

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Adimudi Siddhar Jeeva Samadhi

At the sacred foothills of Arunachala, where liberation is said to dawn at the mere thought of the Lord, countless Siddhars have walked, meditated, and merged with the Divine Light. Among these radiant souls was Sri Adimudi Siddhar, a humble saint whose life and service became one with the spirit of Tiruvannamalai.

Drawn by the grace of Lord Annamalaiyar, he arrived at Tiruvannamalai in an era when the holy Girivalam path was a rough, stony trail through thick herbal forests, difficult and dark for pilgrims to traverse. It was here that his transformation began.

Under the guidance of his guru, Adimudi Siddhar devoted himself to the service of Shiva's devotees. His life became one of utter simplicity and surrender. Day after day, he cleaned and cleared the Girivalam path so that others could walk it in safety and devotion. The locals soon began calling him "Adimudi Siddhar". Some say this is because he witnessed the "adimudi" (foundation) of Arunachala, while others opine it pertains to his long matted hair.

Those who worked alongside him often witnessed miracles. It is said that when he handed waste or stones from his hands, they would turn into coins. He healed the sick using rare mountain herbs and uplifted those burdened by fate. For Adimudi Siddhar, service to the devotees of Shiva was the highest worship.

He is said to have taught the ways of enlightenment to Anandambaal, also known as "Sakkarai amma", whose Jeeva Samadhi now stands in Chennai near the Jeeva Samadhi of Pamban swamikal.

Sensing the approach of his final union, he instructed his disciples not to touch his body once he entered deep meditation, and to tie a straw rope around his toes and drag his body along the Girivala path, burying him wherever the rope snapped. The rope is said to have snapped opposite the ashram of Sage Gautama, where his Jeevasamadhi remains to this day.

Over time, his shrine was forgotten, covered by anthills. Yet one day, a devotee saw a brilliant light at the spot, and during a thunderous rain, the anthills dissolved to reveal a self-manifested Shiva Linga (Swayambhu). A small temple was later built there, which still blesses pilgrims walking the Girivalam path.

To this day, those who meditate at Adimudi Siddhar's shrine can feel his magnanimous presence.



ENTRANCE OF THE SAMADHI



MEMBERS OF EIS AT THE SAMADHI

[click here](#) for location details



A Remedy for the Monsoon Blues

A lesser-discussed effect of the rainy season is its influence on the mind. During this time, many people experience subtle psychological changes like unexplained fears, apathy, dullness, or a general sense of indifference. These sensations often tend to intensify in the evenings, after sunset.

In Siddha medicine, these symptoms are seen as signs of increased *tamas*, which can make the mind feel heavy or unclear. To help restore balance, traditional formulations are used to keep the senses active and the mind steady.

Lavangathi Chooranam is a classical Siddha medicinal formula that helps address these tamasic symptoms. It contains natural ingredients like *krambu* (clove), *karunjeeragam* (black cumin), *jathikkai* (nutmeg), *omam* (ajwain), *chukku* (dry ginger), and more. This carminative blend of aromatic ingredients help calm the mind, support digestion, and promote mental clarity.

How to consume Lavangathi Chooranam:

Mix two pinches of Lavangathi Chooranam in warm water and drink it like tea. Sugar or honey can be added for taste.



Miracles in the Trivial

AUTHORED BY DR.SRILA

Whenever life got difficult or seemingly overcomplicated, my Guru's words are always to start small, by involving myself in my immediate environment. This time too, he advised me to start from the home level, taking care of managing my life at my immediate level of living.

There were a lot of things I had left untouched, as a newly married woman who had shifted into her husband's once bachelor pad. I was unhappy with the way things were set up, and instead of personalising it, I just wanted to move; start fresh. This is when I took up the task of reorganising the derelict dining table, scattered with random knick knacks, food stains, and other things in the house that didn't have an assigned spot. I had often put this task away for a later day because I never knew where to start.

Now that later day had finally arrived, and all I did was start: the cleaning and reorganising happened all by itself. I found myself grouping objects together and finding creative ways to put away things. Whatever we didn't need, I was more than happy to trash. All this was happening, and I was just the observer. Before I knew it, the table was clean, organised and had so much more space for free usage.

This is a common daily occurrence in most homes but to me, that day, it was a miracle. I had just watched myself do something I thought was too complicated, and with absolute effortless ease!

It brought me to reflect on the Siddha teachings of abandoning the sense of "doership". As long as I thought it was upon me to "do" something, I was stuck in the mind. The mind required a plan; the best, most efficient way to achieve results. Coming up with this plan fatigued me, making me procrastinate endlessly.

What changed, was just beginning. Even if I had made a plan, there would have been a single definitive point where I started from. All I did was shine some light on it, by way of attending to it, and it took care of itself.

When Devi Parvati closed Shiva's eyes playfully for just a few seconds, the world plunged in darkness. This was the darkness that I was also drowning in. When Shiva opened his eyes, there was light; when I gave it my attention, there was light.

Quantum physics today states that atoms behave differently when we look at them. In Indian sciences, we have always compared the eyes to light/fire. If attention is light, we are literally introducing an energy disturbance in their field. Of course they behave differently!

Traditionally, we have been mirroring this wisdom in many ways unknowingly. Whether it's the *dhristi bommai* we hang in our homes to ward off "evil eye", or lighting lamps after sunset when darkness starts to set, it has all been reminders for us to wash away our inner darkness by way of shining the light of attention.

