

INTRODUCTION

The goal of this book is to introduce a worldwide and English audience to the doctrine/philosophy/spiritual current of Samarasa Suddha Sanmarkkam Sathya Sangham and its founder Ramalingam Swamigal, also known as Vallalar (philanthropist).

We would like to help people to live a life in accordance of Divine rule, hence the name *HOW TO LIVE A HAPPY, HEALTHY, DIVINE, BLISSFUL, IMMORTAL LIFE*

We strongly believe and experienced first-hand that diffusing the key concepts and knowledge in this book can truly bring Grace, thus Heaven on Earth as God intended.

Potentially, even solving issues such as hunger, thirst, aging, poverty, societal issues, animal abuse, environmental degradation, inequality based on birth, caste, financial status, disease and even death.

We suggest prioritizing reading this book to the very end, as it can unlock the true Bliss that humans are meant to experience. A life filled with unlimited joy, perfect mental and physical health, harmonious and loving relationships, all sorts of abundance & many more benefits.

Kindly share this book with whomever you think would benefit. There's many people that are confused, spiritually lost, and they feel like "something is missing" in their human life.

We will also keep on updating this book and publishing new versions when we deem as necessary, just regularly check this link for new updates: <https://Sanmarkkamlife.org/ebook>.

May all living beings live happily in Compassion and Soul Oneness!
May your life be blessed by the divine!

MY STORY

I really don't like to talk about myself, but in this case, I believe it's quite necessary as a reference point as I'm sure you, the reader, may relate with this.

I was born in an upper middle class christian family.

Since a young age, I had an interest for religion and at around 14, I became quite devoted to the Christian faith.

With the years passing and as my intellect matured, I grew dubious of Christianity and realized too many inconsistencies:

“Why would an infinite loving God send their children to Hell, for eternity?”

“Why is some person born rich and healthy and other poor and with a defective body?”

And many more.

Eventually, I started to follow atheism, and was influenced by the work of Richard Dawkins and many other skeptics.

Yet, even the theory of evolution and the big bang theory didn't seem to make full sense to me.

Somehow, there had to be a creator, a force outside space, time and matter that made the universe possible.

One day, whilst browsing forums, I stumbled up on a website. The website was rael.org

Claude Vorillhon (Räel) was a french bloke that claimed he was visited by aliens called Elohim (creators)

Supposedly, those aliens were our creators, and by genetic engineering, they created the human race.

They claimed we could achieve immortality by clonation and memory transferring via scientific means.

They also claimed that their organization, named ClonAid, had successfully cloned a human baby, without any tangible proof.

The alien creators were supposedly created by another alien race, and back then that kind of made sense to me.

They also claimed all prophets preached the same things, and they are happily living on a heavenly planet.

So at that time, I had embraced a completely materialistic point of view to life: no god, no soul, no afterlife.

Eventually I grew up to be an agnostic, still in search of truth, as even some very intelligent skeptics like Carl Sagan included the possibility of an external creator.

Then, one day, I got to know a person claiming to experience Out of body experiences.

He was also interested in new age spirituality.

He seemed sincere in his experiences and even gave me tutorials for replicating everything.

I started to research on the topic, and consumed the work of Robert Monroe. Eventually I came to the conclusion that it was a fascinating and intriguing topic and worth my attention.

I started to dabble into the field of new age spirituality and meditation.

During a particularly intense meditation, I had triggered a peculiar experience: tears of bliss started to flow, and somehow, my ego or idea of self, connected to a higher being, which I suspect to be my Atman or higher self.

During the conversation with the Being, I felt extremely and unconditionally loved, which is quite common in such experiences.

A conversation sparked between the entity and me, and I asked about physical immortality. The entity replied lovely that I shall achieve it.

Suddenly, my rational mind lurked, questioning "*is this real?*"

Immediately, the channeling was progressively ruined, as the frequency of doubt is known to interrupt and hinder channelings.

Still, for 2 days in a row, I felt incredible bliss and indescribable happiness. It eventually faded out with the natural occurrence of events

From there, I navigated many more spiritual paths that are not worth mentioning.

Eventually, I started to follow Hinduism or Sanatana dharma, then studying the vedas and more scriptures.

At one point I started questioning everything and getting sick of the unreliability of these spiritual paths/religions. Even the so called great prophets like Jesus, Buddha, Mohammad had no tangible proof of their historical existence. Those were also very old "records" of even millennia ago.

Then, one day, a friend of mine from Tamil Nadu introduced me to a great saint or siddhar.

Siddhars are scientists, saints, doctors, astrologers, alchemists, and mystics all in one

The name of the siddhar was Ramalingam Swamigal or vallalar.

Immediately, after reading his Wikipedia page, I had a eureka moment, and everything clicked for me.

In my mind I said “ *This is exactly what I've been looking for! I've been searching for this for births! It all makes sense now!*”

After 8 years, (and not having excluded the possibility of higher paths) I still firmly believe that Suddha Sanmargha is the final path and ultimate destination for man and the Goal of life. A path free of religious bigotry and superstition, a path filled with compassion to all living beings, a path that has the potential of solving all of the sufferings that we are facing.

This path is truly a breath of fresh air, and I say this after navigating numerous paths.

I thank India for giving birth to Vallalar, the greatest human that ever existed in the history of man, and I also thank Vallalar and the Vast Grace of Light for guiding me in this path.

RAMALINGA SWAMIGAL BIOGRAPHY



Figure 1 Image of Ramalinga (Vallalar)

Thiruvartuprakasa Vallalār Chidambaram Ramalingam (5 October 1823 – 30 January 1874), also known as Vallalār, Ramalinga Swamigal and Ramalinga Adigal, was a Tamil saint and a notable Tamil poet of the 19th century.

He belongs to a line of Tamil saints known as "gnana siddhars" (gnana means 'higher wisdom')

He was born in Marudur, Chidambaram
(present-day Cuddalore district, Tamil Nadu, India)

Remarkably, he seemed to not undergo a common physical death like many other saints have gone through. Instead, he announced his dematerialization throughout his poems.

Afterwards, in January 30, 1874 (aged 50) he locked himself inside a room in Mettukuppam, Vadalur, Cuddalore district in Tamil Nadu, and his body hasn't been found after authorities broke the lock.

More information, records and proofs on this later



Figure 1 Vallalar Locked himself here

I

If you take Leonardo Da Vinci, Gandhi and Tesla combined together, they still cannot even remotely surpass the greatness and excellence of Ramalinga.

Just recently, India's prime minister Modi declared Ramalinga as one of the greatest human beings to walk on earth.

Surprisingly, Ramalinga isn't even famous in the west, but decently popular in the region of Tamil Nadu, India.

He's a very recent saint, documented and historically existed, yet other older saints from various religions, are a mere speculation and have achieved far less spiritually than him, and are far more popular and praised.

It is my heartfelt hope that this book will give Vallalar the recognition he deserves to the masses.

Ramalinga wanted to eliminate the caste system in India. He founded a group known as "Samarasa Suddha Sanmarga Sathiya Sangam" which spread not only due to his theoretical teachings but mainly due to his practiced lifestyle, which is an inspiration for his followers.

According to Suddha Sanmarga, the main aspects of human life should be compassion connected with charity and divine practice leading to achievement of pure knowledge.

Ramalinga was initially a worshipper of Hindu Gods (Shiva, Vishnu, Krishna etc) until he realized they are the shadow of a greater entity referred as Arut Perum Jothi (vast grace light)

He symbolized God as a flame or lit candle/lamp.

In his later stages of life, he was adamant to not worship lower gods.

Ramalingam's parents were Ramayya Pillai and Chinnammai of Vellalar caste. She was his sixth wife, as all his previous wives had died childless and in quick succession. They were a family in Marudhur, a village in the old South Arcot district, near Chidambaram. Ramalingam was their fifth and youngest child. The older ones were two sons, Sabhapati and Parasu Rāman; and two daughters, Sundarammal and Unnamulai.

Childhood and divine experiences

When Ramalingam was five months old, his parents brought him to the Chidambaram Natarājar Temple. The infant was joyous while the priest was offering Deepa Aradhana (adoration by a lighted lamp being brought close to the vigrahams); this was perceived by Ramalingam as a deep spiritual experience. In later years, he said of the experience: "No sooner the Light was perceived, happiness prevailed on me", and "The sweet nectar was tasted by me as soon as the Arut Perum Jothi (Divine Light of Grace) became visible".

In 1824, his father died. Following this, his mother moved to her mother's residence at Chinna Kāvanam, Ponneri. Ramalingam was a small child when he and his mother relocated to Chennai in 1826, where they lived with his eldest brother Sabhapati and his wife Pāppāthi at 31/14 Veerasamy Pillai Street in the Sevenwells area.

After Ramalingam reached five years of age, Sabhapati initiated his formal education.

However, uninterested in his education, Ramalingam instead preferred trips to the nearby Kandha Kottam Kandha Swāmi Temple.

Sabhapati thought that the child needed punishment as a form of discipline, and he told his wife not to give Ramalingam his daily meal.

His kind sister-in-law, however, secretly gave him food and persuaded him to study seriously at home. In return, Ramalingam asked for his own room, lighted lamp and mirror. He placed the light in front of the mirror and meditated by concentrating on the light.

This is a known practice for removing the layers of the ego and inquiry of "Who am I?"

Even at a very young age Ramalinga was doing semi- advanced meditation.

During one time, Ramalingam had to replace his elder brother Sabhapati at an Upanyāsam (religious stories) session as upāsakar.

His great discourse on verses from the Periya Purānam, an epic poem by Sekkizhar about the saintly '63 Nāyanārs', was appreciated by the devotees as being given by a very learned scholar. Ramalingam's mental and spiritual growth progressed rapidly.

Ramalingam gave thanks to the Divine by saying: "Effulgent flame of grace, that lit in me intelligence, to know untaught. Ramalingam evolved in his spiritual journey from being a staunch devotee of Lord Shiva to worshiping the Vast Grace Light.

Ramalingam renounced the world at the young age of thirteen, but he was pretty much forced to marry his niece (on sister's side)

He vowed to follow the Tirukkural's morals of compassion and non-violence and continued emphasizing non-killing and lacto-vegetarian diet throughout his life by his concept of *Jeeva Karunyam*, compassion for living beings

When I see men feeding on the coarse and vicious food of meat, it is an ever-recurring grief to me. - Vallalar

In 1867, Ramalinga established a facility named "The Sathya Dharma Salai in Vadalur for serving free food to the poor. So that people could take care of physical needs and could then focus on reaching God. The facility, still in existence and run by volunteers, continues to serve free food to all people.

On 25 January 1872, Ramalinga opened the "Sathya Gnana Sabhai" (Hall of True Knowledge) at Vadalur. This secular place is not a temple; there are no offerings, and no blessings are given. It is open to people of all castes except those who eat meat, who are only allowed to worship from the outside. The oil lamp lit by Ramalinga is kept perpetually burning.

Within the complex, there are seven cotton fabric screens, representing the seven factors that prevent a soul from realizing its true nature and seeing God. The entire complex is bound by a chain with 21,600 links, said to represent '21,600 inhalations' by a normal human being. He said the intelligence we possess is *Māya* intelligence, which is not the perfect and final intelligence. The path of final intelligence is *Jeeva Karunyam*.

IMAGE OF SATHYA GNANA SABHAI

Ramalinga, other than being against a casteless society and condemning inequality based on birth, he was opposed to religious superstition and rituals. Initially he was

following religions and scriptures, until he matured and realized they bring little and not ultimate benefit.

He forbade killing animals, both for worship and nutrition.

He was against idolatry, in later life, he rejected Hindu idols, and destroyed idols made of himself by his followers. He instead insisted on worshipping the Supreme Grace Light (Arut Perum Jothi) and specified that God is within all living beings, therefore, we should treat others as God and as ourselves.

His teachings emphasized compassion and love for all beings and the pursuit of enlightenment.

As a musician and poet, Ramalinga composed 5,818 poems teaching universal love and peace, compiled into 'Six Thiru Muraigal', which are all available today as a single book called *Thiruvirutpa* ('holy book of grace'). He composed the **Veeraraghva Panchakam** dedicated to Veeraraghava Perumal located in Tiruvallur.

Other works of his include the *Manumurai Kanda Vāsagam*, which describes the life of Manu Needhi Cholan, and *Jeeva Karunya Ozhukkam*,^[22] which emphasizes compassion towards all sentient forms and insists on a cruelty free diet only.

His greatest work is Agaval, which is contained in Thiru Arutpa. All siddhars in their writings, always had a stronger piece of content in their works, and thiru arutpa is no exception.

Ramalinga even declared that disease and finally death itself are not natural as we are divine beings and we should make fighting death our priority. In fact, he insisted God is ever wakeful and does not lose consciousness, and as we are divine beings, we can achieve the same. He compared Sleep as a small death, and in fact, in later life, he was not seen sleeping anymore.

He pointed out that the main reasons for our downfall are Food, Sex, Sleep, Mental & physical stress, the breath, selfish thoughts and actions, and many more mistakes that are not regarded as pure or divine.

Scientists now agree on the immense benefits of fasting, also, many people are waking up to the benefits of sexual abstention, after the widespread plague and suffering that the porn industry has enabled.

Many of those factors lead to loss of energy, following the tendency to sleep as a state of maintenance and repair. Perhaps the greatest indicator of how healthy we are, is how little we sleep yet energized during the day.

