

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Mookkupudi Siddhar Samadhi

In the sacred town of Thiruvannamalai, a land sanctified by sages and seekers, lived a remarkable *avadhutar* in recent times. Born as Mottaiya Gounder in Kizhakku Rajapalayam village near Chinnaselam in Salem district, he eventually came to be known fondly as “Mookkupodi Siddhar” (the siddhar who sniffs nasal powders).

He became widely known for an unusual and unforgettable trait of continuously inhaling multiple packets of nasal powder at the same time. Over time, people began calling him Mookkupodi Siddhar or Mookkupodi Swamigal, names that entered the spiritual memory of the region.

About forty years ago, he arrived in Thiruvannamalai and wandered freely, often uttering the phrases “*Siddhan Pokku*” and “*Sivam Pokku.*” The temple corridors along the Girivalam path and the shade of roadside trees became his resting places. He did not belong to a fixed residence. The sacred town itself was his dwelling.

The people of Thiruvannamalai gradually recognised his divine greatness. Curiosity turned into reverence. Devotees gathered around him in growing numbers, seeking blessings, guidance, or simply his presence. With recognition came constant attention. Crowds surrounded and followed him. Even when he scolded devotees or struck them with the stick he carried, they accepted it as grace. Every gesture, gentle or stern, was received as compassion working beyond ordinary understanding.

At times, unable to bear the constant attention, he would withdraw into seclusion and stay quietly in the homes of certain individuals. In his later years, he spent more time at the Seshadri Swamigal Ashram, remaining accessible to devotees while increasingly inward in disposition.

Those close to him recall that he would occasionally speak in a prophetic tone. It is said that he foresaw numerous events, including cyclones and even major societal shifts such as the 2016 Indian banknote demonetisation, well in advance.

On December 9, 2018, at approximately 2:15 a.m., at the age of 94, he attained Samadhi (*Jeeva Mukti*). His samadhi shrine stands along the Girivalam path in Thiruvannamalai, opposite to *Vayu Lingam*, and continues to draw devotees.

To this day, his followers visit his shrine where *Mookkupodi* is offered as *prasadam*. For many, Mookkupodi Siddhar remains a living presence whose grace responds to complete surrender and unwavering trust.

