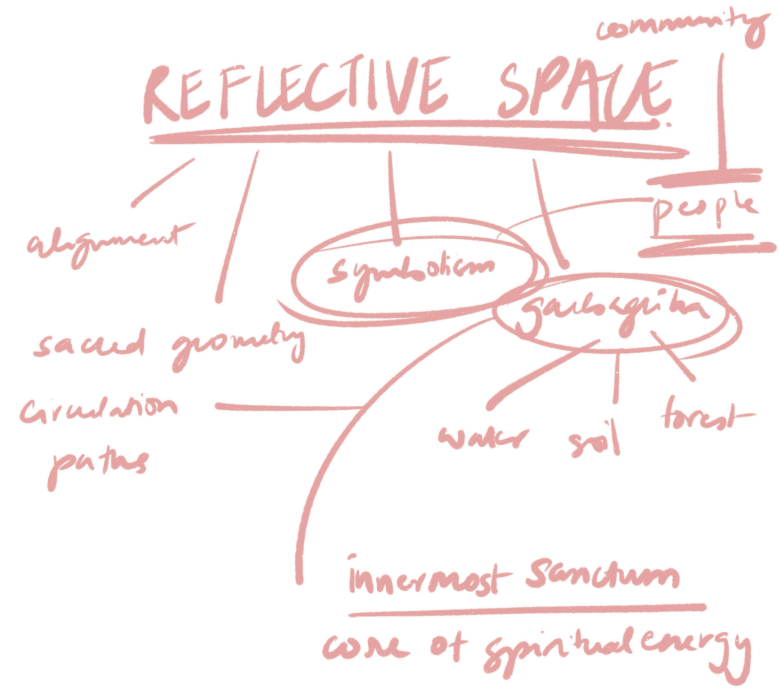
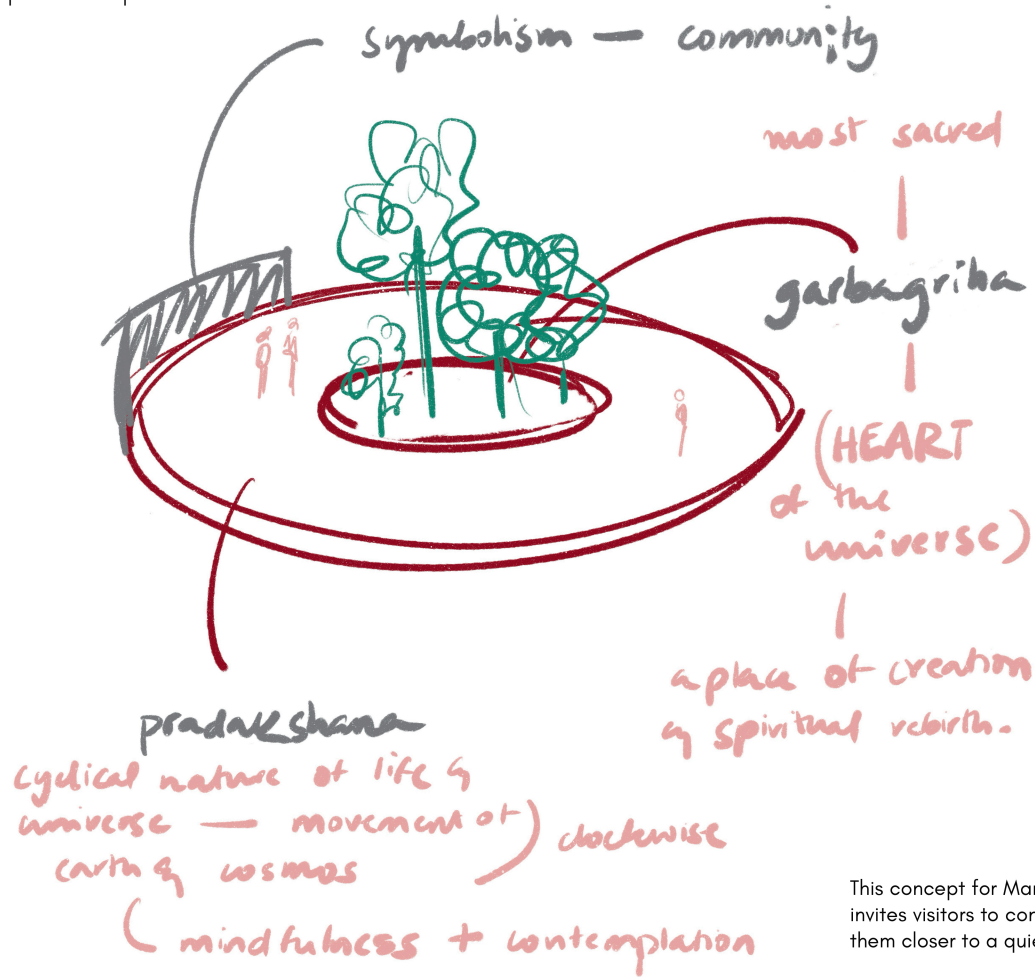


உலகம் நிறைவதற்குக் கண்ணும், மனமும் ஒன்றாய் சேர வேண்டும்.