Ramalinga was later not seen to be eating or drinking at all, he claimed that his body was sustained by 10 different nectars (amrita or amudham). Each devotee can develop those nectars depending on their spiritual maturity.

On 22 October 1873, Ramalinga raised the 'flag of Brotherhood' on his one-room residence *Siddhi Valāgam* in Mettukuppam.

He gave his final lecture to the devotees. Also called as *Perupadesam*—about spiritual progress.

On 30 January 1874, Ramalinga entered the room, locked himself inside and told his followers not to open it.

After opening, he said, he would not be found there. He will be "united with nature and entering all bodies of creation.

His seclusion spurred many rumors, and the government finally forced the doors open in May. The room was empty, with no clues. In 1906, records about his disappearance were published in the South Arcot District's *Madras District Gazetteers*.

Recent scholarship has noted how his disappearance bears a striking resemblance to the Rainbow body phenomenon, common in Dzogochen Buddhism, however, in this case, there's absolutely no trace left of the body.

Now that we covered a brief Ramalinga biography, I think it's time to delve deeper in his philosophy.

EDUCATION ON PHYSICAL IMMORTALITY (sahakalpi)

When Darwin was asked: "*What comes after Homo Sapiens Sapiens? What's the next stage of human evolution*" he replied "*I don't know*"

Ramalinga Swamigal not only answered that question successfully, but he seems to have successfully managed to undergo 3 more stages of evolution in his own body and mind.

Our modern scientists cannot answer a question that was quite basic for Vallalar, and they are even many years ahead of him.

We are becoming a spiritual being of love and compassion. How else do we explain the new generations that are all vegetarian/vegan and interested in spirituality?

According to records and his poems, Ramalinga's body went through 3 different transformations.

The Pure Body (Suddha Deham)

This is the pure physical body, the holes from all the body emit no waste nor excretion such as mucus, feces, urine, tears and sweating. Devotees have witnessed his body didn't cast a shadow, nor would it drench in water or rain, or be damaged by hazardous factors such as fire.

There's the incredible record of a famous photographer from Madras called Masalamani Mudalia, who tried many times to reproduce a picture of Swami Ramalinga, and only his white cloth could be photographed and a misty version of his face and limbs.

In the pure body, the compassionate Jothi (light) penetrates every single part of the devotee, purifying mind and body.

It forms a golden body around all 5 of the bodies. It heals the etheric body and it restores the blueprint of the body. It brings great peace and serenity. Once the light body has manifested it starts a process of turning all the sheaths and eventually the physical body into light. The physical body will acquire a natural fragrance of flowers. Vallalar was known to emanate a pleasant fragrance of camphor.

Vallalar reported that dermis as the epidermis become extraordinarily smooth; nerves, tendons and muscles relax gradually; bones, membranes and cartilages become automatically flexible; blood coagulates and semen concentrates; the brain and all its parts became spongy expanded like a flower; through the entire body leaks the Elixir that flows filling it completely. They enjoy the sweetest nectar or ambrosia perpetually. Their faces become brilliant, delicate and harmonious, making evident the internal state of Beatitude.

He was living in this body without consuming food.

Manifestation of the lightbody into the physical goes through a process until it penetrates the physical body. The physical body becomes almost translucent and the light is visible through the skin.

DNA and Evolution

There is a link between the Suddha Deham and the changes in the DNA . This will manifest on the physical level. By God's Will this whole process can happen in an instant. When the DNA has changed/evolved it will carry the encoded language of light. This will be part of the genetic code of the human body and will be passed onto the next generation.

The Jothi is absorbed through the membranes of the cell and metabolised by the DNA. Eventually the DNA will manifest an extra strand. The spiritual man will be proved scientifically.

(credit to pranashakty.org)

Our impure body that 99.9% of people have is referred to as Asuddha Deham. We could also refer to it as Annamaya Kosha or body of food.

The Pranava Deham (Body of Grace/Sound/Light)

From the Pure Body, Ramalinga managed to transition to the Subtle Body. Unlike the previous body, this body was rumored to be imperceptible to the sense of touch. It is imperishable and has traits of immortality, invincibility, omniscience and omnipotence. It has knowledge of all the Universe.

Devotees' records claim his body was seen trespassing walls at his will.

Vallalar was clearly witnessed to have all knowledge in all possible topics. The same devotees and regular people around him affirmed it. He was being visited by all parts of the country due to his infinite wisdom. The saint declared in his last lecture, that God himself granted him the knowledge of the whole Creation and Cosmos. He matched the same knowledge of the benevolent creator.

He affirmed that if he got to such a level it is because he requested God to give him more compassion and purify him.

This body has access to all *siddhis* (supernatural and miraculous powers) and access to the five penta functions: from creation, destruction, preservation, veiling and unveiling.

Those who possess this body will look very young, perhaps childlike.

The Gnana Deham (Body of Wisdom)

Finally, the last stage and the ultimate spiritual feat. As of the time of writing, there's no higher recorded spiritual attainment than this, not even in all branches of Buddhism and other paths.

Ramalinga during his poems announced his imminent dematerialization and merging back with God.

He met again with his devotees: *My beloved, I am going to be away for a time. Don't worry. Maintain always burning this lamp, considering it as the same God. You'll be*

extensively rewarded. Now I'm in this body but soon I'll enter every body of the Creation. Close the door and shut with a padlock outside. When you open it again, the room will be found entirely empty"

He locked himself in a room in Siddhivaligam, never to be seen again.

It caused a great agitation. The police investigated exhaustively, registering to the utmost the hut without finding anything that led them to have the smallest suspicion. No trace of the saint was found, not even a hair.

It was concluded that truly he was a Saint, considering his disciples that his Total Union with God was realized. There are police reports proving the incident.

This was an immense sacrifice from Vallalar. Considering he was living here on Earth blissfully but decided to sacrifice his immortal body for advancing the coming of Grace and Heaven on Earth, and perhaps other locations in this physical universe.

It was his inner desire to bring peace and eradicate all sufferings in this world and bring a new race of immortal and divine beings on earth.

In one of his poems *Boon of the world* he described how Earth will become a place of Grace in some time. Even the carnivorous animals will become *sattvic* (pure) in nature, refraining from taking other lives as food. Impure aspects of nature will subside.

There will be abundance everywhere, nature will thrive, human beings will live according to *Jeeva Karunya* (compassion) and *Anma meya orumaipadu* (soul compassion)

It's already happening, look at all the recent attention on veganism, sustainability and environmental preservation. This will only compound and get bigger and bigger.

The increasing number of vegetarians and vegans is perhaps due to this feat made by him. If today there are more *suddha sanmarghis*, it is because he entered into the hearts and minds of many that are ready.

The dark age of *kali yuga* is finally over, and a new age, perhaps even beyond the *sathya yuga*, is about to begin. It is rumored, for the first time in the history of the universe, it will have no end.

COMMENTARY AND REFLECTIONS

Let's face it. Although we are slowly making progress, at the current state, humans are still living very unconsciously and not in Ultimate Divine Will. We are plagued by wars, disease, death, hunger, thirst, animal suffering & many more.

The governments are evil and don't care about its people, wars are waged for profits at the expense of the innocent.

What's the point of accumulating so much physical wealth and power, if at the end by being evil you will still face your karma and get disease, death and lots of suffering?

Death itself, like all the negative things such as disease and aging that lead to it, is very painful. The siddhars have said: *Be warned if you think you can have a pain-free death!*

Yes, some previous sages have at least managed to reduce the pain at the moment of death, but when the Atman (soul) separates from the physical vessel, it is rumored to be very painful.

The powerful and wealthy ones have the delusion that by limited scientific means they can prolong their life indefinitely, when in reality, none of that is going to happen, because the key ingredient is compassion towards all living beings, purity, and connection to God is required.

No regenerative or immortality medicine will lead to pure physical immortality. Not even clonation (leads to DNA degradation)

Celebrities and wealthy ones spend a fortune on anti-aging products, yet Ramalinga had the soft skin of a baby in adult life, all thanks to his spiritual practice and compassion shown to all. The outer never matters, our body follows what goes inside our inner self.

If you want to stay young forever, then practice compassion towards all living beings and forget about technology.

You want a long, healthy life, devoid of suffering? Then imitate the state of God as he's pure Bliss.

The creator does not eat, does not breath, does not have evil and egoic desires and he's pure compassion. Become like him and get the bliss, or be entangled in Maya and keep dying and being born again, The choice is yours.

What is the point of living life knowing it has an expiration date? Life should be calling for more life, not death.

The moment you start accepting death, more disease will come and more cancerous cells will be produced, as your mind creates your reality and has surrendered to it.

So from today on, refuse and reject disease, aging and finally death and all sufferings! Do not have any tolerance for it. God's ultimate will is for us to live happily.

How many times we say: "*Ah, if only this world would be more compassionate*". Indeed, compassion IS the solution to ALL worldly problems. Thinking, speaking, and acting compassionately will bring us all the Bliss. Vallalar solution to all problems: Compassion should be taught in kindergarten to kids.

A NEW SCIENTIFIC METHOD

Without a doubt, scientific advancement and technology have brought significant benefits to our society. Modern medicine, transportation, communication, and countless other fields have undeniably transformed our lives.

However, in this pursuit of external technology, we have forgotten a profound truth: WE are the technology.

The innate wisdom of our bodies, minds, and spirits, our greatest natural tools, have been overshadowed by an ever-growing dependence on external inventions.

This dependency comes with a cost, often far greater than we realize. The "side effects" of external technology manifest as pollution, environmental degradation, and even the mental and emotional toll of an overstimulated society.

Yet the consequences go deeper.

The relentless drive for technological and scientific progress has been fueled by the suffering of countless living beings.

Take, for example, the dark reality of animal experimentation. Laboratories worldwide have become sites of immense cruelty. Sentient animal beings are subjected to unimaginable torment: burned, poisoned, mutilated, and killed in the name of scientific "progress".

Their lives are deemed expendable for the sake of minor conveniences or questionable results.

Yet this exploitation is not limited to animals alone.

Throughout history, some humans, in their willingness to sacrifice for the supposed greater good, have offered themselves as scapegoats for scientific experimentation.

While noble on the surface, their sacrifices often reveal the darker side of humanity's approach to progress. A willingness to inflict pain and suffering, whether on themselves or others, in the blind pursuit of discovery.

Consider the many historical accounts of prisoners, marginalized communities, or even volunteers who have subjected themselves to harmful experiments. While some did so willingly, others were coerced, deceived, or forced into these roles, treated as though their suffering was an acceptable price for knowledge.

This pattern demonstrates how the current scientific method prioritizes results over ethics, often disregarding the sanctity of life altogether.

These practices, whether inflicted upon animals or humans, reflect a fundamental flaw in our approach to science. By isolating progress from compassion, we have created a method that views life as expendable and suffering as collateral damage. This is not progress, it is a failure to see the interconnectedness of all life.

If we are to advance in a way that is truly meaningful, we must redefine the scientific method itself. It is time for a shift toward a science that honors life rather than exploits it, that seeks harmony with nature rather than domination, and that recognizes the immense wisdom already present within us and the world around us.

Progress does not have to come at the expense of others.

True advancement lies in finding solutions that uplift all beings, respecting the interconnected web of existence.

Only then can science fulfill its highest purpose, not as a tool of destruction, but as a force for universal growth, healing, and understanding

There's also another dark flaw in the current scientific scenario.

The scientific method, a system designed to uncover objective truths, has itself become vulnerable to corruption and manipulation. Far too often, scientific research is shaped not by the pursuit of truth, but by the influence of deep pockets and corporate interests.

Science, which should serve humanity, is increasingly being bought and sold. Corporations with vast resources can fund studies that align with their profit-driven agendas, selectively publishing results that support their products while suppressing inconvenient truths.

This phenomenon has played out repeatedly, from industries like pharmaceuticals and tobacco to fossil fuels and processed food. Bribery, lobbying, and financial incentives ensure that policies and practices favor profit over public health and ecological integrity.

Consider the pharmaceutical industry, where life-saving treatments often come with astronomical price tags, and research priorities are determined by marketability rather than human need.

In some cases, drugs are rushed to market despite insufficient testing, with adverse effects downplayed or hidden. The result? Countless lives impacted by products that were supposed to heal, not harm.

Or take the fossil fuel industry, which for decades funded studies to downplay the reality of climate change, delaying meaningful action while the planet suffers the consequences. These examples illustrate how science, when manipulated by wealth and power, becomes a tool for exploitation and suffering rather than enlightenment.

The issue extends beyond corporations. Governments and institutions, influenced by lobbyists and campaign contributions, can shape research agendas, fund projects with political motives, and suppress findings that challenge their narratives. In such a system, the scientific method no longer serves humanity's collective good, it serves those who can afford to control it.

This manipulation erodes public trust in science and creates a dangerous divide. When people see conflicting information or learn of scandals tied to research, they may become skeptical of all scientific findings, even those that are credible and necessary. This growing mistrust undermines the very foundation of knowledge and progress.

If science is to regain its integrity and fulfill its true purpose, it must be liberated from the influence of money and power. We need a new scientific method, one that prioritizes ethical responsibility, transparency, and the well-being of all life.

