



# Plagiarism Checker X Originality Report

**Similarity Found: 3%**

Date: Sunday, September 05, 2021

Statistics: 2279 words Plagiarized / 90201 Total words

Remarks: Low Plagiarism Detected - Your Document needs Optional Improvement.

---

-



Ratu Bagus

Bi ? \_Energy

MEDITATION Meditation The Dance of Soul, Holistic Spiritualism and Cosmic  
Consciousness Builder

PRECEPTOR'S FEET AND MY HEAD ? Many people say that head is the most respectful limb, it is also the reason why the head may not be touched. They say the head represents one's dignity. Regardless all of those opinions, my head is not a head as that of public opinion, my head is only a skull containing a little knowledge. Ancient literature says That universal knowledge lies on the feet of preceptor, therefore my head is more appropriate to dwell close to preceptor's feet.

Let my head roll from one preceptor's foot to another, to make my head not merely become a futile skull. (I Ketut Donder) "Manasah bhajare guru charanam dustharah bhava sagara tharanam" Worship the feet of real preceptor wholeheartedly, so that you will taken to cross the ocean of miseries. Sanksi Pelanggaran Pasal 72 Undang-undang No. 19 Tahun 2002 tentang Hak Cipta (1) Barangsiapa dengan sengaja dan tanpa hak melakukan perbuatan sebagaimana dimaksud dalam Pasal 2 ayat (1) atau Pasal 49 ayat (1) dan ayat (2) dipidana dengan pidana penjara masing-masing paling singkat 1 (satu) bulan dan/atau denda paling sedikit Rp 1.000.000,00 (satu juta rupiah), atau pidana penjara paling lama 7 (tujuh) tahun dan/atau denda paling banyak Rp 5.000.000.000,00 (lima miliar rupiah).

(2) Barangsiapa dengan sengaja menyiarkan, memamerkan, mengedarkan, atau menjual kepada umum suatu Ciptaan atau barang hasil pelanggaran Hak Cipta atau Hak Terkait sebagaimana dimaksud pada ayat (1) dipidana dengan pidana penjara paling lama 5 (lima) tahun dan/atau denda paling banyak Rp 500.000.000,00 (lima ratus juta rupiah).

Ratu Bagus

Bi ? \_Energy



MEDITATION Meditation The Dance of Soul, Holistic Spiritualism and Cosmic  
Consciousness Builder BY: I KETUT DONDER FOREWORDS BY: IDA PANDITA MPU  
PARAMA DAKSA NATHA RATU BAGUS A CONSTRUCTOR OF RATU BAGUS BIO ENERGY  
MEDITATION PROF.

DR. I MADE TITIB, Ph.D., A VEDIC PROFESSOR AT DENPASAR STATE INSTITUTE OF  
HINDU DHARMA, DEAN OF BRAHMA VIDYA FACULTY DR. I MADE GDE ERATA, M.A.,  
CHAIRMAN OF HINDU DHARMA COUNCIL OF INDONESIA \_

Katalog Dalam Terbitan (KDT)

Ratu Bagus Bi ? \_Energy

MEDITATION Meditation The Dance of Soul, Holistic Spiritualism and Cosmic  
Consciousness Builder **IDA PANDITA MPU PARAMA DAKSA NATHA RATU BAGUS**  
Surabaya : Paramita, 2020 xxvi + 340 hal ; 14, 8 x 21 cm ISBN : 978-602-204-724-7

Ratu Bagus Bi ? \_Energy

MEDITATION Meditation The Dance of Soul, Holistic Spiritualism and Cosmic  
Consciousness Builder Oleh : I Ketut Donder Lay out & Cover : Nyoman Arsiana Penerbit  
& Percetakan : "PÀRAMITA" Email:penerbitparamita@Gmail.com  
<http://www.penerbitparamita.com>

World Hindu Parisad Sekretariat: Gedung Dinas Kebudayaan Provinsi Bali, Jalan Ir. Juanda No.1 Renon, Denpasar 80253, Bali, Indonesia Telp.0361-245697 Fax 0361-245660 E-mail: info@worldhinduparisad.org/website: www.worldhinduparisad.org FOREWORDS Ratu Bagus Bio-Energy' Meditation is one of the significant Spiritual methods to guide someone to reach the perfect health.

This method established by Ida Pandita Mpu Nabe Parama Daksa Natha Ratu Bagus whose as the Master and Founder of this method. This methods of Ratu Bagus Bio-Energy' Meditation based on solving to the mental-block problems which it as the main sources of all sickness. The other name of Ratu Bagus Bio-Energy' Meditation is Shaking Meditation, which used the shaking as a methods to woke up the Kundalini Shakti that sleep in the Muladara Chakra.

Ida Pandita Mpu Nabe Parama Daksa Natha Ratu Bagus as the founder of this method, said: If we observe seriously, then we will find that all of the diseases come from the mental-block. Mental-block means a sickness which grow itself because of the negative thinking. Change the negative thinking to the positive thinking, then all of our disease will be loss. From time to time if the mental-block problem it never give solution, the mental-block problem become mental disorder. The mental-block it will be break when the Kundalini Shakti inside of everyone has woke up.

That is the principles of Ratu Bagus Bio-Energy Meditation. Therefore, all problems of mental-

block problem, even has becoming a mental disorder, it can solved through Ratu Bagus Bio-Energy Meditation. Some scholars and some doctor whose expert in medical from Europe and Asia, whose are unable solve their sickness in their contries then they come to the Ratu Bagus Ashram request therapy to His Holiness Ida Pandita Nabe Ratu Bagus. Based on the reason above, then I suggested to all of you to read and practice of the Ratu Bagus Bio-Energy' Meditation. I hope all of you will get the significant of this method. Denpasar, 10 September 2019 President World Hindu Parisad, DR. DRS.

MADE MANGKU PASTIKA, M.M



Om Swastyastu, \_PREFACE

The author would like to express sincere gratitude to the Almighty God for His grace so that this book could be published. Firstly, the author would like to pay tribute to His Excellency Ida Pandita Mpu Parama Daksa Natha Ratu Bagus (Ratu Bagus) and Ida Pandita Mpu Istri Parama Daksa Natha Ratu Bagus who have permitted and blessed to reveal a small amount of knowledge of Ratu Bagus Bio Energy Meditation he created into a book. Later on, this book could be read by public.

In addition, the author's thank is presented to Ratu Bagus because he has been willing to serve the author at Taman, at classroom, at restaurant, any where he was ready to share his knowledge. From the lips of Ratu Bagus will flow any material knowledge and spiritual knowledge. Being close to him will never make boring. There is always knowledge around us that we do not know, but he tells fluently. When the author asked from where Ratu knew the knowledge, Ratu said he got it from himself because he never read such knowledge.

The author asked again: "If so, where did Ratu obtain the knowledge from?" He replied it flowed naturally, as it did on the contrary, Ratu then asked if the knowledge did not comply with the theory that the author once learned. The author answered that it did not so and even the author explained that what Ratu explained has been pursuant to the theories the author has learned. He replied while laughing amusingly. The author also laughed due to such amusement. Strange and unique! These conditions flamed within the author's mind every time had a discussion with Ratu Bagus. Have a discussion with him is just like drawing water to a well.

When bringing a small container, one will only get a small amount

of water, but when bringing a larger container so more water will be obtained. It should be acknowledged that it is not easy to reveal the whole science of Ratu Bagus Bio Energy Meditation because it is holistic (extensive and subtle). As a holistic knowledge, it should be assessed in terms of several scientific aspects so that it is impossible that this Ratu Bagus Bio Energy Meditation will be perfect if it is only assessed in terms of single scientific aspect.

Any science in use to approach and any theory in use to analyze, they will be always relevant. To describe the science of Ratu Bagus Bio Energy Meditation is definitely important if related to other knowledge, both science and spiritualism. I am a lecturer of Cosmology, Philosophical Theology and other subjects at higher education. In addition, I like to learn the concepts and theories of physics and I have written some books on Hindu Cosmology, Theology and other related books. In this matter, I prefer to approach this Ratu Bagus Bio Energy Meditation by the approach of cosmological concept, notably Hindu Cosmology because the two, namely between the scientific concept of Ratu Bagus Bio Energy Meditation and Hindu Cosmological concept discuss the same matter namely cosmic consciousness or universal consciousness. On the level of cosmic consciousness, human is taken into the embrace of natural and universal affection.

Within cosmic consciousness is not known any discrimination of nation, ethnic, group and religion. In the concept of cosmic consciousness, all existences, all creatures, all humans are the same. Vasu devah kutumbhakam or all creatures are brothers', thus the Vedic subhasita says about the universal brotherhood. All people will

be drawn into this concept, because in the universal goodwill concept, there is no rival, enemy, opposition or battle, but all are brothers.

When we listen to the sermon of Ratu Bagus, listen to the basic concepts of **Ratu Bagus Bio Energy Meditation**, it will promptly be known that the Bio Energy Meditation attempts to harmonize the microcosmic mind (human) with macrocosmic mind (universe). The root of natural disaster and humanity disaster is the mind. Through the exercise of **Ratu Bagus Bio Energy Meditation**, the waves of mind having high frequency or beta ( $\beta$ ) frequency that makes difficult think clearly will be decreased to the level of silent alpha ( $\alpha$ ) frequency that enables to start meditation.

Furthermore, by performing the **Ratu Bagus Bio Energy Meditation** regularly will enable to lower the level of frequency up to attaining the delta ( $\delta$ ) frequency bringing the mind to sink into profound meditation that later on causes the emergence of cosmic consciousness. When human has arrived at the frequency of theta (?) waves, he will become a cosmic consciousness itself. Cosmic consciousness denotes another term of God's consciousness, so that every participant of Bio Energy Meditation is guided to reach the consciousness of God.

If most humankind in the world has **a consciousness of God**, so what the so-called heaven, kingdom of God, moksha will be present **on the surface of** this earth. I hope that the presence of Bio Energy Meditation science humankind will be get enlightened. In terms of its exercise, the concept of movement on each participant is different expressing the dance of soul of exercise's participant. Therefore, the Bio Energy Meditation can be said as a beautiful dance of the soul. In addition, movement of its exercise also

creates a blissful atmosphere bringing into the achievement of cosmic consciousness and soul enlightenment.

On that account, the **Ratu Bagus Bio Energy Meditation** can also be called Meditation of Cosmic Consciousness, Happy Meditation and Enlightenment Meditation. Of course, such names only become the author's appreciation to Ratu Bagus and **Ratu Bagus Bio Energy** Meditation. The author would also like to thank I Wayan Sujana and I Wayan Gunarta, students of Brahma Vidya Faculty, who are also the student of Ratu Bagus who have provided much information about the knowledge of **Ratu Bagus Bio Energy** Meditation.

Similarly, deep gratitude is also extended to Diana Dewi Andayani, S.Pd, the author's wife, who accompanied and gave motivation all the times to complete this book. Great thank is also conveyed to Jyothi Devi Krishnanandayani (first daughter) and I Wayan Parta, S.Pd. who lent a hand in typing this manuscript. Finally yet importantly, immense thanks are also delivered to my children: Prashanthi Devi Maheswari, Satyasai Bhakta Pranidana, Bhaskara Premasairam Das, and Amritasastri Jayantidewi Narayani who participated in creating tranquil ambience so that no **hindrances were encountered during** writing this book.

I have much pleasure in sincerely thanking my teachers from the Elementary School, Secondary School, Senior High School and my lecturers at Undergraduate and Post Graduate Program and various parties who have extended their assistance in publishing this book that are unable to be mentioned one by one. Similarly, I have much pleasure in thanking the **students of Ratu Bagus** and authors writing the last chapter of this book such as Thierry Renard et.al.

I hope that this book would be beneficial to establish cosmic consciousness for the sake of blissful community based on vasudevah kutumbhakam concept or "a community with God's consciousness" so that peace could be realized on earth.

Om Shanti, Shanti, Shanti, Om. Denpasar, April 2009 Author

FOREWORD IDA PANDITA MPU PARAMA DAKSA NATHA RATU BAGUS Ratu Bagus Ashram, Muncan Karangasem-Bali Om Swastyastu, Primarily, Ratu would like to express thankfulness to Ida Sang Hyang Widi Wasa, the Supreme God because it is due to His blessings everything could exist on this earth. Even, in various Upanishadic scriptures is stated that the Supreme God embodies Himself as the universe. Similarly, the universe is also described as the gross body of the Supreme God.

On that account, there is no reason for humankind not to express their gratefulness to God. In addition, the more we express thankfulness, the closer to God we will be. Getting closer to God means, we will get more graces from God. It is due to the closeness of Ratu to God, Ratu acquired a grace in the form of Bayu Suci (Sacred Power) several years ago at the foot of Mount Agung, where the foreign students of Ratu called it Bio Energy Meditation. Actually, the science of Ratu received from the invisible world has occurred tens of years ago, before Ratu became a pandita (priest).

It has been taught to wider community evolutionally because Ratu realized that the community has been hypnotized by ajawere (no disseminating) tradition that can lead to misunderstanding if one would like to apply his knowledge extensively and revolutionarily. Ratu implemented the Sacred Power science gradually to those who would like and love the

knowledge. For a long time, Ratu has not been ready to teach the Sacred Power science or this **Ratu Bagus Bio Energy Meditation** openly in public space because the heterogeneous knowledge of community is difficult to manage.

However, if there is an individual or group of people who is eager to meet Ratu to learn, Ratu will teach them happily because according to Ratu, such people should be served thoroughly. Thus was the attitude of Ratu few years ago because Ratu thought that any kind of science or knowledge could not be forced or exposed easily. Now, Ratu is very glad in line with the desire of time, Ratu met Drs. I Ketut Donder, M.Ag, a lecturer at Brahma Vidya Faculty, Denpasar State Institute of Hindu Dharma (IHDN), who has so great curiosity toward the **Ratu Bagus Bio Energy** Meditation. Ratu is very glad because Donder is intelligent to catch the points of Ratu's explanation.

He could understand quickly what Ratu meant. More than that, his likeness to connect spiritual knowledge to the concept of exact sciences like quantum physics, made Ratu would like to reveal the entire knowledge obtained **from the invisible world** to Donder. Ratu expected that one day Donder would become a scientifically mature scientist and not only as scholar putting his academic title just intended to scare others. If few years ago foreign **students of Ratu Bagus** named the Sacred Power science as **Ratu Bagus Bio Energy Meditation**, now Donder named the **Ratu Bagus Bio Energy Meditation** as the Dance of Soul.

Ratu can understand this matter because Donder observed the Ratu's students who were practicing the shaking movement and then he joined the exercise. Having joined the exercise, Donder felt there is flowing energy that made him move as if he danced, even as if such energy made him fly. The



experience perceived by Donder is also widely experienced by other participants in different variations. Here is the nature of knowledge of the Ratu Bagus Bio Energy Meditation that will provide with spiritual experience of flying as far as the karmic horizon line of each participant. I do hope this book will be beneficial for readers.

Om Shanti, Shanti, Shanti, Om. Muncan, 30 March 2009  
Ida Pandita Mpu Parama Daksa  
Natha Ratu Bagus

\_ FOREWORD Prof. Dr. I Made Titib, PhD Vedic Professor at Denpasar State Institute of Hindu Dharma Dean of Brahma Vidya Faculty Om Swastyastu, First, I would like to express my deep sense of gratitude to Hyang Widhi Wasa or the Supreme God, because it is due to His endowments, the longer the more Hindu knowledge are unveiled from the bottom of our ocean of ignorance. Now, the readers will be introduced to ancient wisdom but always up to date.

In other words, the knowledge described here is a very ancient knowledge, as its existence is as old as the universe itself. However, since it was hidden at the bottom of our ignorance, it has now become modern information. There is something phenomenal in this book, namely the presence of explanation about Shaking as Spiritual Caru (exorcism) that if it is assessed by intelligent mind, this matter can be made as an evidence of the sophistication of Hindu spiritual system. Spiritual Caru denotes the height of Raja Marga, a level of human competence to dissolve into the universe.

This matter signifies that the Caru ritual should be interpreted more extensively as a procession of universal harmonization, not as formalistic ritual.

I very much appreciate this book as it retains much information that can satisfy the expectation and or the curiosity demand of intellectual community. Again, I appreciate the interest and preparedness of Ketut Donder in the effort to reconstruct the knowledge of **Ida Pandita Mpu Parama Daksa Natha Ratu** Bagus. On that account, I also congratulate you on the publishing of your book.

Om shanty shanty shanty Om



Om Swastyastu, \_FOREWORD

Within the Vedas lies a comprehensive knowledge, namely aparavidya (scientific) knowledge and paravidya (spiritual) knowledge that up to these days have not been entirely revealed by scientists. The information above needs more understanding and discovering continuously so that they could provide more extensive and comprehensive understanding to Hindu intellectuals and devotees that would like to expand their insight. The book entitled **RATU BAGUS BIO ENERGY MEDITATION: Meditation, the Dance of Soul, Holistic Spiritualism and Cosmic Consciousness Builder** by I Ketut Donder denotes one of the efforts to reveal how extensive the meditation knowledge is.

The word 'meditation' having very close meaning to the words concentration, dharana and dhyana signify the phases of yogic discipline before one attains the height of Samadhi. Meditation as spiritual discipline belonging to the yogic science is very old. Nevertheless, the meditation known as this **Ratu Bagus Bio Energy Meditation** constitutes a phenomenal meditation system. Because the **Ratu Bagus Bio Energy Meditation** seems to have, rather different system from the meditation phases in general. Meditation in general puts emphasis on particular sitting posture supported by tranquil ambience, but the **Ratu Bagus Bio Energy Meditation** is even on the contrary. In this meditation system, every participant can take any position freely and relaxingly.

Having taken free convenient position (notably stand up), the exercise process is begun by what the so-called shaking.

Shaking is hand posture that is identical to posture of the hand shaking something. On that account, in the **Ratu Bagus Bio Energy Meditation** occurs a technique of hand posture moved by pushing forward repeatedly and quickly. By such shaking technique, the entire body will vibrate and the vibration is getting stronger when one's mind is more focused on his movement.

Even, the one who has deeply sunk into his concentration in the shaking movement, he will be able to present everything lying at **the bottom of his** personality, even though such a thing is hidden. That is why the participants of shaking will show off different bodily movements as expression of their soul. The book by I Ketut Donder, actually, denotes a continuation of his previous book entitled **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus dan Fenomena Eksotis Kesadaran Kosmisnya**.

If the previous book unveiled the exotic mystery retained **on Ida Pandita Mpu Parama Daksa Natha Ratu Bagus**, so this book is written in such a way to unveil why such exotic mystery can happen to Ratu Bagus. This book endeavors to describe the 'scientific aspect' of Ratu Bagus. Therefore, it would be better if the fellow devotees can read this book before foreigners practice this meditation in daily life. I hope that this book could give advantages to all readers. Ultimately, we congratulate I Ketut Donder on the publishing of this book. We do hope you could progressively create more works to expand the understanding and knowledge related to Hindu spirituality.

Om Shanti Shanti Shanti Om Jakarta, May 2009 Executive Chairman Hindu Dharma Council of Indonesia DR. I MADE GDE ERATA, M.A.,

TABLE OF CONTENTS Preceptor's Feet and My Head .....	v
..... Preface .....	vii
Foreword by <b>Ida Pandita Mpu Parama</b> .....	xii
<b>Daksa Natha Ratu Bagus</b> .....	xv
Foreword by Prof. Dr. I Made Titib, PhD .....	xvii
Foreword by Executive Chairman of Hindu Dharma Council of Indonesia .....	
CHAPTER I INTRODUCTION.....	
1 Ratu Bagus and Ratu Bagus Bio Energi Meditation .....	1
Ratu Bagus, Scientific and Spiritual Development .....	5
Ratu Bagus and Maturity of Societal Spiritualism Ratu Bagus, Spiritual and Societal Enlightenment .....	9
Ratu Bagus, Spiritual, Science, Technology and Health .....	12
The Presence of Ratu Bagus is Required by the World Community .....	23
Come, See, Listen, Contemplate and Enjoy .....	28
CHAPTER II RATU BAGUS AND THE INVENTION OF BIO ENERGY MEDITATION SYSTEM .....	33
2.1 Getting to Know the Figure of Ratu Bagus .....	33
2.2 Ratu Bagus and Abhiseka (Initiation) by the Invisible Realm .....	39



2.3 Ratu Bagus and Knowledge Grace of Sunyaloka .....	71
2.4 Ratu Bagus and the Invention of Bio Energy Meditation System .....	74
2.4.1 Ratu Bagus and His Scientific Thinking Pattern .....	79
2.4.2 Ratu Bagus and Compatibility with Bhagavadgita .....	81
2.5 Basic Principles of Ratu Bagus Bio Energy Meditation .....	89
2.5.1 Ratu Bagus and Conception of God within the Self .....	
2.5.2 Ratu Bagus and the Principle of Universal Integrity .....	92
2.5.3 Ratu Bagus and the Principle of Total Harmony.....	98
2.5.4 Ratu Bagus and the Principle of Finiteness to Infiniteness .....	102
2.5.5 Ratu Bagus and the Principle of Causal World .....	107
2.5.6 Ratu Bagus and the Principle of Natural Law Orderliness .....	109
2.5.7 Ratu Bagus and the Principle of Natural Response on Mind .....	111
2.5.8 Ratu Bagus and the Principle of Consciousness Expression .....	
2.5.9 Ratu Bagus and the Principle of Choosing Capacity .....	113
2.5.10 Ratu Bagus and the Principle of Physical Condition as Reflection of Consciousness .....	115
2.5.11 World Change through the Change of Consciousness .....	118
	119

2.5.12 Ratu Bagus and the Principle of Inner Self- Orientation	120
..... 2.6 Autoconcept of Ratu Bagus Bio Energy	121
..... CHAPTER III CONFORMITY OF BIO ENERGY MEDITATION SYSTEM TO THE KNOWLEDGE AND SPIRITUAL SYSTEM	125
3.1	

Ratu Bagus Bio Energy Meditation and Quantum Physics.....	125
3.1.1 The Nature of Quantum Physical Science .....	125
3.1.2 Philosophy of Bio Energy Meditation .....	139
3.1.3 Bio Energy Meditation and Consciousness of Life .....	144
3.1.4 Ratu Bagus Bio Energy Meditation and Physical Organs .....	150
3.1.5 Ratu Bagus Bio Energy Meditation and Chakra System .....	152
3.1.6 Ratu Bagus Bio Energy Meditation and Language of Nature .....	156
3.1.6.1 Sanskrit Characters up to Characters in Chakra .....	156
3.1.6.2 Character in Muladhara Chakra.....	163
3.1.6.3 Character in Swasdhistana Chakra.....	165
3.1.6.4 Character in Manipura Chakra.....	166
3.1.6.5 Character in Anahata Chakra .....	167
3.1.6.6 Character in Visudha Chakra .....	169
3.1.6.7 Character in Ajna Chakra .....	170
3.1.6.8 Character in Sahasra Chakra .....	172

CHAPTER IV <b>RATU BAGUS BIO ENERGY</b> AND THE ESSENCE OF UNIVERSAL ENERGY .....	177
4.1 <b>Ratu Bagus Bio Energy</b> and Prana .....	177
4.2 <b>Ratu Bagus Bio Energy</b> and the Structure of Human Body .....	180
4.2.1 Structure of Physical Body and Ratu Bagus Consciousness .....	181
4.2.2 Structure of Spiritual Body and Ratu Bagus Consciousness .....	183
4.3 <b>The Nature of Consciousness</b> .....	187
4.4 The Nature of I's Consciousness .....	189
4.5 The Nature of Inner Self and Physical Perspective .....	189
4.6 Prerequisite Influencing the Universal Energy.....	191
4.7 <b>Ratu Bagus Bio Energy</b> and Spiritual Concept .....	192
4.7.1 Shaking Wakes up the Dormant Kundalini Serpent .....	192
4.7.2 Mastery of Kundalini Energy through Preceptor's Initiation .....	196
4.7.3 A Touch of <b>Ratu Bagus Bio Energy</b> and Initiation .....	202
CHAPTER V <b>EXERCISE PROCEDURES OF RATU BAGUS BIO ENERGY MEDITATION</b> SYSTEM AND ITS VARIOUS BENEFITS.....	205

5.1 Pelukatan at Ganesh Statue ..... 205 5.2 Entering into the Taman  
or Exercise Centre..... 206 5.3 Performing Shaking and Exercise by Standing up  
..... 207 5.4

Shaking and Various Forms of Emerging Movement ..... 210 5.4.1 Shaking to Engender  
the Form of Mysterious Movement ..... 213 5.4.2 Shaking to  
Engender the Form of Movement with Laughter ..... 214 5.4.3  
Shaking to Engender an Amusing Movement While Hysterically Weeping  
..... 215 5.4.4 Shaking to Engender Beautiful, Enjoyable and Persistent  
Movement..... 216 5.5 Benefits of Shaking for Various  
Healings..... 220 5.6 Mind and Kundalini..... 220 5.7  
Shaking, Effective Method to Conquer the Mind..... 222 5.8

Shaking as Caru or Spiritual Exorcism ..... 223 CHAPTER VI TESTIMONIES AND  
COMMENTARIES OF RATU BAGUS' STUDENTS FROM SEVERAL COUNTRIES.....  
231 6.1 Introduction by Tierry Renard ..... 231 6.1.1 Practice and  
Philosophy ..... 231 6.1.2 "The Process" ..... 223  
6.2 Testimonies..... 235 6.2.1 Existence of Ashram by  
Marianne Stacey ..... 236 6.2.1.1 Ashram and Social Programmes ..... 236 6.2.1.2 The  
Social Programmes ..... 237

6.2.1.3 The Ratu Bagus Medallion..... 237 6.2.1.4 Future Plans.....

239 6.2.2 The Desert of the Soul by Sanman from Switzerland

..... 239 6.2.3 The Best Is Yet to Come by Leo from Italy ..... 243

6.2.4 Shaking at the Park of Energy and the Ultimate Time Machine by Marianne from Germany ..... 247 6.2.5 Never Ending Energy by Tim from England ..... 250 6.2.6 Maybe Ratu Can Help You by Reiner (Germany) .....

253 6.2.7 Stand up, Fall down, Get up again and Grow: That Is What It's about Shaking by An from Belgium .....

258 6.2.8 Mystery of Life by Sukri from Bali .....

262 6.2.9

A Path to Real Freedom by Gilles from France .... 264 6.2.10 A Glimpse of My Story with Ratu Bagus by Peter from Belgium .....

269 6.2.11 Spring Cleaning by Susanne from Germany..... 274 6.2.12 Shaking at Any Age by Klaartje from Belgium....

275 6.2.13 Life is Love by Lella from Italy..... 276 6.2.14 Lilies of the Valley by Thierry from Belgium..... 279 6.2.15 A Challenge to Meet My True Self by Evelyn from Belgium .....

284 6.2.16 Island of the Gods by Paul from Australia .....

288 6.2.17 Shaking at the Taman by Mark and Belle from England .....

294 6.2.18 Finally a Connection by Student from Ireland .....

.....

298

6.2.19 Love is the Secret in Ratu Bagus Bio Energy Meditation Exercise by Paul from France.....	301
6.2.20 Compass on the Voyage to My Soul by Philippe from Belgium .....	304
6.2.21 Light, Love, Laughter & Joy along the Road to Paradise by Abi from England .....	307
6.2.22 A Life Changing Experience by Maike from Germany.....	316
6.2.23 Teaching with Ratu’s Energy by Eddy from Belgium .....	319
6.2.24 I Went to Bali and Never Came back by Lucy from England.....	324
6.2.25 Understanding Ratu’s Mission by Ketut from Bali .....	327
6.3 Experience of Made Sukarwa with the Energy of Ratu Bagus .....	

330 ABOUT THE AUTHOR.....	333
BIBLIOGRAPHY.....	337



CHAPTER I INTRODUCTION 1.1 Ratu Bagus and Ratu Bagus Bio Energy Meditation Ratu Bagus Bio Energy Meditation (RB-BEM) is another term of Bayu Suci (Sacred Power) created by Ida Pandita Mpu Parama Daksa Natha Ratu Bagus. This meditation denotes a science attempting to help every person deal with their inner power (bayu) in order to find out the nature of existence of the inner self (atman or soul).

This Ratu Bagus Bio Energy Meditation helps generate everybody's consciousness in order that he could encounter his pure identity, namely spiritual consciousness. This spiritual consciousness will make humans be capable of realizing that their soul poses a sacred fragment of the Supreme God. The soul is just like water drops in the air whose characteristic is the same as that of water of an ocean. When the water drops in the air fall into the ocean, the identity of water drops will disappear as swollen by the ocean. In the same way, when one enters into spiritual consciousness, he will come to the ocean of Supreme God's happiness.

Such consciousness constitutes the height of consciousness expected by every human being. This matter is in harmony with a sacred idiomatic expression saying atma brahma aikyam meaning that atman or soul and God are essentially the same. When one can realize his atman is the same as God, as mentioned in another idiom aham brahma asmi 'I am the Brahman (God) Himself', so by the new consciousness one's soul can get reunion with God. Old Javanese idiomatic



expression utters manunggaling kaula kalawan Gusti standing for 'the oneness of human and God.' On that account, the Ratu Bagus Bio Energy Meditation is in harmony with the advaitic concept or non-dualistic philosophy.

Regular, continuous and earnest practice in the system of Ratu Bagus Bio Energy Meditation will lead a person to the level of understanding on the unity of one's self to the universe as mentioned in the sacred idiomatic expression tat tvam asi or 'all existences pose the reflection of myself'. Such level of consciousness will enable one to understand the essence of one's inner self (atman) as an integrated unity that is the same as Maha Atma (God) in the form of all existences. This advaitic consciousness denotes the height of knowledge that is highly longed for by humanity.

Thus, the Sacred Power that later on is better known as Ratu Bagus Bio Energy Meditation is a system of holistic knowledge learning about the nature of 'the pure self', namely the soul dwelling in the self of everyone. It needs informing again and again that generating the human consciousness up to the level of spiritual consciousness denotes something very important because everything existing either visible or invisible poses an integrated unity where God serves as father, mother and master of the universe in keeping with the statement of sloka of Bhagavadgita IX.17 as follows: iptahmSy jgto mata /ata iptamh" - veU' piv]mo»ar "Ksam yjrev c -- pitàham asya jagato màtà dhàtà pitàmahaá, vedyáy pavitram auýkàra àk sàma yajur eva ca.

"I am the father, also the mother of this world, sustaining its ancestor (pitamaha).

I am the goal of pure knowledge, purifying. I am the aumkara (sacred syllabic AUM) and I am the grandfather, the Rg Veda, Sama Veda, as well as Yajur Veda. Through the practice of Ratu Bagus-Bio Energy Meditation, one will be invited to dissolve into **the consciousness of God** penetrating into the subatomic consciousness. Consequently, when one has been mature in undertaking the **Ratu Bagus Bio Energy Meditation** discipline will bear a universal love.

The love is unlike the of love affection between a wife to her husband or on the way round, nor a love between fellow humans of the same religion, ethnic, group, but a love that is free from those constraints. When one has been established in **the consciousness of God** penetrating up to cosmic consciousness, he will be able to understand the consciousness of sub atomic particle matter, as a consequent he can easily speak to sub atomic particle matter. This cosmic consciousness can make the practitioner of the Ratu Bagus-Bio Energy Meditation discipline have the capability of instructing the air particles to move pursuant to his intention.

In terms of physical aspect (method and mode of its practice), one may say that the system of Ratu Bagus-Bio Energy Meditation is far different from the meditation system in general. Today, the common meditation is associated to "motionless and silent" sitting down while contemplating profoundly until it appears a universal consciousness on the nature of union with the universe. Different from the physical form of meditation in general sitting down silently, quietly and motionlessly, the Ratu Bagus-Bio Energy

Meditation even makes a move, thrills all members of the body freely and relaxingly (free motions).

Free motion in the system of Ratu Bagus-Bio Energy Meditation is identical to the attainment of freedom from the bondage of everybody's self-exploitation. On that account, in the system of Ratu Bagus-Bio Energy Meditation, everyone will thrill pursuant to his desire, so that the movement will reflect his pure self. When thrilling in the practice of Ratu Bagus-Bio Energy Meditation, one will perform a spiritual dance.

Through the exercise of Ratu Bagus-Bio Energy Meditation, everyone's character will be easily recognized because he will dance **a part of the** inner self, namely the soul. On that account, though physically the Ratu Bagus-Bio Energy Meditation is said to be different from the meditation system in general, but when it is carefully investigated, it spiritually has essential similarity to various methods of meditation. Its obtrusive distinction is that one joining the Ratu Bagus-Bio Energy Meditation can make a movement or utter voices freely. There is no awkward prohibition handcuffing anybody.

This meditation is constructed by **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** obtained from divine revelation through cosmic consciousness located at Mount Agung. As a result, the name of this meditation took the rear name of the constructor who previously obtained the initiation of cosmic consciousness. Similarly, this very simple and exceptional meditation named the science Bayu Suci (Sacred Power) was renamed to Bayu Suci Ratu Bagus (Ratu Bagus Sacred Power).

The name of Bayu Suci then changed again into Bio Energy Meditation because the students of **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** coming from several countries equalized

the meaning of Bayu Suci to Bio Energy. As consequence, the system of this consciousness exercise became popular as **Ratu Bagus Bio Energy** Meditation. Addition of the name Ratu Bagus was considered important to distinguish or avoid other similar discipline of spiritual knowledge employing the name Bio Energy.

Should there be any similar name, it is definitely the one with complete name Ratu Bagus denoting a meditation system created by **Ida Pandita Mpu Parama Daksa Natha Ratu** Bagus. 1.2 Ratu Bagus, Scientific and Spiritual Development Evolution makes up a universal law where everything grows and develops pursuant to the law of nature; the young grows and develop into adult, and later on, the adult grows old at the end. Having been old, one ultimately dies as the stated in the sloka II.27 and 28 of Bhagavadgita as follows: *jàtasya hi dhruvo mãtyur dhruvaý janma mãtasya ca, tasmàd aparihàrye 'rthe na tvaý úocitum arhasi.*

'The death of one born is definite, and the re-(birth) of one dead is also definite. Therefore in such unavoidable matter you should not grieve.' *avyaktàdini bhùtànì vyakta-madhyànì bharata, avyakta-nidhanàny eva tatra kà paridevanà.* 'O Descendant of Barata, beings have their beginning in the unmanifest, in the middle they are manifest, and they end in the unmanifest. On that account, it's unnecessary to feel in pleasure of the one born and feel sad to the one dead.'

The two slokas above indicate that anything existing in this world grows and develops or rolls on **in accordance with the** law of nature delivered to the manifestation of God in its form as 'time'.

None can strive against the authority of time because when the sun rises no one can hinder the coming of the morning, then gets up to noon, afternoon and goes on and so does when the sun touches down the horizon, no one can obstruct the coming of night. The cycle of morning, noon and night, and comes back to the next morning, noon and night cyclically denotes the law of God's stipulation. It is this law denoting one of the manifestations of cosmic consciousness law and social theory known as the Theory of Social Change that was probably inspired by this law.

Nowadays, the time shows its embodiment as an invulnerability era of science and technology. In keeping with the advancement of this science and technology, spiritual science is also subject to the authority of time so that everyday various kinds of spiritual discipline grows and develops flourishingly. On that account, the social scientists state that this century constitutes the spiritual awakening century, that by some apologetic religious figures consider it as a great challenge to religions.

Every spiritual discipline intends to provide spiritual happiness for its followers. Accordingly, everybody is free to choose his own spiritual discipline appropriate to him. Freedom in choosing spiritual path should be viewed as the most essential rights. No one has the authority to curse or forbidden any spiritual discipline. If devotees group of particular religion or particular spiritual followers feels to be rivaled by the presence of certain spiritual, or feel to lose in competition in providing spiritual needs of humankind, they should look for any tips that can revive the motivation to

perform the exercise continuously and consistently. Otherwise, its participants will attempt to undergo other spiritual exercise. It is parallel to everyone's spiritual condition that often fluctuates.

On that account, the method should be adjusted to prevent such fluctuation. In keeping with the advancement of science and technology, it is felt the existence of human knowledge extension. Probably it is driven by the fact that they have been saturated by the tradition of science and technology only, so that more and more people turn to spiritual knowledge. Many scientists and technologists progressively come to spiritual domain. Other than having relief effect since it will add the number of people who are aware of spiritualism, its side effect can harm where scientists who join the spirituality due to stress will mix their stress with intelligence and spiritualism into one.

If a spiritual preceptor does not have a balanced scientific perspective with the scientists, there will be an obstacle in **the process of transferring** the knowledge and experience. Moreover, it will be less communicative if a scientist turning to spiritualism but neglects the subjective experience of the spiritual itself. Perhaps some spiritual institutions will find it difficult to face such people. However, those conditions would be no problem when entering the ashram of Ratu Bagus and learning the Ratu Bagus Meditation because the spiritual preceptor having the title **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** will provide all answers of their questions. Even, the answers can be received before asking questions, its answers may have been suddenly available in the mind as inspired by the behavior of preceptor. For centuries, learning spiritualism has been assumed as a very difficult lesson.

Moreover, the spiritualism related to the

generation of Kundalini is thoroughly warned in order **not to be undertaken** carelessly. Generating the Kundalini may not be performed without tight supervision of a preceptor because the energy generated by the Kundalini has an impact on the physic and mental. As usual, when the Kundalini rises, the body will unconsciously wriggle like the movement of serpent because the miraculous dormant serpent **at the base of** muladhara chakra moves following the track of the very small cellular fibers.

The clogged up cellular track, as the highway impeded by something, causes anything passing through the clogged up will engender panic motions because it wants to go out from such hindrance. In the same manner, the miraculous serpent existing within everyone's self named Kundalini, on the passage from muladhara chakra is impeded, has an impact on great vibrations that can make the one who performs it amazed, stressed up to crazy. At least, it is the caution of spiritual preceptor to spiritualism enthusiasts in order they take care of the awakening of such Kundalini. It is the matter makes many people reluctant to execute the practice of Kundalini awakening.

Even, some people are prohibited to awaken their Kundalini. It is different from the paradigm of teaching on the carefulness in awakening the Kundalini, the Ratu Bagus-Bio Energy Meditation even views that the Kundalini awakening denotes the prominent requirement to enter into spiritual realm. Based on the exercise principles of **Ratu Bagus Bio Energy Meditation**, such Kundalini awakening is unnecessary to make frighten because the huge vibrations of Kundalini due to Kundalini awakening have been neutralized in advance with a vibration named shaking.

Therefore, the principle of Ratu Bagus-Bio Energy Meditation is

the same as the equation basis of impulse energy, where it always equals to zero or the motive energy should be the same as causal energy of which in physical formula is frequently written as  $I = m$



$x v = m_x v$  or  $m_x v - m_x v = 0$ . This is the superiority of

122\_1122

Ratu Bagus-Bio Energy Meditation because it makes no worries due to negative effect of Kundalini power. 'Rhythmic vibration' shaking as the result of dynamic energy created by **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** is used to prevent the negative effect of Kundalini vibration. 1.3

Ratu Bagus and Maturity of Societal Spiritualism Actually, everybody requires spiritualism because everybody is composed of two elements, namely physical and spiritual elements. Physical body calls for delicious nutrient and drink as well as fine attires. However, the soul or spirit does not require such food, drink and attires, the spirit longs for serenity and peace, it requires tranquil atmosphere. Yet today, many people feed themselves wrongly. Many people whose spirit feels thirsty but they only purchase delicious bread and food at supermarkets or malls. Consequently, their body turns obese and bigger, while their spirit turns dry.

One whose spirit is dry will not exude affectional vibration in his or her life. One whose spirit is dry, though rich he will be stingy and not be willing to lose a penny. One whose spirit is dry will view others only as an asset that needs managing in order he gets advantage as many as possible. This sort of person will not have sympathy for the sufferings of others. For those belong to this group of people would be better if they are willing to make a visit to Ratu Bagus' ashram.

Because the social awareness, care or sensitiveness of Ratu Bagus' ashram

community, both permanent and temporary, will be grown until every single member gradually have cosmic consciousness or universal consciousness, and is dissolved into the existence of nature. Harmony with nature along with its content denotes a characteristic to have undergone an enlightenment process where the soul has gone out from the sheath of soul. Before arriving at the enlightenment, the body controls the soul; on the contrary, having attained the enlightenment the soul becomes the driver of the body. When human is controlled by his spiritual consciousness, he will experience spiritual maturity.

Nowadays, it is difficult for human to find out tranquil atmosphere and convenient environment to look for nutrient for the soul. Most human beings are busy seeking rice, bread, and attires without caring for the thirst of their soul. Ultimately, the human life tends to be cruel, stressed and riots explode everywhere. Stress can become the source of biased behavior and stress that cannot be connived. Many people and experts also suggest expressing the stress through sporting because in many experiences stress can be neutralized by sporting.

Though sporting is said to be able to neutralize stress, stress remains unable to be totally expressed because in many sporting are restricted by particular norms. Different from many sporting, the exercise of Ratu Bagus-Bio Energy Meditation indeed looks like a sporting because the body should always be actuated or thrilled. For those who are in severe stress, in performing the Ratu Bagus- Bio Energy Meditation are allowed to shout as loudly as possible to make their stress relieved, may weep as loudly as possible, dance as one likes, turn around, somersault, and so forth without any hazards because the energy of Ratu Bagus control everyone's

consciousness during the exercise. For those who have not tried to join the exercise of Ratu Bagus-Bio Energy Meditation, they would probably give negative comments on this information.

However, one will promptly nod his or her head repeatedly after joining the exercise of Bio Energy Meditation for some minutes. In addition, he will feel or undergo in person the existence of a huge energy emanating from within the self that originally is difficult to control, **but in the end** it makes one addicted to perform the exercise of Ratu Bagus-Bio Energy Meditation. On that account, many people may be difficult to express their stress. Probably **they do not know** where to channel their stress. Similarly, many people release their stress wrongly; some come to gambling table, some others to bed of prostitute and so forth.

Therefore, for you who have decided on mistaken path it would be advisable to try making a visit to enjoy the ecstasy because of getting absorbed in wave vibration of Ratu Bagus- Bio Energy Meditation. For the intellectuals who are too late to get untrue information about Ratu Bagus-Bio Energy Meditation should promptly come to the Ratu Bagus' ashram while making observation along with their intellectual, performing experiment, gathering data, interpreting data, re-examining clinically all data obtained. Afterward, draw any conclusion. It is a mature action in learning about spiritualism. Sathya Nara Svami says that coming, observing and enjoying were the way to learn about spiritualism.

If by coming, observing and enjoying, in fact one cannot feel anything, so he or she needs performing check-up. Probably, there is something wrong with his system and function of consciousness. People who hide away any envy, jealous, greedy and ego for so long their parasensory nerves have undergone a dysfunction so

they need greater energy to recover the function. Through shaking method or 'rhythmical vibration' in the exercise of Ratu Bagus- Bio Energy Meditation, the cleansing for parasensory nervous system undergoing a dysfunction will be able to work normally.

Its key words: saying is the tradition of children, undertaking is the habit of youngsters, and undertaking while enjoying is the tradition of people spiritually adult. 1.4 Ratu Bagus, Spiritual and Societal Enlightenment Regular activities make many people saturated though such activities bring huge material benefits. Abundant materials does not warrant to the existence of enlightenment. Enlightenment is only possible when the spiritualism develops, and the signs of spiritualism develop if such person starts to long for the sathyam (truth), Sivam (benefaction) and sundaram (beauty).

Alternatively, more specifically that the one's spiritual signs develops when his or her behavior reflects the five pillars of spirituality, namely (1) sathya (truth), (2) dharma (benefaction), (3) prema (affection), (4) santhi (peace) and (5) ahimsa (non-violence). If unable to undertake the five pillars, one of the pillars only has sufficed to be made as life guidance for the community. As a result, the peace in the community could be evolutionally embodied. Spiritual enlightenment in wider community is very important to strive for because everyone's life in the community is actually like network system. One of the nodal points of such network system gets disturbed the system will undergo shimmy.

In other words, if one of the community members encounters disharmony with other member, the community system will be disrupted. To keep well the harmonization system of the community in

harmony, every individual should make an effort attain individual enlightenment. Without the existence of individual consciousness, it is impossible to achieve the community consciousness. In keeping with the changes occurred, occurring and will keep on occurring, the paradigm of religions world today has also undergone some changes, from ritualistic paradigm to spiritual paradigm.

As the opinion of August Comte, he said that the human experiences three phases of knowledge development. The first is the phase of religious knowledge; the second, the phase of metaphysical knowledge; and the third, the phase of positive knowledge (science). Similarly, the human knowledge in the perspective of religious community, ritual matters seem to become the first phase of religious activities and the smartest phase of the spiritual community knowledge is spiritualism. Though spiritual denotes the smartest phase of evolution in the practice of religious community, yet not all communities can accept the spiritualism.

At the end, community figure along with its authority and hegemony set a doctrine on the community in order they will not get involved in spiritual world. Attitude of religious figure like this does not merely occur in religions considered as ritualistic religions, but also occurs among the religious figures assumed as rationalistic religion. History of ritual in Hinduism was commenced since the beginning of creation of this universe because according to the concept of Hinduism, the world was created due to the result of yajña (sacrifice) performed by God Himself.

Therefore, human beings are suggested to follow the lead of God in undertaking sacrifice. That is why ritual in the sense of sacrifice in Hinduism is very exalted and maintained. In Christianity and Islam, the trial

story of God to Prophet Abraham or Prophet Ibrahim, to sacrifice his own son, according to Christian version, Ishak will be sacrificed, while in Islamic version, Ismail will be made a sacrifice. Apart from the two versions, obviously both religions also originally knew the concept of holy sacrifice. Holy sacrifice is another name of ritual. By nature, ritual has sacred value related to God.

There is no something wrong with the performance of holy sacrifice or ritual, the less appropriate is the existence of stagnancy in understanding on the meaning of ritual. Ritual is the outermost layer of religion. Ritual is identical to the husk of coconut. Husk of coconut will keep on changing **in harmony with the** change of time. Husk of coconut will be always ready to peel out or remove, because to get coconut milk of the coconut, the husk up to the shell should be broken and then its flesh has to be withdrawn and grated.

Coconut milk is the essence of coconut and spiritual is the essence of religion. The outer truth of religion may be different like the outermost husk of different coconuts. However, when all coconuts having different husks have changed into coconut milk, no body can identify each coconut. Moreover, in the same manner ritual should be interpreted because no rituals encounter any change, both in quality and quantity. Ritual is not something absolute and the absolute one is the essence of such ritual. To understand the essence of ritual is required a spiritual intelligence. Sri Krishna avatar utters in sloka IX.26 of Bhagavadgita: p]’ puZp’ fl’ toy’ yo me .KTya p[yC^it - tdh’ .KTyuph\*tmè{aim p[ytaTmn” - patraý puûpaý phalaý toyaý yo me bhaktyà prayacchati, tad ahaý bhakty-upahâtam aúnañmi prayatàtmanaá.



'Whoever offers Me a leaf, flower, fruit, or water, with devotion—that gift of a person of controlled self, offered with devotion, I accept.' The sloka of Bhagavadgita IX.26 becomes the fundamental of sacrifice in Hindu community.

God only orders a piece of leaf, but to show a devotional service, human being presents an alluring arrangement of leaves, and similarly God only orders human being to offer a piece of flower, yet to show off the devotional service human being offers a series of flower. Combination of leaves and flowers that have been well arranged underlain by wholehearted devotion then engenders a very artistic offering named canang.

Furthermore, the nice-looking series of flowers and leaves called canang sari has not made the human devotion to God satisfied. Ultimately, they complete it with various kinds of fruits and it becomes an offering called canang raka.

In presenting canang raka human beings also expects in order that their offering is in sacred condition and becomes complete. In the history of offering, human being has a character and sense of so great obedience to God and human beings always want to show off that they are the greatest bhakta (devotee). Often this behavior leads to excessive actions where ultimately such devotion can make them confused and call their offering in question.

\_ Figure: Various oblations of Hindu devotees in Bali, such as the arrangement of leaves (patram in Bhagavadgita IX/.26) called it canang. \_ Figure: Oblation made from assorted fruits (phalam in Bhagavadgita IX.26) where the Balinese calls it Pajegan or Gebogan.

\_ Figure: Hindu devotees are scaling oblation made from patram, puspham and phalam (Bhagavadgita IX.26) \_ Figure: Penjor (bamboo pole affixed with various oblatinal elements) symbolizes the offering and expression of gratitude to Supreme God.

By paying attention to the sacred offering that are so beautiful, no one can deny that the function of ritual can create a very amazing religious ambience.

However, to assume the symbols of such sacred offering as something absolute and cannot be interpreted at all poses the manifestation of mistake and failure to position the ritual. Manifestation of ritual denotes the human capability in understanding and completing the homework mandated by Bhagavadgita in the sloka IX.26. Everybody will answer the homework of Bhagavadgita IX.26 pursuant to the level of his or her intelligence. Community dwelling in the level of bhakti marga yoga will realize the sacred offering of Bhagavadgita of sloka IX.26's homework in the form of wholehearted behavior.

Meanwhile the community in the consciousness level of karma yoga marga will realize such sacred offering in the form of action, and for the community having the consciousness level of raja yoga marga; the sacred offering will be realized in the form of self-presentation. Distinction of this natural human consciousness level results in the existence of different form of offerings. On that account, no body or no institution can defined and then generalize one kind of offering to all levels of community's consciousness. Bhagavan Sri Sathya Sai Baba explains the elements of offerings existing in the homework of Bhagavadgita IX.26 and instructs human beings to present leaf, flower, fruit and water causing the form of ritual as follows: (1) Patram (leaf) represents our body, (2) Puspham (flower) represents fragrant mind, (3) Phalam (fruit) represents the inner self matured by spiritual tapa,

(4) Toyam (water) represents the drops of tears because of the gratitude to God on the overall grace bestowed to human beings.

Through the last explanation above, it can be understood that the paraphernalia of worship denotes the symbol representing the human self. On that account in undertaking the oblation, everybody should present himself or herself while say, "O, God, I am present before You to offer my body, mind, inner self, and tears to You. If you consider this body, mind, inner self and tears to have not been useful for me, you may take them. I will hand over them right now because they all belong to You.

However, O my God! If they are worth lending to me, so please allow me to use them as well as possible as a means to perform deeds in the path of dharma." It is the essence of oblation to God as the master of human self. Most common people whose spiritual knowledge is low do not dare say prayers to God while saying to deliver their entire soul and body as an oblation. They are afraid if praying in that manner their soul and body will be really taken by God and finally they pass away. For them, all means of ritual representing them become absolute.

Meanwhile, for those who have been mature in spiritual knowledge, ritual becomes not absolute. It denotes the form of consciousness evolution. By realizing such consciousness evolution, **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** does not make absolute the use of ritual oblation, either. Ratu Bagus understands the evolutive paradigm from ritual to spiritual. On that account, Ratu Bagus is ready to become the human 'bridge' taking across the human to God and to become the human 'wire' connecting human to God.

PUSPHAM (FLOWER) TOYAM (WATER) PATRAM (LEAF) PHALAM (FRUIT) Figure: The body, Chakra System and Symbol of Oblation. In Christian tradition, drinking oblatinal wine in communion services is interpreted as drinking the blood of Jesus Christ, consuming the oblatinal bread is interpreted as consuming the flesh of Jesus Christ, and Jesus Christ himself has made the ritual as a tradition. In line with the meaning of sentence of Sri Bhagavan Sathya Sai Baba and such Christian tradition, Ratu Bagus also says different series of word.

Ratu Bagus says that one who paces in spiritual path should make an effort in such a way to consume vegetarian food because by consuming this food he makes ahimsa (non-performing violence) a tradition. However, if **you want to eat** flesh, please eat human flesh, namely "my" flesh because "my" flesh is the most delicious. In addition, "my" flesh

is ready to eat! However, do you know to whom belong the "my" here? "My" here **does not refer to** this body and neither does to Ratu Bagus. Ratu Bagus is not the body that you see. This body is the false Ratu Bagus.

The original Ratu Bagus is omnipresent, pervading the universe. The original Ratu Bagus was in the past, is today and will be tomorrow because Ratu Bagus is immortal. Therefore, to know the "my" of Ratu Bagus you must know your "my" in advance. Without knowing your "my" first, you will never know the "my" of Ratu Bagus. It means you never eat human flesh, namely "my" flesh. Do you catch the point of my sentences? The sentences above mean that you also have "my" flesh because "my-my" and "your-my" are the same. It is the sentence of soul because the immortal flesh is the soul.

Therefore, for you who have understood the sentence of soul, who thoroughly would like to eat "my" flesh, you are unnecessary to come to the "my" of Ratu Bagus, but you are enough to eat "your-my" flash as "my" flesh of Ratu Bagus because all are the same. When you have also been able to understand that "your-my" and "my" of Ratu Bagus are the same so you and Ratu are the same. At that time, you will dissolve into the consciousness of Ratu Bagus and at that time, as well you will be able to perform the height of oblation. Similarly, it denotes the height of microcosmic consciousness.

It is this consciousness bringing one to the consciousness that human is one. The three sentences above can be categorized into hyperbolic or pleonastic sentences and the sentence of Ratu Bagus poses the most difficult that should be understood by spiritual intelligence because when Ratu Bagus says, "Please eat my flesh", one who has no capability of philosophy may think that there is a real "my flesh". Probably, they want to slice the body of

Ratu Bagus in order to get the "my" of Ratu Bagus, whereas Ratu Bagus here means that everyone has the same faculty.

Everyone can become Ratu Bagus, if he also has the same "my" as the quality of "my" of Ratu Bagus. Ratu Bagus has the consciousness of "my" as cosmic consciousness. On that account, all the times Ratu Bagus is ready to become caru or holy sacrifice presented for the peace of cosmos. Ritualistic restriction cannot be applied to those who have arrived at this level of cosmic consciousness. It is called Rajavidya or Rajayoga (the king of knowledge). 1.5 Ratu Bagus, Spiritual, Science, Technology and Health The experts say that human beings have longer life expectancy today than in the previous centuries.

The experts that can progressively invent the more sophisticated healing technology enable this matter. In addition, various researches have been performed until penetrating the seals that previously considered taboo. Scientists look for, look for and keep on looking for radically the roots of problems related to the matters of human health. Mineral, chlorophyll, crystal, magnetism, radiation effect of the existing rays on various elements of radioactive, healing effect of several herbs, healing effect of urine, healing effect of water, healing effect of massage, healing effect of pràna and chi power and so forth are never absent from the research of scientists.

In harmony with the curiosity and radicalness of human philosophical thinking, so the experts reach **at the end of** universal healing principles, namely the healing based on the principles of cosmic consciousness or cosmic thinking. Healing conception based on cosmic consciousness or cosmic thinking engages scientific, technological, religious and spiritual concept whose core of the concept involves the role



of God pervading all substances of existence in this universe. Discussion conception on the role of God into the macrocosmic world analogizes all substances of the universe to reside in one web where all existences will be connected to the nodal points of the web.

No matter how small the substance it touches, it will touch God. This is the conception that will become a human reference to make him think universally. Thinking universally is thinking that pervades and penetrates the blocks or seals. Universalism does not know seals any longer. Thinking universally does not discriminate human faculty with the label like atheism, animism, polytheism, pantheism, monism, katoism, totemism, monotheism, and others. The existing one is cosmic consciousness. Donder in his books entitled *Brahmavidya Teologi Kasih Semesta* (2006) and *Kosmologi Hindu* (2007) describes that no matter what name is given to God, as cosmic consciousness will arrive at God.

Because, God has unlimited names and **at the same time** there is no single name worth bearing by God. Therefore, the name affixed to God can be relative. On that account, one who thinks universally will not be restricted to one of the relative names affixed to the absolute God. Originally, the Western healing system did not engage **the concept of God** because Western science was born from not knowing God. However, lately when many Western scientists learned in Eastern world, they encountered many things to learn in the East. 1.6

The Presence of Ratu Bagus is Required by the World Community All people know that the human community encounters more and more life difficulties. The decrease of food resources due to the

number of human beings is increased has an impact on the price of food tending to turn more expensive. At the end, it is not affordable to the purchasing power of the community. This condition adds the series of life problems nowadays. Advancement of science and technology in several parts of the hemisphere multiplies the human poverties and crimes.

A variety of life difficulties become a factor causing the declining quality of human spiritual that later on is resumed with the declines in all fields. Decline of human quality heading for materialistic and individualistic attitude is followed by the decline in the implementation of road asphaltting project. Quality of wall nail, quality of plywood, quality of razor blade and quality of concrete iron fall away because the quality of human fall away, too. Human only thinks about his or her personal benefits and never thinks about the loss of others.

Continuous degradation of human quality like this will bring him or her to animal world. Humanity consciousness will be getting weaker, all people will be seen as rival, enemy or at least as asset that needs exploiting **for the sake of** maximal advantages. Human being will progressively orientate to the principle of minimal capital to gain maximal profit, small business gets a lot profit, fast precise, effective-efficient, cost- effective, precise, young-extravagant, old-wealthy, and dying to reach heaven. These are principles of those who are not willing to think about others. Egoism appears, bitter struggle among families appears and enmity occurs among friends.

Human being is getting reluctant to carry out social activities for fellow humans suffering from misery. A series of social crimes progressively increases day by

day and police turns to be at loss what to do in overcoming crimes. Since the position of police like horns of a dilemma, community blames upholding the justice disciplinarily, while allowing the wrongdoing is not only blamed but also cursed. Nowadays, the position of police is like the title of Warkop's comedic film *Maju Kena Mundur Kena* (critical situation). According to Hindu calendar system, the current age belongs to Kaliyuga where evilness is rampant because 75% of human moral have declined.

Deceitfulness, dishonesty, falsehood, fraud, disloyalty, arbitrariness, abduction, rape, murder, and so forth denote the tradition of human community today. What a disgraceful reality it is, because such human quality remains to get the noblest predicate whereas his or her behavior surpasses that of animal. \_ Figure: Ratu Bagus and his home office

To turn back the consciousness of human being to the level of nobility, the presence of Ratu Bagus is required by the world because by scientific discipline of his Ratu Bagus-Bio Energy Meditation, he is capable of returning the pure consciousness of human being. Many people who are addicted to alcoholic drink, or drugs, having met and are ready to join the exercise of Ratu Bagus-Bio Energy Meditation could release their addiction.

People, who like to take easy, are arrogant, malicious or envy will promptly change after performing the exercise of Ratu Bagus-Bio Energy Meditation. Ratu Bagus leads every participant without discriminating based on nation, tribe, race and religion. Ratu Bagus helps resolve the problems of all humans. Accordingly, participants of his ashram are from various countries. The presence of Ratu Bagus today is not only required by Balinese community or Indonesian community but also required by the whole world community.

Through the Ratu Bagus-Bio Energy Meditation, the humanity consciousness filled with affectional love, sincere care to difficulties faced by fellow humans, sympathy to all people, unity within universal family will be realized. When cosmic consciousness grows in the human heart, any kinds of hegemony including ritual hegemony will disappear because human with cosmic consciousness will consider himself as a ritual. Peace of mind occurring within the self of people who have undergone cosmic consciousness will be able to change the environment.

