

MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Guhai Namasivayar Jeevasamadhi



POSTER ANNOUNCING MAHA ANNADANAM EVENT ON THE OCCASION OF 525TH YEAR OF GURUPOOJA AT THE SHRINE



ENTRANCE TO THE JEEVASAMADHI



MEMBERS OF EIS AT THE SHRINE

Born in Karnataka, Guhai Namasivaya surrendered himself at a very young age to his Guru, Sivananda Desikar, at the sacred hills of Srisailam. After spending twelve years in his Guru's presence, Lord Mallikarjuna, the presiding deity of Srisailam, appeared in Guhai Namasivaya's dream and instructed him to go to Arunachala and continue his tapas there. Later, his Guru too approved of this divine command.

Accompanied by another disciple, Virupaksha Devar, Guhai Namasivaya reached Tiruvannamalai and immersed himself in spiritual practice. Though he longed deeply to have darshan of Lord Arunachala in the temple, he faced an inner conflict. Being a Veerasaivite, he could worship only his Ishtalinga and not the Lingam consecrated in a temple or any other deity. Yet every day, after completing his spiritual practices, he would walk to the entrance of the Arunachaleswarar Temple and stand with there deep longing gazing toward the Sannidhi.

Many days passed in this manner. Then one day, while standing at the entrance, he suddenly saw his Guru, Sivananda Desikar, approaching with a group of disciples. Guhai Namasivaya immediately prostrated before him. After exchanging greetings, the Guru entered the temple, walked straight into the sanctum, and worshipped Lord Arunachala. Without a second thought, Guhai Namasivaya followed him and did the same.

As he prostrated before Lord Arunachala, in the form of the great Lingam, he was overwhelmed with ecstasy. He lost all sense of individuality and became absorbed in the Lord. After some time, when outer awareness returned, he looked around for his Guru, but Sivananda Desikar was nowhere to be seen. Shocked and bewildered, Guhai Namasivaya turned toward the Lingam once more. There, instead of the Lingam, he beheld his Guru Himself.

On another occasion, Lord Shiva appeared in his dream and instructed him to reside in a cave on the southern slopes of Arunachala Hill and continue his penance there. Guhai Namasivaya readily obeyed. He frequently performed Girivalam and strongly recommended both Girivalam and constant remembrance of Arunachala as spiritual practices for all seekers.

When he reached the age of one hundred, Guhai Namasivaya felt that the time had come to leave the body and instructed his disciples to prepare for his samadhi. But as he was lowering himself into the pit, Lord Shiva appeared once again and commanded him to live for another hundred years. Obeying the divine will, Guhai Namasivaya continued to live on.

When the final moment arrived, he composed two concluding verses in praise of the Lord and then, seated in the full lotus posture inside the very cave where he had lived, consciously gave up his body. A samadhi shrine now stands at that sacred spot.

LOCATION DETAILS

Ash Gourd Juice

Benincasa hispida, or ash gourd is also known locally as "*kalyana poosani*" owing to its auspicious qualities and usage in removing *drishti* (evil eye). It is also called "*agni kattu*," a name that points to its reputed thermoregulatory properties.

Modern science recognises ashgourd as a natural diuretic, which also aids digestive health. It reduces inflammation, supports weight management and provides antioxidants that protect against diseases like diabetes and cardiovascular issues.

Ash gourd juice is traditionally used to help prevent urinary infections and regulate the body's fluid balance. It also maintains skin hydration, alleviates white discharge, strengthens the uterus, and reduces bleeding tendencies.

Those suffering from disorders of *Kapham* imbalance such as wheezing or other respiratory diseases should avoid ash gourd juice. Occasionally, they may consume it with a pinch of ground black pepper.

INGREDIENTS

Ash gourd - 2 slices
Black pepper powder - 1 pinch



PROCEDURE

1. Remove the peel from the ash gourd slices and deseed them
2. Blend the pulp into juice
3. Add a pinch of black pepper if needed
4. Serve raw or add few drops of honey or palm sugar for taste

INSTRUCTIONS

- Can be consumed once daily
- Best consumed early morning on an empty stomach
- Consult a physician if you have any health concerns