Research should be driven by curiosity and compassion, not by corporate agendas or political pressures. Funding mechanisms must be restructured to ensure that discoveries serve the greater good, rather than the narrow interests of a privileged few.

True progress cannot be bought; it must be earned through honesty, empathy, and respect for the interconnectedness of all things. Science, at its best, is a tool for

understanding and uplifting life. It is time we return to that ideal, rejecting manipulation and exploitation in favor of truth and harmony.

Science, by its nature, is a process of trial and error. Each discovery builds upon previous knowledge, but often, what we think we know is later proven to be incomplete or entirely incorrect. This inherent fallibility has led to both remarkable breakthroughs and significant setbacks.

For example, for centuries, Newtonian physics was considered the definitive explanation of the natural world. It wasn't until Einstein's theory of relativity that we realized Newton's laws, while accurate within certain limits, fail to explain phenomena at extreme scales. Similarly, in medicine, treatments once heralded as miracles have later been found to do more harm than good. Thalidomide, a drug prescribed for morning sickness, caused devastating birth defects before its dangers were understood.

This pattern of correction and refinement is not limited to isolated cases; it is the very fabric of scientific progress. Yet, the impact of these errors can be profound. Entire industries have risen and fallen on the basis of scientific misconceptions.

Environmental policies were once shaped by a belief in the infinite resilience of natural ecosystems, leading to unchecked industrialization and the catastrophic consequences of climate change.

Even the scientific consensus of today is not immune. Current understandings of nutrition, psychology, and even the universe itself are likely to be upended by future discoveries. This doesn't undermine science but instead highlights its nature as an evolving organ. However, it does mean that we must approach scientific conclusions with a measure of caution and humility.

The problem arises when these provisional conclusions are treated as ultimate truths. Societies, governments, and industries often base irreversible decisions on incomplete knowledge, only to realize the cost of their mistakes decades later. For instance, the widespread use of asbestos was once endorsed by science for its fire-resistant properties, only for its carcinogenic dangers to be discovered after countless lives were affected.

Science, despite its best efforts, cannot account for the full complexity of life. Variables are overlooked, long-term effects are underestimated, and unforeseen consequences often arise. While this process of revision is natural and necessary, the suffering caused by these errors, whether to people, animals, or the planet, is very real.

To address this, a new scientific paradigm is needed, one that prioritizes caution, ethics, and interconnectedness over blind ambition. It must acknowledge that science, while powerful, is not infallible and must be wielded responsibly. The pursuit of knowledge should be guided by compassion, ensuring that its application uplifts life rather than inadvertently causing harm

Last but not least, here are a few more flaws of our current scientific method and community:

1. Reductionism

The scientific method often breaks down complex phenomena into smaller, isolated components for study. While this can be useful, it sometimes fails to capture the holistic nature of systems, such as ecosystems, the human body, or consciousness. Interconnections and emergent properties are often overlooked.

2. Observation Bias

Researchers can unintentionally influence outcomes due to preconceived notions or biases. For example, choosing what to measure, how to interpret data, or what to exclude as "irrelevant" can skew findings.

3. Replication Crisis

Many scientific findings cannot be reliably replicated. In fields like psychology and medicine, this has raised serious concerns about the validity of research. Poor methodology, selective reporting, and pressure to publish novel findings often contribute to this issue.

4. Overemphasis on Quantifiable Data

Science tends to prioritize what can be measured and quantified, often ignoring qualitative or subjective experiences. For instance, phenomena like consciousness, intuition, or emotions are difficult to study with traditional scientific methods, leading to their dismissal or oversimplification.

5. Inability to Address Subjective Experiences

The scientific method struggles to study subjective phenomena, such as personal experiences, spirituality, or the concept of purpose. These aspects of human life are often dismissed as "unscientific," despite their profound importance.

6. Confirmation Bias

Scientists may unconsciously design experiments or interpret results in ways that confirm their existing beliefs. This can lead to skewed conclusions and a resistance to alternative explanations.

7. Short-Term Focus

The scientific method often focuses on immediate, measurable outcomes, neglecting long-term consequences. For example, chemical pesticides were once hailed as agricultural breakthroughs without considering their long-term ecological and health effects.

8. Difficulty in Studying Complex Systems

Dynamic systems like climate change, ecosystems, or the brain involve countless interacting variables. The scientific method struggles with this complexity, often isolating variables in ways that don't reflect real-world interdependencies.

9. Publication and Peer Review Issues

The pressure to publish new, groundbreaking findings can lead to rushed, poorly conducted studies. Additionally, the peer review process can be biased or flawed, with reviewers sometimes rejecting valid research due to personal or professional biases.

10. Neglect of Anomalies

When unexpected results occur, they are often dismissed as errors or anomalies rather than opportunities for new understanding. This can hinder progress and innovation.

11. Misuse by Society

Even when science produces valid findings, their application can be flawed or harmful. For example, eugenics was based on misinterpreted biological research and led to atrocities. Similarly, nuclear technology has been used for destructive purposes despite its potential for good.

12. Overconfidence in Current Knowledge

Scientific "truths" are often treated as definitive, leading to resistance against new paradigms. History shows this pattern repeatedly, as with the initial rejection of plate tectonics, quantum physics, or germ theory.

13. Cultural and Paradigmatic Bias

Science does not exist in a vacuum and is often influenced by the cultural and social paradigms of the time. These biases can limit the scope of research and exclude alternative ways of knowing, such as indigenous knowledge systems or holistic approaches.

14. Overspecialization

As knowledge expands, scientists become highly specialized in narrow fields. While this can lead to depth of understanding, it also creates silos where researchers may lack

A New Solution & Approach: Sat-Vicharaam

The scientific method has long been heralded as humanity's most reliable tool for understanding reality, yet it operates within the framework of an illusionary universe, or Māya. Vallalar, Saint Ramalinga Swamikal, proposed an alternative system of inquiry called Sat-Vicharaam, which translates to "the removal of ignorance or suffering."

This system is rooted in Arul—divine knowledge, perfect and free from error—and emphasizes introspection, compassion, and spiritual purification as the foundation for discovering truth.

The Flaws of Traditional Science

While modern science studies the external world, Vallalar emphasized the necessity of looking inward. The microcosm (Pindam) reflects the macrocosm (Andam), meaning that the answers to the universe's mysteries lie within ourselves. Yet, our current scientific endeavors are like studying shadows on a wall rather than the objects casting those shadows. Even groundbreaking fields like quantum physics reveal that our reality is not as solid as it seems; particles behave differently depending on observation, showing the limits of external inquiry.

In contrast, Sat-Vicharaam seeks to transcend the illusionary nature of reality. This system uses inquiry, intuition, and divine grace (Arul) to access a level of understanding far beyond what external observation can achieve.

The Missing Piece of Inquiry

Why, then, does not everyone achieve this higher knowledge? Vallalar taught that humanity is deliberately restricted from accessing divine wisdom due to karmic screens placed by the Creator. These screens serve as safeguards, ensuring that immature beings do not misuse higher knowledge for personal gain or destruction. For example,

Vallalar himself was known to have mastered Ema Siddhi, the alchemical ability to turn base metals into gold, or the legendary philosopher stone.

However, this knowledge was accessible to him only after he purified himself of *PonnAsai*—the desire and attachment for material wealth.

Without purification, the pursuit of knowledge leads to imbalance, as seen in modern times, where technological advancements often cause more harm than good. Vallalar's teachings remind us that true knowledge must be rooted in selflessness, compassion, and alignment with divine will.

How Sat-Vicharaam Works

The Sat-Vicharaam method is not limited to abstract spiritual inquiry but encompasses practical questions about life, morality, and the natural order. Vallalar demonstrated this with examples, such as questioning the practice of wearing earrings: If the Creator intended humans to wear earrings, would He not have provided natural holes in the earlobes? Such inquiries, though seemingly simplistic, embody the principle of seeking truth by observing what is natural and divinely ordained, rather than blindly following societal conventions.

However, the ultimate goal of Sat-Vicharaam is to remove ignorance and suffering at all levels—physical, mental, and spiritual. To achieve this, Vallalar outlined a process involving:

1. Compassionate Service (Jeeva Karunyam): Serving all living beings without discrimination, cultivating humility and empathy.
2. Devotion and Love for God (Bhakti): Establishing a personal connection with the divine, melting the ego and karmic layers that obscure true knowledge.
3. Spiritual Purification: Living a life of non-violence, vegetarianism, and ethical conduct to align with the Creator's will.

THE SYMBOLISM OF SATHYA GNANA SABAI



Figure 2 Photo of Sathya Gnana Sabai

Vallalar constructed the Sathya Gnana Sabhai (Temple of True Knowledge) as a representation of the journey from ignorance to enlightenment. It represents our human head. The temple features layers symbolizing the karmic screens that obscure our understanding. At its center behind the screens, is a lamp representing the Jothi (divine light), the ultimate source of truth. Each step toward the light involves removing attachments, desires, and ignorance through compassionate action and self-purification.

List of karmic screens

As per Ramalinga writings, there are 7 karmic screens that are blocking our Soul Knowledge.

Perhaps those veils really compose and represent our “ego” and ignorance of all that is.

Here's is the complete list of above-mentioned screens:

1) The Dark Black Screen.

This is the first and the most difficult screen to remove. Once removed, the other screens will be able to fall apart. This screen hides the Sovereignty of Arutperum Jyothi's Grace light with the power of the great 'maya' or the Illusionary nature of the world.

2) The Blue Screen

This is the second screen. While the black curtain is to veil or hide the Cosmic Soul, the blue curtain is to hide the Individual Soul.

It is composed of 2 parts, the Dark Green screen, related to the impure reality, and the Light Green screen, related to Pure Reality

3) The Green Screen

The third screen is the light green screen. This screen hides the Cosmic Space representing Divine Energy. Purification of the Mind's faculties and that of the Soul will tear down this curtain.

4) The Red Screen

The Fourth screen is the red screen. This screen is there to hide the space of mystic Powers and at the Appropriate time it is removed.

5) The Golden Screen

The Golden screen is the fifth screen. This one hides the real matters worthy of human pursuits. As a result, we tend to run after Illusionary ones and when this curtain is removed we will be able to perceive the Real.

6) The White Screen

This is the sixth screen. This curtain hides the space or abode of the Absolute Truth. This being the Original Energy.

7) The Screen of Several Colours.

The seventh screen is the screen of Mixed Colour. It veils all experiences of the Aspirant.

By the Grace of the Divine, all the above mentioned Screens or curtains can be removed one by one. The seven veils of ignorance are represented by their respective shaktis as follow:

- Black Screen - Maya Shakti
- Blue Screen - Kriya Shakti
- Green Screen - Para Shakti (i.e., as Tirodhana Para Shakti)
- Red Screen - Iccha Shakti
- Gold Screen - Jnana Shakti
- White Screen - Adi Shakti
- Multi Color Screen - Cit Shakti (i.e., Anma)

Vallalar insisted on generating a Pure Yogic Heat (suddha ushnam) by loving and praising the divine, compassion to all beings and scientific introspection.

This pure heat will navigate into our heads, melting those screens of ignorance and illusion.

From then, everything will be clear, as pure knowledge comes easily, and all our actions will not bring painful karma.

Therefore, to avoid all suffering and experience pure Bliss, we have to make a priority to remove all the illusion.

By merging the internal inquiry of Sat-Vicharaam with the external observations of traditional science, humanity can move toward a more holistic understanding of existence. The scientific method has its place, but it must be complemented by introspection and spiritual wisdom to avoid the pitfalls of materialism.

THE SUDDHA SANMARKKAM FLAG

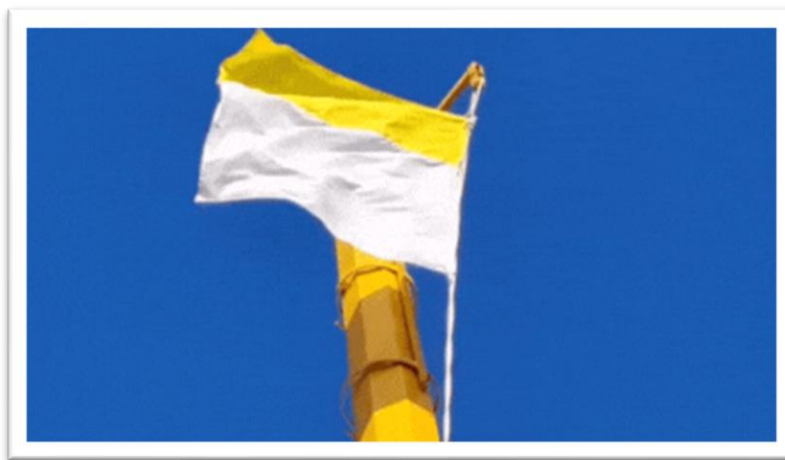


Figure 3 Picture of Sanmarkkam Flag

Before disappearing, Ramalinga unfurled this flag

The flag that Ramalinga has designed, has a symbolic meaning.

The meaning of the flag is that there is a system of plexus, starting from the navel (umbilicus) and terminating at the eye-brow centre. (ajna)

At the fore end of the forehead, there is a membrane hanging within.

The base of that membrane is of white colour, whereas the upper part of it is yellow colour

Supposedly, yellow represents immortality and white represents compassion.

Below this membrane, there is a nerve, moving up and down in simple Harmonic Motion.

