MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Table of Contents

VITTOBHA SWAMI JEEVASAMADHI.....3

THE SIDDHAS ARE MASTERS OF NATURE, NOT MIRACLE WORKERS: FEATURED ARTICLE.....4

MATHANGI.....5

MOONG DAL KHICHDI: FEVER MANAGEMENT AT HOME.....6

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Vittobha Swami Jeevasamadhi

Located in Polur, approximately 34 km from Tiruvannamalai, sits the Jeeva Samadhi of a saint most known for his profound presence, deep silence, and countless miracles. Born into a devout Marathi family in Chennai, he was fondly named after Lord Panduranga Vittobha. After losing his mother at a young age, Vittobha swamigal was raised by his aunt. One day, in a moment of frustration, she dismissed him from home. He received her words as a divine command and left, never to return.

Wandering through Tamil Nadu, Vittobha Swamigal's life became a series of incredible miracles. He displayed the rare ability to appear in distant locations before other travelers could arrive, and once famously transformed copper into gold by keeping it in his mouth.

Eventually settling near the temples of Polur, he lived completely detached from physical comforts, hunger, or bodily consciousness. During a torrential storm, a flash flood completely submerged him for two days. When the waters receded, locals found him buried in mud, only for him to simply open his eyes and walk away unharmed. Devotees also witnessed him perform 'Navakanda Siddhi', dismembering and reassembling his body parts. He acted as a divine healer by curing incurable illnesses and treated all people with equal compassion.

Three days before his departure from the physical body, Vittobha Swamigal announced to the devotees around him that his time had come. On the auspicious day of the *Thiruvathirai* star, he seated himself in *Padmasana* at 3:00 AM. At precisely 5:00 AM, surrounded by devotees immersed in prayer, he consciously left his mortal form, to merge with Lord Panduranga. At that exact moment, miles away in Tiruvannamalai, the renowned saint Mahan Sri Seshadri Swamigal suddenly declared to his followers: "There goes Polur Vittobha!" - confirming that the silent saint of Polur had returned to the eternal light.

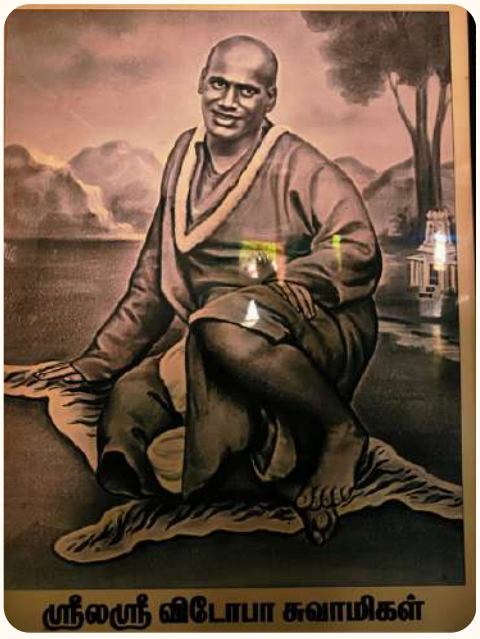


IMAGE OF VITTOBHA SWAMIGAL DISPLAYED AT THE SHRINE



MEMBERS OF EIS AT THE JEEVASAMADHI

LOCATION DETAILS

FEATURED CONVERSATION

The Siddhas Are Masters of Nature, Not Miracle Workers

Palpandian Ayya, author of 'Siddhas: Masters of Nature', and our guiding force in the AgaGuru Siddha lineage, was recently featured in an exclusive conversation with Sri Pradeep Krishnan of Indica Today. Many of us have known the Siddha world through Palpandian Ayya and his lively relationship with the tradition.

This special conversation explores the Siddha tradition beyond its popular association with medicine and miracles, touching upon the Guru–shishya tradition, Vasi, Siddha medicine, nature, and the lived experience of spirituality. It gives a glimpse into what a spiritual journey may look like: from when the question first arises, and all that it leads to.



