

# The Healing

Self-Healing is a method used to make oneself feel comfortable, peaceful, calm full of love and a method of recovery process from poor health, emotions, temperament, anxiety, disappointment, regret and inner wounds. If not cleansed, these will continue worsen Physical, Mental and Spiritual Conditions.

**These three step are the most effective methods of cleansing the negative energy**

## Holy Water Cleansing (Ruatan / Penglukatan)

Holy Water Cleansing (Ruatan / Penglukatan) is a body cleansing by using the means of flower water that has been purified through mantra prayers or holy prana energy. This process cleansing three types of bodies that exist in humans

- Physical Body / Rough Body (Stula Sarira)  
Physical body may accumulate impurities due to the influence of the energy of food and drinks consumed every day, not all food consumed has a good influence on the physical body.
- Subtle Body / Mind Body (Sukma Sarira)  
Subtle body may accumulate impurities due to Emotion, Anger, Selfishness, Envy, spite, revenge, desire, lust that causes defilement.
- The Spirit/Causal Body (Anta Karana Sarira) functions to guide ourselves in discerning right from wrong, between good and bad. The source of Anta Karana Sarira's energy is knowledge, wise behaviour, and wisdom.

## Seven Major Chakra Cleansing

Within the human body, there are 7 primary chakras that have a very important role in the three layers of the human body. These chakras are the centre of metaphysical energy that continually influence the wheels of human life, especially as a driving force of the physical body and its organs. Therefore the metaphysical energy in the human body must always be in harmony, clean and maintain its purity in order to provide positive things to the human body such as physical and spiritual/mental health.

The seven main chakras in order to always be harmonized, clean and have sacred energy must always be cleaned and harmonized with the physical body, many ways can be done including cleaning by people who have special abilities, by means of holy water cleansing (ruatan/ penglukatan), biased also by doing continuous meditation.

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## Meditation

Healing refers to healing or recovery, associated with healing the soul, emotion, feeling and mind. The term healing or self-healing implies self-restoration through meditation. Here, self-healing can be performed even without experiencing physical pain, as it focuses on clearing negative energies within the body that could disrupt balance and cause adverse effects, such as excessive anxiety, uncontrolled emotions, stress, depression, unresolved inner wounds due to past trauma, frequent negative feelings, or other psychological disturbances.

Meditation is practiced to maintain harmony in thoughts and emotions, enabling us to move forward with calmness, peace, and joy.



## Seven Major Chakra Cleansing

### 1. Root Chakra / Basic Chakra (Muladhara)

- Located at the base of the spine between the genital organs and anus, precisely at the perineal glands.
- Influence to the optimism, enthusiasm and hope
- The health of the spine and muscles
- It is depicted as the four-petaled lotus, radiating a red aura, connected to the earth element, wakened by lavender scent and mantra Lam

### 2. Sacral Chakra / Sex Chakra (Swadisthana)

- Located between the navel and the genital organs at the ovaries and testicles
- Influence of the creativity, emotions, feelings and desires
- The health of reproduction which affects thoughts and sexual activity
- Symbolised as the six petals orange lotus, exuding the orange colour, associated with water element, wakened by a tangerine fragrance and mantra Vam

### 3. Naval Chakra / Solar Plexus (Manipura)

- Located between the navel and the bottom of the rib cage
- The energy centre that gives vitality to humans
- The body's metabolism
- It is chiefly depicted as red triangle, radiates a yellow aura, associated with fire element, awakened by a lemony-citrus scent and mantra Ram

### 4. Heart Chakra (Anahata)

- Located at the centre of the chest at the Thymus gland
- The energy of Love and Compassion
- Mentality and consciousness
- It is symbolised by a six pointed star surrounded by twelve petaled petals, exudes the colour of green attached to the air element, awakened by eucalyptus aroma and mantra Yam

### 5. Throat Chakra (Visuddhi)

- Located in the Throat at the edge of the thyroid gland
- The energy point is the centre of purification
- The Expression, faith and ability to communicate
- It despite as a downward-facing triangle inside a lotus with sixteen purple petals, radiated the blue, associated with the ether element / space / akasa, aroused by the scent of lavender and mantra Ham