This type of flag can be realized in our Soul/inner experience .

The flag has no hidden or occult symbols, contrary to many religions and cults.

We suspect one day the world will be united in one single flag, the flag of suddha sanmarkkam.

LAST SERMON OF VALLALAR (PERUPADESAM)

NOTE: The great sermon by Vallalar was noted down by two disciples. Their notes are subject to transmission error from the original talk. Also it may not carry the same beauty and meaning of his other original prose work. Therefore, it is recommended to compare it with the spirit of the other original poems of Vallalar and take only those in line with the spirit of other original works.

This is the last, most important and valuable speech that Ramalinga delivered before his disappearance.

It's a general recap of Vallalar core ideology and practice, he also stressed on the important things we should focus on, rather than the distractions.

Many experienced followers agree it is worth of attention despite not being written by vallalar

This was delivered on 22nd October, 1873.

At 8a.m. at Mettukuppam, Siddhivalaaham Thirumaligai, Cuddalore District.

Mettukuppam is the place where Vallalar attained the Immortal body and made his body invisible and mingled with Arutperunjothi Almighty.

After unfurling the Suddha Sanmarkam Flag, (one fourth yellow colour at the top, and three fourth white colour at the bottom). This Maha Upadesa or Perupadeasam was given to be noted down by the disciples.

All of you living here should not waste time in vain, as you have been doing now.

Until some time, when it's expected for the outward manifestation of the "Almighty" Arutperunjothi at the Dharma Salai at Vadalur, you must continuously be involved in good enquiry and inquiry of the Soul and God.

To know how to do the "Vicharaam" self inquiry, is like this: What is the nature and conditioned state of our-selves and our soul? What is the nature of the self-existing Almighty God who is mastering and ruling us being seated above all of us?

All of you should do "Vicharaam", either by yourself, or collectively, along with amicable friends who are harmonious with or fit to your intelligence or knowledge and disciple, or otherwise, you can have inquiry with VELAYUTHA MUDALIAR, (Vallalar main disciple), he will answer your queries up to the maximum of his own understanding.

If we can do this kind of 'Vicharaam', the first veil of dark green, which strongly obstructs our soul-knowledge without enlightenment, will be removed. If that first veil vanishes, all other veils will vanish quickly and automatically. That Green colour is the fundamental colour of black (dark green).

We should ask the "Almighty" ARUTPERUNJOTHI", with constant thinking and singing with prayers, for the removal of the Thick veil and also realizing our shortcomings and faults, combined with our needs, even when we are sitting and relaxing by lying down on bed; and also we should make efforts with Devotion, and Divine love so that the real truth will be revealed to us. This "VICHARAM", is of two types:

1. **Param**, the Supremely higher one which is about "ARUTPERUNJOTHI"

2. **Aparam**, the lower which is related to The World of the Divine, or Param; whereas aparam is related to This World, Aparam.

Between these two, the ‘VICHARAM’, which is related to this world “IHA – LOHAM”: is not a real inquiry (VICHAARAM). Because, if anyone is involved in VICHAARAM, it should not be considered as standard.

“VICHAARAM” is VI + CHAARAM, Here this “VI” is prefixed to distinguish and deny the ordinary worldly “VICHAARAM”. CHAARAM means misery/sorrow. So “VI + CHAARAM” means to remove and renounce the misery and sorrow. Moreover, “VICHAARAM” is revealed only to refer to “para-loka-VICHAARAM” , the inquiry about the divine world and divine life.

Just like removing the fungus from the stagnant water of the pond, it is not easy to remove the thick dark green veil of “RAAGA DHUVESA” (likes and dislikes of mind) which obstructs the vision of our soul knowledge, without the transcendental heat of ‘VICHAARA ATHI-USHNAM”. This type of divine heat can be realized by the spiritual experience of an adept yogi.

This Divine heat is not known to be generated by any other human efforts. Other than “VICHAARAM”, ATHI – USHNAM can be created by doing melting prayer, praying with devotional songs, and meditating and thinking about the Divine nature, Divine truth and glory. Only for creating this ATHI – USHNAM in their body, the Yogis go and live in forests, mountains and caves, for hundreds and thousands of years and kindle the heat with severe tapas, penance and strict observances and self-control.

Besides doing this kind of TAPAS (penance) and creating “ATHI – USHNAM” or heat, by singing the Divine glory and greatness with prayerful songs and meditating the Almighty God Arutperunjothi, it is possible to create crores and ten crores (millions and billions) times of “ATHI – USHNAM”.

How to produce the VICHAARA – ATHI – USHNAM ?. By this procedure: If we can try for one JAAMA or YAAMAM, (three or four hours of duration continuously) involved in Para VICHAARAM (i.e.) Divine inquiry, without (IHA-VICHAARAM) this worldly enquiry, and also meditating or singing the glory, along with prayer of Devotional songs with melting of the soul and mind, we can attain and achieve whatever we are meant to achieve.

In this world, the worldly people would refer to the VICHAARAM as misery and sorrow, without knowing or understanding the real truth and meaning of VICHAARAM.

But we should not consider that kind of meaning. What they mean is that VICHAAARAM itself is misery or sorrow, which is wrong, and also it is not the right meaning, 'CHAAARAM' means misery and sorrow (dhukkam). But "VICHAAARAM" means the removal or destruction of sorrow and misery.

And hence VI + CHAARAM = removing or driving away the misery and sorrow. The prefix, "VI", which had removed the misery and sorrow, (i.e.) CHAARAM so VICHAAARAM refers only to PARA – LOKA – VICHAAARAM, inquiry of the Divine World.

And so we have to be continuously involved in VICHAAARAM. Also VI + CHAARAM means "VI" danger or accident and mishappening, CHAARAM means removal or driving away danger and accident. In conclusion, we should always focus on being in SATH – VICHAAARAM.

In addition, somebody may ask: *"Oh! This is the imminent time for the advent of Almighty "ARUTPERUNJOTHI". Why do we need to put so much effort at the imminent arrival of God ? When God comes we will get all benefits anyways, correct?"*

It's great that you asked this question! It's very true that the Almighty Creator will manifest. Also it's true that the Dark Green Screen is going to be removed by Him. It's also true that you'll obtain whatever you have to obtain.

But...

The previously discussed green veil or screen which is connected with RAGA DHUVESA, the likes and dislikes of mind, is existing in two parts.

That is as follows:

1 - **Asuddha Maya Veil**, which is related to impure Maya. (maya is how God fashioned our illusionary world/reality)

2- **Suddha maya Veil**, which is related to a pure kind of maya or illusion. Among these two, one part is at the base on the lower portion; another at the top portion. That which is at the lower is the veil of Asuddha Maya. That which is at the top is the veil of Suddha Maya.

Among these two, Asuddha Maya veil gives us the tendency of enjoying this worldly enjoyment "IHA LOKA PHOGA". But the suddha Maya veil is related to the achievement and perfect realization of paraloka, the Divine world and life.

When the Almighty ARUTPERUNJOTHI manifests, and grants favour by His Omni Grace, he will remove only the Asuddha Maya Veil at the lower part of the regular human beings, who have done little to none SATH-VICHAARAM.

Therefore, it is possible that when the lower veil gets removed, you'll be blessed with to become purified persons, but you won't achieve whatever goal of perfection.

Moreover, we cannot obtain the Divine favours of performing the penta-divine functions (of creation, preservation, destruction, unveiling and veiling by grace-blessing), along with other siddhis or (supernatural powers of perfection) and also to practice and gain the spiritual experience, ANMA – ANUPAVA. Therefore, we will have to put good efforts and get spiritual upliftment.

PRACTICE AND PRINCIPLES FOR THE FOLLOWERS/DEVOTEES

Here's a collection of body/mind/spiritual practices and principles that Ramalinga recommended from his poems.

- God is only One – the Divine is One; the One Divine is in the form Supreme-Grace-Light and He is called the Arutperunjyothi Almighty (Arut-perun-jyothi means the Supreme-Grace-Light) – the Supreme Being.
- Arut Perum Jothi is all knowing (omniscience) and can grant knowledge of the whole creation to any sincere devotee.
- Arut Perum Jothi is All present (omnipresence), meaning it's within everything. From living beings to inanimate objects. After the smallest particle or quantum that our scientists can't even see with their modern tools, it's just JOTHI or light, so he's the one responsible of everything
- Arut Perum Jothi is pure infinite compassion, the universe itself is held by compassion
- Adore truly the Arutperunjyothi Almighty and realise the Self-Light within you and the Supreme-Grace-Light in the transcendental plane and everywhere – the Divine Reality.
- The contemplation and the glorification of God would help you get the receivables from the Divine – the gifts of Grace. (It helps to cast off the veils of ignorance and illusion in our head– the impurities that hide the radiance of the Soul-Light).

- The supreme aim of Suddha Sanmargam: realisation, transformation, manifestation (Realisation of the Divine – the self-realisation and the Supreme Divine realisation, transformation into the Divine Nature – the Supernal Life – the immortal life in a deathless body and manifestation of the Divine).
- Do not worship demigods (lesser gods) and do not perform any sacrifice of animals or living beings. All the lesser gods (shiva, vishnu, lakshmi, krishna etc) are nothing but the shadow of Arut Perum Jothi, so don't go after these deities that themselves are appointed by gods by Arut Perum Jothi according to their merits and past lives. So worship the Source always, not the byproduct.
- Surrender to the Supreme Divine, offering yourself to the Arutperunjyothi. Everything that happens sees it as divine happening. Do not get angry, fearful or negatively reacting.
- Become aware that all living beings are our soul brothers/sisters
- As God is within everything, see everything has God, even inanimate objects.
- Manifest Ānmanēya Orumaippādu, the Soul-brotherhood and Oneness. Regard every being as your own self.
- Reject the religious, cult, sect, caste, clan, ethnic, racial, colour, gender, language, national, regional, social, and have and have-nots differences. Free yourself from divisiveness and seeing all in a greater divine equality.
- Do not eat non-vegetarian food. Taking non-vegetarian food is against the Divine Wish. Do not take any soul, from animal to plant as food. Follow non-killing and non violence (ahimsa)
- Do not intoxicate yourself ; don't smoke, don't drink alcohol, don't take drugs or anything harmful to body and mind
- Do not cremate the dead – cremating the dead is an act equivalent to killing. bury the dead. Avoid the final obsequies, ceremony performed in memory of a deceased person on his/her death anniversary and other rites. Do not celebrate death
- Regard all living beings as the sanctuary in which God dwells and offer service to them.
- Following the Jeevakaarunya compassionate discipline – a discipline of divine Compassion (a true compassionate service – kind and care for all living beings especially those who suffer – offer free food to the needy) is the key to open the house of Bliss – the House of the Divine. The main aim of Jeevakaaruniam is to purge the distress of starvation and killing.
- Become conscious and always think of the Divine and do everything with the spiritual consciousness and manifest the soul-compassion in every act of yours.
- Vallalar says: the pathway that annihilates death is my path Sanmargam – the Suddha Sanmargam. The one who avoids Death is a true Sanmarghi

- Suddha Sanmargam is the true spiritual path above all religion and stands for the Supreme Truth – there is only one Truth and the Truth is same for all. Realise the Supreme Truth and shun the illusions be it in the scriptures, philosophies, legends, tales of epics, etc. – these could not explicitly reveal the ultimate Truth, at best it is mentioned symbolically and/or in a limited way.
- Pray for all. It is not proper that one prays just for himself and his needs/wants. That's a selfish prayer. One should pray for the total welfare of the world and in that prayer all needs of one is also taken into account.
- Do not do idol worship, do not even worship vallalar. Worship only almighty arut perum jothi
- Pray God to take care of all Souls, in this world and in the other worlds, ask God to manifest Abundance, health, harmonious Relationships, Compassion, Love and Suddha Sanmargha everywhere in the world

Purusartham (The four objectives worthy of human pursuit)

- To do Yéma Siddhi (alchemic transformation of Matter, turning base metals into Gold. Also turning our physical body into a Golden Body)
- To get educated on the art of Deathlessness (sahakalpi) and become immortal by physical transformation – blissful living of a deathless Supernal Life)
- To subdue the tattvas (transformation of constitutions) – the human body constitute 96 tattvas (36 tattvas + 60 tattvigams)
- To seek the Supreme Divine and become Divine (and manifest the Divine)

To achieve the above (purusartham), four disciplines are required:

- The vital (senses and also physical) discipline (Indhiriya Ozhukkam)
- The mental discipline (Karana Ozhukkam)
- The life discipline (Jiva Ozhukkam)
- The psychic (soul) discipline (Ānma Ozhukkam)

The Vital Discipline (Indhiriya Ozhukkam)

Do not hear bad and unpleasant words; hear Náthàm divine chanting and mantra chanting.

