

Adji Saka Hermitage The secret book of gendam

FOREWORD

As

a nation, Indonesia has a very abundant cultural heritage. Since ancient times, our ancestors have been known to be creative in creating various things that decorate life. Not only art or artistic objects, Indonesia is also rich in local knowledge which in its time can be used for various purposes. One of the pieces of knowledge inherited from our ancestors that still exists today is gendam

In the past, gendam was widely used by Indonesian people for various purposes. Of course, many of the uses of gendam science are not based on the intention to harm other people. However, recently, after modern knowledge developed rapidly, gendam is considered a science that is only used for crime. Many news stories, from television to print media, are less sympathetic to the science of gendam. Of course, this is very worrying, because the ancestors who created the science of gendam basically did not want it to be used as a way to gain profit through crime. So, through this simple article, the Adji Saka hermitage as one of the inheritors of the gendam science wants to restore the image of this ancestral heritage to be good again. Of course, this improvement begins with providing correct and original knowledge the source.

This book is also the answer to many friends who ask questions and have the desire to study gendam. From these questions the basis

of the material content in this book was developed.

The hope is that anyone who has an interest
in the treasures of metaphysics can be enlightened
through this book.

Of course, there are still many improvements that
need to be made so that this work becomes even better.

Hopefully with this work, anyone who does not yet understand
what is meant by gendam science can gain a correct
understanding. And hopefully forever, the ancestral
heritage of the archipelago can be inherited and remain
the identity of the Indonesian nation. Happy reading.

Kendal, March 2015

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HISTORY

stomach

This

is the true origin of the emergence of Gendam science. From this question, many different answers emerged. Some say gendam emerged from a pact between humans and demons, others say gendam is the legacy of one of the powerful people in Java.

Many questions arise, where do
All of these answers cannot simply be blamed.
Because, so many people try to understand the
science of gendam with their own insights without
asking those who really understand it. Apart from
that, people often give their own names to a
phenomenon, so that sometimes there is confusion
between what is true and what is not. For that deep

In this "Secret Book of Gendam Adji Saka" we will try to
discuss various things related to the science of Gendam.

Early Emergence

Since ancient times, life has been carried out
without being free from various problems. Yes,
the world is run on the principle of balance. In this
case, the problem is the balance. And if we examine
it more deeply, the problems that developed
in the past and now are not fundamentally
different. Because basically, human life is supported
by three things, namely adaptation to nature,
social interaction and personal resilience. Someone
who is able to achieve success in a particular
field is usually able to fulfill these three aspects
well. To get a clear picture, let's examine them
one by one.

Adaptation is the first thing whose function
is quite important for human life. This is one
of the keys for humans to be able to survive in
their lives. There are many examples that can be
found regarding this matter. Perhaps we have heard
how the Netherlands with its windmills was
able to increase its very narrow land area. Or
we can see that currently many mountains have

been transformed into roads that humans in the past would have never imagined possible.

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Furthermore, social interaction becomes the next important thing that humans need. As we know, humans are social creatures who clearly cannot live alone. We can imagine how impossible it is for our needs to be met if other humans cannot fulfill them. In this case, social interaction requires negotiation activities. Of course, those who gain a lot of agreement from these negotiations are the ones who are able to succeed in their lives.

The final aspect is personal endurance, which in.....1QA`Q1` this case concerns mental (soul) and health (body).

Not infrequently in the tight competition of life, those who are unable to survive this problem are eliminated more quickly than their other competitors.

These three aspects are then able to determine whether a person's life is maximal or not. However, there are quite a few people who are not able to maximize these many aspects. So, people then think hard about how to come up with solutions so that everything can be balanced so that their lives will be better.

As a large country, Indonesia has come up with many creative techniques which are used as solutions to various problems that arise in these three aspects. Of the many methods, gendam emerged as one of the available alternatives

widely used by people, especially in Java, to carry out various needs in daily life.

The story behind the emergence of Gendam
The existence of gendam science cannot be separated from stories about wayang in Java. In this case, the appearance of gendam is identical to the puppet character "dewi kunthi" who often uses the gendam spell for various purposes.

A popular story states that Dewi Kunthi, who was the wife of Pandu Dewanata, felt confused and worried when she saw her husband who was cursed not to have children by a sage who was shot to death by him when he incarnated as deer to make love with their partners.

So, armed with Gendam knowledge from her teacher, Dewi Kunthi invited Prabu Pandu's second wife, namely 'Dewi Madrim', to carry out a ritual in order to summon the gods to come to them. After the gendam chant was read, the gods came to Dewi Kunthi and Dewi Madrim.

