

# Table of Contents

In the Shadow of Arunachala: Gurumurtham's Grace.....2

Traditional Wisdom for Wellness: A Women's Day Special.....3

Ilavenil Kaalam: A Seasonal Guide to Wellness in Spring.....4

Siddha Briocception Access: Testimonials from our participants.....5



# Breath

*revive.renew.recharge*

## In the Shadow of Arunachala: Gurumurtham's Grace



Seeing the sixteen-year-old Bhagavan Ramana Maharishi, clad in just a *kowpeenam* (loincloth), performing penance in winter—with the sky as his roof and the earth as his floor—his body wet and smeared with mud, Uddandi Nayanar offered to serve Him. Soon after, Annamalai Tambiran was also drawn to Bhagavan and made it a habit to have His *dharshan* daily.

Tambiran felt that Gurumurtham, where he performed *puja* at his Guru's samadhi shrine, would be a better place for Bhagavan's penance than the crowded *Iluppai* tree inside the Arunachaleswara Temple. He lovingly invited Bhagavan, who accepted the request. Thus, in 1897, Bhagavan Ramana, known as 'Brahmana Swami,' became 'Gurumurtham Swami'.

At Gurumurtham, Bhagavan's penance deepened as he remained absorbed in the Self. He sat motionless for days, even as ants swarmed his body. A stool was offered to prevent this, but in his enrapt state he leaned against a wall, allowing the ants to reach him again.



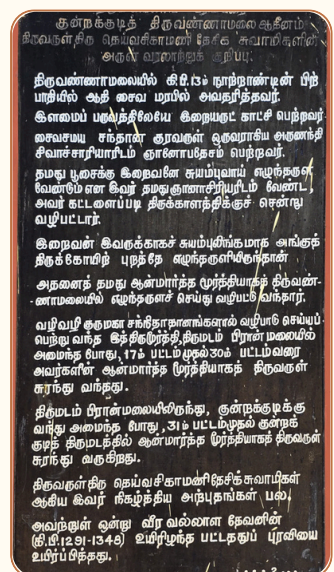
Over time, Tambiran and other devotees gathered and began performing *puja* for Bhagavan. Disinterested and irritated, He wrote on the wall with charcoal in Tamil: "This alone is enough for this", actually referring to the food they offered. Decades later, Bhagavan told a devotee visiting Ramanasramam, "If you chip off the whitewash in the right place, you may still find my message." Today, this spot on the temple wall is highlighted, and a lamp is lit there during daily *puja* in remembrance of Bhagavan's stay.

Later, Palani Swami joined Bhagavan as an attendant. After about 18 months, they moved to a mango grove nearby.

Regarding his time at Gurumurtham, Bhagavan once said, "You should have seen me there. I was only skin and bones, with ribs and hip bones protruding. My stomach had receded so far that it was sticking to my back." He also recalled, "At Gurumurtham, my nails grew an inch long, and my *jata* (matted hair) was flowing. People said I looked ancient yet so young, as if I had existed like that for centuries!"

Gurumurtham is the samadhi temple of Sri Deivasikamani Desikar, founder and head of the Tiruvannamalai Adheenam (Mutt). When King Vallala Deva's horse collapsed at the Mutt's entrance, Desikar revived it—a miracle inscribed on the third *prakaram* (enclosure) of the Arunachaleswara Temple. Even today, Desikar Swami performs such miracles for his devotees.

When our EIS team visited Gurumurtham at noon, it was scorching. We first had *dharshan* at Desikar Swami's samadhi shrine. We then visited the very place where Bhagavan sat in deep meditation, leaning against the wall. After speaking with the *pujari* and other devotees about Gurumurtham and Bhagavan's days there, we left with joy and gratitude, blessed to have spent time at this sacred site.





# Traditional Wisdom for Wellness

## A Women's Day Special

To celebrate the occasion of Women's Day this month, Dr. Balasubramaniam from Earth India Siddha participated in the initiative "*Yaathumaagi Nindrai Sakthi*", hosted by Kalaingar Centenary Library, Madurai. This program, conducted on the 15<sup>th</sup> of March, was attended by around 150 participants who were eager and interactive throughout the session.

Dr. Balasubramaniam explained to participants, the basis of Siddha health, importance of a healthy lifestyle, and more particular topics for women's health such as the benefits of cultural practices like the art of *Kolam* (Rangoli), playing *nondi* (Hopscotch), *Ennei Kuzhiyal* (oil bath) and more. The presentation also included some helpful home remedies to maintain family health and wellness. The program was well received by the participants who found it insightful and beneficial.

CLICK HERE



# Ilavenil Kaalam: A Seasonal Guide to Wellness in Spring

Earth, the third planet from the Sun, experiences day and night due to its axial rotation. As it spins, sunlight illuminates only one hemisphere at a time, creating a continuous cycle of day and night.

