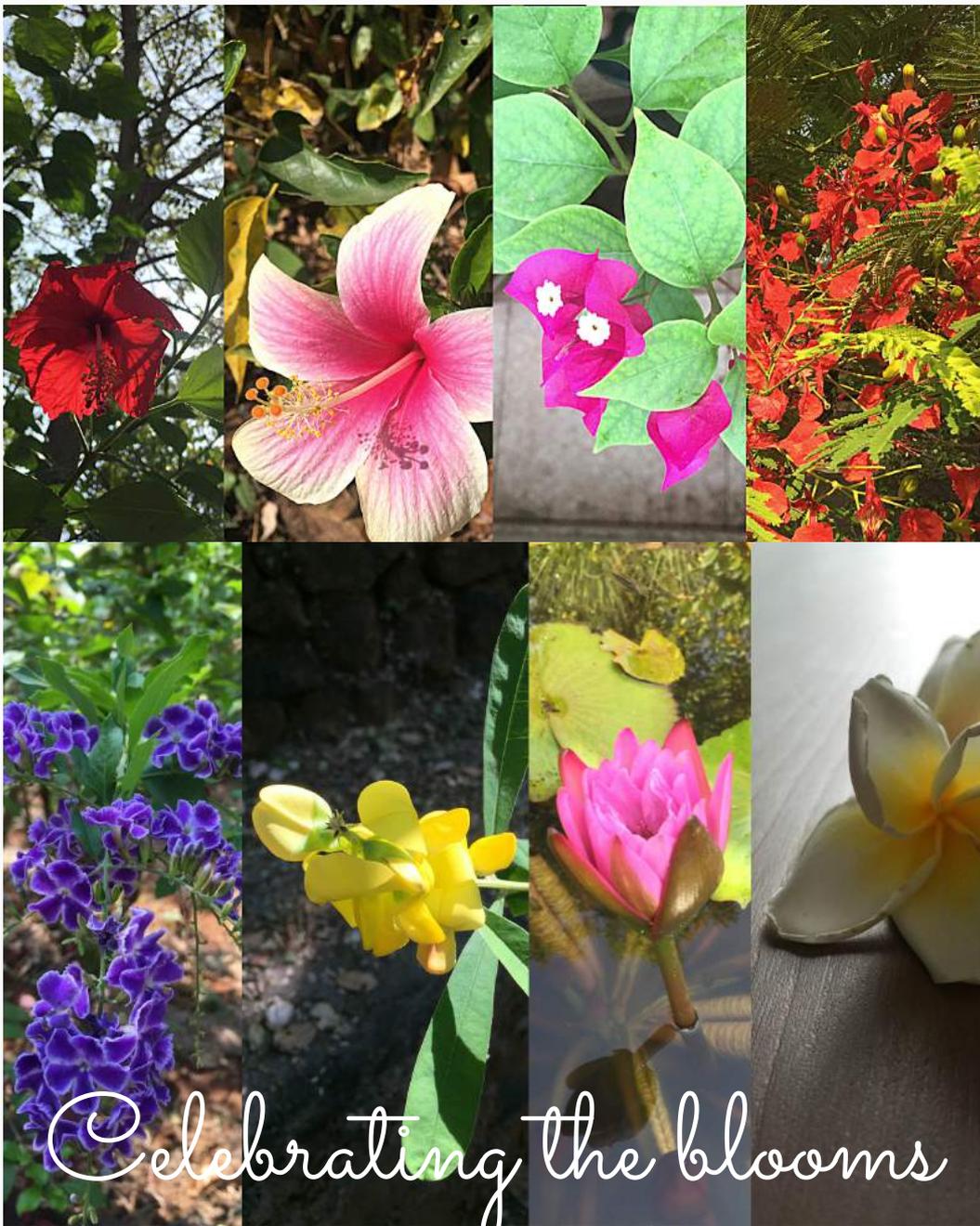


SWADHARMA BULLETIN

May 2021



WHAT IS THE TRIBE UPTO?

AN OFFERING FOR COVID HELP



I would like to offer my support to the community. I am available (here-9999420533) to guide on precaution, isolation, treatment, recovery and any other Covid related questions for those in need.

