Through the Deeksha programmes, it is a delight to have our online friends together with us at Auroville. The picture above shows a gathering by the volunteers at Purnam along with the facilitators, Surya, Manoj and Divyanshi. The Deeksha programme is vibrant with cycle trips, Savitri Painting, Meditative lunch, sacred kitchen and other programmes of collective life and living apart from the volunteer work that each one is involved in. In this issue, we can have a glimpse of these events and the life happening at Purnam with our dear volunteer friends.
WHAT IS THE TRIBE UPTO?

Savitri Painting 6.0 - The Eternal Flame

In the month of April, a group of 12 seekers from Europe, Canada and India came together, in the first-ever organised Savitri Painting European Cohort, to deepen and immerse opening to Savitri Consciousness through painting, poetry and music.

Each brought in a certain uniqueness, given their varying backgrounds, or their familiarity with the works of Sri Aurobindo and the Mother. With honest earnestness and sincerity, they progressed week on week through the different activities. They worked through their resistances, unstoppable by the questions arising in the mind seeking to understand, slowly but surely the surrendering happened. Wholeheartedly they gave themselves to the different tasks each day, listening intently in Sharing Circles or Satsangs, leveraging the Sangha or Facilitator calls designed to take them even deeper into experiencing their connection and truth of Savitri Consciousness.
WHAT IS THE TRIBE UPTO?

The quest and aspiration set the context for transformation from within - a yearning for deep abiding love, to feel the peace and calm, to integrate Savitri Consciousness into their daily life. It was breathtaking to listen to their shares - the conversations with their chosen colour, or their learnings and insights as they explored through the senses the essence of their soul.

Witnessing the blossoming, collectively as a Sangha or individually was truly magical. They demonstrated grit and resilience to persevere in the face of personal challenges, each having their own defining moment of their connection to the everlasting love, with themselves and the Divine Mother. Succinctly expressed,

Let me live for thy will,
Let me live for her only.
On her way,
Joy of cry,
Known to unknown,
the route of her plan.
Let me walk on the edge of harmony,
Let me talk with all those disciplines.
WHAT IS THE TRIBE UPTO?

To listen to the lyrics of aspirations, to live with the love of attractions.
When you hold the path of affections, The vision has got a clear mission, to manifest its expansion.
No pain, No gain.
No fears, No tears.
Only infinity is holding the eternity's sphere.

Week on week we saw a riot of colours from golden yellow and its hues, nature green, peachish pink and hues of pink, sky blue to dark peach. Over the weeks, the vibrancy of the expression saw a perceptible shift, subtler hues and consistency of expression as the magic of the collective consciousness (Sangha) emerged.

The impact of the 5 week journey as shared by participants- they experienced deepening of faith, a constant awareness of Divine, love and compassion for self, feeling confident and emerging to their own unique inner beauty. The comfort of embracing I do not know or be guided to go beyond mind and cognition offering all resistances for the Divine Mother to reveal the staying presence and its essence.
WHAT IS THE TRIBE UPTO?

There was slowing down of the thoughts in the mind as concentration increased, the quality of insights and learnings, their experiences rich and transforming as they let go of the need to know and control the happenings. There was ease in the dropping of any and every barrier, as they surrendered, they opened into being containers of everlasting love, being able to hold space for self and the other, very much anchored yet expanding to go beyond.

The joy and delight of witnessing and listening to their sharing post assimilating their experiences was pure bliss. A journey though of short duration was yet profound, deeply gratifying and enriching how they allowed the essence and presence of the Mother to hold and guide them with the next steps and way forward.
WHAT IS THE TRIBE UPTO?

The highlight being when one of the participants shared the story of how her daughter was wanting to paint Savitri (the different tasks) just the way she did using the same colours as her. Behold! spellbound we were.

Truly lit within, the Eternal Flame of these twelve beautiful souls, twined as a beautiful garland offered at the feet of the mother as one, yet uniquely fragrant and their essence retained for their onward journey. In the words of a participant, 'I am a Child through Love, Love is my Child'. As we wrap up, ending on high note of how the journey has been for the cohort:

There is a power within that knows
Beyond our knowledge
There is a power within that sees
Beyond our vision
There is a power within that acts
Beyond our activities
There is a power within that loves
Beyond our capacity to love
There is a power within that lives
Beyond our life
There is a power within that widens
Beyond our expansion
There is a power within that contemplates
Beyond our capacity to understand
There is a power within that knows
To live, love, laugh, join and flow
Beyond our wildest dreams.