For the world to be whole, the heart and mind must unite as one. Kannadasan

மனம்

[manam] mind and heart



This concept for Manam captures the essence of inner stillness and reflection. Designed as a sacred core, it invites visitors to connect deeply with the land and themselves. Through mindful movement, each step brings them closer to a quiet unity, a moment where the boundaries between nature and spirit dissolve.



At the heart of Sanctuary lies Manam—a place created for **stillness, introspection, and connection**. Here, time seems to pause, allowing you to breathe and listen, to simply be present. The design of Manam invites quiet contemplation, a gentle encounter with oneself, where the land's energy guides you to an inner stillness. It is a space for unspoken dialogue with nature, a moment of recognition that reminds you of the simplicity and depth of being connected to the earth.

In Manam, you are both **grounded and uplifted**, feeling the weight of the land beneath and the openness of the sky above. This is a place where the journey finds its pause, where each visitor can reflect on their path, and leave with a renewed sense of self, rooted in harmony with the natural world.

Vayu	Naga	Mukhya	Bhalata	Soma	Argala	Adithi	Dithi
Roga							Isana
Shosha							Pjanya
Asura		Rjith	Bhubrat	Bhubrat	Aapa		Jyanth
Varuna		Rudra			Avalsa		Indra
Pdhantan		Mithra			Aaryaka		Surya
Surgiva		Mithra	Brahma Padas		Aaryaka		Sathya
Dpalakan		Ijith	Devika Padas		Savitha		Bhrusa
Pkkal		Indra	Vivaswa	Vivaswa	Sthran		Atarikhhan
Mriga	Brimga	Gtharva	Manusha Padas				Agni
			Paisachika Padas				
			Yama	GKshatha	Vithada	Poosavu	

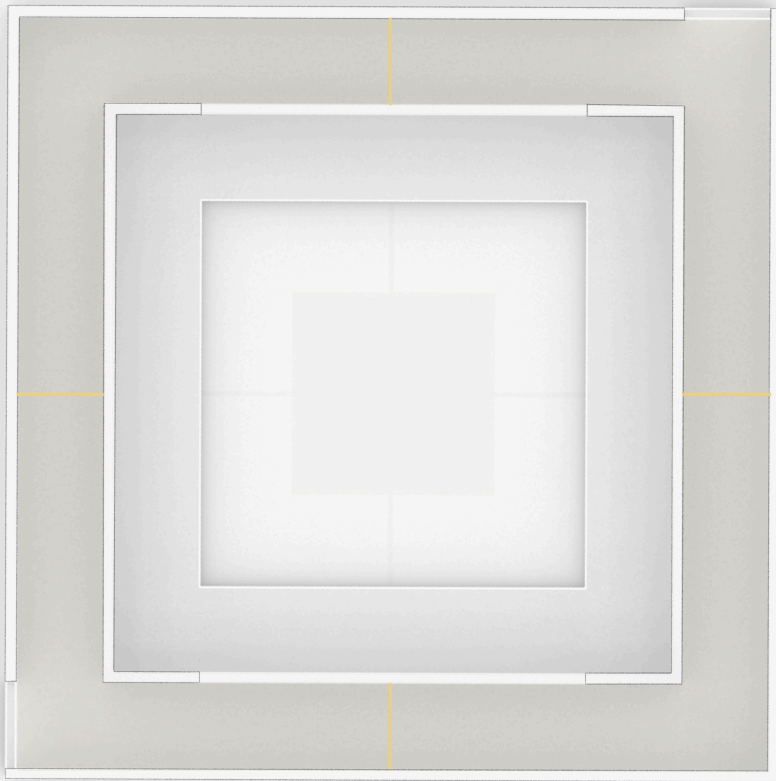
In the heart of Tamil spirituality lies a profound geometry of life and the cosmos—the **Manduka Mandala**, a sacred space reflecting the journey of the soul. This 64-square grid, often found at the core of temples, is more than a structure; it is a map of existence, guiding the seeker from the periphery of the worldly to the center of the divine.

At the outermost ring, the Paisachika Padas reflect realms of fear, doubt, and suffering—the human condition’s shadowed periphery. Moving inward, the Manusha Padas offer a space for choice and contemplation, where humans navigate the delicate balance between light and dark.

Encircling the core, the Devika Padas house the divine forces, guardians that guide and protect the journey toward self-realization. At the center lies the Brahma Padas, a still, sacred blue representing the formless universal truth—the destination where the self dissolves into cosmic unity.