Of course, because of the spell in the gendam spell, the gods were interested in the two of them and gave them offspring. Furthermore, after the arrival of these gods, Dewi Kunthi had 3 children, namely: Yudistira, Bima and Arjuna, while Dewi Madrim had twins, namely: Nakula and 10 Adithya
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Sadewa. After Prabu Pandu and Dewi Madrim died, Nakula and Sadewa were cared for and raised by Dewi Kunthi along with her three other children, and these five god children were later named the Pandawa Five. This story is certainly not just entertainment,

but there is wisdom contained in it. Actually,
there are many things we can learn as lessons.

It's not just about the romance of Dewi
Kunthi's life, but also the methods she uses to
achieve her desired goals. In this case, it is about
how gendam is able to exert influence,
even on gods.

So, this story is also a symbol that in fact there is
nothing in this world that cannot be influenced
except God. In this case, gendam is included in the
understanding of possibilism where humans are considered
to have the will to influence the universe and
everything in it. And of course Gendam is in a position
that is contrary to the understanding of determinism
where nature and everything in it are considered to
have an influence on humans.

In modern studies, gendam can be included in
the metaphysical group. Of course, knowledge about
gendam is not popular nowadays, where social
understanding is developing closer to the philosophy of
positivism which glorifies sensory understanding. So,
it is natural that many people do not really sympathize
with the existence of gendam. This is very normal
considering that the information that has developed about
gendam is not very rich.

For this reason, in order to obtain a proper understanding
regarding the position of gendam science in this modern
era, we need to touch a little about the evolution of society,
where according to one of the figures and fathers of
sociology, namely Auguste Comte, said that human reason
develops in three stages, namely :

1. Agma

2 METAPHYSICS

3 POSITIVISM SITIVISM

In the beginning, humans in the past digested various phenomena that occurred through religious reasoning. For example, the phenomenon of flowing rivers and the presence of lightning and thunder are associated with the presence of gods who urinate, sneeze, or are in conflict. In this case it is clear that whatever happens in this world is associated with a great power, the object of which is based on humans themselves. Thus, the representation of this great power is a form of multiplying the human self many times over.

ملاح

In the second stage, namely metaphysics, the various phenomena encountered by humans are no longer directly connected
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with spirits or gods who were initially used as causes for the occurrence of these various phenomena.

The human mind at this stage seeks various understandings and explanations by making various abstractions. So, in other words, if you were sick, had a disaster, or even died, a spirit or demon was always the cause. At this stage, the phenomenon is stated as an event caused by natural law, karma, nature and regulations.

Next, the final stage is positivism, make the empirical aspect a main requirement.

Various phenomena that exist around humans are explained by reason based on laws that can be tested and proven by the senses. Of course, its existence gradually shifts the various products of reason produced at the religious and metaphysical

stages. Modern humans like today, especially those who have received education, will not be so easy to believe in various phenomena that cannot be understood by reason. On the one hand, this has positive value, because humans have been able to solve various everyday problems in reasonable ways.

For example, if modern humans experience physical pain, they certainly will not go to a shaman, who in fact was very popular in the past as someone who could heal. Now, modern people are able to understand that not all problems are

related to health can be solved by psychics.

Because it is clear that doctors are the ones who have more ability to do that.

However, even so, on the other hand, there are still health problems whose causes and how to cure them are not known to doctors. So in fact, even though modernity is said to have shifted metaphysics, there are still problems that cannot be solved by sensory reasoning alone, but require strong metaphysical intuition.

Thus, it is quite clear that each era has its own unique history. So each era will have different advantages and disadvantages. So, humans who live in modern times should be able to understand that sometimes we need to look at many things related to the results of the use of our minds in the past. Seeing this, it is not surprising that many concepts such as back to nature, save

our culture and local wisdom are often heard in various news reports and discussion forums. We may forget that the world of metaphysics does not only contain knowledge, but also various skills to apply that knowledge. And actually we need to remember that knowledge is not only born from research tests and empirical observations. Knowledge is also born from identification and classification. In fact, human reason in the past did three things, namely:

1

on these laws, and take. Accept and justify the various symptoms encountered

2. Collect and classify the symptoms encountered according to the law

3. Forecast future events based

necessary actions

So, it can be understood that actually from ancient times our ancestors were also diligent in observing various phenomena. Of course, because at that time humans did not have the ability to move long distances well, coupled with the less widespread distribution of knowledge, humans in the past had a high focus on scientific studies. Because the knowledge that is spread is very limited, it is only natural that the knowledge that is mostly learned is related to the results of contemplation and asceticism. The results of a search process like this give birth to various metaphysical knowledge and are not familiar with sensory reasoning.

