PURNAM BULLETIN

November 2021

SAVITRI PAINTING 101 LAUNCH

In light of the 150th birth anniversary of Sri Aurobindo, a very special announcement - we are delighted to be launching our upcoming Savitri Painting 101 cohort

Savitri Painting is a 5-week journey to move inward into greater depths of your being through art, music and poetry. It is a means of sensing your soul movements, and seeing the unfolding of your soulspace through painting.

SAVITRI PAINTING 101

Watch the Savitri Painting 101 Invitation

With four intensive cohorts, we have been humbled to witness the powerfully transformative journeys of sixty seekers up-close. Now - as the 150th birth anniversary of Sri Aurobindo is coming closer, we take a leap towards sharing this journey with 150 seekers from across the world.

We are happy to launch a special cohort with 101 participants, 7 simultaneous cohorts this Jan - Feb 2022.

Apply Now

Watch the Savitri Painting 101 video brochure for course details:
http://bit.ly/savitri101brochure

Know more about Savitri Painting:
www.purnam.auroville.org/savitripainting

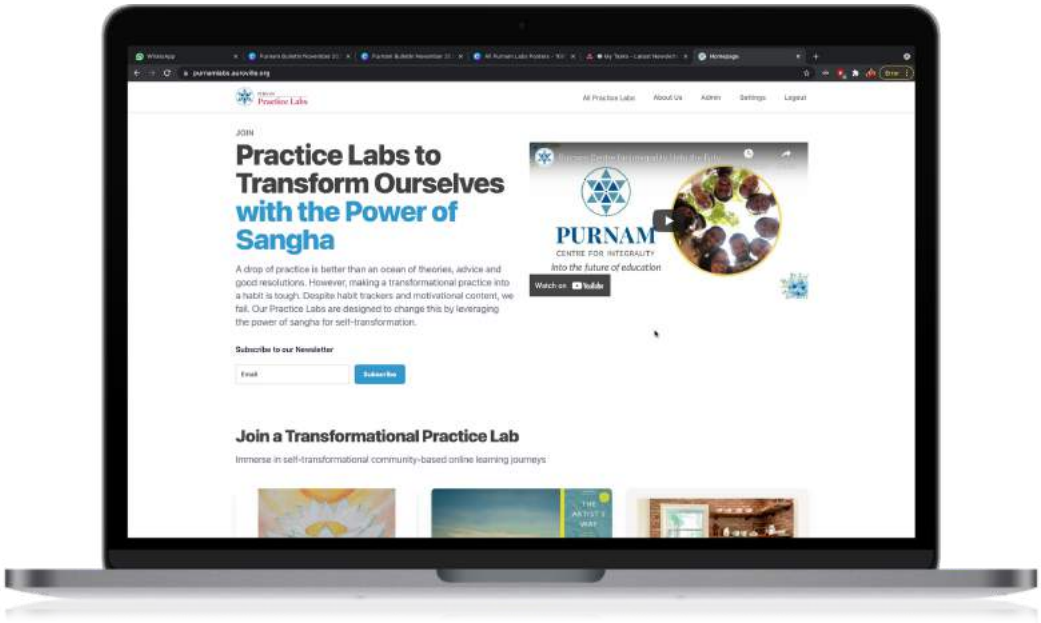
ANAHATA COURSE BY MANOJ

Our dear Manoj has launched Anahata, a 4-Week online course to cultivate a silent mind, the foundation for developing yogic consciousness. The journey will have themes and practices based on 30+ years of his experience working with Sri Aurobindo's Integral Yoga.

Applications closing on 20th December.
Apply here

PURNAM LABS LAUNCH

PURNAM
Practice Labs



www.purnamlabs.auroville.org

After a year of running the Integral Education Portal, we saw that even though there were changes participants were bringing into their lives through the newsletters and videos, the putting it in action and integrating into one's life was still a challenge.

The biggest emergence in the last years in the Purnam community has been "student-led practice labs" - mini courses where peers learn and practice together to bring self-transformation. We have witnessed how the power of community accelerates our journeys a hundred-fold. Based on our last four years of experience, we created *Sangha* - an opportunity to launch one's own self-transformation practice lab & build a community.

PURNAM
Practice Labs

After a super intensive week-long course, we are now thrilled to be launching **Purnam Labs with 17 practice labs**, an abundance of peer-led courses where the community can come together and move towards their aspirations with the power of the collective!

17 PRACTICE LABS TO CHOOSE FROM

PURNAM
CENTRE FOR INTEGRALITY

Join Practice Labs to Transform Ourselves with the Power of Sangha

A drop of practice is better than an ocean of theories, advice and good resolutions. However, making a transformational practice into a habit is tough. Despite habit trackers and motivational content, we fail. Our Practice Labs are designed to change this by leveraging the power of sangha for self-transformation.

Self-transformation is easy when you practice together and take small steps on the way. These learning labs are facilitated by people who are transforming themselves by practicing together with their peers. As the name suggests, these are labs where you experiment and find out what works for you to make progress on your path of self-transformation.

You can apply for any of the practice labs by clicking on the poster or navigating to the link mentioned in the poster! Happy practicing