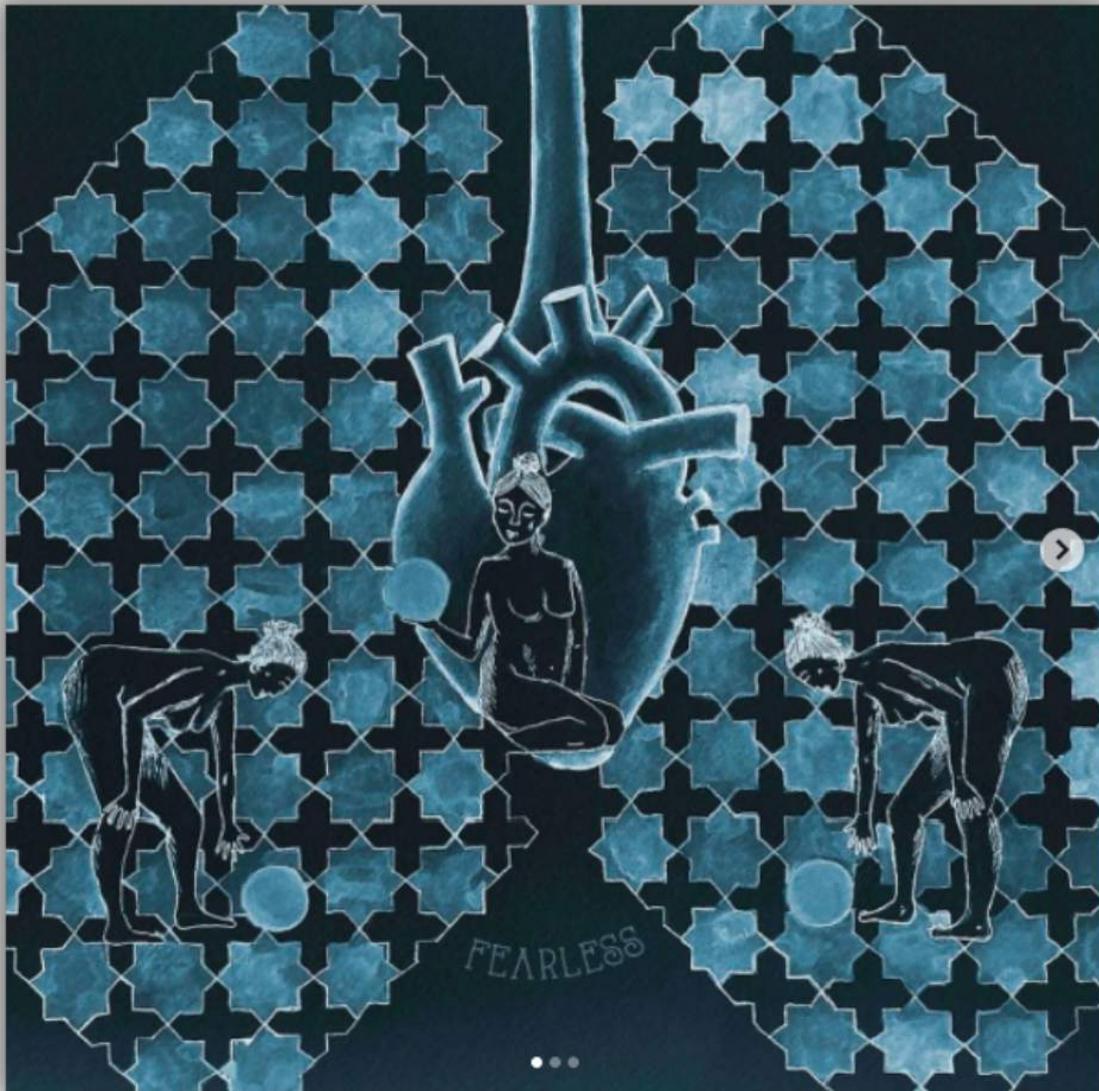
I am a doctor volunteering at human solidarity foundation's covid helpline.

For those with faith in allopathy.

Srijan

WHAT IS THE TRIBE UPTO?

INHALE SOLIDARITY/EXHALE SOLITUDE



A RECENTLY CONCLUDED COVID FUNDRAISER BY AISHWARYA

This piece is raising funds to build an isolation centre while also speaking to the experience of physical and emotional isolation - serving as a reminder of our constant companion, the breath. The lungs are made of an islamic pattern called the "breath of the compassionate", a call to breathe deeply, acknowledge our feelings and sit with them - breathing solidarity into solitude.

