

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

# Breath

JAN 2026



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# Sri Manikkavasagar Temple

'Thiruvempavai', one of the most sacred hymns of the 8th century Tamil Shaiva tradition, forms a part of the revered Thiruvasagam, composed by the saint-poet Manikkavasagar. This divine composition is deeply associated with a spiritually significant shrine located at Adi Annamalai, along the Girivalam path of Arunachala, on the right-hand side as one circumambulates the hill.

During the Tamil month of *Margazhi* (mid December to mid January), Manikkavasagar witnessed young maidens observing the "Paavai Nonbu", a sacred ritual undertaken by women in this month. Moved by their devotion, their early-morning rituals, and their heartfelt longing for the Divine, the saint composed the 20 hymns of Thiruvempavai, capturing the essence of devotion, surrender, and divine love.

It is believed that Lord Shiva Himself appeared before Manikkavasagar at this very spot, deeply touched by the saint's soul-melting verses. This divine encounter sanctified the location, making it forever associated with the birth of Thiruvempavai.

Adjacent to the shrine lies the sacred Brahma Theertham, where Manikkavasagar is said to have bathed before offering his worship. Owing to this close association, the theertham is also reverently known as Manikkavasagar Theertham.

Today, this humble shrine is revered as the birthplace of Thiruvempavai. During the 10-day 'Arudra Darisanam' festival in the month of *Margazhi*, the hymns are traditionally recited here with special rituals, commemorating the saint's devotion and his eternal contribution to Tamil spiritual literature.



MEMBERS OF EIS AT THE SHRINE



TEMPLE INSCRIPTION OF MANIKKAVASAGAR'S THIRUVEMPAVAI



WAY TO MANIKKAVASAGAR'S THEERTHAM

**CLICK HERE**  
for location details

# Siddha Thirumoolar

## The Boundless Heart

Thirumoolar's tale begins with Sage Sundara Nathar, whose heart was touched by the grieving cries of a herd of cows. When he chanced upon them, he realized the cows were grieving their deceased herdsman Moolan.

Overcome by empathy, he exchanged bodies with Moolan to guide the cows back home safely. Upon returning, he found his own body missing from where he had left it: safely hidden in a tree trunk. Soon, with the help of his Guru, he realized that this was God's intention, and thus, Siddha Thirumoolar was born.

