

Issue 01 | 2026

AUMSHAALA

FROM THE SOURCE

A Quarterly journal



T I R U V A N N A M A L A I
T A M I L N A D U
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FROM THE SOURCE

Issue 01 | 2026

From the Source is a quarterly journal documenting the evolution of Aumshaala — an initiative rooted in rural regeneration, integrated healing, and ecological responsibility.

Each issue explores the intersection of soil, livelihood, education, and health — and the rhythms through which sustainable futures are shaped.

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THE LIVING SOURCE

Understanding the Symbol



Aumshaala is rooted in a simple recognition: life unfolds in cycles, yet at the heart of every cycle lies stillness.

The logo; the symbol of Aumshaala reflects this relationship between movement and depth, between the inner and outer world. It is not decorative. It is structural. It represents the architecture of experience — how human life evolves outward through action while returning inward toward awareness.

The design unfolds through five layers and twelve radiating spokes. Together, they form a living map — one that mirrors both the rhythms of the natural world and the inner evolution of the individual.

The Five Layers

— Depth

The layers represent the inward movement of experience, guiding awareness from outer engagement toward inner presence:

1. Body — Connection

Relationship with land, community, and the physical world.

2. Speech — Alignment

Harmony in breath, communication, and action.

3. Mind — Transformation

Perception deepens as experience becomes understanding.

4. Wisdom — Integration

Insight expresses itself through conscious participation in life.

5. Great Bliss — Stillness

The center of wholeness — the stable ground from which clarity and peace arises.

The Twelve Spokes

— Cycles of Time, Space, and Experience

Radiating from the center are twelve spokes representing the unfolding movement of life through time, space, and conscious experience. Each spoke reflects a stage in the continuous cycle through which existence emerges, evolves, and renews itself.

1. Emergence — the beginning of movement within time

2. Formation — patterns taking shape in space

3. Awareness — the arising of consciousness

4. Identity — name, form, and individuality

5. Perception — interaction through the senses

6. Contact — meeting between self and world

7. Experience — feeling and response

8. Attraction — movement toward what sustains life

9. Attachment — continuity and holding

10. Becoming — transformation and growth

11. Manifestation — expression into lived reality

12. Dissolution & Renewal — completion leading to new cycles

These spokes reflect the frequently occurring rhythms found in nature, human life, and the passage of time itself.

How the Layers and Spokes Work Together

The symbol forms one unified structure.

The layers show depth — the inward journey of awareness.

The spokes show movement — the cycles through which life turns.

Each spoke passes through every layer, illustrating how every experience moves from outward activity toward understanding, and ultimately toward stillness at the center.

Life continues to move. Balance is found by remaining rooted while participating fully in the world.

Colour and Presence

The Aumshaala emblem appears in maroon and gold, chosen to reflect groundedness and clarity.

Maroon represents rootedness, maturity, and connection to the earth — steady and enduring. It speaks of soil, responsibility, and continuity.

Gold represents illumination and awareness — a refinement that emerges through discipline, attention and care. It is not ornamental, but intentional.

Together, they express depth guided by insight — a balance between earth and awareness.

As life unfolds, we move through these layers and dimensions of experience — through action, perception, learning, and transformation.

The spokes of life continue to turn, carrying us through moments of emergence, growth, and renewal. Yet, at the heart of this movement lies the stable center.

To live consciously is to remain rooted in that center while participating fully in the world — allowing experience to deepen consciousness rather than displace it.

In this way, the symbol reflects not only a philosophy, but the journey of life.

The Art of Healing

Healing is often understood as the removal of illness or the relief of suffering. Yet such a view touches only the surface. A person may develop a recurring headache during a stressful period—a physical symptom that points to a deeper disturbance in the way they are living, thinking, and relating to life. When we stop taking care of ourselves or lose attentiveness to our needs, things gradually move out of balance. Illness then appears not merely as an isolated event, but as a quiet signal that something in our way of living requires understanding.

True discipline is not rigid control or the force of rules. Rather, it arises from self-motivation and self-awareness. It is the natural order that emerges when we begin to understand what nourishes life and what disturbs it. Discipline is like the steady banks of a river, shaping and guiding the flow of our daily actions. When this understanding deepens, our habits, relationships, and ways of living slowly move toward greater balance.

Human life unfolds along a subtle gradient. Many of us remain within the ordinary concerns of the mundane world, while some begin to sense a deeper dimension beyond it. A few come to recognize the continuum that connects the mundane with the supramundane—the subtle reality in which life is perceived in its wholeness. Healing begins in the mundane, where illness and imbalance first appear, but its deeper movement leads toward this greater understanding.

