

Spiritual in Bali

A guide to the spiritual and transformative experiences provided by 'Spiritual in Bali' to guests at Jendela di Bali.

Yoga | Meditation | Healing Therapy | Sacred Purification Ritual





Yoga in The White Elephant Bale, Jendela di Bali

An Introduction for Guests at Jendela Di Bali

'Spiritual in Bali' experience is a collection of authentic journeys you can choose to take when you stay at Jendela di Bali. These journeys are the spiritual counterparts to other experiences you can have in Bali such as adventure tours and activities. These experiences are offered by Jendela di Bali's independent provider 'Spiritual in Bali'. You can book just one or more of the experiences or a complete package, with the assistance of Jendela di Bali's reservations managers, 'Bali Individual'.

Some activities require advanced arrangements, so if you are considering any of these experiences we recommend you discuss this with our booking agent 'Bali Individual' at the time you make your villa booking. They can assist you with arrangements and choose the best times to suit your schedule.

The following information has been provided by Spiritual in Bali to explain their services. Costs are detailed on the last pages.

The 'Spiritual in Bali' Experience

The Spiritual in Bali experience is inspired by the Balinese way of life 'Tri Hita Karana', which encourages us to nurture a greater harmony with spirit, the environment and with one another. The Spiritual in Bali Journey is designed with a holistic approach to tune into your physical, emotional and spiritual levels, allowing an organic healing process to naturally unfold.

This spiritual journey includes a selection or a combination of Alam Yoga, Chakra Meditation, Healing Therapy, and a Sacred Purification Ritual which is performed by master Jero Deddy Suryawan. 'Jero Deddy' is a gifted and respected man who has mastered the ancient art of spiritual healing which has been handed down through the generations of his Balinese family. He will guide you with compassion, sensitivity and love.

At Spiritual in Bali, we recognize that optimal wellness comes from embracing and respecting the body, mind and spirit. Health and self-realization are reflections of the love, authenticity and harmony within you. So, we invite you to embark upon a spiritual journey and explore new ways to cultivate peace, strengthen your inner power and deepen your connection with others with Spiritual in Bali.



Spiritual Master Jero Deddy Suryawan

About The Spiritual Master || Jero Deddy Suryawan

Jero Deddy Suryawan is a gifted man who grew up steeped in the customs and cultural environment of a Balinese family whose generations step back to the earliest of times. He has mastered the Balinese ritual ceremonies, spells, yoga, meditation and energy healing, including the exploration of the symptoms of magnetism.

His interest in spirituality and healing formed in his early years as he was introduced to and then taught the Balinese philosophy 'Tri Hita Karana' – the three causes of well-being or three reasons for prosperity. The three causes referred are: harmony among people, harmony with God and harmony with nature.

His extensive experiences in yoga, meditation, the purification ritual and energy healing therapy have given him a unique insight into how to treat ailments that affect the body, mind and spirit. He has a gift for tapping into whatever issue an individual may have and for facilitating the healing process using ancient Balinese healing and spiritual understanding.

About Us || Spiritual in Bali

Spiritual in Bali was established in 2014 to provide spiritual services developed by our Master Jero Deddy Suryawan who is renowned in the Balinese arts of yoga, meditation, healing therapy and the sacred Balinese purification ritual.

Supported by young, enthusiast and professional staff and professional management, Spiritual in Bali's mission is to tailor guest requirements to their expectation, resulting in a genuine and unforgettable spiritual experience.



Yoga in the gardens at Jendela di Bali

Yoga || The Path to Omniscience

Yoga has never been alien to the Balinese. We have been doing it every moment of our daily life. Eating, walking, working or religious and life events. You can see it in the poise and grace of the Balinese, whether they are tilling the rice fields or tending to their temple ceremonies.

Breathing is a path of Yoga itself. Yoga means union of the individual consciousness or soul with the Universal Consciousness or Spirit. Yoga is also a simple process of reversing the ordinary outward flow of energy and consciousness so that the mind becomes a dynamic center of direct perception no longer dependent upon the fallible senses but capable of actually experiencing Truth.

This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevents us from knowing what we really are, our potential and the opportunities to heal ourselves.