WHAT IS THE TRIBE UPTO?

Q&A SESSION ON CONCENTRATION BY MANOJ



Manoj recently hosted a Q&A session on concentration. It is available on youtube here: <https://www.youtube.com/watch?v=pGi3V2SzNH8>

WHAT IS THE TRIBE UPTO?

COACHING CIRCLES FINAL PRESENTATIONS



Last week we concluded the 10 week long coaching circles journey with all the participants sharing their breakthroughs, insights and most importantly – celebrating each other. The celebration was also joined in by the Swadharma Alumni community.

The Coaching Circle was a deep and long exploration into the power of community and collective aspiration to transform oneself through taking up a practice. Listen to the enriching and joyous sharings [here!](#)

WHAT IS THE TRIBE UPTO?

MY JOURNEY WITH SWADHARMA COACHING CIRCLE



The word exercise was always attached to measurement & weight for me. The need arose every now and then, when the value on the weighing scale would take me by surprise or if there was an event, an occasion or a vacation coming up! I began this 12 week journey on a different note—holding an intention to explore the quality of strength & will power through physical exercise. Both these qualities meant something to me, inwardly and outwardly.

As part of the Swadharma Coaching Circle, I got to be part of a community space where we were split into 4 triad groups, each working on a specific aspect of life. I was part of the Action Triad where I chose to pick a cardio workout that I was committed to doing 5 times a week. At first I recognized how it took me 2 weeks till I began noticing how tamasic my body was. Energetically I observed how inertia in the body due to lack of physical movement can start seeping into one's way of being.

WHAT IS THE TRIBE UPTO?

My workout timings were usually scheduled in the evening, somewhere between 4pm to 7pm. I had my space kept ready, with my yoga mat, my phone set up on my stand and my chosen workout video for the day on play! After trying out different levels for my workouts, I settled on a medium pace for intensity, which was important to choose early in. The duration of my workouts would vary from 30minutes to 40minutes at a stretch. For my weights I was using bricks! The routines that I did were always a mix of cardio & strengthening . 3 sets each of a specific exercise loop: sometimes squats with weights, then a round of burpees, jumping jacks would follow and this would end with a minute of rest.

I would then post my workout learnings or photographs on our WhatsApp group, where I was also treated to everyone else's sharings. Ayushi's yummy healthy food photographs were a reminder for me to watch on my eating habits; Shubhams updates on his laptop shut down time for the day, made me aware of my screen time and Leela's inputs on the importance of bringing integrality into a practice, made me conscious of everything that was going into my exercise routine. This is what being part of a triad brought it: this wholesome way of approaching any new practice or habit in life.

At the end of my workouts I would indulge in taking selfies! It definitely felt nice looking at change, however minute. Over a period of 10days one can really notice sharpness & firmness in the body! The Guna, Rajas, increases one's inner potential for action. There is a certain vibrancy in the being. The

Mother says the one lovely quality of rajasic people is that they are courageous! I seem to get a glimpse of where this comes from. It's the strength & will behind action. The will behind effort. The will that lies dormant in inertia, Tamas.

WHAT IS THE TRIBE UPTO?

While each Guna has its role and place in creation, I touched upon something of a deep essence in this 12 week journey. Going forward, I am going to exercise not because I want my waist measurement to be a 30" nor just because I want to look good on a holiday, but because exercise brings my body to life, it makes me feel good, and it makes me feel light!

I would also like to add that being part of this community space, I had the opportunity to be a co-facilitator, who held one of the sharing circles in April. With the encouragement from Surya & Divyanshi, I enjoyed the experience of holding space for our group. To experience the other side of fear is a tremendous leap. This would not have been possible if I had not taken that first step & if I didn't have the support that I had from the community. Community spaces like Swadharma CC are not just about achieving targets and ticking off goals, but also about sharing & taking responsibility for your tribe. That's what I took away from these 12 weeks together. I'm grateful that I got to be part of this journey.

A heartfelt thank you to the Swadharma Coaching Circle team.

Love,
Kamini

WHAT IS THE TRIBE UPTO?

