

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

# Breath

SEP 2025



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# Table of Contents

Esaniya Gnana Desigar Siddhar Jeeva  
Samadhi.....3

Mudagatthan Rasam.....4

Kagabusundar and Bahuladevi: The Eternal  
Father and Mother.....5

Garudasana: scattered thoughts to eagle-eyed  
focus.....6



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## Esaniya Gnana Desigar Siddhar Jeeva Samadhi



TEMPLE PAINTING PORTRAITING GNANA DESIGAR WITH A TIGER LAID NEXT TO HIM COMFORTABLY

In 1750, when Thiruneelakanda Desigar and his wife Uma Parvathi sought Lord Murugan for a child, He blessed them with a divine boy, whom they reverently named Kandhappan. Little Kandhappan was a precocious child both spiritually and intellectually. Seeing his extraordinary devotion and cognitive abilities at the mere age of seven, his father conferred upon him the title of 'Desigar' (preceptor).

At sixteen, Desigar renounced worldly life and went on a pilgrimage to Chidambaram to worship Lord Natarajar. He met many Gurus in his journey, notably Sri Mounaguru Siddhar in Chidambaram, Dakshinamoorthy Swamigal at Thiruvavur, and Sri Ugandha Linga Swamigal at Sikkal village near Nagapattinam. From all three Gurus, he received teachings and learnt spiritual practice methodologies.

Later he wanted to settle in one place and meditate deeply in *nishtai* (state of meditation), so he traveled to a hilltop cave in Vettavalam, a town near Tiruvannamalai. People gathered in large numbers to get his dharshan, which hampered Swami's penance. This urged Desigar to travel to Korakkur Kulam in Tiruvannamalai's west, where he entered penance. While there, Annamalaiyar instructed him to attend to an old devotee near Isaniya Kulam in the Northeastern part of the town. After meeting the devotee, Swami stayed there under the dense forestry, and continued his penance.

To prevent constant disturbance by devotees, Annamalaiyar would visit in the form of a tiger and stand guard for his penance. When Swami came awake he would find the tiger nuzzled up against him. Recognising that it was Lord Arunachalar himself, Swami would lovingly pet and talk to him. When he wanted to meet devotees, Desigar would request the tigers to leave and come back later, which they would abide by.



WAY TO UNDERGROUND MEDITATION CAVE

Among his disciples were Arunachala Chettiyar, Muthusamy Udaiyar, and Ayton, a British officer serving as collector between Tiruvannamalai and Virudhachalam. When he first met Gnana Desigar, Ayton was afflicted with chronic Tuberculosis. When he sought Swami for a cure, Desigar spat on the ground in front of him, miraculously curing Ayton instantaneously. With this gratitude and newfound devotion, Ayton helped in pulling the divine chariot during the Karthigai Deepam processions in Tiruvannamalai every year. Ayton fondly called Desigar "Thatha" (grandfather).

On one such occasion, Ayton was halted by a flooded Pennaiyar river while riding to the festival. Praying to Arunachala, and seeking *Thatha's* help, he requested his horse to move forward, which crossed with ease. He would later hear that at that very moment, Desigar had emerged from meditation and made hand gestures towards the direction of the river. When disciples asked him about it he replied, "If someone falls into the river, don't we need to save them?"

Seeing Ayton's loud proclamation of devotion to "Thatha" as he pulled the chariot in the processions, other devotees flocked to Desigar. Eventually, a thatched shed was built for gatherings, where Swami guided disciples. He gave them instructions by writing a guide to liberation titled 'Jnana Kattalai', and also wrote songs in praise of Annamalaiyar.

It is typical for a Siddha to precognise their Samadhi day and make it known beforehand. In 1829, at the age of 79, Gnana Desigar inscribed the exact date of his departure on a palm leaf, as later discovered by disciples beneath his mat.

His Jeevasamadhi now rests beneath the Vilvam tree, from where he once worshipped Annamalaiyar daily, in a garden beside his place of penance. When we visited this *Samadhi*, we had the sense of being in a place of ancient wisdom and grace. Esaniya Gnana Desigar feels ever so accessible in this shrine, leaving us filled with a sense of connection and devotion to Swami.