Written by Sudha
Savitri Art Photography

Photography of 35 Savitri Art paintings was done on May 22nd which were offered as a video exhibition on Uttarpura Speech Day of Sri Aurobindo, May 30th. Manu Bahuguna helped us set up the studio and our Surya did the shooting of all the paintings. Sahana from Savitri Art Sangha was there to assist in mounting the paintings on the easel.

Here are few pictures from the photography session
WHAT IS THE TRIBE UPTO?
Video Exhibition of Savitri Art at Savitri Bhavan

The Savitri Art Sangha at Purnam offered a video exhibition on May 30th which is also the Uttarpara speech day - the day on which Sri Aurobindo for the first time shared publicly his yoga and spiritual experiences. 21 paintings were offered corresponding to a powerful section from The Secret Knowledge of Sri Aurobindo's Savitri. The paintings were put together with music and a voice-over, an offering towards the 150th birth anniversary of Sri Aurobindo.

Watch the Savitri Art video here.
WHAT IS THE TRIBE UPTO?

Savitri Painting 8.0

In light of Sri Aurobindo’s 150th Birth Anniversary
we welcome you to

Savitri Painting 150
PAINT YOUR SOUL

Jul 3 - Aug 7
Applications close 15 June

Connect with your deeper self through the joy of painting with Savitri

Apply Now
www.purnam.auroville.org/savitripainting
Deeksha Reflections

At Purnam, the Deeksha programme is happening in all vibrancy and life. With Sunday sharing circles, Savitri Painting, fitness programs and meditations in Matrimandir, Deeksha has participants with high energy and spirit. As they march on, many have reflected on how they feel being at Auroville after the online connection with Purnam. Here are some reflections to read:

**Reflections by Sudha**

*The week that was the beginning of a journey*...

It was early last year when I visited and stayed at Auroville and a piece of my heart was left behind with the hope that I could come back and stay longer and not just as a visitor or guest. Prayers get heard in mysterious way and lo! fourteen months later I am here as a volunteer, part of the Deeksha program.

May 16th morning as the destination came closer, opened my eyes to the most beautiful sight I could ever receive. Rains seemed to have given a good cleaning and the fresh look and smell was a delight. The sky a shade of light orange pink was breath-taking as if welcoming me with such love and happiness.

Destination Sharnam home for me for the next 3.5 months and had such a heart touching warm welcome, was really special. The diya, aroma of sandalwood paste on forehead, the flower, welcome card and gift of Tsunamika - all customised to the person coming in - such preparation and thoughtfulness was a speechless delight and all I could do was smile even more wider, grateful for the love and sense of belonging.

Though I was meeting almost all of them for the first time, it just didn't seem so like that at all - the connection had a familiarity and warm.
WHAT IS THE TRIBE UPTO?

The first week for me had a soaking in, wanting to take it all in and savour what all came my way like a curious child with an immense appetite for wonder and adventure. After two or more years to be in the open felt sweet freedom, the novelty of cycling from one place to another gave me new wings of freedom and also a gentle reminder how rusted the body had become with lack of due physical activity. The emphasis on physical building activities dedicating specific time everyday to explore and engage like frisbee playing, long forest walks, long distance cycling, dancing amongst others was such a enrichening experience.

Yes the benefits there yet learning subtle nuances along with the community coming together for the same was gentle introduction to meeting and getting to know people where we met as people for the love of the activity, history and stories that had such a deep reverence and rejoicing in listening to them.

Introduction to the solar kitchen, the concept and it's offering was an humbling experience. There was the taste buds that took delight in the variety offered and a heart that filled with fullness of service and community living.

A fine appreciation for the food served and presence to the nutritional value not to forget a taste for all the different tastes buds. What was touching the way food was being served and how sharp they were in their observation. Thoughts behind not wasting food or the system arranged around washing too. Such planning and detailing!