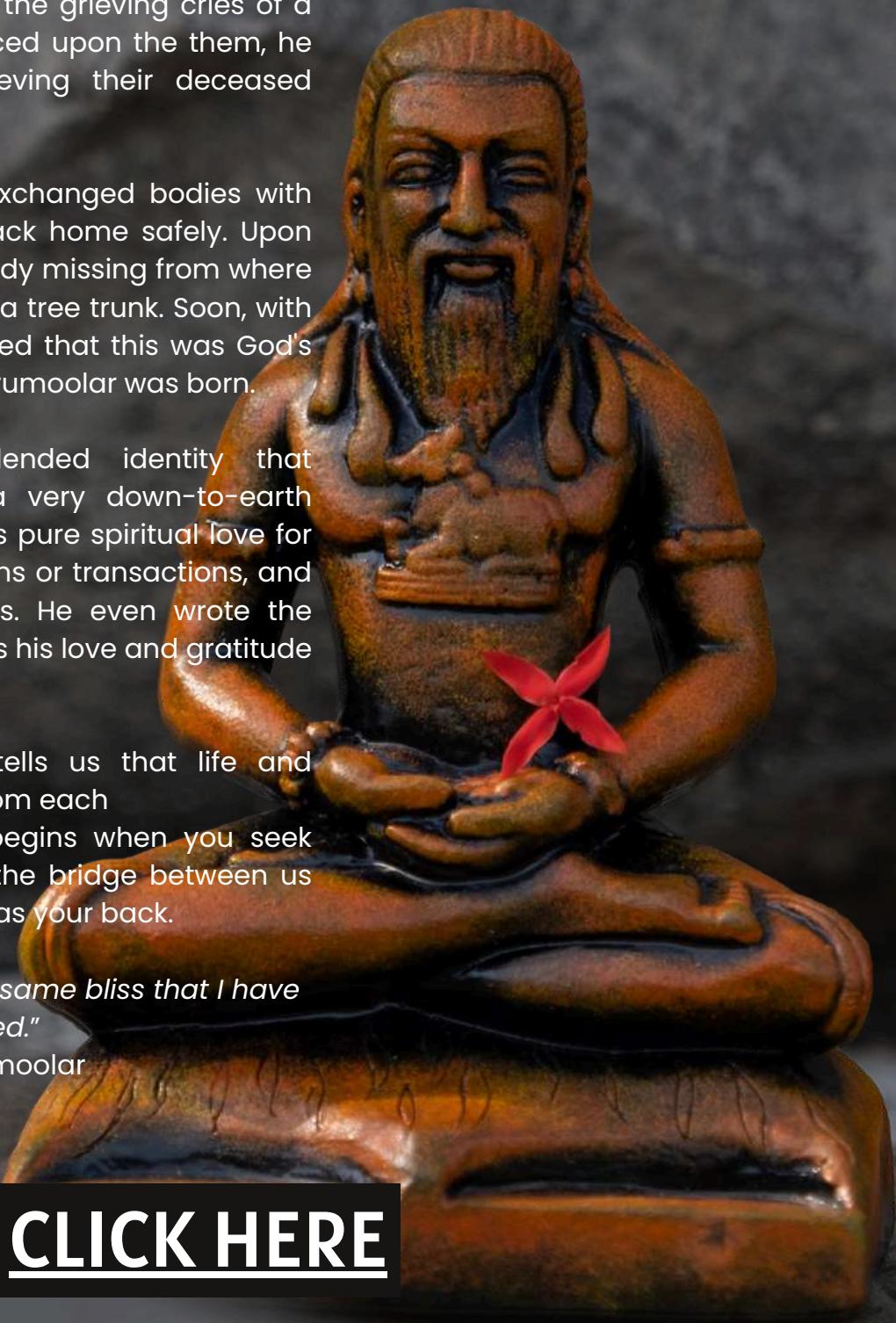
It is because of this blended identity that Thirumoolar's verses have a very down-to-earth quality. His basic philosophy is pure spiritual love for Lord Shiva, with no expectations or transactions, and without bargaining for results. He even wrote the Thirumanthiram text to express his love and gratitude to his guru Nandi Devar.

Siddha Thirumoolar's story tells us that life and spirituality are not separate from each other. The spiritual journey begins when you seek needed guidance. A Guru is the bridge between us and life, a guiding force who has your back.

*"Let the world experience the same bliss that I have experienced."*

-SiddhaThirumoolar

**CLICK HERE**



# Book and Calendar Launch

On the 3<sup>rd</sup> of December, 2025, on the auspicious morning of Karthigai Deepam, Earth India Siddha was happy to launch our first ever Tamil book, as well as our first monthly wall calendar. We extend our warm gratitude to the Thiruvarunai Thiruvadiyar Charitable Trust for organising the gathering. The event was hosted by Dr. Balasandhya Kumaaran, EIS, with the dedicated support of the technical team.

Siddha Whispers is a short story compilation from the book 'Siddhas: Masters of Nature', authored by Ayya Palpandian. As an effort to make it available to a wider audience, Mr. Ganesh Badrinath of EIS, has sincerely translated the text to Tamil, published now as "Siddhanin Reengaram" on the day of Karthigai Deepam.

Dignitaries Dr. Sankar Babu, TTCT, and Dr. Thiagarajan, TTCT, were honored. The book was released by Mr. Kamalnath, GM, BHEL, Koodankulam, Mr.C.K.Kumaaran, Excise Supervisory Officer, and Ms. Borbala, Student from Abroad, AgaGuru Lineage. It was received by Mrs. Jayanthi, TTCT, Professor, KSR Engineering College, Mr. Rajkumar, Managing Director, Earth India Natural (P) Ltd., Dr.Shanmuga Priya, Professor, NIS.

An introduction about the book was delivered by Ms. Jutta, student from abroad, AgaGuru lineage. Dr. Arunvanan, Director, EIS, gave an introduction about the author, followed by the author Mr. Ganesh Badrinath's speech about the process and experience of the work.