And gendam becomes part of that knowledge.

Because as we know, those who have

mastered gendam must carry out various forms of meditation to rituals that are closely related to spirituality and activities to dive very deeply into inner resources. Gendam is a part of knowledge that doesn't make much sense but is capable of presenting various phenomena that often occur.

times cannot be presented by modern knowledge.

So, even though times have changed, the patterns of phenomena that were classified by our ancestors have not disappeared at all.

And this actually becomes an advantage for those who are still learning and are able to practice it well in everyday life.

Gendam Adji Saka

If explored in depth, there are many schools of gendam science in Indonesia. In fact, it is possible not only in Java, but also in other islands in Indonesia which may have changed their names to other terms. In this book we will not discuss the various gendam schools that exist in Indonesia, but instead focus on Gendam Adji Saka which is the learning material that will be deepened.

Gendam Adji Saka itself is one of the schools of various types of gendam science in Indonesia.

Initially, Gendam Adji Saka was a type of gendam science that was only used for healing by Yogyakarta palace healers. Of course, because it is only used for the benefit of the royal family, gendam adji saka has a fairly high level compared to the others. Because apart from only being used by certain people, those who master it cannot be just anyone. Only the royal family of physicians and their descendants were allowed to study dan

practice it.

Apart from that, Gendam Adjim Saka is strictly prohibited from being used for purposes other than healing. So of course there is no recommendation and historically Gendam Adjim Saka was used to commit crimes on the streets or play with the love of the opposite sex. Things like this are strictly prohibited in Gendam. Adjim Saka. Because apart from being contrary to the purpose for which it was created, the ability of the person who controls it will also become increasingly weakened along with the frequent use of Gendam Adjim Saka for various purposes that are contrary to the values of religious morality.

Now, until this book is in your hands, Gendam Adjim Saka has been passed down to the only remaining descendant of the Yogyakarta palace healer.

And if you count, the last generation of Gendam Adjim Saka heirs is the 14th descendant. So, you can imagine how long Gendam Adjim Saka's journey has been until it has survived to this day

DRAFT

Before going any further about how to use the gendam technique, it would be better if we first studied the actual concept of gendam science. In this book, history is deliberately placed in the first part so that we all have a complete understanding of the origins of gendam. After understanding the origins of gendam, it is necessary to proceed to the concept and application.

This is based on the many negative stigmas that arise towards the science of gendam. Most people don't understand that there are actually many positive benefits that can be brought from the science

of gendam. Of course, this is caused by society's lack of understanding about what is happening

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the real truth. So, it is necessary to provide the right answer so that the negative stigma can be straightened out first. Next, let's look at the concept, understanding and application of gendam science in everyday life.

Understanding

Actually, there is no standard definition regarding what is meant by gendam science. Because when we talk about definitions it is usually related to popular knowledge. So, Padepokan Adji Saka tried to provide its own definition to explain what is meant by the science of gendam.

In simple terms, gendam means ha-languish or dissolve under the influence. Where literally gendam is a science created to influence the universe (humans, animals and nature) to submit to the orders of the owner of the knowledge. In practicing gendam science, it uses energy sources from the universe. So, to be able to do this, of course you must first be permitted by the natural owner. So it's not surprising that sometimes the perpetrators of gendam who use it for evil will experience bad luck or their energy will become weaker.

Apart from that, gendam cannot be said to be an action or activity. A term that is often heard in the news and in public chat is that someone is mentioned as a victim of crime on the street

with 'got hit'. This is a wrong understanding, because gendam is a "KNOWLEDGE" whose uses can vary. So, the concept of science needs to be differentiated from the activities and implications caused by the application of that science.

In this case, the nature of knowledge is neutral.

Being good or bad is closely related to its use.

Even discoveries made by great scientists cannot escape misuse. Perhaps the biggest example of an error in the use of knowledge of all time is Albert Einstein's discovery in 1905, at which time he created a theory that played so much of a role in world history that we often hear it called "Theory of Relativity" with its popular formula $E=MC^2$.

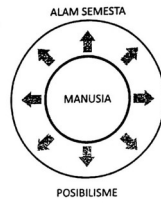
Through this theory, Einstein revealed that mass could be considered another form of energy. According to him, if we could somehow convert mass into energy, it would be possible to "liberate" enormous amounts of energy. This theory was the basis for the development of atomic bombs codenamed Little Boy and Fat Man which were then used by the United States to attack Japan by exploding them in Hiroshima and Nagasaki. As a result of this bombing, an estimated 39,000 people were killed directly by the bombing in Nagasaki, and more than 25,000 were injured. Meanwhile, thousands of others died later due to fire. And hundreds of others due to diseases caused by radiation from exposure to and the initial radiation of the bomb.

