

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

FEB 2026



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Vadalur Sathya Gnana Sabai

In the Siddhar tradition, the merging with the Supreme Light of the Universe (*Jothi Kalappu*), the eternal Union that grants a deathless life, is said to be possible even today. In recent times, the one who proclaimed this to the world through his own life is Vallal Peruman Sri Ramalinga Swamigal.

Today (01.02.2026), i.e., the star of *Poosam* in the Tamil month of *Thai*, is the day he attained the Light Body (*Oli Deham*) state. On this sacred day, a special and sacred tradition is followed where devotees gather at the Sathya Gnana Sabai established by him in Vadalur. The flame lit by Peruman is worshipped by unveiling the seven veils and offering *darshan*.

The core teachings of Peruman are:

- Compassion towards all living beings (*Uyir Irakkam*)
- Spiritual unity and compassion for all souls (*Anma Neyya Orumaippadu*)
- Inquiry into Truth (*Sathvicharam*)

Among the Great Ones of the ancient tradition who attained the state of the Light Body, a few may be mentioned: Agathiyar, Manikkavasagar, Thirugnana Sambandar, Thirupporur Chidambara Swamigal, Perur Santhalinga Swamigal, Virudhachalam Kumara Devar Swamigal, Kannudaiya Vallal Swamigal, and in recent times, Vallal Peruman Sri Ramalinga Swamigal, who attained the Light Body and continues to guide us.

The place where Peruman attained the Light Body is called 'Siddhi Valaagam', located at Mettukuppam near Vadalur. Every year, on the third day from Thaipooam, the room in which the Peruman attained *Siddhi* is opened, and devotees are given *darshan*.

Arutperumjothi Arutperumjothi!
Thanipperum Karunai Arutperumjothi!!

Location details: Sathya Gnana Sabai, Siddhi Valaagam



DARSHAN OF THE SUPREME FIRE LIT BY PERUMAN, UNVEILED ON THAIPOOSAM



MEMBERS OF EIS AT THE SATHYA GNANA SABAI

A Seasonal Reset

WHY UTTHARAYANAM IS THE BEST TIME FOR DETOX

The present month of *Thai* marks the beginning of *Uttharayanam*, a phase that continues until the month of *Aadi*. During this phase, the sun turns northward. Daylight increases and warmth returns, marking a clear shift from *Dhakshinayanam*, which concludes with *Margazhi*.

The reduced heat of *Dhakshinayanam* allows bodily *doshas* to accumulate and settle in various parts of the body. As solar intensity rises during *Uttharayanam*, these stagnated *doshas* begin to melt and circulate throughout the system.

This transition makes *Uttharayanam* an especially apt time for detoxification therapies, supporting the proper elimination of accumulated toxins and promoting overall health.

Siddha texts traditionally recommend specific formulations for seasonal cleansing during this period, including Agasthiyar Kuzhambu, Kousigar Kuzhambu, Agasthiyar Kadukurokini Mathirai, Siddhathi Ennei, and more. When taken under the guidance of a physician, these remedies are highly beneficial for improving health and well-being.