Siddha Theraiyar

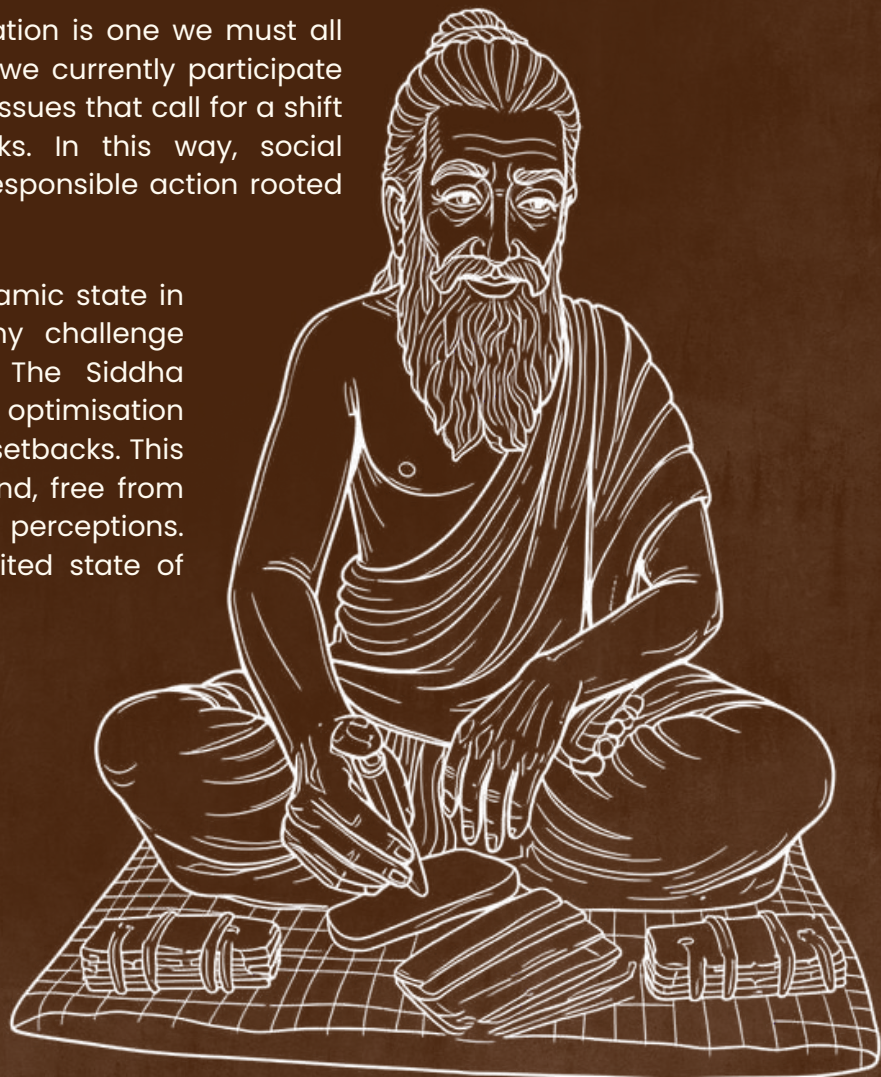
THE SYMBOL OF YUKTHI

Disciple of Agathiyar, Siddha Theraiyar has been remembered through the centuries as the archetype of Yukthi. Originally named Ponnarangar, he earned the name Theraiyar after curing Tholkappiyar's longstanding headache by tactfully removing a therai (toad) from his cranium, simply by sprinkling water and directing it into a bowl.

The quality of Yukthi depends on how we perceive and engage with the world around us. Our mind is shaped by our interactions with the external world from childhood onward. Our environment, the people who surround us, their communication styles, and their approach to conflict resolution, all contribute to the formation of our mental framework. Understanding this leads to compassion, for it reveals that we are all responsible for one another's inner environment. It also gives us the freedom to identify the factors that contribute to our emotional framework and to take agency in shaping it consciously.

This journey toward emotional regulation is one we must all undergo. The relationships in which we currently participate act as mirrors, impeccably surfacing issues that call for a shift in our perspectives and frameworks. In this way, social interactions demand dynamic and responsible action rooted in Yukthi.

Yukthi, or presence of mind, is a dynamic state in which one is prepared to face any challenge without hesitation or overthinking. The Siddha system embraces a perspective of optimisation coupled with resilience in the face of setbacks. This requires the spirit of a beginner's mind, free from becoming a victim of programmed perceptions. Siddha Theraiyar embodies this spirited state of Yukthi.



Move, and the Way Will Open

HOW THE BODY COMMUNICATES, COORDINATES, AND HEALS ITSELF

An often overlooked part of our connective tissue system is our fascia. Fascia is the fibrous membrane that wraps around our internal organs, connects muscles, bones, nerves and organs. Simply put, fascia holds the entire framework of the body together. This crucial tissue helps the body communicate and coordinate its different parts, enabling both gross and subtle movements. It is also richly innervated, making it highly sensitive to movement, pain, pressure and stretch.

Fascia is constantly changing, adapting, and communicating with itself. It regulates movement, posture, energy storage, internal organ movement, and hormonal functions. It is connected to both the voluntary and involuntary nervous systems and can be affected by stress, injury, and other internal and external factors. When affected, it may show up as inflammation and other physical deformities in the body.

The collagen tissue within fascia helps carry an electric current that regulates the body's energy and hormonal functions. For proper conduction of this electrical current, the fascia must be well hydrated and mineralised.

Modern-day therapists use myofascial techniques that apply prolonged pressure to targeted areas in order to retrain the fascia. The Siddha system regulates this flow of energy through the healing touch of Varmam. Although Varmam therapy acts on a deeper energy level, it helps clear blockages and restore natural flow at the fascia level too. By unblocking the natural energy flow, the inner intelligence distributes it accordingly, relieving pain and disease.

An effective way to maintain healthy fascia is through minimal, intentional movement on a regular basis. Techniques prescribed in the Siddha Brioseption Access program are tailored to restore the body's inner balance and intercommunication, effectively helping to maintain health.

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