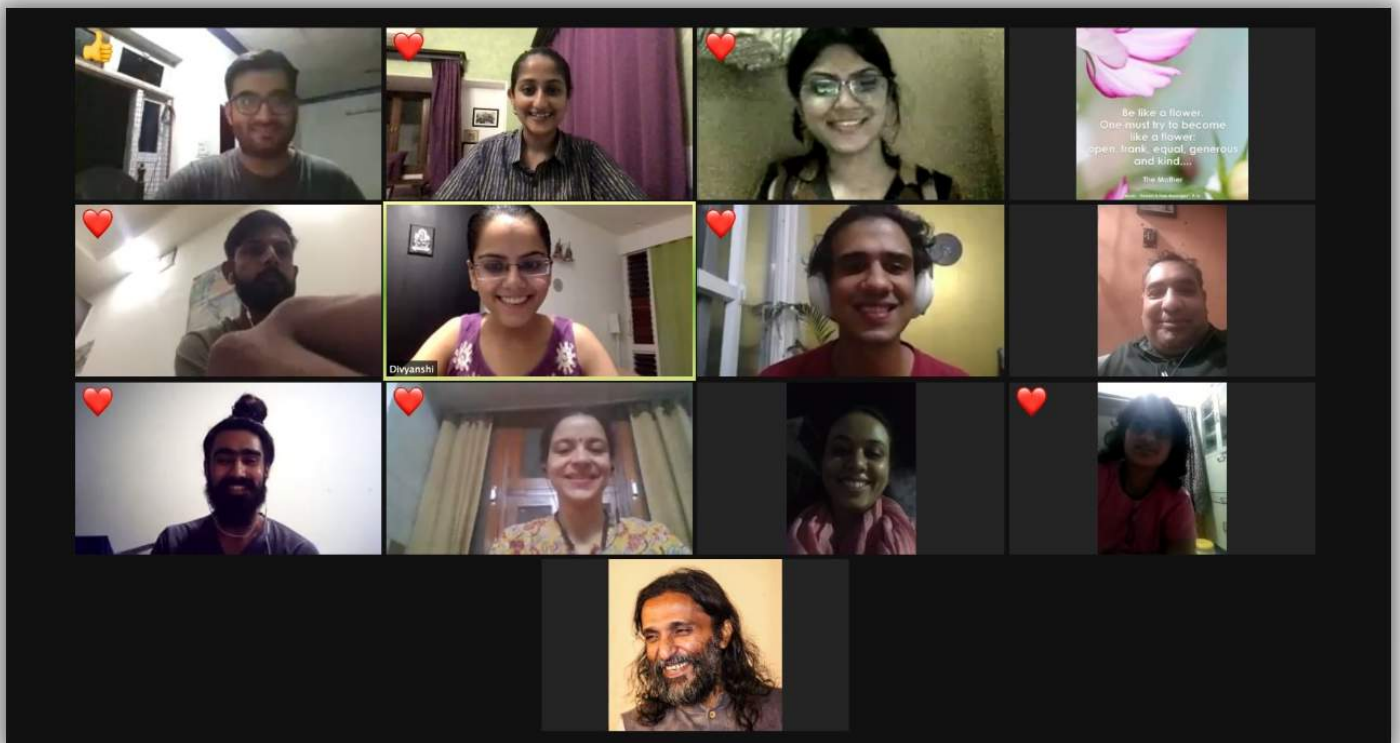


SWADHARMA BULLETIN

June 2021



June 2021 edition of the newsletter marks the conclusion of the Summer School 2021. We dedicate this edition of the newsletter to all the past, current and future community courses aimed at continuous evolution of our thoughts and actions.

WHAT IS THE TRIBE UPTO?

JUNE SHARING CIRCLE & A NEWBIE ILLUSTRATOR IN THE COMMUNITY



Nikhil created this illustration showcasing the June 2021 sharing circle. We congratulate him on this newfound interest and wish him the best. If you would like to drop in a word of appreciation here is Nikhil's Instagram handle: [@kaalp.nik](https://www.instagram.com/kaalp.nik), I personally like his Instagram posts on different yoga asanas.