### 6. Third Eye Chakra (Ajna)

- Located between the eyebrows at the pineal gland
- The energy centre that provides clairvoyance, psychological and spiritual energy.
- Ajna chakra is associated with Imagination, Intuition, Intelligence and wisdom
- It represented by transparent lotus with two white petals, exudes the colour indigo, considered to be the seat of the mind and beyond any physical element, awakened by the vanilla aroma, and mantra Om

### 7. Crown Chakra (Sahasrara)

- Located at the crown of the head
- The entrance of the universe energy that permeates all layers of the human body
- The sense of spirituality



## Daily Program

### Day 01

- 13.00 Arrive at Puri Arsa Bali Villa & Retreat, enjoy coconut water welcome drink
- 14.00 Lunch and tropical fresh fruits juice
- 16.30 Pampering Spa treatment (60 minutes)
- 19.00 Welcome dinner by the pool and fresh fruits juice or mineral water

### Day 02

- 06.00 Enjoy sea breeze on black sandy beach, then continue to a soft trekking at Munduk Tegal Temu, a rice terrace view, take a deep breath of fresh air along the way back to villa.
- 08.30 Arrive at Puri Arsa Bali Villa, enjoy fresh green coconut water
- 09.00 Wholesome breakfast and healthy juice
- 13.00 Lunch and tropical fresh fruits juice
- 15.30 Pampering Spa treatment (60 minutes)
- 18.30 Dinner and fresh fruits juice or mineral water
- 19.30 The healing (holy water cleansing, seven major chakra cleansing, meditation) 120 minutes
- 10.30 Healthy juice

### Day 03

- 08.30 Wholesome breakfast and healthy juice
- 10.30 Pampering Spa treatment (60 minutes)
- 13.00 Lunch and tropical fresh fruits juice
- 15.00 Balinese offering "Canang Sari" workshop (90 minutes)
- 17.00 Power/Vinyasa/Hatha/Ashtanga/Yin yoga and Meditation (90 minutes)
- 18.30 Healthy juice
- 19.30 Dinner and fresh fruits juice or mineral water

### Day 04

- 08.00 Wholesome breakfast and healthy juice
- 10.30 Balinese cake workshop (90 minutes)
- 13.00 Lunch and tropical fresh fruits juice
- 15.00 Pampering Spa treatment (60 minutes)
- 18.30 Dinner and fresh fruits juice or mineral water
- 19.30 The healing (seven major chakra cleansing, meditation) 120 minutes
- 10.30 Healthy juice

### Day 05

- 06.00 Enjoy natural on a warm sun rise and fresh air
- 08.00 Arrive at Puri Arsa Bali Villa, enjoy fresh green coconut water.
- 08.30 Wholesome breakfast and healthy juice
- 10.30 Balinese style cooking class (90 minutes)
- 13.00 Lunch and tropical fresh fruits juice
- 15.30 Pampering Spa treatment (60 minutes)
- 17.00 Power/Vinyasa/Hatha/Ashtanga/Yin yoga and Meditation (90 minutes)
- 18.30 Healthy juice
- 19.30 Farewell dinner by the pool and fresh fruits juice or mineral water

### Day 06

- 06.00 Self-meditation practice by the beach
- 08.30 Arrive at Puri Arsa Bali Villa, enjoy fresh green coconut water.
- 09.00 Wholesome breakfast and healthy juice
- 11.00 Pampering Spa treatment (60 minutes)
- 12.30 Lunch and tropical fresh fruits juice
- 14.00 Check Out



### **Price**

- 1 Person 1dr 10.500.000
- 2 person 1dr 18.200.000

### **Includes**

- Five nights stay at Puri Arsa Bali villas, nestled in a peaceful village surrounded by stunning greenery and beauty, a perfect escape for those seeking serenity
- All activities, meals, drink that stated on the itinerary
- 2 bottle sparkling water in the room per person per day
- Yoga mat

### **Excludes**

- Flight cost
- Travel insurance
- Visa fee
- Airport drop off

### **What to bring for the activities**

Sport shoes and clothes make you comfortable feel and relax for activities (yoga, meditation, walk on the beach or by the rice field)

**For detailed information please contact our retreat host : Made Arsana**

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