- Do not touch with impurity; touch compassionately.
- Do not look cruelly and frighteningly.
- Do not have an attachment for tasty and pleasant food. Eat for health and nutrition only and when necessary
- Do not have likings and attachments for perfumes. Be disciplined with the sense of smell

- Only speak when necessary and converse in a useful and helpful way
 - Do not tell lies or exaggerations. Be ready to defend truth with your life
 - When a being is in (life) trouble, by any means remove the trouble.
 - Pay a visit to the places of saints and sages
 - Go around and live in the place of saints and holy places in order to help the being.
 - Give and take with good intention for the good activities.
 - Take food when necessary and only by true hunger or need.
 - Have sensual enjoyment moderately.
- Maintain regularity in expelling urine and defecation (attend to the natural calls immediately); maintain normal condition – without less or excessive expelling.
- If affected by the climate change and heat, remove the trouble by medicine, material means, Sarapètham (changing the nostril breathing – solar and lunar), - asthaparisa means (pressing the vital-physical points in the body) and mulanga pranava dhyana (concentrate on the base with 'ah' sound breathing in and out in order to make more oxygen go into the system (and clear the bowel).
- Seminal fluid (Sukkilam in men and Shronitham in women) should not be spent indulging excessively and improperly – that is a moderate method of discipline and not spending it at all in any way is higher discipline
- Always cover the body and also cover the head and chest too, and do not wear dirty clothes.
- When you are walking you should wear footwear as the ground sucks heat and energy from you. Also to protect feet.

The Mind Discipline (Karana Ozhukkam)

- Concentrate and fix the mind in the Cirsabhai; focus on the space between the eyebrows. (initially, you can scratch gently to recall sensory feeling) After 6 months, try to focus on the inner region of the head. If you visualize that you are inhaling and exhaling through the Ajna centre, it will be activated
- Do not follow bad things.(movies, games, people, substances, foods etc)
- Do not find fault with others (do not gossip).
- Avoid anger
- Have no self-importance put into practice self-denial (i.e. do not be self-centered and ego-centric).

- Remove the unconscious state and become the reality of the Truth (remove all the bad effects of the lower nature – the bad habits and wrong characters, and become the nature of Truth).
- Have perfect control over yourself – over the tattvas in order that your energies are not spent wrongly.

Life discipline (Jeeva Ozhukkam)

See equally all men and women without any differentiation of personal and family background – of family, lineage, clan, ethnic, race, caste, cult, sect, religion, custom, ashram – religious faith and spiritual ideal (the school of philosophy), ritualistic practice, national and regional identity, social status – low and high class, rich and poor, etc., and regarding everyone as your own people is the life discipline.

The Psychic (Soul) Discipline (Ānma Ozhukkam)

The souls that have taken the physical form – from elephant to ant, is called the Thirusabhai (the Sanctuary in the living beings) and the Light within the Soul is the Lord; and in Oneness see all beings and all things and everywhere your own Self without any differentiation – this Oneness is the psychic (soul) discipline.

The souls that have taken the physical form – from elephant to ant, is called the Thirusabhai (the Sanctuary in the living beings) and the Light within the Soul is the Lord; and in Oneness see all beings and all things and everywhere your own Self without any differentiation – this Oneness is the psychic (soul) discipline.

The Jeevakaarunya Discipline (jeevakarunya ozhukkam)

1. Manifesting psychic compassion towards all living beings and everything
2. Non-killing and non-violence
3. Not taking non lacto-vegetarian food
4. Feeding the needy/benevolence to those in need
5. No violence of any kind in thought, will, feeling, look, speech and action

Jeevakaarunya in its purest form is a divine compassion. Jeevakaarunya service is done as a worship of the Divine. Those who are sincerely open to the Arutperunjyothi Almighty and have no self-conceit and capable of manifesting the divine or psychic compassion become the instruments of the Divine. Jeevakaarunyam is the key to open the house of the Supernal Bliss – the House of the Divine.

Reference: Vallalar's Thiruarutpa Urainadaipaguthi, Published by Thiru Arutprakasa Vallalar Dheiva Nilayam, Vadalur, Tamil Nadu, India (The Official Publication).

The Triple Undesirable Desires

Those who aspire to experience the Suddha Sanmarga state, they should not have attachments and lust for land and fame, during the waking and sleeping state (Mannasai).

They should not have attachments and lust towards the opposite sex (Pennasai/Onnasai), qualified as desire for companionship and sexual desire, both in the waking and sleeping state.

They should not have attachments and lust towards wealth and valuables (Ponnasai),, both in the waking and sleeping state.

Of course, with such attachments and impurities it's impossible to reach God. How does one reach God if he desires fame and land, always thinks about that and not God and compassion?

How can one reach God by always thinking and lusting over a woman or men, or wasting the seminal fluid? Not possible at all.

How can one reach God if he has such material attachments, perhaps resorting in lying, cheating, stealing for accumulating Gold?

Thiruvalluvar in Thirukkural has clearly stated hoarding wealth and not sharing is a mistake that keeps us away from God.

Ponnasai is perhaps the hardest to get rid of, as wealth is linked to our survival instinct that we have accumulated from previous births.

The desire to accumulate wealth is responsible for horrible sufferings in the world. This is what Jesus meant that it's very difficult for a rich man to enter the kingdom of God.

Wealth can also act in destructive ways as we get access to material pleasures that ruin our mind. In fact, it enables the other 2 undesirables

So among all, Ponnasai is the one most difficult to control.

However, it is not wrong to have a companion, or land or wealth, as long as they are used wisely and in accordance.

The Maha-Mantra (Greatest of all mantras)

Mantras have been used for a very long time.

Ramalinga left us with a mantra that accelerates our evolution. This is referred to as the **Mahamantra**.

This mantra is above all the other mantras in dealing with our karmas and mind.

It accelerates our transformation from the impure body to the pure body. It heals all deep rooted mental and physical traumas.

The mantra states as follows: *Arut Perum Jothi, Arut Perum Jothi, Tanni Perum Karunai, Arut Perum Jothi*.

Translated into English means. *Vast Grace Light, Vast Grace Light, Infinite Immense Compassion, Vast Grace Light*.

Repeating this mantra is an invocation for the Supreme God of Light to descend in your body. It's as if you are asking to become like Him.

It is the food for our Soul (atman) so that we can progressively realize the JOTHI within.

Please, avoid repeating this mantra in the English language, it will not be effective. Instead, repeat it initially aloud, then after a few months just repeat it mentally, perhaps attach it to a calm melody that you like and constantly repeat on loop this mantra in your mind.

If you are successful in becoming the mantra, and constantly having it in your mind, you'll see a true change in yourSelf.

The destroyers of Health and Life

There are four factors— food, sex, sleep and fear that spoil our body. Food leads to around 9/10 of our body spoilage , and should be progressively reduced. Sex is a minor factor as 1/10. All of those lead to sleep (death)

Other minor factors that lead to our downfall are the breath, karma, ignorance, selfish desires which we will cover.

Food, sex, sleep are fire (agni) based. If you can master the element of fire you can conquer death.

At one point, it is required to completely stop depending on Nature for achieving physical immortality.

On Food (science of nutrition of Suddha Sanmarkkam)

Who takes 3 meals a day is a rogi (degenerated person)

Who takes a 2 meals a day is a bogi (vicious person)

Who takes 1 meal a day is a yogi (virtuos person)

Who takes no food or drink at all is a suddha sanmarghi

The science of nutrition that Vallalar has outlined, shared, and followed, is still unbeaten as of today.

Scientists and nutritionists are still confused on what are the best nutritional guidelines for human beings.

Is it true that we are meant to be omnivores and have a mix of meat as well as vegetables and fruits in our diet? As a matter of fact, we have teeth meant for all types of food...

Or perhaps just following a full lacto-ovo vegetarian diet, or either lacto or ovo? (ovo stands for egg, lacto for dairy)

In recent years, people have been preaching about a vegan diet as well, and very recently, people have been praising a carnivore- animal based diet.

The truth is, as Ramalinga outlined, the nutritional guidelines that are meant for humans today, are far more complicated than they seem.

Too many variables are missing from the big picture. One may say that we should consume meat and eggs because our ancestors did so for centuries. Yet it doesn't address many variables such as who we are actually becoming, and what evolution actually entails.

Just because something has been done for centuries, doesn't mean now it's still the right time to keep on doing it.

If we look back at human history, we define advancement or evolution from our moral progress. We definitely don't want to go back in time where women were treated like garbage and black people were treated as slaves, isn't it?

Nowadays, more people can enjoy a great lifestyle also thanks to our moral advancement.

So, our moral advancement towards all living beings is the pillar of our true evolution.

The simple reason why Homo Sapiens Sapiens has both canines for meat eating and molars and incisors for plant-based foods is because God has given free will.

Do you wish to be fully merciless towards living beings? Then go for a meat-based diet and kill animals for food. Do you want a middle way? Consuming some meat as well as plant food? Then choose an omnivore diet.

Do you instead wish to take a virtuous path, and actually evolving instead of degenerating? Then choose a vegetarian diet.

From there, there are extremes, as for the vicious people even going for accounts of cannibalism, and for the virtuous ones abstaining even from egg, dairy, and even any food that kills the plant.

Ramalinga, according to records and witnesses, at one point was seen neither eating nor drinking. His compassion reached such a great height that he was seen shedding tears over a withered plant. In later life, he may have been able to connect even with seeds, leaves and elements such as water.

Modern scientists are sadly unaware of what we previously discussed, which is the next step in human evolution, after Sapiens Sapiens.

Without knowing the destination, we cannot know a proper vehicle. And definitely, a non-compassionate and cruelty free diet is not a proper vehicle for our moral evolution.

Ramalinga has undergone several evolutions of his being as reported by many witnesses, accounts and his poems, and one of the vehicles was his pure diet.

The evidence is right in front of us, look at the damage that animal agriculture brings to our planet. This is widely accepted now.

How can meat consumption be that good for us if the planet suffers so much from it? Aren't we the planet?

More and more studies are also finding the damage that meat brings through various diseases. Red meat is now officially recognized as a carcinogen.

Meat is considered a *tamasic* (poisonous) food, which alters the mind of an individual negatively, causing several problems, such as increased anger, heaviness, lethargy, brain fog, disease and illness & more negative results.

The same applies to eggs, but in minor.

This is truly the problem of modern science, it lacks *compassionate intelligence*, and without it, we cannot draw complete conclusions even on a broad and complex topic like nutrition.

Luckily, Vallalar, in his poems, has left us a treasure trove of knowledge concerning proper nutrition for human beings.

Disclaimer: *this is not to be considered nutritional or health advice. Always be in supervision of a qualified nutritionist if you want to undertake what is described below.*

You will soon learn:

- 1) WHAT foods and varieties are best to be consumed
- 2) WHEN to consume the foods
- 3) HOW to consume the foods
- 4) WHY such foods are preferable to others
- 5) QUANTITY of food to be consumed
- 6) And much more.

The following has been extrapolated and elaborated from *Urainadai* and *Nithya Karma vidhi* and other poem lines. For the full content we suggest referring to the original Tamil works of thiru arutpa.

Vallalar has left us with a practical checklist regarding nutrition.

All food items should be:

- 1) **Lacto-vegetarian.** The starter Level 1 diet. No killing or harm of sentient life is allowed. No rooted vegetables are also allowed, such as carrots, onions etc. With the exception of *Karunai Kizhanghu* (a typical south indian edible tuber, also called Elephant yam, if not available, a good replacement is any potato, particularly any sweet potato variety). Sprouts and germinated plants are also to be avoided as they contain Soul (anma)

- 2) **Organic only:** This is a contemporary update, as now in modern times our food is polluted with all sorts of pesticides and herbicides. Those harmful chemicals can bring karmic repercussions from destroying the ecosystem and the micro-life such as insects, small animals etc. People are waking up on the fact that those polluted foods bring terrible diseases such as cancer, thus increasing demand for traditionally organically grown food.
- 3) **Easy to digest:** Requiring the minimum number of gastric juices and energy for the digestive system. Our gastric juices are limited and are determined by our genetics. Eventually, the liver after producing so much insulin over the years, it becomes depleted, then diabetes comes. It's good to consume foods that consume the least number of gastric juices. An example of unfit foods are Corn—due to high content of cellulose, nuts, industrial dairy etc. Constipation is the mother of all diseases
- 4) **They must not contribute to constipation:** Any food that is known to create constipation with bowel movements should be avoided. To name a few, any meat, especially red meat, fried foods, pizza, etc.
- 5) **It should preserve body heat:** Our body is constantly losing energy due to thermodynamic law. We know a hot body is alive, whereas a dead body is cold. Therefore, heat prolongs our life and cold decreases it. Cold foods and drinks take away the heat (ushnam) in our body. Our system then has to expend prana or energy to recover the energetic loss. This leads to the maintenance state of sleep. Other than food we have to avoid anything cold, such as cold showers, cold environments. We must also cover all body parts such as feet to prevent loss of heat. It is also suggested to move away from cold countries and switch to tropical ones.
- 6) **It should produce the least amount of phlegm (kapham):** Kapha is one of the three primary doshas, it is represented as the element of water and earth. While necessary for lubrication and other functions, an imbalance creates a deadly mucus that leads to deadly diseases such as respiratory disease, weakened digestion, infection and even cancer. All foods more or less create this mucus, we should choose the ones that produce the least. If you have lots of phlegm, it's not possible to do the practice.
- 7) **They should give you the highest amount of calories/energy and nutrition with the least amount of food:** It's important to get a lot with very little. Take for example moringa, it's very rich in many nutrients and even a few spoons of powder or leaves can help meet a great part of the required nutritional intake
- 8) **Foods should have the highest amount of nutrients and lowest amount of anti-nutrients:** All foods have a degree of nectar or amudham (nutrient) and toxins or antinutrients (tamas). We should choose the foods that are highest in the first and scarce in the latter

Nutrition DOs and DONTs

- Have food only when feeling real hunger and in need of energy. Avoid eating only for taste (impure desire) and never ever cook or eat for primarily taste but do it for health & nutrition.
- Eat the least amount of food, only what is necessary. During a meal, consume up to half the stomach to avoid over- satiety. Try to progressively reduce the amount of food needed to increase lifespan.
- The purpose of cooking is to increase the nutrients, make it more digestible and remove the anti-nutrients. As methods of cooking prioritize boiling and steaming, avoid frying
- Try to cook the food yourself, avoid restaurants and eateries.
- Buy organic food from local farmers not supermarkets
- If you can, grow the food yourself
- After having food, to make blood circulate properly, go for a walk and take at least 100 steps
- Take some rest after food but avoid sleep
- Before consuming the food, ask God to turn it into energy and bless it. This will increase the nutrient absorption rate and increase energy
- Chew properly your food: at least 108 chews for every morsel to improve digestion and increase energy intake
- Don't take food that has been cooked long ago. Consume the food within a few hours of cooking.
- Vallalar has said for those starting out, 2 meals per day is ok

Food and energy

- We take a lot of food, yet we absorb 1/millionth
- There's a tremendous amount of energy in 1 atom. Think about a food mass.
- Our digestive system is weak and lazy due to the wrong foods and substantial amounts we feed it every day
- Ramalinga could absorb much more and needing little food
- In his last days, Ramalinga was taking a spoon of sugar, and it would last 6 months
- Eventually he stopped relying on food and nature

What and Why

Dairy is included, as long as the milk from the cow is taken after the calf is fed and without abusing the cow.