MEMBERS OF EIS AT THE ENTRANCE OF THE JEEVASAMADHI

Click here for [Location details](#) and [Blog](#)

# Mudagatthan Rasam

*Mudagatthan keerai* (*Cardiospermum halicacabum*) was named so by our ancestors to highlight this herb's potency against *Vatham* related disorders. In Tamil, "*Mudakku*" means immobility, and "*Arutthan*" is the one who removes it. True to its name, *Mudagatthan* helps relieve joint pain, stiffness, and other bone and joint ailments.

Traditionally, this *Keerai* (leafy green) is prepared as *Rasam* (spicy South Indian soup-like dish) in Tamil households. This light, comforting, and healthy preparation can be consumed in all seasons, and is specifically recommended in rainy months, when *Vatham* tends to aggravate. With the added benefits of other ingredients like cumin, pepper, tamarind, and turmeric, Mudagatthan Rasam is nourishing, digestive, and suitable for all ages.

Let us see how to prepare this nutritious dish. [Click here](#) to watch the video of preparation.

## Ingredients

### For grinding:

- Mudagatthan leaves - 50-100g (a handful)
- Black pepper - ½ tsp
- Cumin seeds - 1 tsp
- Garlic - 10 cloves
- Tomato - 1 (small)

### For tempering:

- Mustard seeds
- Red chilli - 1 (small)
- Curry leaves

### Others:

- Tamarind ~ 50g (small lemon sized)
- Salt
- Turmeric - 1 pinch
- Coriander leaves
- Water

## Preparation

1. Soak tamarind in 100 ml water
2. Blend the grinding ingredients to a coarse pulp in a mixer
3. Heat a vessel with oil and add the tempering ingredients
4. As the mustard seeds start to splutter, add the ground paste and sauté them together
5. Add the soaked tamarind water to this mixture, making sure to filter out the pulp
6. Add extra water as required, and stir
7. Add turmeric and salt to taste
8. Let it simmer
9. When it bubbles, stir again and turn the stove off
10. Add coriander leaves for garnish
11. Serve hot as soup or with rice



# Kagabusundar and Bahuladevi

## THE ETERNAL FATHER AND MOTHER



Where does one begin to speak of a Siddha who has been present since time immemorial? Chiranjeevi, one blessed with eternal life, such is Siddha Kagabusundar. Honoured in both Vedic (Yoga Vashishtam) and Siddha traditions, he was appointed by Lord Shiva as the Guru to the world, and was the Guru of Sage Vashishta, the preceptor of Lord Rama.

In his text Kagabusundar Gnanam, he describes how he survived the *pralayam* (cosmic dissolution) in the form of a crow (*Kagam*), witnessing Lord Brahma recreate the world. He writes that he has lived through 70,00,00,00,00,000 cycles of creation and dissolution and continues to be present even today, guiding all beings. Siddha Kagabusundar and Bahuladevi, his divine consort, stand as the Divine Father and Mother, watching over the universe.

His timeless teachings span many fields, including Yoga, *Gnana*, medicine, and astrology. Among his most renowned contributions are his teachings on *Kayakalpa*, the Siddha science of reversing ageing and transcending death. He also devised the Pancha Patchi Shastram, a system in occult astrology that links each person to one of five birds, offering deep insights into their nature and destiny.

To rise above the binding cycles of time and its challenges, we seek the blessings of Siddha Kagabusundar and Sri Bahula Devi.