Siddha Yugimuni

The Alchemist of Perspective

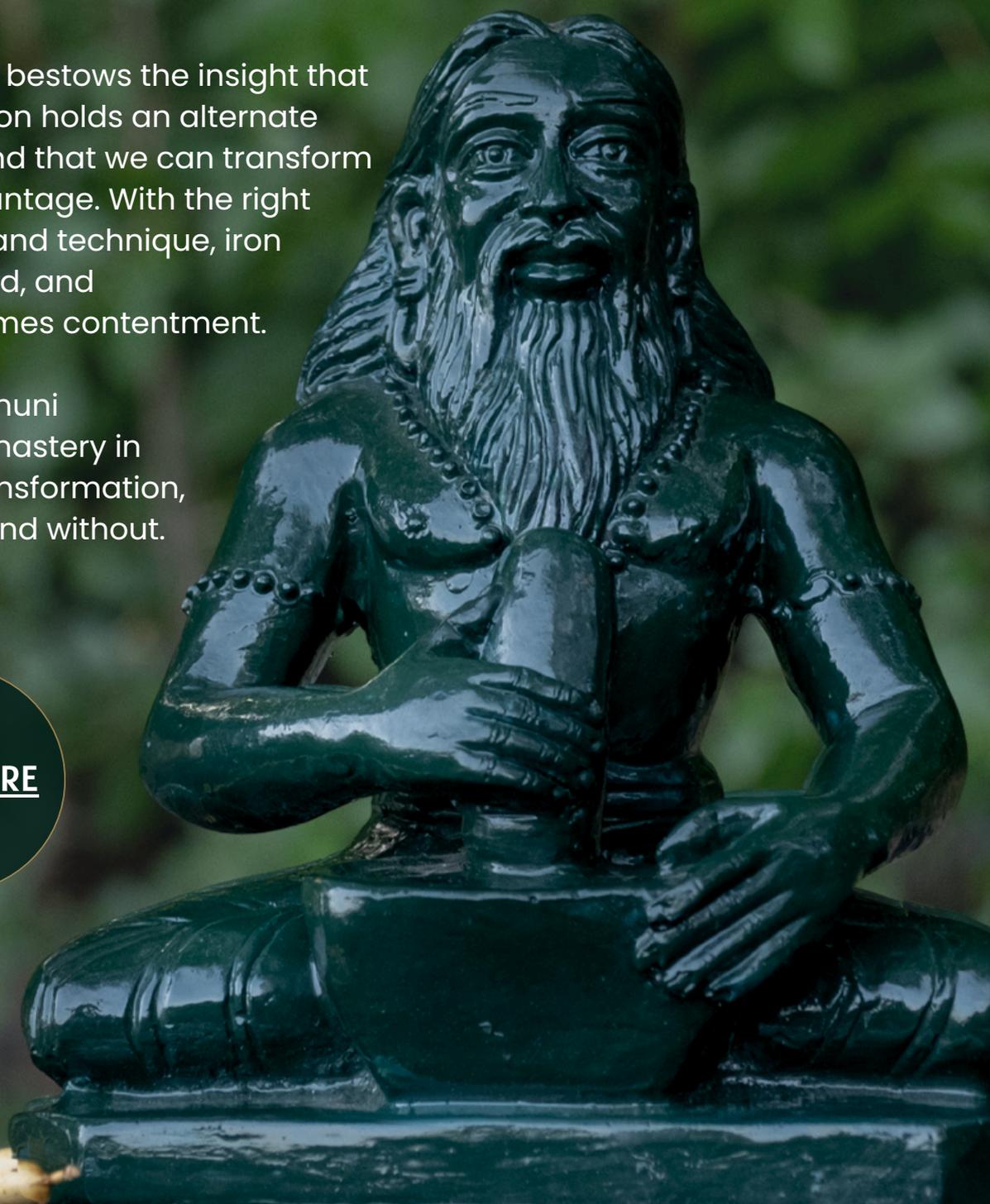
A familiar name in the Siddha community, Yugimuni's legacy speaks for itself. His teachings continue to guide physicians in the preparation of Rasayana medicines. He mastered techniques to transform the chemical composition of substances - a practice known as alchemy.

Turning copper into iron, or iron into zinc: it was his arena of brilliance.

His life's work bestows the insight that every situation holds an alternate possibility, and that we can transform it to our advantage. With the right perspective and technique, iron becomes lead, and misery becomes contentment.

Siddha Yugimuni exemplifies mastery in chemical transformation, both within and without.

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Veppilai Karukku Kudineer

A HOME REMEDY FOR SEASONAL FEVER

Seasonal fevers are a familiar occurrence during climatic shifts. Such fevers are a result of accumulated toxins and *dosha* imbalances that must be addressed. With timely care, light food, and appropriate medicines, recovery can be gentle and complete.

For this recovery, the Siddhas advised medical combinations such as Mahasudharshana Chooranam, mixed with Lavangadi Chooranam, and Pavala Parpam.

In such fevers, dehydration is a major concern, which can be addressed with tepid sponging with a clean cotton cloth on the forehead, neck and abdomen regions for about 15 minutes.

A handy home remedy that is traditionally followed in AgaGuru lineage, to help alleviate such symptoms is Veppilai Karukku Kudineer. Let us see the recipe below.

INGREDIENTS:

- Veppilai (Neem leaves) - 20g
- Venthayam (Fenugreek seeds) - 1 tsp/ 3g
- Milagu (Black pepper) - 15 numbers

PREPARATION:

1. Dry roast all the ingredients together until they turn dark in colour.
2. Add 400 ml of water.
3. Boil and reduce the decoction to 100 ml.
4. Filter and allow it to cool.

HOW TO CONSUME

- Drink only the filtered decoction
- Take once in the morning and once in the evening, before food
- Consume only light food such as kanji
- Decoction should be prepared fresh every time



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"Realize that you are not the mover, only the observer, and you will be at peace"

-Nisargadatta Maharaj

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