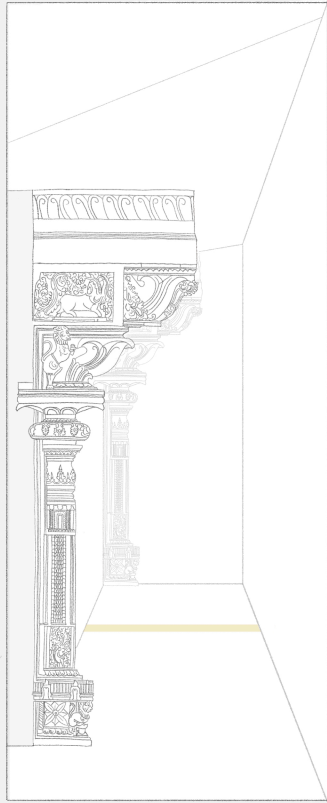
Aligned with the Sun and Indra, who bring light to each day, the Mandala is a timeless invitation to journey beyond the edges of existence, to confront inner fears, and to find peace within.

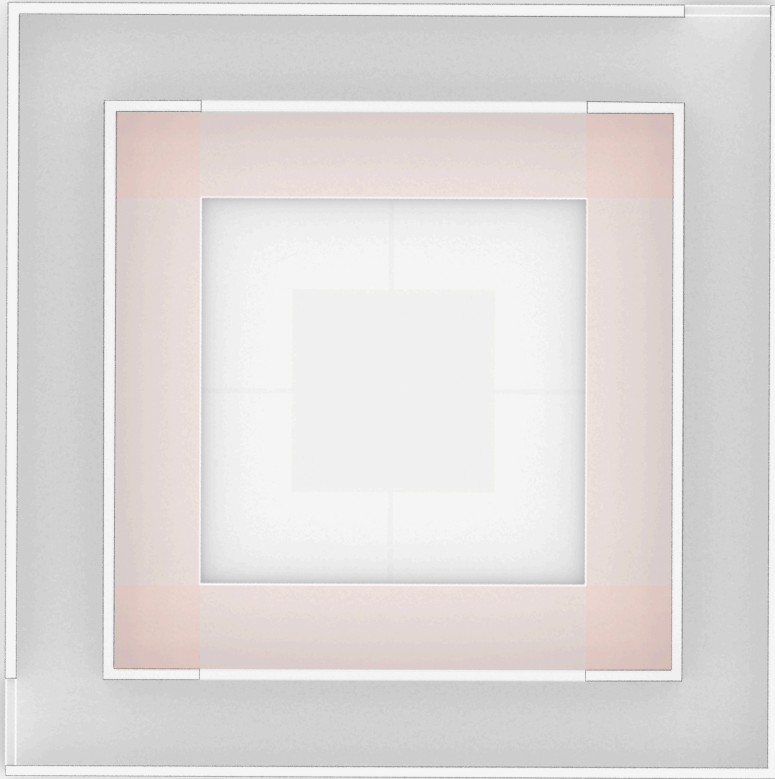
In this sacred design, the Manduka Mandala becomes a meditation on life itself—a space where each square, each boundary, and each choice reflects the greater journey of the soul through cycles of existence, from outer darkness to inner clarity. It is an eternal reminder that while we may walk through life’s peripheral spaces of fear and uncertainty, our true destination lies at the center, where time stands still, and the self becomes one with the divine.



Entering Paishachica Padam, you step into an obscured realm, enclosed by walls that gently disorient and obscure your path. Here, clarity is withheld, and every step forward feels like a movement into the unknown. You cannot see where the journey will lead, yet a narrow strip of yellow water flows alongside, a glimmer of intrigue against the muted surroundings. This turmeric water, symbolic of impurities and unresolved doubts, calls to your curiosity, urging you to follow its winding path.

With each step, fragments of the path ahead reveal themselves. The flowing turmeric water, both guide and enigma, leads you further inward, reminding you that in this place, understanding is a gradual unveiling. Paishachica Padam is not a space of immediate answers but of exploration, where curiosity becomes the bridge between the outer chaos and the **promise of clarity deeper within**. Here, visitors are invited to move through layers of shadow and ambiguity, finding that sometimes, the journey itself is the revelation.

