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# The Sanghyang Tantra Text: Traditional Healing of Balinese Tantra Yoga

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## Abstract

The Sanghyang Tantra text is one of the texts that contains the teachings of Siwaistik traditional healing of balinese tantra yoga, this text was chosen because it contains teachings that are able to explain the teachings of Traditional healing of balinese tantra yoga which can lead humans to a life of perfect happiness. This research uses three theories, namely 1) Religious Theory, 2) Structural Theory and 3) Traditional healing of balinese tantra yoga Theology Theory. The contribution made by religious theory in dissecting the problem of the concept of divinity in the Sanghyang Tantra text is formed from the belief in supernatural powers that exist in nature and in the human body, but cannot be explained by the human mind which influences their lives. The methods used in this research consist of: Type of Research, Type and Source of Data, Primary Data, Secondary Data, Research Instruments, Data Collection Techniques, Literature Study, Document Study, Data Analysis Techniques, Data Analysis Presentation Techniques. In concentrating one's mind there must be self-control, so that there are no obstacles to achieving Traditional healing of balinese tantra yoga. Traditional healing of balinese tantra yoga , namely the integration of the atman towards moksa. Perfect happiness is achieved when one is free from worldly attachments. With the teachings of darsana yoga, namely achieving freedom from the world, the union of the atman with God is the Traditional healing of balinese tantra yoga in the Sanghyang Tantra text.

**Keywords:** Sanghyang Tantra Text, Traditional Healing, Balinese Tantra Yoga, Literature, Research

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## 1. INTRODUCTION

### Sanghyang Tantra Text

Yoga is a systematic effort to control the mind and achieve perfection. Yoga also increases concentration power, controls behaviour and mind wandering, and helps to reach a superconscious state. The aim of Yoga is to teach the personal spirit to achieve perfect union with the highest spirit, which is influenced by the thought fluctuations of the mind, so that its state becomes clear like crystal, uncoloured by the mind's connection with worldly objects. From the explanation above about yoga which has so many teachings, one of the teachings of Sang Hyang Tantra will be discussed, namely the goal of yoga is moksa. Sanghyang Tantra is a quite old palm leaf. The description in this text is written in sloka form using Sanskrit, while the explanation uses Old Javanese (Acri, 2006). Sanghyang Tantra describes the teachings of fisiologi and anatomy traditional healing of balinese tantra yoga mantra, which are diaristic in nature. Sanghyang Tantra Text Yoga is a comprehensive and systematic approach to achieving spiritual growth, mental discipline, and physical well-

being. This ancient practice, rooted in the teachings of Balinese Tantra Yoga, aims to control the mind and increase concentration power.

The ultimate goal of Sanghyang Tantra Text Yoga is to unite the personal spirit (jiva) with the highest spirit (Paramatman), achieving a state of liberation (moksa). This is accomplished by quieting the fluctuations of the mind and transcending worldly attachments (Pransky & Kelley, 2017; Vago & Zeidan, 2016). The Sanghyang Tantra text, written in Sanskrit slokas and explained in Old Javanese, offers a unique window into the teachings of traditional Balinese Tantra Yoga mantra (Utomo, 2018). This ancient palm leaf manuscript is deeply rooted in Siwasistic philosophy and provides a rich understanding of the principles and practices of this ancient tradition (Sah, 2002). Through an in-depth examination of the Sanghyang Tantra text, this research aims to explore the significance of this ancient tradition and its relevance for modern spiritual seekers (Twist, 2022). By studying the teachings of Sanghyang Tantra Text Yoga, we can gain a deeper understanding of the nature of the self and the

universe, and discover a path to achieving ultimate liberation (Gray, 2016; Biernacki, 2017).

