



The Aura- Newsletter 65

December 2011



What went Behind...

Now brace yourself with this simple meditation: 「

Take three deep, deep breaths; Relax your body; Visualise the colours of the rainbow from red to purple; Now bring to your mind's eye a beautiful scene from nature; Revel in it for a few moments; visualize the rainbow from purple to red and WAKE UP!

Now that you are relaxed get ready to review the last meeting's lesson on the most used part of our body- the brain. Most of the audience present enjoyed being introduced to the breathtaking world of the brain and the duties it performs. I am sure, this knowledge has motivated us in working towards the well-being of the brain- yoga and meditation to relax, right nutrition to maintain its good health, indulging in some interesting neurobics- password puzzles and mathematical gizmos to jog the brain and keep it alert and sharp and in an ever ready condition. At the end of the session all of us understood the adage, "Think yourself well or think yourself ill." Ultimately, you are what you think you are and shaping the future of your health and happiness is totally your own responsibility. Do not blame it on fate and fortune!

Birthdays in January

Ranjani.V	2 nd	Bharathy Vasudevan	22 nd
A. Smitha	6 th	Dr. Deepa Mukundhan	26 th
Rathnamala Prem	11 th	Mumtaz Hanif	25 th

Mythily Ramanan
98430-54925

Rajalakshmi Rajesh
94431-65687

Rajeshwari Ramakrishnan
0431- 2415687

Savitri Saravanan
98946-06051

Subha Rengarajan
98424-08099

Vidhya Madhan
99444-52100

Vrinda Ramanan
94432-59747

Date : Monday, 9th January 2012

Time : 10:15 AM

Venue: Nanjai Hall, Hotel Sangam

Topic : Movie Screening and Review

Guest : Sudish Kamath
Film Critic and Columnist

What Lies Ahead



Movies always carry you to the world of fantasy, of fiction, of fairy tales and fun. It takes you to an illusory domain where, for the three hours that you spend watching, you actually believe you are the protagonist fighting the bad elements, overthrowing villains with your powerful hands, where no law can restrict your actions and good wins for all time, or that you are that perfectly shaped heroine saved by the handsome hero and live ever so happily forever with him and his 'great abs'.

Critical views of movies and reviews play a major role in its success. They shape the way we react to a film to a large extent. The right review can help to fill a theatre to its capacity on the first day itself or spell its doom. What are the points that contribute to making a good picture or a bad one and how do we knowledgeably distinguish the two will form the crux of our next meeting.

Attention

- The Aura wishes you and your family a happy and prosperous new year.
- Please be at the venue at 10:15 AM .The movie screening will start exactly at 10:30 AM.
- The programme will be over as usual at around 01:30 PM

“Drama is life with its dull bits cut out”- Alfred Hitchcock