The place itself with its green cover, the sweet music of the different birds, the sweet heavenly fragrances of the different flowers was a constant tuning in within and no need for any source of entertainment. In fact a happy one to be off mobile too :)

The moment of bliss was being in the Matri Mandir garden seva and visits to Matri Mandir itself. Such a beckoning and calling that it never seems enough how much is there to open to and assimilate. The depth and the unswerving faith to deepening in the works of Sri Aurobindo and the Mother. The commitment and efforts put in by the community for bringing alive the vision and spirit was a wonder to live in.
WHAT IS THE TRIBE UPTO?

As a speck of dust, the journey has been a discovery of the immense potency and potential offered here. 14 to 16 of us from different backgrounds, and experiences have come together, working on different projects for the duration we are here and the richness weaved and threaded into one's daily life here is enlivening and opening to different ways of working while being connected to receiving and being guided by the works and spirit of Sri Aurobindo and the Mother.

A hope of possibility to be able to take this once we are back home and extend our learning to truly create a space of holding to manifest the highest best. Just to be in the unknown and uncertainty is such a welcome blessing and an experience. To allow the creative forces to take shape the offerings and experiences combining discipline, beauty, and sincerity for progress. How beautiful to see this community evolving with practices such as Journalling, Pranayama, Art etc and doing things together outside of work. I feel it is totally one of the best decisions of my life.

Reflections by Smrati

I am feeling being held lovingly and grace is flowing to me. It feels like I am free from social customs, judgments, and routine and becoming a white flower shining in the beautiful sunlight of the Mother and held gently by the soft hands of Divyanshi. I am experiencing the warmth of coolness, small steps with velocity, and darkness going toward the light.
I am enjoying the depth of beauty, health, and love. It feels like I am coming closer to the truth.

I feel the following about being a volunteer in Auroville

The journey is much smoother, intenser, and deeper than working online.
I am more open and receptive here.
My connection with her and nature is getting deeper.
I am more focused and feel more balanced.
Reflections by Pooja

Being in Auroville is like being in the soil of the future. The first impression was like,“This is how we, human beings, have to live.” Work is the breath of Auroville.

For me, work is becoming my way of life here. It is something more alive, more living, like a constant companion. It is a sheer blessing to be staying in Bharat Niwas. My mornings begin with sliding the curtain and gazing at the big banyan tree emitting sunlight from its heart centre.

Love, care, and belonging is like the glue connecting all of us, here. My work is giving me wonderful opportunities to connect with Aurovilians, which is inexpressible in words.

Our collective physical activities, lunches, and dinners are all about the joy and love of community. Being part of this divine experiment is adding so much meaning to each day of my life at present.

Reflections by Pragya
Deeply touched by my first day of stay at Auroville!
I couldn't have asked anything better than this!

Makes me feel so much loved, deeply cared for and celebrated...heartfelt gratitude to Sudha Prabhu & Swetha D for the warm welcome and taking care of me!

Thanks to Pooja and Namita for their warmth and time! Thanks to Surya for sharing his precious and powerful gift of heart-touching music and deeply stirring lyrics with all of us! Thanks to the whole Deeksha family for setting up and creating this loving space and warm greetings. Thanks to Divyanshi & Manoj Pavitran for making this possible for all! And thanks to the Mother for supporting all of this.
WHAT IS THE TRIBE UPTO?

With the Morning Flowers - At Deeksha
I have been given the joy of collecting and arranging flowers every day in Deeksha. Around 6.30 am, I cycle in and around the Bharat Nivas campus and pick the fallen flowers and also gently pluck a few flowers who call me in the morning! Bharat Nivas houses many plumeria/ temple trees (Psychological Perfection) and a variety of other flowers such as rose periwinkle (Progress), oleanders (Turning of Wrong Movements into Right Movements), ganges primrose (Mental Trust in the Divine), hibiscus (Power), yellow bells (Higher Mind), crossandra (Supramental Light in the Subconscient), parijata/night jasmine (aspiration), crape jasmine (Mental Purity), peacock flowers (Fire in the Mind), red powderpuff (Wisdom in the Physical Mind), mussaenda (Mental Goodwill), water lilies (Wealth) and many more.

My day begins with their gentle touch, enchanting fragrance and divine vibrations. The abundance of flowers has been awakening my eyes to see abundance in my life too.

Initially, I used to run to get the flowers and run to Sharanam, clean the urli, arrange the flowers, and then run to the main office, attend Synthesis of Yoga circle and then clean the urlis there and invite flowers to make the space sacred.