\_ Figure: Ida Pandita Mpu Parama Daksa Natha Ratu Bagus in front of Kunda Ratu Bagus Bio Energy Meditation 27

## 1.7

Come, See, Listen, Contemplate and Enjoy Nowadays, there is abundant information milling about and overwhelming the consumers because almost all producers advertise their product and service. The no less important are the healers, fortune-tellers and the like who do not want to be left behind publishing SMS advertisement by arranging provocative words: "Type Reg, space ... (dots), I will be ready to help you and make sure that the deaf will hear, the blind will see, the paralyzed will walk, the mute will speak, the old will turn young, the young will grow old, the dead will revive, the alive will die"!.

How extraordinary the promotion is! It is the embodiment of hypersemiotic world in the folded world says Amir Piliang, a smart scientist. However, the **Ratu Bagus Bio Energy Meditation** is not so. We are invited to prove in person by means of coming, seeing, hearing, contemplating, choosing or rejecting. We will get experience like a person drawing water from a well, large container will bring much water and a person bringing small container will bring less water. It **is the source of our** quality experience.

On that account, when one hears negative information about the **Ratu Bagus Bio Energy Meditation** he had better come and prove it in person. Many Western people with high curiousness have come to practice the Bio Energy Meditation. One is unnecessary to worry if wishes to come to the Ratu Bagus' ashram because there is no requirement to meet Ratu Bagus. Should there be a requirement, it is the 'freedom of soul'. In other words, every person coming to join the exercise of **Ratu Bagus Bio Energy Meditation** should learn

to feel happiness by means of leaving all grieves and miseries.

Rejoice in the spiritual happiness through shaking, a method that makes everyone's soul dance and find happiness within the self. When the soul dances in the human body all gods dwelling within the dance, too. When the soul dance followed by the dance of the gods in our body a living person can have an experience of going to heaven to meet the gods. This is the system of meditation invented by Ratu Bagus and then developed in such a way in order the whole humankind can have direct experience to meet and chat with the gods, the owner of cheerfulness, happiness and joy.

You may disbelieve but it is not mistaken if you come, see, hear, try and then assess it because it is the most effective way to prove something. We will get impressed when joining the exercise of the Bio Energy Meditation. Such impression commences by listening to the melodious sound of spiritual flute, and the beauty of soul dance flowing from divine energy, embodied into free movement, as if the body undergoes moksha while it is alive. At that time, we will not be interested to the charm of worldly flute. We will jest with ourselves as others jest with themselves.

The more we sink in undertaking the **Ratu Bagus Bio Energy Meditation**, the more we want to move around freely without hesitancy or worry. We will feel that our body is like atomic electron revolving that moves around the atomic nucleus. Within this condition, the air we see, wall, pillar, fellow participant that we see during moving around will be filled with the face of gods. Such experience will enhance our consciousness heading for cosmic consciousness. The experience will grow the confidence that God is omnipresent, God exists in every existence. **Ratu Bagus Bio Energy Meditation** 29

\_ Figure: Facial Illustration and Existence of God that pervades the entire universe.



\_ Figure: Students of Ratu Bagus are dancing their Soul in front of Kunda. Ratu Bagus  
Bio Energy Meditation 31



## CHAPTER II RATU BAGUS AND THE INVENTION OF BIO ENERGY MEDITATION SYSTEM

2.1 Getting to Know the Figure of Ratu Bagus Ratu Bagus is the short name of abhiseka (initiation) title of **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus Jaya Kusuma** Kawi. When Ratu Bagus was a walaka or common person, his name was I Ketut Widnya. **He was born on** 26 November 1949 at Sangging Village, Gianyar Regency. Since his young age, he has paid great attention to social matters. As if, his care to social problems at early age as took him to become a great sociologist.

Through the days, he saw, observed and noted that sufferings exist everywhere. At villages, cities, at either childhood or old age, rich man is not free from sufferings, moreover the poor, they will definitely not be free from sufferings. Many people either rich or poor feel suffering when they should spend a large amount of money for medical treatment. In fact, it is not only the poor feeling the suffering. Many rich people feel more sufferings than the poor do. Many wealthy people feel more suffering because their money is unable to provide them with happiness. Furthermore, I Ketut Widnya at that time concluded that life is "suffering" (1).

Based on the conclusion obtained, he attempted to look for, look for and look for the answer to that suffering. On seeing the sufferings of humankind, particularly of those who are less fortune (poor), I Ketut Widnya felt apprehensive and had an obsession to find out the solution for the suffering of

humankind. For that purpose, I Ketut Widnya practiced holy life and carried out profound contemplation. He kept himself away from the influence of worldly matters.

All the times he harnessed his time to perform holy contemplation to “realize” or make a contact to **the source of life and** “mysterious” source of sufferings (2). Later, I Ketut Widnya contemplated and contemplated or practiced Samadhi for the whole day as a common practice in Hindu tradition. To perform such contemplation, I Ketut Widnya decided on silent places because unbelievably, silent places (like dense forest, spreading rice field) that are away from hullabaloo, with harmoniously chic ambience of nature can become the source of inspiration for the coming of intuitive knowledge.

Often, philosophers gained their notions and difficult formulas when making contemplation at the fringe of forest under gentle breeze or at clear lakeside, or event at riverside emanating melodious sound of flowing water. In short, many people obtain intuitive knowledge at silent places. Even, the history on the Vedic disclosure notes that nearly all Vedic revelations were received at ashrams of rishis located away in the forests. In such contemplation, I Ketut Widnya often asked questions to nature (air, water, wind, tree, sun, animal, and so forth). Because of that habit, at the end as if I Ketut Widnya gradually could speak to nature.

He was getting more intimate and chatted to nature. Then, to sharpen his sensitivity he deeply involved in performing meditation, brata (fast) and various spiritual practices. Similarly, he went on a pilgrimage to several holy places or temples both that located in Bali and outside Bali such as the Lempuyang, Besakih, Batur, Andakasa, Batukaru, Tanah Lot, Dalem Peed, Pulaki, Goa Lawah, Semeru Agung, Blambangan Temple and other places considered to be sacred.

On arriving at particular time, I Ketut Widnya got pawesik (divine vision), revelation, and utterance of nature, intuitive knowledge or whatsoever.

At the very bottom of his ears, he heard the voice of universe in the form of a vast cosmic consciousness (mahat) while letting him know that God has made a formation of buana agung or known as macrocosm, earth, universe and buana alit structure or microcosm, human, in an analogous structure with each other, only their quantity is different. I Ketut Widnya was also advised by intuitive knowledge from gentle voice of the universe that human as microcosm can only attain the solitude if human being lives in harmony with macrocosm.

Disharmony between microcosm and macrocosm will result in disease that later on becomes suffering to human being. I Ketut Widnya was very happy because he could make a dialogue or communicate to nature. He felt that nature could be talked with. By such happiness, in the following days I Ketut Widnya continued his meditation activities consistently. He employed the Mount Agung as veneration medium of God's manifestation. This measure is relevant to the belief of Hindu devotees in Bali believing that Mount Agung where Besakih Temple (mother temple of Bali) situated poses the sacred throne of God's manifestation.

Sacred contemplation through meditation undertaken consistently at the end took I Ketut Widnya to the achievement of samadhi. Once upon a time, he meditated at the foot of Mount Agung. When attained the height of meditation, he saw a shaft of sacred light emanated on the peak of Mount Agung, and suddenly such sacred light broke through and entered into him. Coincided with the light, he heard mysterious voice saying that the power of Ida Bhatara (God's manifestation) dwelling on

the peak of Mount Agung has entered into him.

Furthermore, the mysterious voice said: "From now on, I appoint you (I Ketut Widnya) to carry out a dharma (duty) and I bestow you a power as medium or healer to provide devotional services to fellow human (suffering from illness) and I endow you the name **Ratu Bagus Jaya Kusuma** Kawi." Two words before the name of mysterious Abhiseka were then took him to become Ratu Bagus as his current name that is not only renowned in Bali or Indonesia but also in several countries. On hearing sacred disclosure from Bhataras, the master of Mount Agung, I Ketut Widnya was truly surprised and startled from his samadhi and he discontinued his samadhi then while attempting **to think about the** meaning behind the sacred disclosure he heard.

Having thought it thoroughly, he realized that the sacred disclosure and invisible abhiseka resulted in not so light consequence to him. On that account, he thought and kept on thinking about how to implement such mysterious order through social services, particularly lending a hand to those who suffered that was in harmony with his expectation since his childhood. The incident of hearing mysterious disclosure or pawesik made I Ketut Widnya confident that his sublime aspiration to help the fellow humans who are suffering has been fulfilled by Ida Bhataras at Mount Agung or Supreme God.

In addition, I Ketut Widnya believed that he has been sanctified in niskala manner or supernaturally. Nevertheless, he remained doubtful if the incident he underwent could be accounted for in the midst of community.

If such experience were told to his friends or family, probably they would not trust him. Moreover, in the era filled with jokes, drama and various false things, it would be difficult for him to convince them that one has received a pawesik, divine disclosure or revelation in this modern time as today.

Therefore, in relatively long time I Ketut Widnya was not ready to undertake what has been ordered by such sacred voice until one day an incident occurred that nearly took his life. Such incident is unable to be forgotten for the whole of his lifetime, namely the traffic accident in 1983 at the street of Sidemen. At that time, I Ketut Widnya was driving his car together with his sister named Ni Wayan Sri Winarti and her children consisting of Putu Gede Ari Wicahyana and Ni Luh Diah.

The accident began when the brake of his vehicle did not work as if there was strong power pushing from the rear. Such uncontrolled vehicle almost crashed the crowds near local market. At the end, the vehicle was unable to be controlled and virtually flung into a ravine. The vehicle tumbled at street side and fell into a gutter. In that tragedy, I Ketut Widnya only slightly injured and so did his children. Unfortunately, hand of his sister, Ni Wayan Winarti, seriously injured and broken. Up to now, though she has recovered trace of her wound remains visible.

Observing the strange and illogical tragedy, he ultimately related the accident to the sacred disclosure he once received previously. He thought that it happened because he has not implemented the duty to help the suffering of fellow humans. Realizing that matter, I Ketut Widnya was determined to follow the disclosure he received. At that time, he said that he agreed to perform the duty, namely helping the sufferings of human. What I Ketut Widnya executed was in keeping with the tradition

of Balinese community believing in the existence of pawesik or supernatural whisper.

Balinese community believes that the duties entrusted to someone by Sang Hyang Embang (supernatural realm) are called as tapakan. It is a supernatural palace **in the form of** human body functioning as a means of supernatural power in order such supernatural power can perform activity physically. Another term for tapakan is medium of supernatural realm. After receiving the disclosure, the tapakans largely gradually or demonstratively show off supernatural power. They are believed to have siddhi or supernatural power that commonly known as sakti.

Since 1983, when he stated to agree the order of the pawesik, I Ketut Widnya changed his name into Ratu Bagus **in accordance with the** supernatural initiation received as explained above. Since that time, many people come to Ratu Bagus to ask for recovery and in fact, they got recovery. In 2004, witnessed by the Head of Muncan Customary Village I Ketut Widnya performed a ritual called pawintenan ageng (sacrament), a level higher than the sacrament for pinandita (priest) to inaugurate himself as the leader in the organization of Hindu rituals. Based on the initiation ritual I Ketut Widnya obtained the title jro gede with complete name Jro Gede Sukanadi. Two years later, right in 2006 Jro Gede Sukanadi organized a diksha or dwijati ritual to become a pandita (Hindu priest).

Since that time, his name was no more I Ketut Widnya or Jro Gede Sukanadi, but he got abhiseka as **Ida Pandita Mpu Parama Daksa** Natha. Since he has obtained the title of previous abhiseka from supernatural world as described above namely "Ratu Bagus Jaya Kusuma Kawi" the titled of his abhiseka **became Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** and better known as Ratu Bagus.



\_ Figure: **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** 2.2

Ratu Bagus and Abhiseka (Initiation) by the Invisible Realm Up to this moment, Western science and technology as something to make the most proud and relied on **have been able to** reveal logically the matters considered supernatural realm. Western science and technology only assume miracle as something deviate from the natural laws. Therefore, Western science and technology assume invisible thing and miracle as unresolved mystery. Different from the perspective of Western science, Kosmology Hindu (Donder, 2007) talking about universe is even begun from the intention of God to create the universe and then creates Him into the universe.

Since the universe came from

the womb of God (Hiranyagarbha) so all particles of universe up to subatomic particle materials are pervaded **by the consciousness of** God. Accordingly, those who are able to have modest attitude, to see a piece of stone the same as themselves, such people will be able to hear the whisper of God existing in every single air particle, aquatic particle or terrestrial particle clearly because God actually dwells within the nucleus of atomic electron of every material. God manifests Himself **in the form of** atomic electron motion, in Hindu Theology it is called Sivanataraja dance.

Meanwhile, by Western science this dance movement of God in sub atomic material is call orbital energy, affinity energy, centripetal energy and centrifugal energy of atomic electron. Western science only discusses about its physical aspect, while Hindu knowledge discusses about both physical and spiritual aspects of the same object existing behind the material. Western science is unable to explain about pawesik, revelation of God. Western science calls it a subjective experience that is difficult to prove. On that account, the truth of pawesik or revelation may or may not be believed. Even, Western science is very allergic to talk about the matters of revelation.

As long as Western science insists on their epistemological standpoint, for that period Western science will view pawesik or revelation merely as subjective matter that is not interesting to discuss scientifically. In order that the Western science could reveal the mystery of supernatural world, Western science **should be able to** confirm it as said by John F. Haught based on the Eastern perceptional knowledge. Hindu Cosmology as written by Donder (2007) can take Western science to understand logically about pawesik or revelation.

Donder (2007) describes chronologically how God's consciousness consistently and simultaneously enters into material consciousness.

So that the prevailing natural laws in each natural sub material as the pair of Western science is no other than **the consciousness of God** according to Hindu Cosmology, in the view of Hindu Cosmology there is nothing unconscious, or dead thing, but in this universe all things are alive because the living God goes into material. In relation to the view of Hindu Cosmology assuming that all things existing within this universe are alive, this matter is in harmony with philosophical view because according to philosophy there is nothing dead within this universe, either.

\_ Figure: A person is performing meditation, as if he was communicating with any kinds of particles in the universe.

In the perspective of universe as something alive, human being can speak to the universe. The knowledge about universe as something alive or the whole universe is alive, nothing is dead within the universe, and the explanation above is indeed difficult to communicate to other people because such things is merely assumed as animistic knowledge. Only yogis and meditation enthusiasts that can accept the knowledge on the entire universe is alive. The knowledge on everything **in the universe is** alive and has the same reality in Hinduism is discussed in advaitic philosophy.

It is this knowledge **that has not been** completely touched by Western science. Western science remains to draw a clear distinction between the dead and the alive. On that account, Western science is not interested to talk about Eastern knowledge saying **that there is no** dead thing and all are alive. Eastern knowledge states that the border between the alive and the dead is very delicate, even it is almost unavailable. Therefore, East dares state that all things are alive.

As a result, those who have been mature in this knowledge concept can say: "He has passed away when he is still alive and can say that he is immortal and never dies, or he can also say that he was born together with the death. Similarly, he can say that he is chatting intimately with the death, he can also say that the death is the same as life or he can also say that the death is more beautiful than life". What comment can be given by positivistic knowledge (science) on this knowledge? Of course, positivistic science answers nothing, except for saying that such knowledge is superstitious.

According to the concept of Western knowledge,

it is only knowledge employing logic or reason that can be called rational knowledge. Indeed, the knowledge as described above is knowledge using self-laboratory as a place to verify. This laboratory is not acceptable to the perspective of Western objective knowledge. Western objective knowledge always observes outside itself as the knowledge lies beyond itself, while subjective knowledge lies within itself. No matter what the reason of positivistic knowledge enthusiasts (Western science) is, they remain to say that Eastern knowledge is subjective and irrational knowledge because it employs feeling not reasoning.

It is here the location of separating point of Western and Eastern point, Western knowledge has the characteristic of conquering nature, while Eastern knowledge goes in harmony with nature. Western knowledge departs from the subject to object, while in Eastern knowledge subject and object coalesce into one, so there is no subject or object. Today, many Westerners that can understand the concept of Eastern knowledge building harmony with nature would like to learn about Eastern knowledge, moreover, when the New Physics and Quantum Physics grow more rapidly.

Everyone is important to understand and undergo or feel how the self is united with all existences. One is very important to have an experience to unite with the universe. When one gets reunion in the unity with universe, he will see obviously that face of God dwells in every existence. This condition makes someone see himself the same as his face dwelling in everything he sees. It is at that time someone can prove the Vedic truth stating tat tvam asi (this is that, those things are these things, you are me). When someone can get reunion with universe, he will be able to prove the truth of Vedic expression sarva khalu idam Brahman.

This expression stands for

all are God. When one can get reunion with universe, he will be able to prove another Vedic expression "Isa vashyam idam sarvam yat kinca jagatyam jagat, this expression means that God pervades the entire universe, all are the face of God, to wherever we turn our head there lies the face of God, face of God exists in His creation. Face of God in His creation is the same as that of human and face of all existences, so that we can see them all as God. Scientists consider it pantheistic or monistic concept.

In Hinduism, this knowledge is known as the height of knowledge or Brahmanidya or Atmanidya. To understand this concept, it would be better if this study were related to the creation concept in (Donder, 2007) as described below: \_ Figure: Concept of Universal Creation based on Kosmologi Hindu (Donder, 2007)

By paying attention to the concept of universal creation in Kosmologi Hindu (Donder, 2007), it can be explained that the universe originates in the God's womb where in Sanskrit word is known as 'Hiranyagarbha' (womb).

It is within this womb of God everything originally existed in the form of astha prakerti as stated in Bhagavadgita VII.4: .Uimrapo\_nlo vayu" %' mno bui×rev c - Ah»ar —tly' me i.Pa p[<sup>2</sup>itri/a -- bhùmir àpo 'nalo vàyúá khay' mano buddhir eva ca, ahaòkàra itiyaý me bhinnà prakâtir aûpadhà. Earth (bhumi), water (apaà), fire (analah), air (vàyú), space (kham), mind (manas), intelligence (buddhi), and ego (ahaykàra)—this is My primordial nature, Prakriti, divided eightfold. Analogous to the way of thinking of Prof. Dr.

Paul Davies, a physicist, in his book entitled **The Mind of God** (2002) and also in his another **book God and The New Physics** (2006) and of Prof. Donald B. Calne (2004), a professor of neurophatology at University of British Columbia in his book entitled **Rationality and Human Behavior** that by mind, by the knowledge of physics we can think logically and describe about how the process of creation is based on Hindu Cosmology. Hindu knowledge describes that universe originally existed based on the intent of God. Prior to the existence of anything in this universe, the universe was completely empty and dark, like the darkest of night without a single star.

In such darkest condition, it was only God existing in the form of light. On observing the

condition, so God then said to His conscience (buddhi) that He would create a universe. Departing from the words 'His conscience' emerged universal mind (manas), then emerged an intent (ahamkara) and after that emerged etheric element (akasa), followed by air (vayu), fire (teja), water (apah) and ultimately earth (prithivi). Separate description in Puranic scripture mentions that other term for bhumi or prithivi is Brahmanda (Brahma = God, anda = egg, ball, so Brahmanda = Egg of God).

Based on the explanation above that the elements composing the universe called pancha mahabhuta, namely five gross natural elements of God. This five natural elements originally existed in secret location, namely in the God's womb (hiranyagarbha). Within the God's womb the pancha mahabhuta mixed together with three natural elements that are subtler, namely ego (ahamkara), mind (manas) and intelligence (buddhi). When the pancha mahabhuta and three other elements remained in the God's womb, all were in mixture. In such condition, those elements touched or interacted one another. Even, the result of interaction caused those elements analogous to lava within a volcano.

If the eight liquid elements within the lava composition is analyzed it will consist of ether, air, heat, water and earth. Furthermore, if we relate them to the three subtle elements (buddhi, manas and ahamkara), **as a matter of** fact, the subtler elements become natural laws of those elements. Buddhi element becomes the basic of calculation in the law of potential energy implemented into a formula  $E_p = 1/3 \ ?gh$ , where ? = weight, g = standard gravity = 9.8 m/s<sup>2</sup>, h = altitude of the gravited object.

Afterwards, the manas element becomes the basic of calculation in action-reaction law or momentum law or it is also called the formula of impulse (I)



written in the formula,  $l = m_x v = m_x v$  or  $m_x v - m_x v$

1122\_1122

= 0 where  $m_1$  = mass after reaction,  $v_1$  = velocity after reaction.

Furthermore, ahamkara (ego) has become the fundamental on the rise of relativity law described in the formula  $E = mc^2$ , where  $E$  = energy (Kg.m.s<sup>2</sup>),  $m$  = mass (kg, gr),  $c$  = speed of light = 3.108 m/s<sup>2</sup>. On that account, God really lies within the material of atom.

Donder (2007) explains in more details in his book entitled Kosmologi Hindu the form of Creation and Dissolution scheme of universe is as follows: \_ Figure: Concept on the Creation of Universe based on Kosmology Hindu (Donder, 2007).

When there was nothing in the universe, there was only God, He is only accompanied by His mind. From His tapa (Brhad- aranyaka Upanisad I.2.6) emerged teja (heat) or arka (fire)—this heat or fire can think, because heat was born from the energy of God (Brhad-aranyaka Upanisad I.2.7). Later on, such heat thought, after thinking it created something, it emerged fire that could think as well.

Afterwards, the fire thought and said to itself: “Hopefully, I could become many and develop” (Brhad-aranyaka Upanisad I.2.7). Departing from such thinking, fire then emanated water. Based on this description, the process of creation can be arranged chronologically as follows: at the beginning there was nothing everywhere, there was only a vast empty space. In such vast empty space only occurred akasa, air, afterwards the air was heated by the energy of teja (heat) belonging to the Creator and from hot air exuded water. Later on, the water became the source of life for all beings.

The creation process up to the appearance of water is described in Chandogya Upanishad as follows: Tad aiksata, bahu syam prajayeyeti, tat tejo’srjata: tat teja aiksata, aiksata, bahu syam prajayayeti, tad apo’srjata, tasmad yatra kva ca socati sVedate va purusah, tejasa eva tad adhy apo jayante (Chandogya Upanisad VI. 2. 3) “It thought (the heat that can think), “Let me become many, let me born.” It (the heat) exuded fire. The fire thought, “Let me become many; let me be born. It (the fire) exuded waters. Therefore, when and wherever a person grieves or sweats, the waters are born from heat. Based on description of Chandogya VI.2.3

above, it can be explained that it is in the phase of fire exuding liquid elements containing pancha mahabutha element or five gross basic elements

establishing universe (the experts call the period as big bang incident. The explosion coming up until producing extraordinary booming sound (big bang) that in Hindu literature is believed as the initial sound no other than Om. Up to this moment, the Om sound remains to be recorded in ethereal medium or in the air of macrocosmic and microcosmic world. If the two nostrils and apertures of ear are closed, the sound denoting the first explosive echo sounding Om will be audible.

The explosion occurred because all elements of pancha mahabhuta (ether, air, fire, water and earth) that were originally **in the form of** pancha tanmatra or very subtle and amorphous elements (shabda = sound; sparsha = feel; rupa = form; rasa = taste; gandha = odor) whose structure of atomic particles kept away from one another (low molecular density) in a space. Afterwards, since the space was getting hotter and hotter every element progressively turned wide apart (released its cohesive bond) until to the edge of spatial wall.

Space and spatial wall turned so hot, then friction transpired (condensation) and finally the space exploded. Such extraordinary explosion caused all elements flung out of the space. When all of the flung elements existed outside the exploded space, the temperature of those elements gradually decreased so that the distance of each particle got closer until they formed solid element that finally formed all planets **of the solar system** in this universe. The explosion occurred successively within particular interval of time established the arrangement of solar system. It created the planet, sun, earth and seven other planets in our solar system.

The seven planets later became the name of days. As explained above that after the emergence of heat from the result of tapa or 'concentrated thinking power of God' the hot energy produced extraordinary explosion known as big bang by Western cosmologists. Such explosion exuded, sprung and flung molecular

compounds from oxidative reaction of super reality elements composed from shakti or maya elements **in the form of** asthaprakrti contained in the womb of God. Such super reality elements consisted of (1) bhumir or earth; (2) apah or water; (3) nala or fire; (4) vayu or air; (5) kham or ether; (6) mano or mind; (7) buddhi or intelligence and (8) ahamkara or ego (Bhagavadgita VII.4).

The eight elements of astha-prakrti are still classified into gross elements because there are still subtler elements called atman or soul. Based on the explanation of Donder (2007) above, it is obvious that all particles of this universe are entirely alive as established by elements originating in the womb of God accompanied by the capability enabling to sound, touch, see, taste and smell. On that account, it is immensely correct the Upanisadhic sentence: Isa vasyam idam sarvam yatkinca jagatyam jagat or the universe **is pervaded by the consciousness of** God. \_ Figure: Illustration above depicts the Explosion of Hiranyagarbha or Womb of God.

In harmony with the explanation of Cosmology above, Ratu Bagus in every single discourse to his students emphasizes all the times to have a sensitivity in order to feel not only think that all materials of universe are alive, none is dead.

Ratu Bagus always states to his students: "Our life originates in life. What we consume is alive, what we drink is alive and what we inhale is alive. Even this world is covered by life. Pràna energy poses something alive and all beings in this world will immediately die unless there is pràna energy. I remind again and please bear well in mind that we live due to the existence of source of life within ourselves that also includes the entire universe. On that account, this universe is alive and poses a life.

When you have such consciousness you encounter "your-my" and you will find "the my-of-Ratu Bagus" as something the same. When you find that 'your-my" is the same as the "my-of Ratu Bagus" you will become Ratu Bagus of Ratu Bagus. It is the original Ratu Bagus and not the body that you see. When arriving at the consciousness of Ratu Bagus, you will only see one thing, namely the living and life. **Everything that exists in** this world, is entirely alive, none is dead. If you have arrived at such consciousness, you will be able to order the ether, air, water, fire and earth.

It is this consciousness causing when Ratu Bagus is photographed will get looked orbs (a group of air molecules forming a circle and when they are exposed to the light of blitz will look like the form of moon or other shining planets).



Do you know why those air molecules coalesce into groups like figures of planets filling the universe? Because those air molecules whose nucleus having a pràna causes the air have living consciousness and keep together with the consciousness of Ratu Bagus. Accordingly, Ratu Bagus can get reunion with myriads of air molecules, filling the entire universe. The spreading air molecules throughout the universe come into the happiness of Ratu Bagus, wherever Ratu Bagus is.

On that account, wherever Ratu Bagus is photographed, those orbs will appear. Like Sri Krishna, wherever he plays his flute there will be happiness laying and cows will flock to rejoice in the happiness of Sri Krishna. At that time, air molecules also throng to approach the happiness of Sri Krishna, however at that time there was no camera having high-speed exposure in several mega pixels. The larger the pixel of a camera, the better it will immortalize the exotic forms of natural phenomena. Since at that time there was no digital camera with high pixel, so no one immortalized that exotic moment.

However, when Sri Krishna came down to earth, many people had eye lens's sensitivity surpassing that mega pixel so that they could observe the orbs by concentrated physical eyes. Today, you can observe the happiness photos of our friends (air molecules) dancing happily around Ratu Bagus." To show how cosmic consciousness of Ratu Bagus causes those air molecules join the dance happily, here are presented some photos shot by digital camera of 7-10 mega pixel taken by students and guests of Ratu Bagus coming from several countries:

\_ Figure: Orbs around Ratu Bagus who is performing meditation and his student is undergoing shaking. On the photo above is seen Ratu Bagus meditating at the courtyard near a river around the ashram. Behind Ratu Bagus occurred his student who was shaking.

Based on the photo above, it can be seen many orbs around Ratu Bagus. Cosmologically, that matter indicates there was an interaction occurred between Ratu Bagus and air particles. On other occasion, Ratu Bagus was witnessed by his wife namely Ida Pandita Mpu Istri Ratu Bagus (English nationality), was transferring bio energy to one of guests in order he could feel the bio energy. Having been slightly touched by Ratu Bagus, if one is ready to follow the instruction, in relatively short time, the bio energy can be felt in person.

\_ Figure: Ratu Bagus witnessed by Ida Pandita Mpu Istri (his spouse, standing clear) is transferring his Bio Energy. It is snapshot by 10 Mega Pixel digital camera. Ratu Bagus is a Hindu pinandita or high priest and universal spiritual teacher. As a spiritual teacher, he does not discriminate his students. Ratu Bagus will always serve his students in the same manner. For students who feel slow stream of energy at the beginning, Ratu Bagus will guide and encourage them more strongly. Meanwhile, students who feel faster stream of bio energy or gain better progress will be assigned to guide others who have not maximally felt or absorbed the stream of bio energy or even transfer bio energy for others.

The photo below also shows Ratu Bagus is guiding a student to feel the stream of bio energy within the body. If noticed through the photo below, it is visible that there were just some molecules of air having changed into orbs and their formation remain far apart one another.

\_ Figure: Ratu Bagus is guiding a student to feel the existence of Bio Energy. \_ Figure:  
Ratu Bagus is transferring Bio Energy to his student.

The two pictures above apparently show that after Ratu Bagus transferred his energy and his student could feel the bio energy more optimally, there was a change on the formation of orbs in the air.

Ratu Bagus is not restricted by distance or location to transfer his energy. On that account, when exercising the **Ratu Bagus Bio Energy Meditation** it is not obliged to look for special place near Ratu Bagus. During the exercises, he will move around from one place to another, approaches his students who are not able yet to generate their bio energy. Ratu Bagus can recognize his students quickly who can and cannot feel the stream of bio energy. Even, from long distance or without approaching his students who find difficulties, he can transfer his bio energy. Accordingly, the distance is not a problem or obstacle for Ratu Bagus to transfer his energy.

When one can feel the stream of his energy profoundly Ratu Bagus sometimes gives advice to improve his experience more deeply. Through the photos, in fact it can be observed that there is different formation (position) of orbs when one feels the bio energy at the beginning compared to the phase where one has sunk into the ocean of bio energy. This matter can be distinguished between the photo above and below. Distance of orb formation on the picture above is farther to one another.

Just as a mother and father feel, so does Ratu Bagus, he would be glad when his students can feel the stream of bio energy. Ratu Bagus will go along to laugh with pleasure when his students laugh because of feeling unique, strange cheerfulness that have not been undergone previously. Within the happiness of **Ratu Bagus Bio Energy Meditation**, his students will shout while laughing hysterically. Sometimes they look unconscious, also while dancing and singing. This spectacle can become an object of laughter together with all participants.

Laughter keeps going on

and so does the exercise, none gets disturbed, none gets insulted, and all feel the expression of overwhelming happiness. Those who look like in trance are allowed to do so in order they could express their entire mood and make their conscience satisfied. Afterwards, the trance attitude will fade and they will smile. Indeed, it is one of the most unique and phenomenal methods. Ratu Bagus assures that the Ratu Bagus Bio Energy Meditation he created will not hazardous at all to anyone, either children, adult or old people.

As a matter of fact, Ratu Bagus Bio Energy Meditation denotes another variant of Kundalini meditation, its difference is that other meditation technique is considered risky that is why they are taught in ultimate care by procession and severe initiation. Different from other technique, the Kundalini rising due to the exercise of Bio Energy Meditation is not hazardous. \_ Figure: Ratu Bagus left his student.

On the picture above, Ratu Bagus looks to leave his student who has fallen into solemnity of meditation. Having sunk into the ocean of feeling filled with amazement, the entire body trembled like machine of a motorbike ignited. Starting from tips of foot through the hair trembled.

For those who have been familiar to enjoy this, they will reluctantly discontinue this exotic and phenomenal event. \_ Figure: Ratu Bagus left his student who has just been guided and some orbs got up to follow Ratu Bagus. As seen on the picture above, that when Ratu Bagus departed, his student looked to promptly discontinue the shaking movement. As a result, the formation of orbs that were previously in groups immediately changed, even those orbs also went away as if they left the student of Ratu Bagus. As though only two orbs

highlighted Ratu Bagus and followed his leaps.

It seems difficult to analyze this phenomenon in ordinary manner. The only way is by reading and reading again more ancient books from the East, namely the Vedas and Upanishads. In such ancient scriptures lies document on how noble humans like maharishis can speak and chat with things where adult people call it inanimate objects. In immemorial time, when information and communication technology like telephone, TV and mobile phone have not existed yet, the maharishis did not find any difficulty to convey their real-time message because the air molecules conveyed the information simultaneously to the expected recipients. The maharishis could communicate to nature. Even, they could work hand in hand with nature and perform self-transportation in illogical distance. It is the grandeur of ancient knowledge.

\_ Figure: Ratu Bagus is performing the movement of Bio Energy meditation.



From time immemorial, people have known about meditation as a spiritual discipline carried out by sitting in concentration. However, today we find different meditation and it is called Bio Energy Meditation. Even, the technique applied in this meditation is moving, trembling as freely as possible. Ratu Bagus demonstrated the technique of Bio Energy Meditation as in the picture above. A phenomenal meditation invented by **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** is popular with the call Ratu Bagus.

\_ Figure: Ratu Bagus is showing that when a person performs shaking earnestly he can make the air molecules dance. The mind of common people when seeing this orb phenomenon directly relates this to the form of superstitious beings in the unseen world. They will say that orb is mysterious planet as the abode of the gods. This opinion is not wrong. However,

its expression is too simple. Due to such simplicity, those who feel themselves to become an intellect do not pay attention to the orbs phenomenon. Nevertheless, when those who feel themselves to become an intellectual hear that, every single material in this universe has the content of cosmic consciousness; their ignorance gets slightly disturbed to know the phenomenon of orbs.

Dust particles change into a host of dusts and make a formation like marching men. It proves the existence of cosmic existence. The physics calls this characteristic as "a scientific tendency of every element that always wants to get united with the same elements." Toward this explanation, curiosity and intelligence of those feeling intellectual will be drawn. Orbs are shining dusts exposed by the light. In other words, orb denotes a group of dusts having high inertia exposed by light. As defined by W.

Bloom in Donder (2009:257) saying: "I know that there is a body (institution) assigned to scientifically proved (for a science) implying that the result of authentication found many photos of orb, denoted the result of grouping process of dust particles with water. Similarly, there is another scientific explanation. In my opinion, it does not matter whether orbs presented in such photos are something "real" or not. It would become a too long discussion about what actually the orbs are. Orbs actually render a gate (of opportunity) that is (very) pleasant for many people to enter into the myth (mystery) and multidimensional world. This other world (orbs) has a validity and integrity on itself.

And as a note that within the territory of consciousness (cosmic consciousness), everything is possible ..." Expression of common people and science have different form from that of intellectual people in revealing the matter of orbs. However, they are essentially the same. Both have opinion that any phenomenon occurring in the universe is caused by

particular energy. Common people relate such energy to the power of invisible beings, while scientific or intellectual people will state that matter as natural law. However, it is clear that only few sciences talk about invisible beings, moreover about the gods or angels.

Different from the method of Western positivistic science, the Hindu science standing on scientific knowledge (apara Vidya and para Vidya) all the times relates them to the two realms, namely the of gods' realm and material realm have mutual relationship. On that account, in Hindu science orbs denote the elements of pancha mahabhuta in subtle form generated by cosmic consciousness, another term for God's consciousness. Therefore, orbs can be considered as an indication on presence of God's consciousness.

\_ Figure: Ragu Bagus

On the picture above, it is seen Ratu Bagus is discussing about the orbs with his student having great interest in the orbs phenomenon.

He was eager to get comprehensive explanation from Ratu Bagus and Ratu Bagus provided the explanation pursuant to the level of knowledge of the asker. Even, for those who would like to feel further experience on the influence of bio energy awakening in their body, Ratu Bagus will provide the experience freely and relaxingly until they get satisfaction. To those having substantial and melancholic devotional attitude and expecting their devotion would get enlightenment, Ratu Bagus justified that the orbs denotes the real (physical) traits or indications on the presence of the gods.

However, to intellectual people, Ratu Bagus explained by the approach of cosmic consciousness as the description of Hindu cosmology. \_ Figure: Ratu Bagus

As seen on the picture above, Ratu Bagus explained again about the effect of Ratu Bagus Bio Energy Meditation and demonstrated in the face of his student in order the latter attempted and got experience in person. Ratu Bagus showed the measures to perform the Ratu Bagus Bio Energy Meditation, including uttering three kinds of greeting or salutation, namely: (1) Om Swastyastu Ratu Bagus, (2) Om Swastyastu Bhatara Lingsir Ring Gunung Agung, and (3) Om Swastyastu Bhatara Surya. For those who hear these greetings for the very first time would probably feel unfamiliar and think negatively.

However, having participated in the exercise for long time, the meaning and purpose of the greetings could automatically be known. \_ Figure: Ratu Bagus is demonstrating the movement of Ratu Bagus Bio Energy Meditation.

The picture above indicates that Ratu Bagus demonstrated the movement of shaking followed by whirling movement. A student is not necessarily to move exactly the same when ordered to move. He should move as he could. Free movement executed sincerely will engender a movement showing the potential owned.

When the Kundalini energy existing in the very bottom of chakra rises due to this shaking movement will cause the one doing it get astonished because an extraordinary power arises from within him that was never undertaken previously. Beginners will be amazed, yet in the end, the amazement will bring them to enjoyment and addiction. On the following picture, Ratu Bagus demonstrated the movement of dance that closely resembled to that of Taichi or Chinese style martial art and system of calisthenics or Jaipongan dance of West Java.

One who gets absorbed **in Bio Energy Meditation** can feel the 'nice drunken' of ecstasy so that grief and misery disappear. \_ Figure: Ratu Bagus is demonstrating the Movement of Bio Energy Meditation as if he danced and the orbs joined the dance with Ratu Bagus

Everyone bearing heavy burden due to various problems, would like to find out its solution and live the life without burden. However, since many people are under stress, they turn less patient and want to relieve their stress instantly. Therefore, many people take an escape to alcoholic drinks, gambling and prostitution.

Suppose they would have escaped to the activity of **Ratu Bagus Bio Energy Meditation**, they would definitely feel that meditation is much better than spirits, gambling and prostitution. The feeling obtained from Bio Energy Meditation will be felt for so long and wish to enjoy it longer. On the following picture, as if Ratu Bagus could not be recognized any longer because he was surrounded by millions of orbs until Ratu Bagus sank into the ocean of orbs and resembled the orbs themselves where the pose of feet looked like forward stance or zenkutsu dachi in karate martial arts. \_ Figure: Photo of Ratu Bagus

Pursuant to opinion of Bloom as quoted above that it does not matter whether the orbs presented on the photos is something 'real' or 'unreal'.

Obviously, it would become a too long discussion to talk about orbs because orbs give a pleasant opportunity to many people to enter into the multidimensional world of myth (and mystery). On that account, it is not wrong if orb are interpreted as something related to mysterious and miraculous cosmic phenomenon and it is not wrong either if orbs are interpreted as merely a natural form and process. \_ Figure: Ratu Bagus is playing the flute.



\_ Figure: Ratu Bagus and his student are among the appearance of many orbs. \_ Figure:  
Photo of Ratu Bagus is gazing the sky as if he talked to the orbs.

\_ Figure: Ratu Bagus in Abhaya Mudra pose.

\_ Figure: Ratu Bagus in Abhaya Mudra pose together with the appearance of indefinite orbs.

\_ Figure: Ratu Bagus is playing a bajra or sacred bell. \_ Figure: Ratu Bagus is playing a bajra or sacred bell.

\_ Figure: Ratu Bagus is playing a bajra or sacred bell. The three photos of Ratu Bagus above when using bajra or sacred bell, there were obviously more and more orbs and they looked progressively clearer when Ratu Bagus played his bell longer. It indicated the process of orbs formation change and as if those orbs could adapt to the sound of bell belonging to Ratu Bagus. Such change was considered alive by some of his students and guests, 2.3

Ratu Bagus and Knowledge Grace of Sunyaloka By evidences of photo show, that Ratu Bagus can communicate to air particles makes us believe that Ratu Bagus obtained the knowledge from Sunyaloka or invisible world. This

matter is justified by the view of Hindu Cosmology that the entire universe is living. Therefore, the air can also whisper the knowledge to Ratu Bagus. \_ Figure: A practitioner is meditating to synchronize the micro-macrocosmic waves until the macrocosmic natural voice could be obviously heard.

Ratu Bagus provides many discourses to students and whoever about how the existing knowledge that was originally illogical, but in the end, it is acceptable as logical knowledge. It entirely depends on human mental behavior in viewing the process on the occurrence of such knowledge. One of the examples on the knowledge of revelation is that up to this moment most revelations received are considered as a belief that cannot be made into scientific knowledge. As a result, one may not put them

in a question.

Revelation is only considered the right of prophet or the sage of the past and revelation never comes again because the revelation age has been closed. Today, many people make an issue on the existence of false prophet who also receives false revelation, and suggest that everyone should be alert to receive information related to rumor on the existence of one who can receive a revelation. The words revelation as in the context of discussion above has widely misunderstood by most people from time immemorial. Many people believe if revelation is the words of God delivered in person to prophet.

Lately, it was said that God's revelation was delivered by God through angels. Since the belief of religious people is so, the scientists consider that religious revelation is only an apologetic matter and irrational belief. Judgment of scientists above is not entirely correct and not false because they want to get epistemological procedure on how the revelation can arrive at those prophets. In this explanation, we cannot enter into discourse on the revelation by an understanding as mentioned above because revelation discourse in the description above and judgment on the revelation as above are far different from the view of Hinduism about revelation. If scientists really employ their reasoning, they will be able to accept the Hindu revelation epistemology as something rational scientific.

Revelation in the perspective of Hinduism is not necessarily the voice of God or gods coming down the divine planet existing in the universe or macrocosmic world, moreover from a very remote hemisphere. However, revelation can emerge from within, namely the planet realm of the gods in microcosmic world existing within the human self. Since most

human beings do not recognize the planet map of the gods existing in microcosmic world, they search for the world of God away to external world. This matter is described in Geguritan Sucita psalmody I.I.1

stating that: "jenek ring meru sarira kastitihyang maha suci..." or literally interpreted, as it is correct that the human body truly denotes the abode of Supreme God. About the human body as the abode of God in His manifestation as gods is widely discussed in yogic science. Since in yogic science every character (alphabet) is ruled by particular gods, so every sound of the alphabet is the voice of gods. Explanation about this matter will be given in special section. 2.4

Ratu Bagus and the Invention of Bio Energy Meditation System In the history of science, it is explained that many people invented complicated formulas even inspired by relaxed mind when observing something accidentally. Archimedes invented the law on the pressure of liquid when he took bath in the river and by chance, he lifted large stone that he felt light. Isaac Newton invented the law of gravitation when he found an apple falling. Ratu Bagus invented the science of Bio Energy Meditation through his meditation habit. Ratu Bagus informed that the science he owns now was not learned from teachers at several places.

Since the very beginning, Ratu Bagus has put an interest in speaking to nature. The term 'nature' he uses here meant to represent God. Actually, he uses the word nature instead of God in order he is not said to be arrogant. Nature is a term often used when he communicates to God on gathering and arranging his science. This method was also implemented because in the Hindu

theological concept named Sadguna Brahma that God may be adored through particular forms, including in the form of nature.

Moreover, in Bhagavadgita is clearly stated that there are eight elements shoring up the universe that later on embodied into this universe. Thus, by touching nature means touching the gross body of God. In other words, communicating to nature is essentially the same as communicating to God. Accordingly, Ratu Bagus is truly confident that one time nature will give an answer on what is worth obtaining. Seemingly, the nature understands about what is being searched by Ratu Bagus and the science of Ratu Bagus Bio Energy Meditation poses the response of nature as manifestation of God's grace to Ratu Bagus. \_ Figure: Ratu Bagus is performing worship.

A large orb in front of him looks like a moon, together with other smaller orbs.



\_ Figure: Ratu Bagus is performing adoration by means of sacred bell. \_ Figure: Ratu Bagus is performing adoration by means of sacred bell.

\_ Figure: Ratu Bagus is performing meditation. \_ Figure: Ratu Bagus is performing adoration by means of flute.

\_ Figure: Ratu Bagus is performing meditation. \_ Figure: Photo of Ratu Bagus and Ida Pandita Mpu Istri Ratu Bagus are performing meditation together.

## 2.4.1

Ratu Bagus and His Scientific Thinking Pattern Observing the life attitude of Ratu Bagus who is much disciplined with his meditation, even there is no time without meditation, so it is natural if Ratu Bagus has so high God's consciousness or cosmic consciousness. It is this consciousness causing Ratu Bagus to have capability of converting himself into quantum energy that can influence the segments of nature. \_ Figure: Zoomed photo details of air particles taken at night. It look there are some air particles that later on can form orbs. According to theory and in reality, the air particles scattered throughout nook and cranny of the world and fill up the world as on the photo above and description below.

Air is something becoming the most vital in the life of all beings. If there is no air, the life will not exist, either. Within the air is

retained the energy of life, nevertheless many people do not want to care about the air. Even, many intellectual people pollute the air without feeling innocent or sinful. Indeed, the air particle is very subtle and impossibly discernible by naked eyes without the help of microscope. In addition, the air is indeed unable to be seen and can only be felt.

Nevertheless, if the air is captured by high-tech camera and is taken at night, the result zoomed will demonstrate the picture as above and below: \_ Figure: Photo of air molecules where at their surrounding occur some lights. The air molecules look so colourful and later on will form orbs. Colour photo of the air molecules denotes a very beautiful view, as if they took our mind to the creation process of the universe in ancient time. Possibly, the basic material of this universe consists of subtle elements that **are the same as** indicated by these air particles. Since they are very subtle, they are invisible

though they really exist.

It is those forms of element existing in the Hiranyagarbha or the womb of God. As explained on the previous pages that the air is pervaded by the mind of God so that the air can be controlled by the consciousness of God. One who has the consciousness of God is called a human with cosmic consciousness can influence the air. \_ Figure: Ratu Bagus is gazing and maybe speaking to the air and then appeared some orbs. 2.4.2 Ratu Bagus and Compatibility with Bhagavadgita Only few people knowing how Ratu Bagus obtained his universal knowledge that previously was named as the science of Bayu Suci and renamed to Bio Energy Meditation.

However, his mind obviously directed to cosmic consciousness, caused Ratu Bagus to learn about meditation science not from a preceptor

or spiritual teacher, but Ratu Bagus learned it from nature. He made the nature into his preceptor and friend in reconstructing his science. On that account, he stated the science of Bio Energy Meditation as endowment of nature because Ratu Bagus also viewed the whole nature as pure preceptor (sarvasah guruh). In addition, Ratu Bagus himself has dissolved into the consciousness of nature so that Ratu Bagus was not mistaken either if stated that the science of Bio Energy Meditation developed was born from himself.

Everyone is important to learn, to have and to develop the cosmic consciousness because this will help human being in understanding everything and such consciousness will improve human from the consciousness of ordinary human (manava) to the consciousness of God (madhava). There are many slokas in Bhagavadgita justifying the attitude and thinking pattern of Ratu Bagus as description of the following slokas:  $\hat{U}avap^*iqVyoirdmNtr' ih Vya\beta' TvyWken idx\acute{e} svaR'' - d^*ia\hat{U}ut' \acute{a}pmug[ ' tved' lok]y' p[Vyiq\acute{t}' mhaTmn( -- dy\grave{a}v \grave{a}-p\grave{a}thivyor idam antara\acute{y} hi vy\grave{a}pta\acute{y} tvayaikena di\acute{u}a\acute{u} ca sarv\grave{a}\acute{a}, d\grave{a}\hat{u}p\grave{v}\grave{a}dbhuta\acute{y} r\grave{u}pam ugra\acute{y} taVeda\acute{y} loka-traya\acute{y} pravyathita\acute{y} mah\grave{a}tman. Bhagavadgita XI.20 "This interval between heaven and earth is indeed pervaded by you alone, and so are all the points of the compass.$

Seeing this fearsome, wondrous form, all the three worlds are disquieted, O Great-souled One." .KTya TvnNyya xKy Ahmev'iv/o\_juRn - Datu' d-iu' c tñven p[veiu' c pr'tp --

bhaktyà tv ananyayà úakya aham eváy-vidho 'rjuna, jñàtuý draûþuý ca tattvena praveûþuý ca parantapa. Bhagavadgita XI.54 "O Arjuna, only through devotion directed toward none other can I be seen, and known in reality, be entered to know the secret of consciousness and My understanding, **O Scorcher of Enemies** (Arjuna)."

°exo\_i/ktrStezamVyµasµcetsam( - AVyµa ih gitduR"%' dehviÛrvaPyte -- kleúo 'dhikataras teûàm avyaktàsakta-cetasàm, avyaktà hi gatir duákhaý dehavadbhir avàpyate. Bhagavadgita XII.5 **They have greater difficulty whose minds are drawn to the unmanifest; the unmanifest way is found with difficulty by those who are dwelling in bodies.** s'tuì" stt' yogç ytaTma d\*!inéy" - mYyipRtmnobui×yoR mÛµ" s me ip[y" -- santuûþaá satatáy yogi yatàtmà dãðha-niúcayaá, mayy arpita-mano-buddhir yo mad-bhaktaá sa me priyaá. Bhagavadgita XII.14 Always satisfied, with a controlled nature, of firm resolve, a yogi who has surrendered his mind and intelligence unto Me, who is My devotee, he is My beloved.



ySmaPoiÜjte loka lokaPoiÜjte c y" - hzaRmzR.yoÜegWmuRµo y" s c me ip[y" -- yasmàn nodvijate loko lokàn nodvijate ca yaá, harûàmarûa-bhayodvegair mukto yaá sa ca me priyaá. Bhagavadgita XII.15 "He from who the world does not become excited, and he who does not become excited from the world, liberated from the agitation or exhilaration, intolerance, and fear, he is My beloved. ye tu /MyaRm\*timd' yqom' pyuRpaste - è[Ö/ana mTprma .µaSte\_tϕv me ip[ya" -- ye tu dharmyàmâtam idaý yathoktaý paryupàsate, úraddadhànà mat-paramà bhaktàs te 'tìva me priyaá. Bhagavadgita XII.20 "Those who follow this virtuous nectar of immortality that I have taught, maintaining faith, holding Me supreme, those devotees are My deeply beloved. **Once upon a time** Ratu Bagus said to his students like the words of maharishis, yogis or great preceptors.

Ratu Bagus said that actually, the genuine Ratu Bagus is immortal, never occurs in non-existence; the genuine Ratu Bagus was in the past, is today and will be in the future. Similarly, you were also in the past, are in the past and will be in the future. Ratu Bagus and you have always met together, have met and will be in the future. "Should

you wish to become like myself, you must become Ratu Bagus. In other words, you must have a cosmic consciousness." The utterances of Ratu Bagus **are the same as** that of Sri Krishna in the following sloka: è[ç.gvanuvac bhUin me Vytçtain jNmain tv cajuRn - taNyh' ved svaRi, n Tv' veTq pr'tp -- úribhagavàn uvàca: bahùni me vyatitànì janmànì tava càrjuna, tàny ahaý Veda sarvàoí na tvam vettha parantapa. Bhagavadgita IV.5

The blessed Lord said Many births **of Mine have passed** and so have yours, O Arjuna. **I know them all**, but you do not know them. **O Scorcher of Enemies**. Sermon of Ratu Bagus to his students will be excellent if spreading to all people. However, do not let such sermon be misinterpreted in order there would be no misunderstanding because Ratu Bagus does not mean to say that he is omniscient or moreover deifying himself. He just would like to take human to the level of consciousness of atman (soul) consciousness not the consciousness of deha (body). Ratu Bagus said that only **by the consciousness of** atman would one arrive at the consciousness of God.

If the atman itself has not been realized **it is impossible to** have a consciousness of atman. Similarly, it is impossible for him to have the consciousness of God. One who has the consciousness of God

will see all places are sanctums and he could worship God at any place because God has been brought along with him and resides in his body. Transcendence of God, that later on developed by Madhva is discernible here. Even, in the explanation of Radhakrishnan says that the universe constitutes the manifestation of Gods. \_ Figure: Ratu Bagus is meditating in Seraya Cave and dialoguing with the Realm of Cave and Master of the Cave's Realm.

One who has arrived at the level of Ratu Bagus' consciousness or cosmic consciousness will be able to absorb the divine pràna of God anywhere because in this material world God tangibly shows Himself in subtler material in the form of pràna (universal energy or essence of air). One with the consciousness of Ratu Bagus sitting on a stone, near a tree and so forth will serve as the synchronizer of pranic energy.

One with the consciousness of Ratu Bagus can download pranic energies existing in the air and at location that has many pranas and then sends or transfers it to places lacking for pràna. Two illustrations below indicate one who is downloading terrestrial pràna and tree's pràna and the second, one who is downloading pranic energy from the sky and transfers it to a patient. \_ Figure: A person is downloading the terrestrial pràna and tree's pràna.

\_ Figure: A healer can take the pràna of universe and transfer it to a patient.

The concept of Ratu Bagus' consciousness or cosmic consciousness stated as being able to download as described in the explanation above is relevant to the theory of quantum physics because it also views this world only as energy, all materials dissolve into energy. God and deities or angels are also energy so that the power of God and deities can be downloaded as explained by Yoseph Tardjan (2004) in his book entitled *Angelology The Science of Angels—Cara Mengakses and Mendownload Energi Angels*. Tardjan (2004:35-37) describes that angels denote an attribute of direct radiance of God's traits. We are unnecessary to perceive that angels are separated from the energy of God.

The belief in the existence of angel's energy actually has existed before the coming of Semitic religions whose age is approximately 5500 years. Vedic teaching that is much older the Semitic religions has angels called gods or goddess and have played their role for

ten thousands of years. This matter meets the record of science that the Ramayana age occurred approximately 20,000 BC and Mahabharata occurred 3,500 BC.

Furthermore, Tardjan describes that the nations considered being primitive as the Aborigines or other isolated tribes have closeness to the energy of angels in various hierarchies and aspects. The level on the appearance of angel's energy depends on the belief, height of consciousness owned by a nation or tribe. The lowest energy of angel's hierarchy is female celestial beings of exceeding beauty that help the process and continuity of universe. There are many kinds of angel's energy. Their physical reality is indicated by energies of nature. For example, it is said there is healing angel and virtue angel. She illuminates healing light energy transmitted to earth and to all beings on the universe.

She exudes the sun light, makes protection energy, healing energy and so on. In the Hindu and Vedic belief is known goddess Dhanvantari as healing goddess. Many goddess Dhanvantari statues embellish hospital and healing house at many places in India. In the Vedic teaching is also known the name Goddess Sarasvati portrayed as beautiful woman who is playing a musical instrument and She is the master of knowledge and art. All descriptions are no other than the human intelligence in describing the energy of God. 2.5 Basic Principles of Ratu Bagus Bio Energy Meditation Ratu Bagus Bio Energy Meditation can be seen in terms of several aspects.

In terms of physical movement aspect, it can be categorized to be a sport. In the aspect on the importance of mind focused on the photo or name of Ratu Bagus is called tratak yoga or meditation. In terms of the so great bodily vibration during

the exercise, it can be called as the level of dharana in yoga. Furthermore, in terms of health effect caused after performing the exercise of **Ratu Bagus Bio Energy Meditation**, it can be called as spiritual healing.

In addition, in terms of the cosmic consciousness (loving all existences) effect caused by performing the **Ratu Bagus Bio Energy Meditation**, it can be called Samadhi. Obviously, the **Ratu Bagus Bio Energy Meditation** poses a mystical, holistic and universal dance of soul. Having carefully paid attention to all sermons and behavior of **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** (Ratu Bagus) through the days, through the months, and listened to the assessment of several parties who know Ratu Bagus, so Ratu Bagus is "a healer **of physical, mental and spiritual** disease." More than that, Ratu Bagus is not only a healer, but also reliever of grief, changes it with joy, also reliever of sadness, and changes it with happiness.

Ratu Bagus is an entertainer for each person who comes bringing along with suffering. Ratu Bagus will teach him to smile and laugh. Ratu Bagus will teach everyone to move energetically to those coming with shyness or less confidence. On that account, with Ratu Bagus in the exercise of **Ratu Bagus Bio Energy Meditation**, one can smile, laugh, sing and cry as he or she likes. Express and deliver all burdens of your suffering **in the face of** Ratu Bagus and bring home your pleasant and peaceful mind, it is the task of Ratu Bagus! Thus, Ratu Bagus always delivers it in his sermons.

Therefore, spiritually **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** in the Sanskrit term is worth awarding predicate or title 'guru'. Spiritually the word 'guru' consisting of syllables (gu) that stands for gunathita meaning 'not bonded by material consciousnesses, while the syllable 'ru' that stands

for ruupavarjitha meaning 'can convey human beings to cross the ocean of suffering'. Based on the record of people who are close to Ratu Bagus, or testimony of his students, Ratu Bagus has released the burden due to physical and mental sickness of many people from several regions throughout Indonesia and overseas.

Ratu Bagus has undertaken so great humanitarian tasks. Universal truth, wherever and whenever remains the same. Whoever saying and expressing it in any different language, the truth as something universal will stay the same everywhere. The saying of wise people at particular place can be **in accordance with the** saying of other wise people at other very distant location. The way of thinking, the way of speaking, and behavior of Ratu Bagus as religious figure, spiritual preceptor, community escort and healer of several kinds of chronic diseases, the healing principles of Ratu Bagus are filled with universal love and affection.

Ratu Bagus said: "Bring along a love to sick people so they will soon recover because there is no physician transcending the love. 2.5.1 Ratu Bagus and Conception of God within the Self In a sermon to his students, Ratu Bagus said: "Grow in your mind that God loves you all. You can imagine God like a father embracing his children, and you are the children of God (in Sanskrit there is an expression pitru deva bhava = father is manifestation of real gods or God).

You can also imagine God like a mother breastfeeding their children and embracing with warm loves, and the children embraced are you (in Sanskrit it is said as mitru deva bhava = father is the manifestation of real gods or God). Both expressions above are relevant to the expression in Balinese language, meme bapa satmaka dewa utawi Widdhi



sekala or mother and father denote the manifestation of real gods or God. With the conception that God is your Father and Mother so it is not only God loving you, but within your heart will also grow a consciousness to love God.

In the context of such affectional love, relationship to the whole human beings is plaited into a belief system. You may not imagine God as something frightening, punishing cruelly, bringing disaster and so forth that will make you afraid of the Supreme and All-Loving God. Imagining God in such frightening figure will make many of you pretend to discard your fear. However, when you imagine God as your all-loving Mother and Father you will never deceive yourselves.

Trembling and wriggling movement of your body and crying as loudly as possible when you join the exercise of **Ratu Bagus Bio Energy Meditation** are an expression of your affectional love to God. You must offer your dance, cry, and laugh to God wholeheartedly. By doing so, you will not feel the burden of your life. Accordingly, you have gone to heaven or even you have attained moksha, you have embraced God while you are still alive in this mundane world. The method of **Ratu Bagus Bio Energy Meditation** will reduce or even relieve entirely various kinds of stress you undergo becoming the source of any diseases. Thus Ratu Bagus gave sermons. 2.5.2

Ratu Bagus and the Principle of Universal Integrity In harmony with Stuart Grayson explaining the principle of universal unity, Ratu Bagus also provided sermon to his students and whomever and wherever, that universe denotes a single reality and we understand it as a consciousness that is visible as

rtam (Sanskrit) or law. Ratu Bagus said that the universe along with its content is one, this matter is very apparent. This reality can be proved through the existence of energy in the universe. No one in the world that can deny the reality that energy exists anywhere.