Location: <https://share.google/I9OksmAhclsvfOSoi>



SAMADHI SHRINE AT THE ASHRAM



PHOTO OF MOOKKUPUDI SIDDHAR AT THE SAMADHI



MEMBERS OF EIS AT THE SAMADHI

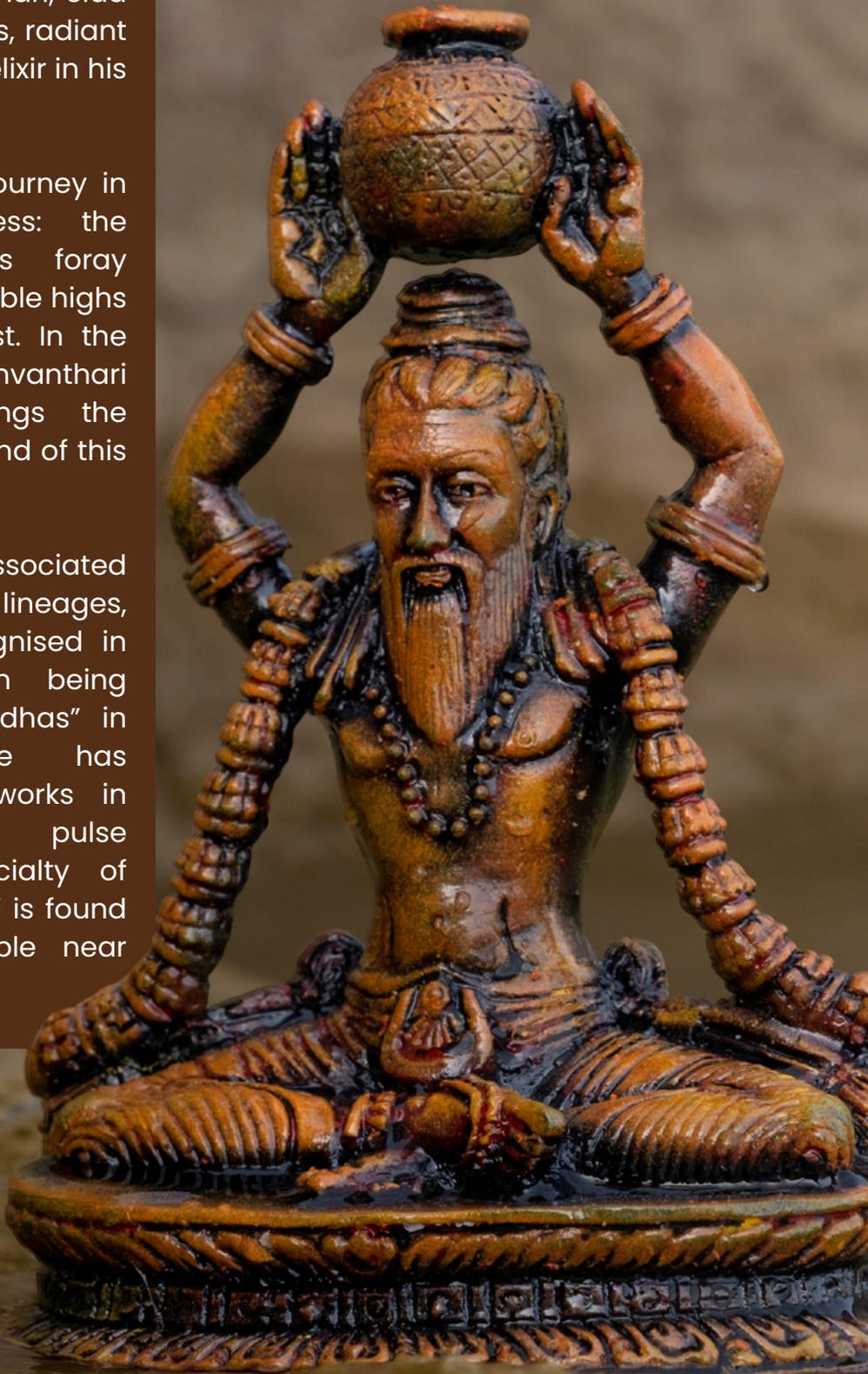
Siddha Dhanvanthari

Bearer of the Eternal Nectar

When the Devas and Asuras churned the *Paarkadal* (the grand ocean), many substances rose to the surface, from precious gems to deadly poisons, in their continued search for the elixir. Then emerged Lord Dhanvanthari, clad in yellow robes and ornaments, radiant and resplendent, bearing the elixir in his pot.

In this life, we are all on a journey in search of some sweetness: the Amirtham. This tumultuous foray involves fatal lows and invaluable highs as we continue on our quest. In the Siddha tradition, Dhanvanthari embodies that which brings the fulfilment (Amirtham) at the end of this journey.

Although more popularly associated with the Ayurveda lineages, Dhanvanthari is widely recognised in the Siddha tradition, even being counted among the "18 Siddhas" in some classifications. He has contributed many literary works in Tamil, notably one on pulse diagnostics, a unique specialty of Siddha medicine. His samadhi is found at the Vaitheeswaran Temple near Thanjavur, Tamil Nadu.



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Supreme Inner Consciousness

FROM THE NOTES OF THE DEVOTEES OF BHAGAVAN RAMANA ON THE HOLY DAY OF MAHASHIVARATRI

On a Shivaratri day, after dinner, Bhagavan was reclining on the sofa surrounded by many devotees. A Sadhu suggested that, since this was a most auspicious night, the meaning of the verse in praise of Dakshinamurti should be made clear. Bhagavan gave his approval and all were eagerly waiting for him to say something.



He simply sat, gazing at us. We were gradually absorbed in ever deepening silence, which was not disturbed by the clock striking the hour, every hour, until 4 A.M. None moved or talked. Time and space ceased to exist. Bhagavan's grace kept us at peace and silence for seven hours.

In this silence, Bhagavan taught us the Ultimate, like Dakshinamurti. At the stroke of four Bhagavan asked us whether we had understood the meaning of the silent teaching. Like waves on the infinite ocean of bliss, we fell at Bhagavan's feet.

Restorative Mullangi Soup

Mullangi (radish) has long been valued in Indian households for its ability to support digestion and help regulate blood pressure. For this reason, it finds its way into our kitchens in many beloved forms, from comforting mooli parathas from the North of India, and hearty mullangi sambar to tangy, spice-laden pickles.

The Siddhas bestowed the *mullangi* soup as a home remedy for hypertension and mild to moderate kidney diseases. It is also recommended as a detox recipe for obese patients as it promotes weight reduction. This traditional Siddha preparation using *mullangi* is a simple, wholesome way to enjoy its benefits while incorporating it effortlessly into your diet.

Siddha physicians advice to avoid consuming this soup if one is suffering from respiratory diseases or seasonal flus and infections. We recommend consulting your physician to assess personal suitability.

INGREDIENTS:

- Radish sprout - 50 g
- Carrot - 50 g (optional)
- Others: tomato, onion, spring onion, coriander leaves, pepper, jeera, turmeric, salt

DOSAGE:

- 60-100ML, given between 10 AM to 2 PM
- Can be given to anyone above the age of 3

PREPARATION

1. Wash and chop all the ingredients into small pieces.
2. Cook the chopped vegetables in a pressure cooker with cumin seeds, turmeric, in half a liter of water for 5 whistles.
3. Allow the pressure cooker to cool, then grind the cooked vegetables into a fine paste and strain it.
4. In a pot, combine the strained extract with coriander leaves, pepper, and salt.
5. Boil the mixture until the raw flavor diminishes, ensuring all ingredients are well mixed.
6. Filter and serve

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"Suffering is due entirely to clinging or resisting; it is a sign of our unwillingness to move on, to flow with life."

-Nisargadatta Maharaj

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