THE ARTIST'S WAY BY SURYA

SACRED COOKING BY SMRATI

PURNAM
Practice Labs

Learn the Culinary Arts with

Sacred Cooking

FIND **BEAUTY & SACREDNESS THROUGH FOOD**
AND ESTABLISH YOUR KITCHEN AS A TEMPLE

19 Dec 2021 - 16 Jan, 2022

A 4-week collective journey to touch the soul of cooking

Apply Now

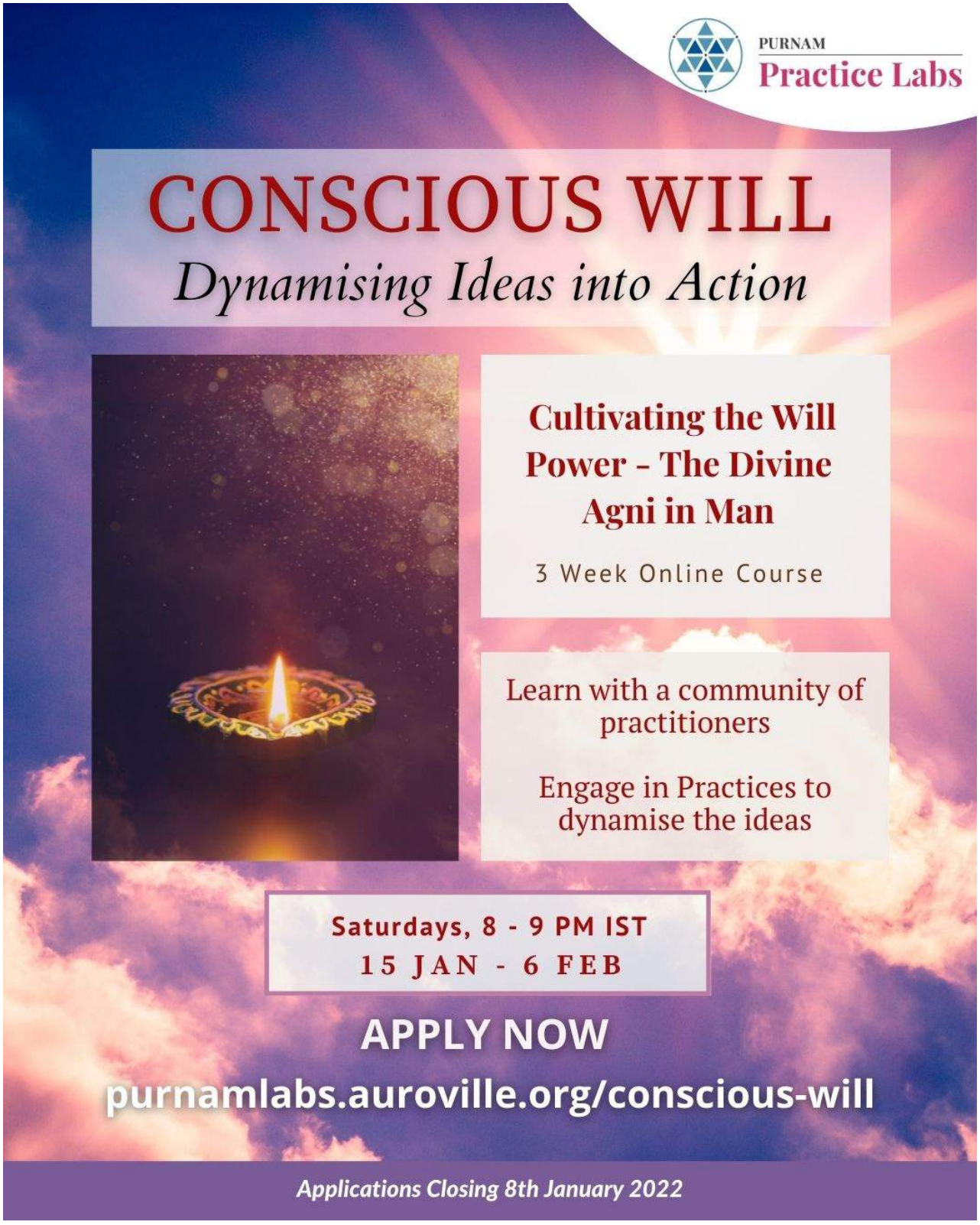
purnamlabs.auroville.org/sacred-cooking

Applications close on 14 Dec

NATURE WALKS BY VIDYA

LOVING BOUNDARIES BY VASUDHA

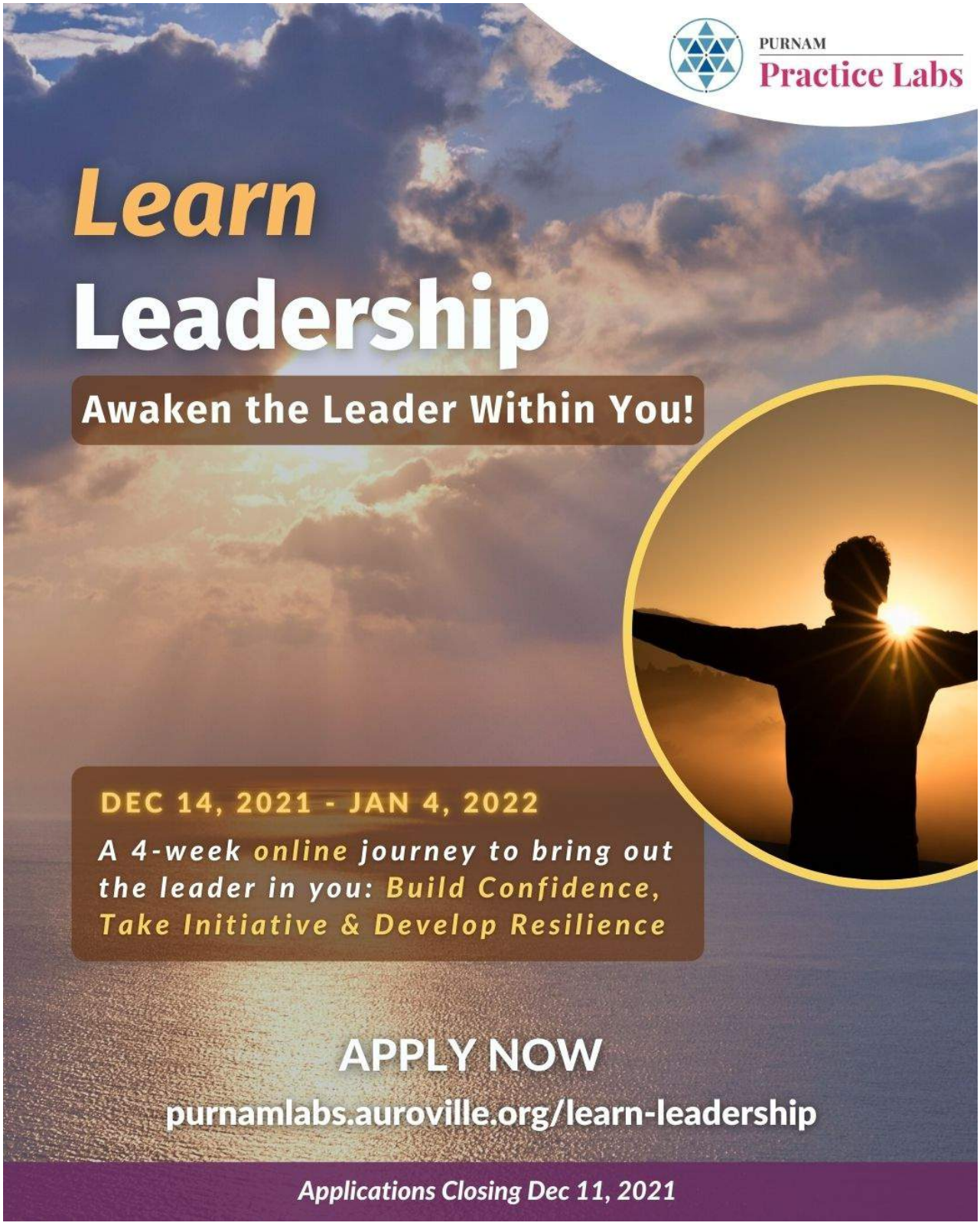
CONSCIOUS WILL BY ABHIJIT



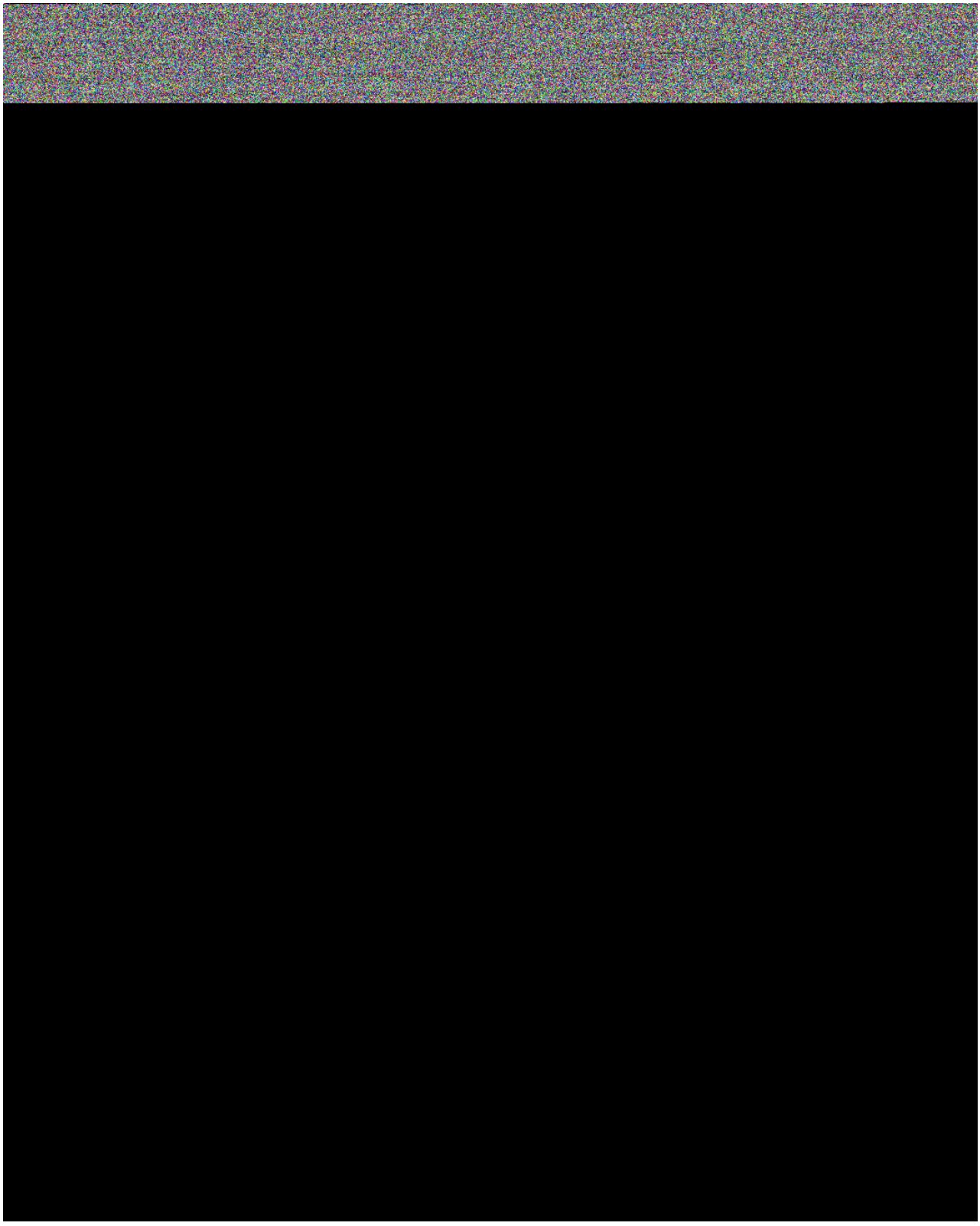
DECLUTTER YOUR HOUSE BY KARTHIK

BEFRIENDING TIME BY BINDU