INSPIRED BY COACHING TRIAD FINAL CIRCLE

Let me know when you're done
Let let me know when you finish every work on time
when your things are always in line
when you look like an Olympian
when you study like academician
when you enjoy like a teenager
And still sleep like a monk
when you memories like a computer and no classes you did bunk
let me know when the fear to fail makes you paralyzed
when you look into yourself like a puzzle relentlessly trying to analyse
Like a janitor trying to get clean the muck deep inside your night
the hands get dirty and even stain the whites
Let me know when you are done
done otherwise or if you've come undone
let me know when you are ready to give the sponge from your hands
and the mask from your face
ready to dissolve yourself in her grace
This might me be the only shortcut to peace
submit your ego onto her feet

Malvika

WHAT IS THE TRIBE UPTO?

MY FRIEND GAIA

This is my friend Gaia ☐

a sensitive, highly
intelligent being
who loves neck
scratches
and forehead Kisses.

a mother, who loves her
baby Gopu too.

she is not a steak
or a burger
or a belt
or a vehicle
or a sofa
or a milk-making machine
or an ingredient for a
gummy bear

nor are any of them.

they are my friends
and I will always
fight for their freedom
from the cruel hands of
greed.

that's a promise for life

☐

Samyukta



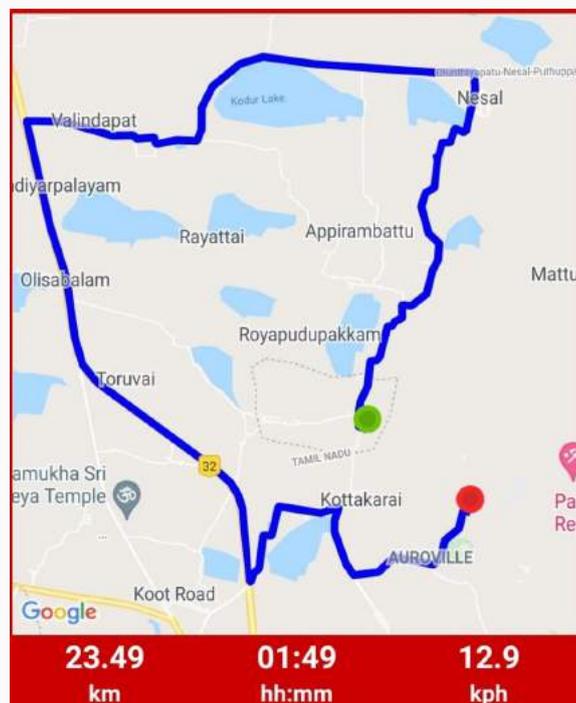
WHAT IS THE TRIBE UPTO?

CYCLE TRIPS

Taken from Manoj's Facebook post

Today I went out cycling with Divyanshi in our bioregion. We covered 23.49kms over 1hr 49 minutes and the body felt really refreshed. On the way, I was remembering the online session we had today for the Transform India Initiative Fellows regarding transformational practices.

One key idea we were conveying to them was that practice is an outcome in itself.



For example, today's cycling is a practice, that brought this very living joy in the body. It is an experiential, immediate, subjective outcome and complete in itself. We may also look at this practice as a means for a long-term fitness goal. Often people focus on the long-term goals and miss out on the immediate outcome that comes with the practice in its living moment. We may have a long way to go when it comes to a long-term goal, but when you focus on the immediate joyful outcome in practice, it is easy to enjoy and continue the practice and bring regularity. Otherwise, the gap between a long-term goal in the future and the present moment may make your practice a struggle and miss out on the sheer joy that comes with practices in our daily living. It is this joy that fuels practice and makes it into something you look forward to doing.

An inspiring long long-term vision is a must to have, but what makes a practice come alive is when you tap into the sheer joy of practice in its living moment.

WHAT'S NEW?

THE PSYCHIC BEING

The Integral Education Portal newsletter series was launched on August 15.

The newsletter is for all lifelong learners of Integral Education. It has a theme of the month on which we send biweekly newsletters. Newsletters consist of videos, practices, quotes, and short write-ups. The theme of May was the Psychic Being. Below is a short text from one of the newsletters:



How do you define yourself?

