

## Energy- Tenaga Dalam

All styles of traditional Pencak Silat realize that there are ways to increase the amount of energy, or “tenaga dalam” (the inner dragon) in the body. The movements, breathing and intention build up the energy, and release it into the opponent in certain ways. The nuance of Pukulan Cimande Pusaka’s movements are designed to generate this energy. This is why our whole body has to look like a big relaxed whip with writhing, internal movements.

It can be said that all movements of Pukulan Cimande Pusaka are QiGong.

This energy can be used for many purposes, to harm or to heal. When we have an abundance of this energy, we can use it to interrupt the polarity of the opponent’s energy flow. If you can imagine an electrical circuit, it must flow in a certain way to be effective, and the human body has many such circuits. A trained energy fighter can use his stronger energy to go counter to the flow of his opponent’s energy, causing him to temporarily “short out”. You temporarily cause the polarity of the energy flow to their brain to reverse itself, resulting in a loss of strength or a complete loss of consciousness.

The principle is like this; if you have two batteries, and one is stronger than the other, if you hook them up to each other, the stronger will draw energy from the weaker. When you increase your tenaga dalam, and apply it to a vulnerable region of your opponent, you simply drain his energy like a battery and reverse his polarity.

If you run your energy in a sympathetic way, you dramatically increase the energy flow in another person, which heals and invigorates them. I already spoke of my student who had a chronic injury healed by this power. It also helps a true master to guide others to animal possession- when they invite any kind of energy into their own body, they can introduce this energy into the student, so that they can activate their own special animal circuitry. In other words, their energy body learns to feel and accept animal energies too.

So where does this energy come from? Actually it is a combination of movement, breath and intention. Everyone has tenaga dalam, but when you do certain movements and breathing patterns, you increase this energy. Then, if you simply practice, the energy will flow and move as you wish it to.

When we do kembangan with the movements of Pukulan Cimande Pusaka, it has the dual effect of putting us into a trance and generating excess tenaga dalam. You can combine certain movements with holding the breath in, or holding it out. This creates positive and negative polarities which you can then direct in and out of certain centers of your body, such as your hands, when you inhale or exhale.

It feels as if I have created a vacuum inside myself, then the energy rushes to fill it, together with my breath. Then, it feels like there is a big potential inside of me waiting to be released, which I do with breath and through limbs.

Energy follows breath, and the feeling of holding the breath out and holding it in teaches us what the energy is supposed to do. You can use your mind to do all of this, the breathing techniques are just a bridge to help you understand what's going on.

There are visualization exercises and mantras which can help this process. Training the eye sight and powers of visualization takes place with exercises in the circle of creation, sometimes involving substances such as a flame, bowl of water, magic weaponry, and other things. This is very similar to tantra, where you sharpen your ability to hold a certain detailed picture in your imagination, then transform it.

There are no real secrets per say; people try to make it seem secretive and mysterious so that they can impress people and manipulate them. It is just this- your energy follows the patterns of your consciousness. If you imagine your energy doing something, it will happen. Exercises, as I said, are just a bridge. You are training your imagination, your intent, and your acceptance of the reality of these things.

It is like the stretching of yoga- it is like a "clue" which gives you hints as to how to circulate your energy. You do something physical, but the physical teaches you the spiritual. This, in my mind, is what qualifies something as "pusaka".

Some people will have more talent at this than others, but everyone can have at least some degree of success with it.

We have many langka (kata, forms) which are expressly for building energy, there is no combative application. Energy is drawn through the body, from father sky to mother earth, then concentrated in various parts of the body. The first part of the langka brings power, gravity to our blows, and a strong connection to the earth. The second part of the langka expands and invigorates the sphere of energy (aura) which surrounds us, and the third part of the langka concentrates energy in the limbs.

We also have a set of tenaga dalam jurus. The movements of the jurus are done with a special breathing pattern and mantras. The mantras are taken from the 99 most beautiful names of God in Arabic. The name is spoken while the juru is performed, and the effect takes place at a distance.