Yoga isn't just a physical exercise where people twist, turn, stretch, and breathe in seemingly complex ways. It's a system of physical postures, or asanas, whose higher purpose is to purify the body, giving one awareness and control over our internal states and rendering our body fit for meditation. Yoga can be many things to many people. Our goal is to help you discover the infinite potential of your mind and soul.

Designed as a two hour program, our Yoga is a healthy, rejuvenating and a joyful experience! It comprises a series of simple and complex yoga postures (tailored to your level of ability) and breathing techniques, which help to bring about a balance in the body and mind. The program provides a multi-dimensional routine which includes Yoga Postures, Breathing Techniques, Yogic Knowledge and Meditation. The benefits will last beyond the session, with the goal that each guest has a complete take-home practice.



Feel the calm with Meditation at Jendela di Bali

Meditation || The Path to Wisdom

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change it for the better through meditation.

Meditation is the only truly effective and lasting antidote to our own personal feeling and to the anxieties, fears, negative thoughts and general confusion that besets the human condition.

Meditation is a means of transforming the mind. It also brings awareness. Whatever you do to build awareness is the practice of meditation.

Motives for learning meditation vary. Some people want to improve their concentration for work, study, or even sport performance. Others are looking for relief from stress and peace of mind. Then there are people looking to answer fundamental questions about life.

Our Meditation program can help you to find what you are looking for. We offer techniques that encourage and develop your concentration, clarity, emotional positivity and a calm seeing of the true nature of things. By engaging the Spiritual in Bali Meditation package you will learn the patterns and habits of your mind, and the meditation offers a means to cultivate new, more positive ways of being. Such experiences can have a transformative effect and can lead you to a new understanding of life.

The techniques of meditation are very simple. However, reading about them is no substitute for learning from an experienced and reliable teacher. Our Master 'Jero Deddy', who is an experienced meditator and instructor, will be able to offer you guidance in how to apply the meditation technique and how to deal with difficulties. Perhaps most importantly, he can offer the encouragement and inspiration by his own example, sharing his journey as a way to inspire your own.



Feel the transformative effects of traditional healing

Healing Therapy || The Path to Align Your Overall Well-Being

Many of us are faced with challenges in our life. Some of us are challenged with emotional struggles, some of us are faced with daily reminders of our physical ailments and some of us deal with the uncertainty of both emotional and physical issues. Regardless of how great or small these challenges may be, your quality of life can be not only improved, but it should be pleasurable as well. Healing Therapy is a remarkable ways to achieve this.

Healing Therapy enables you to transform emotional blocks, clear limiting patterns and beliefs and heal ailments down to the cellular level. It can also clear those unconscious feelings that stop you from having a fulfilling life. Freeing yourself of negative energy releases the flow held in these blockages, causing healing mentally, physically, emotionally and spiritually.

Healing Therapy is based on the principle that the health of the body, mind, and spirit are anchored in the body's Energy Systems. This therapy is similar to a relaxation process in Hypnotherapy, by accessing energy or energy transfers through touch, or no touch, which can be done by yourself or by a healer. Health problems can be shifted and released by actively changing the energies that sustain them.

Realigning your energies to get them to do what you want them to do – from healing illness to increasing vitality to introducing energy into every cell of your body – can be accomplished. In keeping your energies balanced, you increase your liveliness and bring into alignment your overall well-being.

During these treatments, our master, Jero Deddy's hands pass over your body, responding to and clearing any unhealthy energy originating from the source of both emotional and mental burdens as well as physical ailments and facilitating the re-activation and balancing of each of the seven chakras in succession. Energy flowing from Jero Deddy's heart and hands transfer positive thoughts and love.

The process not only brings relaxation and pain relief, but also allows for deep healing on a mental, emotional and spiritual level. The client may sense the flow of energies with feelings of warmth, cooling, tingling or relaxation. Jero Deddy is also able to explain what he experienced during your session and offer suggestions related to your health and wellbeing.



A guest experiencing purification at Tirta Empul Tampaksiring near Jendela di Bali

Sacred Purification Ritual || Affirm the Sacredness of Water

Water represents flow of energy (known as 'prana' or 'chi'), connected to emotion and intuition. The flow of water guides daily life on Bali. Water plays an important role and is believed by the Balinese to be one of the key forces of life. Balinese participate in water blessings regularly called 'Melukat', a spiritual cleansing ritual which is part of the Manusa Yadnya (Balinese Hindu life events) aimed to purify a human body and soul in order to prevent havoc, bad luck and sickness.