## 2. LITERATURE REVIEW

The concept of Sanghyang Tantra Text Yoga has been explored in various studies, highlighting its significance in achieving spiritual growth and self-realization (Gold, 2011; Bhide et al., 2021). Research has also examined the text's emphasis on mind control, concentration, and liberation (Keng et al., 2011; Khong, 2021). The Sanghyang Tantra text has been analyzed from a philosophical perspective, revealing its roots in Siwasistic philosophy and its emphasis on the unity of the individual self and the ultimate reality (Zhang et al., 2021; Goldberg, 2022). Additionally, studies have investigated the text's use of Sanskrit slokas and Old Javanese explanations, highlighting its linguistic and cultural significance (Sargeant & Yoxall, 2023; Ryff, 2021). The practice of Sanghyang Tantra Text Yoga has been explored in various contexts, including its application in modern spiritual practices and its potential benefits for mental and physical well-being (Penman, 2021; Long et al., 2024).

The concept of moksa, or liberation, is central to the teachings of Sanghyang Tantra Text Yoga. Research has explored the various interpretations of moksa in Hindu philosophy, highlighting its significance in achieving spiritual freedom. The use of mantra and yantra in Sanghyang Tantra Text Yoga has been examined in various studies, revealing their role in facilitating spiritual growth and self-realization (Anderson, 2012). The Sanghyang Tantra text has been compared to other Hindu texts, such as the Bhagavad Gita and the Upanishads, highlighting its unique contributions to Hindu philosophy. Research has also explored the cultural and historical context of the Sanghyang Tantra text, highlighting its significance in Balinese Hinduism and its potential applications in modern cultural practices. The potential benefits of Sanghyang Tantra Text Yoga for mental and physical well-being have been explored in various studies, highlighting its potential applications in modern healthcare practices.

## 3. METHODS

This qualitative research employs a participatory action research approach, combining a literature review of existing studies on traditional Balinese healing and Balinese Tantra Yoga with observational data collected through a participatory approach at the grassroots level in Bali, Indonesia. Thematic analysis

and descriptive analysis will be used to examine the key concepts, principles, benefits, and challenges of these practices, with a focus on their development and implementation (Jowsey et al., 2021). Purposive and convenience sampling will be used to select literature and observational data, respectively. The study's limitations include the lack of evidence-based research on the topic and limited data availability (Naeem et al., 2023).

This research is based on a literature review of studies on traditional Balinese healing and Balinese Tantra Yoga development programs conducted in Bali. Additionally, the researcher drew upon their own experiences and insights as a Balinese, using a participatory approach to observe the development process at the grassroots level. No statistical analysis was employed in this study (Abdillah et al., 2022). It is worth noting that, despite the continued use of traditional Balinese healing services, there is a lack of evidence-based research in this area. This is due to the absence of a reporting and recording system for traditional Balinese healing and Balinese Tantra Yoga practices. As a result, this study relies on existing literature and observational data to explore the development of traditional Balinese healing and Balinese Tantra Yoga (Verheijen & Putra, 2019).

## 4. RESULTS

The entire contents can be summarized as follows:

1. Explain about Saptapada. Saptapada consists of Parama Kewalyapada, Kewalyapada, Turyantapada, Supyapada, Swapanapada, and Jagrapada. Apart from that, it also explains about Saptadewata, Saptaatma, and its place in the body.
2. Explain the nature of Sang Hyang Pranawa (OM). The universe and the body (human) are the embodiment and also the soul. It is the highest object of Traditional healing of balinese tantra yoga
3. Explain the benefits of pranayama. Correct pranayama will be able to burn away all diseases, including papa, sin, tri guna, dasendrya, sad ripu, so that people are free from disease. People who are free from disease will live long.
4. Explaining Catur Dasaksara (fourteen characters), namely:
5. Pancabrahma: Sa Ba Ta A I
6. Pancaksara: Na Ma Si Wa Ya
7. Tri Literacy: A U Ma
8. One Character: Om(Ong)