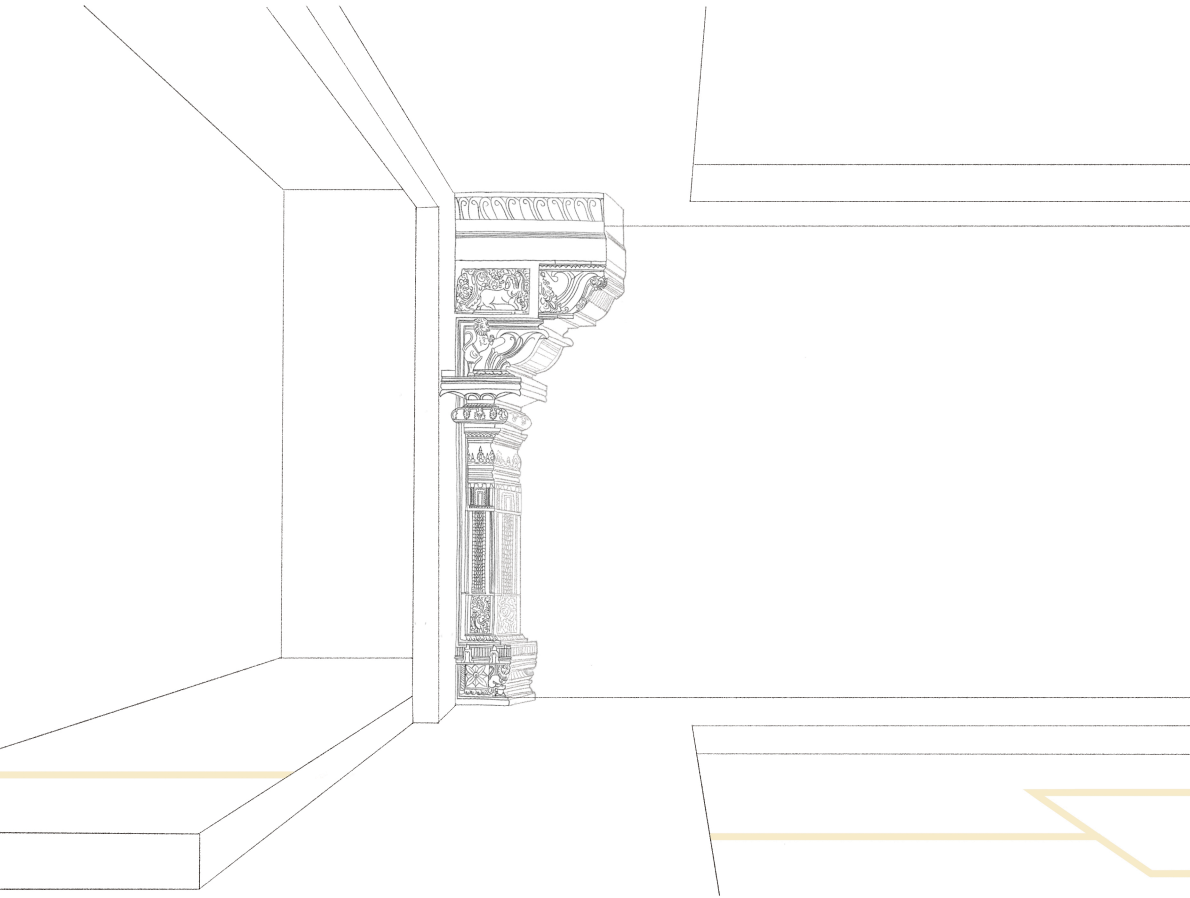


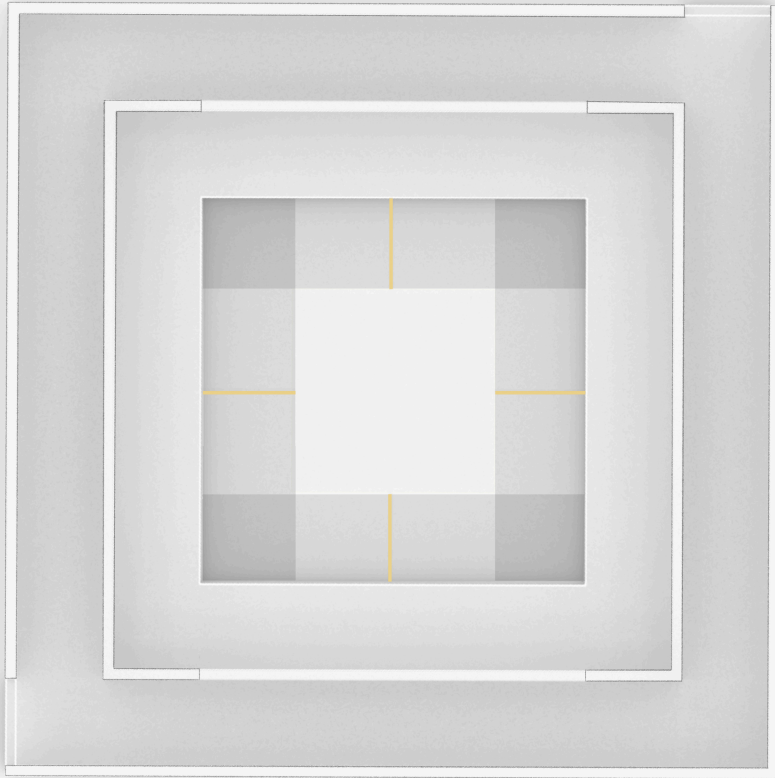


In Manusha Padam, visitors embark on the sacred journey of pradakshina—circumambulation—as they walk the human path around this contemplative ring. Here, the act of moving in a circle mirrors the cycles of life and the eternal rhythm of nature, drawing visitors into a state of quiet reflection. With each step, they are reminded of their place within the larger web of existence, moving steadily toward the center, the heart of the universe, where harmony and unity reside.