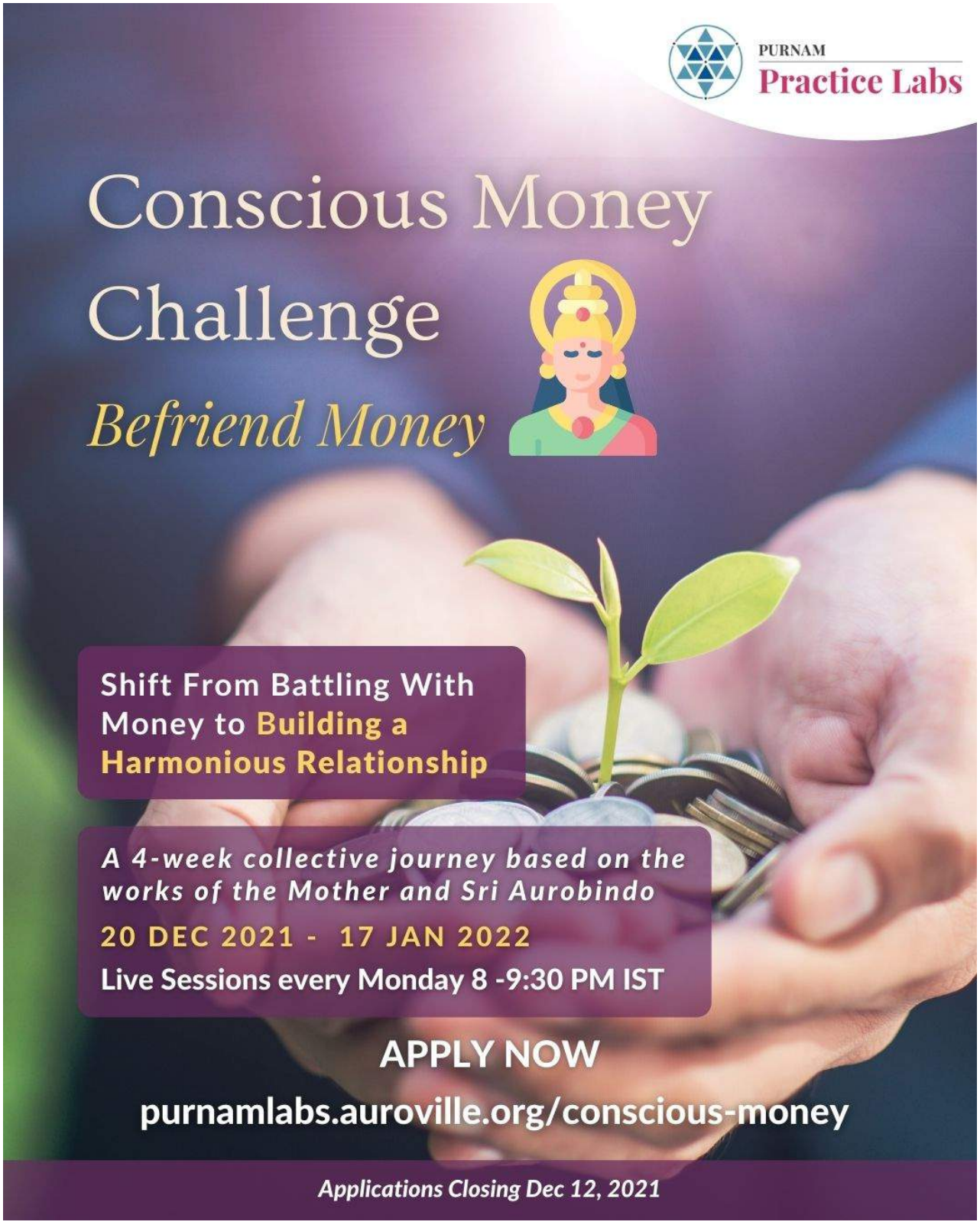
LEARN LEADERSHIP BY ARAVINDA



RASA PRAVAAH BY NAMITA

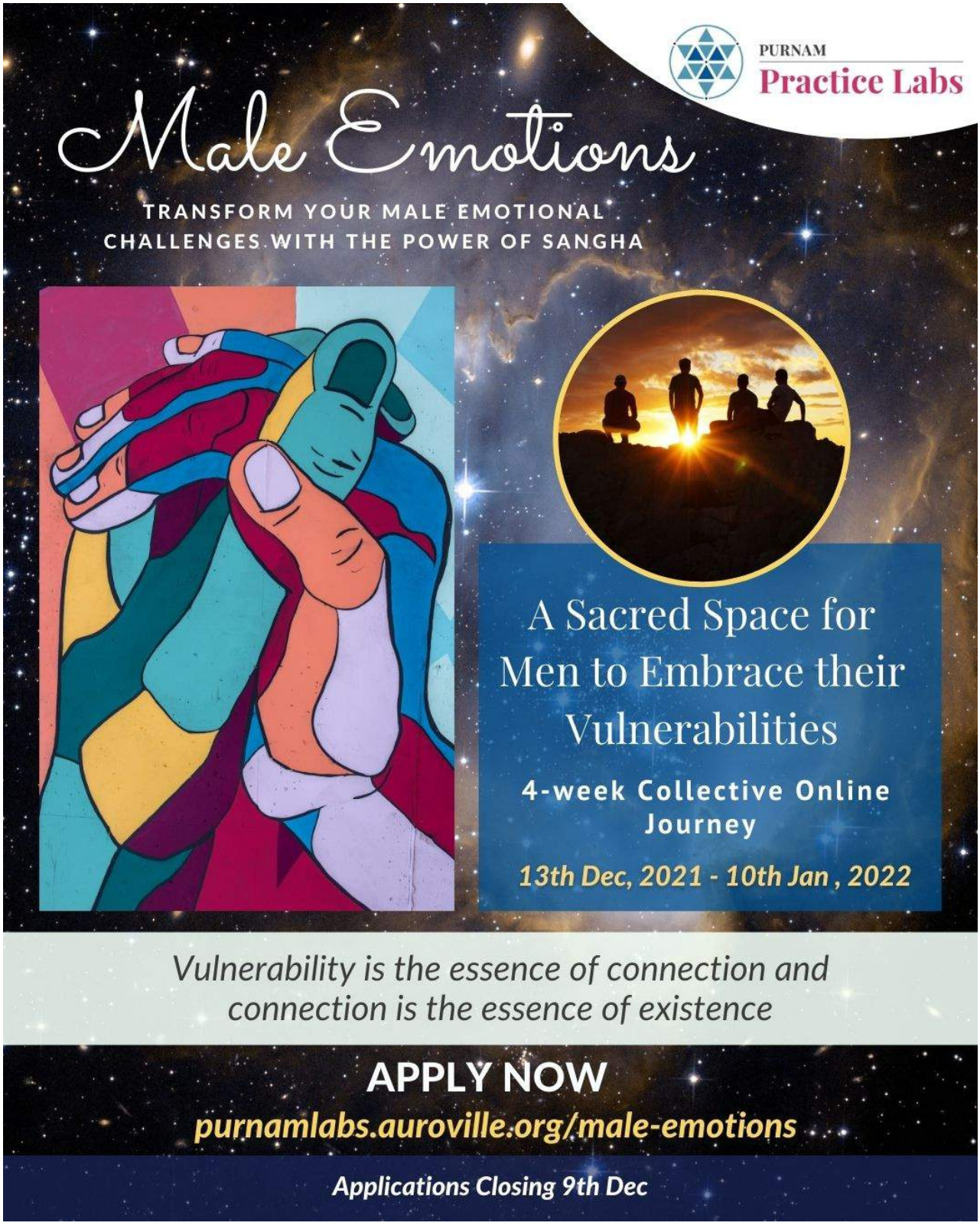


CONSCIOUS MONEY CHALLENGE BY ARPITA

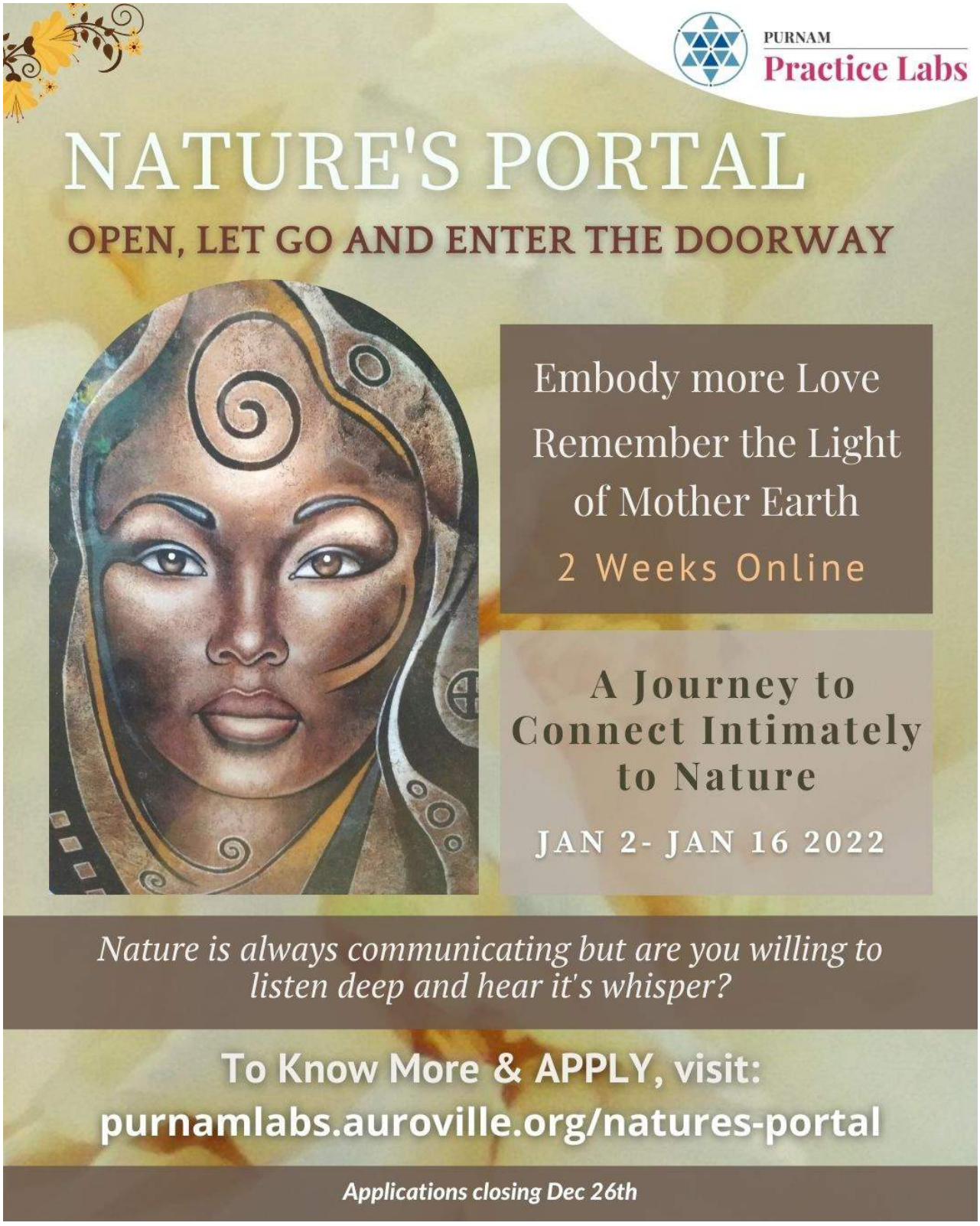


POETRY WITH MOON BY VIKAS

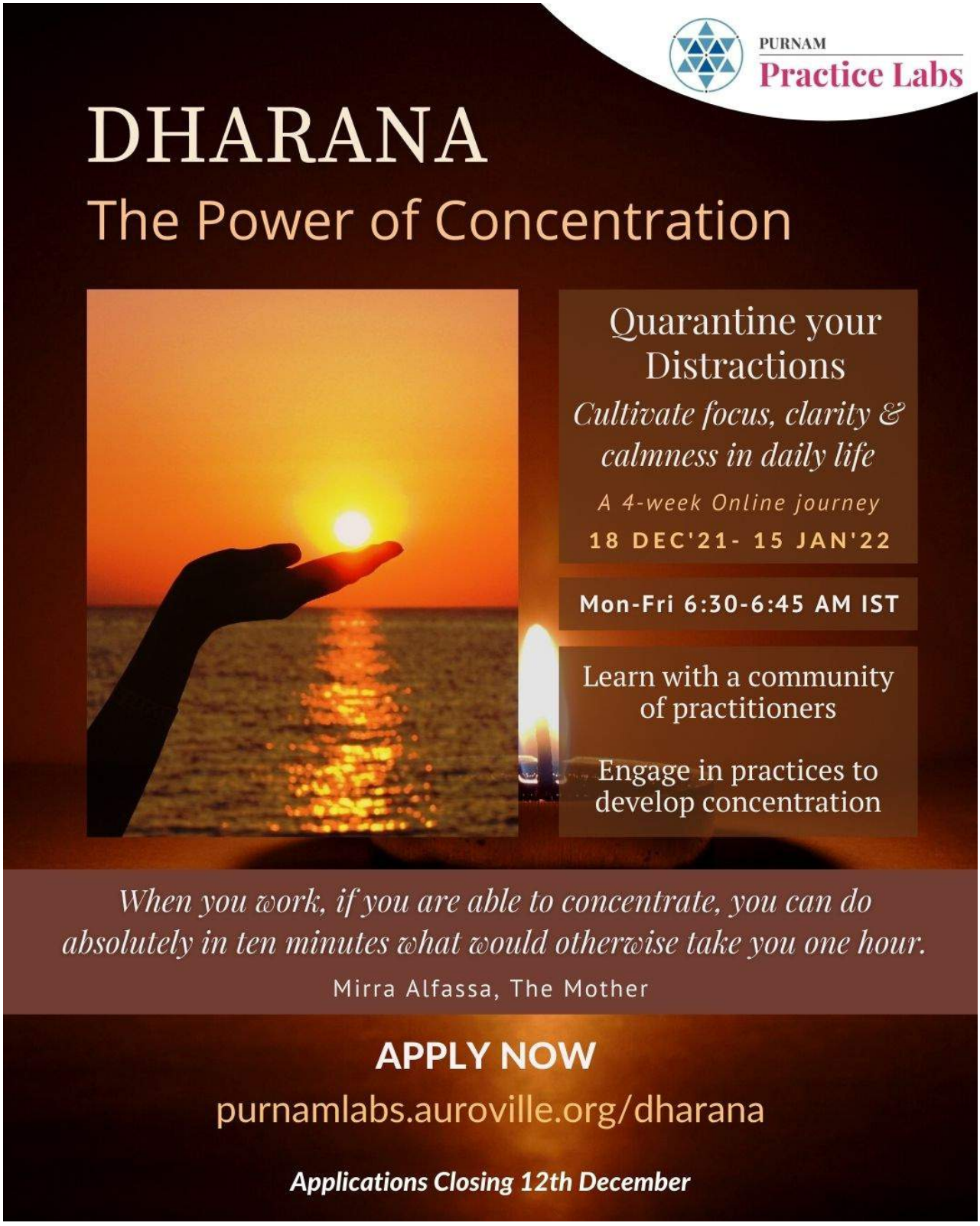
MALE EMOTIONS BY PHANI



NATURE'S PORTAL BY AIKYA

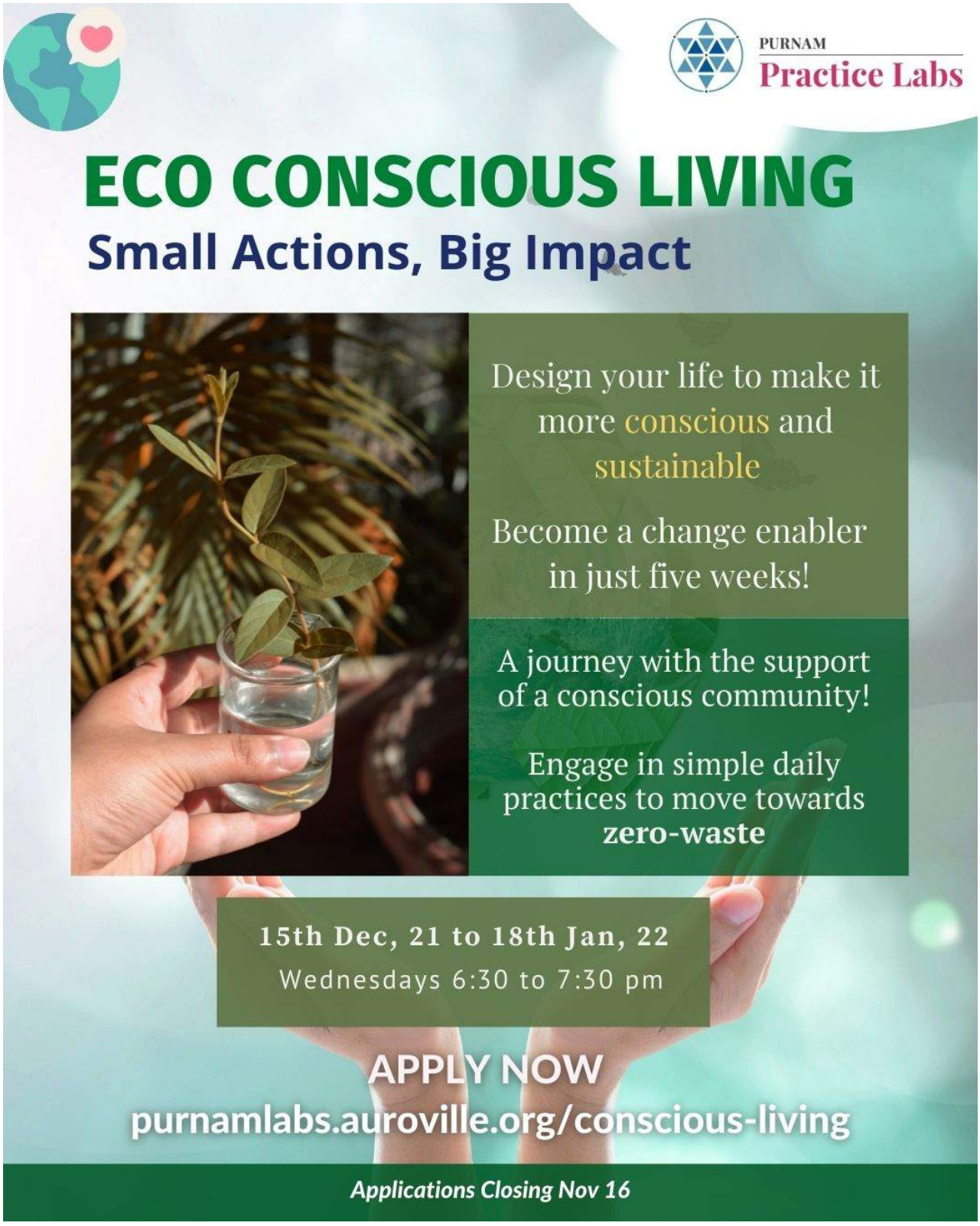


DHARANA BY DHIVYA



ABHYASA BY PRAGYA

ECO CONCSIOUS LIVING BY KABITA



PLAYING SPORTS DAILY BY RISHI

PURNAM
Practice Labs

ASPIRING TO START PLAYING SPORTS A DAILY ROUTINE? **BUT**
- NOT FINDING PEOPLE TO COME ALONG