In conformity with the explanation of Ratu Bagus, Stuart said that Einstein described the conservation of energy and its existence can be omnipresent, and written in formula  $E = mc^2$ , meaning that energy and mass are the same or equal. Energy exists in the universe wherever and everything denotes a part of energy. Single reality underlies everything, this matter cannot be worried any longer because when human being uses a few of his time and energy to understand his perspective about the cosmos (universe), such single reality will be able to be understood.

The idea regarding to the unity of universe is not merely religious concept or philosophy. Many evidences about this matter are obtained through scientific research. Many popular books written by physicist, astronomer, biologist and other experts from scientific world explain about the concept of human unity with the universe. On another occasion, Ratu Bagus also said that the idea on unity with universe does not pose a new concept, but a concept that is adequately old.

In keeping with the explanation of Ratu Bagus, Stuart also said that one of the oldest manuscripts in the world, namely the scripture Rig Veda, the Hindu scripture, has firmly stated that ekam sat viprah bahuda vadanti meaning, "The truth (God) is only one, and only people call Him with different names". In spiritual philosophy, becoming the basic of spiritual healing, it is something understood as a power, a presence, a natural existence, an action, in the universe. It is the premise of

spiritualism that is only one and we call it with the term God or whatsoever. All are all, they include everything, and a Sanskrit aphorism says that sarva mayam idam Brahman or all forms are God.

As human we can make a concept or idea that it is a logical personal spiritual experience and then understanding who and what is the self as an expression (manifestation) of cosmological power, or universal Power or Presence. Bhagavan Sri Sathya Sai Baba said that this universe is shored up by the consciousness of God, otherwise it will be damaged. The sun will hit the moon, stars and so forth. All planets remain to rotate in their own orbit because all planets are propped up by the consciousness of God. Ratu Bagus and Stuart said the same thing, namely the principle of unity within diversity.

Both said; there is only principle of life, one universal vital power and one universal life energy. Universal means existing everywhere, no body exists beyond it; all people exist inside and consist of it. Ratu Bagus added that we should be able to see ourselves within everything we see. This perspective and way of life will not hazard anybody and anything. It is the most fundamental and universal principle of love. Stuart said that a part of people on this earth has a consciousness, but it has not been advanced yet. Even, if compared to animal, sometimes animal shows the level of particular consciousness that is more advanced than that of the human.

For instance, there are dogs and other animals that are easy to train or teach. On the contrary, many humans are even difficult to be trained. Perhaps we will say that such training is only a conditioning as Pavlov method. Yet, we should bear in mind that conditioning to such animal may happen because there is a consciousness on the animal that can be conditioned. On the contrary, many people

are difficult to be conditioned, because there is no consciousness on those people. This phenomenon shows the existence of form or level of consciousness. Therefore, it can be concluded that single reality embodied into the core energy and becomes the basic of everything in the universe.

We can expand the sublime idea on 'single reality' by saying that there is only one ultimate consciousness, one principle of mind within the universe no matter what name is used to call it. Afterwards Ratu Bagus affirmed more profoundly that the single reality is universal and unlimited. Single reality constitutes something existing within the self of all people, where the Hindus call it atman, he moves to rotate, passes through many people, and is active in the experience of all people. Probably, it is described differently.

Maybe there are many kinds of rites, rituals and methods to explain, or relate and convince this noble universal unity. The most appropriate term we can use to call this maybe "Soul". On another sermon, Ratu Bagus also said that we talk about something immortal or something unlimited and they exist in the universe. It denotes "a" process, one unity, integrity, where inside a harmony occurs and there is nothing destructing. It is the principle of love as discussed previously. Love never destroys in any way. It always delivers itself to others wholeheartedly. Love constitutes a constructive and positive principle. Its form and characteristic is always giving and constructive.

Bhagavan Sri Sathya Sai Baba also said to 'love all and serve all.' On that account, love is often called as sacrifice and love can become a means of healing. This function is in harmony with the basic principle of spiritual healing.

In conformity with the sermons of Ratu Bagus, Stuart also said that in the process of spiritual healing, it contains the element of belief or testimony about God, Soul, or Universal Power existing anywhere. In keeping with the explanation of Stuart, Fritjof Capra also stated that God is omnipresent and even exists in each sub atom or electron of elements and ordinarily dances the Siva Tandava dance or Sivanataraja dance.

Related to disease, God also exists at the point where the disease is. If we perform a healing activity in spiritual manner to a patient, we will think about that person, and **at the same time** attempt to know the strength of Soul existing **at the point of** such patient's body. To do so, firstly and foremost thing that should be realized before beginning the spiritual healing is to accept the patient without condition as life.

Whatever the manifestation of life power is, whatever the term for the God is, He must exist within us now and forever. All the times the life maintains itself; principle of this life existence always exists as mentioned by the sloka in Bhagavadgita II.16 as follows: *nasto ivûte .avo na.avo ivûte st" - £.yorip d\*io\_NtSTvnyoStÑvdixRi."* -- *nàsato vidyate bhàvo nàbhàvo vidyate sataá, ubhayor api dãûpo 'ntas tv anayos tattva-darúibhiá.* 'That which is non-existence never comes into being; that which is existence never goes to non-being. The seers of reality have seen the very end of both of these.' Ratu Bagus added that what stated in Bhagavadgita above denotes an immortal law.

Life, love, and Soul never changes. In harmony with Ratu Bagus, Stuart also stated that there would be

no source, cause, being, structure or basic harmony of universe that come into being in us, changing or leaving ourselves. We know that universe constitutes an activity of consciousness that keeps on developing. In simple and natural perspective, the life is considered to develop from an unconscious condition as inanimate objects and then evolved heads for a complex consciousness **in the form of** human being.

Universe is also considered to evolve, namely moving from autonomous unconscious action in the form simple consciousness on animal to the level of more complex consciousness on human. The mind in human develops in further phase. In harmony with both opinions, Donder also stated that the whole universe is alive and this matter is called cosmic consciousness (see Kosmologi Hindu by I Ketut Donder). Every human has a faculty to experience the feeling of reunion with the One, God, Source, Soul or whatsoever. It denotes a personal rendezvous with the Ultimate Power that we call God. This kind of consciousness becomes a principle in spiritual healing.

On that account, Dr. Stuart stated that in learning spiritual healing, one from different background can encounter a similar terminology, a single source of universal power. The whole of this fundamental principle is a single reality. This fundamental principle created the universe and it is discernible **in the form of** all lives, objects and humans (sarva prani hitangkarah). It is through these matters all people can realize that they become a constituent of format or greater power of life. In addition, this thinking will develop into "spiritual philosophy".

Ratu Bagus provided sermons that flowed naturally like without any burden. If his sermons are connected to the opinions of famous figures, they will entirely appropriate though he

himself stated that he never read those views. Ratu Bagus said if his opinions are the same as that of some experts or one of the scriptural views, it actually indicates the principle of truth that the truth is one. Ratu Bagus then ended his sermon with the expression: since philosophy relates to the radical way of thinking, including how to interpret the life, in the same manner we should perform the exercise of Ratu Bagus Bio Energy Meditation.

Every single movement should be interpreted as the dance of life or the dance of soul that we should play as well as possible. Nobody can live the life without dancing the dance of his life or his soul. On that account, simply dance your dance of life; dance your dance of soul beautifully by paying attention to the rules to dance. The rules of such life dance are cosmic rules as the Lord Shiva dances in every atom of existence. Thus, one should dance his life. Those are basic things pursuant to the principle of Ratu Bagus Bio Energy Meditation.

This meditation attempts to generate and develop the consciousness of soul that later on can become universal attitude of life, can accept all existences. 2.5.3 Ratu Bagus and the Principle of Total Harmony Ratu Bagus said that harmony is the law of universe. As it has been known, the principle of harmonious life with the entire dwellers of universe denotes the icon of label of Hinduism. Moreover, Hinduism in Bali, at every nook and cranny of Bali like mountain, river, big trees, phenomenal places, will be encountered a worshiping place. On that account, those who lack for intelligence will say that Hinduism venerates the nature.

The Hindus need not get angry or feel inferior to be called a worshipper of nature. The Hindus should be able to inform those who do

not know that Hinduism looks like the worshipper of nature because it completely realizes that God pervades into the nucleus of atomic electron and from there God provides the energy of the universe. The Vedas say: sarva khalu idam Brahman or all are God, and the statement of Isa Upanishad: isa vasyam idam sarvam yatkinca jagatyam jagat or God pervades the whole universe.

Moreover, lately, the Quantum Physics or New Physics justified the principle of Hindu belief. Fritjof Capra said that, the Sivanataraja or Tandava dance represents the dance of God in every single atomic electron. Pursuant to the explanation of Ratu Bagus above, Dr. Stuart Grayson also stated that there is only one principle in this universe. In truth, spiritually there is no constructive principle and destructive principle (on the contrary, binary, rwa bhineda). Constructive and destructive principle only exist in the framework to provide intellectual explanation and argumentation about all existences because if the constructive and destructive principles exist, the universe will be divided and is constantly separated before it is established or developed. Evolutional process cannot be stated as destruction.

Extinction of a species like occurred on dinosaurs cannot be said as destruction, but as natural evolution because from the extinction process of dinosaurs emerged the development of avian species. It denotes a principle of life that can operate in many ways or paths. It is not destructive and evolution always moves forwards. Furthermore, Stuart described that creativity, totality and harmony pose an essence of the whole life, even become the foundation on it. Spiritually, human is perfect. God is perfect, human is perfect human, and the existence is perfect.

Universal



presence denotes an expression of absolute love through law. It is a stone corner of our thinking, love and law. Let us say beautiful love, absolute love or endless love; it is not a matter of how we label it. It is a love above our perception. Endless love never exists. It makes an expression around you, me and us and it gives continuously. Dr. Stuart Grayson added that love denotes a cohesive vigor or cohesive energy bringing together continuously and holding on a greatness of notion related to our world.

A happy family or loving relationship poses a cohesive idea holding and bringing together in sequential order, in harmonious action on the inter- individuals relationship or inter-family members relationship. To sum up, the harmonious inter personals relationship involves in it. Such a love emerges from an impulse that in universality expresses the character, existence along with its attributes through a borderless battlefield of ideas that have provided substances as a provision of sustainable life.

Love and law denote the foundation of life and in life; we feel the presence of love and the law through our mind. The love existing in this universe expresses a creative power manifesting it through you and me by the sense of law. There is a very subtle substance controlling this universe, we call it God, while others call it Gods. The terms we use does not matter, but obviously, it is the ultimate principle and serves as universal energy. The substance gives the form a considerable creation form. We can say that the universal principles on life always constitute an endowment, endowment and endowment along the time.

Stuart also added that evolution we realize poses an action of a universal consciousness. Such evolution indicates the existence

of cosmic regularity, including the earth and its development. This evolutive process establishes expression as a creation, including individual evolution. Therefore, individual can grow and develop until having self-consciousness. Through this process, the individual maturity and development of understanding, including their understanding on individual, can reach the unlimited cosmic consciousness.

Recovery also denotes the whole expression of harmonic principle stated as harmonic principle in creativity and totality. Recovery represents the whole principles of inter-related system. Recovery is continuum of soul because **it relates to the** whole principles that essentially constitute a continuum of soul. However, recovery is only a global description of truth and personal consciousness on the soul. The truth will make us feel free; the truth is our identity that is spiritually perfect, intact, complete and free. If we work with this spiritual idea, we will find ourselves always filled with endowment.

Such endowment is awarded to every human without discrimination and is never taken back. It is the principle of love and truth. Description of Dr. Stuart Grayson above is relevant to the sermons of Ratu Bagus to his students or to whomever. Ratu Bagus said that as human being we have to make our love as foundation of life because one will not be able to live without love, love is another name of God Himself. In the Vedas is mentioned that because of love, God creates this universe, because of love, God preserves this universe, and because of love, God dissolves this universe. Love is the same as absolute reality.

On that account, no body can live without love, if so, his or her live will mean nothing. Once again, Ratu Bagus said that it is because of love

we were born, because of love we remain to live and so do animal and plants. Love is everything! Ratu Bagus continued: "Ratu Bagus Bio Energy Meditation" has relation to the concept of love. Every unit of free movement in the Ratu Bagus Bio Energy Meditation is a movement expressing love. On that account, the more disciplined you perform the exercise of Bio Energy Meditation, your love that is currently dormant and wrapped by the rolls of hatred energy will struggle to get loose in the form of laugh, cry and bodily vibration that seem so strange for us but it is absorbing when it is felt. The more you perform shaking, Bio Energy Meditation, the more your love portion grows and develops and blooms. It means that the life surrounding us will also grow and develop flourishingly.

Plants will die without love. Have a look at the plants near the restaurant of Ratu Bagus Ashram, vegetables can grow fruitfully because I care it with love, on very little piece of land and on the wall, they should die, but on account of love they live and present themselves for our need. It is all due to our love." What is said by Ratu Bagus has been proved by a biologist, Chandra Bose and Burbang.

They both concluded that the plants grown with vibration of love grew well and born fruit densely, while the crops grown in hatred vibration finally die. 2.5.4 Ratu Bagus and the Principle of Finiteness to Infiniteness Ratu Bagus said: "We have undergone misunderstanding for so long. We have been set in the format that God is separated from us. We should never be separated from God. The concept of standing apart make God is there at indefinite place and we

stay here. We become so scared of God over there. God should not be scared, but be adored and be loved.

Due to this separation concept, we often think that we are only alone on earth. We often see ourselves in front of mirror. Suppose that we often throng to see our shadow in front of mirror we will **know that we are** not alone. Since we consider ourselves solitary, so we feel free to do anything we want since nobody sees us. However, if **we know that we are** not solitary we will be always alert of our deeds. Actually, we are indeed never alone though we are on our lonesome because God is always with us. Even, God dwells in us. One of the Indonesian great artists, Ebiet G.

Ade once wrote, "Mirror, do more mirroring, look inside before speaking, God is dwelling inside our heart, make Him smile and smile". Stuart stated, "Each part of us denotes a constituent of universal mind. We become one with universal mind, becoming a constituent of the totality. We are the expression of the whole. Basic of the healing and spiritual treatment that can support is intelligence or universal mind. As a principle of mind, such basic should be borderless and exist everywhere. The basic of healing and spiritual treatment cause everything to become possible.

Borderless intelligence appears together with our existence, in our life and related to the whole time through our mind, through our consciousness, and we can never escape from it. There is a unity in our diversity. There is a form of body, form of spiritual idea related to underlined pattern, or ideal form based on unchanged pattern of the universe. Personal humanity with humanly attributes and qualities should come from an ultimate pattern that is possibly called heart and mind of God.

Sometimes, this ultimate pattern is based on a label of particular

ideal form or cosmic, creative, intelligence model or borderless mind. When each of us grows adult, we express these attributes and qualities to a single power. Borderless consciousness is expressed through spiritual ideas. We actually originate from one source. God is our Father, Mother and Master of universe said by Bhagavadgita. If so, we are not merely a follower here but we are indeed connected intimately to the power of Father, Mother, Source or God, and our spiritual gen within us. We like the tips on the height of iceberg appearing **on the surface of** seawater.

We see them very individual and separated. However, when we observe them closer to the surface, the visible area and invisible area, the parts that are seen as the separated heights become one with the entire iceberg. The entire structure of such iceberg poses the chemical constituent of iceberg. Each height is supported by pieces of larger iceberg and this condition goes on. Stuart added that each of us is like solar radiation where we are intimately connected to the sun. Without solar energy, we are impossible to exist. We get sunlight because the light exists. Similarly, we get love because the love exists.

We have the totality because it exists in this universe. No body does exist independently in a hole. Each human constitutes individualization on the Supreme One but we become constituents of our elemental characteristics on something known as consciousness. Individual can use such consciousness. When an individual uses the consciousness consciously and personally, we can say that such individual experiences quality personalization unlimitedly and totally. We make it personal by fraudulence of personal choice, desire and decision-making.

These actions take place simultaneously on the consciousness level and sub consciousness or subjective level.

Human being should progressively realize his unity with God or whatever people name it. As we understand about God, our mind, intelligence should be viewed that the Supreme One moving or working within us, nothing we can do alone. We are within Him, originate from Him, we live within Him and He is immortal around us, and function Him through ourselves. When we understand about the Mind of Supreme One, He will exist on the point called 'us'. When we understand, the Unlimited Understanding Itself exists on the point called 'us', so through our mind, through our understanding we can understand 'us'. It represents the knowledge about God through the word "us" on our individuality point.

This matter denotes the saying that positively drives our capability to always know more than what we have known. Since something borderless is knowledge through us and works through us, for that reason we can always know more. The right identification toward our own self as manifestation of soul denotes an important matter. We are an expression of individual of Ultimate Soul. God is expressed as individual, within individual. We are indeed the manifestation of God. We have consciousness, and the life of Ultimate Soul provides us with consciousness and consciousness reflection itself through a number of ways within us.

Each self of us can have direct experience on this universal mind, unlimited principles of life, because each self of ours originates in the same existing truth, single principle of mind.

Our subconscious mind denotes a constituent of mind expression on God. Spiritual treatment directly provides it on the part of this mind. What we learn when we practice the spiritual healing techniques poses a consciousness that we live within the creative process of the universe. We come to receive entirely if we live within God and together with God expressed in the healing process.

We are individualization expression or embodiment of the Divinity. Principle of life works evenly and equally on each human; it constitutes sustainable and automatic creativity. We believe in that principle, but how to respond it, how to interact with it, decide how the belief will work for us, all depend on our respective intelligence. We should use our belief and spiritual intelligence in the effort to understand God within our respective self-becoming private physician all the times.

For us who are suffering from disharmony until resulting in sickness, in order to obtain spiritual healing, first of all we **should be able to** experience mental, emotional or physical transformational. We need to understand about heaven in order we can enter into heaven. Ultimately, we understand about the heaven in the form representing the mental picture of earth. Mind and feeling are two essential elements of life. This essence relates to individual soul and psychology. We should learn to think beyond the perspective of God or Soul about everything possible to be discernible outside the existence of Supreme Source.

We know the source and through the source, we can understand the one, the God. The essence of Ratu Bagus' sermon is that human being originating in the unlimited, where at the moment as though becomes limited being, so that we should re-realize such

unlimited source. By realizing the limitedness of human being, he will become the unlimited.

When we become the unlimited, we can do anything and surpass the restrictions stipulated for us now, and we will be called as supernatural person, one having magical power, siddhi and so forth. This power sources from the Unlimited God. God's consciousness grown through **Ratu Bagus Bio Energy Meditation** can generate the unlimited energy of God existing within ourselves. This energy can heal not only us but also the sick earth. 2.5.5 Ratu Bagus and the Principle of Causal World Ratu Bagus described that what we know about the world, that by positivistic scientists known as the real world, in fact is a false world.

Characteristic of false world is undergoing fluctuation or rise and fall. Material world that we know everyday is effect world and causal world. As though its reality thoroughly existed, but it does not (illusion). Physical world that we see now is fluctuating. Its condition is relative pursuant to *desa, kala, patra* (place, time and identity) and we see that behind all relative experiences are spiritual ideas that always have the nature of basic substance. Its condition never becomes the most authoritative over the self, but only poses a constituent of reaction chains originating in pure ideas.

To alter the condition of wider community, one should turn from causal world to the world of pure spiritual ideas, having the characteristic of prime cause behind everything. We need a continuity of spiritual understanding that will enable us not to be thrown by the relativity or fluctuation of the world, but express the increase of belief in the single reality. We need to learn everyday. We are very necessary to learn all the times about what happens in our personal life. When



we observe ourselves objectively, we realize that the habit pattern nearly always wins.

On that account, the religious teaching teaches sat sang or association with sagacious people. We can promptly be free at the moment from our disease, sadness, other disorders if we can control our mind because all causes of this condition is mind or limited consciousness causing such disorders. Bhagavadgita describes the mind as uncontrollable wild horses. Desires source from the mind. Therefore, if one would like to be successful in spiritual realm, the control of mind poses the main requirement.

No established people in spiritualism but their mind are uncontrollable, but on the contrary, those who are able to control their mind must be a spiritualist. We must think about the good things only because it is the mind causing all existences, even our existence as well is caused by the mind, as the expression stated by Rene Descartes cogito ergo sum or "I think, therefore I am" (Suhartono, 2008). If we always think to become a god or deity, so we will do, if we always think about God we will become God. Even, in Hinduism, the transformation from human (manava) to God (madhava) denotes the ultimate goal of human life's mission.

Those are the causal world and effect world. No single being that can be free from the law of cause and effect. Doing good deed is the only way if we expect to get goodness, though it is unacceptable on this life. Ratu Bagus continued, "You may join the exercise of the Ratu Bagus Bio Energy Meditation for a couple of day, but you can feel extraordinary happiness of inner ambience. On the contrary, a student who has come repeatedly but his result is not maximal. All results relate to the cause-effect that is not only in this birth, but also in the previous birth. Knowing this, one should be patient

because this patience will cleanse the past karma.

Bio Energy Meditation as a part of physical, mental and spiritual healing requires continuous and consistent exercise. Consistent and continuous learning is no other than the form of "modern tapa". The Ratu Bagus Bio-Energy Meditation in the healing process is opening the mental cause or consciousness underlying the disease. 2.5.6 Ratu Bagus and the Principle of Natural Law Orderliness Ratu Bagus said that human being should obey the natural law (rtam) because the strata of truth, rtam or natural law occupy the second position after satya (God's truth that is understandable by human being). Though the natural law serves as the truth of second rank after the truth of God, but it is necessary to note that behind the natural laws occurs the manifestation of God as gods.

Probably, if it is called as gods, many people will mind, but if it is said that behind or within all materials occurs energy, the super intelligent people will justify that the concept is correct. It is the energy holding the natural law on every object or existence meant by the Hindus. However, many people reject the gods, but they will not reject the energy. The sermon of Ratu Bagus above is relevant to the concept of New Physics or Quantum Physics seeing that this universe is a single integrity in the form of energy. The Quantum Physics has almost approached the palace of God.

Since its quest is materialistic-objective, it will always measure through qualitative facts. Based on qualitative data, Quantum Physics or New Physics temporarily states that it will explore the traces of God in the tracks of atomic electron orbit. Though Quantum Physics may be hard to reveal the secret of God, it will remain to fail, or at least the Quantum Physics will be able to see God in the universe

as well-ordered and systematic universal laws. All of us are the product of this order and we can enable this intelligent system to operate the creatively in our life. On that account, obviously there is an intelligence principle in this universe.

It is a consciousness, constructive action that keeps on developing and being expressed or realized. It is the basic characteristic of universe. It is a power of moving creative intelligence all the times. Universal law is an orderliness law, or equilibrium law. In such natural law is contained the "divinity" qualities so that the law reflects the orderliness law. Such a law is discernible in all existences everywhere. Therefore, the divinity quality in the natural law is just in all cosmic system. Perennial message **of the natural law** is that we are created should move forward while following the natural law.

To explore the secrets of God, human being should persistently move forward, reveal, and reveal again the secrets of nature as the fragment of God. By ensuring that God existing inside and God existing outside are the same, we will have an opportunity as extensive as possible, wherever and whenever to give devotion to God. It is the creative energy realized as intelligence on human. It is relevant to the universal intelligence engendering cosmic beauty and very tidy order.

Ratu Bagus said that in performing the exercise of **Ratu Bagus Bio Energy Meditation**, we are trained to follow the orderliness of nature because this orderliness is maintained by God. As stated in Bhagavadgita "just a single seconds God does not work (in cosmic laws) this world will turn damaged. Ratu Bagus then discontinued his sermon by a question, "Do you want live harmoniously?" If you do, learn to live orderly or in disciplined manner because discipline is no other than "tapa" in modern language.

## 2.5.7

Ratu Bagus and the Principle of Natural Response on Mind Ratu Bagus said that the universe responds our energy of mind. Attempt to pay attention, in the heat of the sun at midday, if our mind is tranquil and it then brings along with peaceful mood, as if the hot air will turn to be cool. There are many examples about this matter. For example, when watching favorite artist or attending a political campaign where the ideal candidate is giving speech, one will get absorbed as if the heat of the sun had been blown out by the wind.

Even Donder (2009), a lecturer at the Denpasar State Institute of Hindu Dharma, when conducting the research for approximately five months at Ratu Bagus Ashram, once examined clinically the legal truth of natural response toward this mind. Result of the research has been written in a book entitled *Ida Pandita Mpu Parama Daksa Natha Ratu Bagus dan Fenomena Eksotis Kesadaran Kosminya* (Ida Pandita Mpu Parama Daksa Natha Ratu Bagus and Exotic Phenomenon of His Cosmic Consciousness) published by Paramita Surabaya. Similarly, the basic of spiritual healing is "mind operation", meaning before one asking for help to others, so that the mind he brings along to the healer should be operated in advance.

In other words, the belief of mind in the healer, healing process should be at the same level of wave. If one does not believe in the healer and the healing process, so it is no use to bring the disease to the healer. By nature, many people, even the medical science, say that 70-80% of the *diseases are caused by the* mind. On that account, it is very important for everyone to pay attention to his or her mind, and so does in the *Ratu Bagus Bio Energy Meditation*, the mind should be focused on the exercise so the result will be

maximal.

Similarly, a healer, prior to becoming a healer, he should first learn about the behavior of mind profoundly. Ratu Bagus also explained that, in fact, all human beings in the world could communicate one another through the mind because there is the subtlest air essence in the sky covered by the sheath of mind functioning as law responding the whole mind or our consciousness. Therefore, there is mind in this universe working as a law that always responds to our mind called cosmic mind. The working procedure of cosmic mind is subject to the law **of cause and effect** (karmic law).

The action occurred denotes a reflection to the mind and our feeling. Furthermore, such reaction is reflected again into our experience. Mind and feeling are reflected again into objective form. Dr. Stuart Grayson described that our mind is energy, entering into us and in particular case. Then, we can say that the energy enters into the depth of the universe, so that in small scale can be said that the mind can influence our own life because all minds move inwards into our subconscious creativity.

Unlimited intelligence and power exists in all entities, and one can direct his action through soul's consciousness and mind. God or the Supreme Soul as the universal subconscious law is perceived as a principle reacting on all. It looks like impersonal because it does not discriminate. It only reacts to all. God or whatever names He is given, does not respect individual person. It respects all, responds to all, it responds through the counter-reflection to our life. Our consciousness regarding to life, and regarding to what we call healing, will be reflected into and as experience of our life through the laws. The use of mind can be performed through the concept of life. Mind is alive or performs activity.

It is the way we

use the principle of mind. It is projected as our experience of life. The more we work with such ideas, the clearer our consciousness will be. We pass through purification process; sometimes it is called the consciousness cleansing. Changing our consciousness will change the response that mean the world of our experience will also change. In essence, the mind **is the cause of** all. If we have a mind filled with intelligence and spiritual consciousness originating in particular spiritual knowledge, its reflection on us is spiritual knowledge moving through harmony quality, several facilities, and action providing totality.

It meets the objective, concept, desire, and impulse in obtaining special objective. 2.5.8 Ratu Bagus and the Principle of Consciousness Expression Ratu Bagus said it is very important for him to emphasize the matter of mind because as stated by Rene Descartes above **"I think, therefore I am"**, even in Hinduism there is an expression *mano mulam idam jagat* meaning this world originates or created through the mind. Similarly, there is an expression in spiritual discipline that if one can control one's mind, so one will control everything.

Objective side always denotes expression of subjective pattern. The material physical world always portrays or represents our real self in mental, emotional and spiritual world. Our consciousness and mind act through intelligence and direct us to the right path. Every objective experience expresses subjective experience and this subjective experience is not only the form of conscious mind moving into subconscious mind, but also into the entire human collective consciousness so that all operating at subconscious area of mind move pursuant to the mind and subconscious mind.

Condition of our mind, emotion, consciousness and belief engenders relative cause in the world of human experience.

What we think about the possibility that we will experience within the life, career, profession, or any activity, our way of thinking will make us get the greater opportunity for its fulfillment. The external world is combination or complexity between our personal consciousness and human collective consciousness. Consciousness is the knowledge about who we are and everything we experience is our consciousness. On that account, we can conclude that human experience denotes the result of use of several consciousnesses. Condition of the world poses a projection of people existing inside it.

If the consciousness comes up against dysfunction so what projected is something fragmented and disturbed so that we experience a disharmonious world. Accordingly, **Bhagavan Sri Sathya Sai Baba** said that if peace exists in the heart (individual) so there will a peace within the family, if peace exists in family **there will be peace in the** community and goes on until the world peace sources from individual peace. Grayson said that any material physical experience would find a change through the law or principle of mind based on the mind's pattern by individual consciousness.

If the pattern is **in the form of** beauty, orderliness, harmony and totality, so the principle of cause will start. If the pattern is **in the form of** riots, fear, sadness, orientation on negative expectation, so the pattern receiving the impulse will reflect it through our consciousness and into the world of our experience. Furthermore, Grayson concluded that the core of our experience is the consciousness of our mind, substance of our brain and energy of our mind.

Consciousness is the mould in the principle of mind that will be filled in by energy enabling

the appearance of physical form. Our mind and consciousness is the mould that will be filled in by universal consciousness and that looks like the form in our experience. Life is a change, every form will undergo any change if influenced or changed by condition of our consciousness. At the end, material will break, melt and come back the element of energy. The material appears from this energy. It takes a form, moves through several functions and having completed its cycle, it moves inwards into the basic energy once again.

From the substance of universal form comes into view in our life and fills in our life. It is manifested through our consciousness and mind, through our way of thinking about the life, desire, our need and ourselves. 2.5.9 Ratu Bagus and the Principle of Choosing Capacity Ratu Bagus said that everyone should develop their intelligence of budhi (intellect). Hinduism calls it viveka that enables one to think properly. In a perspective, Ermansyah Effendi called it as conscience. We are created to choose something pursuant to our conscience since the conscience is never wrong, as if it was the eyes of soul. We are free to change the mind and choose, or change our consciousness and experience engendered.

Individual freedom **is the key to** life, freedom to become anything. To become what, so it is normal according to law to understand the law of life and comply with it by means of smart intelligence (atmanastuti). We should not implement our intelligence when we are controlled by negligence, or let others make decision for us. We may not live the life through the reflection of the existence of others because we will reflect others, not our individuality. No one can live other's life. We



must live our life pursuant to our own choice. We must live with our mind, reasoning, intelligence and individuality as well as we must choose.

Grayson added that all of these constitute a part of natural law that has developed human being. Similarly, this matter poses the foundation of spiritual healing where we have to undertake our spiritual work, employ our nature and the existence of our own life. The concept and method of spiritual healing teaches that the main responsibility is for our mind, our life and us. Since we choose our life, it is we create and re-form our life.

If we are not responsible consciously for ourselves, so we give **an opportunity for the** experience of our life to the unconscious factor and we will reap its consequence. We must learn to understand that we have creative mind and can use it; we can change our consciousness, our thinking and even our own self. Each individual has a spiritual talent being capable of reflecting and expressing God or universal Presence. Such talent is **in the form of** clear vision in which can distinguish between fact and truth. In the philosophy of spiritual healing, we define the fact as something correct for the time being in particular condition. The fact changes when the world changes.

For instance, one time the fact says that human is unable to fly to the moon. However, in keeping with the advancement of science and technology, it enables human to go to outer space and the fact finally changes. Meanwhile, the truth is eternal, unchanged; that is only owned by the Absolute. When we understand the difference of fact and truth we have strength, we are under control. We can start to re- direct the conditional world by seeing it through greater vision. The more we use our mind, the more opportunities for its use we

get. It is the same as the work of muscles. When we work, our life starts to adjust to basic harmony.

They all depend on us, how on day to day and in every situation or experience, we can distinguish between fact and truth. This matter determines the difference between passive life that only flows together with life while saying, "that is our life" or "it is our predestination" or "no! We have something greater than karma, what they say or any experience. We decide on getting absorbed in essential reality and move forward." Free desire is formed in the structure of universe. We can say "yes" or "no".

This freedom will enable us to open ourselves, to learn more profoundly about whom really we are and what we expect from this life; whether use it or misuse it. The more we think of the greatness of the Absolute, the purer our consciousness will be to demonstrate the principle of unconditional mind in our life. In living, the life that we call blessing denotes the result of thinking, concept and our own spiritual idea. Blessing is not free ticket falling from the height, but the result of our consciousness. When we choose, the world will choose for us.

Collective consciousness of human race, average law, actuarial table, will make the choice for us if we do not choose. We are not only able to choose, but are also be able to make the right guide toward the universe in order to move forward and grow, attain our goals. The law of this advancement will be successful and work in accordance with our direction. Ratu Bagus then asked if we all have been spiritually adult enough to choose what is worth choosing. Seemingly, the response will entirely depend on us.

2.5.10 Ratu Bagus and the Principle of Physical Condition as Reflection of Consciousness  
The scripture Slokantara says: "by seeing your posture, I will know what you eat".

There is also Javanese proverb saying: "muno muni jendelaning batin or facial expression and the manner of speaking represent the inner reflection. Dr. Stuart Grayson also wrote that our physical condition reflects the consciousness and condition of personal consciousness. Everything originates in the spiritual idea and pattern of the universe before it embodies into an object. It is an expression of the self and soul. Therefore, it is with human being as individualized soul; image-mind is the cause of object or effect. It is the same principle and process working on all levels of existence. In addition, the same power creates.

Dr. Stuart Grayson then described that the characteristic of Consciousness' existence is unlimited. It is the consciousness that we express, and on that account, we are the consciousness itself. Accordingly, our consciousness denotes the law of our personal life. The mind directs these principles and re-reflects to our world or the condition of our mind, or condition of our consciousness. Condition of personal consciousness means our respective conscious mind and our subconscious pattern, our way of thinking and feel about ourselves, the way we use our own self.

What we think, what we feel, what we perceive about life, universe, cosmos or cosmic action, law, strength, self, soul, is re-reflected to our life and experience. Our body is impersonal part organized from substance; it does not have conscious consciousness. It does not know when it is sick or fine. Our heart does not know it is heart, hand does

not know it is hand. Our consciousness knows the heart and hand, and acts by means of both organs. That is why we can say there is perfect idea about heart or lungs or fingers. Prior to physical organ or experience, there lies spiritual idea. There is complete and perfect idea that we call as action on our mind or universal God.

Our mental condition colours the accidents in our life (when we are depressed, happy or frustrated, for instance). We ask question to ourselves, what kind of mind is dominant in our mind? Whatever we received about ourselves, how to convince ourselves in the life becomes fact, and immediately or slowly, it will embody itself into our life. It **is the key to** life and change. In this matter, the mind will make us sick or fine, happy or sad because it does not have its own policy. It does not choose and it does not know much in terms of such perspective.

It only knows to receive, agree, react and project. These characters only reflect and project. Who really we are in the consciousness, its answer is who we are in real life. If we want a better life experience, we should grow our consciousness how to work successfully. It is the answer about the question about who really we are. Learn how to become a great being, better being, and more holistic being. 2.5.11 World Change through the Change of Consciousness **In harmony with the** advancement of science and technology, Ratu Bagus also brings healing concept and technique that are different from what have been known by most people.

Vibrating, crying, laughing and then calling it with the term **Ratu Bagus Bio Energy** Meditation. Probably, people will have a question in mind

“What kind of meditation is it?” Ratu Bagus came when many diseases cannot be cured, as there is no medication. If it is available, its price is not affordable by most people. The **Ratu Bagus Bio Energy Meditation** is a spiritual healing system bringing a change in our healing world. By changing the consciousness, by changing the condition of consciousness from negative to positive, so the healing paradigm should also be changed.

We identify ourselves as spiritual idea in the mind of God, and we identify our own self as the centre of divine creativity in its perfect action. When our understanding about this truth grows, when our spiritual understanding is revealed and grows, our life will become more obvious expression of the wholeness, harmony and the farther our belief will move to the more extensive concept on life and ourselves. We will express greater freedom and facility. 2.5.12 Ratu Bagus and the Principle of Inner Self-Orientation Ratu Bagus gave sermon that people continuously see outwards and look for everything.

So many religions orientate outwardly because they are pushed from outside, often by restricted demand of thinking. We should see who we are, what we are and where we are as consciousness and then work pursuant to ourselves. We should find out glory in ourselves, greatness in ourselves, reputation of ourselves, and beauty of ourselves. We do not need them from others beyond ourselves. They denote gifts that have been available in our respective self. Most of us do not realize that those gifts lie within ourselves. Do not live our life at the expectation level of others. Create our own hope about what is good. Firm our individuality. We have to receive a responsibility to manage our life.

Endowment is the result of our

own spiritual work. Learn to see inwards to look for strength and do not go out from our own self to look for authority. Do not let the external strength become a great influence in our life. 2.6 Autoconcept of Ratu Bagus Bio Energy If we browse the Internet by typing Bio Energy on the search engine, we will promptly encounter many sites carrying the topic about bio energy fertilizer, and at the same time, we find other topic like about Bio Energy Meditation. Furthermore, if browse the site of Ratu Bagus, we also find the bio energy fertilizer that is growing rapidly in the midst of farmers community nowadays.

To avoid misunderstanding between the term bio energy in Bio Energy Meditation and bio energy used for fertilizer, it is considered necessary to explain the conceptual framework of thinking in establishing both. Indeed, both have the same terms, but different form. However, holistically- axiologically both function to feed and maintain the life. Bio energy originates in the word bios (Greek) meaning life and energy meaning power, so (bio energy = power of life). There will be no life on earth if there is no energy. In the concept of bio energy fertilizer, it is the fertilizer made from the processing result of decayed thing of something alive. It can be humus of decayed plants, or animal's dung known as manure.

In the practice of Ratu Bagus Bio Energy Meditation, there is nothing to do with the plant or animal. However, the positive effect of Ratu Bagus Bio Energy exercise is felt by animal and plant because its exercise can cleanse the air pollution, due to either industrial pollution or pollutions caused by vibration of negative minds.

tidak ada hubungan dengan tumbuhan atau hewan, namun efek positif dari latihan Bio Energy Ratu Bagus dirasakan oleh hewan dan tumbuh-tumbuhan.

Karena latihan Meditasi Bio Energy Ratu Bagus dapat membersihkan pencemaran udara, baik karena polusi industri maupun polusi kendaraan-pollutan negatif. Figure: A bio energy practitioner is downloading and transferring the pranic

Meditasi Bio Energi-Ratu Bagus \_energy. \_111



Gbr. Seorang Sedang Download dan Transfer Energ Prana Figure: A bio energy practitioner is downloading and transferring the pranic energy.

\_ Gbr.

Transfer Energi kepada Orang Kelelahan Bioenergi dan praktisi adalah mentransfer energi ke orang yang memiliki lebih banyak bioenergi.

Figure: A\_Kepada Orang Kekurangan Eter k etheric and to a person having less bio etheric.



CHAPTER III CONFORMITY OF BIO ENERGY MEDITATION SYSTEM TO THE KNOWLEDGE AND SPIRITUAL SYSTEM 3.1 Ratu Bagus Bio Energy Meditation and Quantum Physics Ratu Bagus Bio Energy Meditation has relation to the very subtle energy in the universe and becomes the cause of the existence of all life activities.

Such extraordinary energy can be seen or said as the subtlest part of the universe, sacred soul, energy of sacred energy, energy sourcing from mysterious region. On that account, its discussion is appropriately taken to the matters of New Physics or Quantum Physics. 3.1.1 The Nature of Quantum Physical Science Mavinkurve et.al., (1998:167) described that in classical view, material is composed of unbreakable and unobservable particles, where each has mass, volume and weight and places a finite point in space at particular right time.

All physical, stellar and planetary systems, rocks and trees, animal and human being that approximately denote a complicated arrangement of these unobservable particles, having continuity in space and time, as well as gives mutual influences pursuant to the firm stipulation laws. Therefore, the entire world according to classical knowledge poses the structure of atom and ray. The first contains particle and the second contains waves. The theory saying that material only

has atoms as its building block, intensively loosed by the closure of the last century when Michael Faraday discovered that atom consists of electrical particles.

Ernst Rutherford resuming this discovery found that atom is made from rotating electrons. In 1900, Max Planck proposed his surprising theory, namely there is a finite basic stoppage in the energy exchange between one basic system and radiation of light and heat. He explained that radiation release of material; fragments of energy or energy package called "Quanta" explaining the name of this new theory revealing the mystery of atom.

Later, Rutherford in 1911 demonstrated his atomic model indicating that atom does not become solid or indivisible but contains spatial extensive 'region' in a small particle. The space in this atom is so great, equals to the mass of its particles (all exist in the atomic nucleus), there its electrons surround the nucleus, that according to him "looked like some flies in a vast church". Furthermore, in 1913 Niels Bohr emerged with his specific orbital model that later on strengthened this theory.

In addition, in 1924, Louis de Broglie proposed his theory explaining the interaction between material and radiation formulated that an electron is not a particle, but a system of wave and particle wave. This proposition began the revolution of "realizing" material by breaking apart into basic elements having characteristic like such wave. That matter was soon realized that all basic particles could be interpreted as waves and as particle items. Two years later (1926), Erwin Schrodinger strengthened this "dualism" theory, integrated in particle by giving it a mathematical form.

He was immediately followed by Niels Bohr proposing the theory of Addition, that according to him every physical event could be

interpreted in two different referential frameworks where each is exclusive to another, but also complete in the sense that both are required to provide the real illustration. Since only by placement in a line, such phenomenon can be entirely understood. Therefore, at the microscopic level, the illustration known from the objective world about solid material, as requirement that has been described above, that thing called as material should meet some criteria: 1) existing in space, 2) moving in time, 3) having mass and so forth, began to disappear where most do not become the requirement of an existence. At the end, Werner Heisenberg with his renowned "Uncertainty Principle" became the final form of this theory.

This theory states that impossibility for **simultaneous determination of position and** the speed of sub-atomic particle, if the accuracy of one of the particles is greater, so the uncertainty of the other is greater. The principle of Heisenberg on the uncertainty has strengthened the Addition theory of Bohr that finally drove into the background of confidence of classical scientists in the certain calculation and measurement on the phenomenon forming the particles on subatomic level. This theory then developed into Quantum Mechanics. The word "Quanta" as described previously meant "the quantity of energy appearing in bit or package, while "mechanics" states "the phenomena of movement".

Thus, Quantum Mechanics learns about character of "energy package" in material on the subatomic level. Quantum Theory has become a research development on subatomic world, particularly to get reality underlying the material and all physical phenomena. As stated previously, that the basic reality about atom is that it is made from very small particles that

also look like waves. Atomic nucleus containing all mass in atom is so tiny. Impossibility to visualize this last material denotes the main portrayal of the explanation on the atoms. Within the vibrating atoms, its electrons obtain compound to its atomic nucleus by rotating electrical power that surrounds it at extraordinary speed.

On that account, electron and proton are described as thickening energy or protection energy. This opinion was supported by Einstein on the ability of material to change from energy to energy and material. Even the different types of particle can make atom—electron and proton as well as neutron—can change one another at several fantastic speeds, surrounding the axis of its shadow, and they can change to the entire energy of light. Therefore, Modern Physics has restructured the solid disparity between material (as the real, dormant, and having mass) and energy (as the active, having no mass). Even, every idle object is considered as supply of energy in its mass (potential energy).

That is why the scientists agreed to state that final arrangement of physical universe is energy. Due to this dynamic energy, from the space within the atom, the particles spontaneously appear and disappear again into nothingness **at the same time**. Disappearance of preceding particle was followed by the creation of the new one. Therefore, heaven of the atom always shines due to 'great event' of a continued process of creation, preservation and dissolution of particles that are only visible as particular pattern of energy.

According to Quantum Physics, the waves of energy in the atom interacting to approach **the speed of light** (186,000 miles per second), obtains a density if the relative speed is slowed down, though they will remain to continue at abnormal high speed, approximately at 6,000-40,000 miles per second. It is the



unimaginable high speed of the too small particles in the atom giving us the image of solid mass, "as the fast turning of propeller looking like a disc". Therefore, the material appearance denotes the result of a sustainable process of the movement of interactional and interrelated energy's wave, in the cycle of energy-material- energy taking place at extraordinary speed in the atom.

Gary Zukov said that the world of subatomic physics poses the world of energy fragment that always dances by itself **in the form of** particles, twinkles, exists and does not exist, collide and disappear again. Therefore, it is only the activity of energy becoming the foundation of all living organism, giving unrestricted variations of arrangement and phenomena in this universe. New perspective regarding to atom was proposed by Paul Dirac with relativity equation about "anti-material" formulation that is adjacent to "material" on all kinds of subatomic particles having positive, negative or neutral electrical charge and it also has opposing part that are really so, but opposing in several main cases, chiefly in terms of its charge.

These articles with positive and negative charge keep on drawing each other among the particles, has been accurately explained as adhesive of the universe. Therefore, electron has something anti-electron with the same mass but their charges are different. Particle having positive charge, namely positron, shows the existence of symmetry between material and anti-material. If electron encounters with one positron, they mutually add their speed. Within this position, they disappear and at their place arise two positrons, as explained by Einstein, contain particles not waves.

Therefore, the universe is composed of particle and anti-particle combining into consistent atoms to establish consistent molecules, making the materials consistent,

that we observe around us. Continuous research about Quantum Mechanics into the mystery of energy, in the activity of atom has shown that whatever the characteristic of radiation, the number of radiation during one period of emission is always the same. Einstein said that we could see material as composed of space of which field is very deep. There is no place on the type of New Physics, both field and material, because field is only a reality."

Quantum field that is currently visible as a basic unity denotes continuing media existing everywhere in the space. It overcomes the material made only from local condensation. The physicist W. Thirring said the field occurs everywhere and cannot be released. It is the cause of all phenomena. Existing and disappearing of the particles is only the form of field's movement. The aóu and paramaóu concept is very similar to the concept of atom and particle in Modern Physics. In the Upanisadhic scripture, aóu is defined as antavyayatvam aóutvam namely the highest substance on the basic of any material phenomena that later on cannot be divided any longer.

In the Vedanta, aóu is related to the last reality, namely Brahman as the highest existence, the subtlest principle underlying and combining all manifestations of this universe. Vedanta also describes aóu as the smallest manifestation of pure existence. Aóu is also viewed as shakti or subtle energy. That is why aóu is called as nitya, niravyaya, acintya, and divya meaning immortal, partless, unthinkable, and self-enlightened. Aóu as the essence of unlimited universe is described in Chandogya Upanishad VI.14-3 as eso 'nima aitad atmyam idam sarvam tat satyam meaning it is the subtlest and smallest essence of consciousness making all objects and beings in this world have "itself".

It is the truth or reality.

Dynamic energy and interconnected activity and mutual influencing of the field, makes them into particles in atom beautifully symbolized in the concept Siva-Shakti in Vedanta. As stated sa Siva Sambuh vikara rahitah, meaning Siva is flawless reality; there the energy of cosmic consciousness lies silently. Similarly, there is an Upanisadhic expression saying sve mahimne svayam stitva svayam eva prakasate, meaning Shiva makes steady Himself on His own braveness, and shines Himself through His merriness.

The word Shiva itself is defined in Svetasvatara Upanishad III.11 as sarva bhuta guhasayah sarva vyapi, sarva yatah, tasmad Sivah meaning, "He gets integrated to all elements and beings, He pervades everything, He becomes all of these, so that He is called Shiva. In the scripture, Devi Bhagavata is stated that Shakti or energy denotes sarva sakti upabhrata meaning "the highest existence denoting the place of storing endless energy.

The reason is vistarya sarvam akhilaam sad asad vikaram sandarsyasi akhilaam purusaya kale saktivina vyava hati purusopi asakto bambhanyate janani budhimata janena, meaning 'all gross and subtle elements, and the entire universe are composed of it that continuously created by Shakti and showed to Shiva. At all object and phenomena, it is only Shakti manifesting and becoming the only reality covering the entire mini universe. Without Shakti, Shiva is unable and does not produce anything.' On that account, Shakti or cosmic energy becomes creative principle.

Roger Jones, a physicist, appreciates the Shiva-Shakti concept and he said that 'the unity of Shiva denotes dynamic balance between the principle of causeless space (ether) and temporary principle'. Therefore, Shiva resolves Himself into energy metaphor—time—creation, is very clear. Shakti denotes feminism side of

Shiva, constituting the principle of His active power providing the life on His intention and activities. Shiva is creative reality, constituting a guiding consciousness, while Shakti is His creative power or energy, which in the atom serves as final foundation of the universe.

Shiva denotes an unchanged stable potential, while Shakti denotes kinetic creative power of movement and change that also occurs in the atom. So, pursuant to the physics and spirituality, every áóu and paramaóu vibrate with interaction activity and interconnects from the unity of energy principle (wave) and the unity of material principle (particle) that is responsible for continuous phenomena of creation—preservation—dissolution **on all levels of** manifestation and preserves the continuity of universe.

A beautiful description to describe more interestingly about the flow of continuous energy in the atom is the description about “a dance of particles” vibrating and its interaction shows many arrangement, rhythms and harmony. Different particles develop different patterns in its dance. Not only particle, but also the nothingness among them and in which they move play a role in this dance. Dr. Fritjof Capra said, “Even, the structure said to be stable, establishing the material universe, is no more stable but gets isolated in the rhythmical vibration (regular vibration). The entire universe is busy performing the dance of cosmic energy continuously.

Today, scientists have progressively realized about the attractive phenomenon known as the dance of energy, cosmic dance or dance of creation and dissolution and so forth. In the wisdom **of the Vedas is** known a symbolic concept of Siva Nataraja dance, providing us with description about ‘cosmic dance’ discovered by modern science.

All gods altogether surround and watch the dance of Shiva in creation—preservation—dissolution taking place since the very beginning up to indefinite time.

Description on the dance of Shiva tells us about the greatness, beauty, rhythm, and melody, music and harmony, affection and cheerfulness in creation, experienced by those having profound understanding on the reality of cosmic consciousness that has embodied Him as the universe. Other thinking in the Vedas discussing the nature of universal existence is the purusha-prakrti or male-female concept. Both denote two antagonistic principles, but they are not in contradiction, but complete each other. The purusa-prakrti concept is also often equalized to the Shiva-Shakti concept.

Nevertheless, the Shiva-Shakti concept is considered more active in the interconnecting characteristic through mutual attraction from the two “opposing” characteristic and its arena actualizes the manifestation process of all material phenomena. In this matter, seemingly the purusa-prakrti concept is pursuant to the material and anti material concept working on the level of sub atom of Quantum Physics. For instance, positive charge—positron and negative charge—electron can be parallelized to the male-female concept of purusha-prakrti concept.

As stated **in the matter of** sub atom of Quantum Physics, every particle is powerlessly drawn to its anti-particle, starting the condensation energy and engendering a particle-like substance, that because of it making the appearance of material on the micro level and because of it multiplies the material phenomena surround it. Quantum Physics states that the appearance of material as solid mass caused by the continuous process of interaction movement and interconnection of energy waves in the atom, giving

its density and it is the indefinite number of particles in the atom rotating at the speed of light resulting in "image" of solid mass. Equation of Max Planck states the possibility that a single quantum inside can have all energy of the universe.

This formulation is found in Upanishad telling us that the Supreme Creator is present in balanced condition on every anu and paramanau. As the statement of Upanishad below: Brahmande api asti yat kinca tat pinde asti sarvatho meaning, "all existing in the universe also occur in the smallest macrocosm". Therefore, Vedanta or Upanishad also formulate the universe as gross manifestation of the supreme creator, also strengthens the greatness of atom.

Katha Upanishad also states anoraniyan mahato mahiyan meaning "The truth or essence of all manifestations that are so large in number in the smallest phenomenon of the smallest, and so is in the largest phenomenon of the largest in this universe. Vedanta or Upanishad concludes that though atom is unobservable and unthinkable, but it denotes all real powers and potential of all universes. It is what Vedanta said about atom. Furthermore, we encounter a concept of unlimited field, namely the scientific concept on the "field of energy" condensing on local point embodied into material.

Meanwhile, in reality it is not limited, omnipresent, and in the Vedas is parallel to the akasa concept. Chandogya Upanishad 1.9.1 describes: sarvani imani bhutani akasad eva samutpadyante,... akasah parayanam ' meaning 'all existences are created from akasa, akasa is the highest, akasa is the source and final basic of things and beings. This akasa concept, in the creative aspect and spatial concept, can be said to have found its echo in the theory of Quantum field through of Modern Physics.

Today, the discourses on the Quantum Physics are getting warmer and warmer because this science is progressively felt to solve various problems faced by human beings.

According to the view of physical science, the universe is composed of molecules, atoms, vibrating sub atomic matters. These matters interacting mutually produce new matters and destroy other matters. Like a dance of cosmic energy (Shiva Nataraja or Tandava) with the rhythm of birth, life and death, these processes denote the main composers of all universes (Acarya Cidananda Avandhuta in Wiyatmo, 2004:40). This concept is known as Quantum Physics developed by Albert Einstein, Niels Bohr and Werner Heisenberg in the mid of twentieth century.

This theory mentions that this universe is not a mass of separated objects, but denotes a network of relationship between constituents or composing components of something single. Theory discussing about this matter is known as Wave Mechanics. Based on this theory, this universe poses an ocean of waves, and every physical material denotes a ripple of waves or a mass of waves. Modern physicists just could understand this matter in the recent years whereas the tantric yogi in India have found this matter, even understood it profoundly, thousands of years ago.

Only few knowing that the experts of quantum physics owed many to the tantric spiritualists. Science and spiritual are not opposing. On the contrary, they are supporting each other. When the physical theory is being more developed, it will be known that the theory of yogic tantra is in harmony with science that ultimately will be able to be proved through experiment in laboratory. There is a tantric scripture containing 64 Indian ancient texts explaining about "the sixth dimension of sadhana (spiritual discipline).

It contains

how a spiritualist undertakes this "sixth dimension of sadhana (spiritual discipline)" with his or her own consciousness could break down his physical body into energy of waves and then re-arrange them at other place pursuant to his desire. This exotic and extraordinary phenomenon can be logically explained by wave mechanics in quantum physics. Everything is composed by waves and every object exudes waves. Our hand, face and entire body exude physical and psychic waves. Every being is composed of a mass of vibrations with particular density and intensity. Subtle momentum or subtle moving force behind these waves is gathered and stored in our mind.

Every wave performs a movement, wave reacts and react towards other waves continuously, resulting in the dissolution and appearance of new sub atomic substances. So, total vibrations on an individual are determined by his personal wave flowing outwardly (extrovertial flow) and inwardly (introvertial flow). Today, the world is filled up by a large number of waves and overlap produced by several momenta. Action and reaction of these waves make our mind be unable to unwind. These waves make us difficult to think or concentrate (Wiyatmo, 2004:40-43).

Furthermore, Wiyatmo (2004:43-44) also describes: Every human being has physical body, mind and spiritual potential. Kirthan and chanting with universal mantra of Baba Nam Kewalam denotes a physical-psychic- spiritual activity because kirthan provides benefits to the three items above. Kirthan (chanting mantra) transmutes or changes the mental flow to spiritual flow. When one is chanting the kirthan, a divine vibration will be produced and make the body and mind are ready to meditate. Various different impressions in the mind will gradually be transmuted toward the Supreme Subtleness.

Similarly,



kirthan results in a transformation. Kirthan is capable of changing the form, measure, mass and qualities of an object affected. Kirthan produces electromagnetic field. Like a strong magnet, kirthan will change the qualities of cerebral cells so that gross energy will be transformed into the form of subtle energy. Whatever we see when performing kirthan, we only see God. The Baba Nam Kewalam Mantra gives energy to the air that we inhale and the earth touched by the fingers of our feet. Rhythm of kirthan is supreme rhythm of this nature. Whoever performs kirthan will feel universal rhythm through all of his indriyas (senses).

This universal rhythm will not delete the gross ideas, but will shift its flow towards the subtle ones. If it is executed wholeheartedly, kirthan is capable of strongly shifting the gross minds. Kirthan will purify the mind and help perform meditation. Do not hinder the negative minds arising in the mind, but attempt to channel such minds to God by chanting kirthan. If founding our mind is deeply involving in negative mind and our meditation is not satisfying, think: "Whatever happens is the best. No matter what lies inside my self, good or bad, it is Yours".

Thus is the description of Wiyatmo connecting the relationship of spiritual and science and in other part Wiyatmo (2004:59-60) also describes, that: All basic particles have symmetrical pair namely anti-particle. For example, electron pairs with positron, proton with anti-proton and so forth. When particle and anti-particle meet, they will be destroyed, and because of energy eternity of mass-energy, so it will release

electromagnetic wave energy as annihilation process.

Similar matters occurs for the contrary event, namely electromagnetic wave energy can be changed into particle pair of electron—positron and proton—anti proton, or in general it forms particle and anti-particle. In physics, this event is known as pair production. The phenomena above may happen because, in fact, mass and energy are equivalent. However, we may not forget that mass cannot be created from nothingness; it is required a number of energy to realize it.

This matter provides a consciousness for us that in the creation of material form, it is required creation energy that if persistently investigated until its end, it originates from the Supreme Creator. **According to Quantum Theory**, it is enabled for material or energy to be created from the nothingness in short period of time. Such probability phenomenon can happen based on the existence of uncertainty characteristic of nature in microscopic level as in the measurement of mass and energy.

Such uncertainty principle does not violate or even destroy the law of eternity at all, because the material created re-unites and vanishes at that time. In this event, the average value of mass and energy combination is eternal. Based on the Quantum Theory above, the concept of yogic science and Hindu Cosmology, **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus** very much enables to have the capability of moving the waves of particle. And then he changes them into the form of universal electron until such substance can take the form of orbs or etheric bubbles of universe that can be captured by particular type of camera, chiefly that of 10 Megapixel.

### 3.1.2

Philosophy of Bio Energy Meditation The philosophy of **Ratu Bagus Bio Energy Meditation** (RB- BEM) is **in harmony with the** principles of science and yogic science and **in harmony with the** principle of meditation in general. All principles of the knowledge would like to activate and optimize the function of subtle substance for the principle of natural life existing within human self (microcosm) and principle of natural life existing in universe (macrocosm) itself. The **Ratu Bagus Bio Energy Meditation** helps everybody improve his natural consciousness existing in everybody's self.

The natural consciousness meant here is that everybody should absolutely realize that he is never alone, but on the contrary everybody he is a part of all existences in this universe. Consciousness toward this universality brings somebody to attain the level of cosmic consciousness, namely **a level of consciousness** making one's self dissolve into the universe. One who has arrived on this level of cosmic consciousness, his soul, and his mind will be united with the universe; his mind and soul are capable of pervading far into the basic **of the most profound** material substance of this universe.