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After news of the dropping of the atomic bomb on Japan circulated, most of the scientists who took part in developing the atomic bomb project were filled with guilt. Einstein himself finally sank into deep sadness and regret. To the extent that he sent a letter to President Roosevelt, saying that creating nuclear weapons was his biggest regret and mistake. So regretful, in various sources it is said that as a result of this disaster, Einstein said, "If I had known that it would have such consequences, I would have been better off just being a watch repairman." This story is an illustration that any knowledge can be misused if the user does not have a good heart. So, it is only natural that the science of gendam also has the possibility of being misused by some people who master it.

Usage

Returning to the concept of gendam science, to get a good picture, we need to understand that there are two theories that have developed in relation to the position of humans and nature. The first theory is Determinism, where this theory reveals that the nature/physics of the earth determines human life. The second theory is Possibilism which explains that humans are the ones who determine their lives or have an influence on their surroundings. For more details, see the following illustration:



UNIVERSE

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VISUAL

DISORDERS

NEGOTIATION

GENDA

BUSINESS RELEASE

Field of Use of Gendam Science

* WEATHER

Through this illustration, we can classify that gendam adheres to the ideology of possibilism. This is quite clear because gendam is the result of the exercise of reason used by humans to gain more power over their level of life. In other words, gendam is used to overcome various problems faced so that human interests are maintained. The problems or benefits that can be overcome and obtained by using gendam science are as follows:

DETERMINISM

MAN

HEALING

SELF-DEFENSE

LOVE

POSSIBILISME

MAN UNIVERSE

If you look at the illustration above, it can be said that gendam can actually be used in almost all aspects of important human activities. So, it is natural that the concept of gendam is to make the universe submit to the owner of knowledge. Because the field of use of gendam science is in almost all aspects of our lives. Of course, the creativity of the owner of the knowledge in using it also determines whether or not the knowledge is useful.

In this case, most owners of gendam knowledge use it more for human interaction purposes so that people who interact with the owner of the knowledge can obey and submit to whatever wishes they wish. And if it is related to developments over time, it is true that people who are able to reach a high level in their respective fields have good communication skills so that other people can quickly agree. Of course, by having the knowledge of gendam, these communication skills can be replaced by other tools with the same potential for success and often even better than even experienced communicators.

Gendam VS Hypnosis

For those who have never studied the science of gendam directly, after seeing various demonstrations by gendam practitioners, they often conclude that this phenomenon is part of hypnosis. Part The hypnosis application does have the same function as gendam. However, even though there are many things that hypnosis practitioners cannot reach, they can be done by gendam practitioners. Simple games such as soaking up cigarette smoke, changing the taste of water and asking for other people's belongings really seem like waking hypnosis. However, for those

who understand inner science, they will really understand which is the phenomenon of hypnosis and which is hypnosis.

Hypnosis is indeed very popular among the popular public as a science that is used for various purposes such as psychological therapy, stage games and improving communication with the person you are talking to. Of course, by using gendam, phenomena that appear by hypnosis practitioners can also be brought out. But what about the phenomenon of delaying/moving rain, treating supernatural disorders or business failure, can this be brought about using hypnosis? The answer is of course no, because in these various phenomena almost no communication is used. Meanwhile, hypnosis is very closely related to the use of good communication. For more details, see the following table:

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PERBANDINGAN GENDAM DAN HYPNOSIS		
ASPEK PEMBANDING	GENDAM	HYPNOSIS
Melancarkan negosiasi	Bisa	Bisa
Butuh kemampuan komunikasi yang baik	Tidak perlu	perlu
Mengatasi masalah yang berkaitan dengan alam	Bisa	Tidak bisa
Tools aplikasi	Mantra	Sugesti
Waktu yang diperlukan dalam aplikasi	Tergantung power sumber daya batin	Tergantung kemampuan komunikasi yang dimiliki
Mengatasi masalah kesehatan	Bisa, meliputi: penyakit psikis, fisik (tertentu), gaib	Hanya psikis
Pelarian Usaha	Bisa	Tidak bisa
Bela diri	Bisa	Tidak bisa

COMPARISON OF GENDAN AND HYPNOSIS

COMPARATIVE ASPECTS	GENDA	HYPNOSIS
Smooth negotiations	Can	Can
Need good communication skills	No need	need
Overcoming problems related to nature	Can	Can't
Application tools	Mantra	Suggestion
Time required in the application	Depends on the power of inner resources	Depends on your communication skills
Overcome health problems	This could include: psychological, physical (certain) illnesses, <small>supernatural</small>	Just psychic
Business Release	Can	Can't
Self defense	Can	Can't

From this table we can understand that hypnosis can only be a solution to problems related to the subconscious mind and communication with fellow humans. Hypnosis is not

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Business Release

Self defense

able to answer problems related to nature and the supernatural such as thwarting rain, business run-off, to love affairs.

