



INTRODUCING  
**Breath**  
*revive.renew.recharge*

LET'S BEGIN WITH

## A Little Introduction

Siddhas, our ancestors, attained the pinnacle of human evolution and generously passed on their wisdom through various means in this tradition. This wisdom remains highly relevant to the modern world, not just for health but all aspects of life and beyond. We bring these concepts to you from one of the most authentic sources - The Agaguru Siddha Lineage.

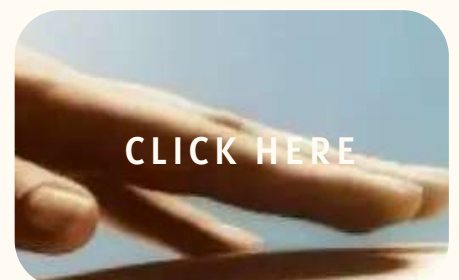
Our Siddha Teacher Thiru.Palpandian's guidance and spiritual foundation in the town of Tiruvannamalai, inspired us to create Earth India Siddha. We aim to bring Siddha one step closer to you, be it through our videos, medicines, books, statues, and now, this newsletter. 'Breath' is a new and exciting venture to keep you on the pulse with the profound, yet playful world of the Siddhas. So come along!

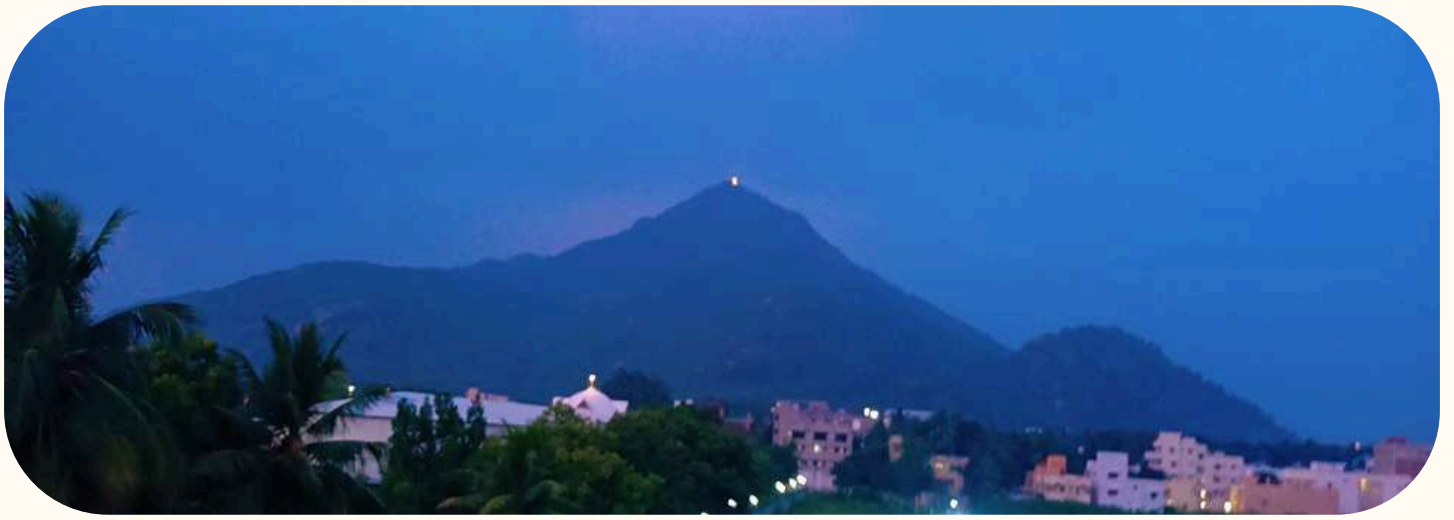


## Siddha Selections

### WHISPERS OF A HEALING TOUCH

The town is riddled with gossips of a magical touch that cures any illness! Have you heard of 'Varmam'? This ancient Siddha technique is still a wonder to many. Read this blog detailing its scientific mechanism rooted in tradition.





## Jubilant Evenings

### KARTHIGAI DEEPAM IN THE FOOTHILLS OF ARUNACHALA

This year, members of Earth India Siddha, helped serve meals to thousands of devotees, who came to get a glimpse of the divine light. This noble effort was organised by [Thiruvadi.org](http://Thiruvadi.org). Here's a short video showing glimpses of the heartwarming occasion.

WATCH VIDEO



## Captured!

snapped after our members performed the routine pooja for our new siddha statues, before they're shipped to customers. The lights of the lamps cast magnanimous shadows of the Siddhas, making us feel their presence and grace in the moonlit evening.

# Siddha Brioseption Access

## OUR PET PROJECT: "MOVE, AND THE WAY WILL OPEN"

People today strive for health by eating well and staying hygienic, yet we feel fatigued and trapped in chronic illnesses. Despite having abundant energy from food, we fail to use it effectively in daily life. In an automated world, our minds too operate mechanically, forgetting the organic intelligence that made all of this possible. This disconnect from our energy leads to stress, disease, and even early aging.

As children, we were energetic and vibrant—shouldn't this have multiplied as we grew? Instead, our ruling habits and restless minds drain our energy, sending us into a cycle of unfulfilling pursuits that leave us tired and disconnected from our life force.

This life force, with its innate intelligence, nourishes both body and spirit. Siddha Brioseption Access reconnects the mind to the body, enhancing awareness of this energy through simple and customised practices. Rooted in the Tamil Siddha AgaGuru lineage, SBA empowers people of all ages and lifestyles to achieve wellbeing and vitality.

So far, we have worked with students, working professionals, geriatric populations, and for family wellness.



## Work with us today

**WANT US TO CONDUCT A PROGRAM AT YOUR LOCATION?**

Text us on 62 62 717 717, or click below to reach out via E-mail.

**LET'S CHAT!**

[@earthindiasiddha](#) Malayaan on YouTube

[www.earthindiasiddha.com](http://www.earthindiasiddha.com)

**Phone:** 62 62 717 717

**E-mail:** earthindiasiddha@gmail.com