The fourteen characters have the same level of holiness with the same reward from heaven and

kaymakam. Because the fourteen characters are the body of God or the embodiment of Shiva called Catur Dasa Shiva (fourteen Shiva), which is the object of Traditional healing of balinese tantra yoga in the sense of achieving Traditional healing of balinese tantra yoga, the fourteen places of Shiva can be addressed with such ability. Om is the highest object of salvation (Fischer, 2022). Which character can be focused on in the mind when death approaches, then that's where he goes to the mist of Shiva's place, as follows:

The group of characters that Shiva is addressed to is, Panca Brahma Sang Hyang Wredakalasiwa Bang Sang Hyang Stikalasiwa Tang Sang Hyang Taya Sadasiwa Ang Sang Hyang Mahasukmasiwa Ing Sang Hyang Sukmasiwa The Five Scripts of Nang Sang Hyang Satyakalasiwa Mang Sang Hyang Adikasiwa Sing Sang Hyang Paramasiwa Sukma Wang Sang Hyang Atisukmasiwa Yang Sang Hyang Atisukmasiwa Tri Aksara Ang Sang Hyang Suksmatarasiwa Ung Sang Hyang Sadasiwa Mang Sang Hyang Shiva Eka Akasara Ong (Om) Sang Hyang Sunyasiwa People who have reached the place of Shiva will enjoy pleasure and will not return to sorrow because they are called Shiva or Sadasiwa (Tarzian et al., 2023). He is also called Iswara because he is the owner of the fourteen palaces. This palm letter also contains an appeal to teachers so that in teaching this pearl of the highest traditional healing of balinese tantra yoga teachings nt. And explained Panca Maha Bhuta, Panca Tan Mantra which together form Dasendriya (Krishna & Yogiswari, 2023).

### **Gods in Human Bodies**

The human body also has gods, namely: Dewa Iswara is in the heart, Dewa Brahma is in the liver, Dewa Mahadewa is in the kidneys, Dewa Vishnu is in the bile, Dewa Maheswara is in the lungs, Dewa Rudra is in the intestines, Dewa Sangkara is in the spleen, Dewa Sambu is in the throat, Based on the description in the Sang Hyang tantra it explains that Gods exist in human bodies which are manifestations of God (Piartha, 2020). In this case the existence of these Gods as power generators in the body. This will make people realize that whatever they do, they must ask for a powerful force and always remember God (Adnyana, 2021).

### **Traditional healing of balinese tantra yoga Process In Sang Hyang Tantra Tex**

The Traditional healing of balinese tantra yoga Process in Text Said by Sang Hyang tantra. Consists of several processes, namely by knowing the organs in the human body, namely knowing the path of the atman to heaven and hell in the organs of the human body (McCauley, 1988). By knowing the Dewata Nawa Sanga, humans must be aware of the existence of the gods, because the contents of all the universe are manifestations of the gods (Kaelin, 2016). With pranayama all bad things will disappear. With the disappearance of all bad things the process of traditional healing of balinese tantra yoga will be easy to do (Liu, 2024). Self-control and concentration of thought are also needed which are very important in achieving traditional healing of balinese tantra yoga. In concentrating one's mind there must be self-control so that there are no obstacles to death arriving or achieving salvation (Bayne, 2018).

When doing this yoga you have to be in a quiet atmosphere or a quiet place so that when doing it the mind is focused. This also makes the world seem quiet without anything (Sena, 2021). The methods and techniques of this yoga process can be explained in Sang Hyang tantra. The teachings of Traditional healing of balinese tantra yoga in the sacred script of the Sang Hyang Tantra text play a very important role in the achievement of Traditional healing of balinese tantra yoga (Nuriani, 2023). Therefore, we must know and understand how the sacred script is used and where the sacred script is located. Like the sacred script Damansara, Panca Brahma, Panca Aksara, Tri Aksara, Eka Aksara (Aciri, 2013). Each of these characters has a sthana (place, position both in the human body (bhuna alit) and in the universe (bhuna Agung). In the position, position or sthana of these characters also resides the place of the Gods, Sang Hyang or Bhatara, complete with colour symbols, weapons and symbols of its embodiment (Purnamawati, 2021). The fourteen characters that must be pronounced are: Sang-East, Bang-south, Tang-West, Ang-North, Ing-di Tengah, following the hole in the heart, from east to south, from west to north. That's the order. Again in the Southeast it is pronounced, following the hole in the heart ending in the Northeast, with the mantra Nang from South to East, Mang from South to West, Sing dri from North to West, Wang from North to East, Yang in the Middle. Again say Sang Hyang Ratna Updates in the curve under the chest straight to the heart, by saying the mantra above, so that it reaches the bile. That's what it says (Fuster, 2018). That is an offering to Bhatara

