
SVARGA LOKA

A place of healing, renewal, and self-discovery



Dear Reader,

Whenever I leave Svarga Loka, I feel the sadness of saying goodbye to an elderly teacher that I love. Even when I go back to my home in Jakarta, I cannot ignore the teachings and the feel of renewal that the land gifted me during my journey there. I was fortunate to be friends with the founders of Svarga Loka who had shared with me stories about the history, people and sacredness of the land.

I feel that knowing these stories enhanced my stay at Svarga Loka. I want every visitor to the Svarga Loka to know these stories as well, so that the magic and quiet joy that I experienced there will also present themselves to you.

With Love,

Writer

Nestled by the riverbanks of the beautiful Campuhan river in Ubud – Bali, Svarga Loka is a health and healing resort that offers peace and tranquility for guests. A hidden gem resort set among serene and splendid flora with the echoes of the flushed river floating up from below, it is a perfect place for those who seek transformation and renewal. Whether on a spiritual journey or wanting to connect with the powerful energy of the land, guests will benefit from the pure, revered and restorative energy of Svarga Loka. Just by being present in Svarga Loka, absorbing the view of rice fields and river, while inhaling the tropical richness of the land, a traveler can get to experience the wonders of self-healing. The harmony of nature in Svarga Loka is beyond words. Locals believe that the land contains high vibration energy. This energy is real and tangible, and can be felt by those who are open to receiving it. The land of Svarga Loka is sacred, yet warm and friendly. It is a place that can guide us to our true self, and help us find our purpose while living an Earthly life.

The Meaning of Svarga Loka

The name Svarga Loka is from the Sanskrit words, 'svar' and 'ga'. 'Svar' means the light while 'ga' means journey. The full meaning is the journey of the light. As it is explained in the holy book of Veda, Svarga is the third world full of light where all devas live. It is further described in the Hindu Scripture Bhagavad Gita - Svarga is an immensely blissful place to stay before a soul returns to the physical world to experience the Samsara (suka duka/duality) wheel of life for another consciousness evolution on the way to the final goal, that is Moksha, the eternal and true happiness of the soul to be united with God.

Svarga Loka and Ancient Hinduism

According to ancient Hindu philosophy, the human mind wants to experience Svarga Loka. However, their wants and desires prevent them from reaching this place of peace and bliss. The epic war story of Baratayuda exemplifies man's misleading search for happiness. Walking through Svarga Loka Resort, one can find large stone panels with carvings of scenes from this Hindu epic.

Baratayuda is the story of the great war at Kurukshetra between the families of Pandavas against the Kauravas. It is the climax of the story of the Mahabharata, a Hindu epic depicted from the Bhagavad Gita. The core moral in the story is that victory, fame, wealth, and power do not guarantee true happiness. In fact, they

can bring suffering to those who run after them by forgetting their true essence of self—love and compassion. The modern man pursues the state of being at Svarga by working, fighting, and struggling with the belief that happiness comes from money, wealth, power, and influences. While the true enemy is within us, we focus, watch, and criticize the enemies outside of us. There is a wise Eastern saying that an ant far away can be seen while an elephant right in front of us is invisible. This ancient message can be seen in the Mahabharata panel at the side of hotel 3. As the panel shows, self-realization and self-knowledge are keys to reaching the spiritual Svarga Loka.

The process of soul purification is represented on the panel at the White Crane Martial Practice area, next to the temple on the way down to the resort's Sanjiwani restaurant. The true journey begins with harmony within the family, where members help and respect each other. These values, often taught by parents to their children, are often forgotten in the pursuit of material success.

Another teaching from the Mahabharata is described in the material world renunciation of Arjuna's twin brothers, Nakula and Sadewa, who went to the forest by the lake to be with Mother Nature. Being surrounded by nature brought them the feeling of bliss, where they found their Svarga Loka, where everything is pure and natural. This part of the story is depicted in the stone panel at the side of Hotel 2, where a lake and giant trees are symbols of their renunciation from the material world.

