MONTHLY NEWSLETTER OF EARTH INDIA SIDDHA

Breath

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Thinnai Swamigal Jeevasamadhi

What profound change can a single word, just two letters long, bring about? What possibilities can it open?

When a word emerges from the lips of a realised Guru and reaches a disciple ready to receive it, it can transform an entire life. Such was the power of the word Bhagavan uttered to Thinnai Swamigal.

Born in Coimbatore in 1912, Ramasamy worked as a biochemist at Madras Medical College. Married with three children, he had visited Tiruvannamalai a few times for darshan of Bhagavan Sri Ramana Maharshi, but showed no outward signs of spiritual seeking until the age of thirty-five.

Around 1948, despite being the most qualified candidate, Ramasamy lost an opportunity to pursue advanced studies in the United States due to political influence and favouritism. Deeply distressed, he resigned and travelled to Tiruvannamalai to meet Bhagavan once again.

During this fourth visit, he spent his days in Bhagavan's presence and circumambulating Arunachala. The understanding conveyed through Bhagavan's silence, compassionate gaze and grace-filled presence transformed him profoundly.

One day, when his mother asked whether he went to see Bhagavan, Ramasamy replied wistfully, "What is the use of simply going to see Bhagavan again and again? We too must become like Him. We must attain that state."

Yet, with a family to support, he considered taking up a position in Pondicherry. He approached Bhagavan to seek His permission. The Maharshi uttered a single word.

"Iru!" (Stay)

That was all. Ramasamy had come seeking permission to earn a living and fulfil his worldly responsibilities. Instead, that one word entered his ears and reverberated through his entire being. He surrendered completely to Bhagavan, and the word became his life for the next fifty years.



FRAMED PHOTO AT THE SAMADHI



EIS MEMBERS AT THE SAMADHI

His words grew rare, and silence became his language. He neglected his appearance and remained absorbed in stillness, seeking food only when hunger became unbearable. Even after Bhagavan attained Mahasamadhi in 1950, his inner state remained unchanged. Though his family struggled to understand him, his wife eventually accepted him as he was and devoted herself to his care. Later, Ramasamy moved to Virupaksha Cave.

One rainy day, he asked a devotee named Nathan's wife, "Amma, it is raining outside. May I rest on the thinnai (raised veranda) of your house for some time?"

She replied, "Swami, this is your home. Stay wherever you wish, for as long as you wish."

That veranda became his home for the next forty years. Ramasamy had become Thinnai Swamigal.

In 2003, during the early hours of Karthigai Deepam, Swamigal left his mortal body and merged with Arunachala. His samadhi lies near that of Sadhu Om Swamigal, close to Yogi Ramsuratkumar Ashram and the very veranda where he lived.

The life of Thinnai Swamigal was itself a miracle. He built his entire life upon a single word spoken by his Guru and lived in complete surrender to it. Even today, devotees visit his samadhi, seeking blessings and finding fulfilment within.

Manathakkali Keerai Soup

FOR MENSTRUAL IRREGULARITIES

"My menstrual flow is not regular", "My period lasts longer than 10 days"...These are common concerns among women.

Snacking on fried savouries, oily foods, and sweets, along with consuming refrigerated foods, are the main culprits behind these issues. Untimely meals, irregular sleep, stress, and other lifestyle factors can also contribute to them.

What most fail to understand is that the two main requirements for a young woman are nutritious food, and adequate rest. These must be addressed first to support better health.

Consuming Manathakkali Keerai soup during menstruation, as traditionally advised, can improve period irregularities drastically. It also aids in relieving menstrual pain and general bloating. Women can also consume this soup on other days, as it is a nourishing addition to the diet.

INGREDIENTS

Manathakkali leaves - 1 handful
Corriander seeds - 1 tsp
Cumin seeds - 1 tsp
Fennel seeds - 1 tsp
Ginger - 1 inch piece
Garlic - 4 cloves
Small onion - 3
Betelnut leaf - 2
Black peppercorns - ½ tsp
Asofoetida - 1-2 pinches

PREPARATION

1. Wash thoroughly and chop all the ingredients into small pieces.
2. Add the chopped ingredients to a pressure cooker along with the coriander seeds, black peppercorns, cumin seeds, fennel seeds, and asafoetida. Add half a litre of water and pressure-cook for five whistles.
3. Allow the pressure cooker to cool, then grind the cooked ingredients into a fine paste and strain it.
4. Transfer the strained extract to a pot and add salt to taste.
5. Boil the mixture until the raw flavour subsides and all the ingredients are well combined.
6. Strain once more, if needed, and serve warm.