IMAGE DISPLAYED IN THE ARTICLE CAPTIONED "PARTICIPANTS OF WEEKEND CLASS TIRUVANNAMALAI WITH PALPANDIAN"

Here is an excerpt from the article from when Palpandian Ayya describes meeting his Guru:

"For the first time in my life, I felt completely at home. I realized that throughout my life I had not been searching for knowledge or mystical experiences. I had been searching for someone who truly knew me."

Click to read the full conversation, "The Siddhas Are Masters of Nature, Not Miracle Workers", on Indic Today.

Mathangi

Every year, from the month of Aadi, the Sun begins His southward journey, known as the dark phase of the year. Our internal world, always responding to the external, also experiences this phase as reduced immunity and an increase in the power of subconscious dark tendencies. It is during this time that we celebrate Navarathri, invoking the Dasha Mahavidya goddesses who slay these inner demons.

Among them is Devi Mathangi, the fierce, green-skinned goddess of the musical arts. Goddess Meenakshi of Madurai is also seen as a form of Mathangi Devi. She guides the seeker towards the perennial inner music of the Self through devotional music. Her worship becomes a path to awaken inner wisdom, refine expression, and realise the deeper truth that divine knowledge flows through all aspects of existence.

In the Siddha tradition, we practise the 'Mathangi Muthirai'. The metaphorical Siddhas prescribed this practice for maintaining the health of the pericardium. 'Mathu' refers to Mother Meenakshi, while 'Angi' means protective covering. Just as Devi's protective embrace surrounds and shields her devotee, the pericardium covers and protects the heart from external impact.

Regular practice of Mathangi Muthirai, like devotion to Mathangi Devi, not only supports heart health and circulation but also bestows a deep sense of safety and warmth.



Moong Dal Khichdi

FEVER MANAGEMENT AT HOME

As seasonal flu and fever symptoms continue to persist, learning basic at-home management can be particularly helpful. The ongoing flu season may bring symptoms like fever, body aches, headache, cold, vertigo, nausea, and diarrhoea. Even after the fever subsides, it is important to continue with a healthy regimen to support recovery, prevent recurrence, and maintain immunity.

Owing to its traditional use and efficiency in treating a wide range of fevers, Siddha physicians often prescribe the decoction of Nilavembu Kudineer choornam, with a pinch of Mahasudharshana churnam added to it. Doctors suggest that consuming this combination twice a day brings immediate relief even in the most adamant fevers.

During this period, diet should also be kept warm, light, and easy to digest to support the healing process. The simple 'moong dal khichdi' is one such preparation that can be useful both during active symptoms and in post-viral recovery. Consumed hot, it initiates sweating, which is helpful in fever conditions, especially when associated with body aches. In the post-febrile stage, having it with a little ghee can provide nourishment and support a more complete recovery.

INGREDIENTS

Split Moong dal - ½ cup
Rice - ½ cup
Hing - 3 pinches
Peppercorn - 10 no.s
Corriander leaves - for garnish
Ghee - 1 tbsp
Turmeric powder - 2 pinches to 2 tsp
Crystal sea salt - APR
Water - 4 cups (1 cup more than usual)

PREPARATION

1. Wash and soak the split moong dal and rice in water for 1 hour
2. Transfer the dal and rice to a pressure cooker and add Hing, peppercorns, turmeric powder, crystal sea salt, and ghee.
   Note: if given during fever, avoid ghee
3. Add water to this and cook it for 3-4 whistles. Adjust the water and cooking time based on your preferred consistency.
4. Before serving, sprinkle some chopped corriander leaves and add some ghee
5. Serve on its own or with small onion chutney

INSTRUCTIONS

- Moong dal Khichdi can be given to children as well
- Avoid adding ghee to the recipe if consumed during fever



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"It is not necessary to meet your Guru on the physical plane. The Guru is not external"

-Neem Karoli Baba

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