But now, our dear friends at Sharanam, Padma, Vani, Sourav, and Sudha have been taking care of the urlis there; in the office, Pooja has been lovingly offering her help and bringing varied colours of Mother Nature into our urlis.
I love this part of my day when I am engaging with flowers. When I begin to arrange them, they express where they like to be placed in the urli; some like to float and others to be immersed in the water. Once they find their home in the urli, they shine and glow like the stars in the night sky. These flower mandalas bring so much sacredness to our workspace, a joyful and peaceful presence.

These little beauties have been teaching me a lot of lessons. As I consciously practice holding them with softness and love, they gently push me to be like them, to embrace beauty, purity, delicacy and yet a powerful presence. As I open their petals and leave them on water, they open my heart and whisper in my ears to blossom from there. As I offer the urli at the feet of Sri Aurobindo and the Mother, they invite me to offer all of myself like they have been giving themselves every day with no complaints and no bargains but full of joy, love and gratitude. I lose my sense of time, space, and myself with this precious divine creation.

Reflections by Pooja

Even before I came to Auroville, I used to see pictures of beautiful mandalas made by our Deeksha friends. I too held a wish to decorate them when I would come. I vividly remember the day I went on my cycle to collect flowers. For me, it was a loving opportunity to know each and every flower of Bharat Niwas.

For about an hour I strolled on the campus and picked a few of the many tiny divinities along.

The process of decorating an urli begins from collecting the old flowers together and washing the urli, followed by pouring fresh water back into it. Even the very touch of a flower and the freshness of its fragrance brings in delight. Watching flowers floating gently in water and witnessing their colourful togetherness brings in so much calmness in my being. The act of greeting The Mother and Sri Aurobindo with flower offerings is the biggest gift of the process.
In Integral Yoga, Sri Aurobindo and The Mother focus on the integral development of our being. From our mental, our emotional to our physical beings, attention to and refinement of each part in us is as essential for the integral progress of our sadhana.

As part of our physical activity, one of the conscious activities we have picked up for ourselves is cycling.
A group of 10-12 people, under the leadership of Lalit from Auroville, go out to explore different water bodies around Auroville. It is quite interesting to learn from Lalit about the south-Indian system of connected water bodies and system of water supply for the city. Not just that, the patterns of temples having banyan trees and water bodies adjacent to the temples is also quite interesting to witness.

The group usually starts their trip every Wednesday evening, and stretches for about 2 hours in the vicinity of Auroville where we witness magical sunsets against the wide and lush green fields with the unhindered views of the beautifully painted sky. On the mid-way pause, we share healthy fruits and snacks to recharge the energy and share gratitude to the body to support the ride thus far.

Written by Palak
Meditative Silent Lunch at Auroville

On a special Sunday, Deeksha Sangha received a heartfelt invite from their sangha mate Smrati to be part of a Meditative lunch. The preparations began behind the curtains with Smrati and Utsav deciding menu, and fetching ingredients, but slowly it started becoming a community activity as everyone started coming in and chipping in with any small help they could offer. The Kitchen space began to transform into a field of action, knowledge and love a day prior to the lunch when we began cleaning and chopping fruits and vegetables and each was assigned a part in this sacred cooking journey.

In this world of Everything-as-a-service, we received something very special – Food-as-an-inner experience.

Sharnam- the place ‘Deeksha’ calls home these days had transformed. Unlike other Sunday mornings, Sharnam exuded calm and silent energy. A sacredness engulfed the place as the kitchen became a place for sadhana and cooking the tool. Experience, innovation, and simplicity came together to create a simple and delicious meal.
The love and care that had gone into preparing food were enhanced by the beauty of the eating space which was pleasingly laid out and made alive with decorations, flowers, music, incense and colourful floor seating. As soon as the senses got in touch with this space, a subtle joy started flowing in the body. We started our meal by offering a prayer that made us feel more connected to ourselves, our senses and our food. Smrati guided us to eat silently and be completely present in the experience. Our plates - adorned with colours and freshness of all food preparations, opened our senses of smell, taste and sight as we saw plates. There was a harmony of form, colour, and taste on the plate. As we savoured the food, we felt a burst of flavours coming together to create a beautiful melody on the palate, each flavour interspersed with others yet maintaining its individual zest. A simple routine activity of eating transformed to a sacred inner journey with food. Floor seating and eating with hands enhanced the connection with self. Overwhelmed by the satiating experience, we expressed our gratitude to Smrati with showers of blessings.

