

RATU BAGUS

Introduction

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 “non-book”. 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.

Om swastiastu Ratu Bagus.

Thierry Renard

1. Practice and Philosophy



Ratu Bagus

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 body, 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.

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 more happy and 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.

2. Testimonies

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.



Mount Agung

Understanding Ratu's mission.

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.

Ketut (Bali)

*step by step
we climbed the mountain
high and
low looked for
easy ways
we felt no pain we
cried we learned
we prayed*

I went to Bali and never came back.

New Beginnings

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.

Life is beautiful...

The Internal Washing Machine

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...

The Beauty Salon

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.

As she started cutting them out it was like removing chunks of that person that was no longer me and I went through a range of different emotions, fear, loss, self loathing and it actually made me feel physically sick but after a cry and a sulk I arrived at a place of liberation. For me it felt like the removal of conditions, the removal of having to be that person that people thought I was and the removal of all barriers. It was like a whole re-birthing process, like the beginning, like this is me, brand new, like a baby again, ready for life, ready to give it my all. It was amazing how much lighter I felt, like a huge weight had gone. I was free, I am free and it's a phenomenal feeling.

I gathered all the dreads together and took them to the temple to have a small "goodbye to the old self" ceremony. I set fire to them and sent the ashes down the river and that was it, the end of my heavy old self and a big happy welcome to the new lighter Lucy.

Life is beautiful...

The Shaking

To try and explain this practice is no easy task and one that need not be done in great detail. It is simply tapping into the divine energy that is within us all by means of shaking the body to the highest vibration possible in order to

remove all the energy blocks within us. It creates the opportunity to exist free from pain, free from the negative thoughts and patterns that may have controlled our lives in the past and it creates the opportunity to live to our greatest potential; to feel life, to feel love and to feel the light.

It is a re-awakening of the soul, a chance to remember who we really are and a chance to be alive. The simplicity of it all is mind boggling; you can train anywhere at any time, you don't have to get on a plane, you don't have to make an appointment, you don't have to pay any money you just stay true to yourself, train regularly and keep Ratu in your heart always.

Life is beautiful...

Back in the UK

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!

Lucy (England)

The desert of the soul.

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.

Sanman (Switzerland)

*scream your shadows
howl them to
the sea*

*no pain can hurt you more than
shutting up your dreams*

*I'll give you all
the sorrow that you need to
see the light
in you in
words*

in Me

The best is yet to come.

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!

Leo (Italy)



Shaking at the Taman

Energy – the ultimate time machine

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 presence 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.

Marianne (Germany)

Never ending Energy.

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. When 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 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.

Tim (England)

"May be Ratu can help you".

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 swastiasu 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 swastiasu 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.

Reiner (Germany)

Stand up, fall down, get up again and grow: that is what it's all about: shaking!

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.

An (Belgium)



You, yes you!

Mystery of life.

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.

Sukri (Bali)

*I saw you
crying in the shadow of
the time

the sparkles of the pain
will catch your fire
burn you down so
you can meet
your heart

again*

A path to real freedom.

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 in this way: "God, I'm tired of working alone and I am not sure if it is really good for me. I don't feel that I'm making enough progress and if it's good for me I'd like to meet a real master, a master that I can recognize as mine". My mind was very clear that night about what I wanted and what I did not want concerning this master. I forgot about this prayer and one week later, Jean-Yves asked me what I was doing for the weekend and

asked me if I wanted to go to Belgium to meet Ratu. I actually had another engagement for that very weekend in a shamanic meeting and I was supposed to accompany someone else there, so I replied that I didn't know. The person that I was supposed to accompany later told me that she didn't feel like going anymore and so I was free to go to Belgium.

I was very happy to go there and I was open to a new experience. Arriving there I felt a very strong energy and I couldn't sleep that night. In the morning, arriving at the Taman, Jean-Yves presented me to Sukri, Mama and Ratu, and I was touched by something in my heart. During the first shaking session Ratu came behind me and touched my back. My body started shaking very strongly and I began to scream like I never did before, in any emotional therapy. At the same time I started to panic and my mind was telling me : "Run. Leave!!!" and at the same time I felt what real freedom could be. Subsequently I began shaking at home, every morning and every evening, and then I decided to go to Bali in February.

In Bali the energy was very strong. I had no more resistance and my mind couldn't resist anything. I only slept two or three hours a night. I saw Ratu in other lives and it was as if it was not the first time I was working with him. I then knew and felt that I had met my master. The one I was waiting for, for such a long time. I felt and saw that I could find here what I've ever been looking for.

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 now 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 now 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 too 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.

Gilles (France)

*I lead you gently to
the battlefield*

*no
words are being
spoken*

*because we
know*

A glimpse of my story with Ratu Bagus

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.

Peter (Belgium)

Spring cleaning.

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 re-energized. And above all, Ratu helped me to re-discover my connection to the divine, thus helping me to a new life.

Susanne (Germany)

At any age.

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.

Klaartje (Belgium)



In prayer at the Taman

Life is love.

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.

Lella (Italy)

*as long as you may love
me I may love you
I can grow
you grow
I feel the kindness of
the light that makes me
love you
love me
be the one that
loves me too*

Lilies of the Valley.

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?

Thierry (Belgium)

*she's running
down the lanes of her
emotions
keeps the watchers far away
along the shore

she needs no more than
shadows in the lonely
haste she knew
before

my friend she
walks*

A challenge to meet my true Self.

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 transformator 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.

Evelyne (Belgium)

*have you
ever felt the sky upon
your wings that burn so high
so low above
the things you know
let go
got higher than
your dreams can fill your
hopes your memories
and fly*

Island of the gods.

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 surreptitious 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 thrown-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.

Paul (Australia)



Shaking at the Taman

Ratu Bagus – the views of a husband and wife

The husband :

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 diahorrea 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.

The wife :

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.

This is my experience.

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.

Mark & Belle (England)

*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*

Finally a Connection.

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.

(Ireland)

A life changing experience.

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.) While 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!

Maike (Germany)

Teaching with Ratu's Energy

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.

Eddy (Belgium)



More than thousand words

Love is the secret.

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.

Paul (France)

*precious
is
the way she walks
her hips
she moves she
talks and whispers in
the breeze of her returning
do not disturb her
feelings
please
she needs the colours of
her wings to keep her safe
from burning*

Compass on the voyage to my soul.

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.

Philippe (Belgium)

Light, Love, Laughter & Joy along the Road to Paradise.

Good vibrations

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.

Out of Control

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!

Fire

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 it's 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.

Happy cake and Paradise biscuits

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.

Genetics & Friends

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.

Shaking-My understanding

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 life-span, 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!

Abi (England)

3. The Ashram – The social programmes



The Ashram



The Ashram courtyard

The Ashram

The Ratu Bagus Ashram is a community comprising around 20 permanently 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.

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 co-operative 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.

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



The medaillon

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.

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 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.

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Om swastiastu

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