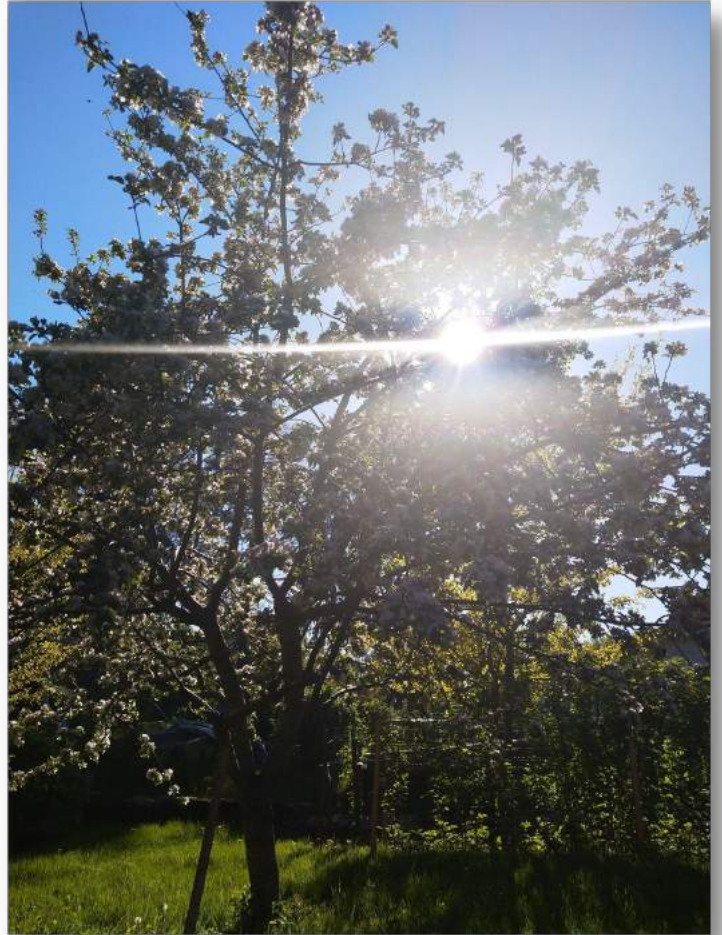
WHAT IS THE TRIBE UPTO?

A MEDITATION OF THE SUN - JOAKIM

*I walk out one morning on my terrace.
The morning light is finding its way
through the trees
to touch my bare face,
to warm everything in its path.
The feelings of spring are in full bloom,
makes me lift off the ground
awakened to life by all the warmth
the sun's reflection has brought.*

*Can we learn to be as generous, as
prestigeless,
as loving as the sun?*

*I close my eyes and sink back
into all the fragrances of the air,
my heart smiles gently
and softly opens as the birds sing,
an extension of the sun's rays.
I do not speak their language
but I understand somehow anyway,
I become just as surprised every time
when it all starts to melt back
into the first wildness of love
that has always been there to embrace
us.*



*A wild love for the world
is an endless invitation that passes us often,
to feel ourselves fully alive
in our awakened minds,
our bodies and senses so vibrant
so unconditionally opened
in the act of letting all else go,
beneath the surface of all our attempts
to explain
what was always self-explanatory*

WHAT IS THE TRIBE UPTO?

A MEDITATION OF THE SUN - JOAKIM

*As on a deeper plane from which to live
and be,
to witness and listen, in full
participation
a place awaits for you to thrive there
in utter belonging,
that's where you'll find
the heart's own solar system
and central point
open to take in and give out freely
from the wellspring of all the inspiration
that visits
the bare and naked edge
of one's playful experiences,
of meeting everything
that streams through one's life.*

*Sensing into the existence
of a natural world released
in your perception
and unmediated experience
from the burden of choice,
in an myriad of life
already whole,
an invitation to stillness
already made,*

*to be touched by the wave of the heart
when it comes, as a ripple
from your own secret depths,
as it does
again and again,
life loving itself in the unfoldment
of its ever renewing forms,
our lives a journey and an
apprenticeship
to pass everything on
in the same chemistry of generosity
that continues to move the skies.*

*To fall toward one's longing
is to be caught,
closer to seeing oneself
in all that is other,
moment by moment
uncovering the fabric of belonging
in a drift of moving together
like a dance of winds,
the edges of another
softly contoured and coloured,
Tfulfilled now in the first act of
witnessing
being witnessed back,
by a way of life*

WHAT IS THE TRIBE UPTO?