People generally define themselves by their profession, job or social titles, relationships, milestones, nationality, gender, etc. One can also define themselves by their principles or value systems, deep hurt, disappointments, regrets and even vengeance. If you strip away all these descriptions, who are you? What differentiates you from me?

There is a radiant source inside each and every one of us. The love and delight it radiates has the potential to bring out the best, just like how the first rays of a new dawn can make flowers bloom into their most beautiful self.

You have your own inner Sun, in the inmost depths of your heart region. This Sun can energise, guide and be there with you all your life, if you make a conscious choice to connect to it.

WHAT'S NEW?

There is a deep remembrance that reveals your individual purpose and meaning of your life. It lights up the path of your individual purpose. There is a will to progress in your heart that drives you to live your purpose, live your truth. This fire has the ability to purge irrational fears, diabolical doubts and stubborn habits.

There is a flower in you, waiting to bloom and shower its natural, beautiful, joy on you. This delight of life is unparalleled. This radiant source, inner Sun, deep remembrance, will-to-progress and flower are all references to a part of you known as the Psychic Being in Integral Psychology. This part resides in the subtle, inner chambers of your heart centre, waiting to be discovered. The Psychic Being can be your friend and guide when you find yourself at crossroads in life. It is the seat of faith, devotion, surrender and deep gratitude. This sanctum sanctorum is a space of silence, calmness, delight and harmony

To read further, you can have a look at the Psychic Being newsletters here: <https://ie.auroville.org/tag/newsletter/>. Here is a video - "[An Introduction to the Psychic Being](#)" - that was a part of one of the newsletters and put together by Divyanshi and Surya :)