- BUSY IN LIFE DUE TO WORKLOAD / STUDIES

JOIN OUR SUPPORT GROUP IN WHICH WE LOVINGLY PUSH EACH OTHER TO SIMPLY

PLAYING SPORTS DAILY

APPLY NOW

purnamlabs.auroville.org/sports-daily

20 DEC - 17 JAN

Applications Closing Dec 15th

HEALING TRIAD

The triad space with it's weekly recordings, sharing circles and quotes have been really instrumental to delve deeper into our understanding of Health and Healing.

Members have shared stories of vulnerabilities, challenges as well as how the grace of Mother and Sri Aurobindo has helped them pass through difficult and 'dis-eased' times with love and courage.

The space is like 'mirror neurons for me' i.e., mirrors and multiplies Healing energies within myself (shared by a loving member of the Healing Triad). Faith as a bed rock, an unfaltering will, love and cheerfulness have come up as strong pillars in our Healing journeys.

Sharing of poems, words, quotes and phrases by Sri Aurobindo and the Mother as well as recitation of lines from Savitri have been some beautiful gifts we've shared within the journey. Mother's holding (as said by Abhijit) is something we've truly experienced in the Healing Triad.

THE BEAUTIFUL DIWALI JOURNEY CULMINATION

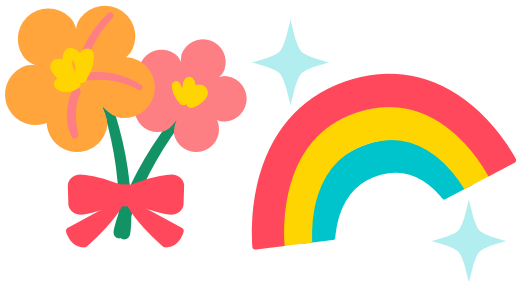