Even in its use, hypnosis requires good communication skills in order to achieve success. This is certainly not necessary for gendam, because the main tool is not suggestion, but mantra. In contrast to hypnosis, where the main tool is suggestion, of course the success of its application really depends on the communication skills of the person practicing it. This is what makes gendam superior compared to hypnosis. Because the application fields are more diverse and the usage techniques are much simpler. It doesn't require special intelligence and only requires good inner resources. The difference between those who are experts and those who are not, for gendam practitioners, can be seen from the inner power they possess. The greater the inner resources you have, the more skilled you will be and strong users in using gendam.

Level

Like other sciences, in the science of gendam there are levels. This is what will then become the difference between one gendam practitioner and another. The division of levels is not measured by whether they are experts or not, but by the field of use. These levels are as follows:

TOUCH

VOICE

BUSINESS RELEASE

RAIN CHARACTER

At gendam level 1, gendam energy is channeled mandatory using touch. If we have ever heard news about crimes using gendam science on the streets, in fact this phenomenon is only the most basic of the use of gendam science. Because the techniques used only involve patting the shoulder or shaking hands.

At the second level, gendam can be done without having to touch. Gendam can be done simply by shouting or speaking softly to the subject you want to target. And what's unique is that the person won't feel like he's being bullied.

The third level has a different function. The main goal is to bring good fortune by selling the business we run. Level three gendam can also be done used to make magnetic money that can be put in our wallets to attract other money to come. So it can be said that this level of gendam is for smoothing all matters related to money.

Level 4 gendam also has a different function Again. At this level the benefits that can be obtained include weather-related needs. If we have

mastered it, we can delay or divert the rain so that our needs are not disturbed. Even so, it is still not recommended to use it too often, especially only for purposes that are not too urgent. Gendam level 4 is only recommended for use for important purposes such as celebrations or social activities where if it rains, its usefulness is reduced. This is because we have to maintain natural cycles so that they continue to occur. Water is an important part of our lives. If the cycle is not smooth, of course it can cause imbalance in other aspects of life. Apart from that, in urgent conditions, this level of gendam can also be used for self-defense.

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TECHNIQUE

As a science, gendam is not perfect. There are still gaps that we need to understand. Like other knowledge, owners of gendam knowledge also have the potential to fail. This failure could be caused by several factors. Apart from being weak in terms of inner power, it can also be due to incorrect usage techniques. Gendam science does not have many techniques such as hypnosis, but if these few and simple techniques are used incorrectly, the results will still not be optimal.

Basically, the application of gendam science is channeling energy into humans so that they can obey their will. The energy can be channeled directly or using certain media. The energy that has been channeled will flow throughout the blood vessels. This is what causes it

The influence of gendam is very difficult to reverse if it is not healed by the owner of the gendam knowledge himself. The techniques that can be used are as follows.

Touch

This method must be used for those who have only mastered gendam level 1. Because there is no other choice but to channel it by touch (direct interaction). There are at least two ways that can be used using touch, including:

1. Pat on the Shoulder

Generous energy can be channeled through clapping shoulder. Can be on the right or left. If you channel it on your right shoulder, then neutralize it by tapping your left shoulder, and vice versa. However, it needs to be understood beforehand that the clapping that is done is not just a clap. But it is preceded by doing something that can activate a person's subconscious. For example, before tapping on the shoulder, ask several direct questions in a row that will force the person being hit to think hard to remember. When the person is trying to remember, that is the right time to tap him on the shoulder and channel the powerful energy into the bloodstream. Results can be less than optimal if the clapping is done at the wrong time.

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For example, when the subject has finished answering the question or perhaps the question is not quite right, the question is easy to answer.

2. Shake hands

For some subjects who feel it would give the impression of being impolite if they were tapped on the shoulder, this method can be used as an option. The concept remains the same as the shoulder tap. We need to ask things that force someone's subconscious to activate. While asking, we shake the hand of the person we are going to hold with both hands, where our right and left hands cover the palm and back of the subject's hand. The handshake is done with a little pressure. So when we ask a question, and we see the subject starting to think, that's the time to press the subject's hand. In this way, the genial energy enters the bloodstream of the subject's body, and if done correctly the results will be the same as a tap on the shoulder.

