

A Balinese Ritual For Positive And Harmonic Energy

Everyday all over Bali there is this praying going on, during which small offerings are placed in and outside buildings. The goal is to neutralize, harmonize the energies.

Ok, it stems from Hindu religion, but it has practical applications outside its religious context.

Just imagine... every day people are giving these small offerings, all over Bali, with the goal of creating a positive, harmonious atmosphere.

In this small daily ritual you can find many elements which are important for successful manifesting or using principles like the law of attraction..

In this report I provide an overview of the different steps.
Conrad Raw

1. A small basket is made from banana leaves.



2. In it are placed several small things according to local traditions (like a piece of banana, a fragrant type of wood and some other local things).



3. The most important thing are the flowers.

These are fragrant flowers. The nice smell is pleasant for the positive spirits in the spirit world. These flowers contain energy which can be transferred to the spirit world when the offering is being done. In Bali this is being done for example just before you start your meditation, in order to ask the local spirits for permission, help and protection.



4. The whole is being sprinkled with holy water, which has been blessed, neutralized and charged using mantra by a local priest. This is being done in order to neutralize any negative energies which might have contaminated the small offering during when it was made or stored.



5. With closed eyes you first announce your presence to the spirit world on the location where you are. For example in a temple or place in nature. And you announce, mentally, that you want to give them this offering. By doing this you let the spirits there know that this is meant for them, that you have the intent to give this to them so they can use it for nourishment.

You also place a fragrant type of incense stick next to the offering. This incense symbolizes the offering, where matter is transferred to the etheric, subtle level of the spirit world. Just like the incense stick transforms into smoke.

You weave your hands through the smoke of the incense in order to neutralize them. And then place them a little bit above your head.



6. Next, you take some leaves of the red flower. You weave them through the smoke of the incense stick in order to neutralize or clean them. With closed eyes you raise your hands holding the leaves, slightly above your head. You do this while focusing for a minute or so on the intent to offer them to Surya, the Hindu Sun God, or the center of the universe

Once the offering is done, you place the leaves behind your ear or throw them away.



7. For the next step, you take and mix some of the different colors of flowers and you do the same thing. Only this time you focus your intent on offering the essence of these leaves to the spirits who reside at the location where you are doing the offering. If one is in a Balinese family temple this would be including the ancestors or family members who have passed away. After this you place the leaves behind the other ear or throw them away. If one has a developed sight at this level, one can sometimes actually see shadows or beings gather around the offers when they feed on them.



8. For the next step you do the same thing, again with mixed flowers. Yet this time you focus your intent on offering, transferring the etheric substance, the energy contained in them, to the whole spirit world. So not just to the local spirits.



9. Lastly one would once again weave the hands through the incense smoke and fold them together above the head with the intent to say goodbye if one was only doing the offering, or to ask something: like success or protection in the meditation that would follow directly after it, or something you wish for like a new love or good health for a sick relative, or just material things like plenty of sales in the shop etc. etc. These offerings are from natural materials and are left behind.



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