After the culmination of The Beautiful Diwali Journey, a video was created to encompass the entire journey and its essence.

Watch the video here

GENEROSITY AND GRATITUDE JOURNEY

The beautiful generous 42 day journey of gratitude cycle was completed on the Sidhi day with all her grace. The quotes of the week and the experiments with generosity and the senses were not only insightful but also an enjoyable experience.

We are now in the process of writing the report and the final presentation is planned on the 7th December at 8.30 pm



MOTHER'S SANGHA

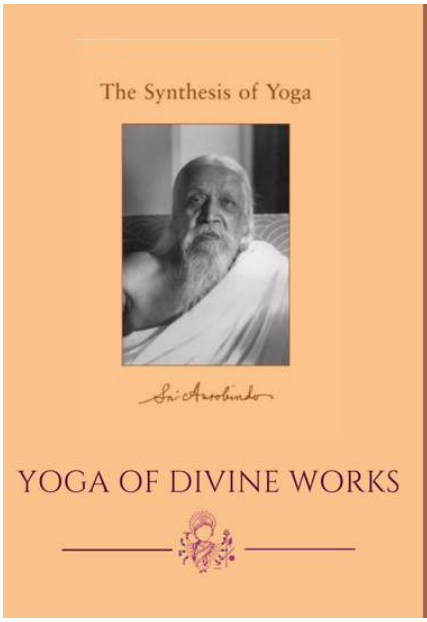