Indirect media

Gendam energy can also be channeled indirectly with the help of other media. This technique can only be done by those who have mastered the minimum level

2. These media include:

- ✓ Salt

- ✓ Perfume oil

- ✓ Cigarette Smoke

It is this medium that is then read the mantra according to need. Next, the media is distributed to the subject according to the character of the media.

If recited over water, it can be drunk or made into a bath. If you distribute perfume, it must be held close to the subject's sense of smell until you can actually smell it. If it is salt, it can be spread around the house or building related to the subject to be buried. And if it is read to cigarette smoke, simply blow

the cigarette smoke towards the person who is being suppressed. Of course, creativity is needed in the application of this technique. Especially if the subject being targeted is someone we don't know before. Thus, of course it is necessary to adjust appropriate methods according to the character of the subject we want to target.

Voice

There are two ways to channel the powerful energy with sound. However, once again, this technique can only be done by at least those who have mastered level 2. These two methods include:

1. Striking Sound

The tyrannical energy will go straight into the subject's body if we do it with a hard stomp. When we shout something, for example we are deaf!! Lum-32 Adithya Sang Adjim Saka - A.T. Widiyanto

pooh!! Mute!!! Or else, the subject will be shocked and his subconscious will be active. This is what makes the dark energy come in and the effect it causes is in accordance with our words.

2. Soft voice

Apart from loud sounds, very quiet and soft sounds can also be a good way to channel the suppressed energy. Because when the subject feels cared for and respected in a quiet voice, his subconscious becomes active and the hidden energy comes in.

And basically, gendam energy can only be channeled with unusual sounds, namely soft or loud. If the sound produced is normal and flat, the subconscious mind of the subject being suppressed is not active. This is where the suppressed energy often fails to be channeled.

Weeds & Offerings

Especially for the purpose of warding off rain, the gendam spell must be cast on weeds or offerings. If you have used weeds, you don't need to use offerings, and vice versa. The submerged energy that is distributed can usually delay rain for several days. So, the activity of delaying rain is not recommended for light purposes. In some areas, it is not uncommon for rain to be postponed or diverted only for drying grain or to travel a short distance. Of course this is not very good, because basically rain is luck. If it is rejected too often, apart from being religiously ethical it is not good, the natural cycle will not work as it should. Of course, if this happens there are other aspects that will experience inequality in our lives. So, it is better to persist in being in harmony with nature even though our short-term needs are not fulfilled than to destroy nature's provisions which can have long-term impacts.

Telepathy

Telepathy is another option to be able to channel the hidden energy to the subject we want. To be able to do telepathy is not difficult. However, it would be more effective if telepathy was carried out by those who have a high visual tendency. The method is quite simple, we only need to sit cross-legged then close our eyes. And when we close our eyes, imagine we meet the person we want to crush. Once the figure is clear, invite the person to interact and then do a gendam. Even though we don't meet, the evil energy still enters the person we want. But of course, the use of telepathy is not more powerful than meeting face to face.

So, it is necessary to repeat it many times until there really is a change in the subject according to our wishes.

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SUBJECT SELECTION

Not everyone can be channeled by tyrannical energy easily. The perpetrators of crimes on the streets are actually not careless in choosing the subjects that will be used as objects of crime. Because clearly, the risk of failure is very high. So, it is very strange if someone says gendam is a perfect science. Still, by nature only God has all perfection. In various cases, apart from using incorrect techniques, gendam can also fail because the subject chosen is not appropriate. If it is for healing purposes, anyone can have genocidal energy flowing through it. But if the need is a demonstration or stage entertainment, only certain groups can easily be suppressed. In essence, in the science of gendam there is a classification of easy and difficult. In this section we will find out one by one which groups of people are easy to suppress and which are difficult.

Easy Group

People in this group are actually those whose subconscious mind is often active. We can identify this from the type of work, blood type and physical characteristics. The explanation is as follows:

✓ Blood type

The easiest group is those who have blood type A. As we all know, based on research that has been conducted by many parties,

people who have blood type tend to have a fairly high sense of compassion. It's not surprising that people like this tend to have a very active subconscious mind.

Apart from that, it is still related to blood type, those who have a rhesus negative blood type are also an easy group. There is no previous research on which to base this.

However, based on years of experience, dark energy can freely enter the bloodstream of people who have negative blood rhesus. And the easiest way to identify the blood type of the subject to be buried is to ask the subject directly. This will make the accuracy of the information better.

