

12.08.2012  
4. Report  
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So this is my last report about my life in India.

The first thing I want to say is that I'm definitely not able to verbalize properly what I have experienced in almost 12 months here in Auroville, India.

I have faced so many difficulties, have gone through phases of deep depression and despair, I have tried many different things which were supposed to help me or to make me a better person (and „failed). But also I have met so many nice, warm hearted, inspiring people, have had experiences of incredible happiness and joy and got a feeling of how it could be to live as an individual free from sorrow and fear, just with a clear mind and total acceptance and surrender to all aspects of life.

In my last weeks I've had the feeling that a lot of open questions from the past are getting answered, actually it feels like a big cycle is being closed now.

I wasn't really happy a month ago. At the end of the permaculture course I lost more and more energy, I just felt like all the things I had to deal with were too much for me and I wasn't able to protect myself against all that pressure.

Germany was coming closer and closer and didn't feel ready for it, I wasn't able to take part in the course properly because my mind always was occupied with critical thoughts about myself and fear about the future, I had no self discipline in terms of sleeping times and consumption in general (food, cigarettes); things like that.

So I was really desperate until the middle of July because this feeling of having failed again in life was quite oppressive.

Then I went for the Vipassana Meditation Course. Vipassana is an ancient technique of meditation developed by Buddha which was passed on from generation to generation just by mouth to mouth communication. Goenka is the founder of the modern, updated version of this technique. All over the world meditation centers exist which provide this course for free.

Anyway, so these 10 days of silence and meditation really gave me a different view on my life and all my past actions and behaviours, I got deep insights in myself and also learned how to accept and love my way of being completely. Now after the course I'm really selfconfident and strong, and everything what I have experienced during this year I consider as totally right and valuable without exception.

Now I am just enjoying my last days in Auroville. Sadhana is a different world for me.

I can see the sense in it and all the potential it has in terms of „growing people with a forest“.

Sadhana Forest is a perfect place to experience and widen your own boundaries which restrain you from actually enjoying live more.

The philosophy of the selfless service, of karma yoga can be experienced in Sadhana.

To see people working two times more than me just for the benefits of the community has been highly impressive and inspirational to me.



Sadhana Huts

Also my opinion about Auroville has changed drastically since the beginning of my voluntary service. I am still not able to grasp it as a whole thing but based on the people I've met here, the experiences I had and the things I have learned I recommend everyone to come here and experience this place. For me it's something like a forum where you can exchange and share ideas, inspirations, experiences and love...

There's really a lot of stuff happening here. You can do farming, you can work in a lot of social projects, you can do yoga or martial arts, you can do music or sports, you can meet people, you can experience the tamil culture and a lot more.

Problems exist, of course. You don't have to be a scientist to see that there is greed, abuse, problems of communication and other stuff going on. It's still a place made by humans.

But the variety of projects and processes which go in the right direction (in my opinion) is so large that everyone who is looking for alternatives to the mainstream western lifestyle and believes is likely to find something here.

I really feel like I have undergone a cleaning process here which has freed me from a lot of fear and wrong believes which controlled me before.

Last year I had a lot of negative and sarcastic thoughts about Auroville and the people which live here, but now I can imagine myself living in this place in the future.

Yeah, these are more or less the thoughts about Auroville I can put into words right now.

One great thing which has happened to me in the last one and a half months was the realization of the band. We finally got a bass player, created a nice set of blues songs (most of them were cover versions though) and played two concerts.

The first concert was in Sadhana. It was a big party with an amazing, dancing audience and a the most beautiful weather lightning after the show.

The second concert was at a food festival in Pondicherry. It felt weird to stand on this big stage and play blues in front of maybe 400 or 500 Indians who are just watching you. This is what most of the tamil people usually do when they see you, a stranger. They are just watching you with no recognizable expression in their faces, and you have no idea what they are thinking in this moment.

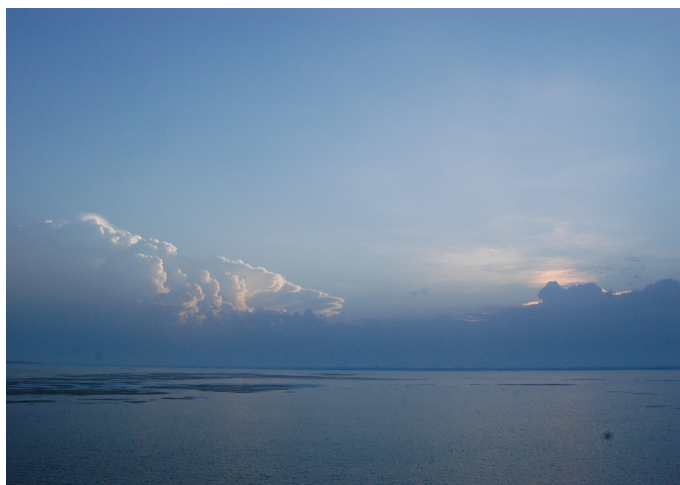
So I am really glad that I could practice music in such a nice way, with a band, rehearsals and two concerts which were unforgettable experiences.

After all I'm also looking forward to go back now. I have no idea how it will be to be back in my old environment with my family, my friends and a different kind of lifestyle.

Now I feel ready for a complete change and more new challenges. I want to try carpentry back in Germany.

I think it's not really possible to „prepare myself mentally“ for the shock so I just try to enjoy every last moment in India before I go back. I'll see then where life takes me.

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