Same goes for honey, it's fine to take, as long as the bees are treated fairly

This diet excludes any type of meat, including fish, and also eggs of any type.

One may wonder: *Why not eggs? As No sentient being is being killed?*

First of all, you never know if the egg has been fertilized and a soul has tried to get into the egg.

"But what if the egg has not been inseminated then? I won't be getting any karmic repercussions?"

Most chickens are abused and disrespected in the Egg industry, so you are absorbing part of the suffering from the chicken and you are responsible for it.

"And if the chicken lays the egg, and she's treated properly by the farmers and the egg is not fertilized by the male, then what's the problem?"

Taking an egg from a chicken is violation of motherhood, in fact, it's seen that whenever a chicken is caring for the egg, and a farmer will try to steal the egg, the chicken will react by becking the hand of the farmer.

The chicken also works very hard to produce the eggs, and yet we go there and steal it.

Karmic repercussions from taking eggs include an uncontrolled mind, cardiovascular problems, risk of heart disease due to cholesterol & more.

Here's a list of foods taken from Vallalar poems, some foods may not be available outside India, so we included some potential alternatives as well.

Seeraga Samba Rice (cumin rice): This is one of the best, if not the best rice variety that is suited for the human body. It is very light and very nutritious. It costs more than the other rice varieties, but you will save on medical expenses and it prolongs life. If you are outside India, a good alternative could be **Black or Red or Whole Basmati Rice**.

Yellow Split Pigeon Peas (Toor Daal)

A great source of nutrients and proteins, toor daal is one of the best legumes available in nature.

Pigeon peas are a good source of protein, dietary fiber, and essential nutrients such as vitamins and minerals. They contribute to a well-balanced and nutritious diet.

A good alternative is any lentil such as yellow or red lentil.

Fruit: Vallalar mentioned Rashtali and Peyyan banana as the only fruit to be taken. Some other popular varieties are the cavendish bananas, but be warned of the questionable cultures, even the so-called "organic" ones. Potential substitutes are dates, mangoes, papaya, avocado, apples.

Moringa sticks and leaves (moringakai): Moringa can be used for daily cooking. It's one of the most nutritious-dense foods in nature. You can cook moringa sticks and leaves. Leaves are particularly nutritious. You can also add Moringa Leaf Powder to your dishes.

Spinach (pasalai)

Can be taken as a vegetable. Better to cook it separately and remove cooking water due to high amount of oxalates

Cluster Beans (kothavaranga)

You can cook cluster beans along with other ingredients for a complete meal.

Flat Beans (Avaraikai)

This is a great and nutritious vegetable.

A good alternative is "broad beans" or "fava beans."

Eggplant (brinjal)

Eggplant can be used as a vegetable along with other ingredients.

Plantain Banana

Those bananas can be taken while being cooked with other ingredients.

Ghee

You can take limited quantity of Ghee daily

As an alternative to ghee, olive oil or gingelly oil can be used.

Fried Yellow Salt (Kallu Upu)

Vallalar has warned to take as little salt as possible to preserve health.

Most foods are already rich in sodium, so there is no reason for adding lots of salt.

He instructed us to take the salt in raw form and fry it until it reaches yellow colour.

Black Pepper (Milagu)

Black pepper should be used in your dishes instead of chili.

Fenugreek (Vendhayam)

Fenugreek can be added to your dishes in powdered form.

Palm Sugar Jaggery (Naatu Sakkarai)

Jaggery is a non-decaying food usually taken with Mookotu Chooranam herbal medicine.

Sometimes, for hunger emergencies, it is taken along with some bananas.

Alternatives: coconut sugar, cane sugar, maple syrup

Bee Honey

Honey can be taken as a sweetener for daily drinkables.

Make sure the honey comes from conscious farmers and is not abused or poorly sourced.

Ash Gourd/Pumpkin (Ven Poosani)

Ash gourd is another powerhouse of nutritional benefits.

Many health enthusiasts also reap the benefits of ash gourd juice.

- **Nutrient-Rich:** Low-calorie with vitamins (A, C), minerals, and fiber.
- **Hydration:** 96% water content promotes hydration and skin health.
- **Weight Management:** Low-calorie, high fiber aids in weight management.
- **Digestive Health:** Fiber supports digestion and prevents constipation.

Hemp Seeds

Some people have been concerned that the dietary guidelines of vallalar don't contain foods rich in Omega 3-6. If one feels concerned, he can take hemp seeds, flaxseeds, chia or ask any qualified nutritionist for advice.

Pure Desi Cow Milk

Milk should be taken in limited quantities, sourced from a desi cow, and only after the calf has been fed.

This applies to a Level 1 lacto-vegetarian diet.

250 ml of milk is typically used in the Mookootu Chooranam herbal compound beverage.

Cumin (Seeraga)

This spice can be added to foods

Oxalis Corniculata a.k.a. Creeping Wood Sorrel (*Puliyarila* in Tamil)

Use it in your dishes instead of tamarind.

If outside India, a good replacement may be lemon juice.

Benefits

Diverse Medicinal Properties

- Anti-inflammatory, anxiolytic, anticonvulsant
- Antifungal, antiulcer, antinociceptive
- Anticancer, antidiabetic, hepatoprotective
- Hypolipidemic, antimicrobial, wound healing

Applications in Traditional Medicine

- Treats influenza and fever
- Addresses urinary tract infections
- Manages enteritis and diarrhea
- Supports recovery from injuries and sprains
- Used for poisonous snake bites

Additional Benefits

- Immune system support
- Cardiovascular health maintenance
- Remedy for respiratory conditions
- Maintains fluid balance
- Potential support for weight management

-

Centella Asiatica (vallarai)

Benefits:

Cognitive Enhancer

- Memory Aid (treats Alzheimer's)
- Improves Focus
- Eases Anxiety, Stress, Depression, Insomnia

Skin Miralce

- Reduces Stretch Marks
- Boosts Collagen Production
- Aids Varicose Veins
- Enhances Wound Healing, Scarring
- Treats Leprosy, Psoriasis

More Benefits

- Eases Joint Pain
- Potential Anti-Cancer Effects
- Combats Bacteria, Fungi
- Supports Immune Function
- Regulates Blood Glucose
- Aids Liver, Digestive Function
- Maintains Cardiovascular Health
- Strengthens Hair Follicles
- Facilitates Detoxification
- Relieves Pain
- Manages Allergies
- Respiratory Aid
- Maintains Fluid Balance
- Supports Weight Loss
- & More

Dosage: Take 1-2 organic tablets per day

Mukkia Maderaspatana (musumusukkai)

Musumusukkai is a time tested, traditional remedy, considered very effective in treating several ailments.

Decoctions of leaves of this plant have been used by Siddha practitioners in Tamil Nadu.

Benefits: :

Used to treat ailments such as

- Toothache
- flatulence
- expectorant
- sudorific
- Anti-jaundice
- Fixes blood pressure and hypertension

Dosage: Take at least 1 teaspoon of the organic powder herb daily

Solanum Trilobatum (toothulavai)

It's miraculous for treating respiratory problems.

Benefits:

Tonic for Respiratory Problems

Used to treat respiratory issues such as:

- Chest congestion
- Phlegm destroyer
- Sinusitis
- Bronchial asthma
- Tuberculosis
- Powerful remedy for asthma

Focus, Strength, Endurance Booster

Regarded in Ayurveda as a natural steroid that can enhance physical prowess, mental sharpness, and stamina.

- Proven to enhance hearing and memory

Liver Tonic

Used in the Siddha method of medicine to treat illnesses of the liver.

- Thoothuvalai may have hepatoprotective properties

Blood Circulation Enhancer

Known for medicinal properties that improve blood production and circulation in the body.

Dosage: Take at least 1 teaspoon of the organic powder herb daily.

Eclipta Alba – (karisalankanni)

This is the most important herb in Suddha Sanmarkkam, offering tremendous positive benefits for body and mind.

It activates the liver, spleen, and bone marrow, boosting immunity against diseases.

There's a white and yellow flower variety, both can be used in combination for maximum health results.

Benefits:

Improved Hair Growth and Hair Health

- Take it internally and also apply externally as a hair mask.
- Bhringraj literally means "Queen of Hair" for a reason!

A Liver Tonic

- Known for anti-diabetic properties.

Improved Eye Health

Calms Mind

- Reduces anger and other negative emotions.

Prevents Kidney Stones

Lowers Blood Pressure

Lowers Cholesterol

Aids in the Management of Arthritis

Treats Various Skin Conditions

- Acne included.

Countless More Benefits

- Explore further to discover additional uses.

Dosage: Take at least 1 teaspoon of the powder herb daily. Progressively increase up to 4-8

Mukkoottu Chooranam Recipe and Ingredients

This is one of the most powerful herbal compounds found in nature.

Finally, you can make one of the most powerful kaya kalpa (rejuvenation medicine) straight from the comfort of your own home.

This medicine is proven to be a true balancer of the three doshas (vatha, pitha, kapham). It'll indeed bring a general benefit to the overall system

It combines the benefits of all the mentioned Sanjivi herbs and provides additional health advantages.

Patients taking this natural medicine have reported:

- Increased amount of energy.
- Several ailments disappearing out of nowhere
- Sleep decreased.
- Type 2 diabetes symptoms eased
- Improved cognitive function
- Reduced depression and anxiety
- Respiratory issues reduced

- Improved cognitive function
- And many more benefit

This medicine should replace breakfast and be taken daily, shortly after waking up.

Ingredients & Instructions:

1. **4 teaspoons of Eclipta Alba** (8 teaspoons for experienced Sanmarghis, mix both yellow and white flower variety)
2. **1 teaspoon of Solanum Trilobatum**
3. **1 teaspoon of Mukkia Maderaspatana**
4. **Half teaspoon of cumin**
5. **250 ml of purified water**
6. **250 ml of purified cruelty-free cow milk**
7. **1 teaspoon of jaggery/rock candy/honey** (jaggery preferred)

Instructions:

1. Mix the milk with the water.
2. Add the herbs in the recommended quantities.
3. Boil the mixture until the volume reduces from 500 ml to 250 ml.
4. Filter the liquid.
5. Add the sweetener of your choice as specified above.

Note:

If good quality cow milk is unavailable, substitute it with water or organic vegetable milk.

Water Guidelines

Our body is mainly composed of water, and most harmful chemicals/toxins come from it.

Nowadays, due to the disrespect that man has toward water, our tap water or any other sources of it, are stuffed with all sorts of pollutants, such as microplastics, heavy metals, residuals of pharmaceuticals, pesticides and herbicides, pathogens & many more.

It is important to know how to source the water and how to properly purify the water.

Sources of Water

- Rainwater: Nowadays you have to be careful as rainwater is prone to air pollutants. Purification of rainwater is still required as a safety measure.
- SpringWater: While spring water can be pure and free of harmful substances, it can also contain harmful pathogens and chemicals that can cause illness. It is still required to purify it.
- CoconutWater: Water and nutrients used to grow the coconuts may bring pollutants to the coconut water. If you are taking coconut water make sure the coconuts are organically grown

Methods of purification

There are several methods for purifying the water and also several tools.

Vallalar recommended distilling the water so that all the harmful substances and bacteria are fully removed.

Such water is said to be pure "amudham" or nectar.

You can then store the distilled water in airtight glass containers.

You can use distilled water for cooking and drinking

The only downside of distilling, is that the nutrients go away.

Frankly, that is not a big problem as most of your nutrients should come from food, not water.

To remineralize the water, you can use mineral drops or tablets, or add little Himalayan salt, then conserve the distilled water in glass bottles.

How to make ginger water (sukku)

Once the water has been purified, you can make Ginger Water and drink it shortly after a solid food meal to improve the digestion process.

