

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

APR 2026



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Sri Ramana Mandiram



MEMBERS OF EIS AT THE SHRINE

Amidst the densely crowded and extremely busy streets in the heart of Madurai, where even walking can be difficult due to the constant and swift movement of vehicles along narrow roads, lies a calm and serene spot - a small house.

It is just a 30-second walk from the south tower of the city's most important landmark, the Meenakshi Amman Temple. Located at No. 21/11, Chokkappa Naicker Street, this house is where a 16-year-old boy, Venkataramanan, was transformed into one of the most significant sages of all time, Bagavan Ramana Maharshi.

It was mid-July, 1896. Venkataramanan was perfectly healthy and full of life, playful, mischievous, energetic, and inquisitive. On that day, he was lying alone on the first floor of his uncle's house when suddenly it occurred to Him, "I am going to die."

Though gripped by fear, something within compelled him to confront it directly. The seemingly simple process he undertook in the next few minutes led him to the Ultimate Truth. From that moment, he was no longer the same person, he was completely transformed.

Six weeks later, he left home. On the 1st of September, he boarded a train to Tiruvannamalai to be with his father. He arrived on the 2nd of September and never left the holy hill for the rest of his life.

The house where the boy lived during this period has since been transformed into Ramana Mandiram. Even today, it serves as a little spot for those seeking solace from worldly struggles and guidance in their inner journey.

On the ground floor, daily *puja*, *parayana*, and *satsang* are conducted in front of a large portrait of Bagavan. Climbing the narrow staircase leads to the room in which he had his transformative experience. The room has been preserved almost exactly as it was, with only minor renovations, and a small meditation hall has been built just behind it. The premises are open to the public from 6 AM to 12 noon and from 5 PM to 9 PM every day.

Those who sit in meditation, either before the photograph in the room or in the meditation hall, report deep and blissful experiences with the grace of Bagavan. Anyone who sits here with an open mind can experience that same love and grace of Bagavan.



PHOTOGRAPH OF YOUNG BHAGAVAN IN THE ROOM OF HIS AWAKENING



PORTRAIT OF BAGAVAN IN THE GROUND FLOOR OF THE HOME



ENTRANCE TO RAMANA MANDIRAM

[LOCATION](#)
[DETAILS](#)



Oil Bath

THE KEY TO LONGEVITY WE MAY HAVE OVERLOOKED

Ennei kuliya (oil bath) was an essential part of our lifestyle, established by our ancestors, which has now devolved into something we practice perhaps once a year or not at all. This practice took shape in a time when people lived in harmony with nature, waking with the sun, eating home-cooked meals, resting well, and engaging closely with their surroundings. There were far fewer lifestyle factors that contributed to disease. Even so, they practiced oil bath at least twice a week.

Today, we live in a fast-paced world, running on high adrenaline and seeking instant dopamine hits. This rush has become a necessity, one we cannot easily avoid, in order to survive within the current social climate. This only emphasises the need for practices that protect our systems from the ill effects such a lifestyle inevitably brings.

We are all subject to entropy; our systems undergo wear and tear with every movement we make and every thought we conjure. An oil bath provides the lubrication that keeps the moving parts of this organic vehicle functioning smoothly. Regular practice helps slow this natural degeneration of the body.

Scientists now highlight “flexibility,” both physical and mental, as the key factor influencing human lifespan. Among its many benefits, the oil bath is one of the simplest and most effective ways to reduce rigidity on both levels, paving the way for flexibility, and ultimately, a long and healthy life.

This seemingly simple act of applying oil externally can lead to significant improvements in health and healing. It serves as a reset, allowing one to regain fresh energy and spirit, and to move through life with greater ease. As we head into summer, with its hot, draining days, it is an ideal time to incorporate this restorative practice into our daily routine.

We advise consulting a Siddha physician for proper guidance on oil bath procedures and medicated oils, tailored to your unique constitution and lifestyle needs.

To learn more about this practice, its effects, procedures, and other insights, watch our three-part video series on YouTube using the link below.