Written by Namita
Sacred Kitchen

Smrati held Sacred kitchen practice lab at Auroville as part of Deeksha program and it was conducted in all energy and spirit by the facilitators and participants. Here is a reflection by Smrati about holding Sacred Kitchen at Auroville.

My Sacred kitchen journey is inspired by Savitri Painting experience. Painting Savitri is a sacred and beautiful experience for me. I feel centered, calm, and grounded. It feels like coming in touch with the truth. I feel She is holding me and I am flowing through Her. I got super inspired by this experience and wanted to expand this experience in daily chores example sacred kitchen, painting through food, expressing soul through food, playing with their color, flavors, texture, sizes, and so on.
WHAT IS THE TRIBE UPTO?

How sacred space, energetic cleaned room, sacred table, and silent space help in Savitri painting and in connecting to our deeper soul, It felt like the sacred kitchen can help in the same way in connecting with Her and soul within. Through this, we can discover beauty and harmony through food (flavors, colors, and different senses). And charge our food with love and consciousness.

How we make our kitchen sacred:
- Get rid of the old energy and create space for new energy (Declutter)
  - Deep physical cleaning
  - Subtle cleaning
  - Organization
  - Aesthetics and Beauty

What happened post making our kitchen sacred:
1. Started paying attention to the quality of products and ingredients
2. Falling in love with veggies and fruits. Started having healthy and fibre-rich meals
3. Started enjoying cooking. Now it’s recharging and a less time-consuming experience.
4. Deep satisfaction, more awareness of food which can bring energy to the physical as well as a taste for vital and bring calmness to the mind
5. We felt beauty is now not just physical beauty but energetic as well.
6. We are inspired to share and enable the same experience to others and go deeper into it with the sangha.

Helping physically in Auroville in the sacred kitchen was a quite a deep experience for us. Working with sincere participants, holding their hands, cleaning with them, and connecting them with harmony and beauty was a 100 times richer experience. One participant is learning Sanskrit and he has beautifully integrated Sanskrit into the kitchen. He put shlokas in the kitchen. His wife was out of the station and he wanted to give the sacred kitchen as a gift to her.
WHAT IS THE TRIBE UPTO?

Deeply touched by his love and purity. Being a male, not having full ownership of the kitchen, the courage he brought to make the kitchen sacred was quite inspiring.

Written by Smrati

Sharing a few of his pictures:
Savitri Painting at Auroville

It was very special for many reasons and the sacredness and excitement was palpable. After almost 1.5+ years of doing Savitri Painting online (on zoom), part of different cohorts at different points of time, it was for the first time (post COVID) we were coming together to do painting as a collective ‘Sangha’ in the Auroville campus.
WHAT IS THE TRIBE UPTO?

The magic and the very air of the campus, the presence of the Mother and Sri Aurobindo, under the very aegis of their living vision and energy, painting to Savitri lines was a memorable experience indeed.

The 11 people though from different parts of the city, yet were embraced by one common thing and held similar aspiration.

The space had its distinctive sacredness - at the centre the Urli with its unique flower arrangement, the subtle essence of the incense stick and the soothing music played in the background stepping into the created space was a calming and a stilling experience.

As we collected ourselves and meditated, there was a gentle walkthrough of the process for the newcomers yet to be introduced into Savitri painting

The lamp was lit as if the light within was lit, clearing and creating the space feeling the connection and allowing for the force to flow.

Each group, in their circle, read the given line from Savitri and shared their evocations and image, if any emerged for them. Each one of us listened deeply to what was shared and came forward with insights from everyone's sharing.

Everybody then started to paint, to the 21 minutes Joy music. Our brushes stroked, colors flowed, themes emerged and we stayed fully present to the happening unfurling.

One didn't wish to be stopped at the end of the music for there seemed a music within itself flowing.

Truly contentious and happy, the painting circle came to an end (physically albeit) yet in the heart one carried the experience and insight lit by the collective togetherness. Such is the Power and Shakti of Savitri painting

Written by Smrati
WHAT IS THE TRIBE UPTO?