- 1) Grate 1 inch of ginger root
- 2) Heat some purified water
- 3) Add the ginger and boil the water with it
- 4) Wait for the water to cool off a bit, then you can add some Turmeric and black pepper, as well as some sweetener like jaggery/honey/ coconut sugar

The heat of the beverage will help with digestion and the properties of ginger will also help.

A bonus is the turmeric and black pepper combination: The piperine will help to absorb more curcumine.

Different Levels of Nutrition and Sustenance

How should the practitioner progress in the Yoga of food from Vallalar?

Here are the levels of progression:

1) Lacto-vegetarian Diet: This diet excludes all meats, fish, rooted vegetables (except few exceptions) and egg as well. It is recommended to strengthen the body during this time and prepare for the second phase

2) Advanced Lacto-vegetarian: Now that the body is more purified, it is time to include Sanjeevi herbs, such as Solanum Trilobatum (toothulavai) Mukkia Maderaspatana (Musumusukkai) Eclipta Alba (Karisalankanni), Oxalis Corniculata (Puliyarai) Gotu Kola (vallarai). It's good to start taking the Herbal Medicine of **Mookotu Chooranam**

3) Vegan: This level involves no products coming from the animal kingdom and staying in this vegan condition for at least 5 years. Very high risk- high reward diet. Many omnivores attempting the vegan, face malnutrition and deficiencies. This is because they have not fully extended compassion to the animal kingdom, and their body has not produced enough levels of Nectar (amudham) to sustain this difficult diet. If you consider going from straight omnivore to vegan, without doing vegetarian for some years, consider B12 supplementation and being followed by a qualified nutritionist. It's also recommended full unbroken mental and physical celibacy, so that the semen is converted into nutrition for the body.

4) Advanced levels - These are not worth mentioning as it's only for very advanced practitioners, potentially quite dangerous as well if the practitioner doesn't know what he/she's doing. After higher levels of nectars are being produced in the body, practitioners can start relying on a mix of semi-solid foods and liquid foods, up until the level of not taking any food and rely solely on living only on mukhia prana from air.

Herbomineral compounds such as Tamirai Paspam and siddha medicine like Aya Chendooram may be required.

Note: Proceed very slowly and gradually, Ramalinga took 15 years to complete the process, all yogas are dangerous if done in a rush and without caution. If you feel like you are pushing too much, you can always take a step back.

Ramalinga documented 10 self-produced nectars in his body, 5 coming from tongue, 5 coming from the roof of mouth, below all of them:

- 1) Spring water nectar
- 2) tender and sweet ambrosia above the oola
- 3) A sweet syrup in the tip of the nose
- 4) jelly-like sugar inside the center of the forehead

Note: previous mentioned nectars are the results on indriya ozhukkam - discipline of the senses

- 5) sweet and icy crystal-like substance.
- 6) Produced at the tip of tongue, by pure power of creation
- 7) secreted at the center of the tongue by practicing a state of equanimity
- 8) secreted under the tongue
- 9) secreted under the oola, called as secret amrita
- 10) final nectar - The Nectar of Supreme Compassion.

More bodily changes have been reported by Vallalar, such as:

- Blood will undergo a change and turn into nectar
- All the blood will coagulate and the semen will crystallize.
- The brain will open and blossom and will secrete a lot of ambrosia and secreting all over the body replacing blood and feeding the cells

On Sex - Dehasampantham (– based on Vallalar's health and spiritual perspective)

The seminal energy should not be spent excessively – Vallalar says that once in 16 days the householders should have union, and if it is indulged daily or frequently before 16 days, it is called excessive indulgence.

Once every 16 days, it is recommended to expel the **toxins** or **waste material** present in the seminal fluid to maintain optimal health. If these elements are not expelled from the body, they can accumulate and harm well-being. This process is likened to the use

of a well: if water is drawn too frequently or excessively, the replenishment from the natural spring slows, eventually leading to the well drying up and becoming unusable.

If the water in a well is not drawn for an extended period, it will begin to accumulate impurities such as duckweed, moss, or lichen. These impurities can block the spring, preventing fresh water from flowing in, and the remaining water in the well may evaporate under the heat of the sun.

Similarly, if one indulges excessively in the union act, the production of seminal fluid diminishes over time, and the body can become ruined. The human body is a precious gift, and improper or excessive use of seminal energy squanders this blessing.

On the other hand, abstaining entirely from the union can also harm the body, much like an unused well. If seminal fluid is not expelled occasionally, it may deteriorate, blocking the natural flow of vital energy, and its internal heat may cause it to dry up, leading to the decline of the body.

This guidance is specifically for householders. However, for those who ardently adore the Divine and express boundless compassion toward all living beings, such deterioration does not occur.

In such individuals, the seminal force is drawn upward, nourishing their spiritual vitality. It is important to note that laziness and excessive sleep hinder this upward movement of energy. For the one who constantly remembers the Divine, contemplates the Guru, or reflects on the Feet of the Divine Lord, sexual desires naturally diminish, and they attain a state of great spiritual maturity.

Note: The conversion of the seminal fluid into nectar is an important aspect in the transformation of the being; therefore, the need to preserve seminal energy is stressed upon. (*Improper indulgence refers to not observing health and moral rules regarding sex.)

Guidelines for householders: Before engaging in union with a partner, spend about 24 minutes focusing your mind on something unrelated to sex, deliberately avoiding sexual thoughts. Only after this period of mental preparation should you begin the union.

During the act of union, maintain a calm and focused state. Avoid any distracting thoughts, fantasies, or emotional attachments. Approach the act with a steady mind and controlled emotions, ensuring that neither your body nor mind becomes overheated. To support this balance, lie on your left side while performing the act, keeping the experience peaceful and harmonious."

Sexual union should only result in the release of seminal fluid for the purpose of procreation (ejaculation into the vagina). At all other times, the seminal fluid should be retained using the proper method, which involves practicing coitus reservatus—sexual union where ejaculation is deliberately avoided. The correct method is to regulate your breath without holding it in or exhaling forcefully, instead allowing it to flow through the central channel.

During union, it should only occur once at a time—never more than once. After the act is complete, take a bath, meditate on the Divine, and then go to sleep. When sleeping or resting, always lie on your left side. Aim to sleep for 3 to 4 hours, and after waking, focus on maintaining good and uplifting thoughts.

Do not engage in sexual union during dawn, daytime, dusk, midnight, early morning, or within 3-4 hours after eating. The frequency of sexual activity is categorized into three methods:

- **Adhama Patcham** (least beneficial method): Having sexual union once every four days at night. This is considered harmful as it can negatively impact the health and vitality of future generations.
- **Madhyama Patcham** (moderate method): Having sexual union once every eight days at night. This is regarded as a balanced approach.
- **Uttama Patcham** (best method): Having sexual union once every sixteen days at night. This is the ideal and most recommended practice.

If one abstains from sexual union for more than sixteen days, it may lead to involuntary seminal discharges due to built-up passion. Engaging in sexual union every four days is detrimental, as it diminishes the strength of future generations and is therefore considered a mean method.

Semen is likened to the wick of the flame of life (Jeevan), while blood serves as the oil that fuels the flame. Constant tampering with the wick, or overindulgence, can diminish the brightness of the flame, symbolizing reduced vitality and a shortened lifespan. Instead, it is advisable to remove only the excess or impurities, akin to trimming the wick to keep the flame glowing brightly.

For those following the moderate method, expelling excess seminal fluid once every sixteen days is considered beneficial. However, for those who are greatly matured and always immersed in thoughts of the Divine, sexual desire and erections naturally subside, rendering this practice unnecessary.

Those who completely eradicate any sexual thought, will not have their semen separating from blood and being expelled during in wake and sleeping state.

Modes of procreation

You may have heard of stories of evolved beings, born from different types of procreation.

An example may be Jesus Christ, born from a virgin (although we cannot 100% confirm the historicity of Jesus compared to Vallar).

Another example is Buddha, His mother, Queen Maya, dreamed of a white elephant entering her side, which symbolized his divine conception.

Ramanlinga was conscious even before his birth and also during the process of culmination of fertilization as written in Peru Vinappam. His soul took an active part in the formation of the sperm cell from his father and the egg from his mother so as to retain divine qualities of body and mind.

Ramalinga was not born from special means of conception; he had a regular human birth of Anubaksham. This was to prove that anyone can achieve a deathless state.

Here are the following methods of procreation

- Lower Anu paksha: procreation possible, by intake of herbs and medicines containing metallic oxides, both by male and female and then coming into union.
- Higher Anu Paksha: Male strokes body of female, looks at her fondly and then has physical union with her. Does not involve taking medicine
- Lower Paramanu Paksha: Man caresses the entire body of woman and pregnancy takes place immediately
- Higher Paramanu Paksha: Male takes tender look at female and she's conceived
- Prakriti Paksha: male thinks of woman and she's conceived, and child is born within ½ hours of conception.
- Sambhu Paksha: Conception takes place as soon as man expresses his desire to woman.
- Vibhu Paksha: A divine being gazing at a straw, turns it human and performs mighty and wonderful deeds.
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The first type is prevalent, the following ones lead to births of higher beings and celestials.

On Sleep

"I conquered the great enemy of death by conquering the small enemy of sleep" - Vallalar

- **4 types of sleep:** Procrastination, forgetfulness, laziness and actual sleep. They all lead to one thing: death
- Procrastination: Loss of willpower leads to sleep, Instead of procrastinating, do that immediate thing now.
- Forgetfulness: When you do anything, do it mindfully and put heart and soul into it, as if it's the last thing you are doing, this way you won't forget easily.
- Laziness. A lazy man is a dead man as the saying goes.
- Any cessation of consciousness leads to sleep
- If you are not able to conquer sleep, you will certainly die
- Never sleep in a deep manner, only in a light manner.
- Babies need to sleep to grow their body, this process is called **Kumba kharna** after body maturity, adults need to progressively reduce sleep instead.
- Avoid over-eating or it'll increase sleep and bring damage
- Not losing consciousness for even a fraction of a milli-second is called enlightenment
- The degree of enlightenment is directly correlated to willpower
- Heavy physical and mental activity during waking time leads to sleep
- Depression, sadness and negative emotions lead to sleep

How to decrease sleep: Other than attempting to reduce food, sex, heavy physical and mental activity, you can do the following:

- 1) Put your alarm 15 minutes in advance
- 2) Replace those 15 minutes with meditation, and chanting in the mind the mantra "*Arut Perum Jothi, Arut Perum Jothi, Tanni Perum Karunai, Arut Perum Jothi*."
- 3) Keep your attention on the middle of the eyebrow (chirsabai) and by gazing at a candle.
- 4) After 6 months, try to reduce the sleep again by 15 minutes, so that you can progress further and further.
- 5) After you reach 3 hours of sleep, do not reduce more before 2-3 years have passed.
- 6) Increase the time of meditation until you sleep 1 hour
- 7) And finally even that 1 hour of sleep can be conquered

Sleep advice and tips

1 - Sleep close to a light such as a natural lamp - This is to decrease the amount of melatonin produced, so our sleep decreases. If we sleep in complete darkness, we waste more prana (energy) by breathing more, thereby increasing the sleep. We are light beings and we should always stay close to the light. Darkness tends to attach to ourselves and suck energy. For the light in our body, we need compassion, likewise, for the room where our body stays, we need a physical natural light

2 - Don't sleep past 4 Am - At 4am, this time is filled with cosmic energy, which makes it ideal for meditation and prayer. Always try to wake up before this time

3 - Surya Nadi. Sleeping on the left - Always sleep on the left side of your body, this position is proven to preserve and optimize our energies. In fact, you'll breathe from the right nostril of your body, optimizing for energy.

Also, this particular sleeping position is very efficient for digestion according to our body anatomy. The stomach and pancreas hang naturally on the left side. This positioning enhances the secretion of digestive enzymes and bile, optimizing digestion.

The lymphatic system predominantly drains into the thoracic duct, located on the left side. Sleeping on the left helps this process, supporting detoxification and immune function.

The left side sleeping position reduces pressure on the heart, improving circulation. This can be especially beneficial for people with cardiovascular issues.

Left-side sleeping may help with the proper movement of waste through the digestive tract due to gravity. This is especially helpful for issues like acid reflux and heartburn.

For pregnant individuals, left-side sleeping improves blood flow to the fetus and reduces pressure on internal organs.

Right Nostril (Surya/pingala Nadi):

The right nostril is associated with the Pingala Nadi, symbolizing heat, activity, and energy. When lying on the left side, the right nostril becomes more active due to the gravitational effect on nasal airflow.

