

The Ancient Healing Tradition of Shaking

We are created by energy, and, through working with energy we can transform our lives. By actively shaking the body, with focus, the mental control of the body subsides and the bio-energy begins to shake us. The shaker experiences internal heat and sweating, spontaneous movement, spinning and laughing. In this way we awaken the Sacred Fire within us, burn away blocks and heal on a very deep level. Answers come directly through the connection with our Soul.

Tips

What should I do when I feel too exhausted to continue shaking? When you feel that you have reached your limits, this is a great opportunity to experience a 'breakthrough' about what your mind tries to convince you that you can and cannot do. You cannot experience this breakthrough if you give up when you feel you have reached your limit. It requires that you to shake through it. It's also a good idea to shake nearer others who are really energized rather than near people who are 'cruising along.' Our energy really connects to other people's. Notice who is a good energy 'conductor' and stay near them!

What should I do if I feel pain? First, try to be grateful, stay positive, and do your best to shake through it! The pain comes from the energy working through blocks... as the blocks eventually dissolve, the pain WILL pass!

As a beginner, you will often feel tempted to 'check out'. When the fire builds up and starts hitting blocks, things get challenging. The temptation is there to start late or take more breaks, or lose focus as you shake, or 'cruise' along rather than remain actively engaged in the shake.

Processes

Processing refers to the various physical, emotional, or mental "detox" symptoms we start experiencing as the energy starts loosening and cleaning the constrictions in our bodies, organs, and mind, and releasing our blocks.

Opportunity: Processes are opportunities to heal and clear personal and ancestral blocks and allow your soul to strengthen its power over your mind. You can also think of processes as initiations that are testing your resolve to grow and heal, testing your willingness to let go of mental control, testing your faith in greater possibilities. If you meet those tests with openness and determination, you will find yourself greatly strengthened by the experience. All processes, whatever they are, eventually clear if you keep shaking.

Everyone Processes Differently We all have different bodies, challenges, and destinies, and the way we process is unique to each of us. Know that everyone processes things differently, and the energy only gives processes that we can handle.

Support

As part of your personal shaking practice, shake everyday for at least 30 mins, keeping focused. If you can connect to a shaking group once a week, your energy and clearing will be accelerated greatly. You receive news regarding mini retreats, intro days and shaking retreats that you can attend.

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**OM SWASTIASTU
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How to begin Shaking

We begin by focusing on the picture of Ratu. Connecting with the picture is like a 'magic mirror'. It connects with our Soul, with who we are in our core, and answers our deepest desires energetically. We stand, relaxed, and feel the Earth connection below us and the Heavenly connection above us. We feel our energy inside as we stand and then allow the body to shake and tremble, encouraging this movement.

We connect in this way to a place, where we understand WE ARE ONE. Thus, by shaking together - we grow together - and we **share** our experiences with each other, in order to support and encourage one another. A key objective of the shaking practice is to connect with the Divine energy of your Soul, and allow yourself to surrender and follow a larger intelligence or energy which will help clear blockages and guide your body and life more powerfully and wisely than your mind ever could.

Shaking is about building and strengthening your energy, your inner fire. A sign that this is happening is that your body starts heating up and you will break a sweat. In the beginning, building your fire will require that you shake vigorously.

Mantra

Whilst shaking, we keep a powerful mantra inside, which helps us to focus. OM SWASTIASTU RATU BAGUS, is literally translated as 'Welcome the Good King'. In this context, the Good King is our Soul and we are invoking our Soul energy in order to dissipate the energy of the Mind. In our lives, the mind has usurped the position of the Soul and blocks the great inner healing potential of the Soul by trying to take control. With the mind in its correct position under the Soul, the immense healing potential of our 'Inner Teacher', is able to come through and clear the blocks, dissipating the fears of the mind that affect our everyday lives.

Movement and Spinning

When the bio-electricity is running well in our bodies, we become an empty vessel for the energy to work through. Surrendering, we allow the energy to work through us and ecstatic movement and jumping can occur. Sometimes the body follows the Earth's magnetic pull and is automatically drawn into spinning which opens up the chakras and makes a strong connection between the Earth and the revolving planets. These movements come through the energy and not the mind. There are further techniques that can help you move into these once you have the energy running in the body.

Spontaneous Laughing

Laughing is one of the most wonderful parts of the shaking practice, with extraordinary healing benefits. It is pure laughing, the Soul laughing inside. Don't try to fake it, there is no comparison between the Soul laughing and what the mind wants to organize. It can take a little while for spontaneous laughter to arise, but it is always there waiting to happen. Remain open to it and the experience will eventually come and you will understand the difference immediately. Laughter medicine is very powerful and opens up all the body's chakras for maximum healing.

Opportunities for Change

Be Receptive. What you experience in shaking will invite you to stretch beyond who you know yourself to be, and what is conventionally thought to be possible when it comes to healing. There is not so much space for learning, if you hold on tightly to what you already know as 'the truth' or if you are not prepared to consider new approaches. 'Your cup can be filled when it is made empty'.

Be Patient. Your ego and blocks have strengthened over many years and are protected by thick defence walls that will not melt away in a day, but, rather, dissolve in layers, over time, Celebrate each step forward!

Be Grateful. It is always helpful to look at every situation as a teaching, and be grateful for the opportunity to learn. Expect to have great moments as well as challenging ones. Feel gratitude for this opportunity to clear blocks and heal, as there is no deep healing without processing.

All are equally valuable. Some shaking sessions will feel exhilarating, others may feel exhausting. Greet both with equanimity. Things will come and go in waves, but you will get stronger and stronger over time, if you keep on shaking, no matter what.

Try to feel with your body not understand with your mind. The mind always wants to understand what is happening so it can stay in control. Instead of spending your time 'assessing, analyzing, and judging'... focus on feeling in your body

Set Yourself Up to Succeed! When you start experiencing processes, it is often the time when your fears or mind will kick in, and you may be tempted to stop and give yourself 'a break or skip your daily shake.' Paradoxically, just the opposite is needed for 'breakthrough'. If you want to clear those blocks, you need to keep shaking so the energy keeps clearing what has started moving.

Be Committed. Know that commitment is essential to successful healing and transformation. The more committed you are, the more you will get out of the training.

Humour. Keep your sense of humour and be open to laughing!