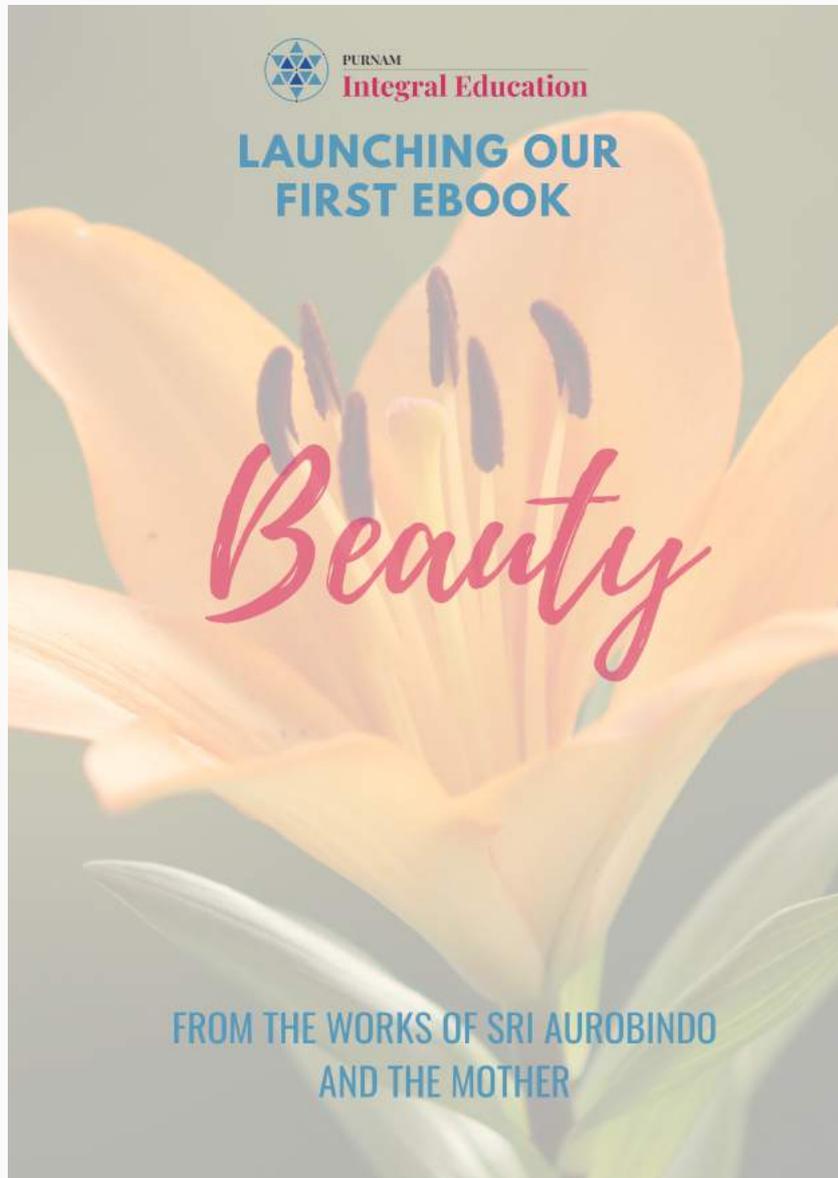
The Psychic Being An Introduction



If you have not already subscribed to the IE newsletter, subscribe at <https://ie.auroville.org/#subscribe>

WHAT'S NEW?

INTEGRAL EDUCATION'S EBOOK ON BEAUTY



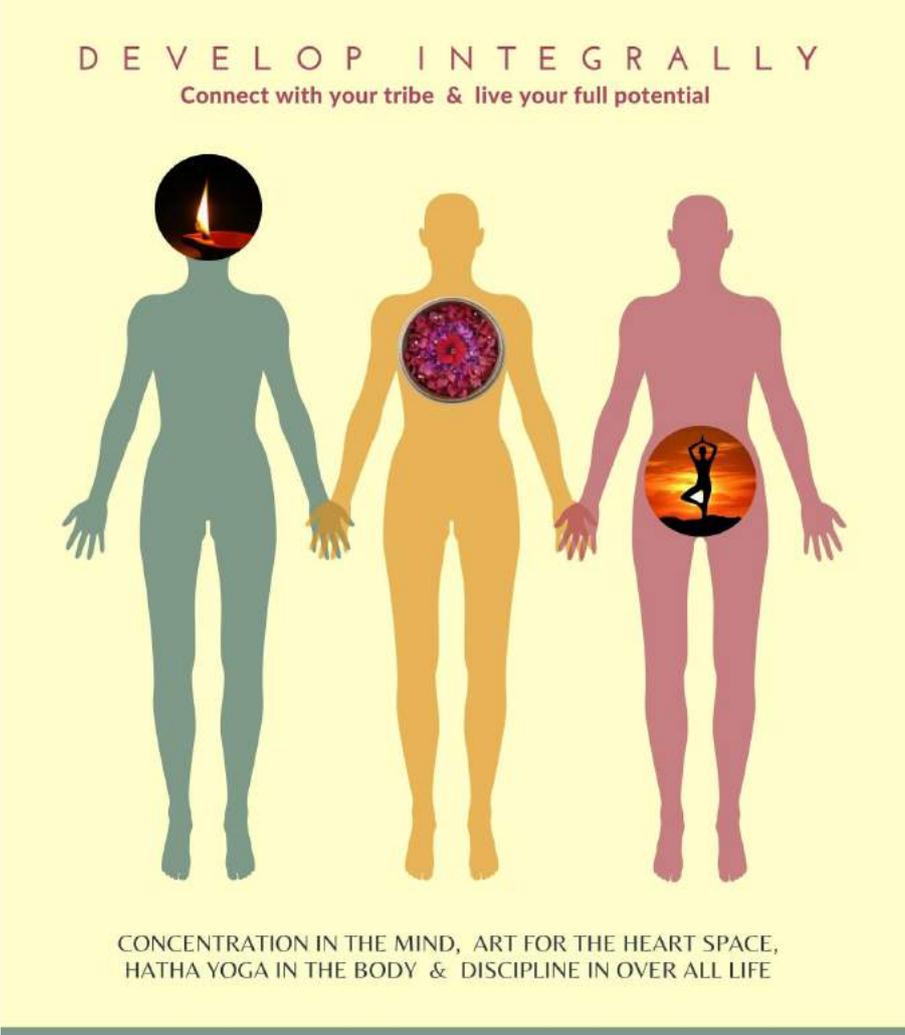
24th April marks the day when Mirra Alfassa, the founder of Auroville and Integral Education (whom we lovingly call the Mother) finally came to Pondicherry. We take delight in launching our first eBook on Beauty on this special day. Please click on the link below to register and download the book.

<https://tinyurl.com/3dyn9syn>

- Integral Education Portal

WHAT'S NEW?