Health and disease are separated by a remarkably thin line—almost as subtle as the difference between moving gracefully in a dance and suddenly stumbling. The preservation of balance depends on a living awareness within consciousness, a sustained attentiveness to the elements that constitute our being. When such awareness is present, life moves in a natural and joyful rhythm.

The art of healing therefore lies not merely in treating disease, but in cultivating the understanding, discipline, and awareness that allow life to move harmoniously along this gradient.

In the quiet movements of everyday life, the deeper dimension of healing can also be sensed. One morning, while brewing a simple pot of tea, the curling steam, the gentle sound of porcelain, and the warmth of the cup in one's hands may suddenly reveal something subtle—a quiet presence within the ordinary. In such moments, the everyday gives rise to something deeper. The mundane becomes the ground from which a more subtle perception begins to emerge.

The supramundane is not separate from the mundane; it is the deeper insight that blossoms from within it. Awareness is the connecting principle that links what is perceptible with what is imperceptible, the objective with the subjective, the outer with the inner. Through awareness, ordinary experiences begin to reveal a subtle order underlying life.

Contact often marks the beginning of this awakening. When the senses meet the world—when the eye encounters a form, the ear receives a sound, or the mind comes into contact with a thought or feeling—there is the possibility for awareness to arise. From contact emerges awareness, from awareness grows understanding, and from understanding comes the harmony that forms the essence of healing. In this way, healing begins not merely with treatment but with attentive contact with life itself. When awareness is clear and undistorted, insight arises naturally, and from insight emerges a balanced and harmonious way of living.

At Aumshaala, this understanding forms the foundation of our work. Healing is not approached as an isolated intervention but as a way of living in which body, mind, community, and nature are brought into relationship and balance. Through practices of awareness, disciplined living, and a respectful relationship with the natural world, we seek to cultivate an environment where health, understanding, and harmony can unfold naturally.

Our intention is to create a space where the ordinary movements of life—growing food, sharing knowledge, practicing yoga, caring for the land, and nurturing community—become pathways for deeper awareness. In such a space, the mundane is not separate from the sacred. It becomes the ground from which insight, healing, and compassionate living can emerge.

In this spirit, Aumshaala is not merely a place for healing. It is a living exploration of how awareness, understanding, and right relationship with life can give rise to a more balanced and harmonious world.

— Dr. T.M. Chinnaiyan

Founder

Acwerk rural development foundation

The Land Today

The land that will become Aumshaala currently stretches open and quiet. Scattered rocks, hardy grasses, and a few resilient trees mark the landscape. At first glance it appears sparse, even barren. Yet landscapes like this carry a particular kind of promise — they have not yet been shaped, but they hold the possibility of renewal.

Every meaningful transformation begins with observation.

Before building anything permanent, we are learning the rhythms of this place — how water moves across the soil, where shade gathers during the day, how the wind travels across the open ground, and what forms of life already exist here. Creating a healing space begins with thoughtful interaction with the natural elements.

The work at this stage is patient and foundational.

Aumshaala begins not with construction, but with listening.

What We Are Beginning to Explore

Water and Regeneration

Sustainable landscapes begin with water. Understanding rainfall patterns, groundwater recharge, and the natural movement of water across the land will guide the earliest interventions.

Water systems must come before structures.

Careful planning at this stage will help ensure that the land remains resilient for decades to come.

Soil and Biodiversity

Healthy soil forms the foundation of every living landscape. Gradual soil regeneration, native tree planting, and biodiversity corridors will slowly restore vitality to the land.

The aim is not simply to cultivate productivity, but to support a balanced ecosystem where plants, animals, and people can coexist.

Natural Spaces for the healing community

As the landscape evolves, Aumshaala will gradually create spaces with natural materials where people can step away from a fast pace and reconnect with simpler rhythms.

Small retreats, learning gatherings, and quiet eco- spaces will allow visitors to experience the land directly — through food grown nearby, time spent in nature and practices that restore balance to body and mind.

These spaces will remain intentionally modest, designed to sit gently within the environment rather than dominate it.

Rural Learning and Livelihood

Over time, Aumshaala also hopes to support rural learning and skill development connected to sustainable practices.

Workshops, educational programs, and collaborative initiatives can create opportunities for knowledge exchange between rural communities and visitors seeking more sustainable ways of living.

For now, the land remains quiet.