The other part of the messages from the Mahabharata is the story of Darmawangsa, the eldest of the Pandava brothers. He was known as a man full of love and compassion. Unfortunately, he was not allowed to pass the gate to Svarga Loka because he had lied to his Gore Duran. During the war of Baratayuda, Darmawangsa was asked about the death of Durna's son. Aswatama. Darmawangsa replied that he had died, when in reality he was still alive. The epic instructs that to be accepted at Svarga Loka, someone's heart has to be pure and clean, even one lie can close the door to Svarga Loka. The difficulty in reaching Svarga Loka is represented by a panel in the front office, with the image where the cart is being pulled down back to Earth, unable to fly to heaven.

Throughout Svarga Loka Resort, stone panels and artwork can be found which display key morals from the Hindu epic, the Mahabharata. These panels help the guests immerse themselves in the stories from the moral-filled epic. Staff at Svarga Loka, most of whom are Balinese, can help explain the story within each image. The front desk staff are well-versed in these stories and can provide guests with detailed explanations of the meaning behind each piece of artwork.

A land sacred long before the Svarga Loka Resort was built

Before it became a resort, the land where Svarga Loka sits was owned by the Rahardja family from Bogor, West Java, Indonesia. The land was purchased in the early 1970's by American socialite, Ms. Louise Steinmen Ansberry, for her husband Mr. Subur Rahardja. During this time, the land consisted of jungle and rice paddies. There was a traditional building (joglo/pelataran), used to welcome special guests. Because of their passion and respect for Balinese culture, Ms. Ansberry and Mr. Subur Rahardja built the first 13 Buildings, in traditional Balinese architecture, to house family members. A small temple or Pure was built where Mr. Rahardja taught martial arts. The architect who built the compound was a famous scholar from Institute of Technology at Bandung, N. Siddharta. He was an expert of traditional Hindu architectures and well-learned in Javanese mysticism.

The Balinese believe that the land where Svarga Loka is located is an energy center where those who are sensitive will find respite, renewal, and possibly, answers to long-held questions. The land has outer beauty from the forest and river, but also inner beauty in the mysticism that surrounds it. One side of the property is believed to be the domain of Lord Shiva. Now a space for yoga and meditation, the Triloka room has a special energy conducive for spiritual practice.

In the mid 1900's, the river flowing by Svarga Loka was used by the locals to release the ashes of cremated family members. The Balinese locals believed that the river would bring the ashes to the ocean. Such past histories add a feeling of sacredness to the land, believed to be powerful long before it was purchased by the Rahardja family and turned into a resort. Local priests gave guidance during the building of the resort to ensure the powerful, healing energy would not be disturbed and you will see throughout the property that all trees were maintained. Famously a beautiful tree still grows in the middle of Sanjiwani restaurant. Even today a peaceful atmosphere is kept around the central and sacred Banyan Tree.

Sacred and Powerful Vibrational Energy

In the center of Svarga Loka, in front of the reception area, stands one of the largest Banyan trees in Bali. The Banyan tree is a symbol of the creation of Bali as a land of the gods. Markandeya, an ancient Hindu rishi from Java, created a new civilization in the island's ancient forests. It is believed that Ubud was the forest and Svarga Loka was the place where he gained divine power through

meditation. Because of this, whenever Markandeya revisited Bali, he always stayed in the ancient forest that is now Ubud. To honor him, wealthy patrons and holy men from Bali built temples around the Campuhan River. One temple, known as Gunung Lebah, near a bridge beneath Svarga Loka, is dedicated specifically for Markandeva Maharishi. It is also believed that Svarga Loka Resort was a place where Maharishi's troops purified their inner self and practiced martial arts under the banyan trees.

Famously a beautiful tree still grows in the middle of Sanjiwani restaurant. Even today a peaceful atmosphere is kept around the central and sacred Banyan Tree which presides in front of reception..