The Mother's Sangha started the 42 day journey and completed 2 weeks.There is one mantric reading every weekend and a sharing circle. The Mothers are extremely excited to be able to live with the weekly quotes and prompts. Many of them have individual activities going on with their kids which are going very well. Thus overall everyone is progressing joyfully

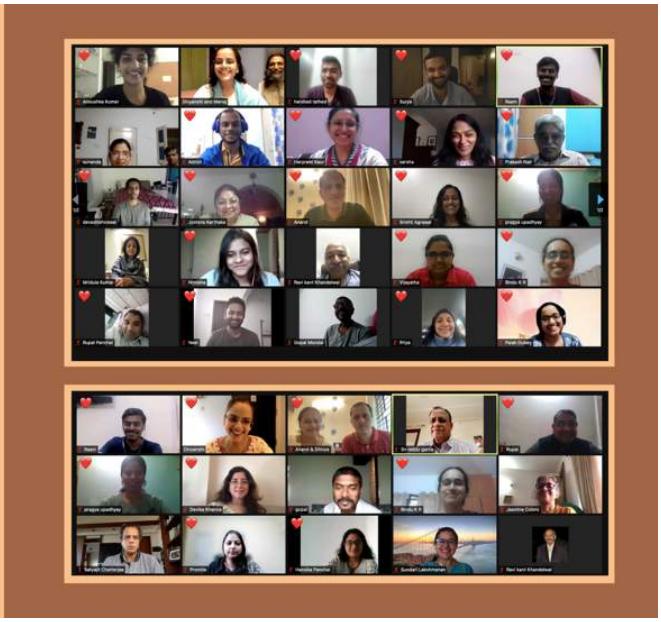
The mother's started the journey with a savitri painting where they set their intentions and aspirations together

MOTHER'S SANGHA

One of the mother's, Meera and her daughter created a gratitude jar practice for their 42 day journey together.

