

Sourcing Our Oneness Camp 2022

26th March to 6th April 2022

Van Niwas, Bara Pathar, Nainital

And Madhuban, Ramgarh

Sri Aurobindo Ashram – Delhi Branch Himalayan Centres



This year is a special occasion for all of us, as it is the 150th birth year of Sri Aurobindo. ‘Sourcing Our Oneness 2022’, a collaborative camp of the various centres embracing Sri Aurobindo’s and The Mother’s way of life and being, namely, Auroville, Sri Aurobindo Society, Pondicherry, Sri Aurobindo Ashram – Delhi Branch, and a related centres, was held between 26th March to 6th April 2022 in Van Niwas for the first 11 days and then in Madhuban on 6th April 2022. There were a total of 105 participants, including the facilitators and the organising teams. The participants came from various parts of the country including Uttarakhand, Gujarat, Madhya Pradesh, Bihar, Telangana, Assam, Odisha, Karnataka, Puducherry, Tamil Nadu and Delhi.

The theme of the camp was Sri Aurobindo’s Five dreams. This time, there was more focus on the fourth dream of Sri Aurobindo – the spiritual gift of India to the world.

Day 1 – 26th March 2022

Day one began with the arrival of all the participants. In the evening, there was a group meditation and everyone was divided into groups for their morning physical exercises.

Day 2 – 27th March 2022

Each day, the participants began their mornings with physical exercises followed by breakfast and work offering (shramdan) – an essential part of the daily activities. After this they gathered in the front yard for group chanting. Next, there was a session with Uma where everyone reflected on their light and their fear.



In the afternoon, the group went for their first trek to Land's End Point to witness an extra-ordinarily beautiful sunset.



Day 3 – 28th March 2022

The day began with the participants engaged in their physical exercises and work offering (shramdan).



In the morning session with Jaya, everyone was divided into groups and they explored the 12 qualities through silent reflection and sharings.



In the afternoon, the participants left for a trek to Tiffin top to witness another beautiful sunset and the mountain ranges.



Day 4 – 29th March 2022

The day began with all the participants doing their physical exercises, having their breakfast and doing shramdan.



Everyone then gathered at the front yard for a group singing with Ruma. The essence of the songs was unity and oneness.



After that, each one was divided into groups and they worked with the 12 qualities and flower cards to arrive at a synthesis as a group.



In the afternoon, Dr. Arati gave an introduction to the Five Dreams of Sri Aurobindo.



Day 5 – 30th March 2022

The day began with one group leaving for the trek to Naina peak. After a few hours of intense walking through the mountains and forests, the group reached Naina peak to witness a beautiful view of the Nainital lake and the snow-capped mountains.



Another group, meanwhile, had left for the Neem Karoli Baba Ashram at Kainchi dham.



Day 6 – 31st March 2022

The day began with each participant doing their physical exercises, having their breakfast and doing shramdan.





After group chanting, Shivakumar and Priti introduced Integral Yoga through a skit performed by a group of young participants. They introduced the physical, vital, mental, ego and psychic to the audience and the interplay between these parts of being.



After this, in a session with Uma, everyone shared their wild ideas for the 150th birth anniversary year of Sri Aurobindo and discussed how they can consciously engage into actions to realise the fourth dream of Sri Aurobindo.



The day ended with a presentation on Sri Aurobindo Society and its activities by Shivakumar. He also gave a short presentation on the animation film project of Sri Aurobindo Society. This was followed by a couple of youth sharings by Chirag and Pankaj about their journeys.

Day 7 – 1st April 2022

After group chanting, Priti and Shivakumar led the participants into a silent self-reflection session as part of the introduction to Integral Yoga.



This was followed by a session with Uma on conscious buying. Everyone was divided into groups and they discussed and shared their viewpoints on how conscious consumption is important.



Later that day, everyone re-joined their earlier groups to continue working on the fourth dream of Sri Aurobindo.



The day ended with a couple of youth sharings by Sandhya and Surya about their journeys.



Day 8 – 2nd April 2022

Priti and Shivakumar continued the Introduction to Yoga through another session. In this session, everyone was divided into groups and they opened themselves to the beauty of flowers.

After that, each group shared their initial thoughts on the actions that they would take towards the realisation of the fourth dream of Sri Aurobindo.



Later in the evening, everyone gathered in the meditation hall to listen to a musical offering by Siddhant.



Day 9 – 3rd April 2022

The day began with the participants engaged in their early morning activities. After that they went for breakfast and then for shramdan at their usual places.

Next, everyone gathered at the front yard for singing with Ruma. The participants also practiced march past. After that, the participants were divided in groups and Jaya gave them instructions for the activity on polarity. Everyone was asked to write one polarity and then three positive aspects of each side of that polarity. After that they were asked to synthesize the different aspects in three points. Then, each group discussed and came up with a collective insight.

Day 10 – 4th April 2022

The day started with everyone gathering for a group photograph and marching.



This was followed by presentations by each action group - Integral Education, Integral Health, Communication and Conscious Consumerism. Each group presented their plans with the immediate actions that they would take.





The day ended with cultural offerings from the participants.





Day 11 – 5th April 2022

On this day, the participants went for a day-long trek to the Neem Karoli Baba Ashram at Kainchi dham. This was quite an adventurous trek which went through a forest and everyone enjoyed it. It was dark by the time everyone returned back to Van Nivas.



Day 12 – 6th April 2022

On the last day of the camp, the group left for a short visit to Madhuban where they met the local villagers who had set up shops of locally produced goods.



The participants themselves captured the sessions. Photography was taken care of by Sujeet Kumar Maurya and videography by Akruti Bhawsar. Rahul Sharma, the AuroYouth coordinator, maintained the communication channel of WhatsApp group for the entire camp.

Camp organizers: Jaya, Anju, Uma, Jayanthi, Priti, Shivakumar and Dr. Arati



The camp concluded with a beautiful cultural offering and a collective invocation for the Grace to be with us all on this special occasion of the 150th birth year of Sri Aurobindo.