INSTRUCTIONS

- Consume in the morning and evening either before or after food
- Recommended regimen: Begin on the first day of menstruation and continue for 10 days. Repeat this regimen for three months, as traditionally advised.
- Can be consumed on other days as well



Manathakkali

Botanical name: Solanum nigrum English name: Black nightshade Hindi name: Makoi

Sai Baba's Mahasamadhi Day

On October 15, 1918, at around 2:30 p.m., on the auspicious day of Vijayadashami, Shirdi Sai Baba attained Mahasamadhi. This year, the 108th Mahasamadhi Divas fell on the 20th of October. Every year, Baba's Mahasamadhi Divas is commemorated with prayers and devotion. The following is an account of the events of that day in 1918.

"...He ordered them all to clear off. They could not leave Baba's presence, nor could they disobey Him. So, with heavy hearts and heavy feet they went to the Wada. They knew that Baba's condition was very serious, and that they could not leave Him.

Before they finished their meals, news came of Baba's shedding of the mortal coil. They ran to the Masjid and found that Baba rested finally on Bayaji's lap. He did not collapse to the ground, nor did He lie on His bed; but sitting quietly on His seat and doing charity with His own hand, left the mortal coil.

Saints embody themselves and come into this world with a definite mission and after that is fulfilled, they pass away, as quietly and easily as they came."

A DEVOTEE'S SHARING

By my Guru's grace, we visit Shirdi every year for Sai Baba's darshan. Last year, we had made all the arrangements for our visit. However, in the days leading up to our departure, my mother became terribly ill. I felt that staying back with my mother, even if it meant missing Sai's darshan, might be Baba's will, and I was ready to accept it. At the same time, the thought of missing Shirdi Sai's darshan after two years was causing me tremendous emotional distress.



Just a day before our planned departure, my son's friend and his mother visited our home. The boy gifted me a hand-painted portrait of Sai Baba, which he had painted himself. The moment I opened the gift, tears of joy filled my eyes. I felt that Sai Himself would somehow make arrangements for my visit to Shirdi.

And so it happened. My mother's health improved, and a caretaker was arranged for her. We were able to proceed with our journey to Shirdi after all! I could only lay my tears of gratitude at His lotus feet for making this possible.

Sainath Maharaj Ki Jai!

Panchakarpa Kuliyal Murai

The Siddha system offers various lifestyle regimens suited to changing seasons and the demands of everyday life. We have previously explored the benefits of an oil bath. Another traditional practice in the series of *Kuliyal Muraigal* (bathing procedures) is Panchakarpa Kuliyal, a simple bathing regimen involving the application of Panchakarpa Kuliyal Choornam to the head before showering.

This practice is traditionally followed to reduce excess body heat, support thermoregulation and rejuvenate the five senses. It is particularly beneficial when the body feels heated or exhausted after a long journey or physical exertion.
Panchakarpa Kuliyal Choornam is readily available at Siddha medicine stores. It can also be prepared at home using the following ingredients.

BENEFITS AND USAGE

- Promotes detoxification and rejuvenation of the five sense organs
- Helps reduce excess body heat, particularly after long journeys, and physical exhaustion
- Can be practised regularly, once a week. During hotter seasons, it may be practised twice a week
- Can be followed in all seasons
- Avoid practising it at night

INGREDIENTS

1. White pepper (purified) - 150g
2. Kadukkai (Terminalia chebula) peel (purified) - 125g
3. Neem seed kernel (dried) - 100g
4. Sun dried gooseberry - 75g
5. Kasthuri turmeric - 50g
6. Cow's milk - 50 ml

PREPARATION

- Powder all five dry ingredients together and store the mixture.
- Take 1–2 teaspoons of the powder and add a few drops of cow's milk to make a smooth paste.
- Alternatively: For each application, boil the required quantity of the powder in 50 ml of cow's milk to prepare the application.

PROCEDURE

- Apply the prepared paste evenly over the scalp.
- Allow it to remain for 10–15 minutes.
- Follow with a warm shower, bathing both the head and body.
- No specific Pathiyam (dietary restrictions) is required after this regimen.

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-Sri Anandamayi Ma

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