In this space, the divine is expressed not through grand symbols, but through the elemental—soil, water, trees. These sacred forces surround the path, embodying life’s raw essence and reminding visitors of the **interconnectedness of all things**. Pradakshina in Manusha Padam becomes an invitation to reconnect with nature, to honor the earth beneath, the water that sustains, and the trees that bear witness to the passage of time.

As visitors walk, they shed distractions, embracing each step as a grounding act, a mindful movement toward purity. This circular journey is both inward and outward—a reverent dance that aligns the individual with the natural world, symbolizing a **return to balance**, to the source, to the center where life and the universe converge.

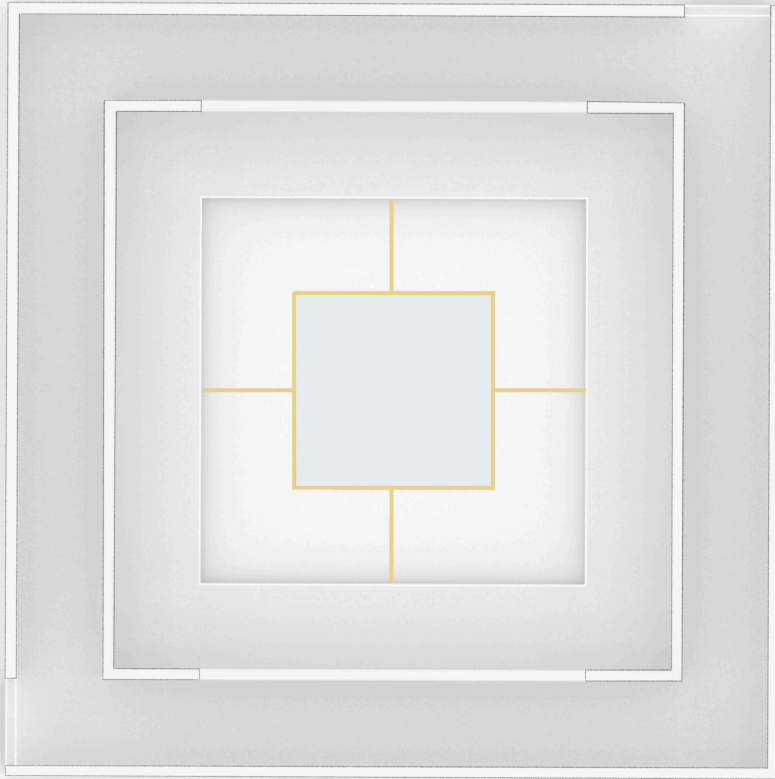




In Deva Padam, the journey pauses, inviting visitors into a sanctuary of stillness and presence. This space is where divine energies gently surface, not as distant deities, but through the immediate, grounding presence of soil, water, and trees. Here, nature itself becomes the embodiment of the sacred, offering its quiet wisdom to those who sit and **listen**.

The seating is arranged to encourage reflection, surrounded by the elemental forces that sustain life. The soil beneath is rich and grounding, a reminder of the earth's nurturing embrace. Water flows nearby, symbolizing clarity and the ever-moving cycles of renewal, while the trees stand as silent witnesses, embodying patience and growth. Together, these elements form a living temple, where the divine is not an abstraction but a tangible presence.