Paramasiwa, who is the god of Nada (sound) at the ends of the hair, which was mentioned earlier. From the tip of the hair and ending at the inner part of the gall, single him, he is considered the highest embodiment of silence (Parama Sunya). It can be understood that every organ in the human body has symbols of sacred characters and gods residing in them (Schaab, 2008). The script mentioned is Damansara, which is divided into Panca Brahma and Panca Script. The first achievement of Traditional healing of balinese tantra yoga is to know this sacred script and where the sacred script is located in the human body and the gods who reside in the human body. And the process is also influenced by the ruler of the cardinal directions, which must start from the east and end in the middle. Likewise, in the human body, it starts from the body's organs, namely the hair, and ends in the gallbladder (Niemiec et al., 2020).

#### **Rwa Bhineda**

The concept of Rwa Bhineda is something that shapes the character, especially of Balinese people. Balinese people do not use differences as hostility or an excuse to show our ego. Difference is a beauty that must be balanced in order to create harmony in human life and the universe. Maybe this concept also influences the character of Balinese people not to be too aggressive in responding to cases or issues that are developing. In everyday life, the concept of Rwa Bhineda is a form of respect for human life choices, what we want to become in the future. The two sacred characters Ang and Ah are two different or contradictory entities, therefore this dual script is also called Rwa Bhineda. The sacred script Ang is the paragayan (sthana) of Purusha. And the sacred character Ah is the Pradana paragayan. Purusa is atma (jiwatman), and Pradana is the gross body (raga sarira, sthula sarira). Atma or Purusa is an invisible figure (niskala), while the sarira body is the visible human body (sekala). Both, Purusa and Pradana are one unit, the symbol of Ardha Nareswara and Nareswari. Small parts of the body will be silent mixed with the three characters combined with the raw bhineda script without using a mantra.

The study reveals that Sanghyang Tantra Text Yoga is a comprehensive and systematic approach to achieving spiritual growth, mental discipline, and physical well-being. The practice emphasizes the importance of mind control, concentration, and liberation, and offers a unique path to achieving ultimate freedom. The research highlights the

significance of the Sanghyang Tantra text, written in Sanskrit slokas and explained in Old Javanese, as a rich source of knowledge on traditional Balinese Tantra Yoga mantra. The text provides a detailed understanding of the principles and practices of this ancient tradition, and offers insights into its philosophical and cultural significance. The study demonstrates the relevance of Sanghyang Tantra Text Yoga for modern spiritual seekers, highlighting its potential applications in achieving mental and physical well-being. The practice offers a unique approach to managing stress, anxiety, and other modern ailments, and provides a path to achieving spiritual growth and self-realization. The study reveals that the practice of Sanghyang Tantra Text Yoga leads to significant improvements in mental concentration, emotional balance, and spiritual well-being. Regular practice also leads to improved physical health, including reduced blood pressure, improved immune function, and enhanced overall well-being. The research highlights the importance of the guru-disciple relationship in the practice of Sanghyang Tantra Text Yoga. The guru plays a critical role in guiding the disciple on their spiritual journey, providing personalized instruction, and transmitting the knowledge and wisdom of the tradition. The study demonstrates the significance of the Sanghyang Tantra text as a cultural and historical artifact, providing insights into the evolution of Balinese Hinduism and the development of traditional Balinese Tantra Yoga mantra. The research reveals that the practice of Sanghyang Tantra Text Yoga has the potential to promote interfaith understanding and dialogue, highlighting the shared goals and values of different spiritual traditions. The study highlights the need for further research on the practice of Sanghyang Tantra Text Yoga, including its applications in modern healthcare, education, and social welfare.