The siddhas had the wisdom of presenting the most complicated concepts in the most simple, easily overlooked manner. They demand our attention to decipher their words. This simple act of paying notice, and attending to something, has served as the solution for the most complicated problems in family, society, and even at greater global levels.

"Wherever the attention goes, energy follows; wherever energy goes, attention follows.", said the Siddhas.

For me, what started as a simple housekeeping chore, turned into a profound moment of realisation, all by the grace of the Siddha masters.

Siddha Patanjali

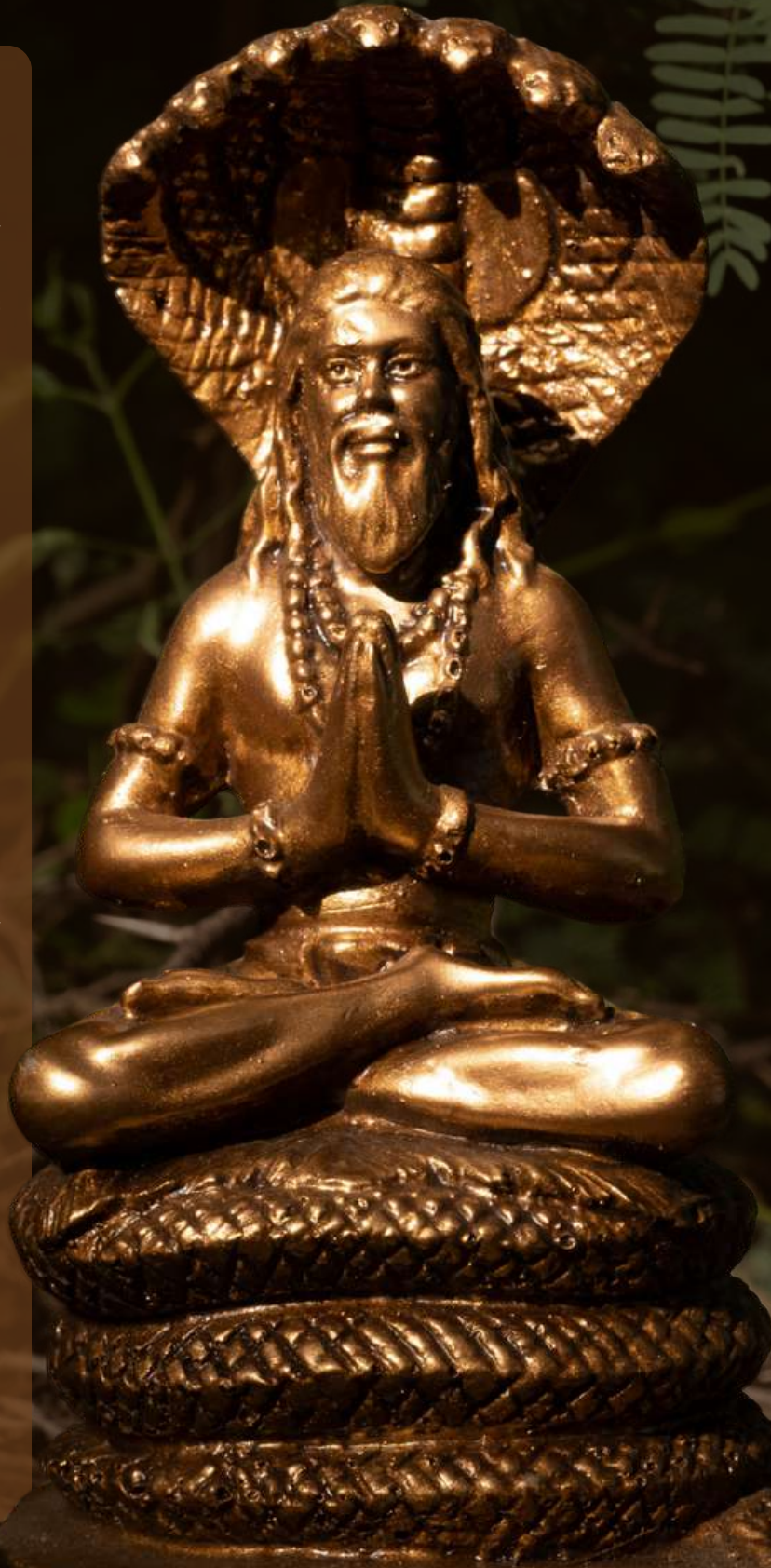
THE RESONANT GUIDING VOICE

This revered 'Father of Yoga' is celebrated for his contributions to yoga, literature, and medicine. Although human, he is usually depicted with a half-serpent form as he is believed to be a reincarnation of Lord Vishnu's devoted Adishesha. Legend says his speech carried venomous potency, prompting him to teach from behind a heavy curtain to protect his students.

Though unseen, his words rang with the clarity of a temple bell - so powerful that his students perceived them as the Guru himself. In a tradition where a Guru's word outweighs your own life, Patanjali embodies the idea that the Guru's essence transcends form, showing that the precepts are also a form of himself. His story reminds us that devotion to a practice grants access to the Guru's presence, even in their physical absence.

Situations to seek guidance from Siddha Patanjali:

- When you are in search of guidance
- When you are trying to bring consistency in a practice
- When you are journeying the path of Yoga or any practice that guides inwards.



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FOR WOMEN, KUTTRALAM

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CHENNAI



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[LET'S CHAT!](#)

"How to see God? To see Him is to be consumed by Him."
-Bhagawan Ramana Maharshi

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