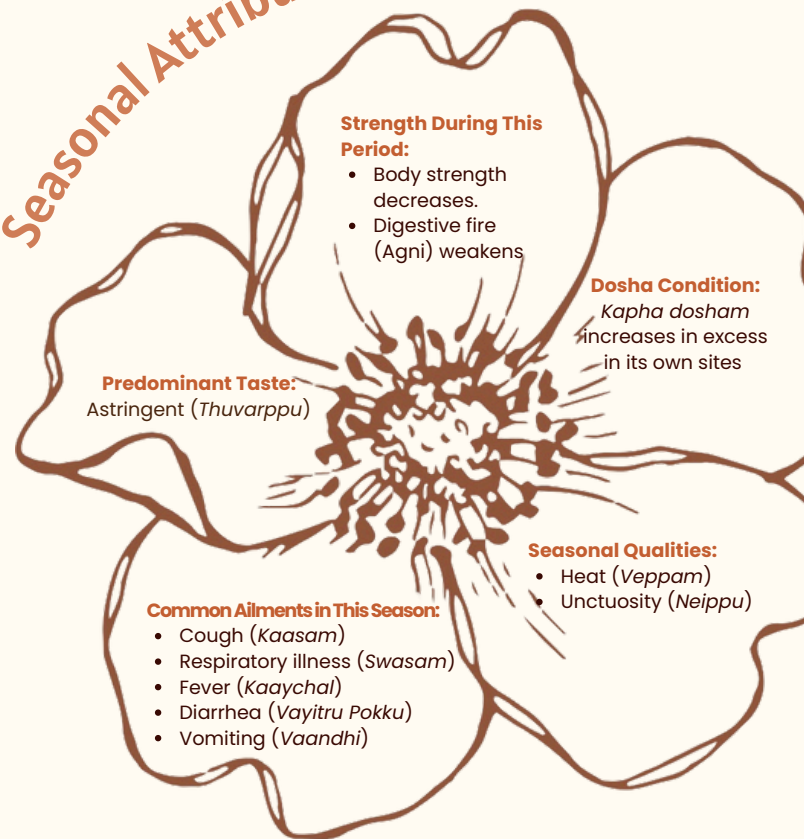
As Earth moves around the Sun over the course of a year, its journey is divided into two phases. The first six tamil months, from *Thai* to *Aani*, are called 'Utthirayanam', while the next six tamil months, from *Aadi* to *Margazhi*, are known as 'Dakshinayanam'. These shifts bring changes not only to the *andam* (external environment) but also to the *pindam* (our bodies).

To stay healthy and prevent seasonal ailments caused by these transitions, it is important to follow *Kaala Ozhukkam*—a seasonal regimen that aligns our food and lifestyle practices with nature's cycles.

At present, we are in *Ilavenil Kaalam*—the Spring Season. Let's explore the best ways to adapt during this time.

By following the seasonal discipline suited for Spring (*Ilavenil Kaalam*), one can maintain good health and prevent seasonal diseases.

## Seasonal Attributes



## Seasonal Health Tips

### Dietary Recommendations

- Consume easily digestible foods with more dryness
- Recommended foods:
  1. Barley, wheat, honey
  2. Mango juice with cane sugar (*Naatu Sarkkurai*)
  3. Ginger juice with cane sugar
  4. *Korai Kizhangu* (*Cyperus rotundus*) decoction
  5. Honey mixed with water



### To Avoid:

Avoid prolonged exposure to direct sunlight

### Therapies & Practices Advised:

- *Vamanam* (Therapeutic Vomiting)
- *Nasyam* (Nasal Application of Medication)
- *Abhyangam* (Oil Massage)
- *Dhoomapanam* (Medicated Smoke Inhalation)
- *Kavalam* (Gargling with medicated liquids)
- *Tikshana Vamanam* (Cleansing Emesis Therapy)

### Tastes to Include in Diet:

- Pungent (*Kaarppu*)
- Bitter (*Kasappu*)
- Astringent (*Thuvarppu*)





# Siddha Brioception Access

Testimonials from our participants

Beautiful feeling learning the practices, and experiencing the changes it brought about in the Inner realm. Immediately & instantly...

Each practice done with imovement could bring the feeling in the body mind & spirit very evidently.

-Vinod R.



Session was very good. Key takeaway is feel your inner self awarness.

Siddhar lineage and pratices were exciting

Instructors are very friendly interative and helpful for the practices.

-Bharath B.

It was very interactive enlightening session, I felt the changes after doing the practice. All the trainer is very insightful. They taken care all the doubts. I hope Siddha practice will be incorporated in my life and I see some real changes.

-Sohel Ali Mandal



## 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!

*"Grace - is by its very nature, beyond cause or reason"*

-Sri Anandamayi Ma

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