Water is said to wash away the turmoil and sickness acquired from negative karma in both the present and past life. Melukat is also the effort of achieving self-purification. Melukat can be performed any time, but normally on an auspicious day such as 'Kajeng Kliwon' (a day in the Balinese calendar which is believed to have magical power), 'Purnama' (full moon), 'Tilem' (new moon), or a variety of others depending on the situation, needs and goals of the individual.

In our effort to create this very unique spiritual experience, we have established the Purification Package Tour - a Water Ritual Purification Ceremony that involves visiting a sacred Balinese pilgrimage site located in the outskirts of Ubud which carries a mystifying and ancient energy.

This package provides a healing ritual and insight to the magical mysteries of Balinese spirituality. You will experience a real and very genuine Balinese cleansing and purification ceremony at our local holy spring 'Tirta Empul Tampaksiring' and also the sacred 'Pura Dalem Pingit Sabtu'.

Aided by our spiritual master Jero Deddy, you will receive pure energy from the spring to cleanse your body and mind. This is an experience that you will describe later as a significant event in your life, one whose effect will remain with you and influence you positively long after.



Rates for Spiritual In Bali Services

Individual Rates

Guests are welcome to choose one or more services, with rates as follows. The flat rate for each activity covers up to the number of persons specified (one person pays the same flat rate as two, three or four etc., to cover the costs of the personalized service at the villa). The villa does not profit from these services and please confirm prices when booking as these may be subject to change.

- 1 Session **Yoga** (per person) IDR. 350,000
- 1 Session **Meditation** (per person) IDR. 350,000
- 1 Session **Healing Therapy** (per person) IDR. 450,000
- 1 Session **Purification** (per person) IDR. 1,000,000

Notes:

- Duration of Yoga, Meditation, and Healing Therapy, practice is approximately 2 hours per session, including introduction and refreshment.
- Duration of Purification activities from pick up to drop off is about 5 -8 hours. Pick up time is 8:30 AM at your villa.

Spiritual in Bali - Complete Package

A complete package can be provided over several days with a suggested program as follows:

Day 1 - Yoga Practice

Master Deddy visits your villa and practice basic yoga, giving you some techniques to practice yourself so you can take the benefits of the session home with you. This will take about 2 hours.

Day 2 – Meditation

Mediation will take place at your villa. Master Deddy will assist you for about 2 hours and he will offer some techniques that encourage and develop your concentration, clarity, emotional positivity, and a calm seeing of the true nature of things.

Day 3 – Healing Therapy

After the Yoga and the Meditation have been able to practice, then Mater Deddy will show you how to enable and transform emotional blocks, clear limiting patterns and beliefs, healing ailments down to the cellular level. This session will take about 2 – 3 hours.

Day 4 – Purification

Master Deddy will accompany you to a holy water spring “Tirta Empul” to do a spiritual cleansing ritual. This package provides a healing ritual and understanding to the magical mysteries of Balinese spirituality. Pick up time 08:30 AM.

See next pages for rates

The rate for the Spiritual in Bali Package:

IDR. 1,900,000 per person

The rate above inclusive of:

- Sacred offerings uses in the ceremony
- Temple entrance tickets, donation at purification places
Equipment if needed
- Government tax and service charge.

Booking and Payment Terms:

- Booking can be submitted to your villa manager or contact Spiritual in Bali by e-mail: info@spiritualinbali.com or by phone: +62-811398 6673
- Payment has to be received prior to service in cash / credit card.

Cancellation Policy:

- Full payment will be charged if cancel on the day of service due to no-go show guest.
- Cancellation made 1 (one) day prior to service date would be charged 50% (fifty percent) from total booking.

Contact & Bookings

For bookings and questions, please contact Spiritual in Bali. Advanced bookings are preferred, however you can also discuss your interest with our manager at Jendela di Bali who can contact Spiritual in Bali for you when staying at the villa.

Spiritual in Bali is a division of Bali Individual who manage bookings for Jendela di Bali and they can arrange Spiritual in Bali activities at the time you make your booking to ensure availability.

Spiritual in Bali

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Company Details:

Spiritual in Bali is a wholly owned subsidiary of PT. Bali Individual Wisata

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