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✓ Job Type

Apart from blood type, several types of work are also included in groups that are easily carried away. This is a job that uses a lot of the subconscious mind to do it. The examples are:

1. Driver

This profession requires good concentration. However, even so, in carrying it out, a driver will use more of his subconscious. He will be able to drive well using his intuition. This is the reason why the subconscious mind is relatively active.

2. Kyai/Ustad

Although actually it would be inaccurate to call it a profesi, but kyai/ustad belongs to the group that easy to catch. This is because kyai/ustads

often activate their subconscious through dhikr and prayer. Of course, if this is the case, even if he is not doing dhikr, the Kyai/ustad is easy to suppress.

3. Artist

It is very clear that artists always use their intuition in their work. An art worker is the same as a kyai / ustad.

They have a tendency to be easily bullied even in the simplest way.

The professional groups above are just a few examples of the many people who should be easily controlled. Practicing knowledge is important to try on easy objects first.

For this reason, so that the skills we have get better all the time, focus on what is easy, be grateful for success, and maximize the benefits.

✓ Physical Characteristics

Based on the experience of practicing for years practicing the science of gendam, a person's physical characteristics can also be used as a basis for classifying which groups are easy and difficult.

These physical characteristics include:

1. Thin eyelids
2. Prominent eyeballs
3. Glazed eyes
4. Feet are always moving at all times

If we encounter a subject like this, we can be sure that this person is easy to bully. So, in order to always achieve success, you need to be careful in observing the characteristics of the person you want to target. So there is no need to experience continuous failure due to misidentifying the target.

Apart from the various characteristics that have been

mentioned, there are other factors that can also be used as a basis for looking for easy subjects. This characteristic is, if we find people who have been in hypnosis, or have been

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magnetic. So, this person is also easy to bully. Likewise with indigo people/have seen demons and energy practitioners. This group is also easy to suppress. Thus, it is clear that there are actually quite a lot of characteristics that we can recognize. Thus, errors in recognizing subjects can be reduced.

Difficult Group

Not everyone is easily bullied. Especially if the intention is evil. In certain groups, powerful energy cannot be easily channeled like easy groups. It takes sufficient time and the right strategy so that the powerful energy can be channeled to this group. There are at least two groups that fall into the category of being difficult to subdue, including: ✓ People who know the owner of gendam knowledge.

Basically, gendam is a science that plays on the subconscious area through energy. This subconscious mind is then used to exert influence without leaving traces like other knowledge.

And this is what makes gendam science able to be freely used by those whose subconscious mind is often active. So, as the opposite of that, the science of gendam will be difficult to practice for those who are in a state of high awareness. So we have to be very creative to be able to enter the tyrannical energy in people. people who already know us as possessing the knowledge of gendam.

✓ People who are in an alert condition
Javanese proverb says, if we want to survive, we must be alert and alert. Gendam science will also be difficult if practiced on those who are on high alert. This is because the subconscious mind is in an inactive state. So creativity is needed to be successful when dealing with such a subject.

After understanding easy and difficult categories, as a beginner you should focus on choosing easy subjects first. Because quite a lot of people have learned and then experience difficulties which ultimately prevent them from trying again in other cases. So, looking for easy subjects is the best way to improve our abilities. Next, focus on success stories and leave behind all failure experiences.

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MAINTENANCE

To keep the gendam energy power in good condition, maintenance needs to be carried out. Just like a car, if the components are not in good condition, the performance will not be good either. So, in order for it to be good again, it is necessary to replace damaged components, such as changing the oil, and maintaining its beauty by cleaning it regularly. Likewise with the science of gendam, ongoing maintenance needs to be carried out, because the source of gendam energy is the universe. Of course, not all of the energy of the universe can be put into us. Only some of them are adapted to a person's physical abilities. In order for the power to remain good, continuous recharging

is required by taking back energy from nature.\

the infinite universe. That way, our inner resources will remain in good condition and can produce good performance. The ways that can be done are as follows:

Meditation

Through continuous meditation, it is actually the same as recharging our energy by taking it from the universe. We don't need to worry even though we take energy from the universe every day.

Because basically, the energy in the universe is unlimited. So, it doesn't matter if we absorb this energy every day. As for the meditation procedures are as follows:

Level I

At this stage, the energy we absorb is energy from the sky

► First, sit cross-legged with your body upright and your index finger inserted into the other four fingers.

Second, close your eyes and surrender to God. It is recommended that we chant God's name in the darkness of our eyes while meditating

Third, while closing our eyes and continuously chanting God's name, we do abdominal breathing with three breaths. Visualize that the first pull of energy is in the stomach, then the second pull goes up to the shoulders, and the third pull of energy is in the head. Hold for a moment until you feel enough, then exhale slowly.