For centuries, the land of Svarga Loka consisted of dense jungle, roaring river, and mighty Banyan trees. Many local Balinese believe that the area is a center of magic. In the 1970's, Subur Rahadja, a man renowned for his powerful abilities as a mystic and healer purchased the land with his wife.. Subur Rahardja, was the founder of White Crane martial arts, also known as Bangau Putih in Indonesia. Some claim that Subur could walk on sand without leaving a single footprint, and could bring down an enemy without even touching him. Subur was trained in the ancient healing techniques by ShaoLin and Silat masters. Aware of the history of the land as a training site for Maharishi's soldiers, Subur wanted his White Crane students to be able to train in such a land, renowned for its powerful energy. Continuing the tradition, Subur's son Irwan, continues to teach White Crane daily in Svarga Loka, promoting the training of movement as a vehicle for spiritual growth.

The Junction of Ley Lines

Several years ago, an archeologist from Holland studying sacred or ley lines, discovered that Svarga Loka is at the center of a ley line connecting Balinese temples of Uluwatu, Tanah Lot, and Besakih. When extended, this line extends out to the Pyramids of Giza in Egypt and Stonehenge in the UK.

Ley Lines are natural lines that function as an energy communication system of the Earth. The system transmits and connects energy, vibration, and frequency. The ley lines to the planet are like arteries to the human body. It is a way for a system to connect and work properly. The Leys Lines connect the system in the planet, and link humans to animals, plants, mountains, lakes, and every aspect of the physical world. Lay Lines also provide connection to the non-physical world, therefore playing key roles in the spiritual evolution of humankind.

The Balinese believe that the energy of Svarga Loka, although powerful, according to the Balinese, is loving and peaceful. The energy embraces us when

we surrender to its quietness and silence. Some say that Svarga Loka is like the womb of Mother Earth. It has the energy of a womb -- warm, enveloping and full of healing.

White Crane Martial Art

White Crane Martial Art isn't just an exercise of self-defense to use for fighting an opponent. The practice has deep spiritual teaching to guide its students on the path of light, as oppose to the path of darkness. In many spiritual teachings, dependencies remain. Can the Guru deliver the teachings clearly? How does he transmit knowledge to students? Has the Guru reached the point of enlightenment to bring his students to the path of light? Has he experienced it himself? As spiritual gains popularity, fake Gurus increase in abundance.

Mr. Subur Rahardja created the White Crane martial arts school in the mid 1950's. For the next fifteen years, the martial arts flourished and reached its peak point. During a conflict In 1965, the Indonesian government, driven by political interests, banned the practice of many forms of martial arts. White Crane martial arts training began again in 1968 and regained its popularity in the mid 1970's. The organization continued to grow until a car accident in 1986, when Mr. Raharja passed away. . Since then, the institute has been carried forward by the families and senior students at a stable pace.

The Two Key Figures: Mr. Irwan Rahardja and Devi Sardjito

After Mr. Subur Rahardja died, one of his sons, Mr. Irwan Rahardja came back from his studies in the USA to take care of the land. Following the footsteps of his father, he began leading daily White Crane martial arts practices for the local community. He planted many trees, honoring a call to put back what belongs to the land. Irwan Rahardja knows that the land has a history for being a place for self purification through meditation and self-defense practices. The flora he

planted was a reflection of a desire to return it to its original nature. Until now, Mr. Irwan Rahardja is the longest staying resident at Svarga Loka. His role is that of a gatekeeper, keeping the land as authentic and real as it was once was, when Maharishi's men roamed the forests.

Irwan Rahardja's action in returning the land to its original nature is in line with the White Crane philosophy of harmony. Harmony in Svarga Loka is maintained among the buildings, land, and programs conducted at the resort. Although the programs do not need to be spiritually oriented, they do need to honor the history and values of the land.

A friend of Subur Rahardja, Mr Susanto Hartanto, visited Svarga Loka in Bali in 2010 with his wife Devi Sardjito's to see if she would be interested in staying there. Happily living in suburban America Devi recounted that her reaction when seeing the land for the first time was shock and horror. She did not expect to see a jungle and was terrified of the possibility that she had to live there.

