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


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

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
INVITATION

THE ARTIST'S WAY BY SURYA

The Artist's Way
Discover and Recover Your Creative Self

Unblock Your Creative Self with Simple, Powerful & Proven Tools
A 12-Week Online Journey as Outlined in the Book

Grow with a sacred community of kindred artists
Daily Artist Circles to work through the book

3 JAN - 22 MAR 2021
Mon to Sat 7:00 - 7:40 AM IST

APPLY NOW
purnamlabs.auroville.org/artists-way

Applications Closing December 15
INVITATION

SACRED COOKING BY SMRATI

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
INVITATION

NATURE WALKS BY VIDYA

Nurturing Nature Walks
From Nature Scarce to Experiencing Abundance in Urbanscapes

A sensorial immersion to connect deeply with Nature through walks
A 4-week collective journey online

DEC 15, 2021 TO JAN 9, 2022

APPLY NOW
purnamlabs.auroville.org/nature-walks

Applications Closing Dec 10th
INVITATION

LOVING BOUNDARIES BY VASUDHA

Reclaim Yourself with Loving Boundaries

Identify and express your needs clearly without apology
Enjoy healthy rewarding relationships at home and work

A 4-week online journey to set loving boundaries and take charge of your life
14 DEC 2021 - 11 JAN 2022

APPLY NOW
purnamlabs.auroville.org/loving-boundaries

Applications Closing Dec 10, 2021
INVITATION

CONSCIOUS WILL BY ABHIJIT

CONSCIOUS WILL
Dynamising Ideas into Action

Cultivating the Will Power - The Divine Agni in Man
3 Week Online Course

Learn with a community of practitioners
Engage in Practices to dynamise the ideas

Saturdays, 8 - 9 PM IST
15 JAN - 6 FEB

APPLY NOW
purnamlabs.auroville.org/conscious-will

Applications Closing 8th January 2022
INVITATION

DECLUTTER YOUR HOUSE BY KARTHIK

"Your life is as organized as your drawer."

Declutter Your House
A 4-Week Online Collective Journey

Create a clutter-free life by building simple yet powerful habits that can organize your surroundings and your life.

Dec 14, 2021 to Jan 8, 2022
Applications Closing Dec 12

APPLY NOW
purnamlabs.auroville.org/decluttering
INVITATION

Befriending Time by Bindu

Befriending Time
Work Smarter Not Harder

Learn the Art of Effective Time Management with Technology and Consciousness
JAN 1 - FEB 4, 2022

A 5-Week Collective Online Journey
Let go of constant busy-ness & make time for things that truly bring you joy.
Find a sense of abundance with Time

APPLY NOW
purnamlabs.auroville.org/befriending-time

Applications Closing 17th Dec
INVITATION

LEARN LEADERSHIP BY ARAVINDA

Learn Leadership
Awaken the Leader Within You!

DEC 14, 2021 - JAN 4, 2022
A 4-week online journey to bring out the leader in you: Build Confidence, Take Initiative & Develop Resilience

APPLY NOW
purnamlabs.auroville.org/learn-leadership

Applications Closing Dec 11, 2021
INVITATION

RASA PRAVAAH BY NAMITA

raṣa-pravaah
Let Joy Flow in Work and Relationships

Find Your Anchor!
Live your values through daily micro-experiments!
Discover flow in your actions and connections!

DEC 18, 2021 - JAN 16, 2022

A 4-week online peer-led experimental lab to bring joyous intensity to your work and relationships

APPLY NOW
purnamlabs.auroville.org/raṣa-pravaah

Applications close on Dec 12, 2021
INVITATION

Conscious Money Challenge

Shift From Battling With Money to Building a Harmonious Relationship

A 4-week collective journey based on the works of the Mother and Sri Aurobindo

20 DEC 2021 - 17 JAN 2022
Live Sessions every Monday 8 -9:30 PM IST

APPLY NOW
purnamlabs.auroville.org/conscious-money

Applications Closing Dec 12, 2021
INVITATION

POETRY WITH MOON BY VIKAS

Poetry with Moon
Find Inner Balance

A 3-week soulful journey to cultivate centeredness through journaling, poetry and meditation

Mon-Sat 9:45 to 10:30 PM IST
Dec 24, 2021 to Jan 13, 2022

Apply Now
purnamlabs.auroville.org/poetrywithmoon

Applications Closing 18th Dec 2021
INVITATION

MALE EMOTIONS BY PHANI

Vulnerability is the essence of connection and connection is the essence of existence

APPLY NOW
purnamlabs.auroville.org/male-emotions

Applications Closing 9th Dec
INVITATION

NATURE'S PORTAL BY AIKYA

Open, Let Go and Enter the Doorway

Embody more Love
Remember the Light of Mother Earth
2 Weeks Online

A Journey to Connect Intimately to Nature
JAN 2 - JAN 16 2022

Nature is always communicating but are you willing to listen deep and hear it's whisper?

To Know More & APPLY, visit:
purnamlabs.auroville.org/natures-portal

Applications closing Dec 26th
INVITATION

DHARANA BY DHIVYA

Dharana
The Power of Concentration

Quarantine your Distractions
Cultivate focus, clarity & calmness in daily life
A 4-week Online journey
18 DEC’21 - 15 JAN’22
Mon-Fri 6:30-6:45 AM IST

Learn with a community of practitioners
Engage in practices to develop concentration

When you work, if you are able to concentrate, you can do absolutely in ten minutes what would otherwise take you one hour.
Mirra Alfassa, The Mother

APPLY NOW
purnamlabs.auroville.org/dharana

Applications Closing 12th December
INVITATION

ABHYASA BY PRAGYA

Join the 4-week online expedition to bring a dynamic shift in your Breath-Body-Behaviour through Hatha Yoga in light of Integral Yoga

Open to beginner and advanced practitioners

2 JAN - 30 JAN
Online Practice Sessions
Mon, Wed, Fri 7 - 8 AM IST
Sharing Circle
Sundays 7 - 8:30 AM IST

APPLY NOW
purnamlabs.auroville.org/abhyasa

Applications Closing Dec 22, 2021
ECO CONSCIOUS LIVING

Small Actions, Big Impact

Design your life to make it more conscious and sustainable

Become a change enabler in just five weeks!

A journey with the support of a conscious community!

Engage in simple daily practices to move towards zero-waste

15th Dec, 21 to 18th Jan, 22
Wednesdays 6:30 to 7:30 pm

APPLY NOW
purnamlabs.auroville.org/conscious-living

Applications Closing Nov 16
INVITATION

PLAYING SPORTS DAILY BY RISHI

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
WHAT IS THE TRIBE UPTO?

HEALING TRIAD

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

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

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, 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
WHAT IS THE TRIBE UPTO?

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
INVITATIONS

SHARE YOUR JOURNEY WITH US!

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