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Draw energy from the sky within a few minutes, or if you have enough time, you can do it for a longer time. Usually there will be a heat effect on our hands as a sign that energy from the sky has entered our body. Perform withdrawal

of energy from the sky within a few minutes, or if they have sufficient time to do it in a shorter period of time. Usually there will be the effect of heating up in our hands as a sign that the energy from the sky has entered into our bodies.

Wants II

At this stage, the energy that will be taken is from the earth. This is done so that the energy in our bodies is balanced, between the energy that comes from heaven and earth. The procedures are as follows:

► First, sit cross-legged with your body straight and palms open.

Place your palms on the floor. Then close your eyes while intending to draw energy from the earth.

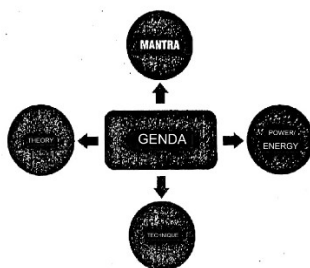
Then do chest breathing with three breaths, where the first breath visualizes the energy flowing in the palms of the hands, then the second breath is in the shoulders, and the third breath is in the head. Hold for a moment, if you feel enough, exhale slowly. The effects after meditation usually feel cold and cool in the palms of the hands. This is what is a sign that earth energy has entered the body.

Reading Mantras

The mantras at each level are not just representations of the application tools of gendam science, but also contain energy. So, to care for it, it is recommended to read this mantra every day in the morning and evening 7x. If we are able to be consistent, this will keep the inner resources of the owner of knowledge maintained. And in gendam science, this is what differentiates those who are experts from those who are not. So whether a

person is an expert or not in practicing the science of gendam really depends on how they try to maintain and increase the inner resources they have. After knowing various usage techniques gendam science, the next thing that needs to be done is to maintain inner resources and improve technique. Because everything is related to each other. In summary, for more details, see the following picture:

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POWER/
ENERGY
THEORY
GENDA
TECHNIQUE

Components required in the application of Gendam science. These four aspects must be possessed simultaneously. If one of them is not mastered, gendam cannot be done. For example, even though someone already knows the mantra to be used and understands the theory and application technique well, but does not have the power/energy, the gendam still cannot be done. Likewise, vice versa, even though you have great power/energy but don't know how to use it, you won't be able to do gendam either. For this reason, in order to have better abilities, hard efforts are needed to maintain inner resources and also increase knowledge and skills

in the use of techniques. That way, if done consistently, gendam will become an easy science to do. Of course, there will be many benefits if you are able to do this.

ABSTRACT

As part of the science of metaphysics, there are many things in the science of gendam that cannot be reasoned with logic. Apart from that, there are many aspects of morality that are strong in its practice. In contrast to modern science, gendam has various taboos as a form of its wisdom. This taboo is not at all related to negative things like other metaphysical sciences. Gendam Adji Saka is different from other gendam styles. The difference lies in the taboos. Some of these taboos will have an impact if they are violated. And the impact is, even if a person is able to carry out gendam, perhaps even very skilled, his ability will be weakened if he violates the existing taboos. These taboos are summarized in Javanese philosophy 46 Adithya Samg Adjim Saka - A.T. Widiyanto which we usually hear as Molimo (5M).

The detailed explanation includes:

What is meant here are all types of games that are haram in religion, such as gambling, cockfighting, and even soccer betting.

2. Paste

Playing women can weaken the strength of someone who has great knowledge. The more often he has relationships with women who are not his legitimate wife, especially by using gendam, it is guaranteed that it will not be long before his abilities will weaken and eventually disappear.

3. Wrong

It is clear, stealing is a dishonorable act. Many gendam practitioners from other sects use it to cheat and take other people's things. In Adji Saka's grip, this kind of dishonorable act will result in his ability being lost.

4. Madat

Using opium and illegal drugs can clearly make a person's mind unhealthy. In Adji Saka's gendam, mental health is important. So if his mental health is not good, his abilities will also become weaker.

As with alcohol, drinking can not only damage the body, but also damage the mind. And again, in Adji Saka's grip, this will cause his knowledge to fade.

5. Drink

These are things that we should never do if we learn and master Gendam Adji Saka. If we observe more deeply, in fact these taboos cannot be separated from religious prohibitions. So, if you want to learn Gendam Adji Saka, you should be prepared and sincerely guard yourself not to do all the things that religion prohibits. This is what differentiates Gendam Adji Saka from other gendam schools. Gendam Adji Saka was not created to do evil, but only for good.

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