It has become a common sense that movement or vibration denotes one of the characteristic on the existence of life. In keeping with this characteristic of life, philosophical conception of **Ratu Bagus Bio Energy Meditation** also employs the movement (activity) or vibration as basic concept of knowledge philosophy of **Ratu Bagus Bio Energy**. Indirectly, philosophical principle of Ratu **Bagus Bio Energy Meditation**, in fact, is **in harmony with the** concept or theory of Quantum Physics.

Movement, vibration, activity and other terms in **Ratu Bagus Bio Energy Meditation** equals to energy in the concept and theory of Quantum Physics because movement, vibration, activity, and any existence are

viewed by Quantum Physics as energy. Distinction of the two is that discourse on "energy" in **Ratu Bagus Bio Energy Meditation** is deconstructed from holistic combination concept between religious knowledge (paravidya) and scientific knowledge (aparavidya). On the contrary, discourse on "energy" in the concept and theory of Quantum Physics is deconstructed by pure science as the working result of radical mind of universe. Energy is the most essential thing in this universe.

This matter is also acknowledged by both religion and science. One of the creation theories based on scientific conception is that first, there existed "a mass with extremely horrifying energy charge" and then the mass with such charge exploded and separated away. In the end, the universe was established. Science does not know what really the mass with such huge amount of energy is. Science **does not want to** know about God. Such horrifying energy cannot be described, its origin cannot be known, and then by religion it is called God.

By nature, science views something outside it, or its consequences, while religion views inner side or the ones behind the cause, or the causes of creation. Principle of movement, vibration becoming the background of energy in the philosophical concept of **Ratu Bagus Bio Energy Meditation** is the same as the law of working because this universe also remains to exist due to the law of working. In Bhagavadgita, there are many conceptions about law of working:  $n\ kmR,amnarM.an\{WZkMy\}$  puruzo\_Xnute - n c s'Nyasnadev isi×' smi/gC^it -- na karmaóàm anàrambhàn naiûkarmyaý puruôo 'únute; na ca sannyasanàd eva siddhiý samadhigacchati. (Bhagavadgita III.4)

'A person does not attain the state of actionlessness simply by not taking initiative in the matter of actions, nor does one attain perfection by mere renunciation.'

n ih kiéT=,mip jatu itîTykmR<sup>2</sup>t( - kayRte övx" kmR svR" p[<sup>2</sup>itjWguR,W" -- na hi kaúcit kûaóam api jàtu tiûphaty akarma-kât, kàryate hy avaúáá karma sarvaá prakâti-jair guóaiá. (Bhagavadgita III.5) 'No one can remain without performing actions even for a moment. Every creature is helplessly made to perform action by the gunas born of nature.' inyt' kuä kmR Tv' kmR Jyayo ökmR," - xrçrya]a\_ip c te n p[is?yedkmR," -- niyataý kuru karma tvaý karma jyàyo hyakarmaóáá, úarira-yàtrâpi ca te na prasidhyed akarmaóáá. (Bhagavadgita III.8) "Do perform the assigned action; action is greater than inaction.

Even the journey of your body cannot be succesful if your are inactive. APaÙviNt .Utain pjRNyadPs'.v" - yDaÙvit pjRNyo yD" kmRsmuÙv" -- annàd bhavanti bhùtànì parjanyað anna-sambhavaá, yajñàd bhavati parjanyo yajñaá karma-samudbhavaá. (Bhagavadgita III.14)

'Beings are born from food; food is produced through the rain god; rain is produced through sacrifice, and sacrifice arises from action.' kmR b[õoÙv' ivi× b[õa=rsmuÙvm( - tSmat( svRgt' b[õ inTy' yDe p[itiītm( -- karma brahmodbhavaý viddhi brahmàkûara-samudbhavam, tasmàt sarva-gataý brahma nityaý yajñe pratiûphitam. (Bhagavadgita III.15) 'Know action to arise from the Vedas and the Vedas to be produced from the indestructible syllable. Therefore, all- pervading knowledge of the Vedas is ever established in sacrifice.'

tSmadsµ" stt' kay| kmR smacr - Asµo öacrNkmR prmaPnoit pUäz" -- evaý pravartitaý cakrayà nànuvartayatiha yaá, aghàyur indriyàràmo moghaý pàrtha sa jìvati. (Bhagavadgita III.16) 'He who does not revolve according to the wheel which is thus set into motion, O Son of Pritha, lives in pain, his entire life span, sinful, libidinous through his senses. tSmadsµ" stt' kay| kmR smacr - Asµo öacrNkmR prmaPnoit pUäz" -- tasmàd asaktaá satataý kàryaý karma samàcara, asakto hy àcaran karma param àpnoti pùruûaá. (Bhagavadgita III.19)

'Therefore, perform your dutiful action incessantly without attachment.

The person who performs actions without attachment attains the Supreme. In keeping with the principle of working as in the explanation of Bhagavadgita about, the Ratu Bagus Bio Energy Meditation also employs the same thing. On that account, the Ratu Bagus Bio Energy Meditation takes its participants to move as maximally as possible and wholeheartedly. Its essential core is "moving", by doing so it will be soon known the kind of disease suffered by participant. One who suffers from severe stress, depression, chronic diseases, so the movement arise will be different.

Since everybody has different physical, mental and spiritual condition, so the Ratu Bagus Bio Energy Meditation does not put into effect a uniform requirements. In terms of philosophical and technical aspect, the Ratu Bagus Bio Energy Meditation can be said as something in harmony with pluralism trend. To sum up, the requirement to participate in the exercise of Ratu Bagus Bio Energy Meditation is only moving, no matter what kind of the movement arises. It reflects one's characters. Therefore, participants are unnecessary to exemplify other's movement.

One of the most suggested movements is shaking, namely the movement of both palms directing to the photo of Ratu Bagus. Based on this method, most participants, if they do not want to be said to generate successfully, feel and control the energy arising as the result of exercise.





130 \_Figure: Various kinds of shaking movements. Meditasi Bio Energi-Ratu Bagus

3.1.3 Bio Energy Meditation and Consciousness of Life To understand about life, it can be explained through philosophical description, in this matter is used the Aristotelian philosophy, especially about "Causality Philosophy" (causa).

According to Aristotle, every existing entity (manifestation) is resulted by some "causes". Those causes are:

(1) Material cause (causa materialis) (2) Efficient cause (causa efficiens/movens) (3) Formal cause (causa formalis) (4) Final cause (causa finalis) TABLE OF BEING AND ITS ATOMIC STRUCTURE

NO	ATOMIC STRUCTURE	Type of being	Causa Movens (efficiens)	Causa Materialis	Causa Formalis	Causa Finalis	Causa Generis	Causa Voluntaris	Causa Racionalis Intellect	Movement	Material	Formal	Final	Procreation			
1	2	3	4	5	6	7	8	9	1	Material (+) ? ? ?	2	Plant (+) ? ? ? ?	3	Animal (+) ? ? ? ? ?	4	Human (+) ? ? ? ? ? ?	Remarks: (+) : Proton : Positive charge O : Neutron : Neutral charge T : Electron : Negative charge

Proton (+) and neutron (o) denote "movement cause" or "efficient cause" (causa movens and causa efficiens), as well as "material cause" (causa materialis), determining the existence of both animate and inanimate object.

For that purpose, proton and neutron can be said as "material at source" or "the origin of material" that can be observed or sensed, while electrons determines the characters of every existence. Such electrons other than exist in every material also exist at large. In the materials like metals of electricity conductor, electrons can flow and then becomes electrical

power. On the contrary, beyond the material lie free electrons. They are sometimes visible as line thunderbolt and round thunderbolt and so forth.

The table above can be described as follows: (1) Plants has three groups of electron that altogether organize the plant function, consisting of (a) growth, (b) substance exchange, (c) fermentation, (d) enzyme, (e) ovulation, (f) cell division, all are called "biological function". Three groups of electron in this plant are called "plant soul" (*anima vegetalis*). (2) Pursuant to table above, there are four groups of electron that altogether organize the animal functions (*animale functie*), consisting of respiration and movement (*nerveuze and motorize functie*).

The four electron groups are altogether and free from material bondage, embody into animal's soul (*anima animalis*). The nature of animal soul is indicated by the existence of "intentional cause" (*causa voluntaris*) closely related to passion or instinct. Passion and instinct cause the existence of intentional stimulation. If there is no passion, there will be no intention. (3) In human, there are five groups of electron inside the atoms composing its body. Such atoms altogether organize the intellectual and spiritual function comprising the activity of thinking, creating, and recognizing the existence of God. Actually, these five groups of electron should become the object of psychological research.

Up to this moment, psychology learns the psyche without knowing the nature of psyche or human soul, so that it becomes psychology without psyche. Human soul is different from the animal's and its difference lies in the electron groups,

embodying into "the cause of buddhi" (causa rationalis). On that account, the soul or exactly the human soul is called "anima rationalis" namely the energy like other energy consisting of electrons, the most important one and can be controlled by human.

Science commences to recognize the truth particularly that can be directed outwardly like the inner power. Conclusion that can be drawn is that mind denotes cerebral bioelectric consisting of electrons originating from the atoms in human body because of five senses stimulation. Indeed, there is a difficulty to define what the 'life' is. According to science, being is declared dead if its soul has left its body and such soul cannot be preserved to stay any longer in such body. That body is called corpse (for that of human), while carcass (for that of animal).

This definition is viewed incomplete because the result of research proved there were animals that have died for thousands of years in the ice, like in Siberia, but up to now condition of their dead body remains good. On the other side, there is also small animals in ordinary condition only survives in very short period. However, if it is dried it can be stored until 20-25 years, and can revive if such organism put back into the water. Such animal is called Tardigrada. This animal can be dried into a piece of dust, formless and there is no any symptom of life inside. In addition, so is snail. Having been dried, it can be stored for years and can revive if it has made wet by water.

Even, there is microorganism having the characteristic of mineral in dry condition. However, within the liquid it can change into microbial organism causing several kinds of very hazardous contagious diseases. Such microorganism is called virus, a collection of

virus dried can change into crystal and if it is dissolved again can become the most hazardous disease's microbe (Jordan in Suryadipura), 1958: 108). Such reality is adequately amazing and makes human being surprised, that results in the arising of some questions: (1) What is left in this body of being dried for teens of years?, (2) what kind of life does lie in such dried body? Based on the common experience, the body made dried, moreover for teens of years, should have died and cannot be revived. Largely, absolute characteristic of living body is the existence of substance exchanges (metabolism) taking place in the cells and substances.

Thing entering into the cells should be in the form of liquid, otherwise it cannot enter into the cells. The substance exchanges denote a chemical process and it is organized by atoms or ions with other atoms or ions. Within the liquid, any substances break down (ionization process) becomes ions and atoms. Therefore, within the living body, such substance exchanges are no other than atomic exchanges. The atoms composing every being's body have a large number and kinds. If such atomic exchanges can no more take place as the being has been dried, so the atoms, molecules and cells discontinue their activity. According to general understanding, it is called death.

But, such general understanding does not prevails for animal named Tardigrada because the dried one for years has no more performs substance exchange, but remains alive. This proves that living substance does not exist in the atom, but in its constituent. "The most important part of atom becoming the carrier of living substance is electron. On that account, living substance should exist in the electron". In the dead being, actually there is no single dead electron. Electron is the smallest part of everything and does

not require any substance exchange. Therefore, the dead body actually stays alive in the mass. In other words, actually, there is no term of death and all are alive.

As described previously that such "living substance" lies in electron, and the living electron does not require substance exchange as it directly connects to the "Source of Life", so that the living electron can live endlessly. This matter is also pursuant to other descriptions that the electron poses an etheric swirl and the swirling ether and becoming electron is the swirl of Absolute Substance (Absolute Substantie) that is no other than the Supreme God. Swirl of the Absolute Substance called electron has a relationship to the living Supreme God, providing the life, and bringing to life. Electron as the swirl of Absolute Substance on the second rank should contain living substance.

Electron does not require substance exchange for its life because it can live immortally. Animate beings consisting of electrons like spirit, genie, Satan, ghost, gods, Bhatara, or all beings **in the form of** souls should be also live immortally although in hot condition. Actually, the basic of life is closely related in 'inanimate' object becoming the cause of procreation in plant, causing the existence of desire in animal, and causing the existence of consciousness in human (Suryadipura, 1958:108).

As description of Suryadipura above, it is obvious that the **Ratu Bagus Bio Energy Meditation** relates to living electron existing in human body. Such living electrons also have something to do with the soul, in philosophy it is called Absolute Substance and in theology is called God. On that account, the **Ratu Bagus Bio Energy Meditation** is an activity optimizing the human consciousness on the Absolute Substance or God within the self.

### 3.1.4

Ratu **Bagus Bio Energy Meditation** and Physical Organs In terms of the mode of exercise, the **Ratu Bagus Bio Energy Meditation** causes the entire body from head to toes of foot vibrating. The vibrations arising in the exercise of **Ratu Bagus Bio Energy Meditation** are not a vice versa vibrations as the ordinary ones, but the ones containing magnetic effect and electrical effect so this matter has relation to bio electric of the body. \_ Gbr.

Organ-organ dalam pada tubuh By observing the figure of organic system of the body and diagram Mofemnppeervrhoaut skaanngaatommbaicr apladsaysst estmemboerlgoawn ,tuibt uchandanbed kagnroawmn s stem anatom saraf d bawah n , dapat k ta ketahu baga mana howrucmo mtnpyalicsautseudnatnhes sstetrmuc ttuur. eJ koaf ssaulcahh ssaytustes msteims.

slafraof n teu ot fdathke nervbeersfyunstgesm , smdaokeasdn odtawlaomrkt,ubthueh baokdany mweilngfialnadmd ids hsahrammoonny saasn d dan selanjutnya menjad d sfungs . Keadaan tersebut menurut Kosmolog H ndu mempengaruhi d sharmon sas makrokosmos. 150 Pengaruhnya nyata pada hukum makrokRoastmu oBsagaudsaBlaioh,Eanperagby Mlaetduibtauthion



later on it turns to dysfunction. According to Hindu Cosmology, such condition influences the disharmony of macrocosm. Its obvious influence on the macrocosmic law is that if the body in disharmony so the tasks of human in preserving the macrocosm will get neglected.

Disharmony in human body in the perspective of science of "energy" is also stated to have an impact on the macrocosmic world. However, this discourse is seemingly, up to now particularly in common people, considered as a knowledge of belief only. Regardless it is believed or not, scientifically the **Ratu Bagus Bio Energy Meditation** has positive effect on the life in macrocosmic world. \_ Figure: Diagram of Nerve Anatomical System

3.1.5 Ratu Bagus Bio Energy Meditation and Chakra System In fact, the term meditation relates to spiritual discipline having something to do with mind control. Mind thoroughly becomes the most important element in spiritual knowledge.

In yoga is stated that to wake up the Kundalini and then to provoke all chakra systems is determined by the capacity of mind control. Discourse on human will never end as human is unique. Uniqueness of human is that he becomes a subject and an object of knowledge. Besides, human belongs to being having mysterious aspect because human has a soul or jiva. Human soul covered by perfect mind sheath (manomaya kosa) makes human soul be capable of distinguishing between the good and bad and has a goal. Meanwhile, manomaya kosa in animals is not as perfect as that of human so its soul has no goal.

They only live with instinct. On that account, human is called the most sublime being because by his controlled mind human can direct his soul. Figure: Positions of Chakra in Human Body.

\_ Figure: Positions of Chakra and Centre of Magma in the body. Human is indeed an extraordinary being because human, other than being able to manage nature, by his mind he can also manage himself into anything. As stated by Rene Descartes cogito ergo sum or 'I think, therefore I am'. Far before Descartes issued such expression, yogis in India have proved the truth of this expression that mind is the realest existence. The yogis demonstratively also performed a journey in indefinite distance only in few seconds.

Similarly, they could change the form of a material into other form in very short time only by mind. It enables to human to manage his inner power into quantum (energy) and make himself into whatever. Recently, a variety of mystical energy has been known due to the assistance of sophisticated technology device.



V sudha Chakra Anahata Chakra Man pura Chakra Svadh shtana Chakra Muladhara  
Chakra \_Angkasa Udara Ap A r Bum

Gbr. Macam-macam Chakra dan Unsur Asthaprakerti Figure: Types of Chakra and Asthaprakerti elements. Para suc Agama Hindu telah lama menyelidiki hal-hal misterius yang Saagdeas poafdaHminadnuuiss ma.

Sheahv engignavehsatsig latpeednymely ds tkearinonuysa t htuintgeslaohn hummenajndf orsuloatnug dti ms pel. nResspu lrt tuoafI suycahnginmveesntjiagda tiopnedhoamsabnecdoamlaem a spmireimtupaelladjiasrc idpaliyae-dbayecaolmuairnbg agsuaidyaanngceadian plaedaarnminagnuesx atr.aDor sd ilnpa nry lmu tu d sebut yoga. Berabad-abad lamanya para maharsi Hindu

pomwelearksuekxanistri nsget oennehrugm \_asenmbeesitnagysa.  
nTgheaddaisdcaiplalminetuibsuchalmleadnuyso gaa. .

FMorerceeknatumrieems,pethlaejaHr ibnadgua  
mmaahnaarhisuhbiunhgaasnpnearffaosrmdendgaan ruedsaeraarychanogn unadivaerds  
alseekneelr lg nygenxyias,timngerienkathjeughammaenmbpoedlayj.arT  
hheuybulenagrannedanatbaoraut hop wk rtahnenyrealdaetinognanogf  
ebjarleaa-tghejaanladalaaimr aytanitgs msuunrrcouul.nding.

Similarly, they leaDrneendgathnekeretelaktuinoannshdiapnbde stw pel ennsmp ri  
ntduaalnnydanyaatnugraml aspyamnppptaorma s maharsi mampu menghubungkan  
antara per laku chakra-chakra apdpaleaamrintugb. uh dengan per laku unsur-unsur  
alam. (1) Bum atau tanah d huBbyungthkeainr  
deesntgaabnlimshueldadhailriagecncakra,n(d2)sap rirdi thuuabl  
udnigskcaipnldineen,gatnhe msawhaasrdishhisih twaneare cchaapkarbal,e (o3f) coanp  
nedc thinugbutnhgekbaenhadveinograonf cmhaankirpausrain chakra, (4) udara d  
hubungkan dengan anahata chakra, (5) angkasa (eethbeord)yd  
whuitbhubneghkaavnioder nogfannawtuisrualdhealecmheanktrsa., (s1e)bEagaar tmh  
ains aretalamtepdakto mpualdaadhgaarmabcahr adk raa,ta(s2.)

Sweasutenrgigsuchonnyaneucrtae dantotesrwseabduist thmaansa hchdakarta, (3d)  
lafinrjeutiksacno. nBneecrpteeddotmo  
amnanpiapduaraacsthhaakrap,ra(k4e)rtaiir(diselcaopnannecutnesdurto  
anpeanhyaatnagcghaaakraam, asnedm(e5st)a)e,thmear kias cmoansn hecatdead  
dtouawuisnusduhr ayacnhgakdraap,aat s seen on the figure above. In actuality, the  
description can still be



140 \_Meditasi Bio Energi-Ratu Bagus

resumed.

By referring to astha prakerti (eight buffering elements of universe), there remains two elements that can be connected to chakra on human, namely (7) manas (mind) connected to the sixth chakra namely ajna chakra, the eighth chakra, buddhi (intelligence) do hnuunbeucntegdkaton tdheensgeavnenchthakcrhaakpraad,anmamaneluys saa. hYaas rtau cuhnaskurra.(7) manas (p k ran) berhubungan dengan chakra ke (6) ya tu ajna chakra, dan Through the description about the characteristics of astha unsur ke (8) buddhi (kecerdasan) berhubungan dengan chakra ke (7) ypar atkuesratihacsornanechctaekdrat.o

seven systems of human chakra, it will be discerMniebllaelut hdaesbker hpasv ioterntoafngmsic fraotc-so sfmaticun(shuurmaastnh)aperlearnkeerntitsyaanngd db ehhuabvuionrgkoafnmdaecnrogcaonsmtuj(unhatus rsatle)melecmahaeknrta imndaincuaste as, thmeackoarrteelralt hioant bahwa per laku unsur-unsur m krokosmos (manus a) dan per laku m(mauktruoaklorsemlaotison)a.llatmis)bamseednuonnjtuhkekiannveastdiagnaytiaonkth oaretltahse H(ihnudbuusnaggaens th amvbealadbvail ske)dyfarnogmsatilm neg immemmenogriaarlutho .aBllrhduamsaarnkkainndpetnoyieml pdr koavne rne glauhlarmlyakthaeiprarcaosbm jiack cHon nscdiuoussenjaekss,dunlaumemlyentghaenjcuorknasnciokuespnaedsas sthelautrmuheltusmaantd mcoaanluess caesuinnttuokusneivnearnste a.sTahmereenfo nreg,kiattwkainll bkeescardeaartaend kosm snya, yakn kesadaran yang lebur dan menyatu dengan alam saemhaersmtao. nSioehu sngreglaataioknasnhitpercb epttwa eheunbumnigcarnocyoasmng ahnadrmmoanc sroacnotsamra.

mA ckcroorkdoinsmgloys, tdhaencomnaskciroouksonsemsos so. fOelgeoh (saehbaambka trua,) kdeoseasdanroatn neegeod (parhoavmokkianrga;) et vdeank ipterslhuodu lbdanbgekc toknatnro, lblaehdkbany hsaervuesndc toenksacnioduesnngasns tujuh kesadaran asthaprakerti. Kesadaran ego harus d hancurkan dan do ftuansdthuakkparankdretin. gCanontuscjuiohumsnaeacsasmokf eesgadoarsahno,uyl da tbuekedseasdtraoryanedbuamnd (ctoanntarho)l,lead r,bayp s,euvdeanrak,inedthsero,fpc ko nrsacni,oduasnebsusd, dnheim. Keleyt tkhaatkeosfadeaartrahn, ewgaotedr ,tufinred,uakikr,anethmark, amkinedsaadnadrabnukdodshmi. kWahkeann tnhaemcpoankscdiaonumneusnsuolf kegesoahdaarsabneTenuhcaonnq(Mueardehda, vcao)s.mic consciousness will appear.

Figure: Energy of Chakra generates the Energy of Aura.

When one has been able to wake up all of his chakra energies, all bio cell systems in his body will function like electrical wire being capable of conducting electricity of the body. Provocation of chakra can make the body as if it shines like a lamp, as the figure above. If all chakra systems in the body wake up, as if the body will become the hub of magnetic power being capable of drawing the same charges or reject different charges. In short, when all chakra systems wake up, all systems of the body will function like radar being capable of detecting something in a distance.

In addition, when all chakra systems wake up, the body will also be able to protect itself against negative influences coming from outside the body. To sum up, when one's cosmic consciousness wakes up, he will become cosmic human, perfect human understanding the whole existence of universe. 3.1.6 **Ratu Bagus Bio Energy Meditation** and Language of Nature 3.1.6.1 Sanskrit Characters Up to Characters in Chakra Exercise method of **Ratu Bagus Bio Energy Meditation** gives exceptional result where Ratu Bagus as acharya (preceptor) shows many mysterious things.

As if he could speak to cloud, dust, plant, and even chat with the gods. Toward all of these, it obliges everyone to make a research on the system or meditation and myriad of references are available to refer. Roy Budi Efferin (2006) in his book entitled *Sains dan Spiritualitas—dari Nalar Fisika hingga Bahasa Para Dewa*; in Hindu civilization it is explained that the origin of creation was starting from initial sound AUM (Oṃ). Oṃ does not only refer to the creation, but also becomes

the motive power of the entire universe. A represents the Material Creation, U represents Preservation of Energy, and M represents the Re-cycler.

This AUM (OM) then becomes sacred mantra in Hindu culture. The word mantra is derived from Sanskrit; manas and yantra, where manas signifies mind and yantra stands for a means. Meaning of the word mantra equalizing to the meaning of magic formula is misleading because mantra conveys the meaning "a means to pacify the mind". Any words that can pacify the mind can be categorized to mantra. The mantra repeated repeatedly in Hindu is called japa, while in Islam is called dzikir. In Hindu story, when He who is Nameless and has Unlimited Names, is in long sleep, so the sound AUM sourcing from His own self has waked Him up.

The AUM makes him conscious of His own Existence. At this moment, He also dwells in unexplainable condition. It is this AUM causing the entire universe created and starts to expand. Mantra AUM is considered as the highest mantra and is called as pranava (beginning) or often-called pranava sabda (initial sound). In Mandukya Upanisad is mentioned: "AUM is everything, the past, present and future and even surpasses the time. All are AUM.

The scripture Mandukya Upanishad describes that this universe comprises four conditions (1) Jagarta; this is material consciousness, (2) Svapna, condition of dreaming in sleep, (3) Susupti, condition of sleep without a dream, (4) Turiya, unexplainable condition. The rishis in the past were not only practical scientists, but also famous psychologist. The three conditions of the four conditions above in today's psychology are known as (1) Consciousness, (2) Sub consciousness, and (3) Super consciousness, while the fourth, Turiya' is not known by Western thinking.

Hansberger German scientist who after the World War I discovered that consciousness has close relation to frequency of cerebral waves. Cerebral wave is the frequency of cerebral emission that can be recorded by electroencephalogram (EEG) device.

In wakeful consciousness, like in strained, nervous, busy and other conditions, our brain will be in the level of Beta ( $\beta$ ) frequency whose magnitude is 14-28 Hz, brain with the wave level of Alpha ( $\alpha$ ) frequency is with magnitude of 8-13 Hz, when brain is in alpha condition, the five senses works maximally until one will be very alert. Furthermore, brain in the theta ( $\theta$ ) level will have frequency of 4-7 Hz, and frequency of cerebral wave in delta ( $\delta$ ) will have frequency of 1-3 Hz. This last level appears when one is sleeping without dream or very profound meditation. A research once proved that a Yogi can reduce the frequency of his brain up to approaching 0 Hz, but has not reached 0 Hz yet.

Cerebral wave of human is only in medium level, and what emitted by cerebral wave altogether may be different. Thus, the brain emits wave vibration, and not only the brain vibrating but also the material vibrates. Modern physics has proved that the entire nature is vibrating. The universe has mutual overlapping vibrations with the range of unimaginable frequency. Since all vibrations are with particular frequency, so element or material manipulation in the universe can be performed by particular frequency as well. One of the methods employed by maharishis is implementation of symbols.

These symbols were gathered and now are known as "Sanskrit language" meaning, "has been perfected". Sanskrit **is one of the** technical languages specially designed to for specific purposes. Sanskrit is not a colloquial language. Even, according to researchers of NASA

(National Aeronautics and Space Administration) scientists, Sanskrit is one of the languages that can be directly translated into computer programming language. Meanwhile, other languages require a parser (syntactic separator) in order it can be understood by computer and it requires alphanumeric character (number and punctuation mark). On the contrary, Sanskrit can perform it obviously without both.

Unsurprisingly, for thousands of years Sanskrit has been used as written language in various professions like mathematics, law, philosophy, linguistics, astronomy, medicine, literature and others. AUM as pranava sabda, other than meaning the earliest sound, also means earliest language. Every time pronouncing it in particular intonation and articulation will produce particular effect. Distortion on initial sound of AUM produces different frequencies called dvhani or frequency pattern. Distinction of this pattern is called varna that later on becomes a Sanskrit syllable.

The word "warna" or colour in Bahasa Indonesia is also derived from the Sanskrit word varna referring to various frequency ranges. Every colour has its own frequency range because the colour is also vibration, on that account, colour can also be used as therapy to counterbalance the frequency of bodily organs. In medical world today, colour therapy has been acceptable as complementary therapy. Basic principle of colour therapy is that every organ or bodily limb works on particular frequency range.

If the working frequency of such person changes, he will experience function disorder. In colour therapy, every colour will give different response to cerebral nerves and from the brain; it is delivered to particular organs that also operate in the particular frequency range. For

example, one who suffers from kidney disorder, his healing process can be helped if he sees orange colour. This colour will stimulate cerebral nerves and activate particular hormone.

Additionally, such impulses will be delivered to kidney and makes the kidney work again on its own frequency range. Furthermore, Efferin described that Sanskrit itself is considered as the oldest structured language in the world because it has existed since **thousands of years ago** and the characters composing it are originated in frequency distinction. Sanskrit character and language is categorized based on its articulation area.

For instance, in the formation of Sanskrit word; á (a) is the first character, while the character h (ha), when both characters are combined they will produce áh+ (Aham) meaning I. Diacritic sign above (bindu) combines the two characters representing the Shakti principle (feminine energy). Another example is the word padartha standing for material, originates in two words namely pada and artha, where pada means sound and artha meant purpose or sense. Therefore, the word padharta stands for sound + meaning = material.

In the language of Quantum Physics, it can be interpreted that as vibration pronounced in particular purpose would form a material. Sanskrit is estimated to have been 4000-7000 years old and become the fundamental of many classical languages in Europe such as Greek, Latin and Roman. It is no more surprising if Sanskrit is used in the Vedas (knowledge) that often considered as scripture of Hindu civilization.

Characters used in Sanskrit are called Devanagari (characters of the gods) while its language is called Daivivak (language of the gods). Actually, gods or angels denote basic elements forming the materials. Through Sanskrit, one can interact in person with the elements of nature. Since

all characters source from variation of frequencies, Sanskrit mantrams pronounced properly will produce particular vibration and influence all physical, emotional, mental, energy and spiritual level.

Even, observing in terms of Modern Physics, particular vibration will be able to create material, though to realize it requires extraordinary energy. Sanskrit itself underwent several times revisions of grammar. Its grammar is called vyakarana that literally means "differentiated analysis". The last grammar was composed by Maharishi Panini in 1300 BC (other mentioned 500 BC) becoming the shortest grammar, but the most comprehensive in the world. Panini called this grammar as Asthadyayi. In his 4,000 short verses, he indicated how Sanskrit works and combination that might emerge, both in terms of semantic or philosophical aspect.

Furthermore, Roy Budi Efferin described that NASA scientists have proved that Sanskrit is the only language that can express every condition existing in the universe apparently. With perfect language structure, Sanskrit can and have been used as Artificial Language. Rigg Briggs, a NASA researcher, explains that Panini's structure **can be used to** create efficient and systematic high-level language without being necessary to alphanumeric character that is now being used in all high-level computer language.

High-level language means the language resembling human language and denotes human instruction bridge to machine (computer). This high-level language is the reverse of machine language (low-level language) on computer consisting of binary combination: 0 and 1 (open and close positions). Several researches on how the Panini's rules can be implemented in software are being performed in many places as at Sanskrit Research Academy and Siddhagangga Mutt in



Karnataka.

Even in linguistics, these rules can be implemented because the Panini's rule also includes cerebral activities and working procedure of human voice. It is estimated that most ancient languages on earth like Persian, Greek, Teutonic and Celtic originate in Sanskrit. Sanskrit does not undergo new additional vocabularies because everything has been available including any materials on earth have had their own terminology.

If the rishis have known about the sophisticated system of human pronunciation thousands of years ago, Western scientists just knew it in this century. Surada (2006:1) explained that Sanskrit is written in Devanagari character, Sanskrit alphabet is called Varóamàla consisting of 48 characters. It is divided into two main groups namely vowel consisting of 15 characters and consonant group consisting of 33 characters.

Such division should remain to be explained because vowel should be divided again into 5 short vowels, 8 long vowels and 2 alteration vowels. Then, consonant is divided into 4 groups, pancavalimukha group of 25 characters, 4 semi vowels, 3 sibilants and 1 fricative sound. In some descriptions are stated that Sanskrit is called as Daivivak language (language of the gods) because the characters of this language are arranged based on the alphabet of the language of the gods.

Such alphabet is no other than the alphabets lie on every piece of chakra in human body because the gods stand for the manifestation of God existing in macrocosmic universe equals to the gods manifested in microcosmic world. Sound of the alphabet of the gods is audible clearly by maharishis on every piece of the chakra. Here are the chakras in details:

7. Buddhi 6. Manah 5. Ether 4. Air 3. Fire 2. Water 1. Earth Gbr. Chakra (Rajasekharan dan Venkatesa, 1992), D hubungkan dengan Figure:

ChaPeknrjaelsas(aRnaHjaubsuhnegkaanrMan karonkdosVmeons  
kdaanteMsaa,kr1o9k9os2m)ocsonnected to the explanation of microcosmic and  
macrocosmic relationship. 3.1.6.2

Aksara dalam Muladhara Chakra Muladhara chakra atau chakra dasar terletak pada  
dasar tulang pun3g.g1u.6n.g2, Cyah aturadc  
teurjuinngMbawwlaadhhtauriaanCgheakkorra. Muladhara chakra n d asos as kan dengan  
warna merah dan mempunyai 4 lembar daun. MuladhaMraulcahdahkarraa nc  
hmakerraupoarkbaanspicucsahkaeknreargis dsiatru attuebduahtft hse kb, aksaerdenoaf  
tu espnienragl cmoululamdnh,anraamcehlaykaatrtahe nlo w deernetn kd  
doefncgoacncymxe.Ts hnispmemulbaadnhgagr at l strc  
hkakternaaigsaasasloamciatpeaddwa ittuhbruehd cmoalonuurs aandsehbaasga4 piemc  
eksrookfolsemafo. sl.t Seddaenngoktaens uthdearcaeInetmrabl aebnedr gayngokf  
apshayysaicnagl sbaol dnyg.

Obenrgtetsaetkaanccyoaunngt, menmgualka dbhaatkra cahdaaknryaa  
iksoniddeenntsiacsal, mtoernuaptuarkaaln emleecst rniclpaomwseerpelsatnat yang  
menjad pangkal adanya energ l str k d alam makrokosmos. in human body as  
microcosm. Meanwhile, the mutual rubbing Seh ngga energ muladhara chakra dapat  
juga d sebut sebaga mes n humid air in the sky resulting in the existence of  
condensation pembangk t b o l str k tubuh manus a. deTnoerteksa  
tthedemnagcahninmeuolfaduhnaivrearscehbaekcraom nin ,gEthffeebnads  
e(o2f00e4le:c8t0r-ic8i1ty) meningumraa ckraoncobsamhwica wenoerrlgd .

mCuolnasdehqaureanctlhya, kthrae jeungeargmyeroufpmakualnadphuasraat chakra can  
also be called a machine generating bioelectricity of

148human body. \_Meditasi Bio Energi-Ratu Bagus

Related to this muladhara chakra, Effendi (2004:80-81) described that the energy of muladhara chakra also denotes tehneerhgu bkeohf deunpeargnymfaotrerm , adtearniaklel infge naannd udnetsuikreht odulpiv. eM. ultlaidshtharias mchualakrdaha nra lachhadkarsaarbedcaor mkinehg dthuepbanasme oafnhusu ma adn ldifueni na tfh es pkh. yBseicsaarl wkeocr lldn.yMa acghankitruade no fatkhains cmhaemkrpaenwgiallruinhfl ukeenacket foanne'dsaanctkiev intyg annand dhe dsiurpe stoestleiovrea.nOgn.

eSewseitohrasnmgayllabnagscichackhraakrdaastaernndysatkoebce lcocemnedemruonrge leb h malas untuk melakukan akt v tas apa saja. Orang-orang yang indolent to perform any activity. Those who have tendency to kill mempunyai kecenderungan untuk bunuh d r b asanya mempunyai scuhiackidrae duassuaarllyanhgavaemaatvkeeryc ls,mkaoltlo,rd, airttayou oterrhianmdbearet.d basic chakra. ESveetr ayphummaannusb eainagmiastgdre paetlnyngianrfluhu enocleehd bayspweok-raldsplyek(mdautne raiawl) a(smpaetcters aaln) ddsapniriatuspael ka-sapsepcetks. Bspy rb taulaaln. ciDnegntghaensemasepneycet sm, boannegwkailnl bkeedaubaleastpoekliv ne ,pmeaackeafusellsye.oBraansgicakcahnadkraapatsh tdhuepcdeenrtgaalnetnenertegyamof. pChhyaskircaaldbaosadrysaenbadgma apteursiaatlelnifeergis ttuhbeumh of sst kimdapnorkteahn tdfuopramn amtearteiar l laifdea.laThhcehoapkeranipnagl ongf tpheinstb nagsiucnctuhka keah edquupaalns mtoattehre aalw.

Taekrebnuiknagnyoaf chakra dasar n sama art nya dengan bangk tnya Kundalini. S mpul Kundalini. The Brahma's node at the root of basic chakra as one Brahma pada akar chakra dasar sebaga salah satu dar t ga s mpul oufatmheatdh reseusmhuaaimnnaoaddelaslaht spuesnhyuemkantaKisunthdealsienpi.aDraetnogr aonf tKeurbnudkaalninyia. Bs ymoppuel nBinraghtmhea,BKrauhnmdaal'isnni oddaep,atthkeeKluuanrdmalein ncgagnalekxaint totemlepavateniytas pdlaancemaunlad smtaermtsatsouke nstuershsumshnuam. na.

Figure: \_Gbr.

Muladhara Chakra (Chakra Dasar) Muladhara Chakra (Basic Chakra), (Sound of this chakra: from left (Buny Chakra : dar pojok k r searah dengan putaran cornejrarculmocjkawmi;seÛiasmÛ,aSmam, S, aVmam, V, Úa amm, )Úam)

ASsebsatagtae dm,atnhaatdM nyualatadkhaanrabaChhwaakrMa uoloadnhshiasrtas  
oCfh4akpraiecteesd orf ldeearf w4hekreeleopaackh deaxuundeds etnhgeansoumnads  
nogf -Smaanss nkgrit kaellpohpaabketd. alufnre atud fmroemngleoluwaerrkalenfbt  
ucnoyrn aerksiat rsaay(asbajasdf)oSllaonwskse(r1ta),(j1 k) aÛda mba, c(a2)mSualma  
,d(a3r) Vpaomjo,k(k4 )r Úbaamw,aahnaddianlathhesembaidgao fbleera kf uatm;  
(o1n)gÛathme, f(o2u) rSalema,v(e3s)lVieasma, S(4a)nsÚkarmit,adlpanhapbaedtalabmag.

an tengah-tengah daun d antara ke empat daun tu terdapat huruf Sanskerta lam.

3.1.6.3 Character in Swasdhistana Chakra This swasdhistana chakra denotes the second chakra after muladhara chakra. This chakra consists of four pieces of chakra leaf where each piece of this chakra leaf exudes a sound. If read from the lower left corner and then to clockwise, it will be found the sounds: (1) Yam, (2) Ram, (3) Lam, (4) Bam, (5) Bham, (6) Mam, and the central chakra sounds Vam. \_

Figure: \_Gbr.

Swasdhishtana chakra (sex) (Buny Chakra: Yam, Ram, Lam, Bam, Bham, Mam)

Swasdithana chakra (sex), (Sound of the chakra: Yam,



Irmansyah Effend B(2a0m0, 4B:h8a1m-8, 2an)dmMenagmu)ra kan bahwa chakra n (swasdhishtana chakra atau chakra sex) terdapat pada tulang pelvis. Chakra I rnm adn asyoas hasE kfafnenddeing(a2n00w4a:r8n1a-o8r1a)nyeexdpalaninmeedmpthuantyat hi6s lcehmabkarrad(asuwn.aCsdhhaiksrtaa nna bcehrahkurbaunogransedxeunaglanchnpaenkcr ap)taiasnskitausaatreadtaut reproduks . Kond s chakra n akan secara langsung mempengaruhi pelvic bone. This chakra is associated with orange colour and aktif seksual seseorang. Chakra n terkat erat dengan chakra theansgg6oprioekcaensyoafnlgebaef.rTanhgisgucnhgajkarwaarbeluantteusktmo ethnec gptraoksasncyraenagtiolenb ohf hreaplurso,dyuac ttuionkr.eCato vn dtaisti.oOnleohf tkhairsencaha tkuraorwanilgl-odriarnegctlyyaningflkureenatc fe moneem's l ske xcuhaalkaractievnytyg.olrtokrealnatyeasngtoatkhte f cbh aaskarnayaofchlaarkyranxsetkhsantyas juga aktif. Chakra seks juga merupakan pusat kemurnian p k ran. Arepsapbo nlasicbhlaekfroar sthekessu nb tlbeerrcs rhe,atoiroann,gnatemrseelbyutkraekaativmitye.mOpnuntyhaa t pa ckc oraunnyt,ancgrelaetbi vheppoeso tp fl.e usually have active laryngeal chakra and active sexual chakra. Similarly, sexual chakra denotes 3.1.6.4 Aksara dalam Manipura Chakra the centrMe aonfipmuirnadc'hsapkurari tny .tlefrdt hri dsasre xsuepaul lcuhhakkerlaopiaskcdlaeuann,yaonnge mwailslnhga-vmeams nogredapuonsniytiavme emnignedlu.arkan buny ; (1) Tam, (2) Pam, (3) Dam, (4) Dham, (5) Nam, (6) Pam, (7) Pham, (8) Im, (9) Dham, (10) Óam, dan pada pusat chakra mengeluarkan suara Ram.

### 3.1.6.4

Character in Manipura Chakra This manipura chakra consists of ten pieces of leaf, where each exudes the sound (1) Tam, (2) Pam, (3) Dam, (4) Dham, (5) Nam, (6) Pam, (7) Pham, (8) Im, (9) Đham, (10) Óam, and at the central chakra exudes the sound Ram. Gbr.

Manipura Chakra (Pusar) (Buny Chakra; adalah Tam, pam, dam, dham, nam, pam, pham, Im, Figure: Manipura Chakra (Navel), (Sounds of the Chakra; are Tam, đham, óam dan pada pusat chakra berbuny Ram ) pam, dam, dham, nam, pam, pham, Im, đham, óam and the central chakra Manipura chakra atausocuhnadskRraamp)usat n amat pent ng dalam mempertahankan v tal tas seseorang, karena pada chakra pusat n (Effend ,Th2i0s0m4a:8n3ip-u8r4a) cdh ahkarsa lokrancensterajelnc hsakprraanisavesr yntiemt pso.

rtCanhtakra pusaitnjumgaaimnteainnginengdoanl ek'asnvditaanlimtyembebcearu skeanatentheirsg ckeenpraadlacuhsauksrabesar dan (uEsfufsenkdei,c 2l.00K4e:8b3e-r8s4 h)ains cphroadkurace dn a akminadt poef rsluyndthaelatimc phruàbnuan. gan keluSaringaildaarlNy,racesantpraulacsh. aCkhra croanptruoslsataynadnpgrokvoitdoersaetanuertgeyrstuomcoblaotnakan menaynedbasbmkaallnisnetessetoinraen. Cg lte danalkinpeesrsnoafhthmisercahsaakprauaiss vteerrhyandeacpesaspaaryyang telah d m l k nya. Dengan terbukanya n , maka pengaruh- in family relationship and satisfaction. If the central chakra is pengaruh eter k telah dapat d rasakan. Secara ntu s , dapat d rasakan bahwima psuarteuotremis pclaotgmgeednuypenoannegwkiallInnaetvaeur tf edeal ksa.

tKisafideadnwgj-tkhawdhaantghdeapat jugahdas roawsankeadn. Bkyehoapde nriang mthiashcluhakk-mraa, heltuhekriectienrfl ku,enwcaelsacuapnuhnavbeelum dapabtemenelf ehlat.t lsnetauitriavelalyn,gist ucnagn. be felt whether a place is pleasant or not. Occasionally it can also be felt the presence of etheric 3.1.6be.5ingAsk. sHaorwaedvearl,awme cAannahtasteae tChhemakirnaperson. Anahata chakra atau chakra jantung terletak d tengah dada, mem l k 12 kelopak daun, dengan mas ng-mas ng daun mengeluarkan buny ; (1) Cham, (2) Jam, (3) Jham, (4) Nyam, (5) 166 Ratu Bagus Bio Energy Meditation Pam, (6) Pham, (7) Kam, (8) Kham, (9) Gam, (10) Dham, (11) Ngam, dan (12) Cam. Effend (2004:84-86) mengura kan bahwa chakra n d asos as kan dengan warna merah muda dan h jau. Merah

### 3.1.6.5

Character in Anahata Chakra Anahata chakra or heart's chakra is situated in mid of chest and has 12 pieces of leaf where each leaf exudes the sound: 1) Cham, (2) Jam, (3) Jham, (4) Nyam, (5) Pam, (6) Pham, (7) Kam, (8) Kham, (9) Gam, (10) Dham, (11) Ngam, dan (12) Cam. Effendi (2004:84-86) explained that this chakra is associated with pink and green colour. Pink denotes the symbol of love and green denotes the symbol of healing. This chakra is very important in spiritual. Physically, this chakra of heart controls the heart and thymus gland. This chakra poses the centre of all subtle feelings such as love, affection and so forth.

Spiritually, this chakra becomes the centre of capability of becoming higher and loving in the mass. \_ 4. Gbr. Anahata chakra (Jantung) F(iBguorney:

Adnaauhna-tadacuhnakCraha(HkreaarJt)a,n(tLuenagveasdoafIaHhe;aCrt'hsaCmh,aJkara me,xJuhdaemth,eNsyoaumnd,: Cham, PJaamm,,JPhhamam, N, yKaamm, ,PKamha, mPh, aGma, mK,amD,hKahma,mN, gGaamm,, dDahnamC,aNmg.)am, dan Cam.) Effend juga mengura kan bahwa chakra jantung mem l k hubunganEffeernadti adlasloamexpplaeimnebdenthtautkkchaankrpaeor flatkhue hmeaarnt uhsa sa.clCosheakra janturnelgatidoannincthhaekdraetesrmolianratipolnexusouf shuamdaanlahbehdauvaiorc.

hCahkarkarayoafngtheamat mempengaruhi amb s dan c nta kas h. Kedua chakra n harus se mhbeaanrtg aangdarsosleasrepolreaxnugs dcahpakartamaerne gtewmo bcahnagkkraasn tahmatbv es rnyyma udcehngan cara iynaflnugenbcae kthdeaanmbbeintiaorndaanldamaffheuctbiounn.gTahnensye atwdoencghaknrssaessahmoual.dCbheakra jantung yang terlalu besar dan chakra solar plexus yang terlalu kec l menjRaadtu kBagnussBeioseEonerragynMgedt tdaatiokn beramb s dan t dak beran men1g6a7mb l t ndakan yang tegas apab la t ndakan tu dapat menyak t orang la n.

Sebal knya, chakra solar plexus yang leb h besar dar pada chakra jantung, dapat mempengaruhi seseorang untuk mengejar amb s

balanced in order one can develop his ambition in the right manner and in harmony with his fellow humans. Too large chakra of the heart and too small solar plexus chakra make one do not have ambition and dare not take confident action if such action can hurt others. On the contrary, if solar plexus chakra is larger than the chakra of heart can influence someone to pursue ambition without paying attention to the truth or taking any actions as one likes to.

Effendi (2004:92) also explained that solar plexus chakra is not categorized into the list of main chakra because axiological consideration. Because, activating the solar plexus chakra can develop negative things on one's self because the solar plexus chakra is the centre of ambition and ego. If the solar plexus chakra is clean in normal size, one will have tranquility and positive relation to others as his ego is not excessive.

On the contrary, if the solar plexus chakra is too active and dirty, one's ambition will tend to become excessive and does not pay attention to others. This kind of people will have the heart to take any action for the sake of personal interest. The dirt of solar plexus chakra will cause a person never feel satisfied in every thing. The existing modern educational system today, in many cultures, puts emphasis on the intellectual development. This kind of education greatly influences the laryngeal chakra and ajna chakra (third eye's chakra), while the chakra of heart is almost not influenced at all.

On that account, if expecting the quality of education is getting better, so it will be required adequate attention and exercise to develop the chakra of heart. Heart's chakra will be open after the Vishnu's node (the second main node) is open. The opening of heart's chakra provides someone a capability to realize others' feeling. When one is thinking about others, it will be easily

known whether such a person is happy, sad, and angry and so forth. However, it should be noticed that feeling of others can spread easily. Negative feeling also brings negative influence, either.

Explanation of Effendi above actually has relation to the explanation on super position of the waves of one human mind to other mind. High frequency of mind's wave will reduce mutually with frequency of low mind's wave. Therefore, if there is one having negative mind in a meeting, discussion or seminar, some other participants can be influenced. 3.1.6.6 Character in Visudha Chakra This vishudha chakra or laryngeal chakra is situated at larynx or throat and comprises 16 pieces of leaf.

Each exudes the sound: (1) Lam, (2) Làm, (3) Em, (4) Aim, (5) Om, (6) Aum, (7) Am, (8) Ah, (9) Am, (10) Am, (11) Im, (12) Ìm, (13) Um, (14) Ùm, (15) Kãm, (16) Kæm. Effendi (2004:86) described that this chakra is associated with light blue colour. Physically, this chakra provides energy to thyroid and parathyroid gland. This **chakra is the centre** of higher creation (creativity) and serves as the hub of human relation. Effendi also described that one with clean laryngeal chakra will have profound understanding on the inter-human relations and of course has a good relation to his fellow human.

In the meantime, persistent guilty feeling may disturb or even clog the laryngeal chakra. The ability to express the self vocally is also influenced by this chakra. In order to be able to express the whole content of conscience well, so the laryngeal chakra and heart's chakra should be well-connected.

\_ Gbr. Visudha Chakra (tenggorokan) Figur(eB: uVnisyu dChahaCkhrak rna ;(lLaarymn,xL),à(mSo, uEnmd,s Aoifmth, iOs Cmh, aAkuram;,LAam, ALàhm, , Em, Aim, Om, AAum, Am,, Almh,, Àl m,, UAm,, IÙmm, ì,mK,åUmm, ,KÙæ m), Kåm, Kæm) LeFbu rhtlearnmjuotreE, fEefnfde ndmi ednegscurriab ekdanthtaetrtrbhuekoapneynainvgisoufdhviasucdhkkaara atauchkahkarkaraortelnargygnogreoaklacnhsaekbragaas cthheakfirfathkcehl amkraa, ,msaokvaabrieorubsagtoan ensada atauofbsuunbytl eysaonugndhsacluans bmeuhleaa rdda. pAattthde dbeenggianrn.inPga,dsaucahwsaolnuyndasbaurney - bunhye artedrlsiekbeusthrdil Id,ebnugzazrinsgespoeurtn dsouranraotlheinnggnke nssg.aTnh, edseensgouunngdas nw, ilaltau pun kehampaan.

Buny -buny n akan terdengar terus-menerus untuk be heard continuously to some days until some months during the beberapa har sampa beberapa bulan selama chakra tenggorokan masla hrydnagleaaml cpheamkrbaerrse mhaainn.sSienteclaehancshinagrpahtaesne.gWgohreonkathneblearrysy nhg, emalaka suacrah-askuraarahadsabre edn mcleeanns, tlhae nsoauknadnfrdoampaotthde rdednimgaernsdioenngwainll jbeelas. Suahreaa-rsduaclaeayralyn.gInd addednigtiaorns, utdhaehsobuenrudbs ahheamrdenhjaavde kcahla nmgaetd-kianlt omat yanggomlepnlgekteapanddanclejealrasse. ntences. Ura an Effend n secara t dak langsung mengaku s stem pewahyDuaenscyriapntgiont dofaEk fmfeensdti inhdainryeactlTyuahcaknnoywanlegdgbeedrkttheehreenvdealkatiuonntuk system **that it is not** only God wishing to embody Himself into a 154revelation.

However, with this understManeddiintagsi aBlilohEunmeragni-RbaetiunBgasgus practicing spiritual discipline will be able to hear the revelation heard from within him. 3.1.6.7 Character in **Ajna Chakra Ajna chakra is** often called as the third-eye chakra because its location is right in the mid of the two eyebrows or trikut. This

n semua manus a yang menjalan d s pl n sp r tual akan mampu mendengar wahyu yang terdengar dar dalam d r nya. 3.1.5.7

Aksara dalam Ajna Chakra chakra Acojnnsiscths aokfratwkoerpaipecdes seobfulteacfh, awkrhaeremeaatachkleeta gfasokuanrednsa ketaknya pers s d tengah-tengah antara kedua al s atau trikut. Chakra

n( 1)teHrda rm , daanrd \_(d2u)aKlse?mmb.aTr hdisaucnh,akyaangis mofatse  
nngc-amllaesd nags tdhaeunenyyea



beorfbuSnhyiv ;a,(1b)ecHaaumse, admanon(g2)alKI ûgaomd.s Cithiaskroanly n Shkievraapilljuusgtaradte dseabsut mhaatavSinivga,thkearethniarddaer yseemsiutuaadteedwab,ehtawneyeandeHwisa Seiyveabyroanwgs.d Elufkfe snkdain m(e2m0 0l4 k:8 9t )gdaesmcaritbaeydatnhgatttehrilsetcahkakdr aangtiavreas keendeurgayatlo st-hNeytaw. oEeffyeensd, (2004:89) mengura kan bahwa chakra n member energ kepada nose, and pituitary gland.

Similarly, this chakra is called the third kedua mata, h dung, dan kelenjar pituitary. Chakra n juga d sebut seebyaegaa s mthaistachkaekt rgaa gkivareesncalacirhvaokyaanc ne (fmoer mgrbeeart ekranenperegwyas). kT thiasn (ucnhtuakreanaelrsgo fyuanncgtiolenbs hasbaensaert)h.eCrihcaekyrea. A nt tjhuegraoboet roffunthgiss csheabkargaa selbieusahthemnatoadeetoefr tkh.ePlaadsta maakianr cchhaakkraa, n na mteelrydaRpuadt rsa .mOptuhlerchthaaknra utfaumnactiyoanningg taesracklha irr,voyyaa tnuceRmuderaan.s,Stehlias nchbaekrrfaunaglsso dseenboagteas tahleat pewask taan, chakra n juga merupakan t t k pemusatan perhat an dacnenpternagl aptouirnatn ocfaakttrean-tcihoankarnadlac nonnytrao.IEofffeontdh emr echnhgaukra sk.aEnfbfeanhdwia degnagvaendetetarbiluskahnayt abyst hmepoupleRniundgraof dRaundrah'as knroademaantda tkheet tghair,d-meyakea secsheaokrarnag, oankeanwmilal mbepaubmleelt ohsaet eengerrogs seetreer tkheyraincgenleabr ghyk. Aasalirg.

hStebbaulalh bowlailcl aahpapyearakinanfrmonutncouf ltdh e dtehpiradn-ecyheakcrhaakmratawkheetr egat,hde mligahntabbaollla cahaya n berfungsi sebaga pel ndung dan penyelaras energ . functions as protector and harmonizer of energy. Fig6u. rGe:bAr. jAnjanCa hCahkarkar(aey(aelb sro) w) EEfffenndd i((22000044::8899)) lfeubrt hhelramnojurte mdeesncgriubread ktahna;t ibfathhwe athbir dla-edyuea orang pewask ta chakra mata ket ganya terhubung secara pos t f chakra of two clairvoyants are positively connected by the rope of karma, those two third-eye chakras will mutually influence Meditasi Bio Energi-Ratu Bagus 155 positively. Clairvoyance ability of the two will develop quickly as they help each other at this etheric level.

Both will be also able to understand each other easily. However, if one of the two

clairvoyants has dirty third-eye chakra, it will be difficult to communicate among them. Then, Effendi added that whether this third-eye chakra is clean or not greatly influences in a marriage. If one of the couple has dirty third-eye chakra, it will tend to contaminate that of its spouse. Alternatively, it causes mental and emotional pressure. Afterwards, their communication will be less good and can lead to their divorce. In addition, there are many stories from word to mouth, that before getting married one of them had sublime personality.

However, when they got married they even become less good. This happens because the influence of spouse's chakra. 3.1.6.8 Character in Sahasra Chakra Sahasra chakra or crown of the head lies in the top of head. This chakra denotes the easiest chakra to be penetrated by light, so that it becomes the main entrance gate of spiritual energy. A spiritualist whose crown chakra has perfectly developed will know much about the secret of physical world and that of spiritual world.

That is why this knowledge is known as Raja Vidya or 'the King of Knowledge', and cannot be misunderstood as knowledge intended for the kings only. As in the teaching of Catur Yoga Marga, or only written as Catur Marga lies four paths (marga) to God, called Bhakti Yoga, Karma Yoga, Jnana Yoga and Raja Yoga. It is in this fourth level, king of the king of knowledge will be discussed extensively. Even, this knowledge discusses up to the knowledge about future life. Since its quality is capable of discussing any knowledge either that of during the life, at the death and reincarnation, this knowledge is viewed as the king of all kings of knowledge.

Bhagavadgita states:

kembali , sehingga pengetahuan **n d pandang sebaga** raja dari segala raja pengetahuan.  
Bhagavadgītā menyatakan; rajivŪa rajguö' piv]imdmuÑamm( - rajivŪa rajguö'  
piv]imdmuÑamm( - pp[T[Tyy==aavvggmm''//MMyy| |  
ssususu%u%'kkttuRmuRmVVyyymmm( ( --  
rrààjaja-v-vididyàyàràrjàa-jagu-ghuyahýyapýavpitaravimtriadmamiduattmamuatmta,ma  
m,

pprraatyaykaûkàûvâagvaamgaaýmdahýarmdhyáýrmsuy-asuýkhsauý-skuakrthuamýavky  
ayatumm. \_avyayam.

((BBhagaavvaadgdì-tGà liXta.2l)X.2) 'Tlnh elarhoryaajal nsycaiepnecneg, etthaehuraony,arlahsaesc raety,atnhgissainsgtahtebeusnaerx(cdealllaemd ), kesuc an yang t ada terh ngga, yang dapat d paham melalu purifier, the attainment of which is evident, meritorious, pengalaman langsung, sesua dengan dharma, sangat mudah uimntmukutda bpleel,aajanrd dvaenryt edaaskybtø saacmcoumsnpalhis'h. . Gbr. Sahasra Chakra (Mahkota) Figure: SaDha nsyraatCakhaankrCa h(Cakrroaw nn) mtheamt i sl ska id10to00hakveelo1p0a0k0dpaiuences of leaf.

Effend (2004:94) mengura kan bahwa; chakra mahkota membEerf fkeanndie(n2e0rg0 4:d9a4n) mdeesncgriabtuerd sthebatagth aencrboewsanr cohtakrdaapnrokveildenejsar piennearlg.yCahnadkrcaomntarhoklsotma oysatnbgbrbaeinrsa hnddapninteelaahgtelarnbdu.kaTahkeacnlebaenrwaanrdna kuonp enng ckreoewmnascahna. kKraarweniall cbheakgroaldmeanhkyoeltlaowju.gaSibnecrefutnhges crsoewbang-a secbhuaakhracaolrsoonfgunycatniognsmaesnauamnegdkiaunmetnoecrgh a-nenneerlgp opsiotiv te fenkeergdyaltaom tubuh, maka lat han-lat han secara rut n akan member kan leb h bathneybakodeyn,erregg uslapr re xtuearlclipseosw ti lfl gkieveseplousriuthivetusbpuirhi.tuSaelteenlaehrgbyetboetraepa wbaokdtuy,. Hsealvuirnugh ltausbteudh faokrasno dlo lnagp, sth eowlehhocleahbaoydaybweirlwl abrenlaaykeurne dng embyasg.oOldleehn kyaerlelonwa ltiughatm.

aOtnpethnat tnagccmoeunnjta,giat iksebveerrsy himanpcohrtaaknrtato n agmaaridnatapiant tmheenceler amnlaineensesrgo f sthpi sr tcuhaalksreacainraotredreurs-imt ceonuelrdusremceeilvaelu chakra n . Terbukanya chakra mahkota n dapat d rasakan sebaga spiritual energy continuously through this chakra. The opening MoefdittahsiisBcioroEwnenrgci-hRaakturaBacgauns be felt as soft pressure or beat on th1e57

top of head. When the crown chakra opens wider, sensation of the chakra will change as if it becomes melted feeling. The light that keeps on entering in large intensity will drive out any dirt and obstacle of the head.