A MEDITATION OF THE SUN - JOAKIM

*that deep inside
had always been true for you,
now I can hear clearly
the buzzing of the bumblebees
in the apple tree,
a blossoming eternally faithful
to a softening presence.*

*Spending some time
with a rare courage and curiosity now,
playful enough to ask a little more
than what other days hold in them,
sensing into a sea
that moves with a breath of ease
a little closer now,
where the smallest offering
to soften and open
turns into a first promise
of a freedom to do absolutely nothing,
replacing the endless hunt
in the spell of believing we would ever
catch up
with the attraction of our hearts,
now more and more an understanding
Flowing through in all directions
to touch us in our lives,
whispering in the leaves,
in the dancing pollen,*

*that we always unconditionally
belonged
to our true calling,
a true name just awaiting our claim
in the light of the heart shining
a little brighter,
as the light of the morning sun,
clearer, and a little freer
to chart its course now
in the total openness of your
experience,
the one place in our lives
where we always had
an indestructible foundation to stand
upon.*

*Now I'm sitting here with a thought
that we are born again
in our small acts of courage
to shape our lives, favourably
as an offering first
to find the right kind of flavour
to yield
to each outcome, surrendering
to a piercing insight
of our complete incapacity
to go about it alone,*

WHAT IS THE TRIBE UPTO?

A MEDITATION OF THE SUN - JOAKIM

*visited by a brushstroke that depicts
each human heart as a silent wish
of life-experience bursting
to complete itself in the making,
then let go,
as a promise already fulfilled
when we fall towards the source
where all our lives opens and merge
into Earth and Sky, the bosom
that has carried us all along.*

*The daylight now,
become a scene where our faces touch
a moment of eternity
in the gravity of all that we are,
all that we are, in all we become:
our closest intimacy to each other.*

*In a meditation of the sun
let yourself be touched
by its rays of warmth, effortlessly
until you are centered again,
imagine
an open circle
like a fire in you,
find that point
where the light is its strongest,
the soul at its most still,
an experience is there*

*for all who need it,
just wait
for when all is scaled back
to the first innocence
where it all began
in the open core
of the outflowing stream
in the lotus of the white ray
you'll notice
the fullness of the sun's heart.
The gentle kindness of the morning light
our first teacher, already embraces
what is ancient in you,
already knows
how to make itself a daily anchor
for you to sink into
and carry you through,
our quiet days a harvest of stillness
ever gathering itself,
for the one moment
we let ourselves be
in awe
with the fullness
pouring itself into fullness,
and we give it all away
to find ourselves home,
already awake
with the rhythm of the sun.*

WHAT IS THE TRIBE UPTO?

HOW YOU END UP STALKING YOUR CRUSH WHILE GOOGLING THAT ASSIGNMENT - SHIVAM



In part 2 of his series: *The Parasite in your Pocket: How smartphones are influencing our social lives, mental health and creativity*, Shivam talks about 'attention residue' and how it affects an individual and his ability to complete a task. It is probably difficult to admit but most of us suffer from one or the other kind of attention deficit , smartphones being a major cause. Read a detailed study on this subject in Shivam's blog (and the [series](#)): [How you end up stalking your crush while googling that assignment](#)

WHAT IS THE TRIBE UPTO?

ARE WOMEN OBJECTS OF PLEASURE A SESSION BY RIYA



Riya hosted an interactive introspective discussion on treatment of women as objects of pleasure. Session started with a dissection of the topic itself - 'humans and objects', went deeper into the treatment of women around us, what it stems from and the need to reflect on this issue as an individual and as a society.

Watch the entire discussion here:

<https://www.youtube.com/watch?v=KXpaXelCrQY>

This session also shows how such issues transcend cultural, regional and demographic boundaries and need to be fought as such.

WHAT'S NEW?

RECENT WEBINAR ALL ABOUT SWADHARMA 9



A webinar introducing the Swadharma course where we explore what Swadharma means and discuss the core aspects of the course including the structure. We also share about the potent power of the online environment for community building and transformation. Two of our beloved alumni from the Swadharma community, Smrati and Aayushi share their experience with the course and towards the end participant questions are addressed.

Watch the entire session here:

<https://www.youtube.com/watch?v=88jJNRUDLgA>

WHAT'S NEW?