[Oil Bath 3 part series](#)

Siddha Kaalanganthar

THE EMBODIED COSMIC UNION

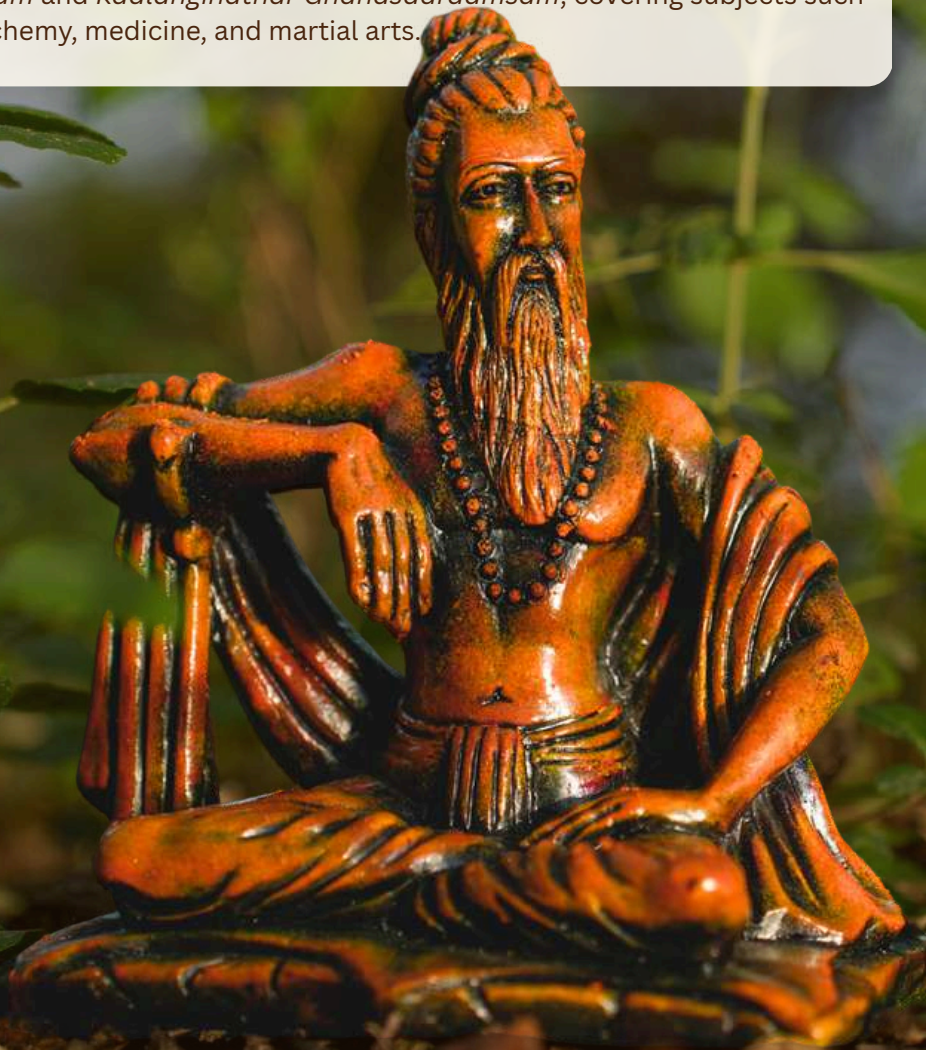
Some accounts say that Siddha Kaalanganthar was born in Kashi and traveled to China after attaining siddhahood. Others suggest that he was of Chinese origin and journeyed to India in search of the spiritual path. Kaalanganthar, the foremost disciple of Siddha Thirumoolar, belongs to the Moola tradition of Siddha, and would later become the Guru of Siddha Bogar.

His name can be understood as 'Kaal' meaning breath, and 'angi' meaning *agni*. 'Kaalangi' refers to the Primordial Breath-the breath of the cosmos. It is the highway upon which 'embodiment of the whole' moves.

From the Siddhas' perspective, embodiment is a very gradual and lifelong learning transmitted by cosmic breath to a willing receiver. We have forgotten our innate library of embodied wholeness and replaced it with a sensory archive of seemingly disconnected parts associated with stress and trauma, likes and dislikes of sensation, and temporal identity. This Macrocosmic movement, in all of its nuances, is the instinct for the reunification of the parts. It only seeks to become embodied.