Any dirt emanating will be able to be felt on the top of head. When the crown chakra opens wider until reaching the size of head, astral journey can be performed consciously and easily. At this size of aperture, samadhi can be achieved. This crown chakra is believed to consist of two levels, where the first level comprises 1,000 pieces of leaf, some literature says 998 leaves, while the upper level consists of 12 leaves (so it reaches 1,000 leaves). Effendi (2004:91) added that the ancient faith believed that every chakra has protecting gods (ruler). Various schools of yoga can say prayers to the gods dwelling on such chakras to invoke any help in the perfection, cleanliness and opening of chakra.

One who would like to know the secret of this vast universe he has absolutely to learn about the universe existing in him. When one has found the universe within him, he need not explore this borderless universe because actually the universe outside and inside the self are the same. Ratu Bagus gave explanation that today this world is so advanced. Many things that were difficult to know have become easy today and can be known within few seconds. Several books on yoga, samadhi, Kundalini and so forth are easy to get.

However, by reading such books, it does not guarantee that one can open his crown chakra, or have cosmic consciousness. However, if one has an opportunity to come to Ratu Bagus Ashram, perhaps he never reads such books. Under guidance

of Ratu Bagus, all things mentioned in the books are audible, discernible and perceivable as a real experience by those people. Ratu Bagus told that if one meditates by emptying all burdens of mind, his mind is focused on the desire to unite with God, and his mind is concentrated on the self, these sounds of chakra would be heard first before hearing several combinations of alphabets becoming a combination of words. Therefore, they will feel confident to hear a revelation of gods. There is important note to all people that pursuing God directly is an impossible matter for most people (Bhagavadgita X.2; XII.3 and 5).

Accordingly, people will naturally search for God by two ways, namely they would firstly search for God into their own self (microcosm). Originally, they would hear the sounds of chakra. Secondly, they search for God beyond their own self (macrocosm). At the beginning, they will encounter the thunder- like sound of electron orbital energy of material atomic electron of the universe. These two ways in use to search for God, ether inside or outside, will hear the same sound. For that reason, sages from time immemorial have suggested that one, who would like to meet God at a sanctum, should first cleanse his sanctum, or the cleanliness of body and mind.

Hinduism has many predicates to call the human body, such as padma sharira, meru sharira, lingga sharira, and Christian believes in human body as God's Home. In Balinese traditional manuscript, it is found the words as follows: jenek ring meru sarira kastiti hyang Maha Suci or it is within human self the Supreme God is worshipped. And so is in the scripture of Christian we can find out the expression: "keep your body because it is the home of God".

What we can conclude here is that everybody has spiritual freedom to pursue God either inside or outside the self.

This should be born in mind because the main purpose is God not the method. Now, people argue on the level of method and never indicate the result for social and cosmic improvement.



#### CHAPTER IV RATU BAGUS BIO ENERGY AND THE ESSENCE OF UNIVERSAL ENERGY 4.1

**Ratu Bagus Bio Energy** and Prana Pranic energy is immortal universal energy. It is the first foundation in this universe. Prana is subtler than ether furnished with the consciousness quality of God. Prana pervades the universe and no single space is without prana. Pranic energy has relation to breath, etheric body, or human aura. This prana is given different names.

Some call it Chi, vital energy, universal energy, **source of life and** many more. To sum up, they represent the same meaning. \_ Gbr. Manus a dengan Eter k Dalam dan Eter k Luar  
FigureD: alllaumstKraetiadoananshseohwatsEtthere  
khsuemseoarnanwgiathkainnbneerrbeanntudkoteultuer ryeantgheterribca. Il nk.good  
health, one's ethBeargi canwaitlashaakvaentlheber hfobremasaro,  
fkarreevneardsaeedraehgsge.k Utaprper part will be larger because the akreepaalaa  
rmoeumnpdenthgaeruhhe aAduirnafltuubeunhc. es the bodily aura.



Prana is also often called as the soul of universe.

Every second human inhales prana. Prana enters the human body and then interact within the body. Afterward, it exits in the form of etheric vibration covering the completely human body. In its form as etheric, it makes two-fold security to protect the human body. These two etheric layers are often called as inner etheric body and outer etheric body. As described above, that the prana is omnipresent so no single bijou corner is without the presence of pràna. Even, near the very hazardous bacteria or virus to human life, the prana occurs there and gives life to the bacteria and virus.

Prana does not discriminate. Prana is just like a philanthropist that will donate life energy to whatever and whomever. When prana enters the human body, it then changes into bio etheric. In its function as bio etheric, prana changes its function like a bodyguard or security officer for its master. This etheric body protects human body against several attack of disease caused by virus, bacteria or microbes. This etheric body will have dialogue with microbes when one's body will be attacked.

If the dialogues are recorded, probably the etheric body will say as follows: "Excuse me, microbes! If you would like to attack my master, you must fight against me first because he is in my protection." Afterwards, those microbes simultaneously reply: "We do not care whether our target has protection or not. Our dharma (microbes say) is to attack every single existence. If our target is in your protection, we have no choice but fight against you." The etheric body consisting of a myriad of troops is ready to fight. It also says: "My dharma is also to protect my master against any kind of threats from anywhere. In few minutes, a bitter battle between etheric body and microbes explodes.

Such battle causes the troops of microbe were killed and etheric troops finally came to become the winner. On that account, there is a moment when the human etheric body gets smaller (its aura), and at other time gets larger up to some meters.

The inner etheric body as protector of human body approximately sizes 4 cm above the skin's surface. Meanwhile, the outer etheric body of each human is different. There may be 3 cm, depending on its spiritual condition. The holier one is, the greater his aura will be." \_ Gbr. Aura Luar sebaga Benteng Pertahanan Kesehatan Figure: Outer aura functions as security layer of health. Seseorang b sa terkena penyak t karena pertahanan auranya yang menOjnaed msaaytspuafmfer afrtoamu  
ipllennesgsabweacla,uskeatlhaehdemfeenlsaewoafnitsgaeumrapuran v rus  
saetravuingbaakstseerc uarittayuomffiacherluluksems iknrofigbhatilnag  
nangyaian.stlItuhleahattpaceknto nf gnya manuvsi  
rausunortubkacbteerridaooar,okthaerremnaicjruombelsa. hlt  
pisasthuekiamnpboardaannceetferh ukm ann akan sebanbde inngg  
dteonsgaaynpkruayael rtsasbdecoaau.sSeetmheakn unmsbeerr nogf bterordoposa  
dofenegthaenri ckhlas, makabbodaydawnilel tbeer kcoamkpaanrasbelemtaok thne  
mqueamlibtyesoaf,prdaaynersm. aTnhues maosreeolah- olah d bungkus oleh balon  
besar.

Set ap m kroba yang berhasrat untukRmatueBnacgueslBaiko aE  
nebrgaydMaenditmatiaonnus a, maka para m kroba harus1m79ampu menembus balon  
energ yang tak la n adalah badan aura, atau badan eter k tubuh.

frequent the prayers said wholeheartedly, the larger the etheric body will be. As if, human being was covered by large balloon. Every microbe that would like to harm human body, they should conquer such energy balloon that is no other than the body of aura or etheric body. 4.2 **Ratu Bagus Bio Energy** and the Structure of Human Body Saiful M.

Maghsri (1995) described that all people of any religion, any mystical school, any philosophical system and any supra-intellectual intuition, say that human being consists of two kinds of body. Firstly, gross (physical) body and subtle (spiritual) body. The existence of human gross body has been investigated by anatomy up to its atoms, while human subtle body up to now has not been comprehensively investigated by any exact sciences. Since the atomic structures have been successfully divided into electrical charge, it emerges a possibility that human subtle body can also be approached by employing the principles of modern science.

Through the mind that later on is enhanced to supernatural intuition we can find the nature of subtle body mentioned. Meanwhile, the mind bonded to material (positivistic) can only find the embodiment of something wrapped (by ignorance) before finally reaches the endmost nature. At the moment, such wraps (ignorance) can progressively be revealed layer by layer and have been found that the flows of materialism are not more than the one that can be analogized to antiquities, but they are still worth demonstrating to general public in the hope the next generation can appreciate the

thinking of their predecessors. Relativity Theory, Quantum Theory and Wave Mechanics can change our opinions on the content of this universe.

X-ray, electron and quantum denote new opinions attempting to oppose the opinion of materialism theory's supporters. There is possibility that one day the physics will have a relation to metaphysics. As a result, this "twentieth century" becomes the witness of the unveiling of bio secret regarding to the human existence either materially or spiritually in rational and scientific method. 4.2.1 Structure of Physical Body and Ratu Bagus Consciousness Syaiful M. Maghsri (1995) put into words that among the characteristics of atom existing in the beings, its electrons making it up has a very weak strength so that they are easily released.

On that account, the atoms composing the beings should have different characteristics from its origin. However, it is undeniable that the first life was created by means of soil as its ingredient. The soil here refers to elements or original substance existing in the soil. The process occurs through fusion of chemical compounds of carbon, oxygen, nitrogen and hydrogen. This process is called protenisation because from this fusion is composed the substances named protein. Having composed the protein, this substance is given a life and this process is called vitalization.

It is vitalized by radiocarbon because of breaking the atom of nitrogen existing in the atmosphere and through cosmic light, this atom is broken into radiocarbon and water.

In the form of CO<sub>2</sub> or radiocarbon, it enters into protein so that

this protein is alive due to the influence of radioactivity existing



in it. Electrons composing the protein's atom then illumine this live protein. Some atoms are replaced by electron originating in cosmic light and this process is called substitution. Because of this substitution, the live protein undergoes mutation, then evolution takes place, and ultimately human beings exist in this world.

It is the radiocarbon and electron of cosmic light changing the characteristics of substances originating in the soil and they themselves are from beyond our world. Related to the description of Syaiful M. Maghsri above, Ratu Bagus explained that as human it is very important for us to realize ourselves, where we came from, what we should do now and after that where we will go. In addition, the more important one is that everyone should know the elements composing his body. Everyone should realize that he has two kinds of body, namely physical body or material body and spiritual body. Both kinds of body has different nutrient.

Physical body requires physical nutrient, while spiritual body requires spiritual nutrient. Afterwards, Ratu Bagus described that today many people consume the wrong food. People whose physical body is hungry attempt to eat spiritual food. At the end, the palate spiritual food is claimed to be tasteless and spiritualism is considered a non-sense. On the contrary, many people whose spiritual body is hungry but they feed theirs with bread, cheese and other delicious food. Eventually, they also give comments haphazardly or without basis. Obviously, many people today feed their body wrongly. This matter happens because many people cannot distinguish where material body and spiritual body is.

#### 4.2.2

Structure of Spiritual Body and Ratu Bagus Consciousness Syaiful M. Maghsri (1995) also described that the substance composing the human body is said to originate in pure substances like soil, where in chemistry is known as inorganic. Among such inorganic substances, some are required for meeting the requirements of biological process. One of these inorganic substances being important in the formation of subtle body is potassium (K). This element exists in all bodily tissues, particularly in muscles. Potassium has activity in biological process chiefly in the cell division. This element mostly exists in the "bodily flesh".

The free electron existing in every nucleus and in the blood denotes our subtle body sourcing from inorganic elements. Therefore, in philosophy it is called the soul of inorganic substance or anima materialis. Radiocarbon poses a carbonic substance having the characteristic of radioactive originating from the breaking of different **nitrogen in the atmosphere** by pure cosmic light consisting of protons. This nitrogen then changes into radiocarbon and water (hydrogen). Radiocarbon in the

form of CO<sub>2</sub> is inhaled by plant's chlorophyll. Most carbons

composing the animal's body and human body probably consist of radiocarbon, chiefly radiocarbon existing in the atoms of protein composing our five senses.

That is why it cannot be known why only by very weak stimulation our five senses release electrons that later on flow as electrical impulses to brain. Electrons flowing to our brain can be called as soul. On that account, every part of our body like eye, hear, nose, mouth and almost every part of skin and mucous membrane and interior organs, denote **a part of the** whole body so that electrons flowing

to brain are called physical soul or anima somatica. At first, the physical soul enters into the cerebral base after making stimulation in advance, so that at the cerebral base occurs a repetition process and then delivered to brain.

Since the cerebral base denotes the base of instincts, the electron released also load instinct. The bioelectricity flow originating in the cerebral base and flowing to brain is called psychological soul or anima effectica. Physical soul and psychological soul altogether enters into cerebrum. At first, they lead to the centre of consciousness so that we realize what we see, hear, feel and the like. In the centre of consciousness, there is a repetition process transpiring in the eyes. Such flow successively enters into the centre of memory, centre mind, centre of desire and finally goes out **in the form of** action.

Similarly, in this centre exist repetition process that has been explained previously, so that in the centre of desire gathers the flow of five senses, cerebral base, centre of consciousness, centre of memory, centre of mind and beyond the centre of mind, added with the flow exiting from the centre of desire as power generating our body. Thus, the power generating this body consists of the accumulation or combination of power from the centre. Before exiting from the centre of mind, the free electrons assembling in centre of mind is analysed and arranged prior to embodying into an action.

Electrical current flowing form the centre of consciousness heading for centre of mind is the form of soul manifesting the consciousness and mind and named it as I. Therefore, in fact, **I am not the** physical body but the soul that is conscious of its own self and is able to think. Therefore, it is named thinking soul or anima mentalitas. As long as the free electrons form mentality

and name themselves "I", and remain to gather in the centre of mind, so the anima mentalitas add itself by bioelectrical powers as manifestation of the result of new sensing so that "I" is filled with illustration of items denoting the result of materials. Therefore, this mind or I is full of materialistic illustration, and such mind is called materialistic mind.

Besides, materialistic mind is always accompanied by powers originating in cerebral base and manifest the passion of desire and prosperity. Bioelectrical power exudes from the centre of mind will be made into good deeds, at first flows to the centre of wish, then into the nerves and finally to muscles to be made into deeds or movement. As a result, the power flowing from the centre of mind to these muscles performs the function of nerve and movement named as animalis function. Consequently, this bioelectrical power is named as animal soul or anima animalis.

A part of bioelectricity gathered at the centre of mind, without realized, flows to the brain named thalamus. This thalamus is connected to the centre of cerebral base performing the biological function and vegetative function. Thus, biopower is called biological soul or anima vegetalis. As described, according to the opinion of Cartesius, electron actually consists of etheric cycle where each edge remains connected to material obtaining such cycle. Ingredient of the ether is absolute substance. In other words, every single second electron can add itself with power, or those electrons always move, vibrate and cycle without an end.

If the etheric cycle named electron performs the cycle based on its own desire and the electron will vanish and come back to ether like the cycle of water where the water will turn to become water after the water is tranquil and gets quiet.

Our mind is composed of electrons that are always moving from one place to another through the fiber of nerves within the brain, moreover if our mind is added with new stimulations in every second **in the form of** the capture of five senses. Electrons in the brain composing our mind ceases to cycle and goes back to become ether. By the change of electrons to ether, the power generating the electrons releases either in the cycling of electron's movement or electrons moving vice versa.

The power released is received by brain as light named as inner light. The nature of this universe is the first intellect, from Ibn 'Al Arabi or Brahman in Hinduism. The minds that originally consist of electrons now become the mind consisting of pieces of ether in the buddhi. These pieces of ether vibrate and its vibration can be felt. Its electromagnetic power conveys it through the conduction of vibration that also needs a conveying substance.

As in electromagnetic power where its conveying substance consists of subtler substance **in the form of** electrons becoming the source of electromagnetic power itself, so the power of etheric vibration should also have the subtler conveying substance than it. The subtler substance than ether is called absolute substance. The wave of such absolute substance should have greater speed than that of etheric waves. Through this explanation can be understood that God as the Absolute Substance is the basic of this universal existence.

Ratu Bagus added, in the long run the knowledge will be progressively able to describe the matters that are obscure including the world of soul or jiva. The more endeavour to unveil it, the clearer it will be that the world is covered or wrapped by the soul of God. Human together with all creations existing in this universe, in fact dwell in God. Since God pervades and also

exists in the electrons, so the belief in the existence of soul in material (animism) as considered the most ancient belief does not underestimate the intellectual.

Even on the contrary, ancient people have arrived at smarter thinking than the people of today because they have been able to see the nature of God in electron of each element. 4.3 **The Nature of Consciousness** Syaiful M. Maghsri (1995) described that the souls in our body consist of free electrons originating in pure substance that mostly denote the radiocarbon. Among those pure substances or anima mineralis known for sure, there are substances originating in potassium of which function is unknown.

In addition, so is the plant's soul or anima vegetalis originating in a part of our mind's soul gathering in the brain, then enter into the thalamus, then to cerebral base, and furthermore performs the vegetative function. Anima mineralis and anima vegetalis exist in each being. However, its function is not realized. Physical soul or anima somatic coming from the five senses and enters into the cerebral base becoming the first observation. By cells at this cerebral base, human observes the world without being necessary to recognize or remember and does not think and feel any further all of them. Such consciousness is called initial consciousness.

On the human who has had high culture, there is attention to psychological matters. However, this human species has not been freed from what has been experienced by himself, particularly the experience about the condition of his inner self. Immediately after "I" forget one's self, so the soul naming itself "I" goes out from the brain and becomes the mind body (corpus mentalis) having



metaphysical characteristic and being conscious of physical body and spiritual body. It is known as pure self-consciousness, namely a consciousness of one's self as a totality.

If "I" attain tranquillity and peacefulness in the inner self absolutely, so the movement of composing electrons ceases; both rotating movement and back and forth movement, and these electrons change into ether again. By passing through the mind body, these electrons enter the buddhi and consciousness that is conscious of the whole content of the universe. This consciousness is called universal consciousness (cosmic consciousness). After this consciousness has been attained, the power of this consciousness increases in the long run until spilling, out of the buddhi. By including the spiritual and physical soul, this power changes into universal soul that is the same for each owner.

They only realize about the existence of The One, and such consciousness is called collective consciousness resulting in religion. It is this collective consciousness driving humanity to follow a religion, without knowing the reasons and does not know the nature what to worship. However, they realize that above all real things there should be a supreme authority. Ratu Bagus in his sermons said that everyone should look for the nature of "I" in their own self. Many people do not know their own-I. They identify their-I to their body, whereas the predicate "I" on everyone is the same. My-I and your-I are the same.

Since our mistaken in understanding the "I" we could not understand other's-I. When we understand that my "I" is the same as other's "I" and all "I"s are the same, the divine consciousness will appear because the requirement to know God should be begun by knowing the self in advance. It is the main consciousness that should always be attempted by human beings.

4.4 The Nature of I's consciousness Syaiful M. Maghsri (1995) described that "I" denotes free electrons moving in the brain and is conscious of the self.

The free electrons naming themselves "I" originate in nearly each point on our body; from the five senses, nerves of the sense of touch, and cerebral base and from the centre within the brain. Our world along with its content is showered by electrons and cosmic light every day and night, where in every two minutes will fall two electrons on a space whose size of 1 square centimeter as high as the surface of seawater. Electrons and cosmic light, as other electrons, pose the conveyor of purpose within itself and this condition is known as "entelechy". Ratu Bagus explained that the "universal I" and "I belonging to everyone" are actually built together by the same electron.

Its distinction is that the consciousness of new "I" exists when the consciousness of "I" has surpassed the consciousness of seven materials in asthaprakrti. In other words, when the consciousness of "I" can surpass of earth (soil), water, fire, air and ether, it just ascends to the consciousness of ego (I) as the grossest form of the consciousness manas and buddhi in the universe. It means that one can parallelize his-I to universal I after his-I can surpass the material consciousness. 4.5 The Nature of Inner Self and Physical Perspective Syaiful M.

Maghsri (1995) described that in this universe, almost all existences transmits a light. Plant, animal, soil, drink and so forth transmit a light. However, their light is not visible to physical eyes. By sun light, all molecules in the air are broken into electron and ion (ionization). The air around us is filled up by electron. On that account, the inner self that according

to hypothesis comprises the live electrons and this group of electrons, as they do not have clear border, will be united with the electrons of air.

Electrical measurement devices are made in the atmosphere filled up by electrons, notably spiritual electron. However, in physics it is known that emanation of radium, thorium and uranium elements can empty the electrometer nearby. Is the spiritualism that can be equalized to the emanation of these elements unable to cause this event because spiritual itself also consists of living electron (bioelectric)? Electrons of the emanation denotes inanimate electrons and are free from any bondage and vanish into the air, while spiritualism is composed of animate electrons (bionic), thinks and joins in a frigid unit. Spiritualism will not be subject to laws prevailing for inanimate condition.

As consequence, the spiritual is not measurable and scalable in inanimate condition. The spiritual consists of bions, namely an electromagnetic power. If the electrons collapse from their atomic structure, the power released will be massive. The power released is called atomic energy. If these bions go out from its spiritual structure, so the power engendered from the collapse will also be massive, however they are mysterious. In other words, it is invisible by ordinary eyes. The power released is called inner power or meta energy. By nature, the atomic energy and meta energy are the same, yet its origin is different; the first one originates in inanimate object and the second originates in animate object.

In relation to this matter, actually the level of meta energy is higher than that of atomic energy. Everybody has meta energy and it can be directed based on one's firm intention. On that account, everybody reach all aspirations provided they have firm intention. The following are some characteristics of meta energy:

1) Its origin is animate electron or bion 2) Free from bondage 3) Movable due to intention and very high 4) Becoming a part of living beings because it denotes living energy 5) Active, as it has mind and intellect 6) Can be exploited based on one's own firm intention 7) Can act beyond object, so that can expand throughout the universe 8) Meta energy can collapse the atomic structure (dematerialization) Ratu Bagus described whatever we discuss in this life, related to something subtle, namely universal energy becoming the foundation of all existences. If we are able to master this universal energy, we will dissolve into the universe and at that time, all intentions can be realized. 4.6

Prerequisite Influencing the Universal Energy As Ratu Bagus has said frequently that, the universal energy existing in this universe has a unity with us because such energy encases the universe including human beings. This energy can be influenced and controlled by cosmic consciousness namely consciousness that surpasses material, consciousness melting into the universe. In such consciousness, human will be able to speak to earth, water, fire, air, ether and even to universal ego, universal mind and universal intelligence. Requirements that should be owned is one should "release the intention in his intention."

Such consciousness should be trained by performing work just for work and never expect the result of such work. In such condition,

dalam ke ng nannya". Kesadaran semacam n harus d lat h dengan cara melakukan kerja hanya untuk kerja, a t dak sed k tpun mengharapkan has l dar kerjanya. Dalam keadaan seperti tu a akan onme ewl ihlaltbde ra nbylae steobawgoar kakatn vy ttahsinkge.rjlaf, tmhaekuanabpoaupunnd baeahkaavniobr shaas kerjakan. J ka s kap h dup yang t dak ter kat telah menjad napas behc odmupe, tahlaembraekaatnhmoefnluifruet, pnaadtuanreyaw. ill follow him. Figure: A bio energy practitioner is performing shaking movement.

From his palms, exude energy that influences the energy at his surroundings. 4.7 **Ratu Bagus Bio Energy** and Spiritual Concept 4.7.1 Shaking Wakes up the Dormant Kundalini Serpent Almost the all-spiritual knowledge aims at optimizing one's spiritual capability that believed to have been brought since the birth. All people search into their own self and many of them Meditasi Bio Energi-Ratu Bagus 173 obtain spirituality as shakti power or magical powers, some find it in the bright light, while others find it as endless serenity, dissolve into the serenity, and feel the presence of the Supreme God. Whatever one finds, it denotes the spiritual ladder encountered pursuant to the capacity of spirituality one brings.

Nearly all branches of spiritual knowledge say that spiritual energy exists at the bottom of our soul. Indian sages found the foundation of this spiritual energy at the area of muladhara chakra.

The center of this energy is described as a dormant serpent in coiled position at the area of muladhara chakra. Since the past time, the wise man said that **it is impossible to** have a high level of spiritualism without accompanied by the awakening of Kundalini. In addition, the ancient Hindu sages also suggested not awaking the Kundalini carelessly because its bioelectrical energy shock can make amazed. Those who are not mentally ready can undergo mental depression, stress and even mental disorder. It is this hazard that is worried and finally many people are reluctant or afraid of the awakening of the Kundalini.

Figure: Illustration of Kundalini Awakening Process

Ratu Bagus is present in the midst of humankind to provide guidance about how human can pass through such frightening period. Ratu Bagus said that we are unnecessary to feel afraid of Kundalini, because it comes **at the same time** as our existence and always be with us. In other words, it definitely can understand what we want, and we should understand about its desire. If we analogize the seven chakras as a number of bulbs set up in series of circuit, so Kundalini is the releasing switch making all bulbs turn on. Without any change on the position (pressing) of switch, the electrical current will not flow to all bulbs.

If we know that all bulbs are made and arranged to be turned on, **it is impossible to** turn on the switch is a wrong action. Ratu Bagus has his own method to generate Kundalini. He calls it shaking. Shaking is a method of Ratu Bagus to turn on the switch of Kundalini. Ratu Bagus warrants that there would be no risk if Kundalini energy is woken by shaking. Shaking method obtained by Ratu Bagus through a profound contemplation in a meditation until he heard a revelation indicating that there is another way to wake up the Kundalini as the power of universe.

Such method is identical to the way of waking a serpent in a bag or basket. If the serpent in the basket is dormant and then the basket is shaken, of course the serpent will get up and look for any fissures to go out from the vibration. Basket and serpent are analogy of the body and Kundalini. If the body is shaken, the dormant Kundalini at muladhara chakra will get up. Kundalini has a characteristic if it gets up, it will attempt to climb up to the higher chakra. At first, Kundalini will go out from muladhara chakra and reaches swasdhistana chakra (sexual chakra), later goes up to manipura chakra (central chakra) and resumes to

sahasra chakra (crown chakra).

If in the journey to sahasra chakra, Kundalini is hindered by a particular condition, for instance a hindrance in artery, this Kundalini will force to go up. Otherwise, it will wriggle and result in a shaking of the body and the body looks like a shaking basket. Ratu Bagus discovered the technique to conquer the Kundalini vibration also by vibration known as shaking. Basic principle of shaking is muffling the vibration by vibration. Ratu Bagus described that we are unnecessary to feel worried about **the awakening of Kundalini**.

Even, we have to thank if we wake it up because the human task born onto the world is to identify our pure identity. In addition, our pure identity will not be known without the awakening of Kundalini. Therefore, the awakening of Kundalini becomes the pre-requisite to step further and find out the pure identity. Dormancy of Kundalini at the coil of muladhara chakra area is caused by tamoguna or indolence, one of the characteristics of the world controlling the human body.

Accordingly, many people belonging to indolence category will be difficult to wake up his Kundalini. To combat the natural tamoguna, it should be combined with rajoguna namely endless creativity and aggressiveness in doing something. Therefore, shaking is no other than the symbol of rajoguna to imbalance the characteristic of tamoguna in the exercise of **Ratu Bagus Bio Energy** Meditation. Besides, shaking denotes another symbol of srsti dance or creation dance. By shaking, it is expected that the creative energy could work optimally. Shaking that makes the whole body vibrate should be performed every day continuously, because by shaking the creative energy within the body will progressively function optimally.

The more frequent shaking is



dsoenme,akt hne bleasragre, rsetmheake tnhebreiscarbaoudrya  
twubilulhbaetaaundbaodanne ewteirl lkbteubkuehp, t  
awmaaykafsreosmeorilalnngesaskeasn bde jcaauhs eoltehhebaeurbraagoar  
metahcearmicpbeondyaykk te, ekparsenthae aura atau tubuh eter k tulah yang menjaga  
tubuh dalam keadaan apa bsoadjya. in any condition.

prana \_prana



prana prana prana prana \_ prana prana prana prana

Gbr. Orang yang Sedang Melaksanakan Shaking A practitioner is undertaking the shaking movement. 4.7.2 Penguasaan Energi Kundalini Melalui Inisiasi Guru Ratu Bagus mengura kan bahwa manus a mem l k s mpul- 4s.7 m.2pMul aksatremray yoafnKg utenrdcaatlaitndi aElanmerlguyk tshanrojuaggaht Praryeac.

eTpatkorse'sorang punIdnaiptiaattmioenngenal luk san karma masa lalunya kecual manus a sempurna tanpa cacat. Manus a sempurna yang d maksud adalah Ratu Bagus explained than human has karmic nodes manus a yang telah memahami d r nya send r . Pengetahuan tentang rescaongrdde dr isnamthaedpenaginatninpgenogfetuahnuivaenrsteen.taNnogbaotdmyancadnanidsaemn taifpyulhais pdaestngkaanrmpeicngpeatainhtuiannng,teenxtcanegptBprearhfmecatnh. uOmleahns.eTbhabe p teurfbeacgt houramngan myeaanngttehleahremiesngthueasoa naetmwahvoidyhaasataruecborgahnmizaevdidhyais, no wscnaysae laf.taThuhe kdn or wnyleaddgaen amboenugt etthaheus eklefbeeqraudaalasnntoyathseebeklnuomwnlyead, gseaat b on utdatnhe atman and the knowledge about Brahman.

On that account, Meditasi Bio Energi-Ratu Bagus 177 for those who have mastered Atmavidya or Brahmaidya, they

definitely know about their own self and previous existence, current existence and future existence. Human beings of this quality is very rare, therefore most of them remain to be bonded by past karmic nodes so that to wake up their Kundalini they call for the initiation of a preceptor. \_ Gbr. Transfer Energy pad Bag an Punggung karena adanya gangguan Figure: Energy trans CfhearkartatjhaentbuancgkjdguaeBt osadsiseobardgea r lonn s haesa rt's chakra can also be done as initiation.

lustras gambar d atas, seseorang s mpul karma masa lalu yang kurang ba k bahkan membentuk gulungAans iyllaungstradteemd bky anthesepmicetruawreuat,bomvaek,aon ae wakhaon hmasenlejussmgpoa od pabsatnkyaakrmmicasnaoladhes,daalnadm evbeernkofmorumn skassu chdeangcaonmpenliecragt edsecmoeils.taO, n thkaatraecnaoeunnetr,gh edawlaimll edn rc onuyantbeerlsuommbeanpgrokb tl.eOmrasnign ycaonmgmduemni cka atinng toSuenbiavbebreslaaljaernmereglaylub egcuaruusaedathlaehebneelarjgayr ywanitghpinalh nigmsahasd nhoatdgapoatnup yeTtuhSanu.cKh apreensao ntusBhhoaugladvcaodgmitea alVnd.34sumbemnyitahtaiksafna:te to established precepttoiÜr.i×Bep[ic,apuatsene,plierpa[èrn{eninsgevytah-rough preceptor is the most legal before £Gpodde+y. iBNthatge Daavna' dDgainitnaStIVÑv.3di4xRnsa"y-s- : 178 Meditasi Bio Energi-Ratu Bagus

tiÜi× p[i,paten pirp[è{en sevya - £pde+yiNt te Dan' DainnStÑvdixRn" -- tad viddhi praóipàtena paripraúnena sevayà, upadekûyanti te jñànaý jñàninas tattva-darúinaá.

'Learn this prostrating, by asking questions, and through service. The wise ones who have seen the Reality will instruct you in this knowledge.' From time immemorial up to now, spiritual problem is considered something too much covered by mystery that is hard to unveil. Many people consider spiritual problem a dark channel without any light at all. In such condition, a beam of light exuded by firefly will be useful as a clue to find out the end of a lane. The need of light in passing through the darkness has the same importance as the one exploring the spiritual path.

Even, some books state the presence of preceptor is something absolute. Daryai Lal Kapur (1990) described that out of 8,400,000 types of life existing on earth, the ability and privilege to obtain self- recognition and rendezvous with God is only given to human being. Other kinds of life that is lower than human life does not have this opportunity. Gods do not have this privilege.

On the contrary, human beings having very limited life is bestowed an opportunity to perform research on who really God is and who really he is. To carry out this research, we are unnecessary to go anywhere. Our body poses a laboratory where the research can be conducted. God should be explored within ourselves. The kingdom of God lies within us. Our body denotes the House of God where He abides. It is only there He should be found out. To enter into His Kingdom,

we call for a guide. Without the help of an experienced ship's captain, we cannot explore this unmapped vast spiritual ocean. People cannot pass through this weird road without an escort.

The escort should be a Perfect Satguru that can bring us to the most sublime places, free from death and doomsday, so that we are unnecessary to reincarnate to this world. Our soul is a drop of Brahman's ocean, fragment of light of the supreme light. However, due to its involvement in mind and matters, so the soul has become so impure and does not recognize its sublime identity and its relation to God. All miseries and sickness affecting human beings is caused by our separation from God, and the only one medicine for that purpose is that we have to come back to Him. This world is not our house of origin.

Soul poses a drop of water in the ocean of Happiness and Energy from where we have separated for millions of years ago. Though the soul constitutes a beam of pure light of God, it has sunk into the mud, soil and water. Like brown milk and stone placed on a container. It is desire to unite them becoming the root of all sickness and difficulties. Human body is the living House of God. This house having nine doors is where God abides. No body will ever encounter Him outside. All sages, maharishis who have made spiritual investigation, agreed that the Kingdom of God **exists within us. We** are unnecessary to search for Him outside, human body is microcosm and the Creator dwells inside.

To walk, talk, eat, wear clothes, or play we need to learn. Since childhood, we do nothing but learn from a teacher. We may call the teacher as father, mother, brother or friend. However, before we have a seat on school's chair we have learned from them. Having seated at school's chair, for every lesson we have to



learn from different teacher. All sages emphasize on the necessity to have a Perfect Satguru because there are so many risks in spiritual path. Only can Perfect Satguru save us from such risks. If we are a wise person, we certainly take an escort, namely "guru." Maharaj Baba Sawan Singh in Daryai Lal Kapur (1990:7) said that if we would like to have a seat close to God, we should go and sit near a person who comes from God.

Do not see the appearance or race. However, see him in terms of his capability of showing the way. Knowledge about and spiritualism cannot be obtained without the help of soul that has apprehended God. Whoever would like to enter into the more sublime spiritual realm within the self, and achieve the royal palace of God, he will of course feel the need of a guide. Nevertheless, we should be careful to find out an escort or guru. Furthermore, Sawan Singh Ji in Daryai Lal Kapur, (1990:37) says that there are two things that should be worshipped, namely Satguru and God. Probably, you will ask a question why Satguru is given priority to worship, not God.

Its answer is that all sages say that God is always close to us and even He dwells within us. Yet, without the grace of a Satguru, nobody can see Him. God is always with us and dwell in ourselves. Nevertheless, we all know whatever we have experienced with our ignorance. Satguru comes and makes us met God. That is why the worship to Satguru is given priority rather than to God in spiritual learning. Sawan Singh Ji in Daryai Lal Kapur (1990:38) added one that can help us at the time of death and accompany us to courtroom, is only Satguru. Here is we need to be careful in choosing a Perfect Satguru.

At the time of death, the withdrawal of soul causes extraordinary pain. However, a spiritual student who is combating against his death, when he sees his Satguru

suddenly comes, he feels very delighted and happy, transcending what he felt on the days of his marriage. A Satguru will never say that he is a Satguru. He says, "You may call me as a brother, friend, preceptor, son or servant. However, please do what I say and come in. If you have been successful in this matter, you will be able to see by yourselves what position and authority is owned by a Satguru.

After that, you may call me whatever you like." No sage admits himself a Satguru. They always call themselves a sevaka (attendant) or servant (das). A Satguru comes to give not to receive. They always live by means of their own work. In harmony with the description of Sawan Singh Ji above, the importance of initiation or guidance of a Satguru, Ratu Bagus also said, "In learning everything you should look for a preceptor that is really worth to bear a predicate of preceptor, not only just bearing a predicate of preceptor. On that account, you should search for a preceptor by examining whether he is a real preceptor.

It is easy to know whether you have met a pure preceptor, if there is any preceptor that dare assure his students until crossing the fire of hell it is a real preceptor. If you have encountered such a preceptor, never leave him. Ask for his guidance, grace or initiation, whatever you may call." Furthermore, Ratu Bagus added, "O my students, I indeed give you initiation to all of my students. My initiation is not the same as that of other preceptors. I do not oblige my students to bring particular upakara (oblation) for initiation. For those who have brought the oblation, I initiate them by such oblation, while those do not bring it, I will initiate them with appropriate manner for him.

My gaze is initiation, my caress or my touch, or even my snarl is initiation. Therefore, all students receive my initiation."

4.7.3 A Touch of Ratu Bagus Bio Energy and Initiation Ratu Bagus described that blood circulation in the body of one who is healthy will be normal. Normal blood pressure makes the blood circulate to the entire cells within the body. On that account, no part of the body lacks for blood or oxygen. At the same time, it will also make all chakras function optimally. Usually, the disorders on the condition of chakra are influenced by physical condition.

On the contrary, damaged cells of the body will influence the chakra system. Normalization of the chakra system should be undertaken coincidentally with the abnormal cells. To do such treatment at the same, it can be done by shaking. In the shaking activity will be seen which parts are abnormal. By giving persistent attention, good treatment, particularly caring by affection, chakra and damage cells will revive. For badly damaged cells and seriously depraved chakra, Ratu Bagus should intervene to disassemble the plugs of chakra belonging to students or patients. Any gentle touch denotes a healing process and initiation of Ratu Bagus to one he touches. \_ Gbr.

Transfer Energy pada Bag an Dada karena Chakra Jantung Figure: Transfemr eonfgaelanme rGgayngtgouatnhSeekcahl geusstseabraegaa blne sc aasu se the heart's chakra undergoes disorder and initiation at once.

\_ Figure: TGrabnrs. fTerranosffeerneErngeyrgo npatdhae Bshaog  
ualIndeDraadnadkaartetnhaeCshaamkreatiJmanetufnugnctions as mengalam Gangguan  
Sekal gus sebaga In s as initiation. Thus, the chakra system can work normally. Gbr.  
Transfer Energ pada Bag an Pundak Sekal gus sebaga In s as Dengan Itu S stem Chakra  
dalam Tubuh Kembali Normal

184\_Meditasi Bio Energi-Ratu Bagus



CHAPTER V EXERCISE PROCEDURES OF RATU BAGUS BIO ENERGY MEDITATION SYSTEM AND ITS VARIOUS BENEFITS 5.1 Pelukatan at Ganesh Statue Prior to joining the exercise of Ratu Bagus Bio Energy Meditation, everybody should attend a spiritual purification in front of Ganesh Statue.

It is located right in front of the arched entrance gates, before turning right heading for the centre where exercise is held. The performance of pelukatan or spiritual purification in front of Ganesh Statue's altar has the purpose in order participants joining the exercise would not find any obstacles. Ganesh represents the manifestation of God that can keep human away from any obstacle or disaster.

Such a belief should have grown in the heart since the beginning after executing the self-purification in front of Ganesh Statue in order his mental acquires positive hypnotic power. The method is very effective to dig out one's spiritual potential that was previously deeply buried in the bottom of his ignorance. Respect, submission or humbleness is very important to create since the very beginning because all over the world, wherever the Hindu spiritual is taught, procession in front of Ganesh Statue is highly emphasized.

Even, today many non-Hindu higher education institutions across Indonesia, either state-owned or private-owned, adopt the Ganesh icon. They use it because they believe Ganesh also symbolizes intelligence. By installing Ganesh icon is expected that their intelligence will be open. There are many stories in Puranic scripture telling about the brilliance of the Lord Ganesh.

Through this explanation, we hope that all participants joining the **Ratu Bagus Bio Energy Meditation** exercise could understand the reason why the spiritual purificatory process is performed in front of Ganesh Statue's altar.

Participants are not distinguished based on Hindu and non-Hindu. Everybody can join without the existence of negative feeling or prejudice. All participants should discard their mental pressure and mental burden because during the exercise participants will under something new that will be never encountered at any places. Each experience should be necessarily the same. They will go with their own experience. 5.2

Entering into the Taman or Exercise Centre Having completed the pelukatan or purification procession in front of Ganesh Statue's altar, participants resume entering the centre, namely the venue of performing the **Ratu Bagus Bio Energy Meditation** exercise that commonly known as taman. Firstly, having entered the centre, participants should say prayers prior to commencing the exercise. For the Hindus bringing some oblations, the worship will be chaired by one the existing seniors. The Hindus who do not bring along with oblations, they can join the worship where the means of worshipping like canang, flower and incense stick will be provided by **the Ratu Bagus ashram** or by attendant in charge at the centre.

Meanwhile, non-Hindu participants from several countries can say prayers pursuant to the own manner. The worship given is flexible and universal. It is not forced to do it in particular manner. No matter how they do it, it does not matter. Most importantly, every participant says prayers before performing the exercise. Its main purpose is to take all humankind to come back to their God.



5.3 Performing Shaking and Exercise by Standing up Ratu Bagus Bio Energy Meditation cannot be assumed the same as the terminology 'sitting silently, focusing the mind while closing the eyes'.

The exercise of Ratu Bagus Bio Energy Meditation is begun by shaking activity. It is an activity of "moving and pounding the palms onward and directed to the photo of Ratu Bagus. One can stand up and once a while can also sit down, particularly for beginners that cannot help standing." Conceptual reason of using standing up position in Ratu Bagus Bio Energy Meditation is that by standing up, the movement will be free, more flexible, and easier to adjust to the emerging movement as spontaneous and natural reaction appearing due to the effect of shaking.

Before undertaking the shaking, all participants are first say greeting in the heart to three personalities: 1) Om Swastyastu Ratu Bagus 2) Om Swastyastu Bhatara Lingsir Ring Gunung Agung 3) Om Swastyastu Bhatara Surya Explanations of the salutation giving above are as follows: The first salutation giving is dedicated for Ratu Bagus in the hope to establish a spiritual relationship among the participants of Ratu Bagus Bio Energy Meditation exercise. Ratu Bagus is the preceptor of Ratu Bagus Bio Energy Meditation. By saying salutation, all participants place themselves as the ones needing for guidance. By such a salutation, it spiritually means that there is recognition from the students' party that they call for his guidance.

As a preceptor, Ratu Bagus is responsible for the spiritual safety of participants. Like a mother of chickens, Ratu Bagus becomes the protector of those chickens he hatches. Like

an umbrella, Ratu Bagus will always shelter his students. Respect salutation of the participants intended for **Ratu Bagus is a** means to grow the affection among the students and their preceptor. That matter does not oppose the order in spiritual learning. The second respect salutation giving is intended for Ida Bhatara Lingsir ring Gunung Agung standing for the respect of all participants of **Ratu Bagus Bio Energy Meditation** to the manifestation of God that is believed to abide on the Mount Agung.

It is important **to be undertaken by** all participants because the knowledge received by Ratu Bagus was based on direct guidance of God's manifestation dwelling on the Mount Agung. Therefore, Ratu Bagus is analogous to establish a student-preceptor relationship to God in person through God's manifestation abiding on the Mount Agung. By giving respect salutation to God's manifestation delivering knowledge to Ratu Bagus, means all participants have respect the preceptor's preceptor.

This matter is pursuant to the norms or sacred laws in student-preceptor relationship as mentioned in the scripture Manava Dharmasastra saying, "A student should give the same respect salutation to preceptor of his preceptor". The third salutation is for Bhatara Surya. This salutation said by participants is earmarked for God in His manifestation as Bhatara Surya or God Transcending Sunlight. It aims at invoking blessing and enlightenment from divine light of God. Participants expect in order their measures are guided by the bright light bestowed by God. Through this order, it can be known that **Ratu Bagus Bio Energy Meditation** leads every participant to the light illumined by God.

Having said the three salutations is time to begin the shaking and it should be done in open eyes by looking at the photo of Ratu Bagus.

The three respect salutations are uttered repeatedly together with the shaking while feeling the flow of bio energy or bioelectric flowing throughout the body. If shakings are performed earnestly and wholeheartedly, the shaking movement will result in huge vibrations on the entire limbs of the body. Firstly, vibration can be felt on the palms, arms, shoulders, chest and finally on all limbs of the body. When limbs of the body move, such limbs will be felt like being thick and having cramps as if there were electrical currents or electrical field at their surroundings.

Whatever is felt is unnecessary to be worried because after shaking is carried out all can appear as reaction toward illness suffered from. Gbr. Seorang yang sedang Shaking A participant is performing the shaking. Adanya medan magnet atau medan listrik yang dirasakan pada waktu shaking bukan suatu hal yang rasional atau gaib, sebab medan RmatauBnaegtusaBtaioupEunenrgmy Mededaintatli osntr k yang d rasakan d sek tar tubuh k2 t0a9 pada waktu shaking adalah sesuatu yang benar-benar ada d sek tar k ta.

Hal itu terjadi, karena waktu telapak tangan dihadapkan ke foto Ratu Bagus dan gerakan bolak-balik, menyebabkan adanya

The existence of magnetic field or electrical field sensed during the shaking is not something irrational or magical because magnetic field or electrical field felt around our body at the time of shaking is something real around us. This matter occurs because when the palms faced to the photo of Ratu Bagus and moved vice versa cause the existence of repeated air frictions. Condensation principle says that the scraping air can raise an electrical charge in the air. Meanwhile, the principle of charge in magnetic field is that an object with a charge rubbed repeatedly vice versa will cause the object to have a charge.

Therefore, it is very scientific if participants feel themselves to vibrate like feeling the existence of electrical current or magnetic field. Magnetic energy or electrical energy produced by shaking is called bio energy in the Ratu Bagus Bio Energy Meditation. 5.4 Shaking and Various Forms of Emerging Movement The suggested movement is shaking only. Nevertheless, it will emerge some movements as an effect of shaking movements. At the time of shaking, the position of palm is open upward, toward the photo of Ratu Bagus installed in front of the exercise's altar.

Ratu Bagus' photo as a medium in meditation system is known as tratak or visualization to make the concentration easier. By palms onward, the air friction will directly affect the palm. At the same time, it is useful to add the sensitivity of the palm in feeling the existence of energy. Because of the chakra, the palm will be getting more active by such shaking. By the active chakra of the palm, one will have a capability to detect the existence of energy and progressively is able to exude the energy.

At the beginning level of performing the shaking, it will arrive at the phase where the energy is felt to enter from upward, and then the head feels like being thick as if there was electrical current. In addition, every joint of the hand is felt like painful.

This pain will make participants reluctant to do the shaking. This feeling denotes an examination in performing the shaking. If participants can ignore this reluctance, they will pass the first phase examination. Having passed through such unwillingness and keep on performing the shaking, the shaking exercise becomes something absorbing. Afterwards, there is also a situation of exercise where participant will feel the energy coming in through the foot. Occasionally, this experience will be felt by participant with the symptom of illnesses like stroke, uric acid, rheumatism, osteoporosis and so forth. At this phase, the whole foot will feel painful and even emerges a reluctance of performing the shaking.

If both tiring conditions above can be surpassed, the next exercises will be absorbing because the soul inside will join the dance happily when the shaking is performed.

Figure: Shaking

enggannya dan terus melakukan shaking, maka latihan shaking menjadi sesuatu yang menyenangkan. Selanjutnya, ada pula suasana pada proses latihan dimana peserta latihan merasakan energi masuk melalui waktu istirahat.

Pada tahapan, keseluruhan akan terasa pegal-pegal pada bagian-bagian tertentu, adapun perasaan yang dialami oleh peserta latihan akan berbeda-beda tergantung intensitas latihan yang dilakukan. Hal ini disebabkan oleh perbedaan kemampuan fisik masing-masing individu. Namun demikian, latihan ini dapat meningkatkan kekuatan otot dan daya tahan tubuh. Selain itu, latihan ini juga dapat meningkatkan sirkulasi darah dan metabolisme tubuh. Dengan demikian, latihan ini dapat meningkatkan kesehatan secara keseluruhan.

Referensi: Khasanah, N. (2010). *Latihan Shaking*. Jakarta: PT Gramedia Pustaka Utama.

t bwa-itt hbina \_tsheesier obroandgy. Vmiebnragteiolunariks afneltbflerobwaignag  
pgeersaisktaenntlyyatnog thte dak

pernah d bayangkan sebelumnya, mereka akan merasakan seperti beerjnotgireedb,  
obdeyr.putar, jar -jar gemetar seperti mau terbang, dsb. GFbirg. uSrhea: kS  
hnagkisnegpemrto vbeemrjeongteldo,obkesrlpikueta dra, nsecipnegr,t  
romtaatu intge,rbgaoninggdtaonflsyabnadgas onya Selanjutnya, orang-oranfogrthy.ang  
dalam keadaan sehat akan merasakan adanya al ran panas dalam tubuhnya, sedangkan  
orang-



orang\_Tyahnogsesamka tkeakRanatumbEraagsuaskaenasaille rrainn dd entge  
cntindgalathme tiullbnuehssnya.

Gestuafrfaenrehdarbuys dh irsaspaaktaiennttesruosf msteundgeanlt sr. kOe nsetlhuarut  
hactucbouuhn.tS, eRmautua tu meBmapgeursmduodeash nRoat  
tuhinBdaegrusevdearlyamexmpreeds stieokns thpaetnyeamke trgyeasngfrodmdap the  
participants.

Even, they are ignored to emerge, as it is the Meditasi Bio Energi-Ratu Bagus 191

easiest way to identify the complication experienced by his students. Ratu Bagus knows when he should provide an additional energy for his students. Any time, Ratu Bagus will approach his students silently calling for additional energy or releasing his students from the obstacles. 5.4.1 Shaking to Engender the Form of Mysterious Movement Having performed shaking movement, many people suddenly feel their body to vibrate fast. Similarly, they make movements that are difficult to imitate.

Meanwhile, some other quiver like being hit by cold air or straddle like being inducted by electrical current. Their feet will stand on tiptoes or stamp on with force like the dancer of Tandava or Sivanataraja. They are difficult to describe what they feel. At the beginning, they feel worried. However, due to the presence of Ratu Bagus accompanied by some seniors giving continuous spirit by saying that Ratu Bagus is always with them. At the end, many participants highly enjoy their hysterical movements while shouting as loudly as possible. Ratu Bagus only watches and let them as they are in order participants can release their mental burden satisfactorily.

On that account, everybody is free to do the movement, enjoy the situation and condition in the exercise. No restriction or regulation prevails to arrange them. Every participant may do anything. However, shaking becomes an initial requirement because shaking will lead them to the expression of the next karma.

Figure: Soul's expression is just like Shiva Nataraja Dance



5.4.2 Shaking to Engender the Form of Movement with Laughter The **Ratu Bagus Bio Energy Meditation** can be viewed as spiritual exercise or alternative therapy or spiritual sport.

Even, because of its exercise emphasizing on the making of convenience for its participants makes the **Ratu Bagus Bio Energy Meditation** a very enjoyable activity. People who are so closemouthed along their life due to miseries, difficulties, depression and so forth suddenly can help guffawing. Expression of the sense of freedom is thoroughly felt by participants of **Ratu Bagus Bio Energy** Meditation. They can laugh as if they would like to respond one another, so that they laugh one in another like a choir entitled "Laughter".

That is the reason why many people equalize this **Ratu Bagus Bio Energy Meditation** as 'laughing therapy' because in its exercise occurs a free laughter, without restriction. On that account,

agar peserta latihan tu puas untuk melepaskan segala beban batinnya. Oleh sebab itu setiap orang sangat merdeka untuk melakukan gerak, menkawat, dan kondisi dalam suasana latihan. Tidak ada batasan atau aturan yang tidak boleh begini atau begitu. Para peserta boleh melakukan apa saja, tetap shaking merupakan syarat awalnya. Sebab shaking adalah yang mengantarkan kepada ekspresi karma manusia. Ratu Bagus Bio Energy Meditation feel and experience a freedom in life because they feel to laugh freely, move 5.4.2 Shaking Melahirkan Bentuk Gerakan yang Disertai freely, with Toer tarwegaulated by firm norms.

Due to the same reason, this Bio Energi taM eBd iotaEtinoenrg isRaaltsuoBcaaglulesddaapsamt de dpatnadtaiionng osefbfargeae dom, latihan sp r tual atau kebatnan, juga dapat dianggap sebagai terapi alternatif, juga dapat dianggap sebagai sebuah bentuk olahraga sp r tual.

Figure: \_Gbr. Bentuk gerakan yang d serta tertawa Types of movement accompanied by  
\_ laughter



Meditasi Bio Energi-Ratu Bagus 193 5.4.3 Shaking to Engender an Amusing Movement While Hysterically Weeping As explained above that after performing the shaking, for some minutes at the beginning, one's body will feel hot or cold.

Heat of the body indicates that such person is in good condition, while the cold indicates that he is less fine or there is something wrong with his health. Having been hot or cold, participants should perform their shaking. By persistent shaking, they will get much experience appearing spontaneously from themselves. As if the shaking became bait in order the soul could express its own condition. Having performed the continuous shaking, many participants of Ratu Bagus Bio Energy Meditation suddenly cry hysterically.



for shy participants, they will be difficult to move. They only move a few.

However, when arriving at mood between internal and external condition go in harmony, the shyness of participant will disappear and draw their respective dance of soul. Everybody will feel how he dances in the best manner in the exercise. The more music is heard the more absorbing it is. The more people shout hysterically the more absorbing will be. In such condition, some are moving around like a spinning motion, while others feel like to be onboard, like a kite flying high in the sky and being afraid of falling but absorbing.

In the meantime, there is also participant, who feels like evolving on the axis of big wheel where at every bar of the wheel lies the face of gods. The last story was told by a participant who is Pandita or Hindu priest. If participant arrives at the experience as described above, he will not willing to stop shaking because seeing the face of gods in life is an aspiration of everybody. Do the readers want to see the face of gods or their manifestation in this life? If so, shaking can offer the opportunity. 1 2 3 Figure: BasGicbrm.

Doavseamr geenratksaon fMReda ttuasB Ba gouesneBrgi oREatnueBraggyusMeditation

196 \_Meditasi Bio Energi-Ratu Bagus

Gbr. Gerakan ekspresi jiwa yang bebas Figure: Movement of free soul's expression  
Meditasi Bio Energi-Ratu Bagus 197

1 2 3 4 \_ Gbr. Gerakan ekspres jiwa yang bebas

198 \_Figure: Movement of free soMued'sitaesxipBrieossEinoenrgi-Ratu Bagus

5.5 Benefits of Shaking for Various Healings This explanation cannot be assumed as promotion. Yet, all evidences can be proved through the shaking exercise. Other than this explanation, there remains a comprehensive and authentic benefit of this shaking exercise.

The readers, who have read the result of research written in a book by I Ketut Donder (2009) entitled **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus dan Fenomena Eksotis Kesadaran Kosmisnya**, will encounter some witnesses on the benefits of this shaking. Those witnesses are not only from the Muncan Village itself or from Bali Island only, but also from several regions across Indonesia and the **students of Ratu Bagus** from many countries. All witnesses stated to have recovered from various severe illnesses only through simple shaking movement. That is why the shaking of **Ratu Bagus Bio Energy Meditation** is getting more famous in the world. 5.6

Mind and Kundalini Sivananda (2005) described that Kundalini denotes a coiled power like a dormant serpent with the head faces downward at muladhara chakra. This **chakra is the centre** of energy analogized to the form of lotus leaf dwelling **at the base of** coccyx. This centre of energy is connected to pràna and pràna is connected to mind. A Vedantin taking the Jnana path, even though he could obtain jnananistha (supra consciousness state) if only his Kundalini gets up.

One will **not attain the state of** supra consciousness or the level of samadhi without experiencing the awakening of this main energy, no matter whether he decides on Raja Yoga, Bhakti Yoga, Karma Yoga or Jnana Yoga.



Kundalini shakti can only be awakened if the mind has been free from passion and desire. When the Kundalini is awakened, the mind with pràna and soul will enter the sushumna and all kinds of perceptions will exist in the mental chamber (chidakasa). Having awakened the Kundalini, pràna will soar upward through sushumna or Brahma artery in the backbone together with the mind and Agni. At that time, the yogi will be free from physical consciousness.

Soon after the Kundalini was **awakened for the first time, a yogi** will get six kinds of temporary experiences, namely: 1) Ananda (spiritual happiness), 2) Kampana (vibration at several **parts of the body**) 3) Udbhava (uplifted from the ground in his sitting position) 4) Ghurni (divine ecstasy where the body moves by itself) 5) Nidra (sleep), and 6) Murchha (unconscious state) After **the awakening of Kundalini,** it should be taken to the highest centre of energy, namely sahasra chakra. When Kundalini moves from one chakra to another, so layer by layer the chamber of mind gets to open. Afterwards, the yogi will encounter various kinds of happiness at every centre of energy entered into.

At every centre of energy, he gets different experience and power. He will get an authority to control the five elements. He will understand the universe **in the form of** its causal and subtle form. He will get comprehensive knowledge on various kinds of causal consciousness. In addition, when the Kundalini has attained the sahasra chakra, one will dwell in the chidakasa (knowledge realm).

It is the impact obtained by a person after he can control his mind. However, to control the mind, one needs a very long spiritual exercise. Swami Sivananda himself realizes that it is very important to conquer the mind in order to control the body.

Sivananda said that most people's mind is under control of their body. Therefore, their mind has more things to do with physical consciousness. They forget to uplift the human beings until the spiritual consciousness. For this purpose, the exercise to awaken the energy of mind denotes something very important. When one successfully controls his mind, he will get the control over the body. Body is merely a reflection of mind. Body is merely a construction made by mind to express itself. The body will serve as our slave when we have successfully conquered the mind. 5.7

Shaking, Effective Method to Conquer the Mind As admitted by scriptures and sages that conquering the mind is not an easy task. The mind is like a wind that is hard to control. The mind is like a wild horse that is hard to control. Controlling the mind is equally difficult to catching a bird in the air. Within spiritual discipline, like performing meditation, the mind becomes the central subject matter that should be handled seriously. Handling this mind denotes an activity spending the most energy. Many people fail in their spiritual discipline because at the end they were defeated by their mind. There are many hints from several books on how to conquer the mind.

There is one saying, by looking at a particular object or by listening to something, while others suggest following the wander of the mind until it is saturated, and so forth. However, it takes a very long time.

Today, shaking provides the solution on how to conquer the mind. Shaking is a method of Kundalini awakening created by Ratu Bagus denoting a hand movement in such a way in the air as if the shaking movement pushed repeatedly toward the photo of Ratu Bagus. His photo functions as a medium. When one perform the shaking wholeheartedly, at the beginning the condensed air due to hand movement will form magnetic fields and then turn to electrical field.

By the formation of such spiritual electrical fields around the body, the quality and quantity of bioelectric within the body will increase. This condition will make one have a capability to control his mind. The induction of startling shaking energy can make the mind stunned. Accordingly, by shaking the mind is easy to conquer. 5.8 Shaking as Caru or Spiritual Exorcism Now, there is a belief among the Hindu devotees (especially in Bali) in a ritual called Bhuta Yajña, notably the caru or exorcism rites **in the form of** an offering of raw animal's flesh.