A PANEL DISCUSSION SWADHARMA - TO LIVE YOUR TRUE CALLING



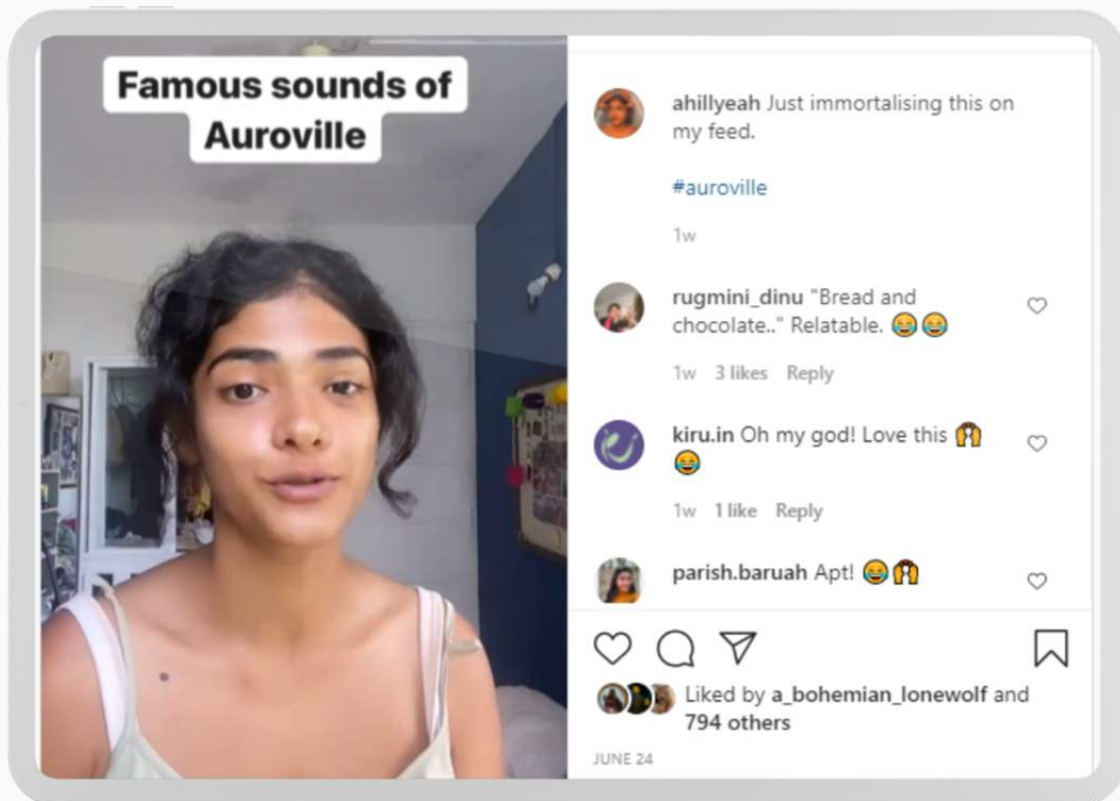
Meet some of the most amazing people we know! Meedhu and Sushmitha are both Swadharma alumni, and we are big fans of the two of them for their discipline, consistency, commitment, and courage to follow their true calling. Meedhu, ever since she completed the Swadharma course, has dived deep into theatre - perfecting the art to its fullest. Learning to dance, act, play instruments, write, design - everything under the sun that is a part of Theater... And all of it, to utter perfection! She was a journalist, not quite happy with her job, when she came to Swadharma. Today, she is living her true calling!

Sushmitha is a power-pack of energy. Sushmitha when she came for Swadharma had so much of energy flowing through her, but had not yet found how to direct it in a way that all her diverse interests come alive. She found through hathayoga, her energies could be grounded and channelised. She has used her creativity to bring hatha yoga in creative ways in a diversity of settings, combining and recombining it with philosophy and lifestyle design. She is now a known-coach and a yoga teacher! Be prepared to be inspired! Listen to the Swadharma core facilitators and alumni on how they are living their true calling, followed by Q & A and an introduction to the upcoming Swadharma course.

Panel discussion: https://www.youtube.com/watch?v=Lnx_5COV6g

AUROVILLE FUN

'FAMOUS SOUNDS OF AUROVILLE' BY AHILYA



We have all had our moments of fun talking about the vocabulary commonly used in Auroville. Here is a comic take on the 'Famous sounds of Auroville' by Ahilya, and when she says sounds, she really means it.

Watch this Instagram reel:

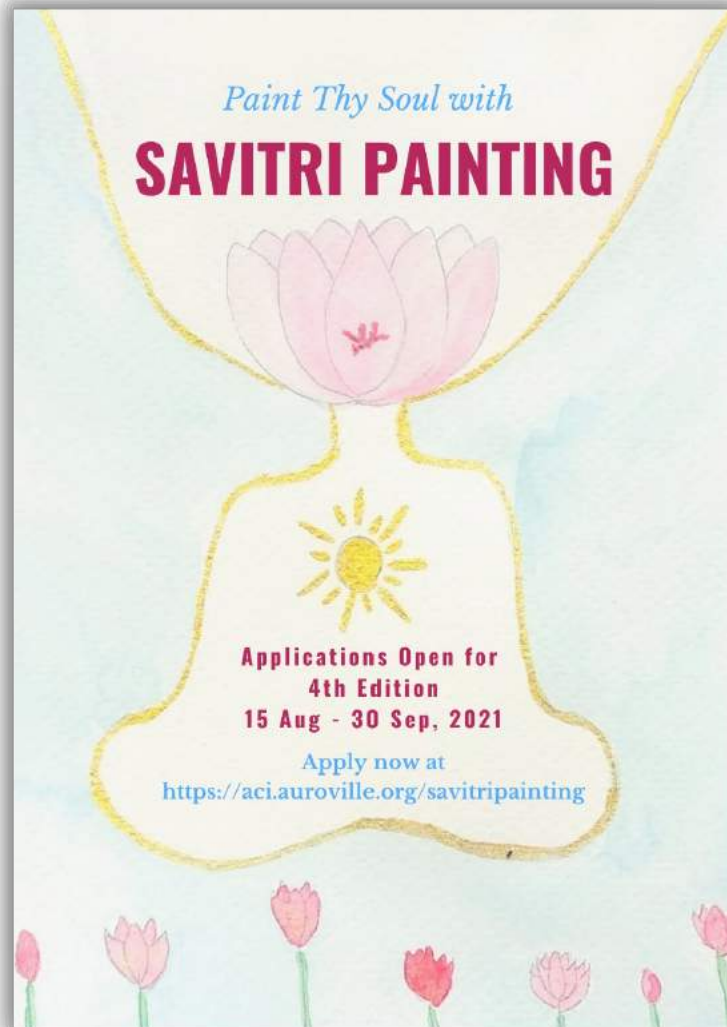
<https://www.instagram.com/reel/CQgZfYAnOBJ/> to have a hearty laugh. And, if that is not enough for today, there is a part 2 as well:

<https://www.instagram.com/reel/CQh4Dj5nQ8/>.

Thanks to Drishti for sharing with us and here is Ahilya's Instagram handle: [@ahillyeah](https://www.instagram.com/ahillyeah)

INVITATIONS

SAVITRI PAINTINGS 4.0: PAINT YOUR SOUL APPLICATIONS OPEN



We are happy to share with you that the applications for Savitri Painting 4.0 are open now.

Savitri Painting is a method to move inward into greater depths of your being through art, music and poetry. It is a means of sensing your soul movements and expressing them through painting.

To apply visit: <https://aci.auroville.org/savitripainting>

INVITATIONS

SAVITRI PAINTINGS 4.0: PAINT YOUR SOUL APPLICATIONS OPEN

Know More About Savitri Painting 4.0

Savitri Painting 4.0 will take the Savitri Painting process to a new level. This time it will be a six week intensive learning journey from 15th August - 30th September, 2021, requiring a weekly commitment of 9 hours [4.5 hours during sessions and 4.5 hours of personal practice during the week]. We will not just be receiving the paintings visually but also through our other "inner senses".

Like always, we are giving immense individual attention and importance this time too. We will have 24 students and 8 facilitators, and space for individual guidance. To participate in Savitri Painting cohort is only a beginning, an initiation into a lifelong community of "Sadhaks of Painting". Savitri Painting continues to be a path of delving deeper into the vibrations of flowers, colours and most importantly, your own deeper self.

The course does not require you to be an artist at all, but sincerely commit to the process.

Apply for Savitri Painting using this link:
<https://forms.gle/2exjRQtdke5A8W6k6>

We advise you to apply at the earliest possible if you are really interested in participating, since we have a long waiting list and we are taking participants on a first-come-first basis.

Look forward to your application ☺☺☺

INVITATIONS

SWADHARMA SCHOLARSHIP FUND



Dear Swadharma Community,

Because of the donations offered by Swadharma alumni last year, this year, we could provide a scholarship to one student for attending the Swadharma course. We thank all of you from the bottom of our hearts for generously offering last year.

This year too, as Swadharma alumni, we would like to encourage all Swadharma alumni who are able to contribute and give from your heart, whatever you are able to, towards Swadharma Scholarship Fund, which will allow us to give scholarships in the future batches. It will help us fund those with an inner fire but not adequate financial resources, to attend the Swadharma Programme.

To contribute, please use this link below
<https://donations.auroville.org/purnam>

INVITATIONS

SHARE YOUR JOURNEY WITH US!

Share with the tribe

We invite you to share with us Your Learning Journey, for the Swadharna 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! Swadharna Blog Team