THE SUMMER SCHOOL, 2021 MAY-JUNE 2021



DEVELOP INTEGRALLY
Connect with your tribe & live your full potential

CONCENTRATION IN THE MIND, ART FOR THE HEART SPACE,
HATHA YOGA IN THE BODY & DISCIPLINE IN OVER ALL LIFE

THE SUMMER SCHOOL
ORGANISED BY SWADHARMA ALUMNI

29th May - 30th June, 2021
4.5Hrs/Week Coursework + 15Mins Practice/Day
Online

We are very excited to announce the commencement of the 2nd cohort of Swadharma Summer School. 18 individuals started on a five-week-long online learning journey all charged up to undertake self-exploration by developing aspects of the self integrally. Organized by Swadharma Alumni (Aayushi, Divyanshi, Drishti, Hiteshree)

INVITATIONS

INFLUENCE SWADHARMA 9 CURRICULUM RECOMMEND PEOPLE WHO INSPIRE YOU

Dear friends,

Greetings of the day, hope in these times of anxiety, fear, and restlessness, you are able to find peace and stillness. Peace and stillness are great remedies for disease.

I write this letter to you with a small request - to recommend resource people for Swadharma 9.

To give you a context, this year we are having Swadharma online. In light of Covid-19 second lockdown, we had to take this decision. We see this as a great opportunity to scale Swadharma, as well as deliver its essence in a completely new format, which allows (amongst other things) to access resource people from across India and the world.

We are in the process of designing a Swadharma curriculum, and for the same, we would love to invite your recommendations for which resource people do you think we can include in the schedule. These would practically be the replacement for "site-visits" that we have in the on-campus Swadharma.

So we are essentially looking for inspiring people who are living their true calling and doing cutting-edge work, no matter in which field. Would you have people in your networks to recommend? We would love to know!

Please do take 2 minutes to fill this google form:

<https://forms.gle/o4RfHneYusXVzxZx6>

Please fill this sheet at the earliest possible. We look forward to receiving your response before end of the week, i.e. by 16th May 2021.

Warmth,
Divyanshi
For Swadharma Team

INVITATIONS

PRACTICE OF THE MONTH Getting in Touch with your Psychic Being



The psychic can be gently awakened by constantly following the gentle impulses towards truth, goodness and beauty. These sound very pleasing in theory. However it requires active intention, attention and effort in order to live these movements in our daily lives. Keenly observing and detecting spaces in ourselves for improvement, and making a conscious effort to purify ourselves in everyday life is a difficult step that is essential to bring oneself closer to the emergence of his or her psychic spark. Such a transformation can be seen in one's outer life by oneself. For example, if you are able to grow above your dislike for a particular person, and not be biased in your interactions with them, it is a reflection of the beginning of your evolution. This involves patience and commitment. Similarly, choosing to be truthful and not making up little white lies, is a choice that may be difficult. Nevertheless it allows your authenticity to shine, and you become closer to your inmost self.

INVITATIONS

PRACTICE OF THE MONTH

Setting aside a dedicated quiet time for discovering your psychic spark, and using that time to concentrate on your heart centre, with a strong intention to go deep inside, is one way of beginning to receive sparks from the psychic. It is important to not expect or imagine anything and hold the intention steadily, while gathering all the divergent rays of your focus into one point – the centre of your heart, the seat of your spark. Doing this for a few minutes at a time, at different times during the day is extremely beneficial.

A daily practice for an hour will not suffice if the remaining 23 hours in a day are spent unconsciously on falsehood, ego-boosting and chasing harmful desires. A moment-to-moment aspiration to unite with the psychic being, a constant remembrance of your innermost self and a commitment to choose truth, goodness and beauty every single day will establish, strengthen and pave way for the voice of your soul to express itself through your life.



Here is a short video on "Practices to Get in Touch with the Psychic" by Divyanshi.

INVITATIONS

SHARE YOUR JOURNEY WITH US!

Share with the tribe

We invite you to share with us Your Learning Journey, for the Swadharma Blog. 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. General word limit is 500 words. Share from your heart!

We would also love to know about your Initiatives and the milestones in your journey. Whether it is a new project, website, collaborations, new experiments, ventures or an initiative, share with your tribe.

Write to: swadharmablog@auroville.org.in

Thank you! Swadharma Blog Team