They have confidence it as beneficial ritual to create harmonization because the ritual is trusted to neutralize evil elements. On asking about the truth on this ritual, we will get response that it would be give back to the doer of ritual. Many parties always responds that ritual is the matter of religion, and religion is the matter of belief. We may and may not believe it. Of course, this answer does not satisfy the current generation demanding more arguments. Many intellectuals put into question the meaning of rituals, while they do not attempt to dig out the meaning of religious rites through their own discipline of knowledge.

In terms of cosmology, all religious rites can be explained logically and scientifically as described in the books by I Ketut Donder on Kosmologi Hindu (2007) and Teologi Sosial (2009).

Every form of ritual will lead its devotee to meet its level. Anthropologically, ritual denotes the form of the most ancient culture in the history of human being. On that account, particular people will consider ritual as wasteful thing as it has been old-fashioned, primitive and so forth. This view is not completely correct and entirely incorrect because in the midst of this super modern world life, human being with super primitive character is easy to encounter, and as long as human being exists, primitive life will never disappear from this world. Moreover, with the existence of Orientalism study that indeed means to marginalize the territories of particular country in order they remain to maintain their primitivism, so the primitive value becomes an expensive export commodity.

Consequently, religious figures feel unnecessary to interpret the rituals as they have high selling price. This reason is certainly only correct in the framework to make the ritual values as a commodity, not for the sake of Hindu theology. Scientific explanation by Ketut Donder (2007) in his book entitled Kosmology Hindu, described that the ritual of animal sacrifice can be viewed as a human effort to absorb the cosmic light coming from celestial objects and to neutralize the negative influence existing on earth having negative impact on human life.

These arguments can enrich the knowledge of Hindu devotees on the three levels of societal knowledge, namely the level of bhakti marga, karma marga and jnana marga because the oblatinal means, ritual activity and impact of ritual can directly influence the mind condition of the community. The most important in the organization of ritual is the condition of collective mind of the community. If the collective mind has

been positive, the macrocosmic realm will automatically be positive because the condition of surrounding nature denotes the reflection of collective mind of the community.

Philosopher Rene Descartes said, "Cogito ergo sum" or "I think, therefore I am". If this sentence is considered a differential sentence, so analogically the sentence of Descartes can become the first derivative (Y1) saying, "I think that this universe is harmonious, so the harmony of universe is created". Then it becomes the second derivative (Y2), "The community thinks that by the performance of caru ritual the world turns harmonious, consequently the universe becomes harmonious."

These argumentations are less acceptable to the community belonging to raja marga followers because according to raja marga, any ritual undertaken including for the sake of harmonization of the universe should be begun with vibration of positive mind. On that account, the followers of raja marga consider that the essence of ritual is sacred soul. Shaking is the response on the question of harmonization between macrocosmic and microcosmic realm. Its complete explanation is "Persistent movements vice versa result in condensation of the air around the hands. Condensation energy around the hands conducts to the entire body and eventually enters into the centre of mental consciousness.

Mental consciousness is the consciousness related to cosmic consciousness. Therefore, coincided with the shaking is also occurring the process of acceleration and or harmonization of charges in the condensed air and finally flow through the foot downwards and enter into the ground. This is an argument of shaking that can function as a means of caru sacrifice.

1 - 3 Hz 4 - 7 Hz 8 - 13 Hz 14 - 28 Hz Bhuta/Bum Gbr.

Shaking Sebuah Caru Sp r tual untuk Menc ptakan Keharmon san Alam  
FigSuerme:eSshtaakMineglaalus SNpeirtirtaula slaCs aAruntaoz Cr-raenaatez Hr  
AarlmamonMizaattieorn (oBfhUutnai)v,erse through  
Neuβtr=ali1z4a-t2io8nHozf,maa=te8ri-a1l3(BHhzu, t?a)=e4le-7mHenzt,sdo=f  
N1-a3tuHrez, β = 14-28 Hz, a = 8-13 Hz, ? = 4-7 Hz, d = 1-3 Hz

204\_Meditasi Bio Energi-Ratu Bagus

1 - 3 Hz 4 - 7 Hz 8 - 13 Hz 14 - 28 Hz Bhuta/mater al Bum  
FGigbur.reS:hSakhiankginagdailsahSpCiarirtuuaSlpC r atruualtyhaant gshMouesldt bDe  
lpakesrfaonramkaendobleyhhSuemt aanp ubmeiantg Manus a untuk Tujuan Menc  
ptakan keharmon sas Alam Semesta  $\beta = t1o4-c2r8eaHtez,haar=m8o-n1i3zaHtzio, n?$   
 $o=f4t-h7eHuzn,ivde=rs1e-.3$

Hz  $\beta$  = 14-28 Hz, a = 8-13 Hz, ? = 4-7 Hz, d = 1-3 Hz Meditasi Bio Energi-Ratu Bagus  
205



Having the cosmic consciousness progressively increased on one's self, he will be able to perform the caru ritual anytime and anywhere. Ratu Bagus has performed the caru really for the sake of universal harmony. Suryasevana performed by panditas (high priests) actually poses the form of caru where panditas themselves are the means of sacrifice, presented by them and witnessed by them. When there is a Pandita sincerely considers himself a caru for the harmonization of universe, at that time the world will turn peaceful. .

Figure: Ratu Bagus is offering himself witnessed by the universe and represented by Orbs welcoming the oblation of Ratu Bagus.

\_ Figure: A yogi who has accomplished to present himself as a sacrifice for the universe and dissolves inside it.



CHAPTER VI TESTIMONIES AND COMMENTARIES OF RATU BAGUS' STUDENTS FROM SEVERAL COUNTRIES 6.1 Introduction by Thierry Renard It may not be a coincidence – as a matter of fact it isn't – if you are holding this book. Books often choose their readers as they initially choose their authors, not the reverse. This is particularly true for this book, essentially a "nonbook". It can be read and understood only with the heart and not, or very little, with the mind.

It concerns the extraordinary source of loving and healing. Energy of a remarkable man: Ratu Bagus. Meeting and practising with Ratu Bagus is a life changing experience for everyone in search of authenticity, regardless of the physical, emotional, mental or spiritual reasons for doing so. His Practice opens up the way to our inner self, deeper and differently than any other previous experience. It reconnects us with the One Source. You are about to enter an enchanting and powerful world.

May true joy and endearing love be with you and with everyone who crosses your path. 6.1.1 Practice and Philosophy There is an ashram song that starts : "It's a long way to Ratu Bagus, it's a long way to go...". Ratu can show us the way, but we have to do the walking ourselves. Ratu's way is the way towards the light. He can make us feel the light - and the darkness – in our

bodies. Feeling the light with our bodies is quite different from meditating or imagining the light with our mind.

When light hits our b o d y, we feel electric, we start moving, shaking, screaming, crying – why? Ratu's light comes from a divine source, the highest vibration, the original pure energy that created life, that created us – little sparks of pure, divine light in crystallised form. This energy is highly intelligent. It knows our individual, special vibration; it knows our particular tune that connects us to the divine source and allows us take from it everything we need to realise our true purpose in life.

Why do we so often forget who we are and lose our connection to this divine source? It is because darker energies, vibrating at a lower frequency, want to become our masters. Often they infiltrate our energy body by stealth, through the temptations of a seductively affluent lifestyle, a well-paid job, a passionate love affair. They try to, and often succeed in, retuning our vibration to their own lower frequency and slowly contaminate our body and our mind.

They distract us from our original purpose and make us succumb to the lower emotions of fear, greed, jealousy, anger, sadness and so on. We no longer look to the divine light for our food. Our bodies slowly degenerate, our original vibration becomes distorted and our cell reproduction becomes faulty. Finally we fall prey to illness and a painful death that will keep our soul trapped in the lower vibration, unable to find its way back to the higher realms.

If this sounds a little too histrionic, we should perhaps take a lesson from the cutting edge of contemporary science – especially the work of the bio-physicist Fritz Albert Popp. As a result of his research into biophotons, he has come to the conclusion that

"coherent" light is the ultimate indicator of healthy organisms. Each atom carries a small number of light particles – photons – in its core. Many atoms group together to make up a body cell. All the atoms in this cell have to vibrate in harmony to make the cell "coherent". If a cell degenerates, it emits light, i.e.

it loses its biophotons – they escape through the cell wall and the cell slowly gets darker. It gets retuned to the lower vibration of an invading parasite that, in the final stages, literally makes our body fall apart. We die a painful death, unable to return to our original place in paradise. 6.1.2 "The Process" How can we prevent this common degeneration and retain, or regain, our physical, mental and spiritual integrity. Ratu has radiographic view. He can see all the dark spots in our energy body – and he has the ability to retune us to our original vibration, provided we allow him to clean us up! This is what in the ashram is called "the process". I like to compare it to tuning a violin.

When the instrument is out of tune, the music coming out of it is not very nice to listen to. Equally, when it is being tuned, the process is not very comfortable to listen to. The disharmonic vibrations grate on your ears, you grit your teeth while it's going on, but eventually the two strings are in harmony and the music coming out of the instrument is beautiful – until, a few hours later, the same procedure has to be repeated. It is very similar to what goes on when our body is retuned. While Ratu does his work on us, we feel extremely uncomfortable, we are in pain, we feel sick, we get desperate and depressed, all joy seems to be lost.

This is the moment when we have to start

our walk and fight our way back towards the light. The reason why we feel so uncomfortable during this process is because we have already fallen in love with our sickness, with our negative emotions and attachments, with our contaminated egos. And, most of all, the parasitic energies that have invaded us are putting up a heavy fight for their territory. They do not want to be chased out of their usurped house – our bodies and minds.

However, if we want to regain dominion over our lives and bodies, we have to fight back. Ratu can help us along the way, but we have to do the fighting ourselves. Whoever has had the courage and endurance to go through Ratu's energy laundry will testify that their lives have changed dramatically after the process. Illness of all kind, physical, mental or spiritual, have been reverted; relationships have improved; financial or professional difficulties have been resolved; life in general has become happier and more enjoyable.

However, just like the violin getting out of tune after a while, so do our minds and bodies. We are constantly bombarded by negative influences in our everyday lives. Unless we keep up the training, connecting to Ratu's energy regularly every day, we are likely to deteriorate again in time. Working with energy becomes a lifetime commitment – but few of us who have had experience of the benefits will mind. Ratu builds a kind of firewall around us, our auras get stronger, we become more sensitive to negative energies and are less likely to fall prey to any physical, mental or spiritual attack.

Ratu can take care of us wherever we are, provided we ask for his help regularly. Gratefulness along with profound affection is dedicated to Ratu Bagus who has blessed and inspired this book through his Energy. Similarly, sincere tributes are also extended to authors

who have contributed and shared their experiences touching the heart. Also, this gratitude is presented to Mariane Stacey who has rendered her contribution since the very beginning of this writing and also edited the testimonies accordingly.

Last but not least, special thanks is expressed to Thierry Renard who inspired the notions and untiring measures until a chapter of this book could be realized. We do hope that this book could become a valuable means for new students in undertaking the exercise provided by Ratu and hopefully this chapter could give explanation and introduction to work with his Energy. 6.2 Testimonies The following testimonies have been written by twenty-five different authors from many countries, each **in their own words** and style, each with their own insight and sensitivity.

As **a canvas to describe their Ratu experience**, they were invited to answer the following questions: **How did your and Ratu's paths cross, how did the Practice change your health and/or life, what does it mean to you on a day to day basis, in your personal and/or professional life.** Imagine airplanes flying in from all places and directions, airborne by Ratu's energy, heading to and finally landing into the one airport named Ratu Bagus. They have in common their sincerity and humility, their love for themselves and others and above all their thanksgiving for the Wonder.

As for their differences, they present a colourful palette of very personal yet converging experiences, which make the world a good and meaningful place to be.



## 6.2.1 Existence of Ashram by Marianne Stacey 6.2.1.1 Ashram and Social Programmes

The Ratu Bagus Ashram is a community comprising around 20 permanent resident Balinese people and, on average, around 20 to 30 Western visitors, who come to stay for shorter or longer periods of time for spiritual training and/or healing. As a rule, the Balinese residents are long-term Ratu students who came to the ashram because they were very sick. As they got better, they decided to stay on to help with running the ashram.

They look after the cooking, cleaning and building maintenance, and they also help new students with their training and assist them in any crisis they might experience. Foremost among them are Ketut and Sukri, who are Ratu's most senior students. They have devoted their lives to serve Ratu and they are the first line of defence in any energy-induced crisis. Their energy body is very clear. Ratu trusts them fully and often uses them as mediums. Then there are Nyoman Alit and Ayu, who give excellent, if painful, energy massages; Mbok Jaya who cooks for the Balinese community and goes to the market every morning to ensure there are enough supplies in the kitchen.

And there are the women making the offerings – little decorations woven from palm leaves and filled with multi-coloured flowers. These offerings are carried three times a day to the four corners of the ashram, and to the many smaller temples and sacred sites within, in thanks for the protection of the sacred energy that reigns within the ashram, and in prayer that the space may keep its integrity. And then there are the children.

They are the offspring of the Balinese residents, but some of them are also brought to the ashram because they come from afflicted families where there

may be a history of sudden infant death, or other risks to their well being, and the parents ask Ratu to look after them. Thus the ashram is impossible to imagine without the rumbustious sounds of children playing together, of their laughter, their crying and their occasional tantrums. They usually solve their little quarrels together, without much interference from the adults and that way they learn to become strong individuals at an early age. 6.2.1.2

The Social programmes Most of the Balinese ashram residents come from very poor backgrounds. Ratu cannot pay them a salary, but offers them food and modest accommodation. To make sure there is enough money available in case of emergencies, the Balinese families have started the ashram co-operative, a small capital fund from which they can draw loans on very flexible terms and at very low interest. The down payment to become a member of the cooperative is 1 million rupiahs (around £65 or €95).

Nyoman Alit and Wayan Sujana are in charge of keeping the books and the whole community is involved in deciding if an application to draw money from the fund is acceptable. Thus, on a very small scale, the ashram people learn about money management. Many of the Western residents have given donations to the fund. This is an excellent way of supporting the ashram community anonymously, without creating attachments on either side. 6.2.1.3 The Ratu Bagus Medallion Another social programme, which has proved to be highly beneficial for the ashram community is the Ratu Bagus medallion, Some three years ago, Ratu joined a network marketing

company, Questnet Ltd.

This company is active in over 100 of the world's poorest countries. It offers the opportunity to tap into an alternative source of income, coupled with training and motivation, to communities that have become apathetic about their material lives for various reasons : war, famine, sectarian fighting, or old-time colonial exploitation. Questnet's motto is : We want to make poor people rich! Learning about Ratu's work and mission, Questnet agreed to create the Ratu Bagus medallion, a 24 karat gold medallion, which is offered for sale on their website.

In this way, Ratu's name and work is promoted on a global basis, among Questnet's one billion plus customers worldwide. It has also attracted much attention to Ratu's work among the local Balinese population. There are many more local visitors to the ashram since the medallion's launch on 11th September 2005. Sales are healthy, and each sale brings a respectable commission to the people who joined the project under Ratu's introduction. Much more important, however, is the healing power and protection that the medallion offers to any sensitive wearer.

Gold is a high energy, natural material, and Ratu, having the powers that he has command over, has fashioned each medallion as an extension of himself. The medallion will automatically connect its owner to Ratu's aura; he will receive from it the specific vibration that is conducive to his particular needs. It has therefore become a most powerful tool in spreading Ratu's energy on a global basis, helping to realise his mission of bringing peace and love to the world.

#### 6.2.1.4

Future Plans As the ashram grows in strength and momentum, there are many plans for expanding the services it wishes to offer. Ratu has long been talking about founding a school for children from poor families, run by qualified teachers who are all Ratu's students. Another plan is to build a hospital for very sick, poor people, run entirely on energy-based healing principles, where patients will be guided to forget about being sick and remembering the happy moments in their lives.

This is a far better preparation for death that will bring them much closer to seeing and following the light when the moment comes. 6.2.2 The Desert of the Soul by Sanman from Switzerland Do we really want to waste our life reading the newspapers, playing digital games and fighting with our family while our soul is slowly dying inside of us? Do we want to make ambition, success, money, respectability and security the main contents of our lives, when there is so much more to be experienced? This potential fullness of life is what spirituality is all about.

What **is the basis of** spirituality? Spirituality is the belief or knowledge that the whole of life is governed by an infinitely wise divine energy. This energy pervades everything and is living in us. It also is the belief or knowledge that we have a soul through which we are connected to that divine energy, or God, as some people choose to call it. All that happens to us is good. Love is the key, and Life is sacred. Yet most people make the material world, the body and the mind the main priority in their lives. It seems to me important to return to the heart of our

existence, i.e. to make spirituality our main priority.

The religions and churches have failed miserably in making this point, since they became involved in trivial moralist arguments, which seem to them more important than the spirit. Only the right behaviour counts, only the belief in the letter of some old scripture, of which there are so many. The Hindu and Hebrew scriptures contain much violence, rape stories and other nonsense. The Christian bible is a collection of anecdotes and sayings that theologians have been arguing about for two thousand years.

It is true to say that some very simple and devoted people, who don't understand any theological subtleties, can experience miracles happening through their faith. Their understanding of religion is more essential than that of great scholars. Unfortunately we only sneer at their simple faith. But why should we try and discover truth in a book while life and divinity are surrounding us every day? These scriptures could be a help if we were open, if we knew how to read them without prejudices. But most of us are biased. And in this way the books become only a cause for confusion. We have to start trying to feel the divine energy in our bodies, which are very innocent, and in our daily lives.

After trying some of the esoteric traditions, the unexpected discovery of an incurable disease lead me straight to a Master in Bali whose work is deeply spiritual but also healing. His name is Ratu Bagus. He has been training Balinese people for 16 years and for about seven years many Westerners have joined him and visit his centre for one or a few months every year. The practice is incredibly simple. It consists of shaking vigorously, and in this way letting life energy flow through your body, moving the inner organs where most of our problems have their immediate origin. The effect of this simple exercise, on the other hand, is stunning.

Many illnesses start to emerge that will disappear again magically after a while. In the West we would go to a doctor to suppress these expressions of the body. Here nobody ever uses medicines.

Fevers, diarrhea, sinusitis, coughing, back pain, open or ulcerated wounds and similar illnesses disappear **after a few days** if you go on shaking. In some cases it may take longer. This phenomenon is called a "Process" in the jargon. The more you surrender gratefully to it the sooner it is completed. The explanation of a "process" is that once the life energy, woken up by the shaking, moves through your body it will hit on blocks and produce illnesses to release them. This energy is very wise and organises the whole network of your internal organs so that your whole body gets cleaned of old blocks. These blocks are not physical although felt as physical phenomena. They were created on a deeper, genetic energy level.

To deal merely with physical symptoms would never get the healing power in contact with the real causes on that deeper level. The next step, which **brings us closer to** the spiritual basis of this work, is that after a while you start getting sensitive to the divine energy itself or, which amounts to the same thing, you get sensitive to Ratu's energy. He uses innumerable tricks to make you stumble into this experience.

Ideally, your whole body gets "electric", which means that it starts shaking uncontrollably, you may get fits of screaming, move your body in wild ways, roll on the floor or hop around as if pushed by an unseen force. It also happens that many emotions come up during the shaking sessions. You may be able to hear the students crying, laughing or screaming in anger. It is very powerful for those who go through the experience, but it is also very healing.

Moreover, Ratu especially insists on "concentration", which means that the students keep focusing all their attention on either the mantra "om swiastiastu" or on his picture since otherwise it will be hard to oppose the dark powers (the mind, the instincts, conditionings from past lives). And a second important thing is "introspection", by which he means : watching the mind to eventually understand what has created the blocks and the illnesses.

Especially in healing, Ratu emphasises the importance of positivity, trust, self-love and surrender. Be positive towards yourself and positive towards others. In this way "the impossible becomes possible", as he loves to say. In the case of serious illnesses this inner attitude is absolutely indispensable. And there we touch on the essence of spirituality : a big Yes to the unseen power that rules our lives. Eventually, after all the cleaning out, you will be a free and happy human being. Living spiritually is a very practical affair.

It starts by feeling the energy of life in your body, by opening yourself to bliss and ecstasy, which are not abstract or poetic concepts but tangible vibrations that are all around us. Ratu's way leads you safely to a point where you can rise like a bird in the infinite sky and dance with the universe. Can you imagine how beautiful it must be to be in contact with the source of life itself, to be filled with and surrounded by the radiant and vibrant light of the divine? It is not so naïve as you might tend to think.

Many people have had similar experiences on drugs. How much more powerful must it be to get the real thing? It is not just a dream. Mystics all over the world have described the same experiences and have inspired innumerable followers to give up everything to find the only thing worth having.

6.2.3 The Best Is Yet to Come by Leo from Italy When I was young, I tried various spiritual practises and found Buddhist Vipassana a powerful meditation technique which helped me solve several problems and develop my consciousness.

Vipassana is a classical meditation involving sitting down motionless, feeling one's breathing and being aware of the distractions of the mind; very similar to Zen. I followed this path for about 15 years; then I had to abandon it, because when I reached a good concentration level, my body started going into convulsions which prevented me from being still. Nobody then was able to tell me why this was happening to me.

For a few years I did nothing; then, at a critical time in my life, when I was 40, an old friend I hadn't seen for a long time showed me Ratu's practice, which he had started a couple of years before. I realised right away that it was perfect for me, because it was based on that electric vibration which had prevented me from meditating sitting down still in the past. After a few months of practice at home, I met Ratu during his first London visit; it was Christmas 1999. I spent a couple of weeks with him in his flat : a wonderful and highly privileged experience.

When I went back home, I got a 40-degree fever which lasted for a few days. It was the first of many processes I would have each time after meeting him. Since then, my connection to Ratu has been constant; every year I go to his Bali ashram and I often attend his European retreats. Ratu's energy has transformed my life – not only my perception of it : it literally changed my body. After each process, some aspect which until then had been a part of my physical appearance or my personality went away, and I realised that it didn't belong to me in the first place.

It's as if I became more and



more myself by getting rid of my karmic bodies. I can say from experience that all of this was really helping me to become more and more active, positive, creative. Processes have been the most miraculous thing Ratu gave me and they contributed enormously to strengthen my faith : they have been numerous and many were really odd. Without going into the various fevers, sinusitis, diarrhoeas and depressions, I had my first major process the first time I went to Bali, when my legs swell up, were covered with very painful ulcers erupting with pus and blood for more than a month.

That time I got rid of the "poison of the snake" which was blocking the flow of energy in my legs. Ratu said to me then, that this way I had avoided a stroke which would have hit me before I would turn 50. After I got rid of this block, over the years the Energy continued working on my legs on even deeper blocks. I felt the Energy was always at work, both while I was in my country and in Bali; but it was in the ashram that the strongest processes took place. Like when, during my whole stay, a sort of white foam kept oozing from my feet and all the while my nipples were bleeding. That time the process completed itself on the plane that was flying me back home : I had a big blood loss from my scrotum.

That was obviously a process in my sexual channels, which changed completely my approach to sex. In fact, after that, I had a process to my heart chakra, which manifested itself physically with a huge sense of freedom from an armour that had always constrained my body and then with a constant tingling sensation on my breast; spiritually with a big "love process" for a girl who had struck me with her devastating snake energy. That was a very painful process for my heart.

From the very beginning my connection with Ratu's Energy was one of love, and this bond definitely changed my relationship with a woman I had been living with happily for seven years.

For three more years I tried unsuccessfully to convince her to follow the same path I had chosen. I was probably wrong, but I knew that I would have lost her otherwise. And so it was, but the Energy helped us both, because she found another spiritual path which, though different from mine, helped us continue our relationship and transform it into a wonderful, profound friendship. Since then I have not been able to find another partner and I realise it is impossible to start a relationship with a woman who doesn't follow my same practice.

In this respect, the image of Rama and Sita is comforting for me and other practice-friends to understand that only when the process involving the whole love and sex sphere will be completed, will we be able to find our real soul mate. It's a process concerning our masculine and feminine aspects, which have to be harmonised. During these years with Ratu I noticed that all the persons I was connected with through an energy channel have been involved in my processes; first of all my parents. Although they never followed Ratu's practice, it often happened that they had processes similar to mine. Little by little they got rid of many blocks which hindered the full expression of the love we share.

The whole environment where I live and work has been changing : the Energy built around me a net of harmonious relations, making me lose touch with friendships connected to old energies. There are many episodes I experienced with Ratu which showed me with certainty that he is a real living channel of the Divine on Earth. I don't mean the numerous healings I witnessed of people afflicted, in some cases, by terminal disease; or all of the

occasions when Ratu, with his gracious irony, answered my inner, unspoken questions; I mean the exterior, tangible expressions of extraordinary coincidences and actual miracles. For example, there was a fire in the garden of our house **in the middle of the** woods. When we remembered to say the mantra, the wind, that had been fanning the flames, inexplicably stopped and we could put the fire out.

I witnessed the miracle of seeing some practice- friends saved from serious car crashes or from various other dangerous situations. I have seen how the Energy takes care of my life and my work, letting me be in the right place at the right time. And when I don't succeed in this because of my mistakes or shortcomings, Ratu's Energy still never abandons me, because it **is the expression of** boundless mercy and acceptance. I have seen how the Energy generously requites my generosity: the more I yield to the Energy, the more the Energy sustains and protects me; if you give ten, the Energy will give you a hundred in return.

As my energetic channels are being cleansed, I feel that my life is more and more permeated by the energy stream that the Divine bestows upon us through the Earth portal of Mount Agung and Ratu, the human channel. I can see how through our actions and our social relations the Energy is weaving a network of channels that is reaching the most obscure parts of our world to purge them. I have the distinct feeling that the more my ego surrenders to the will of the Energy, the more all my potentials are put to good use in the most efficient way.

It is not a short journey, but it can be very fast; sometimes things happen so fast you can hardly keep up and the changes in our being can be so abrupt that afterwards you need time to metabolise them. There are also many times when you fall, because the battle against the

dark energies is constant, but after each fall and the process that comes with it, you get up stronger and more radiant than before. After seven years of practice with Ratu I can say that I realise I still have a long way to go, but first of all, I and those around me are feeling physically better.

Since meeting Ratu, I never needed to take any medicine any more, my skin gets younger instead of withering, I have a perfect figure without the belly I had ten years ago and without having to follow any diet. But my whole life has also changed : fear has receded, enhancing my capacity to follow my heart with the enthusiasm of living a wonderful adventure where the impossible can really become possible. My life with this Energy feels like partaking in a cosmic endeavour to regenerate this planet and this level of reality. And this is just the beginning : I think the best is yet to come! 6.2.4

Shaking at the Park of Energy and the Ultimate Time Machine by Marianne from Germany I met Ratu during the German retreat in November 2002. An English acquaintance recommended that I should go there, without mentioning anything further. After an initial reluctance, I did buy my ticket and presented myself at the appointed hour in the taman. I thought I had arrived in hell! Being trained in classical music, I found the noise coming from the sound equipment unbearable. Looking at some of the characters in the room, tattooed skinheads, growling and drooling with saliva, I wanted to walk straight back out again.

Eventually I saw a couple standing at the back of the room who seemed equally clueless and I asked if they knew what was going on. They didn't either. I told them about my intention to go back home, upon which they

answered that the same idea had crossed their minds, but they decided to give it three days. If nothing resounding would happen by then, they would go – which I accepted as a sound solution. Eventually, Ratu entered the room and proceeded to embrace everyone. When it came to my turn, I backed away from him. I didn't believe in gurus and wasn't in the habit of allowing strangers to embrace me.

Then Sukri came up to me and tried to show me how to shake. I was as stiff as a pole, and reluctant to join into the general frenzy. Later on, Ratu asked me to stand in front of his picture. To my great surprise, my teeth started clattering after a while. I couldn't understand it then, but I now know the reason for this reaction – but that would be part of another story. Later in the day, Ratu pulled out one of his hairs, wound it round my fingers and asked me to shake with my hands folded. A few moments later, I started to cry uncontrollably. Well, I didn't need any more proof to realise that something extraordinary was going on here and I decided to stay, not just for five days, but for the entire ten days of the retreat.

Three months later, I visited the ashram for the first time and I have since spent the better part of the last three years there. I have learnt much in this time, but I still feel a complete novice in the world of spirit and energy. Many of my insights happen during the shaking sessions, when I get spontaneous flashbacks to other life times. Psychology has taught us about the powerful influence of our subconscious mind on the reactions and expectations in our current lives. Ratu often talks about the importance of getting to know ourselves better, of becoming aware of our inner dynamics and to realise why we sometimes have taken a wrong turn. Energy will teach us about our past, our present and our future.

Perhaps the most immediately beneficial of my recalls, not just for myself but also for my family, was that I have become convinced that I am my own grandmother.

Both my maternal grand parents died during the Spanish flue epidemic in Europe during the winter of 1918/19, some thirty years before I was born. They left three young orphans. My mother never quite recovered from the shock of losing her parents. She spent much of her life afraid to leave her home, afraid of any visitors, of any kind of disturbance to her routine, including us children bringing home our friends. The slightest intrusion would make her burst into a fit of panic and unwarranted anger, usually directed at whichever innocent family member was nearest.

After such a fit, we would walk on tiptoes for days, not daring to talk to each other, gulping down our meals in silence, until we could bear it no longer and one of us, usually my father, would break the silence – which usually lead straight into the next quarrel. Of course, I was deeply upset by the unreasonable behaviour of my mother, more so because I was the youngest child in the family and the one who stayed at home longest. I regularly was the target of my mother's outbursts and for a long time I could not understand how a mother could be so cruel to her child.

I don't know what exactly triggered the insight about my past life relationship with my mother, but it was a combination of dreams and external triggers that made me put the pieces of the puzzle together. I still do not understand everything about our relationship, except that my mother must have recognised me as the person who abandoned her **at an early age** and left her to an uncertain future. Whenever she got into a panic, she would accuse me of being the culprit who caused her trouble, even though I did

everything to please her. Her anger poisoned the whole family. We all became estranged from each other.

Through my work with Ratu I have managed to shed much of the pain and tears that were darkening my emotional horizon. My fear of my mother's unpredictable temper has given way to a feeling of gentle tenderness towards her. More surprisingly, smoothing my own emotional waves has also had a profound impact on my mother, who has turned from a raging fury into a calm, smiling old lady of 96. She no longer complains about my sister, who looks after her physical needs. In fact, my sister tells me that my mother has now apologised to her for her past ill temper towards her. My mother's health is better now than it was 3 years ago.

Whenever I visit my home now, instead of waiting for the moment when I can leave again, my sister and I never stop chatting to each other, and I have to be careful not to miss my train or plane. If all families could be so harmonious, the world would already be a much happier place. Thank you, Ratu, for looking after all of us. 6.2.5 Never Ending Energy by Tim from England When I met Ratu in late 1999, I had been sick for many years with chronic pancreatitis and hepatitis C.

I had been doing some chi gong for several years but I felt that this just smoothed over the problems rather than really dealing with them. I used to lie in bed at night feeling utterly depressed, watching the sickness energy eating me inside. I felt that my life was really just about waiting to die and one night I said a prayer for a teacher to come and help me through this. One who would not be fazed by the level of insanity I felt always wanting to come to the surface and find expression,

but who had the power and inclination to really help and guide me through this.

When I first encountered Ratu, at a friend's acupuncture clinic in London, I knew instinctively that this was the teacher I was looking for. When I looked at him, I felt my real spirit come up really strongly **at the same time** as the sickness and insanity and I started screaming and rolling around. **Rather than trying to** quieten me down, I felt Ratu was encouraging me to keep responding to the fight between energies I was experiencing.

After the class, I spoke with him and told him I always saw and felt this sickness energy eating me inside and he said very simply, "You good see, you have a big sickness but I can do about that if you come to Bali". After spending more time with Ratu in London, I followed him back to Bali where the process to heal me got very serious. Calcified matter had built up into hard stones in the ducts of my pancreas preventing me from digesting food properly for many years, not to mention being extremely painful.

Ratu had told me in London that he could heal my pancreas but I was quite unprepared for some of my experiences the first couple of times in Bali. **W h e n** training, I would often be enveloped in **what I can only describe as** spiritual or energy flames that caused me to feel as if I was being burned to pieces. After the flames would die down, I would be drenched in sweat and standing in a puddle of **what I can only describe as** soapy water.

After the intense fire, it would seem like an energy bomb or ball had come into my body and compelled me to keep moving and shaking until the energy of it died down. Then, it would start up all over again. These bombs of light enabled me to train **for long periods** **of** time, often many hours and actually often made it difficult to stop. I can see now that the energy from Ratu



did not want me to stop training until I had started to become good inside and my life was out of danger.

After hours of screaming, shaking and rolling around, I would feel genuinely good and really as I remembered being before the sickness took a strong hold of me. On other occasions, I would see an energy body Ratu come up to me with a red hot knife and stick it in my pancreas or sometimes my stomach or liver. I found this utterly terrifying although at the same time somehow exciting, it was such a unique and crazy experience, I always felt overawed by it. After two months, my tourist visa's expiration forced me to return to London where I had real problems.

I was as thin as a rake, covered in sores and half crazy with people gossiping about how that teacher in Bali had made me worse. I felt that I had no place in London and knew that I needed to return to Bali. My mother telephoned to tell me that some auntie I barely remembered had died and left me some money, so I brought a ticket and went straight back. By the time I returned to London after another two months in Bali, I looked and felt much better causing people to gossip in a positive way about how good I looked.

My digestion had improved greatly and I had begun to eat like other people rather than just the soup diet I had been existing on before. Weight had come back on and the hospital did a test and informed me that my pancreas was no longer calcified and seemed to be recovering well. I cannot say there are no problems in my body and energy system and when I train, Ratu's energy still makes me quite crazy.

However, one huge difference is that I no longer feel crazy or depressed all of the time outside of the practice, which is how I always used to be before I met Ratu and in the early times with him. I can truthfully say that I feel genuinely really quite happy

and content for longer and longer periods of time. My life is much more normal in every way. This is no small thing considering the hospital had told me that my body generally was in a very bad way and I could not expect to have a long life as the problems would inevitably cut it short.

I continue to train regularly, which seems to be providing me with an increased maturity and sense of wisdom towards life. I have, in the last few years, taken up sports. I use the energy to support me in running, swimming and boxing training, all of which add a sense of strength and general well being. I find it difficult to imagine not training. It feels as much **a part of my life** as washing, eating or sleeping and, after all Ratu's energy has done for me, why would not I want to. I would say to new people, try not to be scared of Ratu. Even if you have a very big sickness, he can help you.

If we really open to him, his energy will create a war inside our bodies until the sickness begins to lose. When the spirit of sickness controls us, we are lost to negativity and despair. As the positive light energy begins to knock this dark thing from its number one position, we begin to be governed by good feelings and happiness, as human beings should be. As these good feelings grow, we very naturally start to share them with those around us. 6.2.6

Maybe Ratu Can Help You by Reiner (Germany) This sentence spoken by a friend became the connection between Ratu Bagus and me and was the beginning of a sustained development in my life and health. Shaking became a daily pleasure too. For more than 20 years I have been afflicted

with spondylitis ankylosans. This is a rheumatic disease with inflammation processes in the spine and other joints. Through the rheumatic disease I also had periodic inflammation of the iris. Collateral I got a constriction of the aortic valve, which was categorised as high graded and the doctor said it should be operated. Over the years the spine became completely blocked, it looked like a tree of bamboo.

My view was directed to the ground and fixed. To see the eyes of a person standing in front of me, I had to bow my knees and lean back. To see the sun I had to lie on my back. Stomach and digestive tract were inflamed all the time. For years normal stool was impossible. The daily dose of pain killers was between 1600 - 2400 mg of Ibuprofen. In spite of different therapies and all fights, the disease didn't stop. The consulting physician told me I was in the terminal stage of the disease and that there was no way back to bring the spine to any flexibility. My body height had reduced from 182 cm to 173 cm.

In this condition I met Ratu Bagus in November 2003 at a five-day retreat in Germany. At this time I was 43 years old. Sceptically but curious, I started with shaking. Watching other shakers gave me the idea: maybe you are not right, these people seem to be crazy. It took me 3 days of watching Ratu Bagus before I spoke the first time with him. First I needed to recognize that he had no ego. This was important for me to open myself. After the evening meditation of the third day I introduced myself and spoke about my health problem to Ratu Bagus. He asked me to lie on my back. For a short while he held his hand above my chest.

I got the sensation that the chest started to soften. Then he gave me a small photo of himself and the advice to keep it overnight on the chest. For years I hadn't slept as relaxed as I did

that night. The dreams were intensive. During the next morning session, Ratu Bagus gave a talk while I was shaking in front of the people. When I was completely wet from shaking he started to touch me at several points in the back. There was no pressure in his touches, but I heard and felt my back cracking and felt straighter. At that very moment I figured out that the path of Ratu Bagus was the way I had looked for. In February 2004 I spent 4 weeks in his Ashram in Bali.

Since then I stopped taking painkillers, and I don't need them anymore. In May 2004 I met him again for a 10 day retreat in Belgium. There it happened that I saw light while shaking. Also the way of shaking had changed. It wasn't me anymore who did the shaking – the Energy shook my body. Pictures came while shaking and in the meditation. Physically, it was the first time for years that I was able to lie on the floor belly-down. A few days after this retreat, it was the night from Saturday to Sunday of Whitsun (Pfingsten) I got my first deep process. Until this time I wasn't aware of the process. I was lying in bed when my body started shaking by itself.

I saw light, with closed eyes. Suddenly a flock of bats came and covered the light. I didn't understand what happened. I became anxious. Also, I felt I had to keep my focus to Ratu Bagus. From this moment onwards, I felt protected and guided by the Energy. Everything I did was not my idea. I switched on every lamp in the flat. While shaking the light changed and became brighter and brighter. But still there were dark corners in the flat. The idea came to me to light candles. The more dark spaces I reached, the more difficult it became to light a candle. Only with the Mantra "Om swastiastu Ratu Bagus" was it possible to light a candle. The candles started to burn and the

flame became bigger and bigger.

The more I felt threatened by something, the more I felt the Energy and the protection. I shook, lit candles (at least 100) and shook again. At one point I got down on my knees in the position of praying, saying the Mantra and felt exhausted. Suddenly I got a kick in the buttocks and a voice spoke to me: Reiner, you are not finished. Energy **came more and more** and I could shake once more. Then I felt a rising pain to the left and right of my spine. The more the pain rose up the more the Energy intensified. Without this I wouldn't **have been able to** stand the pain. It lasted a short while. Then the pain reached the shoulders and disappeared.

At this moment I felt something wanted to leave the flat and I opened all windows. With a strong suction something went out of the windows. The spook was over – I became quiet. The flat was very hot, although the outside temperature was only about 10° Celsius. It was about sunrise. The voice, I think it came from inside, spoke again and told me about the meaning of my life. The same morning I went to visit my parents. The candles still burnt and the windows were still open. On the way, I noticed a strong wind rising up, only for a few minutes. In my parents house I suddenly became very restless and gave me the feeling that I had to go back home.

On the way I felt a hand in my back pushing me all the way to my flat. Once back in the flat I saw the disaster. The entrance door, the bathroom door, the carpet and one wall were smouldering away. With the Mantra "Om swastiastu Ratu Bagus" and a bucket of water the blaze was put out. In my professional life – I'm a police detective – I have seen many different domestic fires. With wooden doors, wall paper, carpet and open windows, there was enough oxygen to burn the

house down completely, more so, because my flat is under the roof. This wasn't a normal domestic fire. Thank you, Ratu Bagus, for this protection.

From retreat to retreat the processes became deeper and deeper, especially while staying **in his Ashram in Bali**. The more I learn to follow the Energy the posture of shaking is changing. The disease takes on form. I start to understand the disease and the cause and the message in it. Orthodox medicine doesn't know the cause of spondylitis. Therefore there is no known therapy of healing it. That's why the words of Ratu Bagus count : The impossible can become possible. From November 2003 until now (June 2006) the posture of my body has changed. I'm more upright and am able to look into **the eyes of a person standing** vis-à-vis. I can see the sun while standing. Before I felt clothed in armour. This feeling is gone.

My spine, slowly but surely, is getting softer. There is movement between the vertebrae. The stomach and digestive track are normal again. There is no problem with the stool anymore. Having meals is a pleasure now. There is no need for pain killers anymore. **I stopped smoking after** more than 30 years without any withdrawal symptoms. **The experience of a** relapse into smoking was a relapse into pain and inflammation too. There is no more inflammation of the iris. With the physical changes there come mental changes too. I started laughing again; I hadn't been laughing for a long time. I'm much more tender to myself than I was before. I lose more and more negative thinking and am acquiring an optimistic attitude.

Now I feel able again to give love and receive love (I don't mean sex, ha ha!). Life became more beautiful. **More and more I** am aware how it is to be manipulated by the ego. In my job I don't carry firearms

anymore. There is no reason – with a gun I can kill other people or commit suicide. I don't want to do either. For protection, I always carry a photo of Ratu Bagus in my pocket. On my office desk is a photo of Ratu Bagus and a statue of Ganesha. When there is a difficult case, I ask Ratu Bagus for help. Every time I'm surprised what can become possible. With the help of Ratu Bagus, ways of investigation become possible, and successful, which would never have been permitted by the prosecutor before.

But anyway, I think about retiring from my job. I'm still learning to ask Ratu Bagus and God for help, protection and support. And I want to thank them. They have never disappointed me. Every time I call for help there comes an answer. Thank you. 6.2.7 Stand up, Fall down, Get up again and Grow. That Is What It's All About: Shaking! By An from Belgium Shaking is what we call the bio-energetic meditation with the energy of Ratu. It surely became an issue in my life. When I started shaking, some three years ago, I was at a stage of life where I experienced a lot of grief, anger and disappointment in people.

Shaking gave me many things : new true friends, room to scream, cry and laugh, a battle with myself, a safe battle with the ones I was angry with, or disappointed in, an ocean for my tears, trust in life, trust in myself, courage to overcome prejudices, exercise in patience. The list is, of course, much longer. It all started during a TaiJi-weekend where our teacher, Eddy, gave some explanations about the connection between chakra's and the importance of "trust". I fought with my tears and during the pause Eddy spoke to me and touched my left leg. I don't know

what happened to me, but I started to shout and to scream as I never did before, and certainly not in the presence of other people.

Afterwards I felt strange, a bit relieved, but still unsure of myself. Eddy gave me a little photo of Ratu. At home I took it in my hands and at once my back began to make the strangest movements. I lay down and the movements kept coming for the rest of the day and the day after, so I couldn't go to work. I loved this massage of my neck and back. That was my first shaking. Feeling that something was changing in me, I wanted to know more and experience more to get rid of the big blocks that were **in my body and mind**. So I booked myself in for a whole day of shaking, organised by Eddy.

When I entered the shaking room, filled with a big photo of Ratu, the smell of incense and people with their hands in the air, I immediately felt a strong resistance against this "sectarian image". "Not for me," I thought. But as I was there, and I trusted some people in there, I decided to stay and to give it a chance. After a few minutes I began to feel very sick. But I kept on shaking, even lying on the floor. And after a while I just landed somewhere in the garden and apparently showed all the colours of the rainbow, as people told me later. I don't remember how I made it home, but I did.

The next day at work a lot of colleagues gave me compliments : "You look great today." I don't remember feeling great, but the same day I booked one week of the Ratu-seminar in Belgium. Since then I shake regularly at the seminars, at the organised afternoons and sometimes at home when I overcome my tiredness and laziness. I even went to Bali. Bali is marvellous. The island is beautiful and the ashram loving and peaceful. There is energy in the air. If you can afford



it or if you have a big, big block to fight, don't hesitate and fly to Bali. Nine hours shaking a day will take your problems away. The energy is strong and the processes too.

And very important, there are always friends around to support and encourage you. During shaking the strangest things happen. I was spinning around like a dervish for more than a year, "looking for my centre". I waved with my arms like a policeman, which brought my shoulders a few inches down. I cried my heart out and left a lot of sadness behind. I learned to scream in public. But the most beautiful experiences that came to me were the unexpected insights that struck my mind during shaking or meditation. For example, one day I saw the head of an ostrich in front of me. I enjoyed the little, funny thing.

Right after that I saw a strong eagle and I realised that these images were the translation of a talk by Ratu in which he told us that we would always be confronted by choices. So here was a choice for me. Playing the ostrich and shirking the real work or be an eagle and choose the honest, but confronting way. You have guessed... I chose the eagle and I am still shaking, struggling with myself. Another amazing moment was when I suddenly, out of the blue, understood the suffering of Christ. I can't explain it, but it felt simple, clear and very right. In the last meditation during a Ratu seminar I asked Ratu what I had to do in the year to come.

A hand reached out to me and offered me a giraffe. I was surprised but accepted the symbol. The following weeks and months I saw giraffes everywhere : on books, in windows, on clothes, on postcards, in meditations... It was just **crazy. It took me a** year to integrate the giraffe in me. I think I did, because they stopped invading me. Again something to think about was the fact that in a

space of two months, my mother, myself, and my oldest daughter hurt our right arms in a very similar way.

A genetic block to solve? In general I can say that shaking and the Ratu energy helped me to deal with difficult issues in my life. But still I am fighting with myself, with my obstinacy, with my doubts. It happened more than once that I asked myself: "What are you doing? Is this the right way?". But so many positive experiences ensure me that it is. The hardest thing is the struggle with myself. And Ratu pushes you. The more you are concerned with money, the bigger the bills are. The more you are a workaholic, the more work you get... Until you just feel that you cannot go on like this, that you have to change some fundamental things in your life.

And this is what shaking does with me : it pushes me and shows me, the hard and loving way, where I have to change things. But as I am stubborn, I am still fighting the why and how, and why me. But, at least I realise it, so I am able to work on that. Shaking will help me. I am sure. And when I feel really down, I sit in front of the little postcard of Ratu and, believe it or not, the light in the photo begins to pulsate to the rhythm of my heartbeat and I feel stronger and happier. I feel that I am not alone, that the universe cares for me and for everyone else. That is why I continue shaking, even when it is hard work, physically, rationally and emotionally.

The shaking helps me to throw out negative thoughts, negative experiences and all negative stuff I take in during the day and which I took in for years and years. At least I was never sick since my first shakings. I had my processes, yes, but they felt so different in comparison to normal sickness. For the moment, Ratu and his bio-energetic meditation are all right for me. I am grateful

that I was given the opportunity to know about shaking and about Ratu's energy. What the future will bring, I don't know, but as it feels now, shaking will always be a part of my life. 6.2.8 Mystery of Life by Sukri from Bali Before I met Ratu, my father was very ill.

I went to a traditional healer, asking him to help with different kinds of medicine, but nothing worked. I don't exactly know what my father was suffering from because we had no money to take him to hospital for a diagnosis. He became more and more sick and nobody could help him. He lost more and more weight because he couldn't eat or drink anything. At that time my niece told us about Ratu. She had had a severe attack of psychosis, but was healed after seeing Ratu. There was no more hope for my father, and someone said he had only one more day to live. We were desperate and so, trusting what my niece had told us, we prepared to take my father to the ashram the same day.

My father couldn't walk any more, so we had to carry him all the way. When we arrived we just put him down on the floor. An hour later, Ratu came to see him, but I did not know that this was him. Ratu just looked at my father, touched his head and gave him a glass of blessed water to drink. My father, although he had not been able to swallow anything for a month, drank the water. I was very surprised to see this. I immediately believed in Ratu's healing powers. Without Ratu, my father would have died. Instead, he gained strength again and is well and alive today, 18 years later. From this experience I wanted to learn about Ratu. I came to live at the ashram permanently.

Before then, I had never learned anything about spiritual matters. I soon started to feel energy

vibrating in my body and as a result, many complications started to wake up. I had been very ill during my childhood. At one point, my father thought I would die, but he just accepted that if I was meant to live I was going to live. If I was meant to die, I would die. I eventually recovered but during my healing process in the ashram, my old sickness returned. When I started to feel the energy, I noticed my blocks being removed one by one. After I became better, my 2 year-old brother became very sick. We took him to the local cottage hospital but they refused to accept him, because his illness was too contagious.

I then brought him to the ashram and Ratu also helped him. He recovered completely and stayed on in the ashram until he was 6 years old. One by one all my family suffered severe illness. With Ratu's help, all of them recovered and are very well to this day. I became more and more interested in what was happening to my family. I kept a positive frame of mind about all their illnesses. I came to realise that my family's problems were a trigger for me to understand myself and to show me the way for my life. Slowly my life and that of my family changed. We became more happy and peaceful together.

Many sick people came to the ashram, asking for Ratu's help and I learned more and more about different kinds of illness, and where the energy blocks causing their sickness were. I helped looking after them and motivate them to get better – not to think about their illness, but to concentrate on getting better. Ratu's healing was always done by purely natural means. He never used any kind of medicine. Everything he used for healing came from nature – water, pieces of wood, stones, leaves – and he asked people to feel the energy from these objects. I felt then, and now I can see, that Ratu works with the divine.

Everything Ratu gives to

the people makes them better. I could see this happening **in front of my eyes** and I was wondering about who he is. Why can he do this? I still would like to understand more about how he can work these miracles. I look forward to learning more and more about his mystery and the mystery of life. 6.2.9 A Path to Real Freedom by Gilles from France I first met Ratu in Belgium in October 2004 and since then many things have changed in my life and in the way I work. **Before then, I had** practiced Zen meditation, transpersonal psychotherapy, emotional therapy and many other things since 1986. For the past twenty years **I have had a** personal daily discipline.

I worked with an Indian master for six years and I recognised him as a real master but I never felt that he was My Master, even though I did experience the most amazing meditation with him. The work with him didn't help me to accept my material life and to live in my body. After that, I worked on myself in a shamanic way using sacred plants and holotropic Breathing. This was a very strong experience for me in the acceptance of letting go and of meeting with myself and my fears of madness, death, light, power, love, animal's life and earth life.

At the same time I meditated every morning and prayed every night before going to bed. But I felt that I wasn't growing fast enough and I asked myself about my spiritual advancement. One night I was pondering upon that question and I prayed. And now each time I meet Ratu, the evidence of this becomes stronger in my heart. It's not always easy. When dealing **the first time with** processes, resistance,

pain, anger, sadness and feeling like being in a trap from which I cannot escape, I sometimes really don't want to be there.

But the evidence is there, I have met him, you now, I met my master and I would like you to understand what this means for me, how lucky I am and what an extraordinary chance it is in a human life to be able to say: "I met my master". Ratu is my master, my best friend, my teacher, my mother, my father and I have no doubt about that. Sometimes I suffer because my heart isn't open enough and then I feel separated from him and from my soul. I sometimes feel ashamed of what I feel inside of myself and what I see in my mind but Ratu now is the real centre of my life. And something is present there, which is more important than everything else.

Something inside of me has been touched forever and things will never be the same again. I recently returned from my fourth visit to Bali. I so much love that place, the people that work there and I'm even starting to enjoy my process. After a stay at the ashram in Bali it is not always easy to come back to France and to learn to feel what is right or not in my material life. It is also not easy for me to accept that my friends are not able to understand what I'm doing, the way I choose to live and to accept that feeling of separation.

What really always makes me suffer is the separation from my heart, from the light and from my real Self. Ratu is a simple man, a very powerful simple man. He never feeds the mind, he helps us to clean the mind and the body, and he teaches us how to receive more and more light; and more and more love. He teaches us to laugh. He is always laughing. And now I laugh more than I have in a long time.

Ratu never tells me what to do and what not to do; whenever I ask him a question, he always says "Shake and you will see."

I would prefer it if he would tell me what to do and what not to do, but he teaches me to understand by myself, to have faith in myself and to love myself. He teaches me to be free. I am learning to surrender myself to him, to the energy and to live with faith and not fear. I haven't read a book for months. I don't feel the need to nourish my mind. I'm learning to feel things from inside. I feel myself more and more simple and calm. The things of the world have less importance to me now. I don't know where I'm going but I feel that I am getting closer and closer to my soul, to my real self and to my heart. That's the path I choose for myself.

I have been very fortunate in having the opportunity to start a therapy centre in Paris with two friends, Jean-Yves and Paul. We also started a shaking group and shake there every evening and one weekend every month. The group is starting to grow bigger and bigger. It's a good feeling to shake together and I enjoy making new friends through the shaking sessions. **At the same time** the energy is growing fast in the centre and that brings on strong processes with those who don't shake. Ratu's energy is very present in the centre and in our practice.

I work as a psychotherapist and since I've met Ratu the way I work has changed. I work with holotropic breathing in groups in France and Romania. I have introduced shaking to these groups without talking about Ratu, but have explained to those who have asked. It is a good way to establish real group cohesion and to awaken the body. Some of the Romanians are

now shaking on their own because they feel something and they enjoy it. I will soon be organising a shaking workshop there and introduce Ratu to them.

In my personal practice I work with words, breathing, EMDR (Eyes Movement Desensitization and Reprocessing) and many other techniques. The body has always been important to me. Some things began to change since I've been to Bali. Some of my more sensitive patients have spontaneously began to shake while lying down and when I was helping them to breathe and when I practice EMDR. It was difficult for me in the beginning because more of my patient's things came **to me and I** often felt very tired after work, and I really needed to shake to clean myself afterwards. The energy is spontaneously taking more and more place in my work.

I touch people more during the breathing exercises and it is as if my hands are attracted by certain parts and points of their bodies. Sometimes it feels as if some thing is teaching me how to touch and which points I have to touch. I am experimenting with a healing practice that is new to me. It is quite different from psychotherapy and is more like energetic healing and it is becoming more and more precise to me and it is growing in that way. I also feel myself less and less tired after work since I'm becoming stronger but I am not capable yet to work without taking things upon myself. When I work, especially when I touch people, I always pray "Om swastiastu Ratu Bagus".

It automatically comes to me and helps me to be connected with Ratu's energy and to feel the right things. My patient's bodies have strong reactions too. Some people feel



heat from the sun and others meet in themselves the suffering of their parents or grandparents. On one occasion, while working on a patient, I had the impression of healing and sending love to her mother's body. I had some doubt about this feeling, and during the evening, my patient sent me a text message saying that she just remembered that it was the anniversary of her mother's death. This confirmed what I felt during the session.

I don't know where I'm going with all of this, but things are moving in a new direction for me. I also use shaking with some of my patients **at the end of the** consultations without talking about Ratu but in front of a temple and a lit candle. This helps them to get rid of and clean things which surfaced during the consultations and to connect them to a positive energy. In this way they learn to come into deeper contact with themselves and to take better care of themselves. I listen to people in a different way now. I'm not particularly interested in their past. Only if memories appear they are welcome. I listen to the way they think, and I'm trying to help them to manage the trap of the mind and to follow life from inside.

I cannot say that this kind of work remains psychotherapy. The only thing I can say is that I work on memories. I'm asking myself if I now have to work only with my hands without any contract like in psychotherapy. To me it is beyond any mental comprehension. It's not easy; I try to stay open, to keep fear away and to have faith. I'm a student trying to live in a world which doesn't obey the mind law, trying to accept to live without any security of the normal world. It seems to me that I cannot choose what I want to do, but only learn to put myself in God's hands and to be right with Energy in my actions. I learn the path of Surrender.

6.2.10 A Glimpse of My Story with Ratu Bagus by Peter from Belgium Writing in two pages the story of my first meeting with Ratu and the impact it has had on my life would need very small characters. I decided to give you an idea through the story that will follow.

As a boy I was taught a great deal by my parents, as are most of us. My father, a chemical engineer, was a role model in demonstrating the importance of being able to explain and understand the realities of our world. From this background, I developed my scientific, rational brain, which is comfortable and happy once it has seen or been given proof. My mother made sure we got the right guidance in social manners and behaviour to ensure a respected place in society. I am very grateful to my parents for the education they gave me. From my early youth I had a strong connection with nature and a feeling that there was more to life than what could be rationally explained.

As a student I started to look at medicine, but found no answers corresponding to my beliefs. So I left for California, studying, and receiving, better answers from Oriental medicine, and I came in contact with chiropractors. Back in Belgium, I obtained a university degree, but then left for England to train as a chiropractor because I felt the chiropractic philosophy as a healing art fitted my views. Working as a happy chiropractor in Brussels, I met Marian, an English homeopath. She went on and off to India, until she visited Ratu Bagus in Bali. On her return she had so many stories to tell and suggested the practice could help me in my work.

I was intrigued, **not so much by** the fact what it would or could possibly be helpful to me, but by the way she talked about this man in Bali,

and by the way her eyes lit up. I felt a desire to meet this man. An important realisation : I learned that the way to Oneself is not an even path without obstacles! An anecdote to back this up follows – my first meeting with Ratu Bagus. October 1999. I heard Ratu Bagus would be visiting England for a retreat. I filled in a subscription form, received a confirmation. Easy so far. I decided to take my car and cross over to England by Ferry from Oostende in Belgium.

Emanuela's parents asked me to deliver a suitcase with fresh clothes for their daughter, who was studying in England, which I was happy to do. Being a student, I bought a day return ticket – cheaper and more flexible than a standard return ticket. I presented myself at the check in... and was refused to go on the boat! The officer at the gate did not believe that I was going for just one day to England and asked **me to open my** trunk. I took out and opened my little personal bag, and took out and opened Emanuela's enormous suitcase, which was so full that her underwear popped out all over the officer's arms and feet.

This did not help me! He showed me the way out to the ticket-office to buy a new ticket! I was taken by surprise! Uncountable times before then had I crossed the channel as a student, fully loaded with up to three student colleagues, never encountering a problem. I was angry! **I drove my car to the** parking area at the ticket office. Was this a sign that I should not go on this boat, that I should not visit this man from Bali? Cooling off, I heard this little voice that said, Peter, you can cross with this ticket! I looked at the check-in gates, started my car and placed myself in the waiting line behind two other cars.

Just as it was my turn to pull up, the officer that dealt with me had left the scene (I am almost sure he saw me!) and was replaced by a woman with

a big smile : "Hello sir, can I see your ticket please? Thank you sir. Enjoy your stay in England sir. Bye-Bye" – as easy as it gets, with the smile included! Once off the boat in England the road was difficult with traffic jams and detours. Late at night I found my destination, found Marian, and very unfriendly people at the reception. There was nothing to eat or drink. **We decided to go** and eat in a nearby pub. After dinner it started pouring with rain.

I went to get the car – surprise! Flat tire! Changing it in these dark and wet conditions did not particularly improve my mood! Arriving back in the guesthouse, I was finally designated a room under the roof. Happy to take a shower and find a bed, I enter the night. Surprises were not over yet! After an hour or so, very noisy people came rushing into the room, unpack, find a bed and snore all night! In the morning I was ready to use my one-day ferry ticket, with or without Ratu Bagus! And as if all this was not enough, breakfast in this place was awful! All this is to tell you that getting to my first meeting with Ratu Bagus was not easy (and apparently this is a common experience) but I can assure you, it was worth all the effort! The group of about 15-20 people assembled in a training room and I was introduced to Ratu Bagus, a smiling man who took me in his arms. A sense of warmth filled my body immediately, accompanied by fear. I felt this man knew me as no one else.