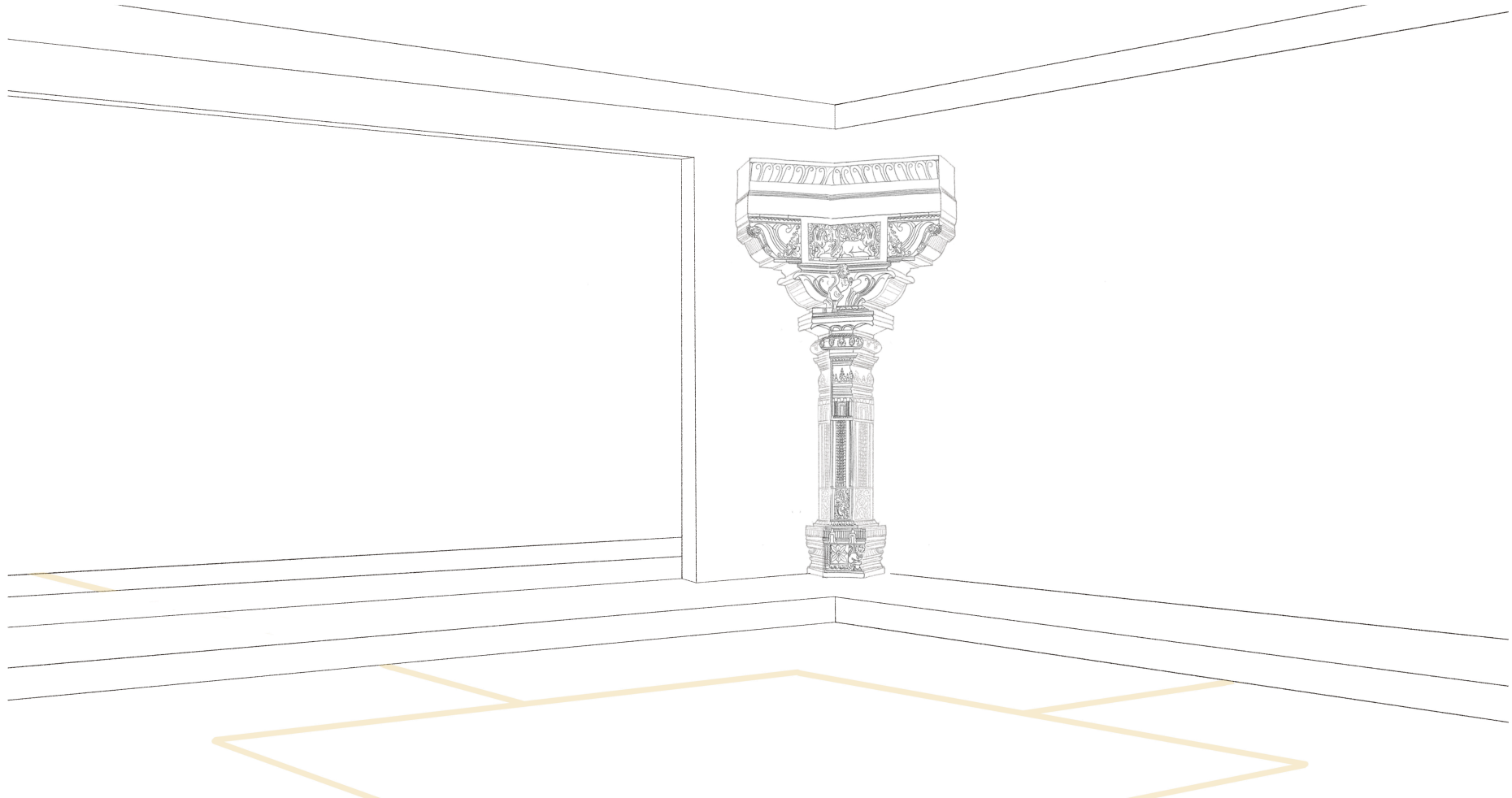
In Deva Padam, meditation becomes a communion with nature's essence. As visitors sit, they are invited to align with the rhythm of the earth, to feel the stillness of soil, the fluidity of water, and the strength of trees. This space is a reminder that divinity is woven into the natural world, a subtle force that manifests in the simplest, most profound forms. Here, reflection is not just an inner journey; it is a reconnection with the sacredness of the environment, a return to the center where nature and the self are one.