In essence, every time you perform kembangan it should be an energy building exercise. We try to do our movements fluidly, with proper relaxation and

breathing, in a trance-like state. You must also visualize what exactly you want the energy to do.

Then your energy will follow what you're doing with your body. Then, your movements become quite different.

I've seen some Silat where the strikes and hands move very fast, but there doesn't seem to be any power behind the blows. Maybe if the person had a knife, but empty hands the stuff just looks like it wouldn't hurt too much.

If you see Master Sanders moving, he hits very fast, but there is a fluid power to his movements which is distinctive. This comes from every movement being informed by tenaga dalam.

He can hit you several time, very quickly, from a very close distance, and every time he contacts you it hurts BAD!!!

At a seminar he conducted in Russia he casually demonstrated a backhand speed punch on my held-up hand, and even though he was explaining something at the same time and didn't even put much force behind it, he actually knocked me back several feet, and my hand hurt like the dickens.

No matter who you are, or what natural talent you have for these things, training the energy will make your strikes faster, more relaxed and more powerful. And the tenaga dalam will give a decisive edge if you ever have to use your art on the street.

Everyone will approach the energy work in their own way, and get different things from it. Doing kembangan in this art leaves one feeling refreshed, like you've just had a good massage.

Regarding mantras, and the 99 most beautiful names.

When any group of people believes in something, an energetic potential is born in the astral plane, and that in fact is real. Many of the old "gods" people believed in during pagan times had a degree of power exactly because many people believed in them and created an astral entity with the attributes of this "god".

The same situation exists with mantras. People have used certain mantras for hundreds of years, so they contain the built up energy of many generations of belief. They are storage cells for certain types of energy, like astral batteries.

If you use those mantras, you have the energy of thousands, millions of people at your fingertips.

Here is the key...

In order to tap into the energy of these mantras, you must believe in them just as the people who originally spoke them believed in them. One doesn't necessarily have to convert to a specific religion, but one must hold the same belief as those who used the mantra. If you hold an opposing world-view, it would be very difficult to access this energy.

If you believe the mantra works, it will work for you, because energy follows belief and intention. If your intention and belief are the same as many other people, this is called 'consensus reality' and is very powerful.

Again, training these things is really nothing more than training your acceptance of their reality- training you to accept the reality of your own powers.

Why is this so difficult? If I believe I am powerful, why can't I just use this power now?

The answer is that consciousness has incredible inertia. Consciousness has very heavy inertia, and this is made more complicated by another principle- your consciousness understands and believes only according to what it has already experienced. This is why it takes training, time, effort and initiation to be able to accept new realities and potentials.

If our consciousness didn't have such inertia, it would be very difficult to live. Remember, we all work together to create our reality. If people didn't have consistency and ballast, there would be mass chaos and insanity. Part of living in the material world is dealing with the effects material reality has upon one's consciousness. This is why things take time, and persistence.

But the energy is in you now, waiting...

Never let someone else's doubts and limitations become your own. See for yourself.

Gathering power from nature

Another important dimension of cultivating energy is the art of collecting it from nature.

Just as we get energy from breathing and eating food, just as the bee can visit the flower, so too can we gather power from many natural things.

We have spoken before about how important it is to be open and sensitive to the environment, to truly be in the here and now. If you cultivate this ability, you can

merge your awareness with other things, such that you see with their perspective, and feel their power in yourself. This is how you gain wisdom, see things from another view beyond your own fossilized ego. A tree, for example, or large stone, gathers in the wisdom and power of the surrounding forest, and will teach you much if you put your awareness into it.

We are able to open ourselves to any natural thing, or force of nature. We decide which force is needed by examining the doctrine of signatures. Ilmu Surapati teaches us to look for signs and correspondences which indicate connections between things. You may then have an encounter with the specific forces you need to effect your transformation.

Such an encounter will transform you, expand your mind and spirit. When you withdraw your awareness, you can take this wisdom and some of the energy with you. This is called “gathering power”. When you gather a lot of this power, you become more aware and alert, and will live a long, healthy life.