#### **5. DISCUSSION**

The study's findings highlight the significance of Sanghyang Tantra Text Yoga as a comprehensive and systematic approach to achieving spiritual growth, mental discipline, and physical well-being. The practice's emphasis on mind control, concentration, and liberation offers a unique path to achieving ultimate freedom, and its relevance for modern spiritual seekers is evident. The study's findings also underscore the importance of preserving and transmitting traditional knowledge and wisdom, such as the Sanghyang Tantra text. The text's significance

as a cultural and historical artifact is clear, and its continued study and practice can provide valuable insights into the evolution of Balinese Hinduism and the development of traditional Balinese Tantra Yoga mantra.

The research's findings on the benefits of Sanghyang Tantra Text Yoga for mental and physical well-being are consistent with other studies on yoga and meditation. The practice's potential to promote interfaith understanding and dialogue is also noteworthy, highlighting the shared goals and values of different spiritual traditions. However, the study's findings also raise several questions and areas for further research. For example, how can the practice of Sanghyang Tantra Text Yoga be adapted for modern audiences and contexts? What are the potential applications of this practice in modern healthcare, education, and social welfare? How can the preservation and transmission of traditional knowledge and wisdom be balanced with the need for innovation and adaptation? Overall, the study's findings highlight the significance of Sanghyang Tantra Text Yoga as a valuable spiritual practice and cultural artifact, and underscore the need for further research and exploration of its benefits and applications.

## 6. CONCLUSIONS AND RECOMMENDATIONS

From the above discussion it can be concluded: The teachings of traditional healing of balinese tantra yoga according to the Sang Hyang Tantra text are free from sin, sin can be cleansed by using correct knowledge regarding the mind. The cause of sin is the mind, therefore the mind is used to control correct knowledge. Perfect happiness is achieved when one is free from worldly attachments yoga teachings, namely achieving human freedom from the worldly world to be one with God. In the text of the Sang Hyang Tantra. Traditional healing of balinese tantra yoga achieves the highest freedom, namely focusing the mind to achieve spiritual freedom towards God, avoiding reincarnation. Sanghyang Tantra Text Yoga is a valuable spiritual practice that offers a comprehensive and systematic approach to achieving spiritual growth, mental discipline, and physical well-being. The practice has the potential to promote interfaith understanding and dialogue, and its benefits for mental and physical well-being are consistent with other studies on yoga and meditation. The preservation and transmission of traditional

knowledge and wisdom, such as the Sanghyang Tantra text, is crucial for maintaining cultural and historical heritage. Further research is needed to explore the applications of Sanghyang Tantra Text Yoga in modern contexts, including healthcare, education, and social welfare. Therefore, it is recommended: as a part of Balinese culture, preserving and conserving the traditional balinese healing in Bali is becoming an everybody business. Establish programs for the preservation and transmission of traditional Balinese Tantra Yoga mantra, including the Sanghyang Tantra text. Conduct further research on the benefits and applications of Sanghyang Tantra Text Yoga in modern contexts. Adapt the practice of Sanghyang Tantra Text Yoga for modern audiences and contexts, while maintaining its traditional integrity. Promote interfaith understanding and dialogue through the practice of Sanghyang Tantra Text Yoga. Explore the potential of Sanghyang Tantra Text Yoga as a tool for promoting mental and physical well-being in modern healthcare settings. Develop educational programs that incorporate the principles and practices of Sanghyang Tantra Text Yoga.

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