Earth India Siddha was formed to bring the Siddhas' wisdom out to the world in today's media in relevant forms. The first step was to give them forms that is true to their character and captures their essence. Thus began our foray into the production of statues. As it so happened, we have introduced 12 siddha statues so far, which we decided to honor with a monthly calendar for the year 2026, featuring one Siddha each month. The calendar was also launched on this auspicious occasion.

Dignitaries Dr. Arulmurugan, TTCT, and Mr. Kumaresan, TTCT were honored. The calendar was released by Dr. Baskar, TTCT, Dr. Siddique Ali, TTCT, Professor, GSMSC, Chennai, Mr. Vinoth Raghavan, Student, AgaGuru lineage, Mr. Gopalakrishnan, Hosur. It was received by Mr. Samer, student from abroad, AgaGuru lineage, Dr. Chitra, TTCT, Dr. Ramanan, TTCT, Mr. Ravi, EIN. A brief speech about the design and printing process of the calendar was delivered Dr. Srila Guhan (Director, EIS).

With the blessings of the Siddhas, and the well wishes of the community, both works were launched successfully.

[Link for 'Siddhanin Reengaram' Tamil book](#)

[Link for the 2026 Siddha spiral wall calendar](#)

# Seasonal Dry Cough

The winter season is characterised by extreme coldness and dryness. This indicates an aggravation of *Vatham*, both environmentally and internally.

A common symptom in this season is the seasonal fever, followed by continuous dry cough. Those with a natural predominance of *Vatham* in their constitution or have increased dryness due to other factors, especially struggle to recover from this prolonged dry seasonal cough.

Siddha practitioners usually prescribe *Swasakudori Chooranam*, taken with honey or warm water after food.

Let us look at a simple Siddha home remedy that combats the symptoms.

## HOW IT WORKS

Butter combats dryness in the system, while pepper acts as a natural antidote to the symptoms. Together, aided by the mixing with saliva, improve *agni* which tackles the root cause of *maantham*.

## INGREDIENTS:

- Black pepper - 30g
- Butter - 30g



## PREPARATION:

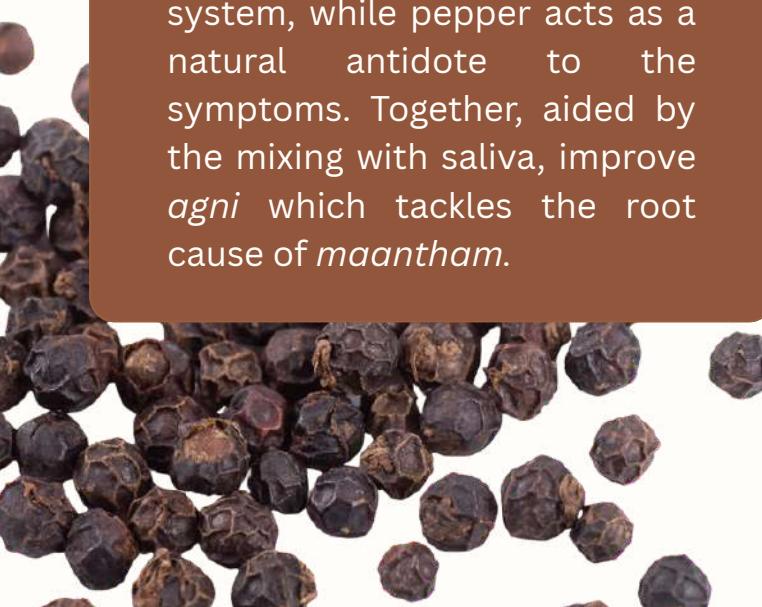
1. In a frying pan, dry roast the pepper until it crumbles easily. Ensure it does not burn and blacken.
2. Grind the pepper into powder.
3. Grind and mix with butter. You can also roll it into balls.

## DOSAGE AND INSTRUCTIONS

- For children: size of a pepper
- For adults: size of a pea
- The medicine has to be prepared fresh each time. However, the pepper powder can be prepared and stored beforehand

## HOW TO CONSUME

- Twice a day
- After food
- Allow it to stay in the mouth and melt, like eating candy





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statues



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more...

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-Ramana Maharishi

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