Benefits of Activating the Right Nostril:

1. Enhances metabolic activity.
 2. Stimulates the sympathetic nervous system for alertness and readiness.
 3. Boosts digestion and assimilation processes in the body, aligning with the benefits of left-side sleeping.
- 3) Never go to sleep right after dinner: Wait at least a few hours after you had dinner, and always have a very light dinner. Go for a short walk and also meditate for a while
- 4) Avoid sleeping during daytime: It reduces vision and decreases lifetime.
- 5) Always meditate before and after sleep. Before sleep ask God to reduce sleep

5 different varieties of sleep:

- 1) **Sleep of the Body:** A state of physical lethargy or inactivity that weakens vitality and hinders spiritual progress. - How to Overcome: Engage in light physical activities such as walking, yoga, dancing, or cleaning to energize and activate the body. A healthy, active body is foundational for higher levels of awareness.
- 2) **Sleep of the Mind:** A state where the mind is dull, distracted, or stuck in trivial thoughts, preventing clarity and focus. How to Overcome: Engage in Satvichaaram (pure and meaningful enquiry) to reflect on truth and elevate your thoughts. Regular intellectual and creative activities help sharpen the mind and align it with spiritual understanding.
- 3) **Sleep of the Soul (Jeevan)** Definition: When the individualized soul (Jeevan) becomes dormant due to attachment to desires, ego, and material indulgence. How to Overcome: Practice compassion toward all beings to dissolve selfishness and foster oneness. Engage in Satvichaaram (spiritual enquiry) to understand your higher purpose. Renounce unnecessary luxuries and attachments to awaken the Jeevan and align it with divine grace.
- 4) **Sleep of the Spirit (Atman):** The Spirit (Atman) is the divine core within you. Its "sleep" occurs when the soul fails to grow and connect with its inner light—the Arut Perum Jothi. How to Overcome: Recognize that the Arut Perum Jothi (Supreme Grace Light) resides within the Atman. Cultivate spiritual growth through devotion, meditation, and alignment with the divine light to awaken the Atman and realize its vast potential.
- 5) **Sleep of Divinity (Arut Perum Jothi):** This is the ultimate state of spiritual dormancy, where one fails to recognize and merge with the divine nature of the Arut Perum Jothi (Supreme Grace Light). How to Overcome: Surrender completely to the divine grace through remembrance, devotion, and compassionate service. Allow the Vast Grace Light to illuminate your being, removing all ignorance and separation

On Fear

Vallalar stated that in absolutely **no way we should accept fear** and anything that stems from it. It is terribly destructive for the body and mind. He insisted more on fear than food, Sex, Sleep etc.

So, we should try to leave our life fearlessly, also without any anxiety or worry.

Fear can also destroy you mentally, decreasing your cognitive function.

Fear can only be dealt by surrendering to the Divine and accepting every happening as Divine Will.

When God is with you, should you be afraid of anything? Absolutely nothing, because God is in everything.

The very thing you fear can manifest into reality, so there's nothing to fear other than fear itself.

Fear can lead to many more dangers such as Anger etc. Fear is the mother of all troubles for the Jeevan or human being.

On Breathing (Pranayama)

Yoga stresses about doing proper Pranayama, and Suddha Sanmarkkam does the same. It is recommended to always breathe consciously.

Proper breathing profoundly improves our whole physical and mental well-being. The breath is intimately connected with our state of health, and improper breathing often reflects various disturbances of body and mind. The breath is perhaps the only physiological process that can be either voluntary or involuntary. One can breathe with awareness and control the process consciously, or one can ignore it and breathe reflexively or unconsciously.

If the breath is unconscious, it falls under the control of primitive parts of the brain, where emotions, thoughts, and feelings—of which we have little or no awareness—become involved. In this way, the regularity and rhythms of the breath are disturbed, flowing in an uncoordinated way and creating havoc in the body and mind.

Pranayama is the yogic technique for bringing breathing into regularity, rhythm, and balance. Many techniques are involved in pranayama. Generally, it is defined as breath control. Although this interpretation may seem correct given the practices involved, it does not convey the full meaning of the term.

The word *pranayama* has two roots: **prana** plus **ayama**. *Prana* means "vital energy" or "life force." It is the force that exists in all things, whether animate or inanimate. Although closely related to the air we breathe, it is subtler than air or oxygen. Therefore, pranayama should not be considered mere breathing exercises aimed at introducing extra oxygen into the lungs.

Pranayama utilizes breathing to influence the flow of prana in the *nadis* (energy channels) of the *pranamaya kosha* (energy body). The word *ayama* is defined as "extension" or "expansion." Thus, *pranayama* means "extension or expansion of the dimension of prana."

The techniques of pranayama provide methods for activating and regulating the life force to go beyond one's normal boundaries or limitations and attain a higher vibratory energy level.

Four Aspects of Pranayama

In pranayama practices, there are four important aspects of breathing:

1. **Pooraka** (Inhalation)
2. **Rechaka** (Exhalation)
3. **Antar Kumbhaka** (Retention of breath after inhalation)
4. **Bahir Kumbhaka** (Retention of breath after exhalation)

The different practices of pranayama involve techniques that utilize these four aspects. Another mode of pranayama, known as **Kevala Kumbhaka (spontaneous breath retention)**, occurs during advanced states of meditation. During this state, the lungs stop their activity, and respiration ceases. At this time, the veil preventing one from seeing the subtle aspects of existence is lifted, allowing for a higher vision of reality.

The most important part of pranayama is **Kumbhaka** (breath retention). However, to perform Kumbhaka successfully, one must gradually develop control over the function of respiration. Thus, initial pranayama practices emphasize inhalation and exhalation to strengthen the lungs and balance the nervous and pranic systems, preparing for Kumbhaka. These practices influence the flow of prana in the nadis, purifying, regulating, and activating them to induce physical and mental stability.

The Five Koshas (Sheaths)

According to yogic physiology, the human framework comprises five bodies or sheaths that account for different dimensions of human existence:

1. **Annamaya Kosha**: The physical body
2. **Pranamaya Kosha**: The vital energy body
3. **Manomaya Kosha**: The mental body
4. **Vijnanamaya Kosha**: The intellectual body
5. **Anandamaya Kosha**: The bliss body

Although these five sheaths work together to form an integral whole, pranayama practices primarily engage with the **Pranamaya Kosha**.

The Pancha Pranas

The Pranamaya Kosha is made up of five major pranas collectively known as **Pancha Pranas**:

1. **Prana**: Governs the region between the larynx and the diaphragm, associated with respiration and speech.
2. **Apana**: Located below the navel, providing energy for the large intestine, kidneys, anus, and genitals, and responsible for waste expulsion.

3. **Samana**: Situated between the heart and navel, activating the digestive system and heart, and responsible for nutrient assimilation and distribution.
 4. **Udana**: Controls the body above the neck, including sensory receptors (eyes, nose, ears) and is essential for thought, consciousness, and erect posture.
 5. **Vyana**: Pervades the entire body, coordinating movements and acting as a reserve for the other pranas.
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The Upa Pranas (Sub-Pranas)

Additionally, there are five minor pranas, or **Upapranas**, with specific functions:

1. **Naga**: Responsible for belching.
2. **Koorma**: Opens the eyes and stimulates blinking.
3. **Krikara**: Generates hunger, thirst, sneezing, and coughing.
4. **Devadatta**: Induces sleep and yawning.
5. **Dhananjaya**: Lingers after death and aids in body decomposition.

A true sanmarghi, no longer needs to breathe. So complete mastery over the breathing process is necessary.

After the nectars are being produced, one no longer needs to rely on oxygen for sustenance.

Just like food, the air we breathe does provide fuel for our physical machine, however, it comes with a long-term price. Our body is getting spoiled due to the laws of 4 units of pranasakthi for every breath. Not by oxygen that all beings live but by mukhia prana. The oxygen that we breathe, oxidizes our cells over the long term

This is why anger is banished in suddha sanmarkkam, as other than potentially causing potential mind and body hazards to you and those around you, it leads to hyperventilation.

ON TAMIL LANGUAGE

Tamil is a beautiful harmonious Dravidian language that all humans should speak.

It is one of the oldest languages, if not the oldest. In fact Vallalar stated “*Tamil is the mother of all languages, while Sanskrit is the father language*”.

Many concepts shared in Vallalar poems cannot be understood without the proper understanding of Tamil.

In fact, many Tamil translators really struggled to convey the messages from Tamil to English.

So, it's fundamental that if one is truly committed to Suddha Sanmarkkam, he/she understands how to speak Tamil fluently.

As of now, Chinese Mandarin, Spanish and English are the most widespread languages in the world.

It would be quite beneficial for humanity to have Tamil as one of the top 3 spoken languages in the world, if not the most spoken one.

Tamil empowers and heals us as we speak it. In fact, it's highly phonetic, meaning its sounds align with how words are written and pronounced. This clarity of pronunciation creates harmonious vibrations, especially in poetry and spiritual hymns, which can induce calming and meditative states.

The Tamil alphabet contains unique sounds that are rhythmic and balanced. Many of these are emphasized in mantras and prayers, which Tamil Siddhas believed could activate chakras, cleanse the body, and elevate consciousness.

ON SANMARKKAM LIFE

Sanmarkkam Life is a start-up Non-Profit born with the aim of spreading the teachings and wisdom of Samarasa Suddha Sanmarkkam Sathya Sangam and its founder, Ramalinga Swamigal also known as Vallalar.



We noticed that Suddha Sanmarkkam isn't as popular in the West and outside Tamil Nadu, and we decided to make an educational Non-profit with international effort.

We create viral and educational content across the internet & social media.

We are also running a small, drop-shipped, donation based store from trusted suppliers.

We earn nothing from the sales, as they go straight to the suppliers, but you can always leave a donation after purchase to support the store.

We are currently fully remote and anyone can join and contribute, regardless of their background, race, gender, etc.

At the time of writing, we are still looking for a trusted Co-Founder to fully register the Non-Profit and jump start international operations.

Interested in being a co-founder? Here are our requirements

- Must be Tamil Nadu based
- Must be indian citizen
- Must be a native Tamil Speaker
- Must have bilingual English both written and spoken
- Must have been a practical Sanmarghis for 5+ years
- Must have deep knowledge of Suddha Sanmarkkam (you will be tested)
- Must have several hours per week to dedicate to the project

- Must be willing to register the organization with your name (fees will be covered by volunteers)

If that sounds like you or you know anyone, please get immediately in touch as we are in desperate need for a trusted, good person!

Reach out to jothinanda@sanmarkkamlife.org with subject “co-founder” and why you think you are a good fit for the role

HOW YOU CAN CONTRIBUTE

There’s always something we can do to make a world a better place for the current and future generations.

Here are a few suggestions

1) Get educated on Suddha Sanmarkkam and start practicing

If more people become even a fraction of what Ramalinga is, we would experience an utopian world.

Practicing and following Suddha Sanmarkkam and extending compassion to all living beings dramatically changes the world for the better

2) Introduce Suddha Sanmarkkam to those who may be open to it.

Countless people around the world are seeking guidance and a true, final path. We have personally witnessed individuals from diverse backgrounds searching for something more—something historically proven, well-documented, and profoundly simple. You can simply share this free Ebook with them.

You can share a free ebook by sending this link <https://sanmarkkamlife.org/ebook>

3) Join Us as a Volunteer

We welcome volunteers from all backgrounds to help spread the teachings of Suddha Sanmarkkam. If you’re interested, simply email us at jothinanda@sanmarkkamlife.org with a brief introduction about yourself and how you’d like to contribute. Alternatively, reach out, and we’ll share our current needs and explore how you can get involved!

4) Consider Supporting our cause by donating

Although at time of writing we are not fully registered as a fully legal Non-profit, we still accept small donations for start-up costs. Our paypal for donations is jothinanda@sanmarkkamlife.org. For other donation methods, send us an email and we'll provide alternatives.

5) If you benefited from the book, consider leaving a 5 Star Review on Amazon

Those reviews help more people to find the book as Amazon pushes highly rated books.

APPENDIX

Here's a list of useful resources for complementing the book:

Thiru Arutpa English renderings - The work of swami ramalinga translated in english.

<https://sanmarkkamlife.org/wp-content/uploads/2024/12/thiruarutpaenglish.pdf>

Thiru Arutpa Tamil - Thiru Arutpa in original Tamil language.

<https://sanmarkkamlife.org/wp-content/uploads/2024/12/thirubarutpaatamilpdf.pdf>

Agaval English Translation and Commentary from Swami Saravananda. - The strongest piece of Thiru Arutpa, translated and commented in english

<https://sanmarkkamlife.org/wp-content/uploads/2024/12/Arutperunjothi-Agaval-English-Swami-Saravanandha.pdf>

Our Website - You can find a store to get daily goodies and necessities (work in progress) and many more useful resources on Suddha Sanmarkkam.

<https://sanmarkkamlife.org>

Our Telegram - Connect with fellow Sanmarghis and join the discussions

<https://t.me/+ebI29y5AFSlIZTI8>

Vallalar.org- A comprehensive website dedicated to Vallalar's life, teachings, and philosophy, offering resources like digital texts, events, and discussion forums.

VallalarSpace.org - An online community that shares Vallalar's teachings, spiritual practices, and light meditation techniques.

Arutperunjothi.org - Focused on promoting Vallalar's teachings, particularly *Thiru Arutpa*, and providing free access to his works and related spiritual resources.

Sanmarkkam.org - A platform sharing the principles of Suddha Sanmarkkam and offering free resources, workshops, and eBooks to spread Vallalar's message. They also do free offering of food, and employment for the less fortunate

Thiru Arutpa Mobile App - A digital app offering *Thiru Arutpa* verses with translations, search features, and audio guides for devotees to access Vallalar's teachings on the go.

Salem Kuppusamy Youtube Channel - A pioneer in spreading Suddha Sanmarkkam, his tamil and english lectures are highly recommended

<https://www.youtube.com/@cathariv30>

#NNA - An educational Sanmarkkam channel mainly aimed for Teens and Young adults

https://www.youtube.com/@NNA_Spiritual_Network

