn't know about the nine Devis that are special to Navaratri. It was a joy learning about the strengths of these Devis and discovering the Devi within me." – Abheepsa Gupta

"Shakti Lab gave me the strength to find my creative energy back after a dark period. Celebrating the Navaratri together gave me an intense presence of feminine divine within me and made it a very special and beautiful period." – Mini Hariharan

"Nurturing the Shakti lab was a deep experience which provided the space to recognize and connect to our hidden powers and higher values and beyond , together with the sangha." – Nidhi

"I learnt to receive messages from silence. Deal the problems with more Love and Compassion with the help of Inner Guide. The outcome of the program is individual as challenges are different. Recommend every woman to take this course as you will get life changing experience with most wonderful facilitators." – Ragha Sudha

Watch a Glimpse of our Journey.

Written by Vani Radhakrishnan

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