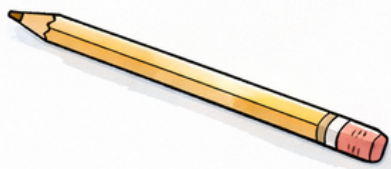
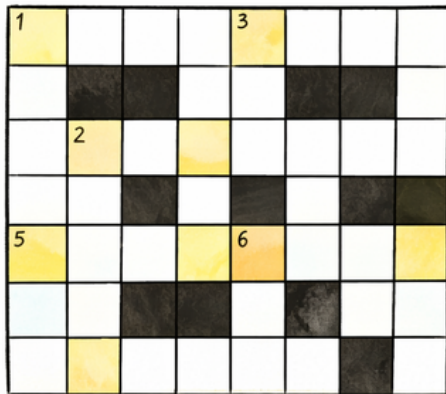
But every tree planted, every water channel restored, and every structure thoughtfully placed will gradually shape what this place becomes.

The beginning is simple: observe, learn, and begin.

The First Resident of Aumshaala



Mini Crossword – Land, Health & Ecology



Across

1. A regenerative design system inspired by natural ecosystems (11)
3. Practices that bring balance to body and mind (4)
5. The foundation of healthy food systems (4)
6. Food grown without synthetic chemicals (7)

Down

1. The process of restoring land to ecological health (11)
2. A quiet practice that trains attention and awareness (10)
4. The substance that holds water and nutrients for plants (4)

Did You Know?

Renowned architect Laurie Baker, often called the “Gandhi of Architecture”, developed building techniques that reduced construction costs while keeping homes naturally cool.

One of his most well-known methods is the rat-trap bond brick wall. Instead of laying bricks flat, the bricks are placed on edge, creating small air cavities within the wall.



These air pockets act as insulation, helping buildings stay cooler in hot climates while also using fewer bricks and less mortar.

Did You Know?

The human body produces a significant portion of its **serotonin** – a neurotransmitter associated with mood and wellbeing – in the gut rather than the brain.

Serotonin plays an important role in regulating mood, digestion, sleep, and even aspects of immune function. Because of this, the **health of the gut microbiome** – the community of microorganisms living in the digestive system – is increasingly recognized as an important factor in overall health.

Diet, lifestyle, stress levels, and environmental exposure can all influence this delicate ecosystem.



THE PLAN AHEAD

Aumshaala will not be built all at once.

It will emerge in phases — each step grounded in observation and alignment with the land.

Phase 1 — Listening and Regeneration

Water systems, soil restoration, native planting

Phase 2 — Functional Ecosystems

Food forests, herbal systems, natural pathways

Phase 3 — Spaces for Healing

Yoga spaces, meditation, healing centre

Phase 4 — Learning and Livelihood

Workshops, skill development, sustainable enterprises

Phase 5 — Integration

Community networks and replicable models

Growth will remain organic and intentional.

RURAL CONTEXT

Rural India holds deep ecological knowledge and strong community structures, yet faces challenges of migration, fragmentation, and disconnection.

Aumshaala seeks to stand in this space — where traditional wisdom meets contemporary understanding, and ecology meets livelihood.

Rural development, when rooted in awareness, becomes not charity — but transformation.

ON BEGINNINGS

Not everything needs to begin with a plan.

Some things need to begin with attention.

Across the world today, environments are changing faster than they can recover.

Soil is losing vitality.

Water systems are under strain.

Air, food, and daily living conditions are increasingly shaped by speed and scale rather than balance.

At the same time, human health reflects this shift.

Many of the conditions people face today are not isolated —

they are closely linked to how we live, what we consume, and the environments we are part of.

There is a growing distance between:

People and the sources of their food

Daily life and natural rhythms

Health and the conditions that support it

What we are seeing is not two separate issues —

one of environment, and one of health.

They are part of the same system.

To respond to this requires a different kind of beginning.

One that is not driven only by solutions,

but by understanding.

To observe before acting.

To work with what exists, rather than over it.

To rebuild connection — between land, life, and the way we live.

Aumshaala is one such attempt.

Not as a final answer,

but as a space to explore what becomes possible

when environment and health are approached together.

This way of beginning is not limited to one place.

It can take form anywhere —

where attention replaces haste,

and relationship replaces control.

Beginnings shape direction.

And when they are rooted in awareness,

they carry the possibility of balance —

within the land,

and within ourselves.

—Athiya Chinnaiyan

Managing Trustee and Project leader- Aumshaala

Acwerk Rural Development Foundation

SUPPORT THE WORK

If you feel aligned with this vision, you may support Aumshaala through contributions toward land development and rural initiatives.

Donation Details:

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Current account

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