# Garudasana

SCATTERED THOUGHTS TO EAGLE-EYED FOCUS

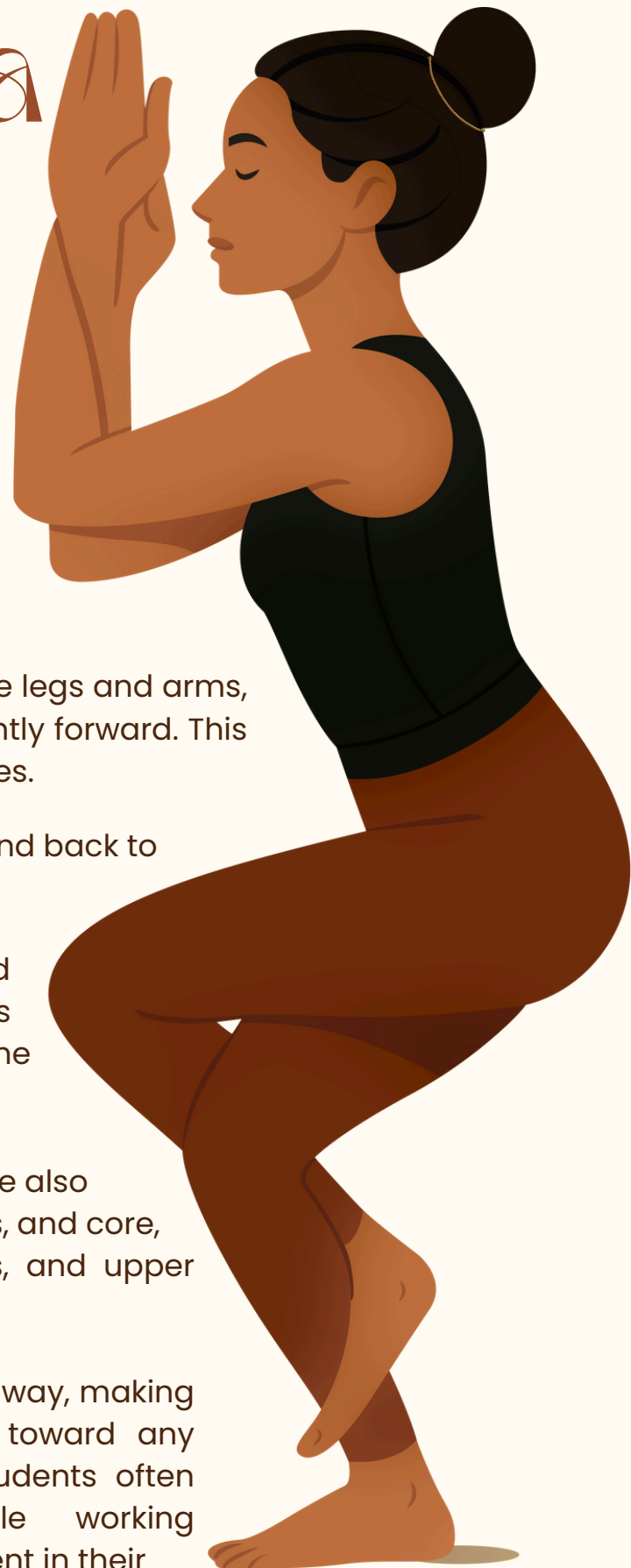
The word *asana* refers to a posture that is held for a certain duration. These postures are traditionally practiced to keep both body and mind in a healthy state. On this basis, our ancestors prescribed countless *asanas*, often named after animals, birds, or other forms of nature. One such posture is the 'Garudasana', or 'Eagle Pose'.

Garudasana is practiced by intertwining the legs and arms, with the hips flexed and the body bent slightly forward. This posture is usually held for one to two minutes.

When practiced, it brings the wandering mind back to the body's awareness. Instead of seeking separate methods for mental peace, this *asana* itself gathers scattered thoughts and helps sustain calm. The intertwining of limbs also promotes coordinated functioning of the right and left hemispheres of the brain.

This *asana* improves physical balance, while also strengthening muscles of the ankles, calves, and core, and providing stretch the shoulders, hips, and upper back.

In Garudasana, distractions gradually fall away, making room for complete and directed focus toward any chosen goal. With regular practice, students often develop sharper concentration, while working professionals experience greater involvement in their fields. On a day-to-day level, Garudasana also nurtures balanced decision-making, enabling one to remain unbiased and to consider situations from multiple perspectives.



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via E-mail.

LET'S CHAT!

*All these countless thoughts, endlessly coursing within,  
have only wounded this poor heart. Enough of this now - O Supreme One!*  
-Thāyumānavar

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