Universal intelligence as dynamic breath is not given as an automatic perception; it is uncovered through the quality of the practitioner's attention to the aliveness in their body. Aliveness is the totality of inner experience. The loss of embodiment is the loss of the instinct for healing via the natural world. Siddha Kaalanganthar embodies this principle of how Macrocosmic wholeness movement becomes microcosmic livingness. His very name, "Kaalangi" awakens and retrains that deep instinct.

Siddha Kaalanganthar's samadhis are located in Kanjamalai, Kanchipuram, and Thirukkadaiyur. He is attributed with several works, including *Kaalanganthar Vaithiya Kaaviyam* and *Kaalanganthar Gnanasaaraamsam*, covering subjects such as *kayakalpa*, alchemy, medicine, and martial arts.



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Tasty Tamarind Panakam

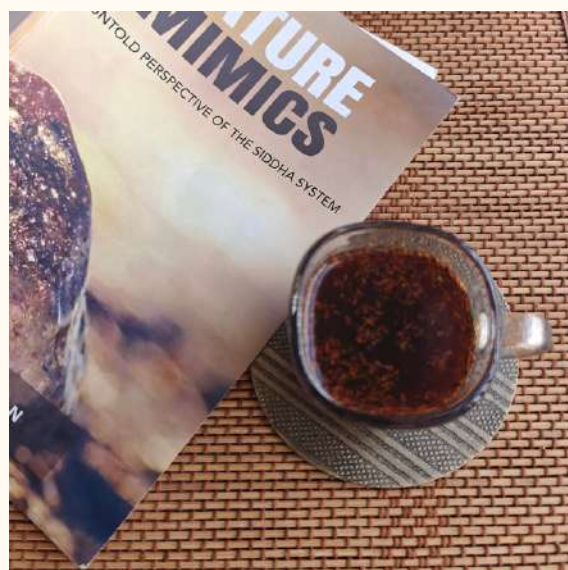
As temperatures rise, our body reflects these changes in its inner environment. Common symptoms are often seen in the digestive system, leading to poor digestion, acidity, and related issues. Another frequent effect is mental agitation, resulting in irritability and stress. Tamarind panakam is a tasty, pacifying drink that is a must-try for all.

INGREDIENTS

Ripe tamarind-100g
Sugar/Jaggery-200g
Salt-10g
Fried cumin(jeera) powder-10g
Fried pepper powder-5g
Water-400ml

INSTRUCTIONS:

- Dosage: 10-20 ml
- The drink should be prepared fresh before consumption
- Allow it to cool to room temperature before consumption
- Best consumed in daytime on hot sunny days
- Recommended for poor appetite, loss of appetite, nausea, excessive thirst, burning sensation



PREPARATION

1. Soak the tamarind in room temperature water overnight (or in hot water for half an hour)
2. While you wait, fry the jeera and pepper together without oil and blend them into powder.
3. Now macerate the tamarind pulp into the water and filter out the solid parts.
4. To this water, add the jaggery and boil it until you get a syrup like consistency.
5. To ensure proper consistency, take a drop between your fingers and look for a thread like formation when you separate your fingers.
6. To this syrup, add the ground jeera and pepper powders and mix to have your panakam.

[VIDEO EXPLANATION](#)



SIDDHA BRIOCEPTION ACCESSTM

Last month we had the opportunity to conduct Siddha Brioception sessions for the managers and staff at DMW CNC Centre, Perundurai. We began with a one day session for the managers of the company, to combat common issues like stress, sleep disturbance, body pains, and improving work efficiency. Upon their request we conducted 3 more sessions for their shift based machine operators who were taught practices for instant relief of body aches, sleep enhancement, improving flexibility, and combating ear disturbances. The sessions were received with much enthusiasm with participants sharing that they felt immediate refreshment and pain relief from the practices



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WANT TO BOOK A SESSION FOR YOUR GROUP?

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"One ounce of practice is worth a thousand pounds of theory"

-Swami Vivekanandar

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