A year before, in 2009, Ms. Devi had a plan to return to Indonesia after 12 years living in the USA. She wanted to open a yoga center in Bali, focusing purely on yoga. She did not plan on managing an endeavor of turning a jungle into a wellness resort! However signs told her that this would be her destiny. Starting in 2009, she believed that the Universe sent her signs during her meditation and spiritual trips. She believed that the signs urged her to go back to Indonesia and create a healing center where humanity could work together for a better Indonesia and a better world. She believed her destiny was to be the mother figure of a land named Svarga Loka.

Many within the Svarga Loka community believe that Mr. Irwan and Ms. Devi are representatives of Yin and Yang energies that complement each other. Without one, the other isn't balanced; both are essential.

In 2012, two families prepared the plan for building a health and healing resort that stays true to the energy of the land. Their goal was to create sanctuary for those who will benefit from the purity and sacredness of the land.

Svarga Loka Name and Logo

The name and logo of Svarga Loka was proposed by the Rahardja Family. Irwan Rahardja found the logo in the Garba Cave (Goa Garba), a sacred place located in Bali's Pura Pusering Jagat village. The symbol represents Pusering Jagat (the

center of the world). Its stroke shows an inward motion toward a center, piercing through three world elements. These elements consist of:

- Jagat BHUR (the realm of underworld)
- Jagat BWAH (the realm of humankind)
- Jagat SWAH (the realm of GOD)

The symbol has a strong message to everybody involved with Svarga Loka, including owners, management, operations, staff, and spiritual advisors. It says:

“GEMAH RIPAH LOH JINAWI,
TATA TENTREM KERTA RAHARJA”

Serenity Prosperity Abundance Fertility

Only can be achieved by peacefulness among the doers of prosperity

Many who understand Svarga Loka's history believe that the land is a microcosm of an archipelago nation known as Nusantara. Nusantara, often described as 'heaven' by the west, is a country teeming in natural resources, rich in diversity and culture. Some also believe that Nusantara is the living remains of the former kingdom of Atlantis. It is a sacred land that some believe to be the center of civilization. As long as peace and harmony rule, Nusantara will provide serenity, prosperity, and abundance for its people.

Bali is in the heart of Nusantara. The Balinese have closely guarded and preserved the traditions of Nusantara. Some believe that Bali is a miniature of Nusantara, and that Svarga Loka is a miniature of Bali.

It is not a coincidence the symbol chosen for Svarga Loka is the one found in Goa Garba at the Pusering Jagat temple, one of most important temples in Bali, with many ancient artifacts. The Balinese believe that the temple is the source of all sources and the spiritual center of the Universe, locally called Jagat.

Bringing the symbol Jagat to the heart of Svarga Loka signifies that Svarga Loka plays the same role as Nusantara. The symbol of 'Gemah Ripah Loh Jinawi, Tata Tentrem Kerta Raharja' can be interpreted as prophetic message for mankind.

The Authenticity of Svarga Loka

The sacredness of Svarga Loka has its roots in Hindu tradition and cultures. The Guardian of the land, a spirit which communicates message from the land through a medium, advises treating Svarga Loka like a temple, with traditions and rituals associated with temple activities. Splashing the holy water taken from Campuhan Temple to welcome guests is one such ritual, which honors the guests by purifying them before entering this sacred land.

Another tradition preserved in Svarga Loka is the wearing of sarongs and the giving of gifts to remind the guests of the experience in the land of transformation. These traditions and rituals differentiate Svarga Loka from other wellness resorts in Ubud.

The Guardian of the land isn't something to fear. According to those selected as its channels, the Guardian of the land is full of gentle energy, love and compassion. It says softly to anyone who comes here with a purpose, "come, see, enjoy, and bring."

With a wide open heart, everyone will benefit from their stay in Svarga Loka. Guests come to Svarga Loka with their freewill; it is their real action. The Balinese believe that from action we will sense our Creator's Will. Everyone will know what this will is long after their journey. The land is aware of what is needed by each person. Connecting with the vibration of the land, he or she will benefit from the lands energy.

Svarga Loka offers many levels of consciousness and awareness. It is up to the person whether they want to connect with Svarga Loka or not. It's not an end-point; Svarga Loka is a transition realm. To be able to feel and experience the gifts from the land, someone has to surrender, open the heart, and be receptive.