Svadhyaya - A transformational journey
A 6-week long beautiful journey with 27 Svadhyayis comes to a fulfilling closure. Each of the seekers immersed themselves in one topic in the light of Mother and Sri Aurobindo like Divine Love, Faith, Sincerity, Equanimity, Concentration on the Psychic being and many more. They made videos as a part of their project work crisply explaining the topic with life experiences to hand hold a seeker of light.

They were engaged in transformational practices throughout their 6 weeks like journaling, Sufi whirling, chanting, physical exercise and so on.

They were guided by many speakers to deep dive into the works of Mother and Sri Aurobindo through sessions on Integrality, Parts of the Being, Natural Breath, Psychic Being etc. The participants got a good overview of various psychological parts of their being and an in-depth understanding of the psychological aspect they wish to develop within. The journey was all about learning by doing and not just reading the luminous words of Sri Aurobindo and the Mother.

The group was also lovingly guided by the mentors through individual calls to make them stay true to their inner selves. They formed a deep bond with their sangha mates to walk on the path together through one-on-one calls and sharing circles.

Through their final presentations their tremendous growth in just a few weeks was clearly visible.

Towards the end of the journey, each participant was offered a gift of a flower and its significance. Enjoy reading the flower gift.

Come be part of the next Svadhyaya and bathe in your inner light, visit our website. https://www.svadhyaya.auroville.org

Written by Archana
Svadhyaya - Morning Reading Circles

As part of the Svadhyaya course, participants engaged in collective reading circle every morning for the duration of the journey. Here are reflections of the reading sessions by few participants

**Reflections by Vidya**

With SVadhyaya, came the Gift of “Deep Reading Sprint” where we Svadyayis got an opportunity to come together, and participate in silent mantric reading of Sri Aurobindo’s and Mother’s works.

The circle began on May 9th till May 29th, 2022. The session every day began at 7:00 AM with observing silence collectively, followed by reading about the way to read the works of Sri Aurobindo. Thereafter, each one of us engaged in mantric reading of the selected works of Sri Aurobindo and The Mother, related to the theme each one of us chose.

The lines/quotes that touched us were marked. We reflected upon how the lines connected to our own lives. Miraculously, the lines offered insights on ways to progress from what one was currently experiencing in life. It was interesting that through each member who was working on a different theme, the insights shared was valuable for everyone present without exception. Each of us was learning from what the other person shared. As shared collectively, the practice anchored us in being more mindful about the choices we made through the day.

**Reflections by Shailey**

I was so happy to be part of it, it felt such a natural way of reading to me. I realized that reading works of Mother and Sri Aurobindo the first thing in the morning and making a connection with it through journaling made me feel very grounded.
Ramneek Gautam, a Svadhyaya 2.0 participant from muzaffarnagar, district of Uttar Pradesh, recently completed his upsc (2021) examination and scored 437th rank. He recollects how his Svadhyaya journey with Purnam has ingrained many skills in his personality and he gives his gratitude to the facilitators - Manoj da, Divyanshi di and Avinash ji.
The month of May in Purnam saw the Journaling Within lab come to a completion. Students of the flagship courses and Purnam labs are filled with energy to bring forward many labs with their varied ideas and topics. In this light, there are the Dinacharya lab and Equanimity lab going on. Here are insights from the completed labs -
The lab was conducted in order to help each one of them in the community to connect deeper with their emotions, inner child, inner guide and most importantly their own inner self. It helped in breaking through the internal resistances and finding answers to the questions and experiencing peace and joy from within.

Join the waiting list to participate in the next cohort of Journaling Within Lab at https://purnamlabs.auroville.org/journaling-within
Let us hear the experience of Vasudha, as a facilitator of Journaling Within Lab:

As a facilitator and participant of journaling within the practice lab, I along with the participants went deeper into the inner self through journaling and painting under the guidance of Manoj, Divyanshi and Uma.

The combination of journaling and painting helped us to get in touch with the qualities, aspirations, and emotions hidden deep within.

The session on journaling to empathize with the other person provided participants with the tool to transform the quality of their relationships.

The emotions of grief, burden, and fear were transferred into connection, nurturance, joy, and hope.

Clearing the past session offered a deep healing experience.

The participants ended the practice lab with an aspiration to make journaling a part of their everyday life.
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 yourself! 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