I sensed an acceptance and love **I had never experienced** before. I was in conflict with myself from the first second with Ratu Bagus, in conflict with the "me as my parents brought me up", in control, inhibiting all emotions and feelings against this new peaceful, loving, warm sensation in the arms of a longhaired, broad, smiling man.

Later we were asked to take position in the room facing Ratu Bagus and FEEL the energy. Feel the Energy? What, Where, How? We were invited to open up and feel – while making shaking movements with the body.

True enough, the same sense of warmth filled my body and after a few minutes I was standing in a puddle of my own sweat. This was nicely noted by Ratu Bagus, who commented on it as an example of Ratu's Beauty salon, a sauna from inside, cleaning my body with divine energy. My body understood and felt, but my mind could not, and sabotaged the process quite a bit. During that retreat, there were a million other things that annoyed me. The food proved to be really bad, so hardly anybody was eating it. It reappeared in a "mixed" version as soup a few hours later.

People were discussing what they felt, should have felt, doubting. I had trouble enough on my own, so I decided not to mingle with the group at all, practicing by myself, and in the last seven years not many days have passed with me doing so. What this first week had taught me became clearer in the future. It was my first contact with true love, and it made me aware of the resistance we build up to be open to Life. I could write an entire book about the effects the practice has had on my personal and professional life. I will tell you a story to lift the curtain on the professional side.

From an early age, I have held the belief that there is more to life than what can be measured or explained. As I mentioned in the introduction, I found Chiropractic as my perfect field for work, because it is based on a strong philosophy of healing – making the connection of the innate intelligence in all of us with the universal intelligence – health being the state when there is a clear flow, a clean

connection without interference between these two realms. The art of Chiropractic is to locate and remove such interferences by specific movements on different body parts.

On the same first retreat in England, Tim asked me to work on his back, which was quite crooked **at the time.** I happily agreed and prepared a space. Working with Tim, I noticed that Ratu observed us from his comfortable English chair, and he smiled. Tim responded nicely to the treatment, going through some spontaneous movements and increasing his field of respiration. Ratu stood up and came over to me. He laid his hand on my back while I had my fingers touching Tim's neck and stimulating his cervical spine (he was still facing down, eyes closed). A warm feeling filled my body and Tim became very active.

The people who know Tim know **that he is very** sensitive to Energy. Ratu smiled and asked me what I felt or saw. I told him about the sense of heat going through my body, which increased as he put his hand on me. He explained to me that I could compare him to an amplifier, increasing the intensity of my work. An amplifier! Amplification is a good word to describe what I feel has changed in my work since I practice with Ratu Bagus. Besides the increase in a warm feeling inside me, I seem to have developed some degree of clear sight, helping me to read people's bodies and blocks.

I feel the practice made me a stronger canal/ transmitter with a more precise vision of what is going on. More important still, I allow myself to contact and follow these feelings in my work. It may be interesting **to point out that the** degree of healing that takes place depends on the openness of the person. That is why one person might have big reactions and another smaller ones.

“What I like in the Practice with Ratu Bagus is that there is no indoctrination. You feel what you feel and that is right. There are no rules telling you what to do or not to do. No devotion.

Everyone, with their own history, understanding and openness experiences the Practice differently, as they would in any other situation.” Another observation I share with you is that I feel more grateful for Life with every day and thank you is probably the phrase I’ve used most often these last seven years. 6.2.11 Spring Cleaning by Susanne from Germany In the beginning of 2004, my doctor had diagnosed a huge fibroid – a growth of the uterus – caused by hormonal imbalance. The only cure suggested was a hysterectomy – a mutilating operation.

There was some urgency because other inner organs were threatened by the sheer size of the growth. For one year, I tried to combat the fibroid with a strict diet, more healthy lifestyle and homeopathy – without much success. At least, the fibroid had not grown bigger but it was still there. And it weighed on my general well being. Without pain or any clear complaint, my spirits were low, I felt generally exhausted and flat. A friend suggested that I see Ratu the next time he would be in Europe. I had nothing to loose and so I booked for the November retreat 2004 in Belgium. Ratu was my last hope to find healing without having to undergo a mutilating operation.

This retreat was an intense experience. Through shaking I felt my body in a completely new way. It taught me a kind of inner seeing, something completely new. I discovered that in many respects my

health was not good and that this fibroid was only the most visible symptom of it all. Already during this retreat I underwent intense processes I could never have imagined before. Encouraged by the strong effects of the retreat I continued to shake at home and two months later I travelled to Bali for a longer stay. Since then I went through prolonged and deep processes involving all : body, mind and spirit.

The fibroid does not bother me any longer. The overall result of my work with Ratu is perhaps best described as a thorough spring cleaning in my own house. I feel re-juvenated and reenergized. And above all, Ratu helped me to re- discover my connection to the divine, thus helping me to a new life. 6.2.12 Shaking at Any Age by Klaartje from Belgium I met Ratu Bagus for the first time at the Mozet retreat, four years ago, at the suggestion of Eddy Present. I was then 68.

The first day I felt quite sceptical towards him and didn't grant much belief to the shaking, given my poor physical condition. A latent colon cancer had been detected which had been followed up on an annual basis with painful exams. As I had already lost one breast through cancer, needless to say that attending Ratu's seminar meant more or less my last recourse. I nevertheless started shaking and one day I felt Ratu's presence in my back. He did not touch me but a warm feeling invaded my whole body and being. This feeling remained throughout the seminar in Mozet. When I went back home and returned to see the surgeon, he told me that there was no further reason to come back to him.

I was "clean". Also my mental state has much improved and I feel much more energetic. Since then, I wait impatiently for the next Ratu retreat in Belgium.



6.2.13 Life is Love by Lella from Italy All my life, deep inside, I have been convinced that I would have the chance to live another reality. A reality of love, joy and sharing. All the decisions I have taken in life have come out of this inner and strong conviction. Therefore, when I first met Ratu in December 1999 (at that time I was 38), my reaction has been : "Have you seen? He exists! I Was right". No need to say, I was out of myself for joy.

Like a child who keeps on believing fairy tales, all my life I kept on believing that I would meet Ratu and I would have the chance to free myself from the heavy burden which was making my life an unhappy one. This innate inner conviction has helped me a lot, during these last years, to go through all the processes, which have come my way. Because this is not a normal path, what we feel cannot be demonstrated in what we call the real dimension. Let's say that by working with energy, we get in contact with another world which exists but cannot be seen. Faith and conviction are, for this reason, very very important.

The heavy burden, which oppressed my soul, making it impossible for me to feel free, has turned out to be connected with a major energetic block in my legs, which were, in fact, energetically dead. The impossibility I always felt to finish my projects, my fear of being left without money, my need to smoke joints and to escape from myself, were all connected to this enormous block which Ratu has helped me to process and remove. Of course, I cannot say that now I am free as I do not think this kind of work will ever find an end. The path toward liberation is in fact a lifelong task. Everyday it is important to practice the

same way everyday we clean our house from the dirt.

Nevertheless I can surely say that now my life is much more beautiful and tasty and that processes which keep on coming my way are quicker to deal with. One of the most shocking facts, which I discovered last year, was the realization that yes, my heart was with Ratu but my mind was not! It took all this time to realize that, in the end, despite my total heart commitment to Ratu, it was my mind, which was actually ruling my life. "Because mind connected with block" they told me in Bali. My mind was in fact acting out of the will of the block, and no block wants to process. No block wants to disappear.

There is one very good example of Ratu about this : "Every organ of our body is like a bungalow. The original owner of the bungalow is the energy, but it can very well be that, for a long time, the energy does not show up anymore, does not live in the bungalow anymore. Therefore someone else is living there, another energy which is convinced to be the real owner. When energy comes back, it is as if the false owner receives a notice to quit. He does not like it".

Not only does he dislike leaving but he will also try his best to convince you that you should not practice, for thousands of reasons, which at that moment seem all to be good. For this reason it is important to practice. Only with practice can we increase the energetic level of our body. This way we have the chance not to identify ourselves with that part, which we believe to be "us" but which, in fact, is "the block". It is impossible to understand this practice without doing it. The more we do, the more we understand. And it is a silent,

loving comprehension which brings a lot of peace with it. Before that, it is a war and we are called to face this war.

If we are convinced of this, if we are really willing to fight, Ratu will never leave us. Energy will always help us. Ratu recently said : "There is no freedom without fight. If we don't want to fight, we are like slaves". Slaves of something which is not light. And only light brings freedom. There is no love without freedom. There is nothing without freedom. Do we have an alternative? I do not think so. **I have never felt** that I had another option but to fight and face myself. Hence the importance to remove blocks from our bodies. Ratu says that only this is real spirituality, all the rest is "spiritual 'tidur' (Indonesian for sleeping)".

He says : "Many people like to master reiki, to master yoga, to master meditation, but when they come to me they discover a body like wood and they run away." And he says this laughing. Because he always laughs and the people beside him laugh and we laugh when we feel energy. Laughing is good; Ratu says it is like a medicine. His mother Nini, she must be heading towards 100 now, lives on laughing. She eats little, but every day Ratu makes her laugh. This is her food. Because "energy is the real food". Having a body of light is therefore, for Ratu, real spirituality. A body in which energy flows.

And if energy flows in our body we wake up in the morning and we are happy, we are always happy, like children of God. Those who feel to be children of God do not need to worry about anything. Because they know that life flows and what is supposed to happen will happen. Only our worries and our fears can stop this flow. Fear to be ill or fear

to be without money for example. About this last point I could write books as I have spent years with no money. Let's say I had a long "money process". A few years ago in Bali Ratu used to say : "Lella is very lucky because she has nothing". In fact, I did have nothing.

This long process gave me the chance to develop a certain detachment from this problem. Nowadays I totally accept this money issue and my trust is so strong that money comes to me when I need it. Last year, for example, I went to Bali for more than 3 months without having a penny in the bank. How? Ratu would answer : "with the net", the light net of which we all are a part. It so happened that some people needed to reach Ratu in Bali and paid for my expenses to be their messenger! This interconnection between people and events is what starts to happen when we tune into Ratu's energetic vibration.

Staying tuned into this vibration, into this frequency in our daily life is "the" big work, "the" big challenge. In my whole life, I have not found a stronger or more motivating reason to be alive. 6.2.14 Lilies of the Valley by Thierry from Belgium Picking and offering lilies of the valley on May 1st is a popular Belgian tradition; one supposed to bring luck and happiness. **As a matter of fact** it did, but only after going quite a way around; a way which ultimately led to Ratu Bagus.

In the morning of May 1st 2003 when leaving home with a close and charming friend, I was surprised to discover some thus far unnoticed lilies in the garden. I decided to pick some for her. But not being too agile, I succeeded in getting entangled in a little fence and fell badly on my right shoulder. Being

allergic to doctors in any shape or form, I trusted everything would get back to normal after a while. It didn't. My arm soon felt heavy and almost paralysed. The Yellow Pages listed a chiropractor who, I learned afterwards, was also taking care of one of Belgium's top tennis players. No doubt I was in good hands.

After many sessions of intricate manipulations – and the spending of the money I had saved for my summer vacation – the pain remained and my arm's mobility had hardly improved. By sheer coincidence (obviously) I was told about a chiropractor in Tervuren, close to Brussels, who seemed to get extraordinary results working directly on body energy. Frankly, at this stage, he could have worked on anything he wished as long as my arm got better.

An appointment made and here I was being stretched, bent and undergoing some most unusual touching including, but not limited to, the pulling of my earlobes! Rich of my previous experience, I kindly reminded Peter, the chiropractor, that, in case he had forgotten, it was my arm and shoulder which were hurting. He looked surprised and asked what was wrong with them. Outraged, I jumped off the treatment bench and while showing him how difficult it was to move my right arm I realized that I had lifted it 180 degrees in one fluent movement. So, he said, what's your problem? I couldn't believe my eyes.

In less than ten minutes my arm's mobility had returned. When gladly paying his well-deserved fee, I noticed a small picture of a longhaired guru-type person in a corner of the treatment room. Peter, soon to be a close friend, noticed my curiosity. He answered my question whether this was a vacation picture by saying simply that I had been healed through this

man. Honestly, this was too much for me in one session. He added that the man's name was Ratu Bagus he would be teaching in Belgium **at the end of the** month – why didn't I come along? As other patients were waiting I couldn't ask the many questions crossing my mind, except for Peter's answer that it concerned a bunch of funny people who were jumping up and down, nothing special for the rest. I received the essence of Ratu's Practice in the most succinct form indeed. Nassogne, May 2003. The brochure indicated that shaking would start at 6 a.m.

Not being an early bird, at least in those days, I decided to book for the night before. I wanted to be well on time to start an experience which I was looking forward to without scepticism but with critical curiosity, I admit. The picture in Peter's room and certainly his astonishing intervention had been lingering in my mind since. I truly felt as if I had a personal appointment with this very man. I started off somewhat clumsily, as I assume most of Ratu's first time students do, mainly imitating others.

The first hours were spent mentally fighting my apprehensions about a large, dominating picture (I thought I was supposed to venerate this), the souvenir shop and, not least, the screams, convulsions and tears of surrounding people. I kept my eyes closed to detach somewhat from this unusual environment until, suddenly, a strange and thus far unknown strength imposed itself on and inside my body. It felt as if I was being moved rather than moving myself. I opened my eyes and discovered that Ratu Bagus was **standing in front of me** with his endearing smile which continues to enchant all of us. From that moment on, shaking became more spontaneous and natural, energizing and liberating.

Subsequent instructive, friendly if not outright warm conversations with other participants **put an end to** my very last resistances. I had entered Ratu's magic world; I felt happy and delighted.

Two other seminars followed and recently, a first trip to **his Ashram in Bali**. Shaking has meanwhile become a regular practice at home, lasting generally shorter than I would wish but certainly with no less intensity. With a sustained shaking practice, I feel better grounded now and take-off so-to-speak, in a gentle and exalting way. My hands directed towards Ratu's picture warm up instantly and a gratifying feeling of happiness and gentle surrender has become a familiar experience. It is difficult to explain in words what exactly happens when shaking.

Very much as for other essential things in life, this can only be explained to those who have already understood. Looking through the personal notes I took during my sessions with Ratu, I am still fascinated by a few aspects of his Practice which struck me from the first time on. Unlike most other spiritual teachings, no one is required to adhere to any principle or statement, and individual freedom of belief (or not) is fully respected. A simple feeling of being a child of the universe is more than enough.

Furthermore, the Energy and spiritual experience passes directly through the body without interference of the mind. It reveals itself deep inside and is all encompassing when you connect to Ratu's Energy. **As a matter of** fact, whenever I pronounce his name and connect, I simultaneously sense a gentle yet assertive punch in my stomach. It never fails. Finally, the fact that Ratu always speaks about himself in the third person, suggests that he considers himself as a

channel only to convey cosmic Energy from the Source to us.

He does not pretend to be the one who knows and we the students who need to learn. The energetic transmission is direct and without words. You just let it come as it comes, without judgment or fear. Also, Ratu's heart opens our own, and loving care is always present. During the November 2004 seminar, I was saddened because I knew my mother would die in the coming months. Even if she was herself fully at peace with her nearing end, it remained a frightening prospect for me, having lost my father and only brother a few years before. I mentioned my sorrow to Ratu who needed only a few words to understand my distress.

He then stroked his head and gave me a strand of his long black hair with the message to put it in her coffin when the day came. "She will go straight to paradise" he said. Anyone not connected with Ratu would refute such superstition. But, the day my mother died, and through tears, I plaited his hair with hers and I knew intimately that she was all right. Humour is never far away either. When I visited the Ashram in March this year, Ratu joked I had brought my mother with me. He saw her shaking by my side. Quite practical, he said, you paid for one airplane ticket and you came as two. As I am fortunate enough to be without major physical problems (for the moment at least) so my Ratu experience is primarily of a spiritual nature.

His light is in and with me. In former days I often felt a drop in the ocean; the Practice has taught me to feel a drop of the ocean. These two letters make the entire difference. When at night I am shaking in front of his picture, with some incense and three little candles, I feel centred and fulfilled. Who ever doubted that lilies of the valley wouldn't bring luck and happiness?



6.2.15 A Challenge to Meet My True Self by Evelyne from Belgium I am very glad to have the opportunity to share my experience with the shaking technique, developed by Ratu Bagus, a wonderful person and teacher.

I will try to take you with me through my short story about this life-changing experience. It was in October 2002 that my husband went on a retreat in Mozet (Belgium). Not knowing where he was heading for, he experienced a very intensive five days. He realised how it was to feel the Energy, and he saw what the Energy could do to people who were more sensitive and familiar with the shaking technique. These 5 days were a revelation to him. He was so enthusiastic that he planned a trip to Bali to the ashram with the whole family. So there I was, with a two-month old baby, two other kids of 4 and 2 years old and a plan to go to Bali next spring.

I didn't know either what I was heading for, but I went on the trip to Bali, to the ashram of Ratu Bagus, for 18 days. As a medical doctor and a mental control freak, I was very sceptical about what was going to happen, but something inside me believed that it was going to be a worthwhile experience. The first few days I was in an emotional shock. I couldn't believe that people could react so strongly on the Energy. I was scared to loose control and had fear to let things happen.

Luckily I had the children there, which gave me a good reason to skip some sessions every so often! Often I was at the edge of the taman wondering what I was doing there! On the fourth day, Ratu gave me some of his hair and, suddenly, I started to feel the Energy running through my arms. Strange experience! Because feeling and experiencing the Energy was new. For lots of years, my

husband and I have been seeking and walking a spiritual way. We read lots of books about spirituality, attended several workshops about bodywork and self-realisation. But this was different. This was something that went beyond the mental level. I could not understand.

It was something I was not able to control, or willing to let happen to me. It just happened when there was complete surrender and no mental hesitation. This is the biggest issue I learned in the years of practise : the more you want (ego), the less you feel. You only have to open your heart and let the Divine Energy do its work. Until now in my life, when I was planning to do something, I put all my energy into it and I could obtain my goal.

RATU's technique taught me the opposite : stop willing, SURRENDER, stop thinking, FEEL, stop theory, just DO, stop "to be lived", LIVE! For me, Ratu is a transformer of the Universal Divine Energy into the Energy which I need the most for my own personal process and my individual progress. In this way, I always get what I need, what is the best for me in this moment. So I learned to trust more in Life, that the Light, with Ratu as transformer, will not be too strong and will **not reveal too much**, so that I cannot get through.

The Energy always comes at the right moment, in the right dosage, so the best personal "cleaning" process can start. By shaking with the mantra, the Light comes into your body and hits all the mental and physical blocks that are there. It brings the blocks out by shouting, crying, anger, or on a physical level through fever, pain, rashes, mucus, vomiting... So the purification can happen on different levels. That's what is called "the process". Through the Practise I learned to see that life events, problems and illness are just a process, which gives me

tremendous confidence in Life, because I realise that the energy always makes the best happen to me as long as I put my intentions clear and right. It taught me to go more with the flow of Life. It isn't always easy to keep that trust (because of the mind) – in yourself, in life and Ratu, but looking back, every time I realise that I am guided by something "special", the Ratu Energy.

During my first visit to Bali, I became very ill soon after arrival and even more so when we returned home. I wasn't able to start working again because of severe sinusitis and otitis with very high fever. When Ratu came to Belgium in October 2003, I went on his retreat for another 10 days and after that I was able to bring Ratu more into my daily life by practising every day for 30 to 45 minutes before going to sleep. That helps me to reinforce my own energy and let go of all the "heavy" energy, which my patients bring to me through their illnesses and sorrow.

It helps me to stay more in my own energy and it made me much more sensitive and intuitive in my work with patients over the last two years. I feel I become much more of a "channel" to work with people and help them not only for their physical needs but also by giving them a direction in their quest for themselves. The experience with Ratu's training already helped me to see my own situation a lot more clearly. We all have our physical, emotional and spiritual "backpack".

The more I can leave my own heavy load behind me, the more clearly I see through the problems of patients. This is definitely something that has changed a lot during the last 3 years. A very big test came for me in July 2004 when I suddenly was diagnosed with cervical carcinoma in situ (the early stage of cancer). This was a real shock and I realised that it was a big challenge to deal with. I had an operation in August 2004. Being

"ill" as a medical doctor taught me a great deal. Suddenly I was sitting on the other side of the desk. I was the patient! After this experience my empathy with patients became much stronger.

I also realised that the illness appeared earlier than it would have done without shaking. Because I see illness always as a friend, it comes to tell you something about an unconscious conflict. The Energy revealed the block very clearly and now I had a very definite reason and strong motivation to go on with shaking. I had to conquer an illness and subdue my terrible mind that stops me from growing spiritually. In October in Belgium, Ratu came to me and said : "If you don't change your mind, patients will continue 'eating' you. You'd better come to Bali for at least one month. There is lots of work to do and shaking at home won't be strong enough.

It's all about loving yourself." Suddenly I realised I had to take a difficult but very important step in my life. For the first time in my life I decided to take care of myself. I cancelled 300 patients, left without kids and husband at Christmas to go to Bali. The five weeks there were life changing. I worked hard, had several severe processes. Ratu taught me to shake always with the mantra : I love myself. ' When I came back I felt like a new person, physically and mentally much stronger. But in February 2005 I had a new examination and again some "bad cells" were found. Another big challenge! This was a big test in confidence.

Imagine all the comments from people who didn't understand the whole Ratu Energy : "You see, this isn't working. You'd better have another operation." This time I really was convinced I could work this out on my own. Indeed, several months later, another examination told me that all cells were healthy again! I am cured.

Ratu taught me in one of the shaking session that on the Energy level there exists no disease and once the disease is conquered the only way to stay healthy is to continue practising and to keep in mind : I Love Myself.

This is my gratitude to Ratu, and my motivation to follow on the way on which he is guiding me with love. Thank you, Ratu. 6.2.16 Island of the Gods by Paul from Australia In Bali, completing my job, DJing in one of the Kuta clubs, I hired a car and headed for the cloud-draped highlands, determined to uncover this mystery of Ratu Bagus, a friend had vaguely told me about in Sydney. As the shadows began to draw longer I found this Balinese Shangri-La perched above a flowing stream, with the majestic Mount Agung a formidable backdrop.

As I walked through the gates I expected to see what I thought most ashrams to be like – people sitting in a hall, meditating and chanting. I could see movement and hear numerous painful screams coming from the old wooden structure near by, as a sweet Balinese woman greeted me with a cup of tea and a warm smile. My curiosity was drawn to the Taman as she proudly called it and the strange activity happening inside. Would you like to shake now? she asked.

My enthusiasm was eager to experience the knowledge of this surrepetitious place, though shaking did not quite register with me. Walking through the doorway of the Taman, I was in no way prepared for what I was about to witness. I stood there with a confused look as I witnessed fifteen or so Western people standing on the spot, shaking their bodies, not in a type of dynamic dance rhythm but simply standing firm, pulsating their

movements in a repetitive, grounding flow, much like riding an imaginary horse.

Their stance and focus were directed to the front of the Taman where, sitting upon a throne-like wooden chair, a resounding man, his long black hair pulled back, clad beautifully in a toga-like white gown, was piercing an eagle-eye stare back towards the shakers in what looked like the process of a serious practice. The Westerners were sweating profusely in the stifling heat with some etching in pain, wallowing out constant screams and convulsions as numerous chickens pecked at the cracked, cement floor beneath their feet, often chased about by the ashram dogs.

The man sitting down turned his focus to me and his stern face immediately lit up with the smile of a long lost friend, warm and genuinely happy to see me. He walked up to me and with a resonant Hello he placed both arms around me and pulled me into his bulking frame, hugging me with a warmth I had not experienced ever before – especially from another man. In that moment I wanted to just melt into his arms, as he let go and took hold of my wrist, leading me closer to the others.

Before I had a chance to introduce myself, let alone chat, his face went back to a serious demeanor and he said in broken English You focus on Ratu picture! You feel Ratu energy! I could tell he was the Master and this was no place to come for a bit of R&R. Mimicking the others I proceeded to shake on the spot as he held my wrist in a firm but gentle manner for about five minutes. I held my gaze upon the large photo of the Master, Ratu, perched on the front wall of the Taman. What seemed like an hour, passed as my mind began to seek an escape from the mundane act I was pushing my body through.

The people shaking around me seemed to be building in intensity, with their pounding movements becoming faster and more purposeful.

Sweat was pouring from all of us and squeals of pain filled the air louder and more aggressively. Suddenly my mind silenced and I found myself entering into a shaking rhythm where I could not and did not want to stop. I began to feel aches from **various parts of my body** that I never knew I had tear into me with each vibratory flow, but something inside had been triggered and just did not want to stop. Electric. Electric, Ratu ordered to us all as the screams from some scared me back into thought : What type of place is this? Ratu walked amongst us placing his hand on our backs and wrists, working us up with his mantra Electric. Electric.

People suddenly began shouting out, as loud as can be, then falling onto the floor in a climactic finale, pulsating; panting in a puddle of sweat. I did not want to stop. I pounded my weight hard into the floor to the point where I felt like I was floating on air, riding a mystical horse through the sky. Eventually, what seemed like two hours of non-stop shaking, my body crumbled beneath me and I fell to the ground. With my eyes closed and my heartbeat drumming feverishly, I felt myself enter into an amazing feeling of pure joy, inner contentment and peace.

I laid there on the floor completely numbed-out, unable to even lift my arm for what seemed like an eternity and in the darkness of my mind, a strange void meditatively grew larger and larger. When I found the strength and "clarity" to sit myself up, Ratu had left the Taman and the others were sitting and bowing, their faces obviously looking worked over. My god, what was that? Introductions followed

and my curiosity was eagerly looking for answers to what I had just experienced.

When you are ready to see, you will answer your own questions said one guy, his eyes like two full moons piercing the night sky. That night, lying in bed, both my ears suddenly blocked, much like the feeling of rising in an aircraft, though I couldn't "pop" them open. The pressure kept on building to the point where **it seemed like a** balloon full of razors was forcing its way through my ears.

I had never felt pain like it as my roommate kept telling me to trust the process though I couldn't bare it, or the fearful state I was entering and I eventually dragged myself into the Taman, where Ratu was seated chatting to his Balinese friends. With tears almost flowing down my face I tried to explain my predicament to him and to my astonishment, he let out a huge laugh and flippantly said Good process then turned his attention back to his friends. Bewildered and in agony, I about-faced to literally crawl back to my room when Ratu said You play music, ya? I turned to him with a blank Yes as he smiled again with his repeat of Good process! Lying on my bed, the pain kept building and intensifying to the point where I was ready to call a doctor, a crazy notion, given my location, when suddenly and dramatically one ear popped with a lacerative tear reliving the pain in an instant.

About five minutes later the other ear followed and the instant subsidence eased my mind when this trickle of liquid began to ooze from both ears. **What is going on** here! Eventually I fell asleep relieved in one way but bewildered in another. The following morning I felt so sick, I couldn't lift my head from the pillow and my ears were leaking something unpleasant,



all of which frustrated me as I was only spending a few days there and time was precious and being sick wasn't on my agenda, though I was wondering just what type of place had I really entered. This practice is a lot of things on a lot of different levels and you are now experiencing the standard introduction to what we call process said my roommate, with a huge, gaping smile.

He explained that to progress with this practice, one must purge the body of all the "dirt" we have accumulated and my sickness was a great sign of cleaning and should I decide to continue on, a lot more purging will push me to my very limits, but beyond those boundaries, I will find what I have been seeking. Many weird processes happen here as he pointed to numerous large welts covering his legs. Wherever you need healing, the practice works deep and very powerful, on body, mind, emotions and spirit. And the beauty is, with Ratu's guidance, we can all heal ourselves by ourselves.

I became reflective about the realization that my ear process was related to my DJ work, with the use of headphones and loud, heavy music – and Ratu's comment the previous night. Some profound force had miraculously honed into my exact lifestyle and begun to work on another level of cleansing – in a way that I was far from expecting it to begin, especially since I was making strong inroads with my new cleansing path back home. Intense shaking, people sick, screaming, crying : if it weren't for the amazing space I shook myself into the previous day, I'd swear I was in an asylum – a spiritual asylum.

Maybe I was! The ashram environment was a perplexing mystical world, where the humble sweetness of my Balinese hosts was a continual flowing warmth, whilst for three hours a session,

three times every day, the shaking practice turned us all into a world-gone-mad. Maybe we were all shaking out the world's madness from within. In time, I realized that we were. My week in the ashram was a roller coaster of moments of pure bliss and intense, painful processes, erasing any thought as to what I previously believed most ashrams to be like.

Each shaking session cut deep into painful blocks, physically, mentally and emotionally – deeper than all of my detoxifying work, then elevating me to poignant experiences. That “something missing” feeling had finally found a channel in which to abate – naturally. I had found a place that made no sense but all the sense in the world, as I surrendered to all of the mayhem that this haven within the island of the gods pushed me, in my quest to seek my Truth.

What I was engaging in and trying to achieve through social drugs and drinking, Ratu had replaced with what my entire being was meant to experience if our world would be perfect. Ratu's practice challenged me – all of us – to go back into my pain, if I was hoping to liberate myself from the seed of my suffering. I had discovered a miracle through the chaotic shaking, filling that void that had plagued me for so long. There was still much work to do and much mystery to unfold as I was only touching the surface of what really lies within. Finally, my heart had found the right key to unlock its door. My heart had found its way home.

A hard road still lay ahead, such is the practice of Ratu Bagus, but then, I had traveled such a hard road to get here and as I have found... seeking Truth is never an easy path, but rewards those who have the courage to never give up.

6.2.17 Shaking at the Taman by Mark and Belle from England Meeting Ratu was a shock at first, especially when coming from a discipline of silent meditation, in which the aspirant follows a set of rules as best as he or she can. With Ratu, it seems there are no rules; you soon learn that the only person responsible for your own development is yourself. Compare and contrast shaking to loud music, people screaming and writhing, to hours sitting silent and still.

Within the actual practice of shaking, it seems that there is very little you can do "wrong", as long as you train hard, which in itself throws up some confusion. But as time passes, you realise that things are changing, you are getting somewhere; people notice changes in you, situations change around you. Then you realise the practice itself is very powerful, and the power comes by way of Ratu. I myself believe the practice is the true representation of "Sanatan Dharma", the Eternal Religion, the Timeless, Ageless, Profound but hard and fast way to Inner Realisation of our Oneness with Divinity.

And that power is with us through the Light and Ratu's blessing. The responsibility is firmly with the Shaker, to work as hard as he or she can. No effort, less results. But when you work really hard... process comes. Process is the clearing of blocks and negativity from the Shaker; blocks which led us (my Wife and I) to Ratu in the first place, which were not being cleared by silent meditation. How can I describe a block being removed? I will try. Shortly after meeting Ratu, something amazing in Life happened to me. I was feeling very pleased with myself, and went to bed happy. In the middle of the night, I felt like a lump the size of a football was growing in my stomach.

It was getting

bigger and bigger, and I had to get out of bed... and do what? I went downstairs and proceeded to be violently sick into a bucket and had diahorrhea at the same time – not a pleasant experience. This went on for a couple of hours, I had no idea what was going on, I tried to repeat the mantra urgently. At one stage I felt the need to contact fresh air, and opened the back door. When the air hit me I started shaking uncontrollably, I had no power over it and it shook my body this way and that. Something amazing was happening... Eventually I was exhausted and fell asleep on the sofa.

I woke after an hours sleep, feeling absolutely fine. Not exhausted, in fact I had lots of Energy the next day. I came to the conclusion I had cleared an important block, which released me somehow. It felt good. And we Shakers have many minor victories along the way. And some disasters, but we try to learn to look at them as part of our growth, as part of the process. The Path we travel is a voyage of self discovery, and we truly do not know where it leads, but we eventually learn it is all for our good, for our growth, for our God. With Ratu comes change. It is inevitable.

You simply don't choose this Path if you are not willing or ready for transformation of any and every kind. Sometimes it is painful, sometimes exhilarating, usually it is both. In Easter of 2005 my husband, myself and a few close friends who also follow Ratu went on a pilgrimage to Assisi in Italy, home of Saint Francis. On our return I was acutely aware something had happened during our time away. Something had changed. It felt as if our visit to Assisi had been the catalyst, as if the Energy there had allowed me to go to a place inside that I had never been before, to open a door that had been hidden from me for a very long time.

The change

happened very quickly and, whatever it was that I was releasing, was now starting to work its way out of my body and through my skin. Within the space of the next five months, my legs, arms and hands became covered in eczema. It became so bad that at times I couldn't manage the stairs, in the mornings my legs would glue themselves solidly to the bed sheets, as the eczema "wept" continuously. Then the boils began. They were large and very painful. During that 5 month period I had between 20 and 30 of them covering my legs, arms and torso. From the very start I knew where I would find healing. Bali. But I, or the darkness inside me, was very afraid. I resisted for 5 long months.

I changed my diet, tried Chinese medicine (which made it 100 times worse!), salt baths, silica and homeopathy, but nothing would avail. I **went into a deep** depression. I had reached my lowest point. That night I had a powerful and vivid dream. In the dream, Ratu came to me. He spoon-fed me bright pink liquid, like a Mother feeding medicine to her child. It was very beautiful and when I awoke I knew I had been with Ratu and that he was calling me to Bali. Still I resisted. Later that morning I received a phone call from a close friend. She told me she was leaving for Bali in 5 days time, her travelling companion could no longer go and did I want to come in her place? It was at this point that I ran out of excuses.

I spent only 10 days in Bali. It was all **the time I had** available, but I had come this far and I believed in miracles. For all those 10 days I fasted on rice and I trained like I had never trained before. The Energy was wonderful and terrifying. It flung me around the Taman like a tennis ball. Whenever I reached a wall or a person it would bounce me off the cushion of Energy

between us. I felt like God was speaking to me as Divine Mother, holding me, telling me that the more I let go the safer I would be. "Trust". "Let go". "I Love You". On the final day I found myself standing at the front of the Taman.

I remember looking down at my feet and seeing a pool of sweat, tears and saliva. Suddenly I felt "something" being released from the very pit of my stomach. It worked its way swiftly up through my body and finally exited through my mouth in a long rasping sigh. Then... silence. It was from that moment that my body began to heal. The eczema and boils completely disappeared and **my skin became softer** and healthier than it had ever been.

I addressed past life issues and emotional problems that I had withheld and unconsciously ignored for years (I suffered anorexia and bulimia for several years when I was younger) and I found an inner strength, faith and love **that I had never** known before. Now, when I look back, I wonder why I didn't go to Bali sooner. Fear and doubt are certainly shackles to the Soul. But how high can we soar when the chains are cut with Ratu's sword of Divine Love and Illumination? To the stars and beyond. We are truly Blessed. Therefore, **I would like to** present this poem to Ratu; "I felt the way that you were guiding me although I did not see the road by which you let me know how much you loved me."

6.2.18 Finally a Connection by Student from Ireland I was first introduced to Ratu Bagus by a very close friend, in whom I had seen a lot of changes since he started his Ratu journey.

Curious about this change, when introduced, I was, for want of a better word, frightened as to what my close friend had allowed himself to get involved in. He invited me along and I only went out of concern for him, mainly to ensure he was not allowing himself to be taken in by a strange cult. So, on 21 April 2005, my birthday, was to be my first encounter with this "cult". I went along to another friend's home, where this "shake" was to take place. A little bit under the weather from my pre-birthday celebrations the night before, I was in shock as to what was being said.

Never before had I met people who were into this type of "thing". Recalling the one thought that played again and again in my head – "they are normal people" – was I still drunk or had I finally lost my sanity? We got ready and started to train. **Never in my wildest dreams** – and believe me I have crazy dreams – did I ever think that I would be "shaking" and staring at a picture, saying a mantra that I could only describe at the time as gibberish. As the session went on, I felt this strange feeling of happiness, lightness and these strong sensations going through my body. Being told this was energy, I accepted it as I would have accepted any explanation at that time.

A few days passed and nothing really happen except for a feeling of happiness – not an outwardly happiness, but more of an inner happiness, a feeling of discovery in myself, a tool to being happy. Can this really be working that fast, or was it just me trying to make myself believe that something was happening. The training became more regular and a little more intense (I started to

sweat, a bodily function alien to me as I am somewhat lazy). Also, my life started to be more fulfilling, a sense of worth about all things that I did, from the most minor tasks to the more daunting of tasks, all seemed not to be in vain, as was the case in most that I had attempted.

I started to notice changes in my professional life as a Prison Officer. Working in **one of the most** violent prison in this country, life inside got more relaxed. Walking around the prison was not as tense as it previously had been. It was with a feeling of protection that I went about my everyday tasks. Saying the mantra to myself, work was not as frightening as it once had been. Then one day on an escort to the courts where I was required to escort a prisoner, the power of the mantra really exposed itself to me. This was the most amazing show of protection that I could ever have witnessed.

The prisoner in question was a violent sex offender who not only sexually assaulted his victims but who would also torture them in the most degrading ways possible. The prisoner became very violent while waiting for the judge and jury and all others involved. He assaulted one of my colleagues and attempted to do the same with the other members of the escort. During the scuffle between the prisoner and us, the prisoner tried to bite me. This prisoner was HIV positive, and whatever else we don't know as we are not allowed access to his medical files, as per his human rights, but one can only imagine the worst in these cases.

As he was about to bite me the only thing that came to mind was the mantra. Saying the mantra to myself as everything had happened so fast, the prisoner just stopped. He looked at me and turned away and then proceeded to channel his anger at the other members of the escort. When order was restored, everyone looked at me and remained silent as if in complete shock as to



how lucky I had been. It was a short while afterwards when my superior asked what the hell had happened, how could it be that the prisoner just stopped, as never in his twenty seven years as a prison officer had he ever seen any prisoner in that agitated state suddenly, for one moment, become so calm. It was what I believe to be the power of the mantra at its greatest. Other incidents were averted in the prison by the power of this mantra. There was one incident where we were to remove a prisoner from a cell.

This prisoner was armed with a shiv (prison slang for a makeshift knife). I was put in charge of the removal and, while this is done in a very controlled manner, it is also very violent. On this occasion I, saying the mantra, decided to not to go heavy-handed. This was to the amazement of all involved as again the prisoner was very violent. Saying the mantra, I proceeded into the cell and instructed the prisoner to drop his weapon. This he did with no questions and to the total disbelief of all involved. The prisoner was removed with no injury to the team or to him. I have no doubt that the power of the mantra, and my belief in Ratu Bagus, have on both occasions protected me and my colleagues.

On a personal note, since starting the practice I have found that I have been able to rid myself of many physical and personal blocks. I have in the first six to seven months given up smoking, something I could not even do for one day before. I have also stopped drinking, which is a major achievement as I was barred from AA group for appearing drunk all the time. I also encouraged others in the group to do so. And the biggest change of all, I have lost twenty-four kilos. This is unreal, as I could never lose weight. I always had a tendency to eat when I was down, and eating was best part of my life.

I feel this practice has also connected me

more to God, after being a sceptic, as other paths I have chosen have forever left me with voids. But I feel this practice helps me to find the God I have always known was there, but was never able to connect to. Through this practice I have found a new love that has always been absent from my life – the love for myself. Ratu Bagus has accomplished to take back the children of God lost in unmapped barren desert, arrived back onto the lap of God filled with joy and bliss. 6.2.19 Love Is the Secret in the Ratu Bagus Bio Energy Meditation Exercise by Paul from France You, who enter this place, open your heart and you will see how useful “Shaking” can be.

Everyday reborn, every instant reborn, it's your whole body shaking in the Light. Shaking. Light and Love is the essence of human being. That is what we experience with Ratu Bagus' practice. Our body stands up as a vehicle and is our support to do this experience of incarnated love. Later we discover the world as the natural extension of this incarnation. For this we have to fully live within our bodies without any division and in that way we progressively found unification.

As far as we transcend, burn in the light, rid ourselves of that which is inside of us – our heritage, our baggage – but that which is not ourselves, only then we experience the path of unification. The solution is not to try to get out of the body or to get rid of the ego. The ego is there to be cleaned. The ego is the path that leads us up the mountain on our journey towards the Light. Even although the mountain already exists, made of visible and invisible Love, this ascension also has to be incarnated in everyday life. When you shake, keep introspection. Listen to

what is happening inside yourself.

Be attentive to what you feel, to what you see, to what you smell. In each step there is something to learn. When something is not clear... shake, but shake with love and not like a mad cow. Breathe. Love yourself and love Ratu. Always shake with love and open yourself to love. Then your senses begin to be cleared washed by Love. From clear senses comes the progressive awakening of discernment, the full potential of your spirit's evolution. The heart, with the full discernment of the senses living in the organs, tells the mind what to do and the mind is submitted to the senses. Sometimes I feel like dead parts of me are coming back to life, illness and deep disagreement disappearing.

Unexpected visitors leaving the place, alive think-forms being disintegrated, dust coming out, ... links with family and friends being cleared, simplified and no longer justified, or build in a golden light without attachment. Immaturity, I still discover how much this word could mean, progressively leaves the place to give way to discernment of senses. This immaturity is like a veil in front of our eyes, around the whole breathing of our body disappeared to discover a new breathing. From this new internal presence, is born a new external presence.

Each step has to be fully experienced in life to be fully understood, to be fully lived. Not only in a period of shaking time, but in the constant dynamic of life : in our everyday life, in each human meeting, in each breathe we take, throughout the day and throughout the night. Then the shaking time is all the time, as finally it **is the natural state of** a fully alive body, gently shaking and breathing in the light of love.

Each step is there to experience a new life in the discovery of abilities of our global breathing, thinking and acting. Think

positive with your whole body and life will give you everything you need. The way of doing your job will change, or you might even change jobs, and your link with other and your abilities. I arrived with my different illnesses and my pain, all of this sending messages to my body. I could feel that there was something that I had to understand and that I had to change something in my life. I had to find my way.

But which way? How? Would I find enough energy to do that? Was it really that powerful? So I came, and progressively it came out, I saw parts of my life, every pain burned in the Light, parts of old feelings that were there since a long time being cured. The root of love not yet full, not yet solid – being filled. I came with different aspirations and progressively they became more limpid, simpler, richer, lighter, deeper. After a while, I discovered that everything was offered and that I had to choose. And to do that, I had to listen to the deep feelings of my heart, and then just follow what was given and what was necessary. I feel exulted to be offered this opportunity.

To be given these gifts, gifts of Light and then sometimes discovering only afterwards the reason why they were given. Just welcoming the Light, while still being able to make the difference between being tested and experiencing real Light of life. Only love frees us. The music that accompanies you on your journey should become : “Open your heart, be joyful. I love myself; give me the possibility to love others, and to be”. Shaking is the way to reconnect us with our ultimate being and to experiment the infinity of this path. Everything begins here.

From the uncomfortable time when love awakens what was there but sleeping, to the pain that comes from the light burning our fears of true freedom, the burning, the vomiting... to the ecstatic time of love, of dance, of laughter

from the whole body, of sharing, of making new friends. I never imagined that it could be like this. Even during the night, while I was sleeping, I realized that my body was shaking even as I sleep. For a while I had strange nightmares, other nights I had interesting tests, deep dreams and visions, unexpected work to do, instructive and graceful visit, and deep peacefulness.

Receiving a gift or orientation from each moment or situation, being able to more and more receive and recognize them, day after day more extraordinary, from flowers, from gardens, from trees, from animal, from the wind to the rain and the sun. From every human met offering his pain, his depth and his original beauty, and with that telling you something. Love is the secret. Don't say it. Experience it. That is what every living part of you is whispering. Welcome it. 6.2.20 Compass on the Voyage to My Soul by Philippe from Belgium I met Ratu about six years ago, through a picture that Marian, my homeopath, had received when she went to Bali. I immediately felt a strong and joyful connection with this smiling man.

I knew and felt I had to meet him. Then came the first retreat in England – I will always remember it. At first, I really wondered what I was doing there, repeating a mantra that I didn't understand, facing an impressive but so sweet being who scared me somewhat and making shaking movements next to a man who kept screaming like hell. I was a bit frightened. Fear had overwhelmed me and suddenly I heard a powerful and radiating voice which told me "Trust"! And then I let myself go, go with the flow of the Energy that I felt through all my senses.

Throughout the ten days that

I spent with Ratu, I experienced vibrations at a deep and high level, my body becoming like an electric channel which helped me release a huge amount of mental, emotional and physical blocks. At times, in an ever renewed void in my mind, I could feel this Universal and Divine connection I had read so much about. I busted into tears of despair I could finally let go; I screamed in anger, which I had never dared to express in such a non- judgemental way.

I even lost 8 kilo's! But the most extraordinary upheaval happened at the spiritual level – what Ratu calls the burning of Karma – as indeed I could live again and instantly liberate some of my darkest and most shameful past lives. The Energy which Ratu is able to pass on to us is beyond words and to activate it, it needs hard work as Ratu repeats to us. This is true. I cannot say that I am **one of the most** hardworking **students of Ratu Bagus** because sometimes my laziness and lack of discipline take over but I always carry on, no matter.

I sometimes doubt, I sometimes fear, I sometimes give up, but I always come back to this wonderful source Ratu provides me with. **He is a lighthouse** in the dark, a large, loving and caring smile in my darkest moments, a divine wing that embraces and protects me like a child of God. And God knows that I often fool myself mentally and think I am not one. To me, **the most beautiful gift** Ratu has presented me with is freedom.

Indeed, I have been to the Ashram eight times already, have done some seminars with him and did experience over and over again encounters with the Dark dissolving into Light, visions of Jesus, Mary, Archangel (so tangible that I cannot do anything but trust), of the afterlife, of the changes Ratu's light makes in our body, through our organs and cells. I have felt laughter and

joy at a "cosmic" level. However, the freedom I was pointing at is this : even without Ratu's physical presence, at home, in a hotel room, on the beach, when I shake and surrender and surrender to the Energy, I always feel the same intense connection, the same sweet and intensely powerful vibrations which bring me whatever I need.

If I want to go through an emotional release with someone I am in trouble with (disappointment, bad energies, pain, sorrow, rage...) I feel it in my entire physical body and peace, love and/ or joy immediately overwhelm me. I want to help someone close to me, I say the mantra with their name and feel spiritually connected through the healing Energy of Ratu. All of this I have been learning, in all freedom and thanks to Ratu, so as to become a channel of the Divine Light. One day Ratu asked me to write and compose a song about fear. I was amazed and at a loss as I had never done this before, especially writing music. At a break of the seminar however, I sat down and immediately received text and music.

These were Ratu's words, God at work. What seems impossible becomes possible. "Don't, don't be afraid Ratu's here for your heart .So come near to fall apart. Don't, don't be afraid. Let yourself go, lose control. Follow the flow, touch your soul. Don't, don't be afraid Have no fear of the dark Ratu's here in your heart. Don't, don't be afraid. Ratu's love, Ratu's light. Ratu's Joy, Ratu's guide." I still have a lot to learn and still experience laziness, but whenever I reconnect with Ratu's Energy, I feel, I know, I trust I am on my way to more clarity, more compassion and love. It's

hard but so much worth doing it.

Actually, I have never felt so much love and understanding for myself and the others than in Ratu Bagus' realm. I can freely take it with me wherever I go. 6.2.21 Light, Love, Laughter & Joy along the Road to Paradise by Abi from England Our trip to the Ratu's Ashram in Bali materialized a few months after meeting him in England. The first week was a re- introduction to the energy on a much higher level. I had been shaking for four months after Ratu's retreat in England.

I became aware that my shaking at home had not been that focused and I hadn't really been working with my breath very deeply, which had left my mind to wander off into job lists for the day. The first week was a clearing process, I would often cry, releasing old grief and cough and spit into one of the buckets provided. My shaking started as a fairly slow and monotonous plod. In the meantime, my friend Niychola, seemed to be standing still in the middle of the room. Her shaking had become such a high vibration, that it was difficult to see if anything was happening.

Ratu explained to her that as the vibration becomes higher the physical movement becomes less and to stick to what she was doing. Niychola continued in this way, she would stand and shake until her clothes were drenched and she was standing in two large puddles of sweat. During one lunchtime shake, my friend chose the music and put on the Chemical Brothers. Instantly I was being thrown around the room, which was spinning, and I began to arch backwards and forwards, making strange noises from somewhere inside me.

The energy became more intense and when the track "Out of Control" came on, suddenly everything



inside me kicked off. I had no control of my body or movements at all, one moment being pulled to the front of the Taman, then being flung back to the far wall, sometimes I got down to kneel on the floor to stop the spinning in my head, but it continued. The floor was vibrating and felt like it was undulating up and down as if an earthquake was happening. Each time I got up, I was flung back and forth, the pain in my neck and shoulders was exacerbated each time, feeling like whip lash.

I was too out of it to be aware of how much my friends were wetting themselves at the spectacle! This crazy shaking continued for three days with the pain in my neck becoming more intense. Ratu likened it to pedaling around on your bike and then suddenly realizing you are on a motorbike and you can switch the engine on! One evening during this "crazy time", Ratu distributed biscuits to us whilst shaking. My hands could hardly hold the biscuit, but I was determined not to fling it across the room, so I grasped it tightly with both hands and immediately felt intense heat and the sweat pouring off me.

My shaking became faster and faster, going beyond the point where I feared my body couldn't take any more and I would surely explode into tiny atoms. I didn't want to lose this feeling, so shook in this way for two hours completely rooted to the spot. I asked Ratu later if this is the way I should shake or was I somehow suppressing the block in my neck and he confirmed that this was clearing my blocks much faster. Thanks to a timely deep tissue massage from Nyoman as well, I said goodbye to the neck and shoulder process after three days.

Past Life connections – whatsername—Ratu mentioned how it was important for us to work out our past life connections

to him, as each one of us had known him previously in one or more lifetimes. Niychola had a very strong connection to Ratu and I was amazed at how she could just pop over to him and have a friendly chat whilst I had great difficulty in approaching him. At first in the Taman, I couldn't look directly at him and tended to train with my eyes closed. I gradually progressed to staring at his stomach, and then finally made it to looking him directly in the eye.

I was plagued by this sense that he knew everyone else's name except mine, and when calling me up for demonstrations, would always refer to me as "you". This whole feeling of not being recognized **became more and more** intense. I was crying out the grief and then swinging towards anger and being pissed off! In one session I could not move one cell of my body and just sat down and cried. I felt I needed to speak to Ratu, but he had done a disappearing trick and had not been in the Taman all day.

The session passed without him appearing, and my sense of need and grief turned into anger and a determination that if he did appear I would just walk out of the room in a sulk. In this time, I experienced a past life where he was my father in the Imperial Chinese court. He had many children, so many he couldn't remember all their names and I felt that whatever I did to seek approval I was never noticed. At this point, my need to speak to him forced me to go and search him out. I didn't have far to go, as he was just outside the entrance. As I opened my mouth to speak, tears blubbed out and I was barely able to convey my experience.

He held my pulse and I began to shake and he said "Yes, you understand". That was it! My grief stopped. Of course, it had been my "wounded inner child" having a "moment". It was an

incredible learning on how easily we can slip into these negative spaces inside us and start projecting out and indeed living our lives in this manner still with the firm belief that we are actually in control. It shows just how sneaky negative energy can be! As we shake it is like tuning a radio to a particular frequency. When we reach that frequency the heat from inside begins, like standing in the Sun.

The mind becomes less active and our Soul takes over the running of the body. We are our own healers, everything that we need, antibodies, blood circulation, activating the organs, healing illnesses, clearing negative thought patterns, is done through our connection to the Fire. The shaking practice is a "Fire" practice. Fire, which was the first spark of divinity, is the "Great Universal Heart before All Time", you may have your own name for this. It predates everything, stretching back before creation, man, civilization and religion.

In comparison, man's civilization is a microdot on the whole scale of things! When we connect to The Fire, we connect to the very source and have a remembrance of complete union and being one with everything without the illusion of separation that our minds have created. But it is our minds which are the source of fear, anxiety and panic in the world. The mind needs to abdicate and let the Soul take charge again, go back to its rightful division of analyzing and calculating but leave the big decisions to the Boss.

We wake up the Fire inside us, remembering who we really are and let go of all the negative and limiting blocks we carry with us from this and previous lives. Archangel Michael is the Archangel of Fire. From my understanding as a healer, I have always invoked Archangel Michael for protection, the Archangel depicted with a sword in his hand as he cuts away our demons, and protects us from negativity.

When I connected in this way, previously, I usually felt a warm glow but I had not had any experience or comprehension of the immense power of Michael, the Archangel of Fire. I first experienced happy cake in Dorset.

When someone has a birthday in the Ashram, it is part of the celebration to make a birthday cake. At the ceremony, Ratu blesses the cake and asks that we all enjoy it. As the cake is handed out, the laughing begins and each person is triggered into laughter which becomes helpless hysterics. This continues for about an hour. I have experienced it many times, being in that place where there is nothing you can do but laugh and squirm on the floor. This laughter is one of the nicest ways to process, the heat and sweat begin and laughter brings up coughing which releases toxins.

Whilst in this state, everything is funny and you are constantly triggered by anything happening around you. At one point I thought the laughter had subsided and lifted my head to see Nini, Ratu's 98 year old mother laughing at me and the whole process kicked in again. You don't always need cake to connect into this laughter. One session, I could feel this laughter inside me. Ratu handed out blessed biscuits as he often does, which he calls paradise food, as it is a further boost of energy and healing for the body.

Joachim received his biscuit from Ratu and a big smile spread on his face. Then suddenly he was off running around the Taman with his hands outstretched like an airplane. My laughing started and became more hysterical as I saw Joachim pass me again and again. The laughing continued to a point where I had to sit down on the step and cackled to myself for two hours. As we shake and clear the blocks inside us, we begin our journey back to our original self, remembering who we were

before we took on the limiting negativity. We clean ourselves on all levels, spiritual, mental, emotional, physical.

Automatically we begin to clear genetic illnesses and shake for our whole family, now and many generations back and clear any genetic illness for our future families. An example of this happened to my friend at the retreat in England. Sacha was brought to the front of the room by Ratu. Ratu held his pulse as the energy passed through him and his shaking became more intense. Sacha suddenly began to wheeze like an old man and the wheezing continued. Later that day, Sacha explained that his family had asthma and he had spoken to his sister on the phone who said she had had an asthma attack **at the same time**. Lucy had been thinking of her friend back in England during the shaking in Bali.

He was suffering from diabetes and was having trouble controlling his **blood sugar levels and** taking care of himself sufficiently. Ten minutes later she received a text from him. He asked if she had been shaking for him because in the last two weeks his blood sugar had settled to a constant level and he was taking care of himself and cooking himself good food and hadn't been smoking. Perhaps I can explain a bit more about the shaking experience from my own understanding and how it works.

It helps us connect to our Original Self and clear out all the garbage that we have picked up along the way! We begin life as pure, divine beings – this is our Spirit. In this state, we understand that we are constantly connected to divine energy. We remember who we are and we are taken care of, everything we need is there for us in the next breath. Every level of our being is as it should be, the spiritual, mental, emotional, physical. The Soul is King in the body, it takes care

of our organs, our blood, it provides us with natural anti-biotics to clear dis-ease within us.

This is how life is meant to be, full of Universal Love, Light and Joy... Paradise! As humans, we forget the divinity that we are. Instead of choosing to be connected with our "Good Spirit", we allow inappropriate energy into our beings on all levels. We can call this inappropriate energy the "Bad Spirit". In reality it is parts of us that don't love ourselves, and where the mind has taken control. It acts like a terrorist inside us. The less connected **we believe ourselves to** be, the more damage the terrorist can do.

This "Bad Spirit" is built up inside us through many lifetimes, and through the acts of suffering we have instigated or experienced – acts of suffering which were originally given to us as a means of learning and growth. In this original format, if we were able to keep your hearts fully open, whilst the act occurred, and instantly learn, we would have received a valuable lesson along the pathway of our spiritual journey. Our tendency, however, was to close our hearts, to bury the wound inside, for it to fester and create dis-ease. In our subsequent lifetimes, we directed our lives from this sense of fear, so the cycle of karma began, each action creating a re-action.

Just for added measure, in our daily lives we also pick up the negativity that others around us hold. Hence, we **have come to the** place in our evolution where we contain more Fear than Love. There are only two energies : Love, which is Divine and everything else that is the absence of Love, in other words, Fear. Fear can show its form in many ways, as anger, jealousy, grief, despair; you choose your poison! So we are now a long way from our Original Self.

We contain within us **on all levels of our being** – in the body, cells, chakras,

auric field – everything that we have ever experienced in every lifetime, the parts we were able to forgive which are healed, the parts we were not able to forgive, which are still blocks. Everything we contain, everything we refuse to forgive, everything we fear, everything we long for, we attract to us in our lives now in order for us to forgive with our hearts open and release us from the karma we have held onto. A good incentive to heal it now! The more karma we hold onto and refuse to surrender, the stronger the blocks are. Instead of plugging into the life-giving “Good Spirit”, we make a choice to follow the “Bad Spirit”.

This energy is not life-giving or life-enhancing, but actually wants to harm us, even kill us. Blocks in our energy field can become denser in vibration and then manifest themselves as physical blocks **in the form of** illness, dis-ease and addiction. Dis-eases shorten our lifespan, and heavier, denser illnesses can curtail our lives very quickly. Why not reverse this trend? Addictions mirror a negative pattern inside us that we are living out. Addictions don't just refer to substance addiction. We could be addicted to food, drink, smoking, sex, but could also be addicted to the “need” to be right all the time, the “need” to be a victim, the “need” to rescue everyone around us, the “need” to talk constantly, the “need” to behave as a martyr and be in a constant state of sacrifice and misery, the “need” to blame others, the “need” to constantly punish ourselves in a state of non-forgiveness, the “need” to be checking out of here and onto another planet, the “need” to be alone and isolated, the “need” to remain a helpless or even stropky five year old! The list is endless and we have made an art of our own misery and suffering! Whatever happened to being happy?

Maybe we don't have so many blocks on the physical level, but look on the mental level and notice the patterns you run in your life. Do you make choices about your life, relationship, and job yourself or do you make these choices from a sense of fear.

For example, do you choose not to enter a relationship because you do not feel good enough? Ultimately, is it the True Self driving the vehicle of your life, or have you handed the steering wheel over to the "Bad Spirit" inside? If you have, sooner or later the vehicle is going to crash! There are many forms of healing around these days. Some of them address the core issues inside us in order to clear them. Some forms of healing like to paper over the cracks and bury the problems deeper inside. True healing is not always pink and fluffy, it's about digging out the long-buried blocks, going through them and clearing them. Our purpose is to thoroughly clean ourselves and remember our Original and Divine Self.

The healing can occur **at any stage of** our lives, 9 to 99 and beyond, even in the next life. **We are also able to** clear blocks, in our genetic line, in our ancestors and descendants, generations back and forth. Genetic illnesses can clear, we can heal parents passed over or living; heal our children and children's children. How is this possible? We need something pretty strong! Meditation on its own is not going to provide the full answer. Other healing tools; vibrational medicine, sound, colour, yoga, tai chi all work to a certain level, but the results of all such healing tools can be enhanced many-fold when working with the shaking practice.