YOGA OF DIVINE WORKS





Yoga of Divine Works, a 14 week journey with the words of Sri Aurobindo on Karma Yoga had a heartwarming valediction on 20th November 2021. The seekers of Integral Yoga from across the world immersed in the wisdom of Sri Aurobindo's principal work on yoga, "The Synthesis of Yoga" during the course. With 40+ regular participants in the Sacred Saturday Webinars by Divyanshi and in Wednesday Satsangs, 22 participants presented their Yoga of Divine Works journey on 17th and 20th November.

During the final presentations, participants shared their deeper learnings and insights from the course and the transformations that occurred in them due to the course. It was inspiring to listen to the impacts that the 14 weeks has created in the participants, from the tiny transformation in Anoushka of keeping her living place tidy to the inclination of Devika to write a book on Integral Yoga. With the deeper exploration of the words of Sri Aurobindo on Karma Yoga through daily quotes and the sincere reflections of participants on the daily prompts and their sharing in the WhatsApp group, the Yoga of Divine Works group created an intense and sacred space for individual sadhana, which will be taken to further heights and depths by the participants even after the joyful farewell of the course.

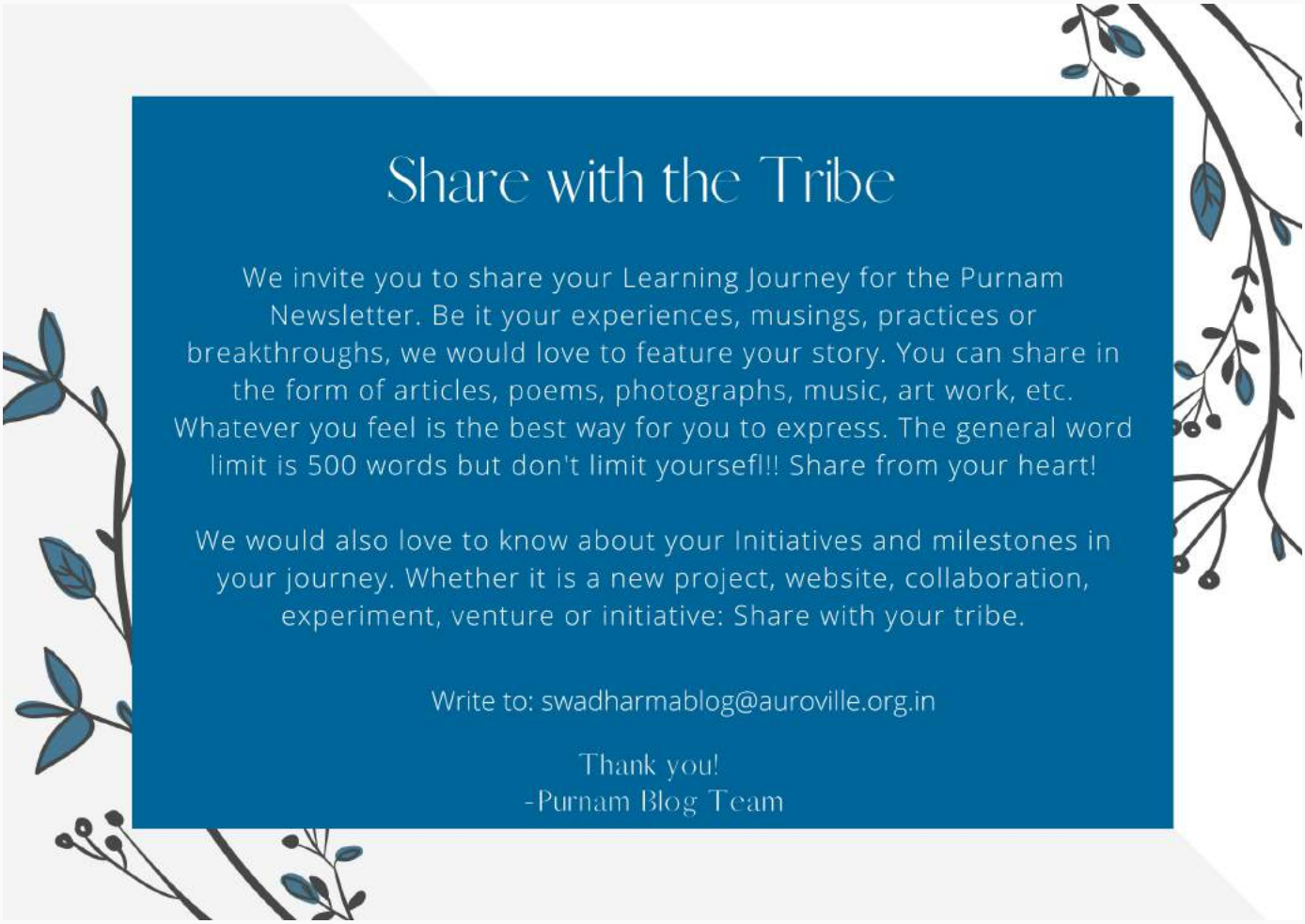
JOURNALLING CIRCLE CULMINATION

Journaling circle concluded its journey on Nov 24th. Group of aspiring participants have been consistently gathering weekly to journal 30 mins. We would like to share experience of few of our participants in their own words:

"The collective journaling Practice has provided a sacred space and time for me to take time out for myself to get in touch with my inner child as well as my higher self while I reflect upon my everyday feelings, emotions & thoughts consciously.
Journaling is the most powerful tool I have encountered for my spiritual growth. It works like magic.
I am so grateful to Leela and Adwait for holding this sacred space for us, Thank you " - Chaitanya

JOURNALLING CIRCLE CULMINATION

"I really enjoyed the space that was collectively held for journaling ..Though I have been journaling past couple of years, doing it as a group meant something dear and more concentrated and powerful bringing more clarity and flow ..Manoj's visit and insights was and the peaceful presence was again cherry on top to the already beautiful spaces ..Deepest gratitude to all"
- Priya

"Journaling has become a vehicle of going within and connecting with the Inner guide. Incorporating it into a daily routine has strengthen and enriched my connection. By means of journaling, I feel I am getting a chance to visit the Mother's room and talk with her directly. It's very special.
- Varsha

SHARE YOUR JOURNEY WITH US!