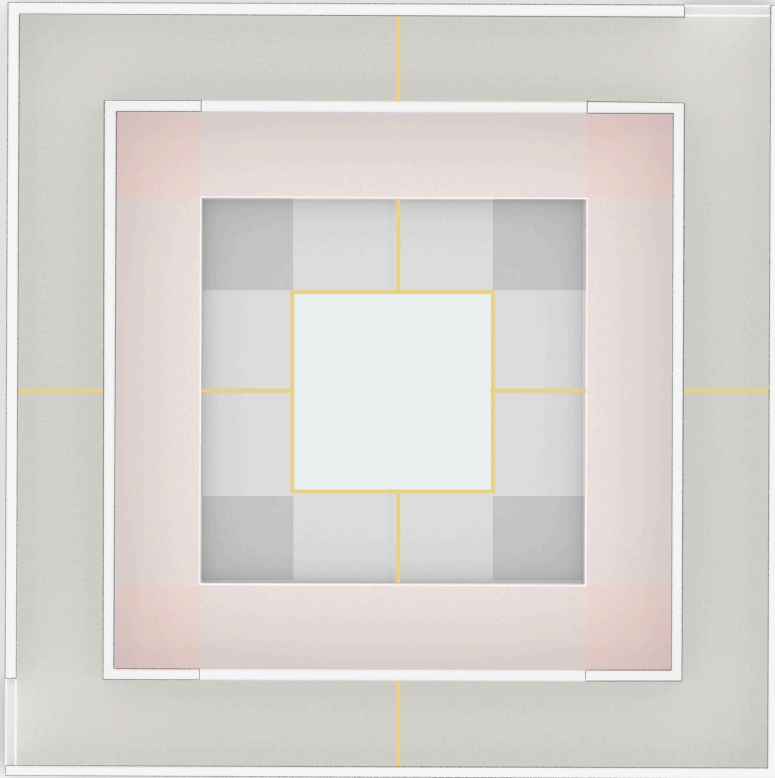


In the sacred center, Brahma Padam reveals itself as a still, reflective pool open to the sky, symbolizing the union of earth and cosmos. This water mirrors the lush vegetation that surrounds, allowing nature's essence to fill the space. It is here that clarity finds form, as the visitor is invited into a state of pure contemplation, free from the weight of distractions.

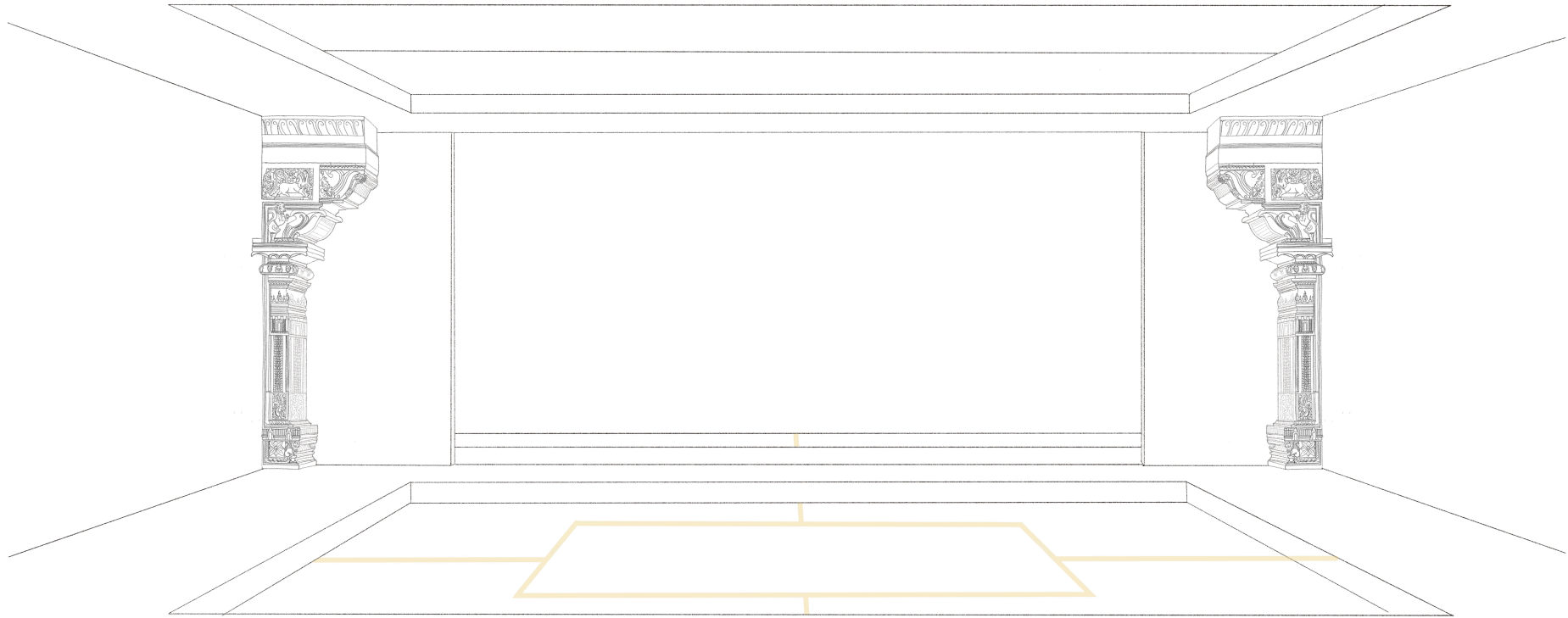
Encircling this clear pool is a border of yellow-tinted water infused with turmeric—a symbolic representation of impurities and imbalance. This yellow water is a reminder of the human condition, a contrast that frames the central purity. As visitors approach, they journey from this outer ring of imperfection toward the stillness at the heart, where the water becomes clear, representing the restoration of balance and harmony within.