We can't just dig ourselves out of the mess with a blunt spoon, we need an atomic explosion to get things shifting! In the practice, we work with the breath, the Electric,



(Father) and Magnetic, (Mother). With the practice we build up our electro-magnetic field, making it stronger and stronger, clearing ourselves and protecting us from the inner and outer terrorists. So welcome to the wonderful and fairly crazy world of shaking! My experiences have been unbelievable, exciting, emotional, phenomenal, at times painful, but in it all I know I am 100% moving in the right direction at an alarming rate! 6.2.22 A Life Changing Experience by Maike from Germany I first met Ratu during his German retreat in October 2002. I arrived early and chose the wrong entrance and found myself completely unprepared **in the middle of** a session.

I was shocked! I had no idea what to expect, but finding myself amongst a group of screaming, crying and vomiting people was almost too much for me! My friend Florian, who was organising the German retreat at this time, had tried to talk me into coming to see Ratu months ago. I had suffered from depressions since my early twenties and tried all kinds of therapies imaginable, but nothing really worked. Florian was sure, that Ratu's practise would appeal to me, but I didn't feel any resonance. In the end he gave up and the retreat started without me. But, strange enough, the moment Ratu started his work in Germany, I suddenly felt an increasing desire to see him.

Finally, I called Florian, got the last open space, asked friends to look after my 3 daughters and there I was, **in the middle of** madness. I wanted to go home! Only the big effort I had made to come made me stay. Nervously I went into my first session. Fortunately the shaking practise is very simple, so I could join in easily. After a few minutes I started crying without a real reason and I noticed,

Ratu was standing beside me. At that moment I fell on my back, as if struck by lightning. Ratu put his foot on my back and I felt an incredible heat and Energy that filled my whole body and brought out a huge amount of tears. Inside I saw myself walking a wide golden path and understood, it was the way to Love and to God.

I had been desperately seeking both all my life. I knew, I just had to turn around the next corner of the golden path and I would see God. I went on and behind the corner stood Lea, my second daughter. Lea was the daughter that used to cause me most problems. I never had any difficulties with the other two girls; they are quite similar to me. But Lea is different. She is an unknown quantity **to me and I** always had difficulties to accept the way she was. She could feel that herself as well. She used to say : "You love Malin and Becci more than me." I always disputed this, but she was right. I was not able to see that I did to Lea exactly what my mother had done to me. I wanted her to meet my expectations to get my love.

Also, I was not able to see that I had called her, and she had come to me, and that it was my task to recognize and accept her and not her task to satisfy me. In this situation at my first meeting with Ratu, he suddenly opened my eyes and I understood that God is Lea and Malin and Becci, and God is also me, God is everywhere and God is Love. And Love has always been there. I'm the one, who built the walls, maybe caused by my personal history or family karma – or whatever. My physical and psychic disorders are just mirrors of these walls. I realized in this first retreat : I have to break the walls down.

I had to start to work on myself. I'm the only one, who is able to save myself, and working on myself is the only way to

the Golden Time. In essence I'm still trying to digest this lesson, which I got in my first session. Ratu always says our personal mantra has to be : I love myself. I have been training now for 4 years, sometimes with more, sometimes with less success. I must say, it is the most difficult task I ever started. Slowly, I see progress. My physical health became much better. I got rid of an ovarian cyst very quickly (which gave me a great push) and I lost my permanent sinusitis after 2 years. The much more difficult part is to fight my inner demons.

I walked many dark and evil valleys, especially in Bali. Sometimes I was close **to the point of** giving up. But every time I came through, I felt better than ever before. To realize your own development always reminds me of practising a musical instrument. (I used to work as a musician.) **W h i l e** practising, you always think that you'll never get better, because you suddenly realize everything you are not able to do yet. In reality your senses get sharper and your expectations grow. I can see the results of the shaking in my personal relationships already. First of all, life with my children (particularly with Lea) is much easier and I'm much more relaxed.

In the past, **I always tried to** meet people's expectations to get love, today I try to be myself, which is not always easy, but it makes my relationships more satisfying. I am very grateful to Ratu, that he always offers me his unconditional love and his never-ending, never sleeping Energy to tap into. I'm also very, very grateful that he never forced me to do anything. I know, I need Him – sometimes as a kind of motor, who bundles up the Energy, and sometimes as a filter, who makes the pure Divine Energy soft enough for us to bear or even enjoy it. Thank You Ratu!

6.2.23 Teaching with Ratu's Energy by Eddy from Belgium I met Ratu for the first time in October 2001 during the retreat in Mozet, Belgium.

After two days, I wanted to go home because I was disturbed and out of my balance being surrounded by people shouting, vomiting and lying on the floor, crying, etc... However, I had a lot of experience with emotional work. The reason I felt out of balance was because I expected that I was going to meet "highly developed" people in a "higher" practise. After the meditation on the second evening, Ratu beckoned me towards him and he told me, just like that : "You have a difficult time and you want to go home, don't you?" I was very surprised (also in a pleasant way).

He said that he wouldn't stop me from going home but that I had to realise one thing : "If you want to grow", he said, "then sometimes you have to let go something beautiful". At that moment I realised that I was still attached to my previous master. From that moment, I opened myself completely to Ratu. The next year I went to Bali twice! Since then I have changed a lot, I became very strong in the energetic field, my mind and thinking are a lot softer and I gained a lot of insights. That was all very welcome in my profession as a TaiJi-teacher. The first two years were a very heavy quest. The first time I was in Bali in April 2002, I had sinusitis for six weeks.

When I went again in July-August 2002, I had a double ear-inflammation with both my ear drums bursting and an immense amount of pus pouring out of my ears; and, most important, a great deal of unbearable pain. Ratu told me that he was operating on me in a metaphysical way because for fourteen years I had taken on all the negative energy of my students and that, if I hadn't done anything about it, I would become really sick later on. After this

period I slowly became stronger and stronger on the physical and psychic level.

Since 2003 Ratu asked me to take responsibility for his Belgian retreats, and that also is a process! Nowadays, I go to Bali two to three times a year to advance in my growing process, and Ratu surprises me every time by his potential to make you realise the things that disturb your life, not only by shaking, but also by confronting me, or by allowing me to participate in initiations, by which I feel very honoured. Sometimes the work is very exhausting and highly charged but it stimulates the inner growth anyhow.

In my opinion Ratu is one of the people who can contribute a great deal to the well being of humanity, though, for many people, his approach to disease, and to healing it, might seem controversial – controversial, because Ratu looks at the healing process entirely from a spiritual background. His method for healing involves physical movement and work. By now I have seen a lot of apparently incurable people changing into strong and healthy individuals. But regaining your health again depends on your own work! Ratu can guide you, but healing is your own work! The motivation to stay in the practise is congruent with my own ambition to heal people; with my desire to bring people back onto their own path and to make them independent, so that they can realise their potential by themselves. The fact that my students tell me that I become stronger and stronger is also a big motivation to go on with the practise.

Sometimes I have my doubts, doubts that are giving by my mind. I FEEL that I'm on the right path but there are a number of programs in my head that want to convince me of the opposite. This makes it very difficult,

certainly when I'm in a "process" (in the practice we don't speak of being sick but of having a process). The doubt is not only on the physical side. Ratu is a master in the art of self-confrontation! For example, you are thinking that you cleaned out a bit of your ego. And suddenly there is Ratu confronting you with that bit of your ego which you thought you had already solved.

Oh no! That aspect still seems to be there in all its glory! Very disappointing, I can tell you. But... in the last few years my self-respect, my self-confidence and my ability of insight and relativity has developed very much. What seemed like insolvable problems before are peanuts now. Because I use Ratu's energy in my lessons, I don't practise shaking very much at home. Also, the fact that I go to Bali for 80 to 90 days a year, where I shake very intensely, makes that I'm not a daily shaker.

Because I organise the Belgian retreat, the retreat with Sukri, the monthly shaking groups, plus three visits to Bali every year, shaking has a big impact on my family and private life. Happily, my family are enthusiastic about the practise, so there is no problem in this regard. Nevertheless the shaking takes a lot of our time. In my work, I simply implement the energy in the lessons, achieving a lot of improvement and a higher quality of work.

Concerning Ratu's philosophy and my basic ideology : Because I don't really have an ideological preference I'm open to every religion and philosophy, and I try to get everything that is useful out of them. Because of my background as a TaiJi-teacher you could say that I'm a Taoist. Taoism, however, carries many other things within it. For me, harmony and peace are basic conditions for every human being to strive for, and

Ratu's philosophy fits perfectly into Taoism.

Apart from that, it is sometimes difficult to convey Ratu's practise to people who are not so spiritually and energetically motivated, and to make them understand and accept his training. Many things cannot be explained scientifically (at least until now!) but I have witnessed it : it works! In Bali, I did two rice fasts for 42 days. This means, eating a bowl of white rice and drinking some **water three times a** day, for 42 days. This is a real challenge and quest, more so, because you are also shaking for 6 to 9 hours every day. But afterwards you have a feeling of tremendous purity and clarity. It made me stronger and my self-confidence grew.

Heavenly : that first grape after 42 days of fasting. After every fast I was very grateful for all the tastes and smells nature gives us. Because of that I have now a great respect for all the things that nature gives to us. You can't say that Ratu's practise is sectarian. Ratu strives to make people independent. He teaches them to make their own choices and act out of their own free will (therefore you have to liberate yourself from all dogmas, etc...). His maxim is : "Only **when you believe in yourself** can you believe in me".

There is no pressure to practice or participate, there is no effort to isolate you from your home, country or family, there is no disapproval of any religion or ideology, Ratu stands above and beyond all that. What is the difference between the energy I used before (Taoist) and Ratu's energy? The energy I used before I had to generate myself. It meant that I had to gather all the energy within myself as a kind of energy bank. But with every problem – due to emotions, mental stress, etc – I always lost a great part of that energy and had to start all over again.

Taoism knows a lot

of different energies (like Yuan Qi = vital energy, DiQi = earth energy, TianQi = heaven energy, BingQi = sick energy, etc.). One has to know all those energies and to master them by techniques that were given to me by my TaiJi-masters. It means a lot of studying and practising. It took a long time before I was able to work with the energy. Also, I became often very tired because I have got many students and new students demand a great amount of energy, often at my own cost. Ratu calls this kind of energy "animal" energy, energy developed internally by physical and breathing practises. Taoism also speaks of the duality : the Yin and Yang. There is always the opposite, whatever you are doing.

Please don't understand me wrong : Taoism is a great and powerful system and I learned a great deal from the system. It also teaches you **to live in harmony with** everything around you and to search all the time for inner balance. But it also demands much intellectual input to master Taoism. One can call the energy that I practise with Ratu "cosmic, Divine, Light, universal energy, etc." Due to the big purifying processes I went through with Ratu's practise, I became a channel of this universal energy. The energy is always there and present in abundance.

This gives me a number of advantages I didn't have with Taoism: Ratu never speaks of duality : there is just "energy". Energy creates everything; **you just have to** choose the positive and surrender to it. Ratu always say : "positive, active, creative". I have as much as energy at my disposal as I want and I'm able to dose up **the amount of energy** from one student to the next. The energy leads me, I never have to think about what I'm going to do, and the information flows in me in a natural way. Up till now this has given me good results and the students tell me so.



I realise that this energy is very intelligent. I just have to channel to energy and the energy itself does whatever is necessary.

For me this is a revelation and therefore I don't have to make a big effort or strain my intellect anymore. Good isn't? No need to study, just rely on the energy and you know what you have to know! Ratu says : intellectual knowledge is like a wall between the Divine and your inner self. Therefore I learned to rely on the energy and to surrender to it. The more you surrender yourself to it, the faster and the better the energy will work for you. Because of this confidence I never prepare anything anymore. I feel what there is to do or to be said, I feel what has to be practised.

Therefore my lessons are free of tension and this is to the amusement of my students. Our device is now : a lesson without laughing was not a good lesson. In my therapeutic work I'm able to work much more on the real problem and it is much easier to approach and to work with the clients. I also achieve far better results. Due to the practise with Ratu I begin to understand how the universal energy works. How it also carries the best for us all. Because of that one can say : God loves us all and always gives us the best. **You just have to** surrender.

And **even when it is not always** in a pleasant way, the result is always positive! Nevertheless I realise that I still have **a lot of work** to do before I reach the Divine. 6.2.24 I Went to Bali and Never Came back by Lucy from England It's like being plucked from an ocean swimming with people and given a chance with my life. How amazing this feels to me, it's an opportunity not to be squandered and I feel truly blessed. This life is so fantastic to me now, I am waking up and it's a

beautiful morning every single day.

Being here now it's difficult to realise how special this is but all the time there are reminders; seeing a baby **brought back to life** with three simple breaths is something that will stay with me forever and something that will ensure I keep my faith eternally. This place is mostly beyond anything words can explain or the mind can understand, it's a feeling, a state of being that I never knew existed, a state of being that excites and amazes me continuously. I went to Bali thinking I knew myself, knew my issues and knew exactly what I needed to sort out but I realise now I was completely deluded and every day I learn something new about myself.

Learning to love myself has been a huge ongoing battle and once I can nail that I am on the way to winning the fight. The change in me is something that will continue to unfold and **even though I am** aware that so much has happened within me, I won't fully realise the scale of it until I leave this place and experience what life has become. Now I am safe in the knowledge that I can, if I chose to, stay centered in myself, and whatever people may think is their own problem and has no bearing on my reality. I am who I am and not who others perceive me to be.

No longer must I conform to the rules set around me. I know now that I don't have to exist in the box I have been placed in and that now, due to this place and this man, I can be free to tear down the walls and live, truly live without any conditions, expectations or restraints; just life, love, laughter and light. It truly is something special, something amazing and something that not everybody has the opportunity to experience and I am so aware that to go back to the way I lived before would be a travesty.

It makes me wonder what I have been up to most of

my life; being in a trance, a kind of semi-conscious state of being all the time, unable to feel anything and not really caring if I did or not. I used any substance to numb myself and to switch off from life. What strikes me as miraculous is that this has been my life for the last 10-15 years and yet I can spend five weeks here and feel life, really feel it, running through me, waking me up, calling me to shake off everything that held me down, everything that numbed it all. I know that, layer by layer, it goes and each time life gets a little lighter, I get a little lighter, I get a little stronger and the bad stuff that comes out just ensures that there are brighter and better days to come.

So the challenge has been and still is to welcome each process that comes with open arms, to know that it is cleaning out all the conditioning and all the limits that had been placed on me and that I had placed on myself. Now it all makes perfect sense to me, why would I want to keep hold of all these bad things inside me? Now I realise that even in my darkest hour when I feel like its all too much, when the fever has kicked in and I feel like my body is not my own anymore, I do have the strength to overcome it as Ratu is eternally there and I feel safe. It's no picnic and tests you beyond measure **but I have found** strength within me that I did not know existed.

I can fight the things that want to live my life, that want to direct me down the wrong path, to make me self destruct and I am now living with the knowledge that everything is alright, everything will always be alright, I am alive and it feels amazing. Life is beautiful... I arrived at the Ashram with a full head of dreadlocks; dreadlocks that I have had for the last six years, dreadlocks that I now realise have been weighing me down and holding me back for so long. One

evening after training my friends suggested that maybe I should go ahead and just cut them off and I had to admit that it did feel like the right time.

With so much transformation happening on the inside then the outside really ought to match and if they didn't go now then I felt sure I would have them for life. It's only hair you may think, no big deal but it felt like so much more than that, to me it was my whole identity, it was who I thought I was. It 's funny now being back at home feeling so very different; so much lighter and so much happier. I am even finding that at times I have to justify my happiness to other people, only to be met with the response "oh yeah, you're happy now but how long will that last".

Six weeks ago I may have agreed with them but not now, because that person who would have agreed never came back from Bali. This person sitting here now knows that this happiness is just going to go on and on and on and I am safe in the knowledge that I have full control over it, which is really exciting. To quote the words of the man himself, now I know how to "Decorate each day with happiness" Going to Bali and meeting Ratu has made me feel so strong inside, made me realise what I am capable of, got me well on the way to loving myself and made me see what my life can really be. I will be eternally grateful for the chance that I was given; it truly is the most wonderful gift you could ever receive. Life really is beautiful! 6.2.25 Understanding Ratu's Mission by Ketut from Bali I met Ratu at the ashram 17 years ago. At the time I had been suffering from hepatitis C for seven years. When I came to the ashram I was very ill, at the point of dying.

Ratu touched

my head and my heart and immediately I could sit up again. Before then, I was only able to lie in bed. Then Ratu asked me to pray and feel the energy and immediately I started to feel energy slowly coming through to my body, feeling warmer and warmer and getting very hot. After 20 minutes I felt vibrations through my body, stronger and stronger. The next day I could already get up and walk without pain. What an energy miracle! I had been thinking that I would not live much longer, I was so ill. I started a strong process for 6 months to heal my illness.

During the process, Ratu taught me to meditate, and to use the meditation to see the light for my own healing. During that time I lived in the ashram. When I became well, I chose to stay at the ashram. There were many very sick people at the ashram who were very poor. Because of my own experience, I could help them to get better by not concentrating on their illness but look for the light and for the happiness in their lives. During this time I began to understand Ratu's mission – to help people. We had no facilities at the ashram then, no electricity, no running water, no buildings except for a pigsty, which we used for everything – sleeping, cooking, washing, training.

All the healing was done entirely by natural energy. In spite of this apparent discomfort, we were a very happy community. Sometimes we did not even have enough food to eat, so we learned to fast in a natural way. We received more and more help from the energy – we had messages from the divine source that soon there would be big changes in the ashram. The light was telling us, this energy will be carried into Europe. Even though we were a small community in a very small village, we became the generator for big energy by practicing very hard and with great devotion.

Through the experience of being with Ratu in the ashram, I gained more understanding about Ratu's mission.

Ratu is the natural teacher, without ever having been to school to learn what he is teaching. In my meditation I saw Ratu being born with a big light around his body. For me this was a sign of a great blessing from God, to show that he was a special human. In real life, he had all the gifts of a child, an adult and a wise old man from the day he was born. Because of his mission he had to be a normal human, to be able to connect to us. Coming from a poor family of 9 children, Ratu never felt the difference between rich, poor, sick or healthy. For him everyone was the same. Ratu just wants to help everyone to find the right way in their lives.

In 1993, Ratu's wife met an Italian gentleman in the road in front of the ashram. This man, Gino di Simone, had been a Yoga teacher for 20 years. He said that on approaching the ashram, he felt pulled towards it by a very strong energy vortex. He had been told to go to Bali and look for a centre of energy. When he met Ratu, his head was bent down to the ground by an unseen force, without him doing anything. He stayed at the ashram for 2 months, because he liked to help in the ashram. After his return to Italy he gathered a group of 25 people together, telling them about his experience, and 6 months later the group invited Ratu to visit Italy. This was Ratu's first trip to Europe. Later on he travelled to Europe more frequently.

His friends and disciples became more numerous. Very soon, Western visitors came to stay at the ashram. From that time onwards, the ashram started to grow, but also, Ratu's mission was carried into Europe. His group of students became very international.

6.3 Experience of Made Sukarwa with the Energy of Ratu Bagus I am a military officer with the rank of lieutenant colonel and served as the Command of Military District in Flores, East Nusa Tenggara. I am a brother-in-law of this book's author (my wife and his are full sibling). As a sister, my wife often shares ideas and talks about our family's condition. My wife suffers some health disorders and she happens to have slightly weak bodily condition.

Once upon a time, my wife attended a meeting of commands' spouse in Denpasar. As she would like to go to Denpasar, she contacted her elder sister that she would drop by and have a health consultation to Ida Pandita Ratu Bagus (Ratu Bagus), a Hindu holy priest in Bali who has been talked about many a time. In short, having the meeting of comands' spouse my wife dropped in the home of her eleder sister whose husband is a lecturer at Brahma Vidya Faculty (Hindu Theology) executed at the Ratu Bagus Ashram.

It makes easier for my wife to meet Ratu Bagus on 7 March 2009. After going home to Flores—East Nusa Tenggara, my wife told all experiences that she would never forget along her lifetime. My wife said that her body vibrated like being conducted by electrical current when joining the shaking movement at Ratu Bagus Ashram. Extraordinarily, my wife used to be unable to take nap though she forced to do so. However, since he went home from the shaking exercise at Ratu Bagus Ashram she could sleep soundly. My children was amazed to see such a change. Later, her sleep looks to have no burden at all. It is different from previous days where she was always restless.

In Flores, my wife showed how she practiced shaking, she moved with great body vibration. I have confidence that my wife

could do that because she might have got an initiation touch from a holy man named Ratu Bagus. Afterwards, I felt so curious and attempted to join the exercise beside her. Unpredictably, the energy conducted when she did the shaking seemed influenced me. At the end, I also experienced as what my wife did. Since that time, I kept on practicing the shaking and she likes to do so. Then, I was very eager to meet Ratu Bagus. Few times later, the time seemed to give an opportunity for me to attend a command's meeting in Denpasar.

Following the meeting, I asked my brother-in-law (the author) to take me to Ratu Bagus. Right on 28 March 2009, I could meet Ratu Bagus. As soon as arrived at ashram, I directly headed for Taman (centre) where the exercise is held. My brother-in-law approached some seniors and asked them to lead me. Few moments later, vibration on my body started like being conducted by electrical current. I felt the energy to flow throughout the body and started to move and move around. At last, I fell fatigue and in such condition I was called by the wife of Ida Pandita Mpu Istri Ratu Bagus to be given herbal medicine. How surprising it was, after I was sprayed by herbal medicine through the nostrils and mouth (tutuh).

Suddenly I shouted while neighing like a malicious supernatural being (according to my brother-in-law). I laughed, shouted seriously, felt queasy and vomited. All food and even many black clods emanated. Since too much vomiting, I was getting weaker and I fell down beside the wash basin. I was then supported to lean on outside, then vomited and vomited again. My mind turned to disperse and my body was getting more powerless as if I had no power to move the body. I let my body lay down weakly and miracles suddenly occurred. I stood up with quivering



body and finally arrived near Ratu Bagus.

In an instant, my body was like being sucked and embraced Ratu Bagus while my body was still quivering. Such a spectacle was very amusing and made many people saw it laugh. After that, I fell down. Having been so for long, I got up and had a seat and felt something has happened in me and such condition was very enjoyable. After the exercise, I was hosted a dinner and then went home by bringing along the triumph of soul. I consider this experience as an awakening of soul because at the moment it is dormant. I am thankful to Ratu who has accepted and led me in shaking exercise. I will never forget the moment how the energy of Ratu Bagus conducted to the entire of my body.

Originally, before joining the exercise I had great confidence because I felt as a middle military officer (Lieutenant Colonel) who is accustomed to perform severe physical and mental exercise. However, after experiencing in person to do the shaking, its vibration effect made me powerless **in front of the** energy. It could not be opposed. The more I opposed it the more severe its vibration I felt, while the more I enjoyed it, the more gentle I felt its vibration as its energy becomes one with human.

ABOUT THE AUTHOR Ketut Donder, the researcher on the Ratu Bagus was born in Singaraja on 24 August 1961. His life encounters too many challenges and even it can be said as a less lucky man compared to his friends of the same age. He was born in a modest family.

When he was 3 years old the Mount Agung erupted. Since his parents could not afford to finance their 5 children, they finally decided to join the transmigration programme and he should go with them. On that account, he must live at a remote place of North Sulawesi for 13 years. Finally, he could complete his study at Elementary School (SDN) of Kembang Mertha, Dumoga sub district, Bolaang Mongondow Regency, North Sulawesi in 1974. After that time, his parents got bad luck because the village where they lived was hit by prolonged drought and starvation. His parents then decided to move to Parigi that was considered more fertile.

There he continued his study to Secondary School (SMPN) of Parigi, Central Sulawesi and graduated in 1978. Armed with determined aspiration, Ketut Donder continued his study to the capital of Central Sulawesi and attended Senior High School (SMAN 2) by taking Natural Sciences Department in 1982. Due to the endowment of Hyang Widhi Wasa (Supreme God) he got a scholarship of Education and Vocational Labour Force Provision organized by World Bank so that he could completed his undergraduate programme at Faculty of Architecture, majoring in Plumbing Studies at the Yogyakarta Teacher's Training College (IKIP) in 1987.

Later on, since he fell in love with Hinduism Studies he was willing to sell his only one land to finance his further study and completed his postgraduate programme with the concentration of Brahma Vidya (Hindu Theology) at Denpasar State Institute of Hindu Dharma in 2005. During his study at Senior High School he was very active in the student's organization as First Head and served as the flyer of heirloom flag for two years.

While studying at college he was also active as in the Battalion II at the Student Regiment of IKIP Yogyakarta as member of provost. In addition, he was also active in Hindu youth, namely as functionary of Hindu Youth Association of Yogyakarta and Head of the Hindu Students' Association of Yogyakarta. Having graduated from undergraduate programme, he was active as Educational Division Head of Hindu Dharma Assembly of Indonesia of Central Sulawesi (1989-1996), First Chairman of Hindu Dharma Assembly of Indonesia, Central Sulawesi (1996- 2001), advisor to Hindu Youth Organization of Central Sulawesi (1989-2005), advisor to the Hindu Dharma Women Association of Indonesia, Central Sulawesi (1996-2005).

In his official duty he worked as teaching staff at Vocational High School (STM N) of Palu in charge for the subject of Drawing of Reinforced Concrete Construction, Drawing of Steel Construction, Physics, and Hinduism Education. In addition, he also taught at AKBID, AKL, AKPER of Palu that now has been changed into POLTEKKES (Health Polytechnique) of Palu. When teaching Physics and Chemistry at STMN Palu, he was surprised by the elements group belonging to Voltaic Rows that later on inspired him to wrote a book entitled (1) Atom Atma dan Animisme

(Evolusi Konsep atas Substansi yang Sangat Halus) published by Paramita Surabaya. Having completed the postgraduate programme, he moved as teaching staff to Brahma Vidya Faculty, Denpasar State Institute of Hindu Dharma (IHDN).

Apart from being a lecturer, he also actively writes several textbooks on Hinduism, writes articles for some journals and Media Hindu magazine. His published books are (2) Sisywa Sista: Pedoman Menjadi Siswa Mulia, (3) Esensi Bunyi Gamelan dalam Prosesi Ritual Hindu, (4) Brahma Vidya: Teologi Kasih Semesta, (5) Kosmologi Hindu, (6) Studi Agama-Agama, (7) Teologi Sosial, and some other books that are still under preparation. Besides, he also edited some books such as Subak Pertanian Religius by Prof. Dr. Nyoman Sirtha, S.H., M.S., and the book Hindu Dharma Wejangan Sri Chandrasekarendra Saraswati Swami.

In scientific journal he serves as Chief Editor of Sanjiwani Journal, Brahma Vidya Faculty, IHDN Denpasar, Managing Editor of Religious, Education and Cultural Research Journal of IHDN Denpasar and many more articles have been written. Donder frequently explores some spiritual retreats that is purely intended to know what is actually taught there. He can understand the necessity of soul of each participant so that he is very tolerant to any spiritual retreats. Donder has a principle; to become an aspirant of scientist he may not be frigid or allergic to any spiritual retreat.

Ultimately, he also would like to present his wise words as follows: Many people say that head is the most respectful limb; it is also the reason why the head nestles on top. They say the head represents one's dignity. Regardless all of those entities, my

head is not a head like that of public; my head is only a skull containing a little universal knowledge. Ancient literature says that universal knowledge lies on the feet of preceptor. Therefore, my head is more appropriate to dwell close to preceptor's feet. Let my head roll out from one preceptor's foot to another to make my head not merely become a futile skull.

BIBLIOGRAPHY Bernard, Theos, 1989.

Hindu Philosophy, Delhi: Jaico Publishing House Calne, Donald B., 2004. Rationality and Human Behavior, Jakarta: Kepustakaan Populer Gramedia Chopra, Deepak and Simon, David, 2004. The Seven Spiritual Law of Yoga, PT. Bhuana Ilmu Populer Darmada, Nyoman Wista, 2005. Sinar Suci Di Lereng Gunung Agung, Karangasem: Ratuashram@yahoo.com. Daryai Lal Kapur, 1990. Call of The Great Master, Jakarta: Yayasan Radhasoami Davies, Paul, 2002. The Mind of God, Yogyakarta: Pustaka Pelajar Davies, Paul, 2006. **God and The New** Physics, Nuansa: Bandung Devananda, Swami Vishnu, 2003. Meditation and Mantras, Delhi: Om Lotus Publications Donder, 2001.

Panca Dhatu Atom Atma dan Animisme, Surabaya: Paramita Donder, 2006.  
Brahmavidya-Teologi Kasih Semesta, Surabaya: Paramita Donder, 2007. Kosmologi Hindu, Surabaya: Paramita Donder, 2008. Acharya Sista-Guru dan Dosen Bijaksana, Surabaya: Paramita Donder, 2008. Hakikat Leak dan Ilmu Gaib Lainnya dalam Perspektif Filsafat Ilmu Fisika Kuantum, Denpasar: Jurnal Filsafat Fakultas Brahma Widya IHDN Denpasar

Donder, 2009. **Ida Pandita Mpu Parama Daksa Natha Ratu Bagus & Fenomena Eksotis Kesadaran Kosmisnya**, Surabaya: Paramita **Donder, I Ketut, 2007** Aspek-Aspek Sains dan Teknologi dalam Teologi Hindu, Denpasar : Jurnal Pangkaja Donder, I Ketut, 2008.

Diskriminasi Teologi Barat terhadap Teologi Hindu, Jurnal Pangkaja **Donder, I Ketut, 2009**. Pluralisme dalam Hinduisme, Denpasar : Jurnal Filsafat Fakultas Brahma Widya IHDN Denpasar Donder, I Ketut, dan Wisarja, I Ketut. 2009. Teologi Sosial Perspektif Hindu, Yogyakarta : Impulse, Pital, dan IHDN Denpasar Donder, I Ketut. 2009. Kesadaran Kosmis – Analisis Ilmiah Terhadap Potensi yang Kesadaran yang Ada pada Setiap Segmen Alam, Jurnal Sanjiwani Fakultas Brahma Widya IHDN Denpasar. Effendi, Irmansyah, 2004. **Teknik Efektif untuk Membangkitkan, Membersihkan, dan Memurnikan Kekuatan Luar Biasa dalam Diri Anda** – Kundalini, Jakarta : Gramedia Efferin, Roy Budi, 2006.

Sains & Spiritualitas – dari Nalar Fisika hingga Bahasa Para Dewa, Jakarta : PT. One Earth Media Gala, Dhiren, 2007. Health at Your Fingertips – Mudra Therapy, A Part of Ayur Veda is Very Effective Yet Costs Nothing, Mumbai, Navneet Publications Grayson, Stuart, 2001. Spiritual Healing – Penyembuhan Spritual, Semarang: Dahara Prize. Goldthwait, John, TT. Purifying the Heart, Andhra Pradesh : **Sri Sathya Sai Books & Publications** Trust.

Goyandka, Jayadaya, 1994. The Secret of Karmayoga, Gorakhpur: Govind Bhavan Karyalaya Maghsri, Syaiful M.,

1995, Biolistrik Tubuh Tenaga Dalam, Yogyakarta: Yayasan Satria Nusantara Mavinkurve dkk., Editor Maswinara, I Wayan (alih Bahasa), 1998. Ilmu Pengetahuan dan Spiritual Berdasarkan Veda, Surabaya: Paramita Pendit, S. 2002. Bhagavadgita , Jakarta: Gramedia Prabhupada, Swami, 1984. Bhagavad-Gita As It is, Mumbai: The BhaktiVedanta Book Trust Pudja, Gde dan Rai Sudharta, Tjok. Rai, 1979. Manawa Dharmasastra, Jakarta: Departemen Agama RI Jakarta Radhakishnan, S. 1989. The Principal Upanishads, Jakarta: Parijata Rajasekharan, P.T., and Venkatesan, R., 1992. Divine Knowledge through Vibrations, Bangalore: Panther Publisher Ram Das (Richard Alpart), Ed.

Ngakan Made Madrasuta, 2007 Jalan Menuju Tuhan, Jakarta: Media Hindu Ramacharaka, Yogi, 2007. Secrets of Yogi Philosophy – Fourteen Lessons in Yogi Philosophy and Oriental Occultism, New Delhi: Cosmo Publications Renard, Thierry, TT. Ratu Bagus Sharma, Rajeev, 2005. Yoga For All – Simple Yogic Exercises & Yoga For Cure, Delhi: Manoj Publications Sivananda, Sri Svami, 1993. Yoga Asanas, Himalaya: The Divine Life Society.



Sivananda, Sri Svami, 2000. Tantra Yoga, Nada Yoga, and Kriya Yoga, Asanas, Himalaya: The Divine Life Society. Sivananda, Sri Svami, 2005, Pikiran – Misteri dan Penaklukkannya, Surabaya: Paramita Suhartono, Suparlan, 2008.

Dasar-Dasar Filsafat, Yogyakarta: Ar-Ruzz Media Group Sui, Choa Kok, 1989. The Ancient Science and Art – Ilmu dan Seni Penyembuhan dengan Tenaga Prana, Jakarta: Gramedia Tardjan, Yoseph, 2004. Angelology – The Science of Angels – Cara Mengakses dan Mendownload Energi Angels, Jakarta: PT. Protona Findo Universal. Vivekananda, Swami, 2000. Bhakti Yoga, The Yoga of Love and Devotion, Kolkata: Advaita Ashram Vivekananda, Swami, 2000. Karma Yoga, The Yoga of Action, Kolkata: Advaita Ashram Vivekananda, Swami, 2007. Raja Yoga or Conquering the Internal Nature, Kolkata: Advaita Ashram Wijoyokusumo, Suhandono, 2006.

Mistik Trisula Veda – Kundalini – **Cara Mudah dan Praktis Membangkitkan Kundalini** Anda, Jakarta: Gramedia

#### INTERNET SOURCES:

-----  
<1% - <https://issuu.com/positivelife/docs/positive-life-spring-2010>

<1% -

[https://www.researchgate.net/publication/344867333\\_APPLIED\\_SCIENCE\\_AND\\_TECHNOLOGY\\_ON\\_WARNASARI\\_AND\\_TUKADAYA\\_VILLAGE\\_JEMBRANA\\_DISTRICT\\_BALI\\_PROVINCE\\_IN\\_SECOND\\_YEAR](https://www.researchgate.net/publication/344867333_APPLIED_SCIENCE_AND_TECHNOLOGY_ON_WARNASARI_AND_TUKADAYA_VILLAGE_JEMBRANA_DISTRICT_BALI_PROVINCE_IN_SECOND_YEAR)

<1% - <https://ebsu.academia.edu/kingsleyokoro>

<1% - <https://www.sciencedirect.com/science/article/abs/pii/S0378874114003948>

<1% - <https://www.yogapedia.com/definition/9152/om-shanti>

<1% - <https://issuu.com/benpadiah/docs/magick101>

<1% -

<https://www.karunaflame.com/karunaflame/events/ratu-bagus-bio-energy-shaking-yoga-meditation-classes/comments-participants/>

<1% - <https://pt.scribd.com/document/121434066/consumer-behaviour>

<1% - <https://www.fanfiction.net/s/13378035/3/The-Blue-Wolf>

<1% - <https://www.gutenberg.org/files/34520/34520-h/34520-h.html>

<1% - <https://accesstoinight.org/lib/authors/nyanatiloka/wheel394.html>

<1% - <http://www.gitafoundation.com/chapter-9-adhyay-9/>

<1% - <https://ez.religio.de/Religioplexikon/R/Ratu-Bagus>

<1% - <https://garavasara.com/events/2011-08-11-gara-vasara-festival>

<1% -

<https://www.facebook.com/gbcnewark/videos/a-god-of-protection-and-deliverance/2968020106812296/>

<1% -

[https://www.researchgate.net/publication/226026195\\_Teacher\\_Professional\\_Becoming\\_A\\_Practice-Based\\_Actor-Network\\_Theory\\_Perspective](https://www.researchgate.net/publication/226026195_Teacher_Professional_Becoming_A_Practice-Based_Actor-Network_Theory_Perspective)

<1% - <http://www.occult-mysteries.org/franz-bardon-books.html>

<1% -

<https://epdf.pub/the-yoga-of-the-nine-emotions-the-tantric-practice-of-rasa-sadhana.html>

<1% - <https://spiritualgreatness.com/dangers-of-kundalini/>

<1% -

<https://issuu.com/krishnatube/docs/19-srimad-bhagavatam-canto-07-part-01-1976>

<1% -

[https://rateyourmusic.com/list/RichardBeast/all\\_89\\_dream\\_theater\\_songs\\_ranked\\_and\\_reviewed/3/](https://rateyourmusic.com/list/RichardBeast/all_89_dream_theater_songs_ranked_and_reviewed/3/)

<1% - <https://greensmoothiegirl.com/water-fasting/>

<1% - <https://bible.org/series/250?page=336>

<1% -

<https://www.slideshare.net/Traveltotheeast/rosicrucian-heritage-magazine-2102-1>

<1% - <https://en.wikipedia.org/wiki/Christ>

<1% - [https://en.wikipedia.org/wiki/Talk:Science/Archive\\_2](https://en.wikipedia.org/wiki/Talk:Science/Archive_2)

<1% - <https://silo.pub/encyclopedia-of-hinduism.html>

<1% - <https://www.catholicculture.org/culture/library/view.cfm?recnum=8330>

<1% - <https://www.nusabali.com/berita/101313/sehat-itu-harus-yadnya-pun-jadi-mulus>

<1% - <https://mortentollboll.weebly.com/richard-dawkins-the-matrix-dictionary.html>

<1% - <https://godevidence.com/2010/08/quotes-about-god-atheism/>

<1% - <http://nleresources.com/media/American%20society.doc>

<1% - <https://www.scribd.com/document/103062706/Govind-Bhashya-4>

<1% - [https://www.askthephysicist.com/ask\\_phys\\_q&a.html](https://www.askthephysicist.com/ask_phys_q&a.html)

<1% - <https://wake-up.org/144000/the-144000.html>

<1% -

<https://www.esamskriti.com/e/Spirituality/Bhagavad-Gita/Perennial-Psychology-of-the-Bhagwad-Geeta-11.aspx>

<1% - <https://www.gita-society.com/comparative-study-4/>

<1% -

<https://www.esamskriti.com/e/Spirituality/Bhagavad-Gita/Perennial-Psychology-of-the-Bhagwad-Geeta-12.aspx>

<1% - <https://www.asexuality.org/en/topic/68729-the-unorientation-of-love/>

<1% - <http://saibaba.ws/avatar/sss/sss2.htm>

<1% - [http://www.aghori.it/cap\\_11-20.htm](http://www.aghori.it/cap_11-20.htm)

<1% - <https://www.scribd.com/document/247996634/VR001-Srivaradarajastavam-pdf>

<1% - <https://biblehub.com/sermons/psalms/8-4.htm>

<1% - <http://www.harekrishnas.tripod.com/~harekrishnas/97/article001-97.html>  
<1% - <https://mskewai.wordpress.com/author/mskewai/>  
<1% - <https://www.mdpi.com/2305-6320/7/3/12/htm>  
<1% -  
[https://www.vatican.va/content/benedict-xvi/en/apost\\_exhortations/documents/hf\\_ben-xvi\\_exh\\_20100930\\_verbum-domini.html](https://www.vatican.va/content/benedict-xvi/en/apost_exhortations/documents/hf_ben-xvi_exh_20100930_verbum-domini.html)  
<1% - <https://www.newdawnmagazine.com/articles/the-power-of-the-mind-to-heal>  
<1% -  
[https://www.saibabaofindia.com/sai\\_baba\\_sayings\\_quotes\\_spiritual\\_text\\_teachings.html](https://www.saibabaofindia.com/sai_baba_sayings_quotes_spiritual_text_teachings.html)  
<1% - <https://iep.utm.edu/dreaming/>  
<1% -  
<https://www.patheos.com/blogs/daylightatheism/essays/a-ghost-in-the-machine/>  
<1% - <https://positivepsychology.com/happiness-quotes/>  
<1% -  
<https://www.bibletools.org/index.cfm/fuseaction/Topical.show/RTD/cgg/ID/2174/Image-Likeness-God.htm>  
<1% - <http://edgeoforder.org/mathitself.html>  
<1% - [https://en.wikipedia.org/wiki/Davisson%E2%80%93Germer\\_experiment](https://en.wikipedia.org/wiki/Davisson%E2%80%93Germer_experiment)  
<1% -  
<https://samacheerkalvi.guru/samacheer-kalvi-11th-chemistry-solutions-chapter-2/>  
<1% - [https://www.askthephysicist.com/ask\\_phys\\_q&a\\_old4.html](https://www.askthephysicist.com/ask_phys_q&a_old4.html)  
<1% - <http://www.gutenberg.org/files/41160/41160-h/41160-h.htm>  
<1% - [https://infogalactic.com/info/Special\\_relativity](https://infogalactic.com/info/Special_relativity)  
<1% - [https://hyperleap.com/topic/Quantum\\_mechanics](https://hyperleap.com/topic/Quantum_mechanics)  
<1% -  
<https://physics.stackexchange.com/questions/30973/what-is-meant-by-nothing-in-physics-quantum-physics>  
<1% -  
[https://www.academia.edu/16338516/Spirituality\\_and\\_the\\_Transformation\\_of\\_Consciousness](https://www.academia.edu/16338516/Spirituality_and_the_Transformation_of_Consciousness)  
<1% - <https://www.lsdexperience.com/part-2/consciousness/>  
<1% -  
<https://www.esamskriti.com/e/Spirituality/Bhagavad-Gita/Perennial-Psychology-of-the-Bhagwad-Geeta-3.aspx>  
<1% -  
<https://yogainternational.com/article/view/natural-disasters-contemplating-catastrophe/>  
<1% - <https://www.vaddadivaru.in/karma-yoga/>  
<1% - [https://www.esamskriti.com/essays/docfile/29\\_492.doc](https://www.esamskriti.com/essays/docfile/29_492.doc)  
<1% - <https://driwancybermuseum.wordpress.com/category/uncategorized/page/26/>

<1% - <https://lushgreendeepblue.wordpress.com/2019/08/25/india-unity-in-diversity/>  
<1% -  
[http://www.ephesians-511.net/docs/MANTRAS\\_OM\\_OR\\_AUM\\_AND\\_THE\\_GAYATRI\\_MANTRA.doc](http://www.ephesians-511.net/docs/MANTRAS_OM_OR_AUM_AND_THE_GAYATRI_MANTRA.doc)  
<1% -  
<https://es.scribd.com/document/51456957/Reiki-Gayatri-Seichim-Stephen-Comee>  
<1% - <https://technews.acm.org/archives.cfm?fo=2015-09-sep/sep-30-2015.html>  
<1% -  
[https://www.academia.edu/13813032/THE\\_GREAT\\_ACADEMIC\\_DICTIONARY\\_OF\\_THE\\_RUSSIAN\\_LANGUAGE\\_AS\\_AN\\_INSTRUMENT\\_OF\\_AUTODIDACTIC\\_RATIONAL\\_EDUCATION](https://www.academia.edu/13813032/THE_GREAT_ACADEMIC_DICTIONARY_OF_THE_RUSSIAN_LANGUAGE_AS_AN_INSTRUMENT_OF_AUTODIDACTIC_RATIONAL_EDUCATION)  
<1% - <https://stephenknapp.wordpress.com/category/free-e-books-by-stephen-knapp/>  
<1% - [https://en.wikipedia.org/wiki/Lampungic\\_languages](https://en.wikipedia.org/wiki/Lampungic_languages)  
<1% -  
<https://mira-raz.com/articles/practice/manipura-or-solar-plexus-chakrapqcpf14511vfehyr>  
<1% - <https://mindfulnessquest.com/energy-healing-for-victims-of-narcissistic-abuse/>  
<1% -  
<http://www.energyenhancement.org/PHYSICAL-IMMORTALITY-VAJRA-DIAMOND-BODY-CREATING-IMMORTALITY-WITH-ENERGY-ENHANCEMENT-THE-ELIMINATION-OF-ENERGY-BLOCKAGES.htm>  
<1% - [https://issuu.com/mhthaker/docs/yoga\\_book\\_by\\_\\_mahendra\\_thaker\\_mumba](https://issuu.com/mhthaker/docs/yoga_book_by__mahendra_thaker_mumba)  
<1% -  
<http://mx.up.edu.ph/cgi-bin/pub.php?article=ajna%20chakra%20the%20third%20eye%20chakra%20rudraksha%20ratna&code=a0bbe7b100a775758ee54b1b9648d74f>  
<1% - <https://www.bhagavadgitausa.com/HYMNS%20OF%20SANKARA.htm>  
<1% - <https://www.scribd.com/document/396063416/7-Bimbingan-Konseling>  
<1% - <https://idoc.pub/documents/nirmal-fragrancesy-collective-4pdf-ylyg895j1elm>  
<1% -  
[https://www.academia.edu/27142177/BEYOND\\_UMNGUNI\\_OUR\\_PRIMEVAL\\_FATHER\\_Tracing\\_the\\_Origin\\_of\\_AbeNguni\\_Nguni\\_People](https://www.academia.edu/27142177/BEYOND_UMNGUNI_OUR_PRIMEVAL_FATHER_Tracing_the_Origin_of_AbeNguni_Nguni_People)  
<1% - [https://link.springer.com/chapter/10.1007%2F978-1-4939-3447-8\\_5](https://link.springer.com/chapter/10.1007%2F978-1-4939-3447-8_5)  
<1% - [https://link.springer.com/chapter/10.1007/978-3-030-03633-1\\_14](https://link.springer.com/chapter/10.1007/978-3-030-03633-1_14)  
<1% - <https://link.springer.com/article/10.1007/s13164-018-0403-6>  
<1% -  
<https://ajitvadakayil.blogspot.com/2015/01/yoga-only-complete-exercise-part-2-capt.html>  
<1% -  
[https://ajitvadakayil.blogspot.com/2018/02/sanatana-dharma-hinduism-exhumed-and\\_3.html](https://ajitvadakayil.blogspot.com/2018/02/sanatana-dharma-hinduism-exhumed-and_3.html)  
<1% -

<https://raganugaprembhakti.wordpress.com/risks-and-precautions-in-kundalini-awakening/>

<1% - <https://www.yugalsarkar.com/bhagwad-gita-chapter-4-shlok-34>

<1% -

[https://hinessight.blogs.com/church\\_of\\_the\\_churchless/2008/02/playing-fair-wi.html](https://hinessight.blogs.com/church_of_the_churchless/2008/02/playing-fair-wi.html)

<1% -

<https://www.tfp.org/saint-john-fisher-teach-us-to-have-vigilance-and-serenity-in-the-face-of-death/>

<1% - <https://www.studystack.com/flashcard-579355>

<1% -

[https://www.researchgate.net/publication/331442932\\_Pilgrimage\\_What\\_drives\\_pilgrim\\_experiential\\_supportive\\_intentions](https://www.researchgate.net/publication/331442932_Pilgrimage_What_drives_pilgrim_experiential_supportive_intentions)

<1% - [http://www.hinduwisdom.info/Yoga\\_and\\_Hindu\\_Philosophy.htm](http://www.hinduwisdom.info/Yoga_and_Hindu_Philosophy.htm)

<1% - <http://www.dlshq.org/download/mind.htm>

<1% -

<https://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/describe-the-community/main>

<1% -

<https://iknowonethingthatiknownothing.blogspot.com/2017/11/cogito-ergo-sum-i-think-therefore-i-am.html>

<1% - <https://ya1ya2.blogspot.com/2005/02/this-is-test.html>

<1% - [https://issuu.com/williamslucy/docs/ratu\\_bagus\\_magazine\\_2nd\\_edition](https://issuu.com/williamslucy/docs/ratu_bagus_magazine_2nd_edition)

<1% -

<https://ecoechoinvasives.blogspot.com/2017/10/the-enigma-of-william-joseph-bray-on.html>

<1% - <https://www.azlyrics.com/lyrics/macklemore/canholdus.html>

<1% -

[https://www.academia.edu/19788498/Eyewitness\\_Accounts\\_from\\_Recent\\_Defectors\\_from\\_Islamic\\_State\\_Why\\_They\\_Joined\\_What\\_They\\_Saw\\_Why\\_They\\_Quit](https://www.academia.edu/19788498/Eyewitness_Accounts_from_Recent_Defectors_from_Islamic_State_Why_They_Joined_What_They_Saw_Why_They_Quit)

<1% - <https://www.ratubagus.com/en-resources>

1% - <https://balihi.blogspot.com/>

<1% - [https://en.wikipedia.org/wiki/Schumer,\\_Charles\\_E](https://en.wikipedia.org/wiki/Schumer,_Charles_E)

<1% -

<https://moderndiplomacy.eu/2020/12/04/revealed-the-cost-of-the-pandemic-on-worlds-poorest-countries/>

<1% - [https://issuu.com/williamslucy/docs/ratu\\_bagus\\_magazine\\_2nd\\_edition/34](https://issuu.com/williamslucy/docs/ratu_bagus_magazine_2nd_edition/34)

<1% - <https://www.nepalorphanshome.org/about/nepal-orphans-home>

<1% - <https://russell-j.com/beginner/MaM1929-TEXT.HTM>

<1% - <https://en.wikipedia.org/wiki/Gnosticism>

<1% - <https://www.mighty-90.com/featured-products/ask-doc/lets-play-doctor/>

<1% - <https://ufdc.ufl.edu/AA00010090/02798>  
<1% -  
[https://issuu.com/discoverucc/docs/ucc\\_20prospectus\\_20development\\_20for\\_20higher\\_20op](https://issuu.com/discoverucc/docs/ucc_20prospectus_20development_20for_20higher_20op)  
<1% - <https://www.kinemagigz.com/'s'.htm>  
<1% - <https://www.cnn.com/interactive/2020/health/coronavirus-questions-answers/>  
<1% - <http://www.gutenberg.org/files/42936/42936-h/42936-h.htm>  
<1% -  
<https://divorcedmoms.com/blogs/divorce-whirlwind/when-divorce-still-hurts-even-years-later>  
<1% - [https://archiveofourown.org/works/18842989?view\\_full\\_work=true](https://archiveofourown.org/works/18842989?view_full_work=true)  
<1% - <https://memiewrite.blogspot.com/2010/07/>  
<1% - <https://imaginemd.net/blog/when-doctors-dont-know-whats-wrong/>  
<1% - <https://www.pewresearch.org/internet/2018/07/03/the-positives-of-digital-life/>  
<1% - <https://valeriemurray.com/waiting-for-a-diagnosis/>  
<1% - <https://weltonbaptistchurch.wordpress.com/blog-4/>  
<1% -  
<https://narratively.com/why-ive-always-been-silent-about-israel-and-palestine-and-why-im-speaking-out-now/>  
<1% - <https://www.wearethemighty.com/lists/vietnam-draft-dodger/>  
<1% - <https://medium.com/@beadominic/tnt-23fbd13bca3d>  
<1% -  
<https://www.northpointwashington.com/blog/is-it-ok-to-quit-smoking-weed-cold-turkey/>  
<1% -  
<https://www.dailymail.co.uk/femail/article-2289311/Valium-Its-addictive-heroin-horrifying-effects-given-millions.html>  
<1% - <https://www.cottoncreekfarms.com/alpaca-behavior/>  
<1% - <https://betterhealthwhileaging.net/qa-4-things-when-aging-parent-irrational/>  
<1% - <https://www.quora.com/Why-does-loneliness-physically-hurt>  
<1% -  
<https://www.petbucket.com/blog/65579/what-are-the-side-effects-of-simparica.html>  
<1% -  
<https://www.eyeofchan.org/all-articles/articles-by-author/by-fa-gong/276-psychotherapy.html>  
<1% - <https://www.marieforleo.com/2018/06/should-i-have-kids/>  
<1% -  
<https://futureofworking.com/thank-you-messages-for-family-support-with-quotes/>  
<1% -  
[https://www.researchgate.net/publication/259874253\\_Learner\\_Autonomy\\_1\\_Definitions\\_](https://www.researchgate.net/publication/259874253_Learner_Autonomy_1_Definitions_)

## Issues\_and\_Problems

<1% - <https://www.madinamerica.com/2021/06/emdr-nutshell/>

<1% - <https://www.harleytherapy.co.uk/counselling/dissociation.htm>

<1% - <https://www.thetimes.co.uk/>

<1% -

<https://www.rawconfessions.com/confession/show/i-hit-a-parked-car-and-drove-away-1629234862>

<1% - <https://www.lexico.com/definition/go>

<1% - <https://jessikneeland.com/about/>

<1% -

<https://teachmetotalk.com/2008/03/14/could-my-toddler-be-autistic-signs-of-autism-in-toddlers/>

<1% - <https://www.nap.edu/read/19401/chapter/8>

<1% - <https://www.preceptaustin.org/mark-1-commentary>

<1% -

<https://rootedinrights.org/stop-assuming-im-not-disabled-just-because-i-dont-look-disabled/>

<1% - [https://www.goodreads.com/book/show/937672.Night\\_Boat\\_to\\_Freedom](https://www.goodreads.com/book/show/937672.Night_Boat_to_Freedom)

<1% -

<https://morganfeddes.wordpress.com/category/as-a-matter-of-fact-i-did-butcher-some-poetry/>

<1% - <https://theanarchistlibrary.org/library/paul-feyerabend-against-method>

<1% - <https://www.lexico.com/en/definition/drop>

<1% - <https://www.therandomvibez.com/trust-no-one-quotes/>

<1% -

<https://www.harleytherapy.co.uk/counselling/7-warning-signs-acute-stress-reaction-emotional-shock.htm>

<1% -

<https://www.theguardian.com/lifeandstyle/shortcuts/2019/apr/30/hobbyhorsing-what-girls-everywhere-can-learn-from-the-finnish-craze>

<1% -

<https://www.tendonitisexpert.com/tenosynovitis-and-tendonitis-in-multiple-joints-what-can-cause-this.html>

<1% - [https://issuu.com/oghmacreative/docs/saddlebag\\_summer\\_2021\\_electronic\\_final](https://issuu.com/oghmacreative/docs/saddlebag_summer_2021_electronic_final)

<1% - [https://www.reddit.com/r/nosleep/comments/o7fmd/its\\_locked](https://www.reddit.com/r/nosleep/comments/o7fmd/its_locked)

<1% - <https://ufdc.ufl.edu/AA00069221/00365>

<1% -

<https://www.dailymail.co.uk/health/article-2073284/It-just-small-scratch-cat--days-later-heart-stopped.html>

<1% - <https://scottjeffrey.com/spiritual-awakening-signs/>



<1% - <https://www.calameo.com/books/00445402851cbc982fa35>  
<1% - <http://www.hormonesmatter.com/topamax-drug-nine-lives/>  
<1% -  
<https://drparviz.wordpress.com/testimonials/my-journey-to-health-by-wendy-minto/>  
<1% - <https://oaklawntornado.com/your-memories-of-the-oak-lawn-tornado/>  
<1% - <https://myheart.net/articles/tavr-transcatheter-aortic-valve-replacement/>  
<1% -  
[http://changingminds.org/techniques/body/parts\\_body\\_language/lips\\_body\\_language.htm](http://changingminds.org/techniques/body/parts_body_language/lips_body_language.htm)  
<1% - <https://www.bartleby.com/essay/Changes-in-Life-P3RD5ZYTC>  
<1% -  
<https://www.theadventurouswriter.com/quipstipsrelationships/what-is-relationship-closure-healing-without-saying-goodbye/>  
<1% - [https://legendsofthemultiuniverse.fandom.com/wiki/Maria\\_Arzonias](https://legendsofthemultiuniverse.fandom.com/wiki/Maria_Arzonias)  
<1% - <https://www.instagram.com/p/BSF7-JaBmir/>  
<1% - <https://www.wishesmsg.com/romantic-birthday-wishes/>  
<1% - [https://www.baka-tsuki.org/project/index.php?title=MaruMA:Volume\\_03](https://www.baka-tsuki.org/project/index.php?title=MaruMA:Volume_03)  
<1% -  
<https://www.buddhistdoor.net/features/coping-with-fear-anxiety-and-panic-during-the-pandemic>  
<1% -  
<https://solancha.com/who-are-the-archangels-their-divine-mission-and-how-to-connect/>  
<1% - <https://falvguwen.info/blood-sugar-levels-coma.gift>  
<1% -  
<https://www.theguardian.com/world/2019/mar/29/jacinda-arderns-speech-at-christchurch-memorial-full-transcript>  
<1% -  
<https://toningsoundhealing.blogspot.com/2008/06/material-on-toning-and-voice-healing.html>  
<1% - <https://www.coursehelponline.com/>  
<1% - [https://www.quotes.net/movies/m%2Aa%2As%2Ah\\_104308](https://www.quotes.net/movies/m%2Aa%2As%2Ah_104308)  
<1% - <https://www.cram.com/subjects/My-Goal-in-Life-Essay>  
<1% - <http://www.arvindguptatoys.com/arvindgupta/frog2.doc>  
<1% - <https://blossomtips.com/how-to-cope-when-he-says-hes-not-in-love-with-you/>  
<1% -  
<https://careynieuwhof.com/can-tell-whether-risk-means-youre-trusting-god-being-stupid/>  
<1% - <https://www.whatsthatbug.com/2010/11/13/unknown-parasite/>  
<1% -



<https://medium.com/motivation-recharge/how-to-develop-power-of-belief-how-to-believe-yourself-55d5584bc335>

<1% - <https://www.justfacts.com/energy.asp>

<1% - <https://www.theschooloflife.com/thebookoflife/the-meaning-of-life-2/>

<1% - [https://en.wikipedia.org/wiki/The\\_Adversary\\_\(Fables\)](https://en.wikipedia.org/wiki/The_Adversary_(Fables))

<1% - <http://socialpsychonline.com/2015/11/psychology-ostracism-feeling-excluded/>

<1% - <https://www.songfacts.com/lyrics/led-zepplin/stairway-to-heaven>

<1% - <https://seabirdsblog.wordpress.com/>

<1% -

<https://sworthley.com/signs-and-symptoms-of-spiritual-awakening-ascension-series-2/>

<1% -

<https://www.baggagereclaim.co.uk/if-you-cant-figure-out-whats-bothering-you-its-because-youve-normalised-treading-water-in-stress/>

<1% - <https://possibilitychange.com/steps-to-change-my-life/>

<1% - <https://tvtropes.org/pmwiki/pmwiki.php/Main/CoolOldGuy>

<1% - [https://en.wikipedia.org/wiki/Jennifer\\_Morrison](https://en.wikipedia.org/wiki/Jennifer_Morrison)

<1% -

[https://archiveofourown.org/works/19055431?show\\_comments=true&view\\_full\\_work=true](https://archiveofourown.org/works/19055431?show_comments=true&view_full_work=true)

<1% - <https://pt.scribd.com/doc/169331279/Daftar-Buku-Perpustakaan>

<1% - <http://ejournal.ihtn.ac.id/index.php/IJHSRS/article/view/521>

<1% - <https://id.scribd.com/doc/169331018/Daftar-Buku-Perpustakaan>

<1% - <https://www.antikvariatalef.si/izdelek/john-goldthwait-purifying-the-heart/>

<1% -

<https://blasemarang.kemenag.go.id/journal/index.php/analisa/article/view/1310/0>

<1% - <http://sharingdisini.com/2012/03/13/reiki-perjuangan-bagian-1/>