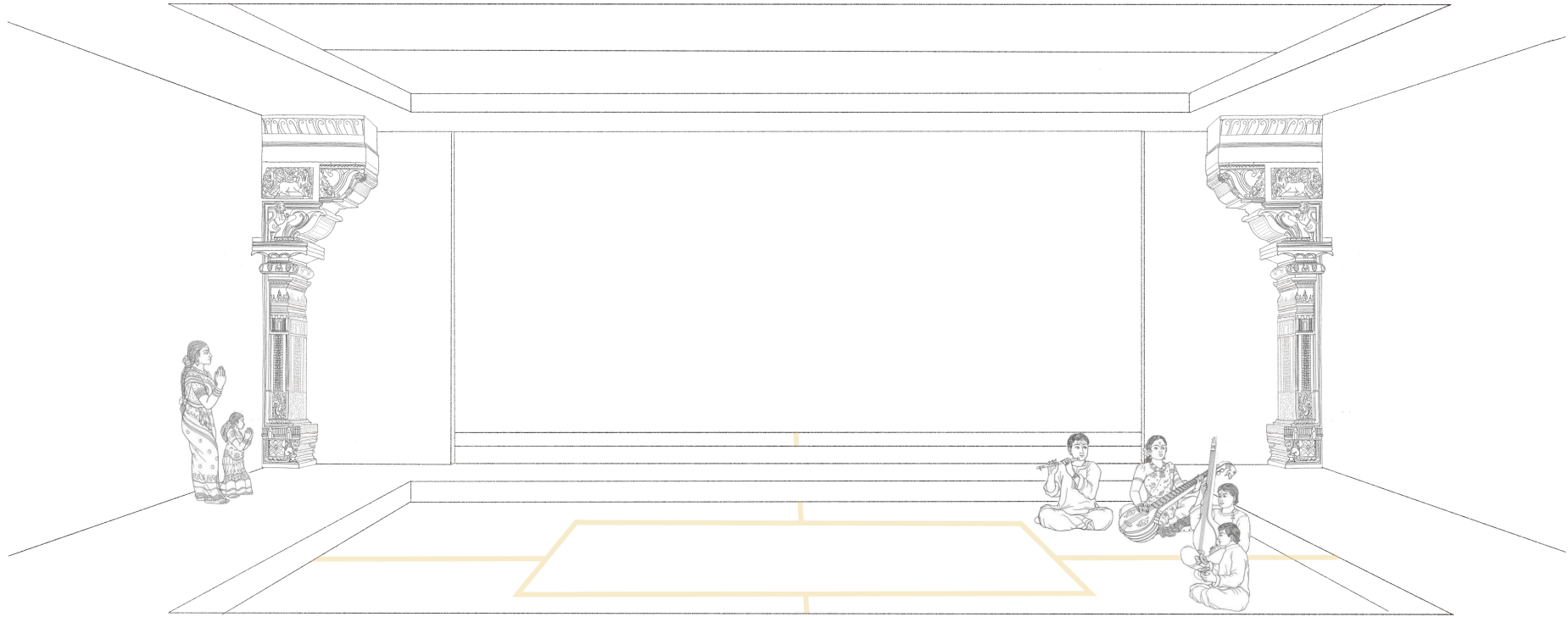
In Brahma Padam, the reflection is not just of the sky and trees, but of the self, purified through connection to the natural world. This space embodies the essence of life—where clarity emerges from contrast, and where the journey inward leads to a return to the core, where nature and spirit, soil and sky, **exist as one.**





Manam—in Tamil, this word beautifully encompasses both mind and heart, the seat of thought and feeling, intellect and emotion. It is a sanctuary that invites visitors to journey through these intertwined layers of self, bridging the mind's search for clarity with the heart's yearning for connection. The journey begins in Paishachica Padam, where high walls and carved columns invoke quiet reflection, a soft disorientation that mirrors the uncertainties held within. Moving inward to Manusha Padam, the circular path of pradakshina invites the visitor to shed distractions, to release the dualities of light and shadow, good and evil, as they turn ever closer to their center. In Deva Padam, divinity is present in the earth itself, in soil, water, and trees, drawing the visitor to pause, to sit, and to listen. This is the realm where the mind and heart are asked to rest, to feel the quiet power of nature as both sacred and familiar. Finally, the path opens to Brahma Padam, a still, reflective pool open to the sky—a mirror for the self, capturing the vastness of the universe and the gentle embrace of the natural world. Here, Manam reaches its essence, as mind and heart find unity in the stillness, held in the embrace of soil, water, and sky. It is a return to the core, where peace and clarity reside in connection, simplicity, and silence.





manam மனம்

manam is here,
is here in this journey,
is within, or in each step,
was here as breath, as thought, as presence.

It is found in soil,
in water, in trees,
is here as stillness, as silence,
or as movement in circles, returning.

manam is here,
held in this sacred space,
in the layers of mind and heart,
becoming one with the earth,
with the sky, with all that is.

Here, manam was,
and is, and will be.